



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

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Shikshapatri Bhashya Shlok 50

|| *Thereafter, sitting in one place, they shall brush their teeth, bathe with clean water and then wear one washed cloth around the waist and one around the upper part of the body.* ||

One must perform Datana (brushing their teeth) sitting in one place. **Smruti** strictly forbids any other way of brushing. – One should never brush their teeth while standing, walking or lying down. One must also perform Moun Vrata – vow of silence. Datana should be performed using water and fanned sticks of wood;

Vashishta writes: One should not perform Datana on the days of upavaas (fasting) and Shraadh (ancestral offering) as it is forbidden due to the use of wood. On these days one should wash their mouth 12 times.

After Datana one should bathe with pure water. **Padma Purana** explains pure water: Bathing daily with in the cold water of a sea, river, stream or a well is considered the best. Bathing in cold water is ideal, however because of old age or illness warm water may be used. This is because pure water is only pure in its natural form of being cold.

Katyayan informs us of the way in which bathing is to be performed. – One should bathe in short at sunrise and then in full at noon.

Mitakshara, Shatatap Muni explains the consequences of not bathing at sunrise. – They are forever sutaki (untouchable and impure)

Skanda purana explains those who bathe at sunrise satisfy God and their actions become pure and worthwhile.

After bathing one should wear a piece of cloth around the waist (usually a Dhoti) and one around the upper part of the body (sal). These should always be clean, and are not considered to be pure if cleaned by women.

These Shloks are for our own benefit. They are here for personal purification, so it is important that from the moment we wake up we focus on the act of purification.

We must realise that the morning is to be dedicated to God, and other distractions should be far from ones mind. When waking up we should chant Swaminarayan or even sing kirtans, and do so even when we are bathing.

It is important involving remembrance to the Lord, and from a young age, those who do so become virtuous and respectful throughout their lives. Those who remember God daily in this way are themselves remembered by God and ultimately his blessings are showered upon these devotees.