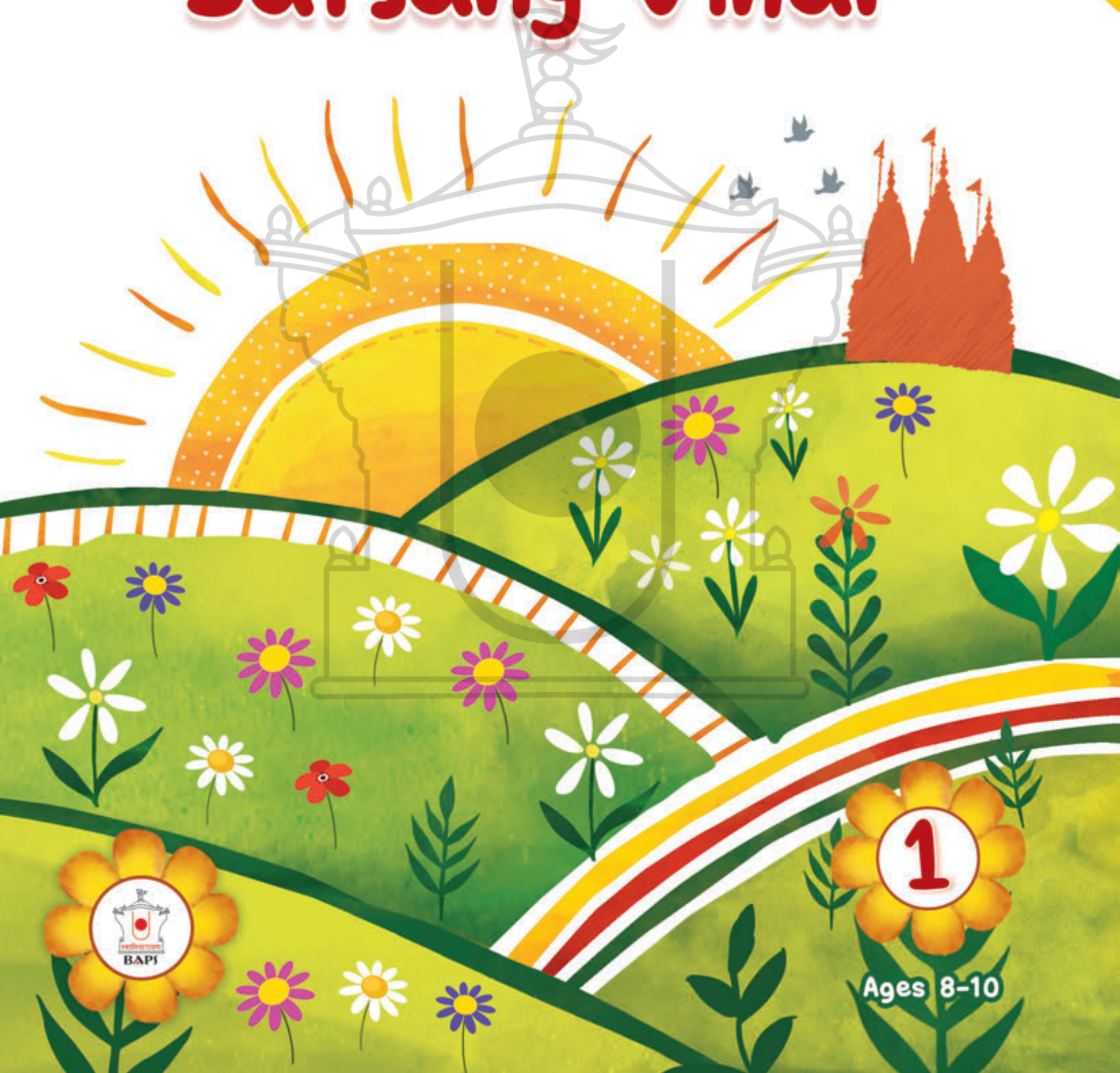


# Shishu Satsang Vihar



Ages 8-10



## Deepest Respects to



### Shri Akshar-Purushottam Maharaj



Brahmaswarup  
Shri Bhagatji Maharaj



Brahmaswarup  
Shri Shastriji Maharaj



Brahmaswarup  
Shri Yogiji Maharaj



Brahmaswarup  
Shri Pramukh Swami Maharaj



Pragat Brahmaswarup  
Shri Mahant Swami Maharaj

॥ Shri Swaminarayano Vijayate ॥

# Shishu Satsang Vihar



Shishu Name: \_\_\_\_\_

Mandal Name: \_\_\_\_\_



Published by  
Swaminarayan Aksharpith, Shahibaug Road, Ahmedabad-4  
Gujarat, India.



## **Shishu Satsang Vihar - 1 (English Edition)**

(A Book on How to Strengthen Āgnā and Upāsanā from Childhood)

**Blessings** : His Holiness Pramukh Swami Maharaj

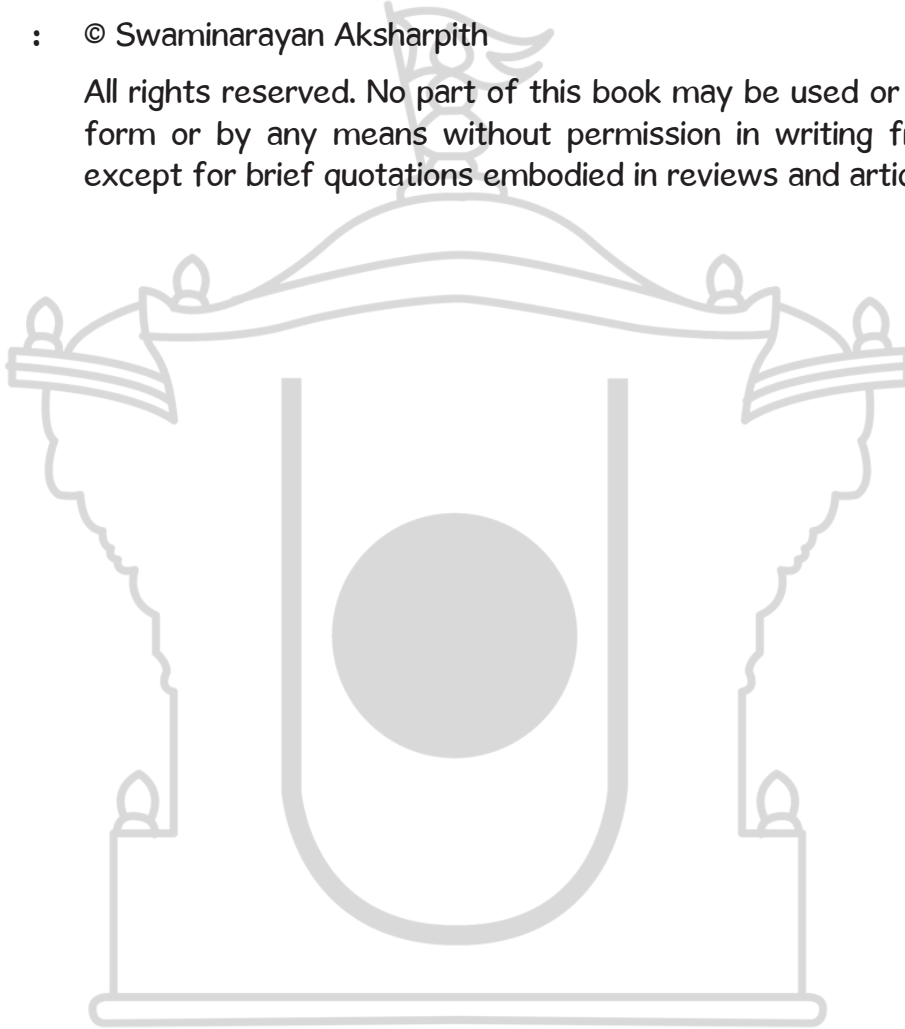
**Inspirer** : His Holiness Mahant Swami Maharaj

**Presented by** : Children's Activities Central Office  
BAPS Swaminarayan Sanstha  
Shahibaug, Ahmedabad - 380 004, Gujarat, India

**1<sup>st</sup> Edition** : August, 2021

**Copyright** : © Swaminarayan Aksharpith

All rights reserved. No part of this book may be used or reproduced in any form or by any means without permission in writing from the publisher, except for brief quotations embodied in reviews and articles.



**Published & Printed by**

Swaminarayan Aksharpith

Shahibaug Road, Ahmedabad-4

Gujarat, India.

Websites: [www.baps.org](http://www.baps.org) | <http://kids.baps.org>



## Preface

One of God's priceless blessings on earth are little children, having gentle, innocent hearts and speaking sweet, beautiful words. The little minds of nine to ten-year-old children (shishus) fly high in the sky of imagination, despite having just managed to take balanced steps on earth. Their small, growing minds are curious and fascinated by the seemingly ordinary scenes and situations that occur in daily life. They thus surprise us with their barrage of questions and the thirst to know.

"Daddy! Who makes such big hills and mountains?"

"I want to grow up to be a doctor, but how do I become one?"

"Mummy, why do you daily turn a divo in circles before the murti of God?"

The answers and solutions to questions, imaginations and curiosities popping up in their minds are presented in Shishu Satsang Vihar.

The Shishu Satsang Vihar series of wonderful books will inform about and inspire fundamental values, traditions, daily devotional rituals taught and practiced in Satsang, and about how to become an ideal child and earn Guruhari's rajipo.

Many years ago, the Satsang Vihar books were published by the BAPS Children's Central Office to help fully mould the lives of balaks and balikas.

By the blessings of Shri Akshar-Purushottam Maharaj and Guruhari Mahant Swami Maharaj, Part 1 of a series of books for young children (shishus) studying in standard 3 and 4, called Shishu Satsang Vihar, is being published. The BAPS Children's Central Office experiences great joy in presenting this publication, which includes interesting stories, activities and messages in an entertaining way. **To further strengthen the values and principles of Satsang in children, all parents should sit with them and engage them in reading this publication.**

We pray at the holy feet of Guruhari Mahant Swami Maharaj that Shishu Satsang Vihar inspires values and Satsang principles in the lives of young children to make our country and the world better, happier and peaceful.

### Note :

In this book, the name Shriji Maharaj, Maharaj or God is sometimes used, instead of Bhagwan Swaminarayan.

Also, Mahant Swami Maharaj is called by Swami or Swamishiri or Swami Bapa or just Bapa.

Pronounce ā or ã as aa.

In this book, one will find the simple meanings of underlined words presented at the bottom of several pages. At the end of each chapter are verses transliterated in Gujarati for all children to sing.

# Contents

01. Prārthnā (Prayer) .....	05
02. An Ideal Routine .....	09
03. Kanthi .....	13
04. Mālā .....	17
05. Tilak-Chāndlo .....	21
06. Nitya-Pujā .....	26
07. Ghar Mandir .....	30
08. Studying .....	34
09. Ārti .....	38
10. Thāl .....	42
11. Stealing .....	46
12. Ghanshyam Maharaj .....	50
13. Satsang Diksha .....	54
14. Rājipo (Happiness) .....	58
15. Mahant Swami Maharaj .....	62
16. Mukhpāth .....	66
17. Sevā .....	70
18. Parents .....	74
19. Mandir .....	78
20. Shishu Sabhā .....	82



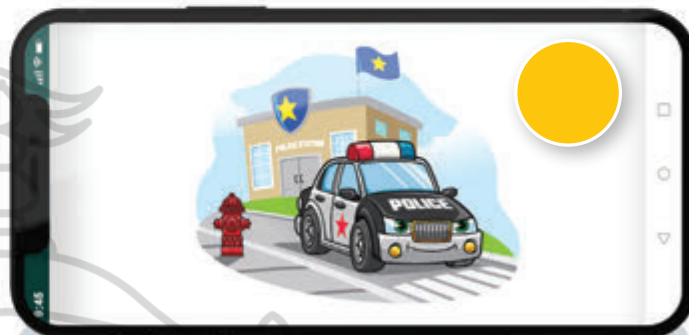
# 1. Prārthnā (Prayer)

Hello dear friends!

We have a task for you. Fill in the emergency contact numbers for the departments shown in the pictures below.



To call the fire brigade



To call the police



To call an ambulance



To call God

You know the numbers of the Fire Department, the Police and the Hospital too!  
Well done!

Whenever there's a fire, you can dial 101 and call the fire brigade.

Whenever there is a robbery, you can call the police and they will arrive at the scene.

Whenever someone falls seriously ill, you can dial 108 and call the ambulance. (Emergency numbers change in different countries.)

But, whenever you are sad, feel lonely or even angry, who will help you? God will!

But again, the question is, what is God's emergency number? Do you know it?



Guruhari Pramukh Swami Maharaj used to say, "Prārthnā (Prayer) is a direct telephone line to God."

Yes! Offering prayers to God relieves us of all our problems and difficulties in life.

Because God is always with us, he always wishes the best for us. And that is why if we offer our prayers with a pure heart, God will surely help us.



Once upon a time, there was an elephant. He was big and strong. His name was Gajendra.

One day, he went to the lake to bathe. While bathing he filled his trunk with water and sprayed it everywhere. But, suddenly he screamed, "Oh no! Someone please help!"







Oh... What is this?! A crocodile had grabbed his foot with his sharp teeth. Gajendra tried to free himself with all his strength. But, he could not do anything to save himself before the crocodile.

But yes.... Gajendra knew that **'God is always with us. during our difficulties and problems. If we pray with a true heart, then God always helps us.'** So he immediately started praying to God.

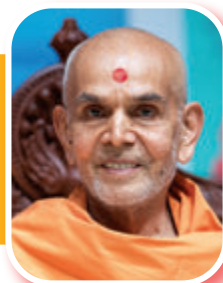


Gajendra prayed with a true heart, so God immediately came to his rescue. He helped free Gajendra from the clutches of the crocodile and thus freed him of his troubles.



Yes! Gajendra was an elephant. But because he prayed to God honestly, God heard his prayers. Then won't God listen to our prayers? He always does.

On 6 July 2018, while in Sarangpur, Guruhari Mahant Swami Maharaj had said, **"Maharaj-Swami are our parents. If we pray to them with a pure heart, our prayers will always reach them."**



**Clutches:** A tight grasp

Friends, God is our mother and father. Hence, we shouldn't offer *prārthnā* only during difficulties. We should pray to God regularly. But when should we pray to God?

Let us learn about this with the help of the following activity. Fill in the blanks given below the pictures. You may use the words given in the brackets.

(after waking up, meals, studying, going to sleep)



I will pray immediately ..... I will pray to God before .....



I will always pray before ..... I will also pray to God before .....

Friends, in this way if we always offer prayers to God, he will always be besides us.

### Shishu Gunjan

***Nitya karu hu ghar-sabhā, karu prabhu ne prārthnā,***

(I will offer prayers during the daily ghar-sabha.)

***Savār-Sānj-rātnā, hrudaythi karu prārthnā,***

(I will pray with all my heart in the morning, evening and at night.)

***Bhantā-ramtā-jamtā, Kyārey na bhulu prārthnā,***

(I will pray without fail before meals, studying and playing too.)

***Swāmi-Shriji rahe sāthmā, nitya karu prārthnā.***

(I will pray regularly that Swami-Shriji be always with me.)



## 2. An Ideal Routine

Dear friends! Here is a nice clock for you. But the numbers have not yet been filled in. You have to write the numbers in the right places on the clock. Get ready!



Well done! You have made a wonderful clock.

So now let's learn from Sahaj and Khushi how to use this clock. Sahaj and Khushi are ideal *shishus*. They always plan out all their activities according to the time on the clock.



Sahaj and Khushi wake up early in the morning and offer their prayers.



They bathe and then perform their *nitya-pujā*.



They bow down to their parents and have breakfast.



They reach school on time.



They wash their hands and feet once they return home.



They say the shlok before having lunch and then rest for a while.



They do their homework and go out to play in a garden.



Both of them help their mother in doing the housework.





In the evening, they perform the *ārti* in the *ghar-mandir* and lovingly offer *thāl* to God.



They say the shlok and eat the food offered to God.



They study again after dinner.



They hear stories from their parents or grandparents.



They read Satsang scriptures.



They do *ghar-sabhā* at night.



They offer their prayers and go to bed.

Friends, the way Sahaj and Khushi perform their daily activities is the way of an ideal shishu. Our Guruhari, Mahant Swami Maharaj, is extremely pleased upon shishus who follow an ideal routine.

Do you too want our guru to be pleased upon you?

Then let's look at the activities given below and decide at what time you will perform them, by drawing the time on the clocks given below. You may take the help of your parents too, if needed.

Wake up in the morning.



Perform the *nitya-pujā*.



Go to school.



Have lunch.



Study and do homework.



Help your mother



Go to play.



Perform the *ārti*.



Have dinner.



Do the *ghar-sabhā*.



Read Satsang books and scriptures.



Go to sleep.



Friends, you have made your timetable.  
Now if you follow it regularly, your daily routine will become ideal..

### Shishu Gunjan

Now let's sing along...

***Niyamit rahu jivanmā, snān dhyān ne pujāmā,***  
(I'll be regular in my life, in bathing, in meditating and in performing the *pujā* too...)

***Bhanvu ramvu ne bal sabhā, samay pramāne karu sadā.***  
(...in studying, in playing and also in the *bal sabha*. Thus, I will always stick to my routine.)



### 3. Kanthi

Attention everyone! Forum, Mahek and Saurabh have some problems. If they get the right things they need, their problems will be solved. Match the pairs given below and help them solve their problems.



Forum



Mahek

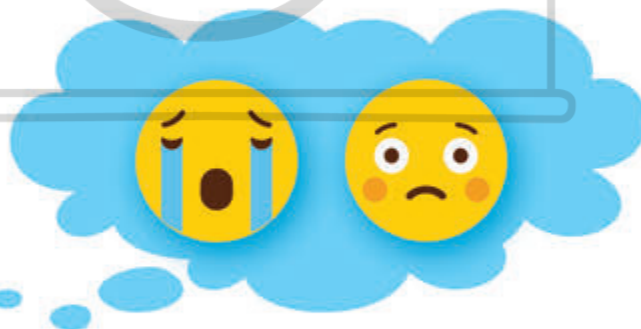


Saurabh



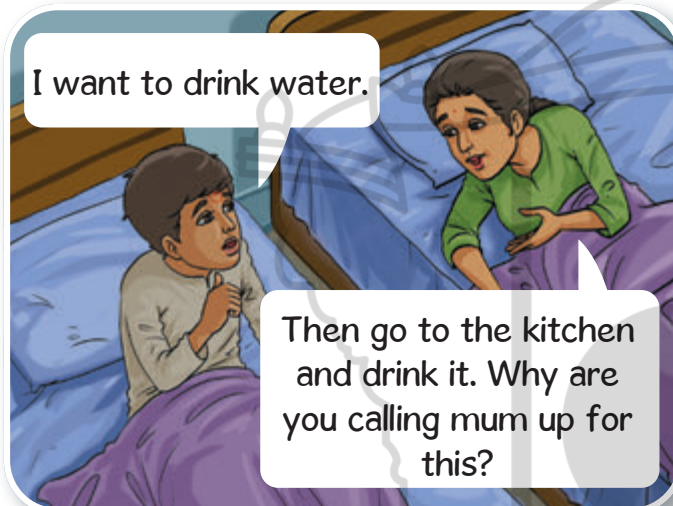
Well done friends! The sweater saved Forum from the freezing cold, the fan saved Mahek from the heat and the umbrella saved Saurabh from the heavy rains.

But friends, do you know that when we feel like crying, feel scared or lonely, who comes to save us? Who comes to protect us?

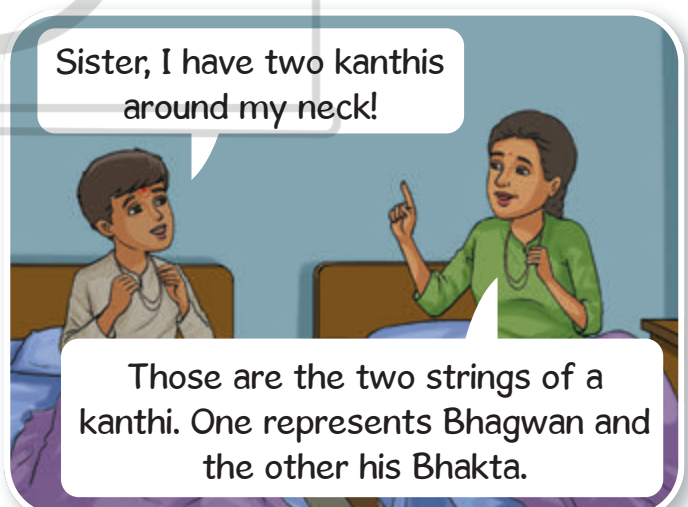
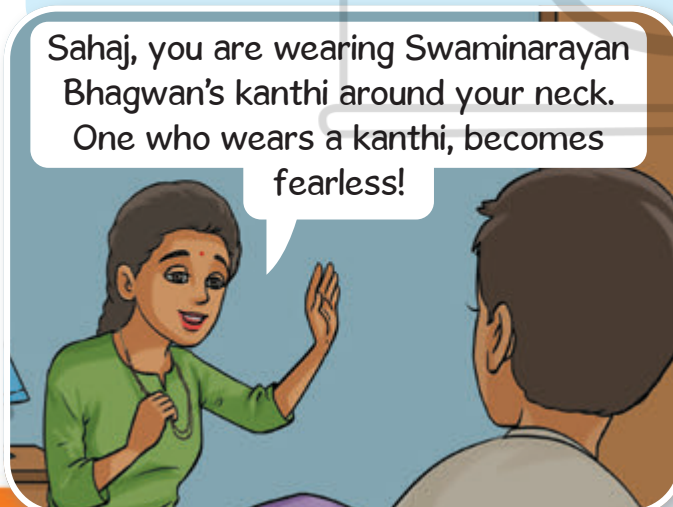


Let's find the answer from Sahaj and Khushi.

Khushi woke up suddenly...



Khushi started laughing on hearing Sahaj's words.





Hearing such words, Sahaj felt brave.

Wearing the *kanthi* means that God is always with us. So don't be afraid, chant the Swaminarayan mantra and go drink water.



I have God's *kanthi* around my neck. So, he is always with me. Then why should I be afraid? Swaminarayan, Swaminarayan...



My dear friends,  
If we wear a pair of shoes, do we have to worry about our feet getting hurt by sand or stones?



If we wear a raincoat, do we have to worry about getting wet in the rain?

Similarly, when we have Swaminarayan Bhagwan's *kanthi* around our neck, we become fearless! The *kanthi* will always protect us from all sorts of dangers.



That is why our Guru, Mahant Swami Maharaj,  
has instructed us that...

"Upon taking refuge of satsang ,  
one should always wear a double-stranded  
wooden *kanthi* around the neck."

- Satsang Diksha, Shlok 21



So friends, do you want to please Guruhari Mahant Swami Maharaj?  
Then always wear a *kanthi* around your neck and remember...

### Shishu Gunjan

*Kanthi chhe bhāi kanthi chhe,  
mārā galāmā kanthi chhe...*  
(I have a *kanthi* around my neck...)

*Dukh-dar to dur aj rahe,  
mārā galāmā kanthi chhe...*  
(...that is why nothing can scare me...)

*Sukh sukh ne sukh aj chhe,  
mārā galāmā kanthi chhe...*  
(...that is why I'm always happy and satisfied...)

*Eklo hu kyārey nathi,  
mārā galāmā kanthi chhe...*  
(...that is why I am never alone...)

*Bhagwan mārī sāthe chhe,  
mārā galāmā kanthi chhe...*  
(because God is with me....)

*Swami mārī sāthe chhe,  
mārā galāmā kanthi chhe...*  
(...along with Swami Bapa)





## 4. Mālā

Friends, today you have to do some calculations! Are you ready?



What two things that are the same can you see in the picture on the left?

Write it down in the right box.



What four things that are the same can you see in the *thal* on the left?

Write it down in the right box.



What five similar things do you see in the picture on the left?

Write it down in the right box.



What eight things that are the same do you see in the picture on the left?

Write it down in the right box.



Excellent! You have found the two flowers, four *kāju katris* and five wicks.

But you could not find the eight items in the last picture! Take a closer look. Do you see 1 *mālā* in Swami Bapa's hand, 1 around his neck and the other 6 *mālās* behind him? Now have you found the single hidden *mālā*?

Just like the hidden *mālā* in the picture, the immense strength of the *mālā* is also somewhat hidden. Do you want to know how powerful the *mālā* is?



In the village of Bhojrā, lived Nājā Jogiā. He was a devout *satsangi* of Shriji Maharaj. He used to engage himself in bhajan-bhakti all day long.

The *darbar* (king) of the village was Vāsūr Khāchar. He had no mercy at all.



Once, Vāsūr Khāchar called Nājā Jogiā and asked him, “Nājā, is your Swaminarayan God himself?”

Nājā Bhakta replied, “Yes Bāpu, he is.”

Vāsūr Khāchar got angry on hearing this and roared “If Swaminarayan is really God himself, he should come to give you darshan tomorrow morning, and if he doesn't then I will brake your knees.”



During those times, there were no mobile phones to talk or send a message to Bhagwan Swaminarayan.

But, Nājā Bhakta knew the power of the *mālā*.

Nājā Jogiā knew that if anyone turned the beads of the *mālā* with profound devotion, then God would help the person out with his or her problem. Thus, Nājā Jogiā started doing the *mālā*.

**Wicks:** A strip of material to flame a candle | **Immense:** Extremely large or great, especially in scale

**Devout:** Having or showing deep religious feeling or commitment | **Bāpu:** King



And the hidden power of the *mālā* worked! The next morning, when Nājā Bhakta opened the door of his house, he saw Bhagwan Swaminarayan standing there!

From a distance of 250km, Bhagwan Swaminarayan came to Nājā Bhakta to save him from the wrath of Vāsuri Khāchar. Such is the power of the *mālā*.



Thus, if the *mālā* is performed with pure intentions, God always helps us.  
Do you want Bhagwan Swaminarayan besides you, at all times?



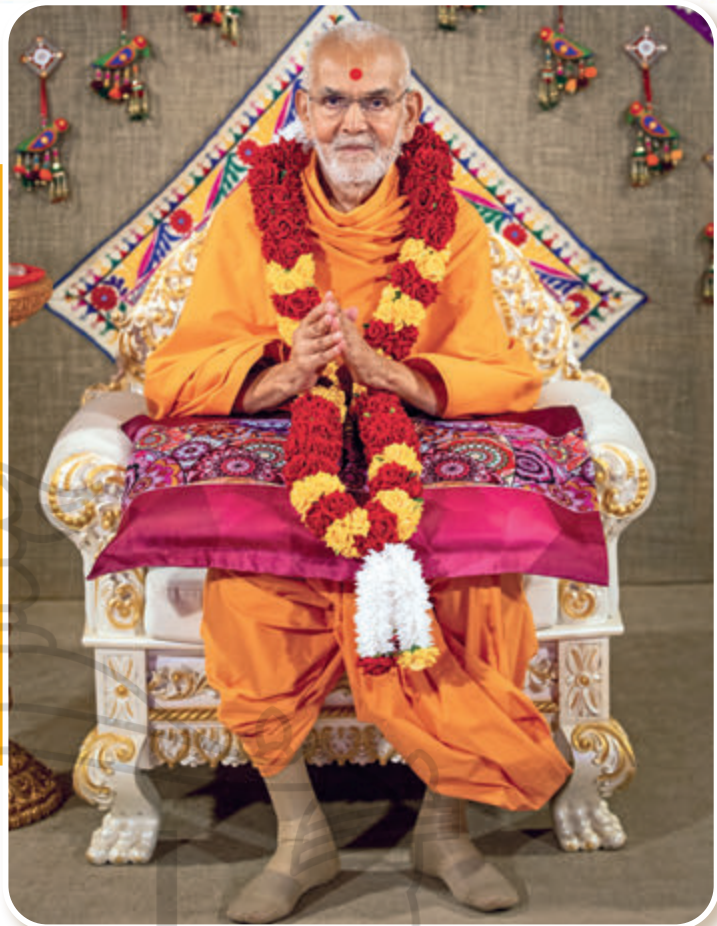
Given here is a *mālā*. At one end is a picture of Bhagwan Swaminarayan and at the other end you have to stick your picture. If you want Bhagwan Swaminarayan to come closer to you, fill in the beads of the *mālā* by writing the 'Swaminarayan' mantra in each of them. Bring Bhagwan Swaminarayan closer to you!

Your  
Photograph

Wrath: Extreme anger

Friends, on 3 February 2020, Guruhari Mahant Swami Maharaj was asked, “Swami Bapa! What should we do to constantly stay connected with you?” Mahant Swami Maharaj answered, “Do 5 *mālās*. That way, you will also develop affection.”

Dear friends, do you all want to develop more affection (love) towards our Guruhari Mahant Swami Maharaj? Let us decide today to do five *mālās*.



### Shishu Gunjan

*Mālā karu hu mālā karu, 'Swaminarayan'ni mālā karu...*  
(I will always do the *mālā* and chant Swaminarayan...)

*Jamnā hāthe mālā karu, 'Swaminarayan'ni mālā karu...*  
(I'll perform the *mālā* with my right hand...)

*Mahimā sāthe mālā karu, 'Swaminarayan'ni mālā karu...*  
(I'll perform the *mālā* with profound devotion...)

*Paheli ānglithi mālā na karu, 'Swaminarayan'ni mālā karu...*  
(I will never perform the *mālā* with my index finger...)

*Biji ānglithi mālā karu, 'Swaminarayan'ni mālā karu...*  
(I'll turn the *mālā* with my middle finger...)

*Gaumukhi rākhi karu, 'Swaminarayan'ni mālā karu...*  
(I'll perform the *mālā* in a *gaumukhi*...)

*Guruhari mā het karu, 'Swaminarayan'ni mālā karu...*  
(I'll perform the *mālā* and develop love for Guruhari.)

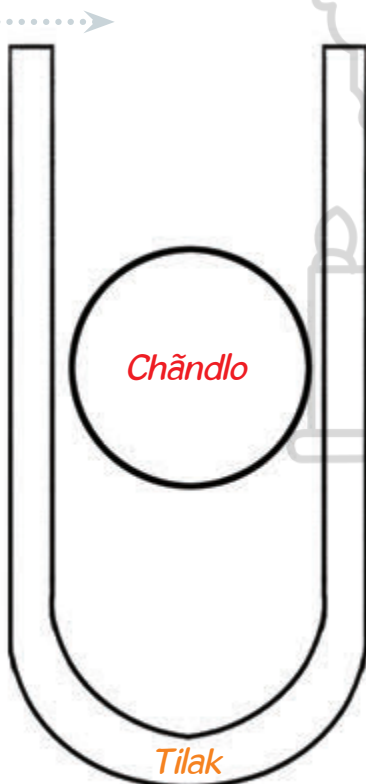
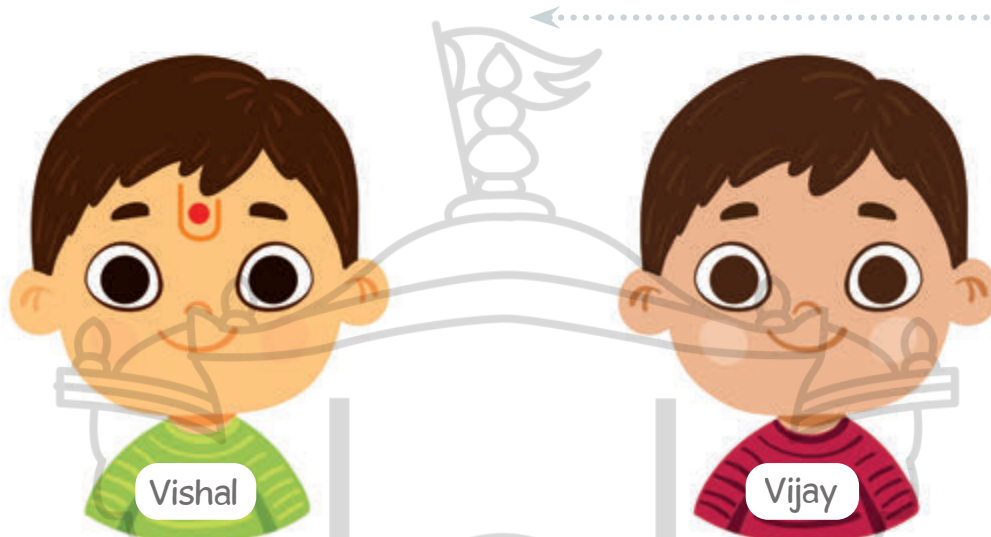
**Gaumukhi:** An L-shaped piece of stitched cloth to put a *mālā* inside.



## 5. Tilak-Chāndlo

Hello friends!

Shown below are the pictures of two friends, Vishal and Vijay. But somehow, the pictures do not look the same. Can you find the difference between them.



In the above pictures, Vishal has applied the *tilak-chāndlo* on his forehead whereas Vijay has not.

Do you know how to apply the *tilak-chāndlo*?

What are the colours of the *tilak-chāndlo*?

Exactly! The *tilak* is orange and the *chāndlo* is red. So now, colour the picture of the *tilak-chāndlo* given.

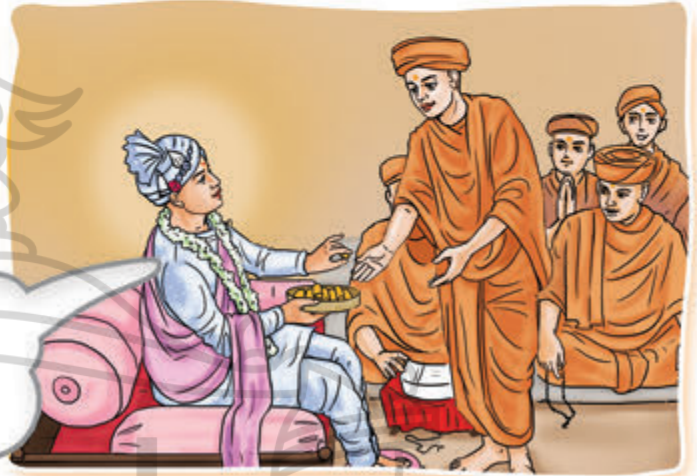
Do you know who gave us the gift of the *tilak-chāndlo*? It was Bhagwan Swaminarayan. Let us learn the story behind it.



Once, Bhagwan Swaminarayan was in the village of Panchālā.

Bhagwan Swaminarayan called all his sadhus and said,

"Santo! Take some *chandan* from me and come tomorrow after applying the *tilak*."



But the next day, all had applied various different kinds of *tilaks*. No one knew how to correctly apply the *tilak-chāndlo*. Shriji Maharaj was surprised.



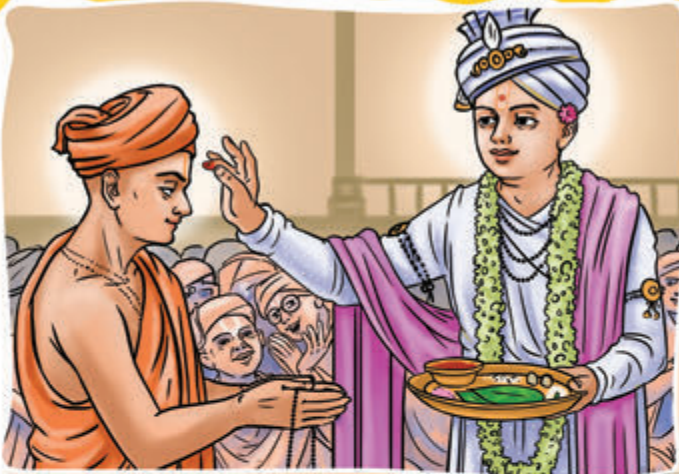
"Oh, what is this? What kind of *tilaks* have you done!"

Bhagwan Swaminarayan then looked at Gunatitanand Swami and said.

"Gunatitanand Swami, come here."







Bhagwan Swaminarayan himself applied a *tilak* on Gunatitanand Swami's forehead. In the middle of the *tilak* he applied a *chāndlo*.

Pointing towards Gunatitanand Swami, Bhagwan Swaminarayan then said,

"See! Here is my *tilak*!"



Also, Bhagwan Swaminarayan has instructed all the *balaks* to apply the *tilak-chāndlo* on their foreheads and also apply a *tilak-chāndlo* purely of chandan on their chest and arms. And the *balikas* have been instructed to apply only the *chāndlo* on their foreheads. So, friends, will you follow Bhagwan Swaminarayan's *āgnā*?



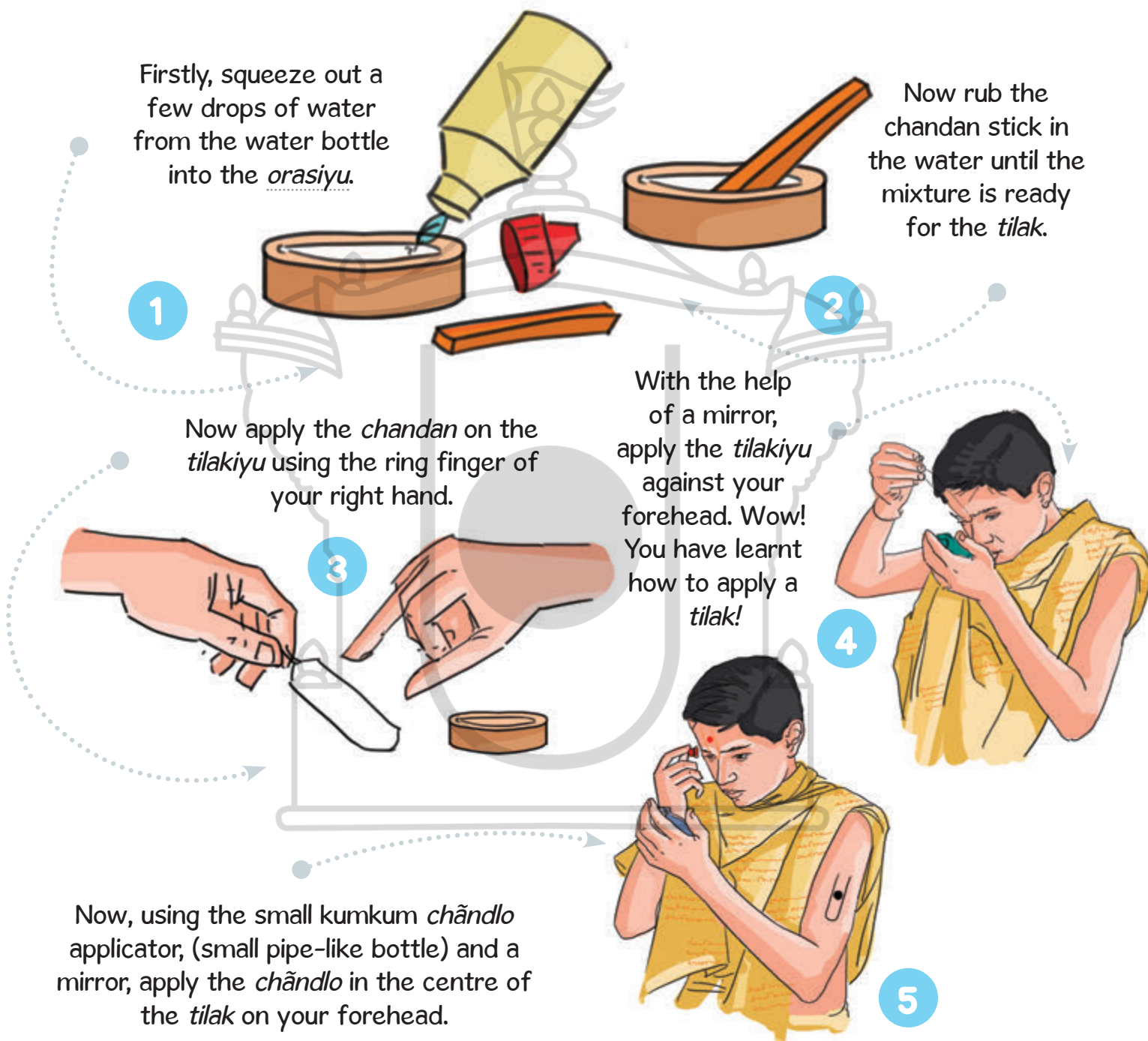
Let's perform an activity. Given above are pictures of a *balak* and a *balika*. Draw a *tilak-chāndlo* on the *balak*'s forehead, chest and arms, and a *chāndlo* on the *balika*'s forehead as per Bhagwan Swaminarayan's *āgnā*.

**Tilak:** Here Bhagwan Swaminarayan is indirectly saying that Gunatitanand Swami is true *bhakta* or spiritual successor

Excellent! You have applied the *tilak-chāndlo* just as Bhagwan Swaminarayan would want you to.

Friends, do you also know that by following the *āgnā* of Bhagwan Swaminarayan, our guru, Param Puja Mahant Swami Maharaj, becomes extremely pleased with you all. Do you too want to please Mahant Swami Maharaj?

Then let's all quickly gather our *tilak-chāndlo* equipment. We will now learn how to apply the *tilak-chāndlo*. If you are unable to do it, you can ask for help from your *sanchālak* or your parents too.

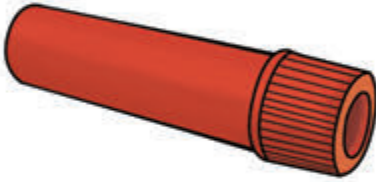


**Orasiyu:** A small stone bowl to rub a *chandan* stick.



Wow! The small *balaks* have applied the *tilak-chāndlo* very nicely. So now the small *balikas* will also apply the *chāndlo*. All *balikas*, please bring the kumkum pipe-like bottle.

1



2



Now look into the small mirror and apply a *chāndlo* on your forehead.

Well done! Bhagwan Swaminarayan and Mahant Swami Maharaj will be delighted upon the small *balaks* who have applied the *tilak-chāndlo* and the small *balikas* who have applied the *chāndlo*. And yes! those who haven't yet done it, what are you waiting for?

Will you all apply the *tilak-chāndlo* daily?

### Shishu Gunjan

Now sing with me.....

*Chālo chālo ek vāt kahu,  
bālsākhāo vāt kahu,*

(Let me tell you a story...)

*Tilak ane chāndlāni,  
saras majāni vāt kahu,*  
(...A story of *tilak* and *chāndlo*...)

*Tilak chhe kesari rangnu,  
chāndlo chhe lāl*  
(*tilak* is orange and *chāndlo* is red)

*Shri Hari ni chhe āgnā,*

*Tilak karo sau bal*

It is the *āgnā* (command) of Bhagwan  
*Swaminarayan to do tilak-chāndlo*

So, let us also decide that we...

*Tilak Chāndlo roj karish,  
Mastak unchu rākhi rahish,  
Māрге maltā sau mitro ne  
Jai Swaminarayan kahish.*

Will apply the *tilak-chāndlo* everyday,  
Won't be afraid, come what may.

Will greet my friends by saying  
"Jai Swaminarayan".

Now sing with me.....

*Chālo chālo ek vāt kahu, bālsakhio vāt kahu,*  
(Let me tell you a story...)

*Gol matol chāndlāni,  
saras majāni vāt kahu,*  
(...A story of the perfectly  
round and red *chāndlo*...)

*Lāl lāl chāndlāthi, rāji thāy Maharaj,*  
(...By applying a red *chāndlo* Maharaj is  
pleased...)

*Dar roj karishu chāndlo,  
e nakki kariye aj.*

(...That's why I pledge to apply  
the *chāndlo* everyday.)

So, let us also decide that we...

*Lāl chāndlo roj karish,  
Mastak unchu rākhi rahish,  
Māрге maltā sau mitro ne,  
Jai Swaminarayan kahish.*

Will apply the *tilak-chāndlo* everyday,  
Won't be afraid, come what may.

Will greet my friends by saying  
"Jai Swaminarayan".

## 6. Nitya-Pujā

Hello friends! Given below are some beautiful pictures. What you have to do is '✓' the ones you think have been created by God.



Hey! What is this? You have '✓' all the pictures! Has God given us all this?  
Yes.... Exactly! You understood immediately. **Whatever we see and experience around us is given to us by God.**

But, when someone gives us something, what should we say to them? "Thank you!" Right?

God has given us such a perfect creation! Earth, sunlight, animals, birds, fruits, flowers, air, water, the human body and so much more! And that too, totally free! How do we then say "Thank You" to God?

By doing *nitya-pujā*!

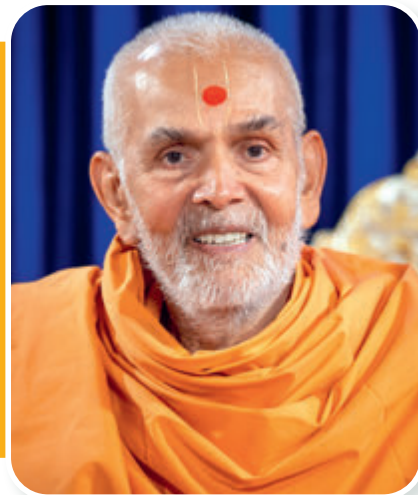
In the box given above, draw something that God has given all of us.



Our Guruhari Mahant Swami Maharaj has commanded us, "One should not eat food or even drink water or other liquids without performing puḷā."

- Satsang Diksha, Shlok 76

Yes friends, Puḷya Mahant Swami Maharaj is very pleased upon those who don't even drink water without doing their *nitya*-puḷā and there are many *shishus* like you, who have also pleased Mahant Swami Maharaj.



Let's look at an incident (*prasang*) of a *shishu* who does *nitya*-puḷā daily just like you.

Manan is an ideal *shishu* just like you, who lives in Mumbai. Once, he had a very high fever. The doctor said, "Manan has been infected with Malaria. He will have to be hospitalized." So, he was admitted to a hospital.



He spent an entire day in the hospital. The next day, the doctor said, "Manan, you need to eat something." At that time Manan said, "First, please have my puḷā brought to me from my home. I will bathe, perform God's puḷā and then I will eat."

Hearing this, everyone was astonished. In spite of being hospitalized and being in such a state of bad health, when medicines needed to be taken on time Manan said, "I want to please Swami Bapa. That is why I will only eat after performing my *nitya*-puḷā."



In this way, with firmness and devotion Manan performed his puḷā in the hospital and pleased Swami Bapa. Do you also want to please Swami Bapa? Then, let us learn how to do *nitya*-puḷā properly.



1. Tilak-Chāndlo



2. Dhyān-Mānsi



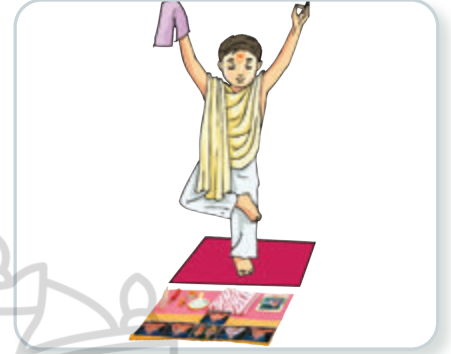
3. Sādhnā Mantra: Aksharam  
aham Purushottam dāsosmi



4. Thākorji's Āhavān Mantra



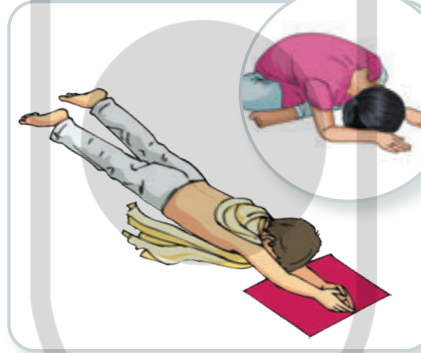
5. Mālā Jāp



6. Tapni Mālā



7. Pradakshinā



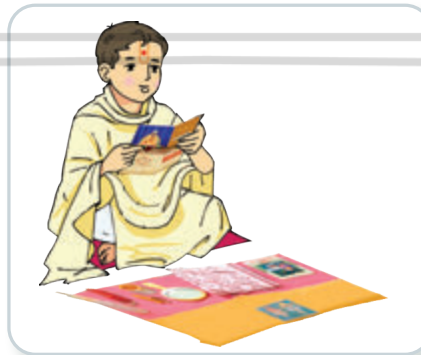
8. Dandvat-pranām



9. Prārthnā



10. Punarāgaman Mantra



11. Granth Vānchan



12. Panchāng Pranām



Let's chant the following, together.

### Shishu Gunjan

*Jhatpat jhatpat utho savāre,*  
(Wake up early in the morning,)

*Snān karvu roj savāre,*  
(Have a bath...)

*Nitya-pujā karvi savāre,*  
(Perform the *nitya*-pujā)

*Malo Shrijine roj savāre,*  
(Meet Shriji Maharaj in the pujā)

*Malo Swāmine roj savāre.*  
(Also meet Swami in the pujā.)

### Shishu Gunjan

But what do you do in the Pujā? Listen...

*Ek... Karie Tilak-Chāndlo,*  
(One, do *tilak-chāndlo*,)

*Be... Kariye Dhyān-Mānsi,*  
(Two, perform Dhyān-Mānsi,)

*Tran... Kariye Sāadhanā Mantra,*  
(Three, recite the Sāadhanā Mantra,)

*Chār... Boliye Āhavān Mantra,*  
(Four, chant the Āhavān Mantra,)

*Pānch... Feraviye pānch mālā,*  
(Five, turn the beads of the *mālā* five times,)

*Chha... Kariye tapni ek mālā,*  
(Six, perform one *tapni mālā* on one leg,)

*Sāt... Fariye Āgiyār pradakshinā*  
(Seven, perform eleven Pradakshinas,)

*Āth... Kariye chha Dandvat*  
*Pranām,*  
(Eight, perform six Dandvats,)

*Nav... Kariye Prabhu Prārthnā,*

(Nine, pray to God,)

*Ane das? Dasmu shu karvānu?*  
(And ten? What to do next?)

*Boliye Punarāgaman Mantra,*  
(chant the Punarāgaman Mantra,)

*Agiyār... Kariye Granth vānchan,*  
*Pan kayā Granth nu Vānchan*  
(Eleven, read the scriptures, but which scriptures?)

*2 Shloks from the Shikshāpatri and*  
*3 Shloks from the Satsang Diksha*  
*Ane Bār kahine karu pranām,*  
(Twelve, bow down to your parents...)

*Mātā-pitāne panchāng pranām*  
(...in the form of Panchāng Pranām.)

*Ā Nitya Pujā thi pade savār,*  
(Start your mornings with Nitya Pujā,)

*Rāji thāy Swāmi apār.*  
(Swami will be greatly pleased by it.)

(See Āhavān Mantra and Punarāgaman Mantra on page no. 69)

## 7. Ghar Mandir

Dear friends! Where do you live? In a beautiful house, right?

Since you stay home all day, you must know what there is in your home. So, can you then answer the riddles given below?

You will find a heap of utensils, as well as sweet and sour dishes. You will find mum here too....

What is my name? .....



I have four legs, and on top there are plates and bowls. Around me are chairs, and people sit by me to have their meals.

Who am I? .....

There's a mattress on me and a pillow on top.  
People like to lie down on me, because they experience a sweet, deep sleep.

Who am I? .....



Wow dear friends, congratulations!

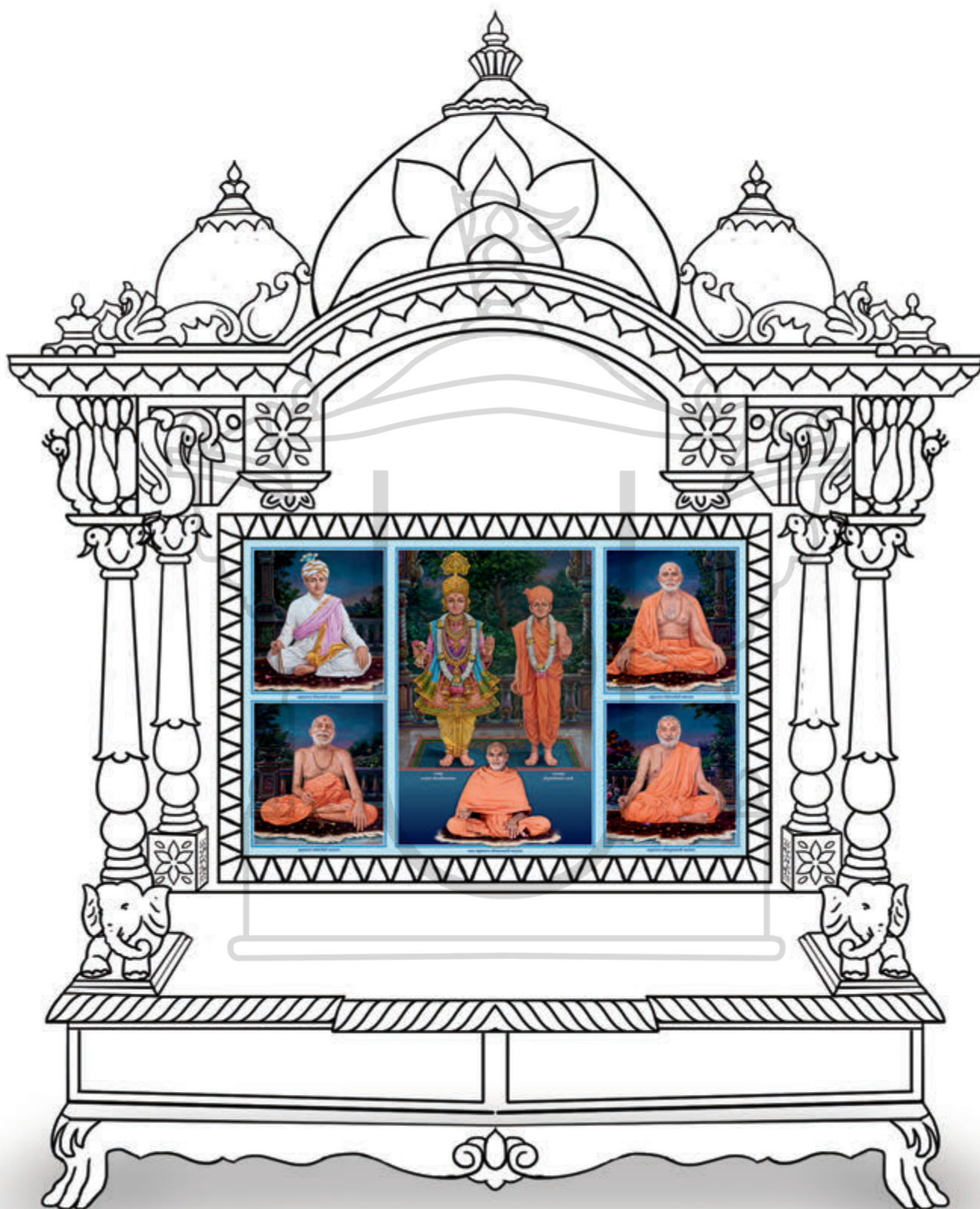
You answered all the riddles and that too correctly! You guessed all the answers correctly.

But friends, to keep our plates and bowls we have a kitchen, to dine on we have a dining table, to sleep on we have a bed, to keep our clothes we have a wardrobe and to take our bath we have a bathroom.

Then where does God stay in our home?



Perfect! In our homes, **God resides in a *ghar-mandir***.  
Friends, given below is a drawing of a beautiful *ghar-mandir*. Then colour it with wonderful, bright colours.



Just like our grandparents, parents, brothers and sisters live with us in our home, similarly, we want God to live with us too, right? For that, we need a *ghar-mandir*.

Dear friends, what fun it would be if God were to live with us!

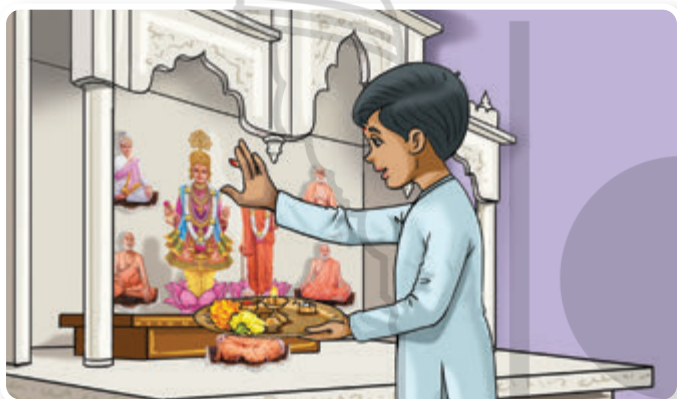
What will you do if God lived with you in your home? ✓ Tick the devotional activities shown below that you will perform in God's presence in your *ghar-mandir*.



I will perform *ārti* in the *ghar-mandir* ( )



I will offer *thāl* in the *ghar-mandir* ( )



I will do *puja* in the *ghar-mandir* ( )



I will garland Bhagwan in the *ghar-mandir* ( )



I will pray in the *ghar-mandir* ( )



I will offer water to Bhagwan in the *ghar-mandir* ( )



Yes friends, God stays in the *ghar-mandir* we have in our homes.

**We can perform the *ārti*, *thāl*, Pujan, offer garlands, offer prayers, offer water, put Thakorji to bed and thus perform all kinds of devotion in the *ghar-mandir*.**

And yes, our Guruhari Mahant Swami Maharaj is very pleased upon the *shishus* who offer such *bhakti* (devotion) in the *ghar-mandir*.



Once, Pramukh Swami Maharaj was in Rajkot.

Then, an ideal *shishu* just like you came to him. His name was Yogesh.

Yogesh's father, Sunilbhai, told Swami Bapa that, "Yogesh daily performs the *thāl* and *ārti* at the *ghar-mandir*."

After a while, Swamishri sat to have lunch. At that time, Yogesh, as if he was offering the *thāl* in the *ghar-mandir*, said, "*Maharaj jamo, Swami jamo....*"

Seeing such devotion of Yogesh, Swamishri was extremely pleased with him and gave him a *pendo* (sweet) as *prasād*.

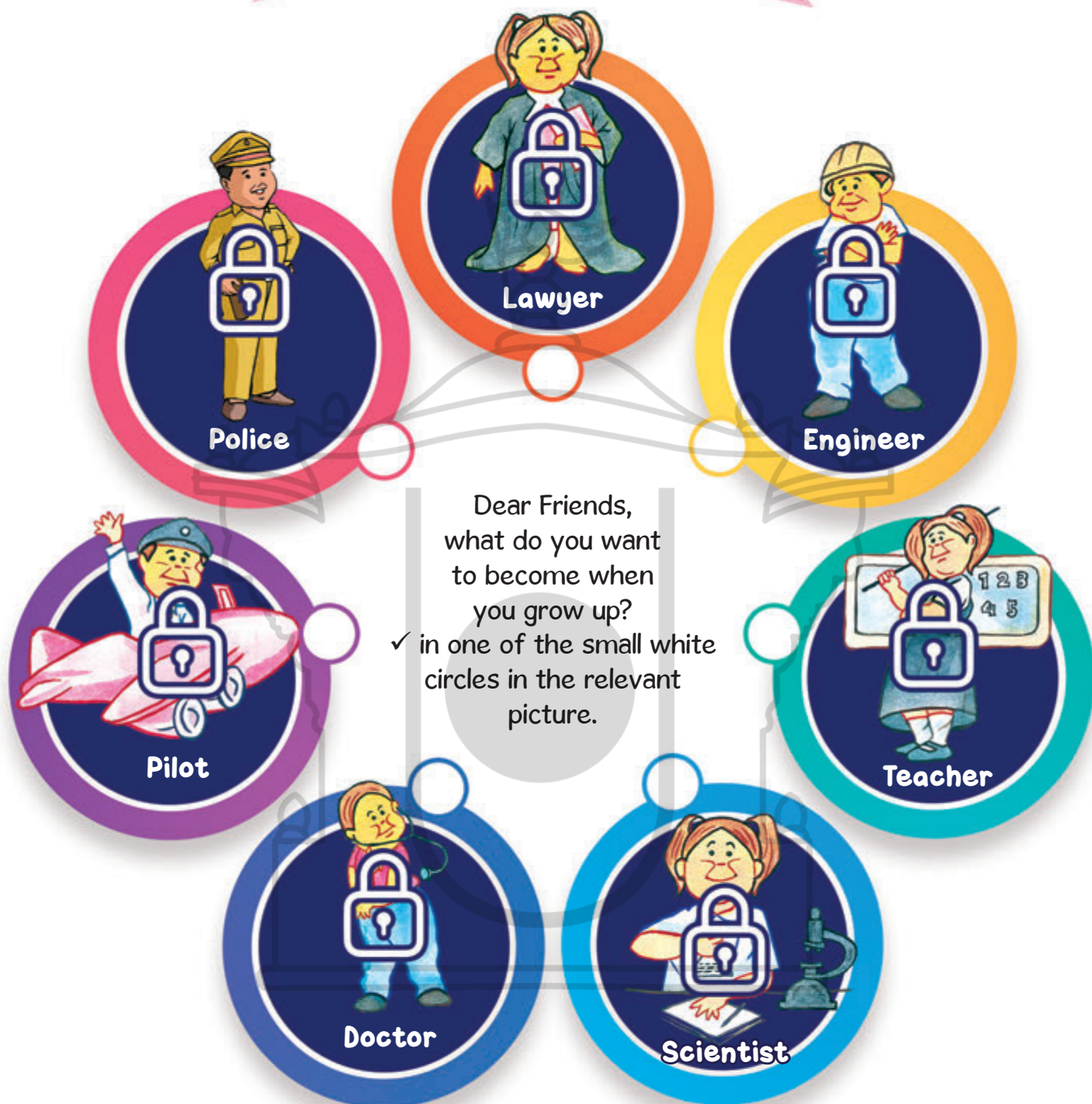
So friends, do you too want to earn such *rājipo* of Swamishri? Then decide from today that.....

### Shishu Gunjan

*Nitya karu hu thāl-ārti, Prārthnā ane Prabhu bhakti,*  
(Everyday, I will perform the *thāl*, *ārti*, *prarthnā* devoutly...)

*ghar-mandir mā sevā kari, karu Swāmine rāji rāji.*  
(...in the *ghar-mandir* and please Swami by doing such *sevā*.)

## 8. Studying



Dear Friends, did you notice?  
There's a lock on every profession shown above.  
So first, you'll need to open the lock.  
For that, you'll need a key!



There are some places given below.  
If you go to the right place, you will find the key to becoming a great person.  
Get ready to go...



Well done friends! You have successfully found the key to becoming a great person!  
Friends, you have got the key to becoming a great person from school.



But observe very carefully. You will see something written on that key.

What did you see on the key, friends?

Complete the sentence:

The key to becoming a great person is: \_\_\_\_\_

Yes my dear friends, studying is the only key to success. Many people, who were once little children (*shishus*) like you, have become great by using that very key.



Friends, our Guruhari Mahant Swami Maharaj is very pleased with *shishus* who study very well. Pramukh Swami Maharaj has told us all, that, "All Children should study properly for 3 hours daily."

So friends, to please our Guruhari Pramukh Swami Maharaj and Guruhari Mahant Swami Maharaj, let's decide...

### Shishu Gunjan

*Bhanvāmā hu dhyān daish, gher āvine lesson karish,*  
(I will study with full concentration and do my homework too...)

*Abhyās sāro karto rahu, Swami-Shrijine rāji karu.*  
(...I will study very hard and make Swami Bapa and Maharaj happy.)



Now let's colour the picture given below. But friends, in order to do that you will need to remember your studies.

There are some maths sums given in the picture given below. You will have to find the answers to all of them first.

Then follow the given colouring scheme:

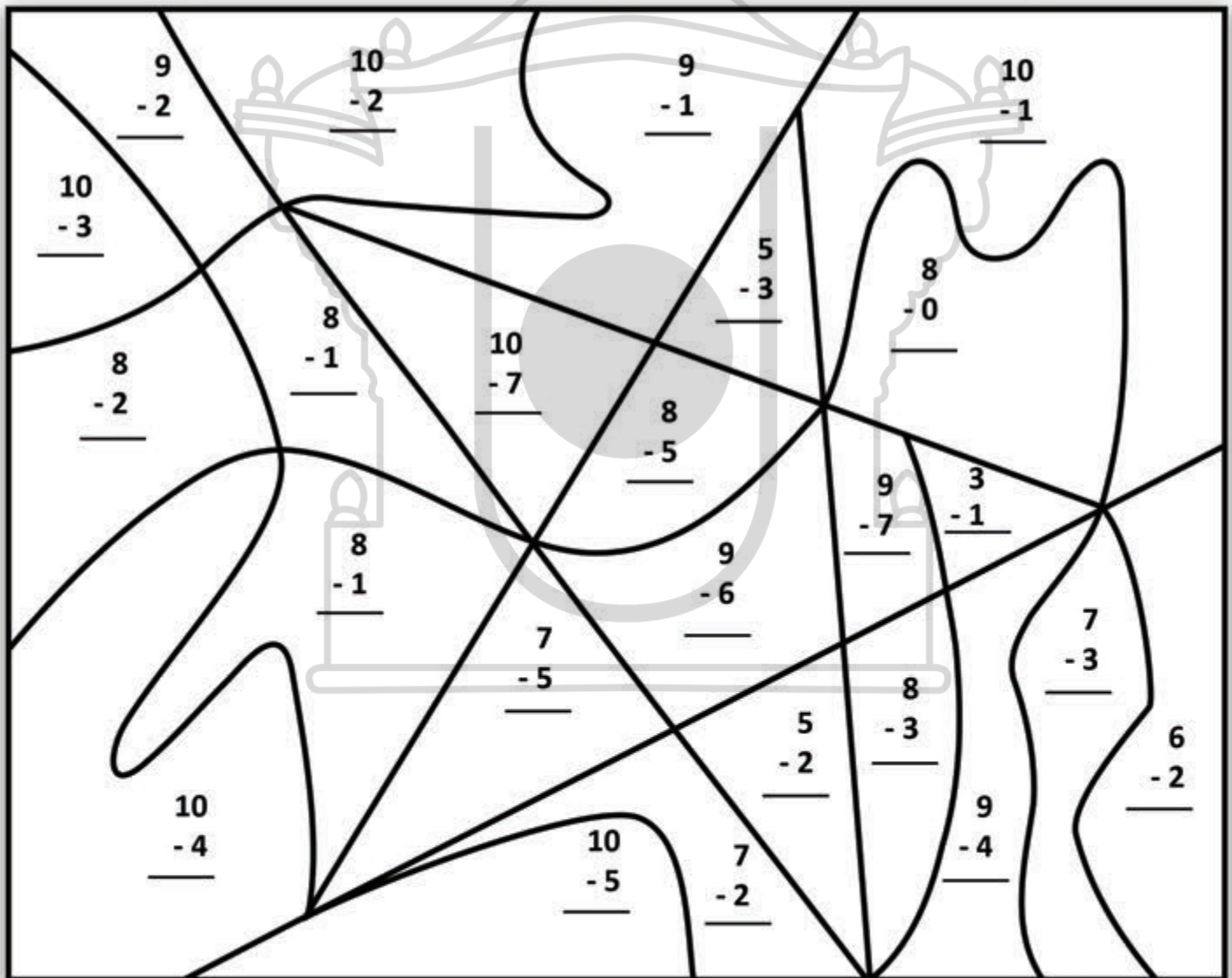
If the answer is **2** or **3**, colour that part in YELLOW.

If the answer is **4** or **5**, colour that part in RED.

If the answer is **6** or **7**, colour that part in BLUE.

If the answer is **8** or **9**, colour that part in GREEN.

Once you fill in all the colours, you will see a beautiful picture of what you are going to be.



## 9. Ārti

One fine evening, Sahaj and Khushi were swinging on a swing in the front porch. Just then, Khushi said to Sahaj...



"Sahaj, let me ask you a riddle."  
You do it in the morning and in the evening too. Shri Hari is present, that is true.  
Ignite the flame, ring the bell.  
With it you do the *stuti* and *pujā* as well.  
What is the answer Sahaj, can you tell me?

Hearing this, Sahaj started scratching his head. He thought a lot but couldn't think of the answer.

Friends, do you know the answer to this riddle?



Khushi started laughing. She said, "Sahaj, you don't even know that much? Now, find the red letters from the letters given on the next page. The answer is hidden in it."



Friends, why don't you find the answer to the riddle before Sahaj does.

B    Æ    S    W    D    T    I  
A    C    H    R    A    S    B

Yes friends, the answer to the riddle is *ãrti*. God himself is present during the *ãrti*. Do you also want to have darshan of God while performing the *ãrti*? But, for that you will have to gather a few things. Are you ready?

In the picture below are all the things you need to perform *ãrti*. Now, find them and draw a circle around each item.

In the picture (below), circle the *divi*, *ghantadi*, matchbox, *divet*, a container of ghee, packet of incense stick, drum, *jhalari* and bell.

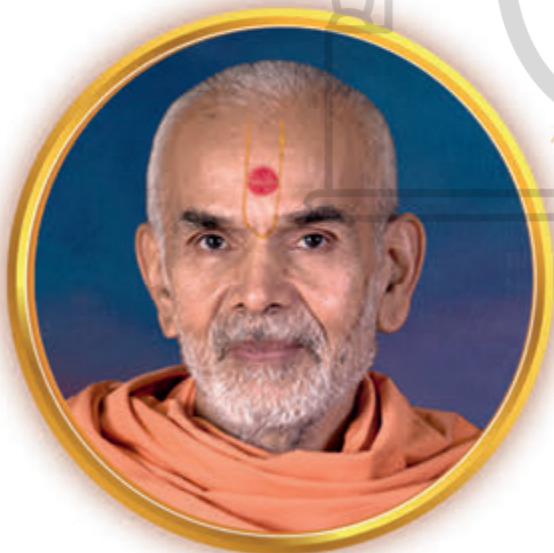
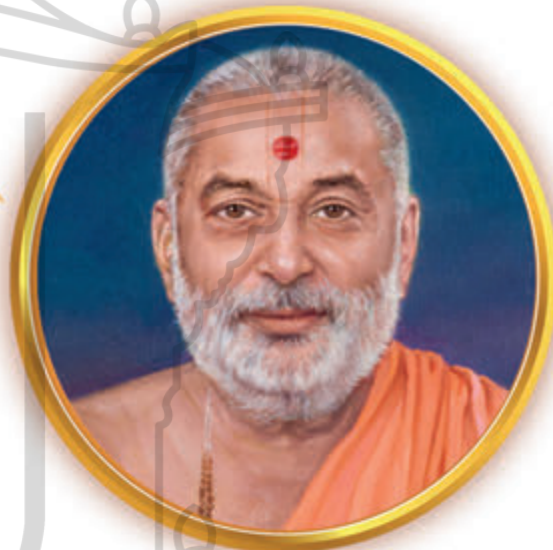


Congratulations! You have found all the things required to perform the *ārti*.  
Our Gunatit Gurus are extremely pleased with you and so, they're going to tell you something important. Listen to them carefully.



Yogiji Maharaj says, “God is manifest during the *ārti*.” That is why we should devotionally perform the *ārti*.

Pramukh Swami Maharaj says, “By performing the *ārti*, God imparts(gives) his divinity to us.” That is why we should perform the *ārti* regularly.



Mahant Swami Maharaj writes, “*Ārti* is a tonic. A tonic of power. Akshar-Purushottam Maharaj, Shastriji Maharaj, Yogiji Maharaj and Pramukh Swami Maharaj will come to play, eat and study with whoever does the *mukhpāth* of the *ārti*.”



So friends, do you want to please our  
Guruhari Mahant Swami Maharaj? Then let's decide...

### Shishu Gunjan

*Ārti karishu savār-sānj, Prabhunā darshan karvā kāj,*  
(I will perform the *ārti* in the morning and the evening too...)

*Ramvā Shriji-Swami sāth, ārtino kariye mukhpāth.*  
(...to play with Shriji-Swami, I will perform *mukhpāth* of the *ārti*.)

So, dear friends, let us memorise the  
'Shri Swaminarayan *artī*' prepared by our  
Guruhari Mahant Swami Maharaj...

Jay Swāminārāyan, Jay Akshar-Purushottam,  
Akshar-Purushottam jay (2), darshan sarvottam...  
Jay Swāminārāyan...

Mukta anant supujit, sundar sākāram, (Jay) (2)  
Sarvopari karunākar (2), mānav tanudhāram...Jay 1

Purushottam Parabrahma, Shri Hari Sahajānand, (Jay) (2)  
Aksharbrahma anādi (2), Gunātītānand...Jay 2

Prakat sadā sarvakartā, param muktidātā, (Jay) (2)  
Dharma ekāntik sthāpak (2), bhakti paritrātā...Jay 3

Dāsbhāv divyatā saha, brahmarupe priti, (Ho) (2)  
Suhradbhāv alaukik (2), sthāpit shubh riti...Jay 4

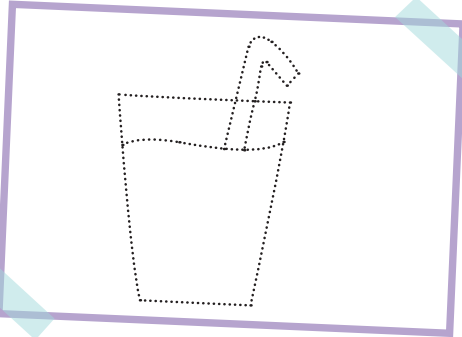
Dhanya dhanya mama jivan, tav sharane sufalam, (Ho) (2)  
Yagnapurush pravartita (2), siddhāntam sukhadam...Jay 5

Jay Swāminārāyan, Jay Akshar-Purushottam,  
Akshar-Purushottam jay (2), darshan sarvottam...

Jay Swāminārāyan, Jay Akshar-Purushottam,  
Jay Swāminārāyan.

## 10. Thāl

Friends, let's talk about food today!



What is your favourite drink?  
Draw a glass in the box given by connecting the dots, and fill it with the colour of the drink.

What is your favourite fruit?  
Draw a picture of it in the given box and colour it.



What is your favourite food item?  
Draw or stick a picture of the item in the box given.

Isn't it mouth-watering, while drawing the picture?  
But friends, let me know who makes these delicious dishes for you?  
Mum! Right?







But where does your mum get the grains and fruits to make the food items?  
From the market!

But, where do the grains, pulses and fruits come from in the market?  
The farms!



But do you know who grows the grains and the fruits in the farms?  
God!

So friends, did you understand? God gives us all the food, drinks and fruits that we like. So, shouldn't we thank God?

Yes, in order to thank God, we should offer *thāl*.

**Whatever we eat or drink, we should offer it to God first.** By doing so, God is extremely pleased with us.

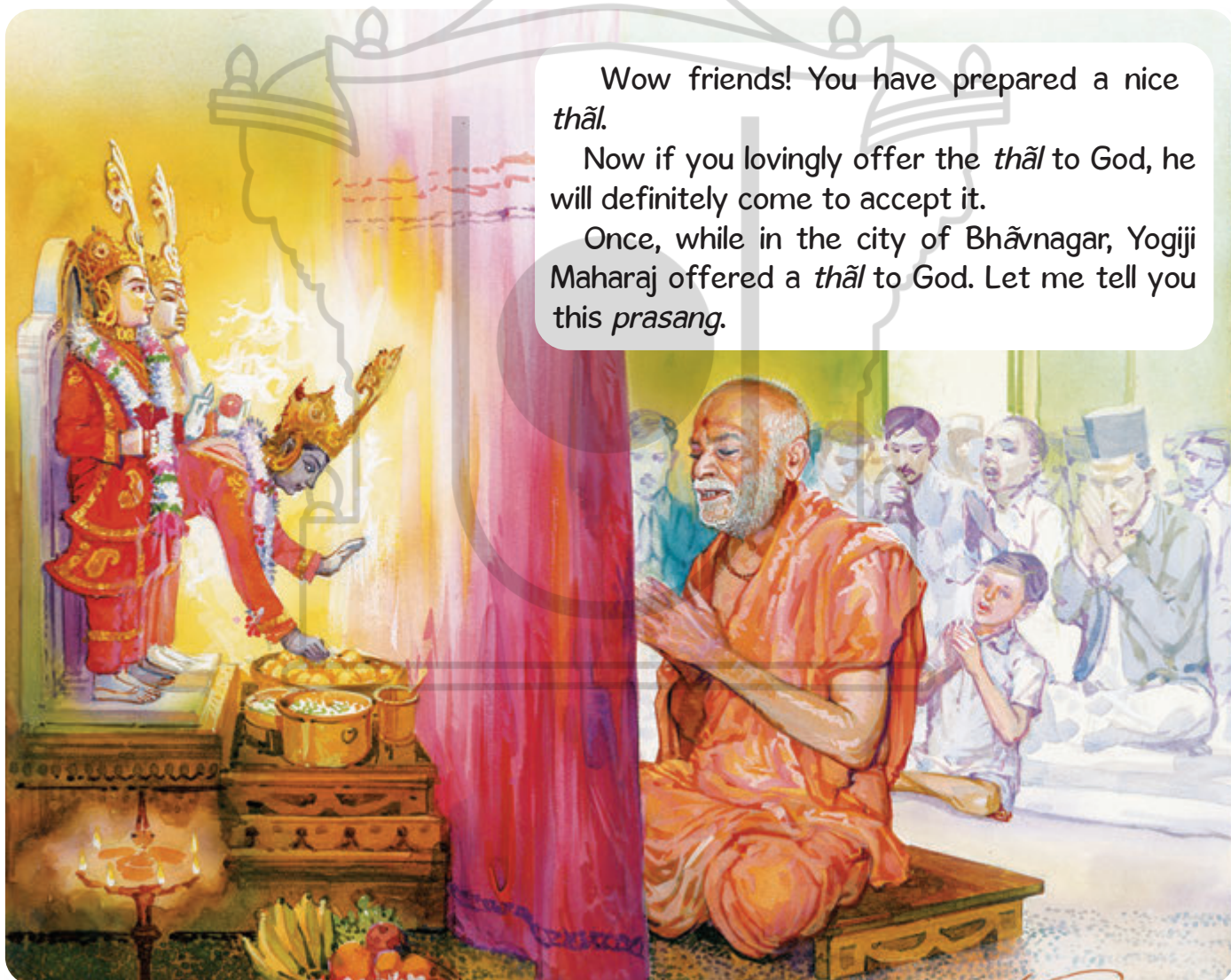
So, do you too want to offer a nice *thāl* to God?

Look on your right. Everything is ready: plates, bowls and spoons.



P	I	V	E	G	R	D	S	G	I
B	U	A	L	H	O	A	H	A	N
H	E	R	G	A	T	L	I	H	A
A	F	T	I	R	A	D	R	K	P
T	U	V	E	I	L	H	O	I	H
K	A	N	D	S	I	E	A	D	S
L	H	E	U	H	H	B	U	N	A
I	G	E	M	A	C	R	P	N	H
M	I	T	P	K	M	A	L	S	H
I	H	P	A	P	A	D	A	E	C
G	U	L	A	B	J	A	M	B	U

There are 10 names of food items in the box on your left. You have to prepare *thāl* by placing the ten food items in the plate (see previous page). For that, you have to find the names of the food items from the box on your left. Then, let's get ready friends!



Wow friends! You have prepared a nice *thāl*.

Now if you lovingly offer the *thāl* to God, he will definitely come to accept it.

Once, while in the city of Bhāvnagar, Yogiji Maharaj offered a *thāl* to God. Let me tell you this *prasang*.



## Shishu Gunjan

*Yogirāje thāl dharāvyo... Mahārāj jamo, Swāmi jamo.*

(Yogiji Mahārāj offered a *thāl* to God.)

*Thāl mā mukyā 10-10 lādu... Mahārāj jamo, Swāmi jamo.*

(In the *thāl* were 10 laddoos...)

*Dāl-Bhāt-Shāk-Bhajiya pan mukyā... Mahārāj jamo, Swāmi jamo.*

(...and dāl, rice, vegetables and even *bhajiya*.)

*Murti pāse thāl padhrāvyo... Mahārāj jamo, Swāmi jamo.*

(The *thāl* was placed before the *murti* of God.)

*2 katorā pāni nā dharyā... Mahārāj jamo, Swāmi jamo.*

(2 glasses of water were also offered.)

*5 thāl Yogiye gāyā... Mahārāj jamo, Swāmi jamo.*

(Yogiji Mahārāj sang 5 *thāls*...)

Friends, do you know what happened half-an-hour later  
when they saw the *thāl* placed before God?

## Shishu Gunjan

*Pānch laddu ochhā thayā... Te Mahārāj jamyā ne Swāmi jamyā.*

(Five laddoos were less...)

*Bhajiya-Shāk-Dal ochhā thayā... Te Mahārāj jamyā ne Swāmi jamyā.*

(Even the quantity of *bhajiyas*, vegetables and dal had decreased...)

*Paninā katorā pān khutyā... Te Mahārāj jamyā ne Swāmi jamyā.*

(Then in the glass water was missing.)

*Yogiji Mahārāje samjāvyu ke... Mahārāj jame chhe, Swāmi jame chhe.*

(Yogiji Mahārāj explained that Mahārāj and Swāmi indeed do accept our *thāl* if...)

*Prembhāvthi thāl dharāvo... Mahārāj jame chhe, Swāmi jame chhe.*

(...we offer the *thāl* with love.)

*Vividh vāngi thāl mā dharāvo... Mahārāj jame chhe, Swāmi jame chhe.*

(We should offer a variety of food items in the *thāl*.)

*Tamne bhāve te te dharāvo... Mahārāj jame chhe, Swāmi jame chhe.*

(We should offer our favourite foods in the *thāl*.)

*Roj roj tame thāl dharāvo... Mahārāj jame chhe, Swāmi jame chhe.*

(Lastly, we should offer the *thāl* to God everyday.)

Yes friends, if we lovingly offer the *thāl*, God will eat it. Hence, from today will you offer everything to God first? If you do so, Guruhari Mahant Swami Maharaj will be very pleased with you.

## 11. Stealing

Lambu the camel and Sheelu the fox were best friends.

I'm very hungry. Let's go somewhere to find some food.



They came across a sugarcane field.



Lambu, let's eat some sugarcane.

But it doesn't belong to us. We should ask the owner of the field first.



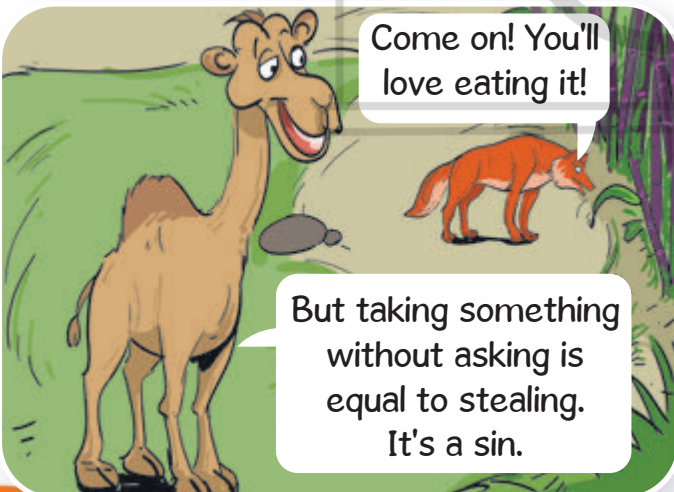
Sheelu began running towards the field.

It won't matter if one sugarcane goes missing.



Come on! You'll love eating it!

But taking something without asking is equal to stealing. It's a sin.



Soon, both of them started eating the sugarcane...



But then...



The owner of the field got angry and ran after them with a stick.



He beat both the animals and broke their bones.



Friends, did you see how Lambu the camel and Sheelu the fox were punished because they performed the bad act of stealing?

Therefore, our guru Mahant Swami Maharaj has told us in the 31st shlok of the Satsang Diksha that,

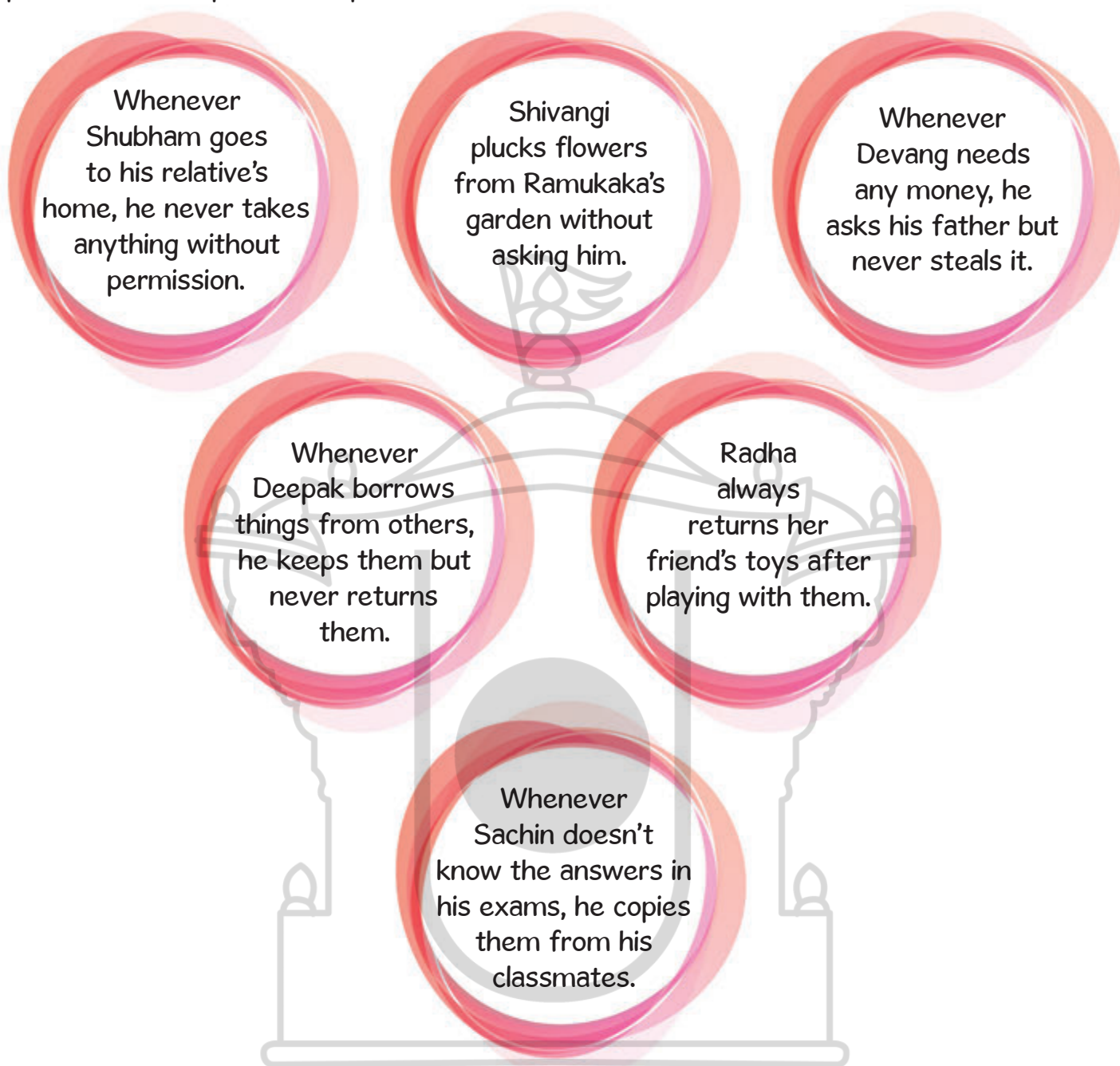
***Satsangis* should  
never steal.**

- Satsang Diksha, Shlok 31



**Taking someone's things without their permission is called stealing, and the result of stealing is extremely bad.**

Dear *shishus*, you'll find what some of our friends do as shown in the circles below. If they obey Mahant Swami Maharaj's instruction about not stealing then colour the bubble in yellow and if they don't obey Swamishri's instruction then colour it in red.



Dear *shishus*, if we act in the right way like Shubham, Devang and Radha, then Swami Bapa will be pleased upon us. But if we act wrongly like Shivangi, Deepak and Sachin, then Swami Bapa will be very disappointed with us.

Dear *shishus*, would you like it if someone took away your things without asking you? In the same way, if we take things belonging to others without asking them, wouldn't they feel bad too?



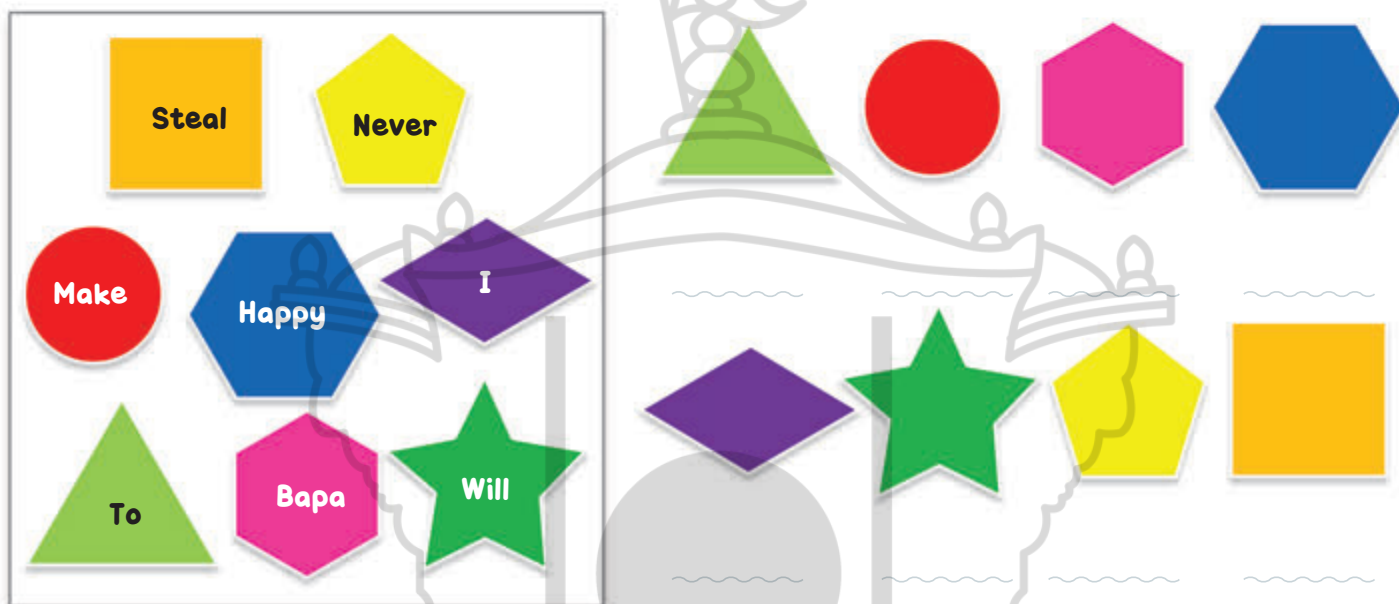
Sometimes we think, "Since no one is watching, let me take it."

But God sees everything because He is everywhere. He is also present in our heart.

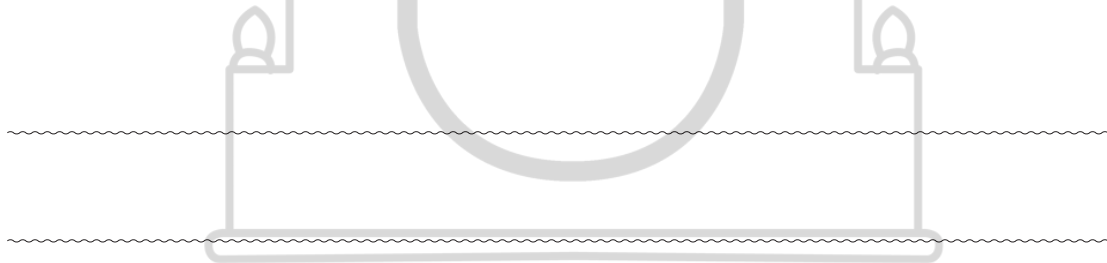
That's why whenever we steal or act wrongfully, God knows about it. And when anyone else comes to know about it, they would call us a 'thief'. Would we like that? Of course not! That is why we must never ever steal.

And by not stealing, you are an *ādarsh* (ideal) *shishu* and everybody loves an ideal *shishu*. So let us decide today that we will never steal.

Dear *shishus*, given below are different shapes with different words written in them. Fill in the blank shapes (see below) with words given in the same shapes to your left to form a full sentence. So get ready!



Write the above sentence in big letters below.



### Shishu Gunjan

Now let's say together,

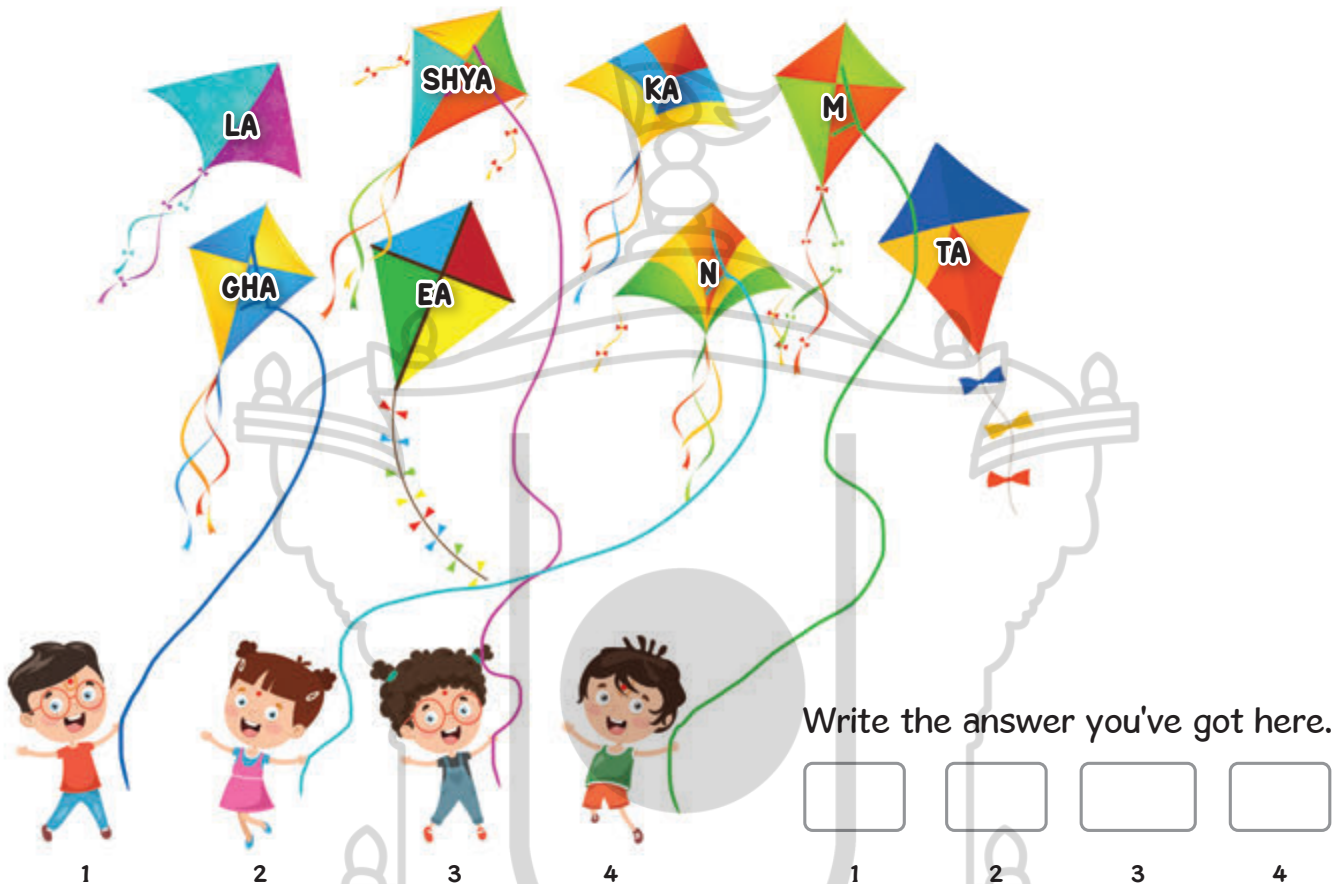
*Kadiye jutthu bolish nahi, chori kadiye karish nahi,*  
(I will never lie and I will never steal.)

*Prāmānik jivan rākhish, Vishwāsu hu sauno banish.*  
(I will live honestly and become trustworthy.)

## 12. Ghanshyam Maharaj

Dear *shishus*, the one whom we are going to talk about today is our dear friend.

Do you want to know the name of that special friend? Then look below. Manan, Radha, Puja and Tapan are flying kites with the letters of our friend's name written on it. But the kites are all intertwined. Find it and arrange it in order so that the name can be found.



Excellent! You just found the name of your dear friend! His name is Ghanshyam! Ghanshyam was the childhood name of Bhagwan Swaminarayan.



Let's learn more about our special friend Ghanshyam Maharaj. Ghanshyam Maharaj was born on *Chaitra sud Navmi*. (3 April 1781)

He was born in *Chhapaiyā*, a village near *Ayodhyā*. His mothers' name was *Bhaktidevi* and his father's name was *Dharmadev*.



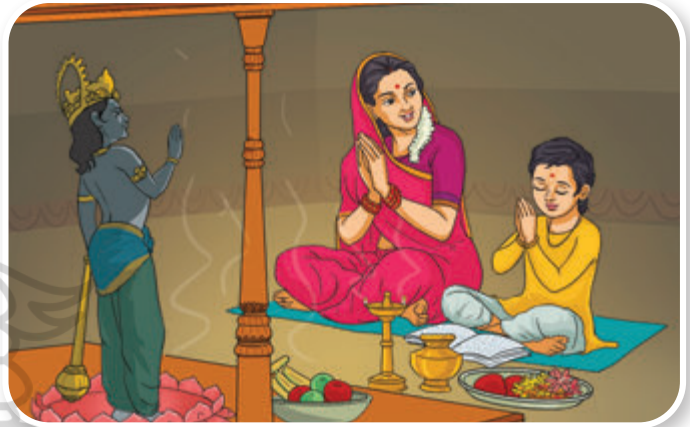


Ghanshyam Maharaj was an ideal *shishu* since his childhood. Do you know what made him ideal?

Do you know Ghanshyam Maharaj's daily routine? If we take a glance at it, we too will know what we ought to do to become ideal.



He used to wake up early at 4 a.m.  
and bathe in the River Saryu.



Then he offered prayers to God.



Drank cow's milk.



Studied with his father.



Did darshan at the mandir and  
listened to *kathā* there.



Sat for lunch at 12 p.m.



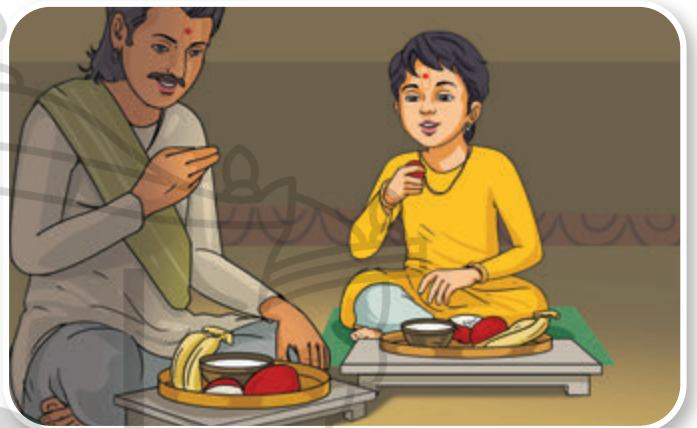
Finished his homework.



Went to play with friends in the evening.



Did *sandhyā ārti* at the mandir.



Ate simple food at night.



Did *ghar-sabhā*.



Prayed to God and then slept.

Did you see friends... Ghanshyam Maharaj studied very well all day... went to play with friends... and of course always performed bhakti.





One fine evening, Ghanshyam Maharaj went to play at the Meen Sarovar. His friends Veni, Mādhav, Prāg and others were also with him.

They were all enjoying themselves. Just then, Ghanshyam's gaze fell on the banks of the lake.

A big fat fisherman was catching the fish.

Ghanshyam felt compassionate (merciful) for the fish. He told the fisherman, "Hey fisherman! Release the fish. **Killing any living being is a sin.**"

But the fisherman did not listen to Ghanshyam's words.

**Ghanshyam was God incarnate.** He just glanced at the basket filled with fish and then, a miracle happened!

One after the other, the fish came to life and jumped back into the water.

Ghanshyam sent the fisherman into *samādhi*, and then explained, "One should never perform *hinsā*." (Killing any living being.)

The fisherman fell at Ghanshyam's feet.

Such was our Ghanshyam Maharaj - compassionate and ideal since his childhood.

Let's now hail our dear Ghanshyam Prabhu.

### Shishu Gunjan

*Chhapaiyā mā janmyā'tā...*

**Jai Jai Shri Ghanshyamni!**

(Shri Ghanshyam was born in Chhapaiyā...)

*Mātā Pitā ne namtā'tā...*

**Jai Jai Shri Ghanshyamni!**

(He used to bow to his parents everyday...)

*Abhyās sāro kartā'tā...*

**Jai Jai Shri Ghanshyamni!**

(He studied very well...)

*Bhakti Prabhu ni kartā'tā...*

**Jai Jai Shri Ghanshyamni!**

(Also performed *bhakti* of God...)

*Mitro sāthe ramtā'tā...*

**Jai Jai Shri Ghanshyamni!**

(He used to play with his friends...)

*Ahinsa nā pāth shikhvyā'tā...*

**Jai Jai Shri Ghanshyamni!**

(Taught the lesson of non-violence...)

*Ādarsh shishu banyā'tā...*

**Jai Jai Shri Ghanshyamni!**

(Last of all, he was an *ideal shishu*.)

## 13. Satsang Diksha



Jai Swaminarayan... friends!  
Shall I tell you a secret? Today we are all  
going to get a nice gift!  
Do you know who has sent the gift?

Our Guruhari Mahant Swami Maharaj!  
Yes, Swami Bapa has prepared this gift  
himself!

He has prepared this gift by working hard  
for 2 hours everyday, for 64 days.



Friends, Swami Bapa has sent this gift in  
many boxes. But, those boxes are mixed up.

If we combine pieces of the same colour  
and arrange it neatly, we will get the gift  
sent by Swami Bapa.

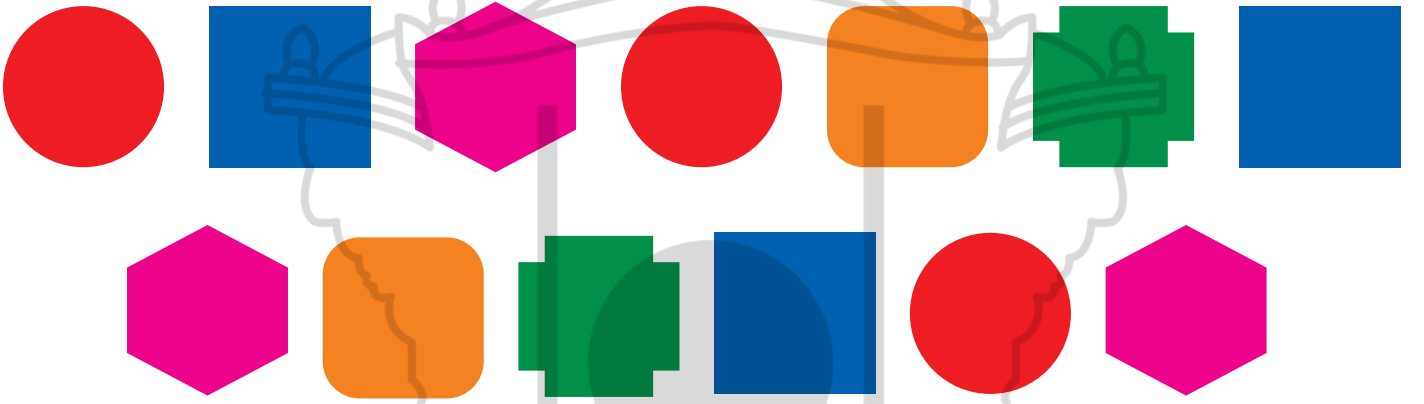
So let's hurry... Once each piece is joined,  
write the name of the gift in the empty box  
below it.



ઘ ન ા સ ત ા સ

અ હ સ ન ઇ ડ

The gift given by Guruhari Mahant Swami Maharaj is:



Congratulations! You have received the special gift sent by Swami Bapa for all of us! That is the Satsang Diksha *shāstra*!

Friends, this is really a very precious gift. Look what Guruhari Mahant Swami Maharaj says about the glory of the *Satsang Diksha shāstra*..



*Satsang Diksha granth je  
vānchshe, mukhpāth karshe teni  
moksh mārge gati thashe.*

(Whoever will read, do *mukhpāth* of the Satsang Diksha granth will progress on the path of *moksha*.)

*Shriji Maharaj ane Guru  
Paramparānā manmā je hatu ej  
Satsang Dikshamā lakhāyu chhe.*

(Whatever was in the minds of Shriji Maharaj and the Guru Parampara is what has been written in the Satsang Diksha.)

*Satsang Diksha shāstra e  
Maharajnu swarup chhe.*

(Satsang Diksha shāstra is the form of Maharaj.)

*Satsang Diksha shāstrani hajāro  
tulā kariye to pan ochhi chhe.*

(Even if we do thousands of *tula* of the Satsang Diksha shāstra, it is less.)

Friends, a total of **315 shloks** (verses) are written in this *shāstra*.

Guruhari Mahant Swami Maharaj has written this book in Gujarati and thereafter, it was translated in 14 other languages like Sanskrit, Hindi, English, Punjabi, Bengali and others.

This scripture consists of the teachings of *āgnā* and *upāsanā* based on the words of Bhagwan Swaminarayan and our Gurus.

Guruhari Mahant Swami Maharaj has given *āgnā* to all that...

બાલકો - બાલિકાઓ, કિશોરો - કિશોરીઓ,  
યુવકો - યુવતીઓ મુખપાઠ કરી અક્ષર-પુરુષોત્તમને  
ઉદ્દેશ કરે. એના બાપા અને પ્રમુખ સ્વામી  
ખૂબ રાજી થશે.

*Balaks-balikas, kishores-kishoris, yuvaks-yuvatis* should do *mukhapāth* and spread the glory of Akshar-Purushottam. Yogi Bapa and Pramukh Swami will be very pleased.



Friends, Guruhari Mahant Swami Maharaj is very pleased upon the *shishus* who have done the *mukhpāth* of this shāstra. Let's meet one such *shishu*.



A *shishu* named Akshar Kekre lives in the Mulund area of Mumbai. This *shishu* is about the same age as you; only 4 years. He still can't read or write.

When Akshar was eight months old, he suffered from asthma. After that, he started having trouble breathing. Despite having many health issues, this *shishu* has pleased Swami Bapa by doing *mukhpāth* of the entire Satsang Diksha shāstra.

So, do you too want to please Swami Bapa? So for that, let us remember the *āgnā* given by Guruhari Mahant Swami Maharaj in the Satsang Diksha shāstra. Let's follow it and together do the *mukhpāth* of Satsang Diksha.

### Shishu Gunjan

*Granth āpyo Swāmie enu Satsang Diksha nām,*

(Satsang Diksha is the name of the scripture given by Swami,)

*Guruharini āgnāo pādvānu rākho nishān...*

(keep the goal of obeying the *agna* of Guruhari.....)

*Shlok number baso nav, dasā, agiyār ne bār,*

(Shlok number two hundred and nine, ten, eleven and twelve,)

*Ādarsh shishu banāvānā āpyā Swamie vichār...*

(Swami gave the thought of becoming an ideal *shishu*...)

*Pujā niyāmit karvi ne dhyān daine bhanvu,*

(Perform *pujā* regularly and study with concentration,)

*Sauni sevā karvi, nirbal kadi na banvu...*

(Serve everyone, never be weak...)

*Kusang-vyasan thi dur rahevu, bhakti satsang karvā,*

(Stay away from kusang and addiction and do *bhakti* & satsang,)

*Nitya savāre mātā-pitāne panchāng pranām karvā....*

(Every morning offer your respects to your parents....)

*Guruharine rāji karvā na bhulsho ā vāto,*

(To please Guruhari don't forget these things,)

*Mukhpāth kariye Satsang Diksha, ālas kadi na rākho....*

(Do *mukhpāth* of Satsang Diksha and never be lazy...)

## 14. Rājipo (Happiness)



Once there lived a woodcutter. He would cut wood from the forest and sell it. His name was **Bauddin**.



Once, it was cold and Bauddin and his mother were returning after cutting wood from a forest. On the way, they met a devotee.

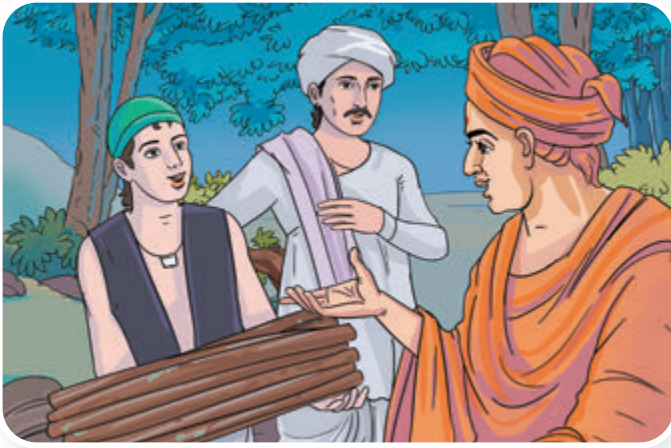


The devotee asked, "Our guru Gunatitanand Swami is nearby and he is feeling cold. Will you please give me some wood for him?"



Bauddin's mother told her son, "**Son. It is a great privilege to serve a sadhu as great as Gunatitanand Swami. Go give him the wood. He will surely bless you.**"



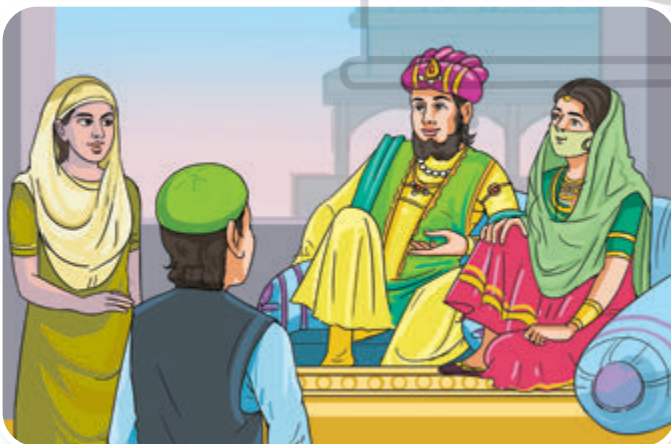


Bauddin immediately came to where Gunatitanand Swami was. He offered all the wood to Swami, bowed to him and said, "Swami, be happy upon me and bless me."

Swami was pleased with his sevā and blessed him, "Bauddin, from now onwards you'll not have to cut wood."



A few days later, Gunatitanand Swami's blessings came true. Bauddin's sister got married to the Nawāb of Junāgadh!



Now, Bauddin became a relative of the Nawāb of Junāgadh. Therefore, he did not have to cut wood anymore.



Not just that, but the king named Bauddin as the 'Diwan' (minister) of the state of Junāgadh.

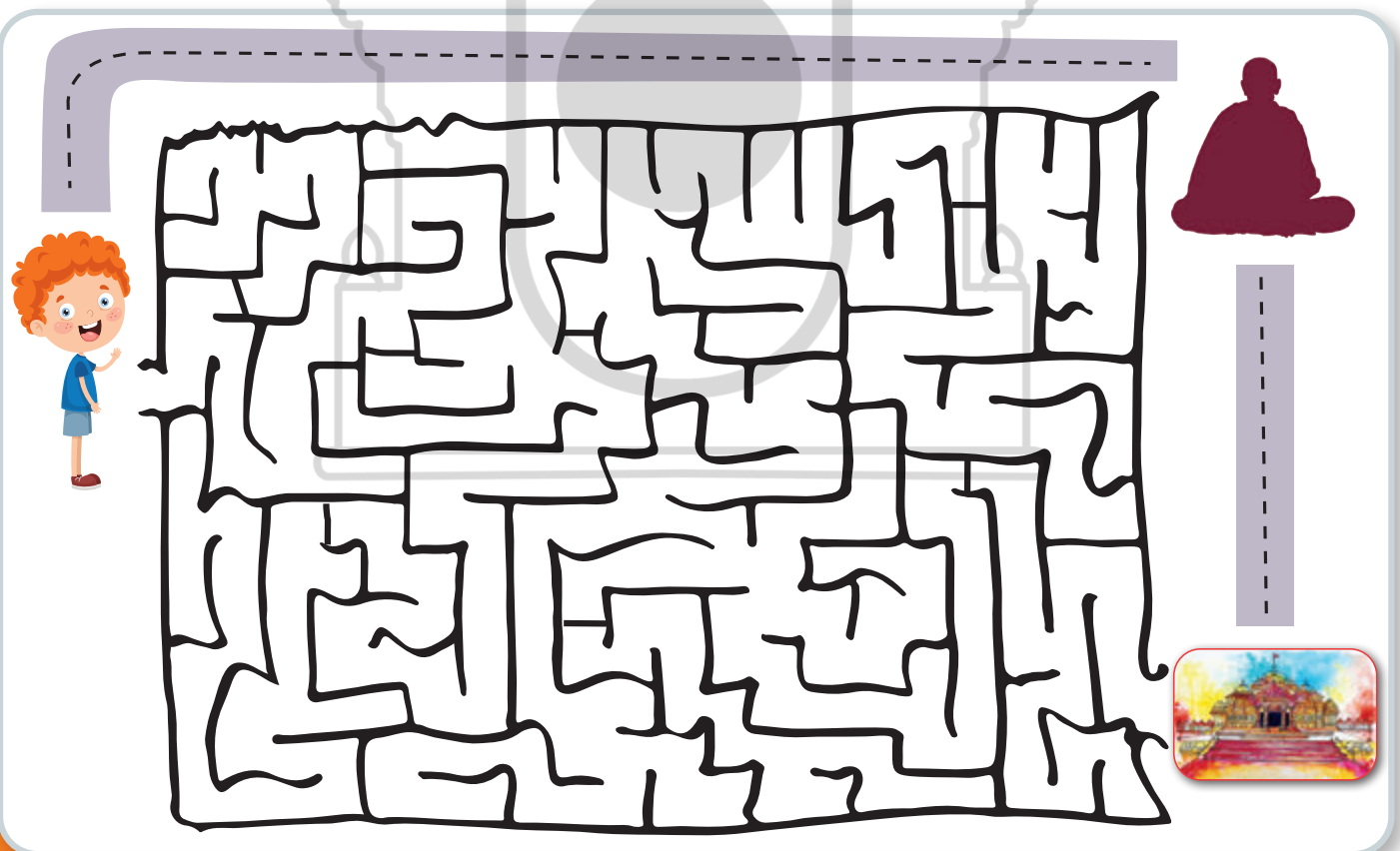


After becoming the minister, he performed many good deeds. Even today, a college in his name still stands in the city of Junāgadh.

Friends, did you see? Bauddin, who once used to cut wood, became the *Diwan* of Junāgadh! The reason for this was that he earned the *rājipo* of Gunatitanad Swami.

Dear friends, if we too earn the *rājipo* of Bhagwan and Sant, any difficult task in life will then seem easy.

Let's understand the above statement by going through a maze. You have to make your way to the other side of the maze to Akshardham. Are you ready? Begin.





Friends, have you noticed? You couldn't reach Akshardham because the maze is too confusing. But when you choose the road of the God-realized Sadhu (see dotted line), you will easily reach Akshardham.

In the same way, if we choose the path of getting Bhagwan and Mahant Swami Maharaj's *rājipo*, we will definitely reach Bhagwan's *Dham*.

But how can we obtain Bhagwan and the Sant's *rājipo*? Try and answer this question.

Given here are some actions. If you think Mahant Swami Maharaj would be pleased by performing the action, draw a smile (☺) on the faces given inside the boxes. If not, draw a frown (☹).



### Shishu Gunjan

Friends, from today onwards let's decide to obtain Guruhari Mahant Swami Maharaj's *rājipo* and that we will act only according to his wishes.

***Rājipo re rājipo, shu chhe ā rājipo?***

(What is *rājipo*?)

***Shriji kahe e jādu chhe.***

(Shriji says it is the magic...)

***Dukh dur karvānu jādu chhe...***

(...the magic of relieving us from pain.)

***Rājipo re rājipo, shu chhe ā rājipo?***

(What is *rājipo*?)

***Sahelo e to rasto chhe.***

(It is an easy road...)

***Akshardham no rasto chhe...***

(...the road to Akshardham.)

***Rājipo re rājipo, shu chhe ā rājipo?***

(What is *rājipo*?)

***Shrihari ne Guruhari no***

***Rājipo medvo rājipo...***

(Let's obtain the *rājipo* of Shriji Maharaj and our Guruhari.)

## 15. Mahant Swami Maharaj



Friends, do you recognize the person in the pictures above?  
He is an ideal child and his name is 'Vinubhai'.



Vinubhai's hometown was Anand but he was born in **Jabalpur** (In the state of Madhya Pradesh)

Friends, do you know who Vinubhai is?

Yes friends, that Vinubhai is none other than our beloved

**Guruhari Mahant Swami Maharaj.**





Now, you can fill in the name, given below, of Swami Bapa with your favourite colours.

# MAHANT SWAMI

Now look at the picture given below very carefully.

A lot of interesting and wonderful things about Mahant Swami Maharaj are hidden in the 'Train of Facts'.



Now friends, can you find the answers to the following questions based on the picture given on the earlier page ? Let's find out.

What was the name of Mahant Swami Maharaj's mother and father?



or



What is Mahant Swami Maharaj's date of birth?



or



What was the name given to Mahant Swami Maharaj after his *Sadhu* (*Bhāgwati*) *dikshā*?



or



Excellent! You have found all the answers! Congratulations!

Friends, did you know? **Mahant Swami Maharaj loves little shishus like you very much.**

Mahant Swami Maharaj is very pleased with *shishus* who speak the verses from 'Satsang Diksha', 'Swāmini Vāto', 'Vachanamrut', 'stories', etc. in his morning puṇā.

Not just that but wherever he goes, he becomes extremely happy on seeing little *shishus*.







He calls all shishus, places his hands on their heads... blinks his eyes and lovingly taps their heads and blesses them.

He talks to them and listens to all the big things the little *shishus* have to say.

Mahant Swami Maharaj even plays games with *shishus* like you and also tells them stories and yes, he gives them delicious *prasād* as well.

(See 'Divine Moments' that *shishus* have had a chance to spend with Swami Bapa at the back of this book)

### Shishu Gunjan

Then let's sing together.

*Mane Mahant Swāmi pyārā,  
teo mitra chhe mārā,*  
(My lovely Mahant Swami is my friend...)

*Hu to karto kālāvālā, mārā  
Swami to chhe vahālā...*  
(He listens to whatever I have to say very lovingly...)

*Māri sāthe sadāy ramtā,  
mane rāji rāji kartā,*  
(He always plays with me and makes me happy...)

*Māri sāme mithu hastā, mane  
bahu bahu gamtā...*  
(He laughs sweetly at me, I like him very much...)

*Mane Mahant Swami...  
Mari vāt sāmabhadi hete,  
mane bolāve chhe preete,*

(He lovingly listens to me and calls me lovingly...)

*Jyāre vahāl e varsāve, tyāre  
haiyā bahu harkhāye...*  
(He showers me with love and I like it very much...)

*Mane Mahant Swami...  
Sabhāmā āvi ramat ramāde,  
mithi parsādi jamāde,*  
(He makes us play games in the *sabha* and also gives us *prasād*...)

*Bhakti no rāh batāve, mane  
Akshardham apāve.*  
(He shows me the path to Bhakti and gives me Akshardham...)


*Mane Mahant Swami...*



## 16. Mukhpāth


Dear friends, today we are going to test your brains.


Given here is a hidden question. To completely understand it, you have to name the picture of the object and write it in the blanks.


After you have filled in all the blanks, you will find your question. Okay, are you all ready!


He is the king of the  .


He makes the  and the  shine.


He makes the  twinkle.

He makes it  .

He fills up a  with a pleasant smell.

He gives us a juicy  to eat.

He gives a  the brain to think.

And he is manifest in our Guru  .

Who is it, can you guess?

Well done! You understood the entire question, didn't you? Don't you want to answer it? Yes...absolutely correct! The answer is 'Bhagwan Swaminarayan!'

Did you observe that you could figure out the question by just looking at the pictures? Do you know the reason behind it?

The reason is the magnificent God-gifted brain.

Do you know how much works the human brain can handle at once?

Pictured on the next page is your house. You can see that '1' is written on it. You have to keep on adding '0' (zeroes) after it till you reach the moon.





Friends, in the same way, if you keep on writing zeroes after a '1' from your house to the moon in real life, that gigantic number is the amount of work your brain can handle at once! Isn't it amazing?

But, what if even a little negativity were to enter such a powerful brain of yours? Then you would start doing bad things. It would harm you along with other people. That is exactly why you should keep your brain clean and pure.

To keep your brain clean and pure,  
**our Guru Mahant Swami Maharaj has shown  
us a great solution for it; *Mukhpāth*.**

But what is *Mukhpāth*?

If you want to know, connect the dots below to form a sentence and you'll get the answer to your question.

“*Mukhpāth* means  
remembering the divine words  
of Satsang.”

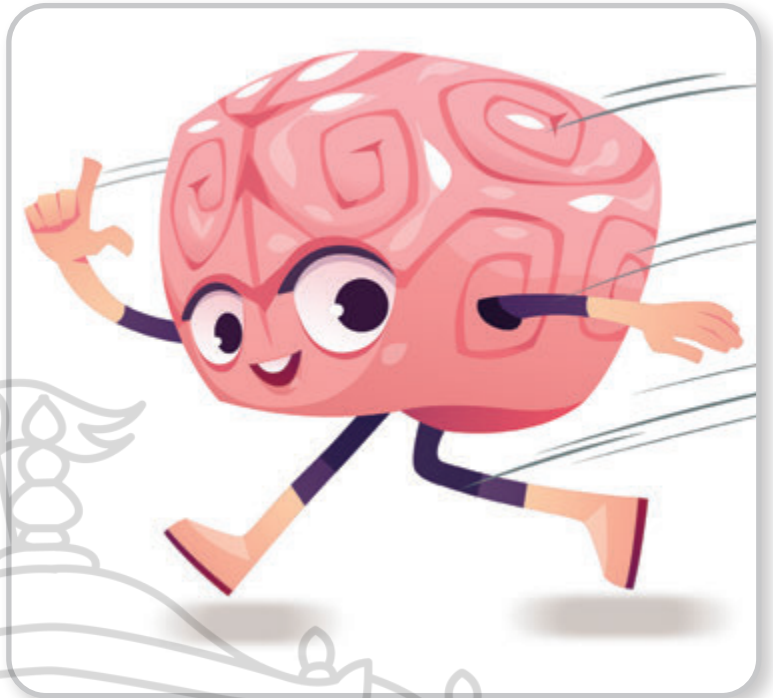
What are the divine words of Satsang?

The blissful words said by Shriji Maharaj and our Guru Paramparā, the melodious *kirtans* created by our sadhus and devotees, *shloks*, *sākhis*, etc. all comprise to become the “Words of Satsang”.

Friends, there are a lot of advantages of doing *mukhpāth*.

You can remember lots and lots of things. You can remember all that is taught in school very easily.

During exams, your brain automatically remembers all the answers to all the questions and thus you will achieve the first rank in class.



Doing *mukhpāth* enlightens the mind and that is exactly how you get good thoughts and positive vibrations all the time. There is no room for bad thoughts in the brain at all.

Doing *mukhpāth* will give you strength. You will never be worried about anything when you do *mukhpāth*.

Can you guess the greatest benefit of all?

**It is Mahant Swami Maharaj's immense *rājipo!***

So friends, do you want to please our dear Guruhari?

Then let's start off by doing the *mukhpāth* of the *Jai-nāḍ*, *Āhvān mantra* and *Punarāgaman mantra*.



## Jai-nāḍ

Shri Swaminarayan Bhagawanni... Jai!  
Akshar-Purushottam Maharajni... Jai!  
Gunatitanand Swami Maharajni... Jai!  
Bhagatji Maharajni... Jai!  
Shastriji Maharajni... Jai!  
Yogiji Maharajni... Jai!  
Pramukh Swami Maharajni... Jai!  
Mahant Swami Maharajni...Jai!

## Āhvān Mantra

Uttishtha Sahajānanda Shri-Hare Purushottama;  
Gunātītā'kshara Brahman uttishtha krupayā guro.  
Āgamyatām hi puṣārtham āgamyatām mad-ātmataha;  
Sānnidhyād darshanād divyāt saubhāgyam vardhate mama.

“O Sahajanand Shri Hari! O Purushottam! O Aksharbrahman Gunatit gurus!  
Please shower your compassion by waking up.  
Please come forth from my *ātmā*, to accept my puja.  
I will become more blessed due to your divine presence and darshan.”

## Punarāgaman Mantra

Bhaktyaiva divya-bhāvena puṣā te sam-anushthitā,  
Gachchhā'tha tvam mad-ātmānam Akshara-Purushottama.

“O Purushottam Narayan together with Aksharbrahman! I have performed your puja  
with devotion and *divyabhāv*. Now, please reside within my *ātmā*.”

Let's pledge to do the *mukhpāth* given above from today  
and please Maharaj, Swami and Swami Bapa.

## 17. Sevā

Dear *shishus*, our friends are standing below with balloons. Write whatever is written on their balloons on the box they are standing.



What do the four friends teach us? "**Perform Sevā.**"

Yes, friends! *Sevā* means helping each other. Doing something that is good for others.

**Helping others with love, respect and profound feelings is known as *sevā*.**

Everyone likes *shishus* who do *sevā*.

But how should we do *sevā*? Look below, all these four friends are teaching us how to do *sevā*.



Sahaj sweeps the house every day.



Khushi collects the trash lying in her classroom and puts it in the bin.





Whenever Anand goes to the *shishu sabha*, he performs the *sevā* of serving *prasād* to everyone.

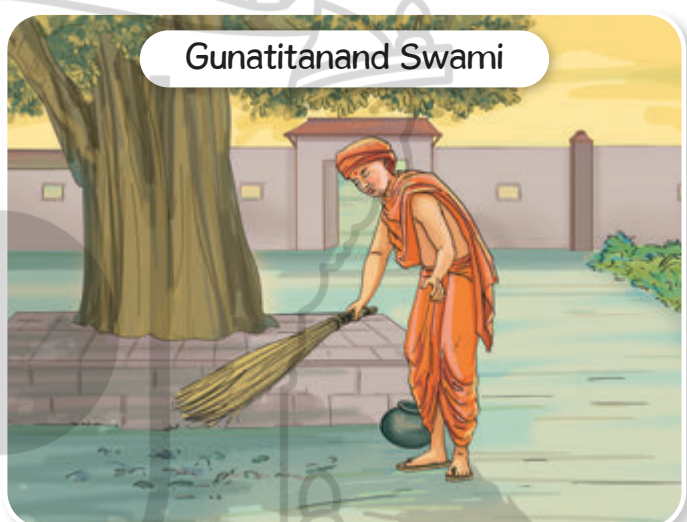


When Bhakti goes to the *mandir*, she neatly arranges everyone's shoes.

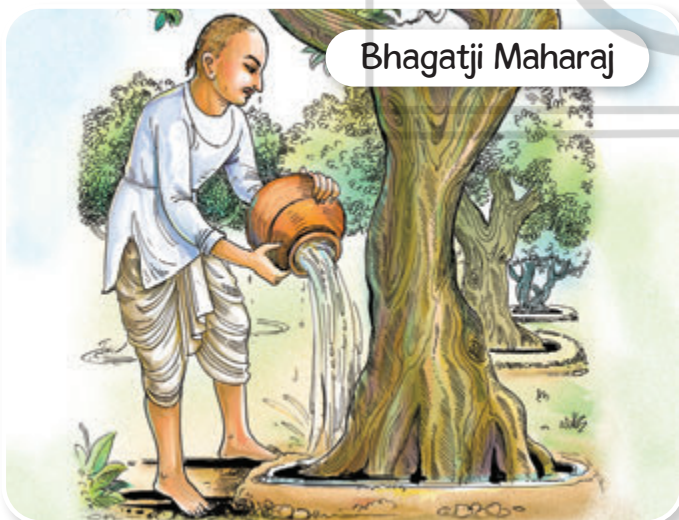
Even Bhagwan Swaminarayan and all our Gurus have served everyone throughout their lives.



Bhagwan Swaminarayan



Gunatitanand Swami



Bhagatji Maharaj



Shastriji Maharaj

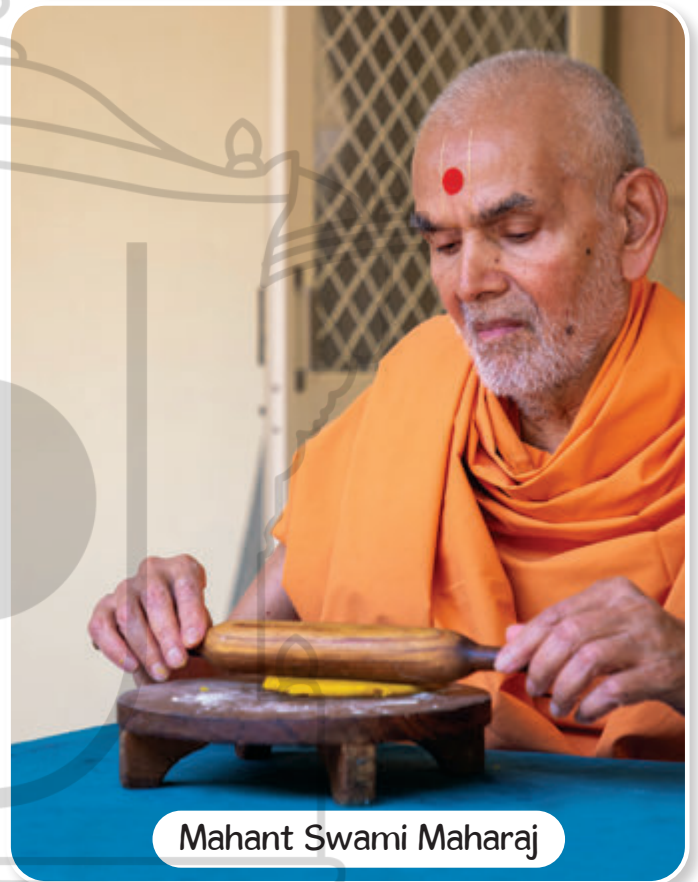




Yogiji Maharaj



Pramukh Swami Maharaj



Mahant Swami Maharaj

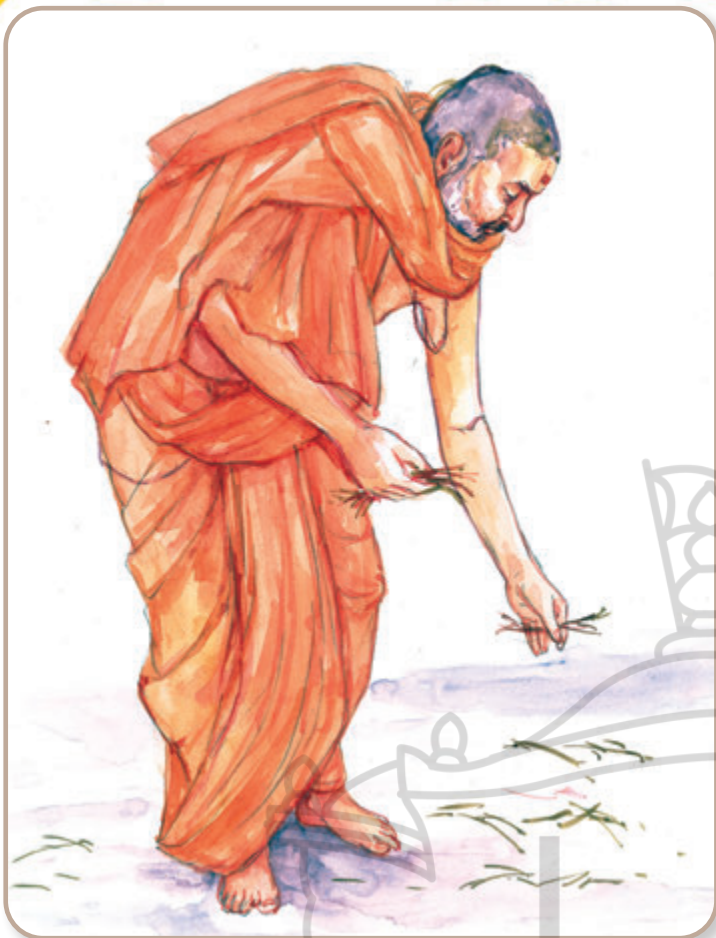
Friends, should I ask you a question? Which is the day when you're always happy, everyone gives you lovely gifts and wish you "Happy Birthday"?

Yes, that is your birthday!

On our birthdays, we bow to our parents and our elders, seek their blessings, distribute chocolates among our friends, receive gifts, and much more, right?

But do you know what Pramukh Swami Maharaj had done on his 51<sup>st</sup> birthday?





It was 26<sup>th</sup> November 1971. In the village of Dharmaj, Pramukh Swami Maharaj's 51<sup>st</sup> birthday was being celebrated.

On this day, many devotees had come for Swami Bapa's darshan.

Swami Bapa woke up in the morning and went outside to brush his teeth (or to do *dātan*—(a babul stick used for brushing one's teeth). At that time he saw that the devotees had thrown their used *dātans* in the courtyard.

Swami Bapa immediately went and picked up the used *dātans* and threw them in the bin.

Friends, Swami Bapa is so great. He is the guru of countless devotees. Yet, he eagerly and happily performed the smallest *sevā* on his birthday.

We too are all Mahant Swami Maharaj's ideal *shishus*.

Therefore, we must all perform the smallest *sevā*. Mahant Swami Maharaj is very pleased upon those who perform *sevā*.

### Shishu Gunjan

Do you want to please Mahant Swami Maharaj?  
Then let's sing together...

*Sevā sevā kariye sevā, Swami ne rāji karvā sevā,*  
(Let us do *sevā* to please Swami...)

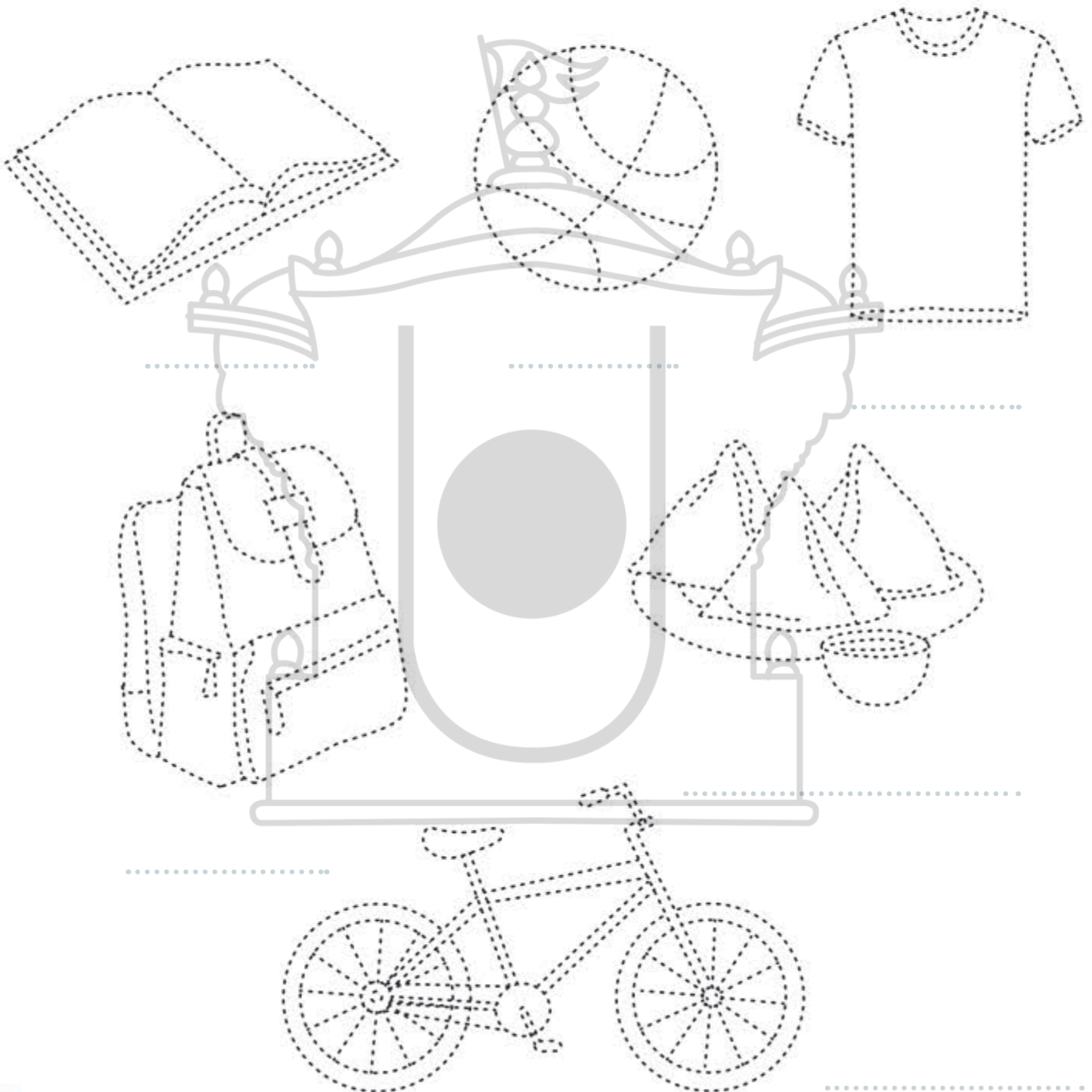
*Māt-pitāni ne guru ni sevā, nāni temaj moti sevā,*  
(The *sevā* of our parents as well as our guru, be it small or big.)

*Rājipo levāni sevā, Swamine man gamvā sevā,*  
(The *sevā* to please Swami and earn his *rājipo*...)

*Sevā sevā kariye sevā, Swami ne rāji karvā sevā.*  
(Let us do *sevā* to please Swami...)

## 18. Parents

Dear friends, given here are some things you really like. You have to join the dots and complete it and write the names of the items below them.







**Khushi** : Sahaj, I want all these things.

**Sahaj** : But we have no money.

**Khushi** : Then, let's take money from Mum and Dad. They have lots of money.

**Sahaj** : Dad works hard day and night. Mum saves money while doing the housework. So in the end, due to their hard work we get money.

**Khushi** : Oh! Mum and Dad work very hard?

**Sahaj** : Yes, they work very hard only for us.



Yes dear *shishus*, everything we need comes from the hard work of our parents. They work hard for us no matter what happens, even if they get tired, sick, or whatever the situation may be.

Because our parents love us. They really love us from the bottom of their heart. They understand us.

That is why our scriptures teach us...

***“Mātrudevo Bhava.***

***Pitrudevo Bhava.”***

**(Respect your parents as you  
would respect God.)**

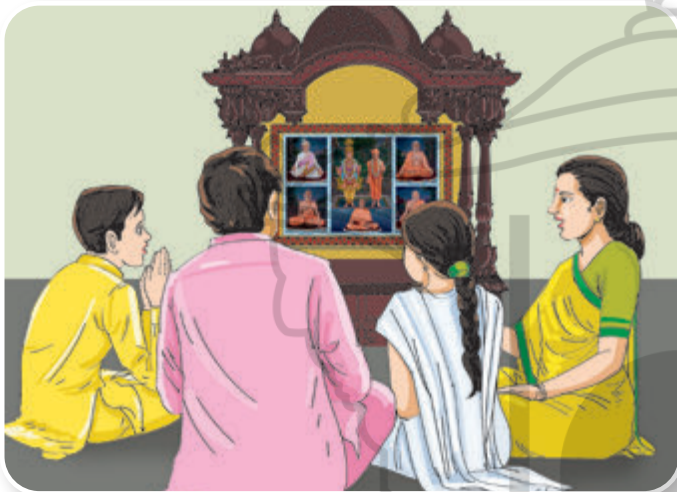
Our parents have done innumerable favours on us.



Our parents gave us birth.



Our parents love us.



Our parents teach us good values.



Our parents make arrangements for our studies.



Our parents help us recognize God and the guru.



Our parents take care of us when we have problems.



Friends, our parents have done countless such favours for us.  
We must thank them, right? **To thank our parents, we should...**



...do *panchāṅg* pranām to our parents daily.



...do as our parents tell us.

Friends, if we bow to our parents and obey them, Guruhari Mahant Swami Maharaj will be very pleased with us.



Let's thank our parents by giving them a nice flower. On a blank piece of paper, make a flower as shown in the picture on your left and give it to your parents.

### Shishu Gunjan

*Mātā Pitā nā chhe upkār,  
roj karish hu namaskār,*

(My parents do a lot  
for me and so,  
I will bow to them daily...)

*Āgnā pādu sevā karu,  
rāji karine Āshish lau*

(...I will obey them and serve  
them and by making them  
happy I'll earn their blessings.)

## 19. Mandir

Friends! Today I want to ask  
you a few questions.

Write the answers in  
the dotted lines below.



Where do the birds soaring so high in  
the sky live?



Where does the mouse live?



Where do the colourful fish live?



Where do you live?

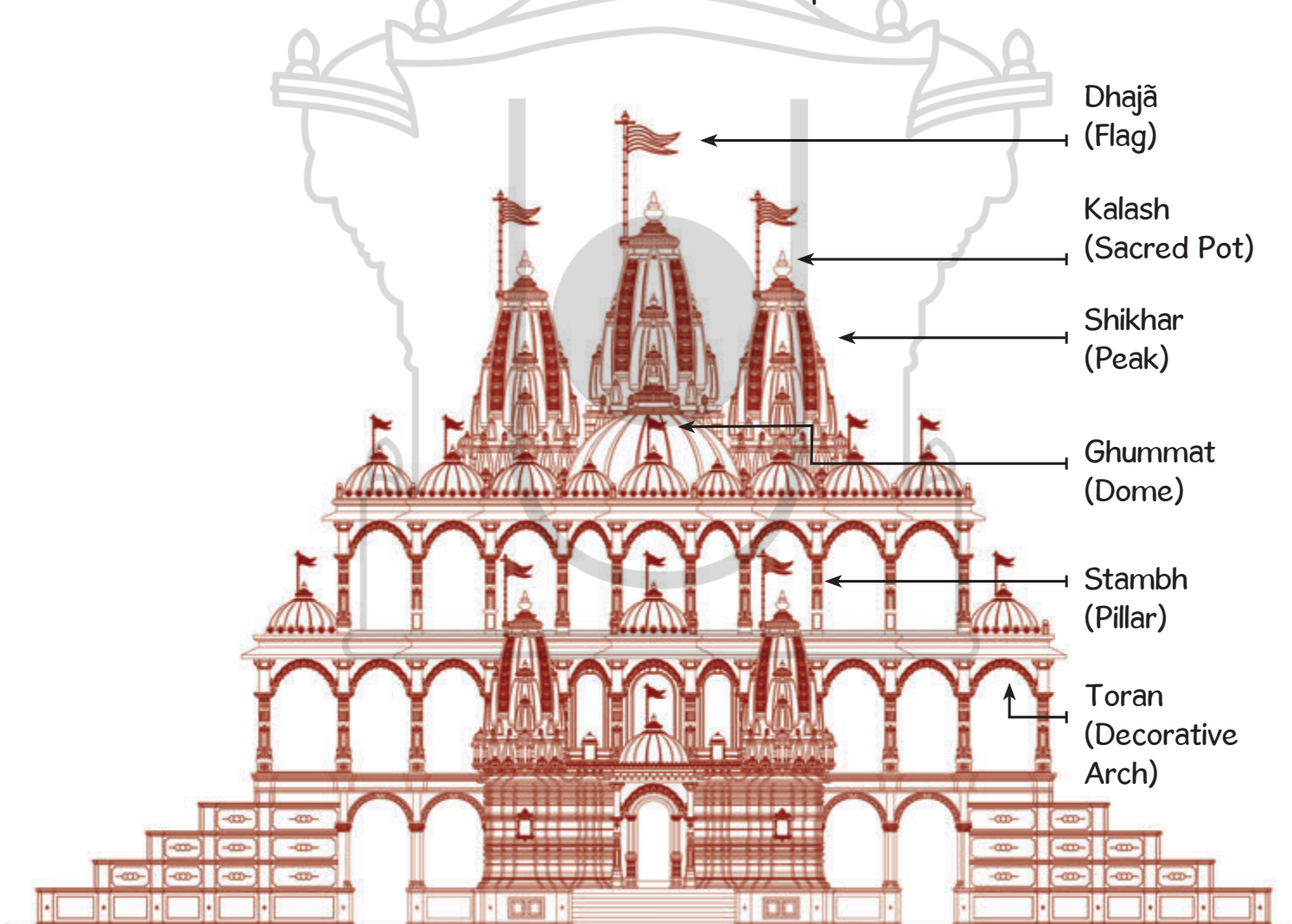
For birds a nest, and holes for a mouse  
For fishes the water, and for humans a house.  
So where does God live? Do you know?  
Wow! Exactly! **Mandir is where God lives. He always resides with his Bhakta in the mandir.**  
Hence, the mandir is a very sacred place.  
Devotees go to the mandir and worship God.





Dungar Bhakta is the childhood name of Shastriji Maharaj. Ever since he was a child, he built mandirs out of sand and performed *bhajan-bhakti*.

Friends! Let us all learn about the various parts of a mandir.





Friends, when Dungar Bhakta grew up and became Shastriji Maharaj, he built five big *shikharbaddha* mandirs and consecrated the *murtis* of Akshar-Purushottam Maharaj in the central shrines. Now raise your right hand and chant the *jai-nāḍ* loudly! 'Akshar-Purushottam Maharaj ni Jai!'



Bochāsān



Sārangpur



Gondal



Atlādarā



Gadhadā



Dear shishus! Sahaj wants to have darshan of all the mandirs built by Shastriji Maharaj. So will you show him the way?



Wow!  
Congratulations!  
You helped him  
have darshan of all  
the mandirs.

Dear Friends,  
our Guruhari  
Mahant Swami  
Mahraj has also  
commanded us all  
to regularly go to  
the mandir for  
darshan.



*Prātah sāyam yathā-kālam sarva-satsangibhir janaihi;  
Nikatam mandiram gamyam bhaktyā darshāya pratyāham. II93II*

Daily, in the morning, evening or at another convenient time, all  
*satsangis* should devoutly go to a nearby mandir for darshan.

- Satsang Diksha, Shlok 93

We should go everyday to the nearest mandir for darshan. If there is no mandir nearby, we can also do darshan of our *ghar*-mandir. So, do you want to follow the command of Mahant Swami Maharaj and please him? Then get ready to earn Swamishri's *rājipo*.

### Shishu Gunjan

*Chālo chālo jaldi jaldi Mandir darshan kariye.*

(Let's go to the Mandir to do darshan...)

*ārti, kirtan, bhakti sāthe Mandir darshan kariye.*

(Let's do darshan while performing the *ārti* and kirtan with bhakti...)

*Prabhu pragat birāje chhe, Mandir darshan kariye.*

(God resides in the Mandir so...)

*Guruhari ne rāji karvā Mandir darshan kariye.*

(Let's go to the Mandir to please our Guruhari.)

## 20. Shishu Sabhā



Hello everyone!

This is your new friend. His name is Akshar.

He is an ideal *shishu*. He performs the *nitya-pujā* daily.

He daily bows down and touches the feet of his parents and elders.

Akshar always obeys his parents.

So everyone at home loves him very much.



Akshar's behaviour in school is also very good.

He pays attention to what his teachers teach.

He always ranks first in his studies.

That is why, the school teachers praise Akshar very much.





Akshar's friends are also ideal like him.

Akshar always goes to the mandir with all his friends.

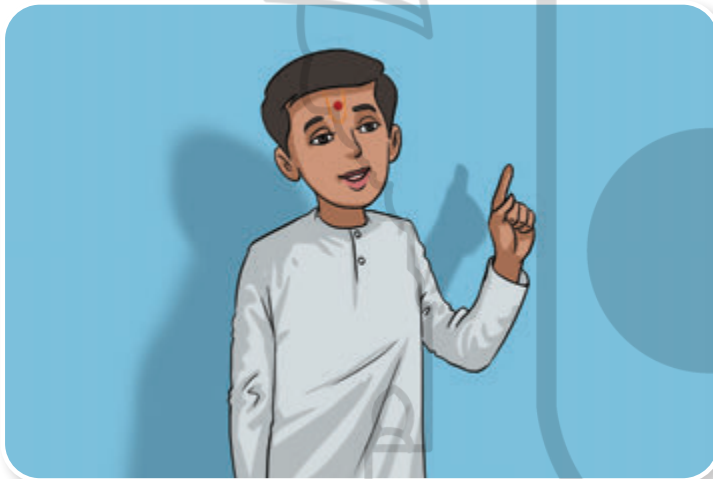
They do God's darshan. They perform *dandvats-pradakshinās* and also do *sevā*.

Therefore, all the Swamis and devotees are very pleased with him.



Thus, parents, elders, teachers, Swamis and the devotees are all very happy with Akshar. That is why Akshar also stays very happy.

Dear friends, do you also want to be an ideal *shishu* like Akshar? But how do you become an ideal *shishu*? Let's just ask Akshar.



"What did you say? Do you want to become an ideal *shishu* like me? Then you will need to go to the 'School of being Ideal'.

That school is known as a *shishu sabhā*!"

Friends, do you know what a *shishu sabhā* is?

A *shishu sabhā* is a *sabhā* of ideal *shishus* like you.

In the *shishu sabhā*, little *shishu* friends like you come to attend the *sabhā* and who doesn't like friends? All *shishus* have a lot of fun in the *sabhā*.

Even our best friend comes to this *shishu sabhā*.

Our best friend is Guruhari Mahant Swami Maharaj.

In the *shishu sabhā*, Mahant Swami Maharaj brings Ghanshyam Maharaj and the entire Guru Paramparā along with him and they listen to everything you say.

Do you know what else you have to do in the *shishu sabhā*?  
Friends, see the pictures below:

**Jai-nāḍ**



Bolo Swaminarayan  
Bhagwan *nī* Jai!

**Dhun**



Swami *ane* Narayan....

**Prayer**



He Akshar-Purushottam  
*pyārā*...

**Prasang Kathan**



Once, Swami Bapa...

**Story**



There was a King...

**Game**



Hot Potato...

**Prasāḍ**



Sweet *prasāḍī*...

Friends, there is also a *sanchālak* in the *shishu sabhā*.  
He tells us interesting stories and also plays games in which everyone has lots of fun, and yes, he also teaches good things (valuable life lessons) to all the *shishus*.





Some of the splendid things that a *shishu sabhā* teaches us are written below.  
Fill in the colours and become an ideal *shishu* by behaving accordingly.

RESPECT YOUR PARENTS AS  
YOU WOULD RESPECT GOD.  
STUDYING IS BHAKTI.  
ALWAYS BE UNITED.  
I WANT TO PLEASE SWAMI BAPA.

### Shishu Gunjan

Yes friends...! Shall I say something special? Guruhari Mahant Swami Maharaj is very pleased upon the *shishus* who attend the *shishu sabhā*!  
Then let's decide from today that.....

*Ame shishu mandal mā javānā,*  
*Ame shishu mandal mā dodi dodi javānā...*  
(We'll go quickly to the *shishu mandal*...)

*Ja... Ja... Jai jhilishu, Dhu.. Dhu.. Dhun bolishu,*  
(We'll say the *Jai-nāḍ* and sing the *Dhun*...)

*Prarthanā gāishu re, ame shishu mandal mā sāru sāru shikhvānā...*  
(We'll sing a prayer and learn good things...)

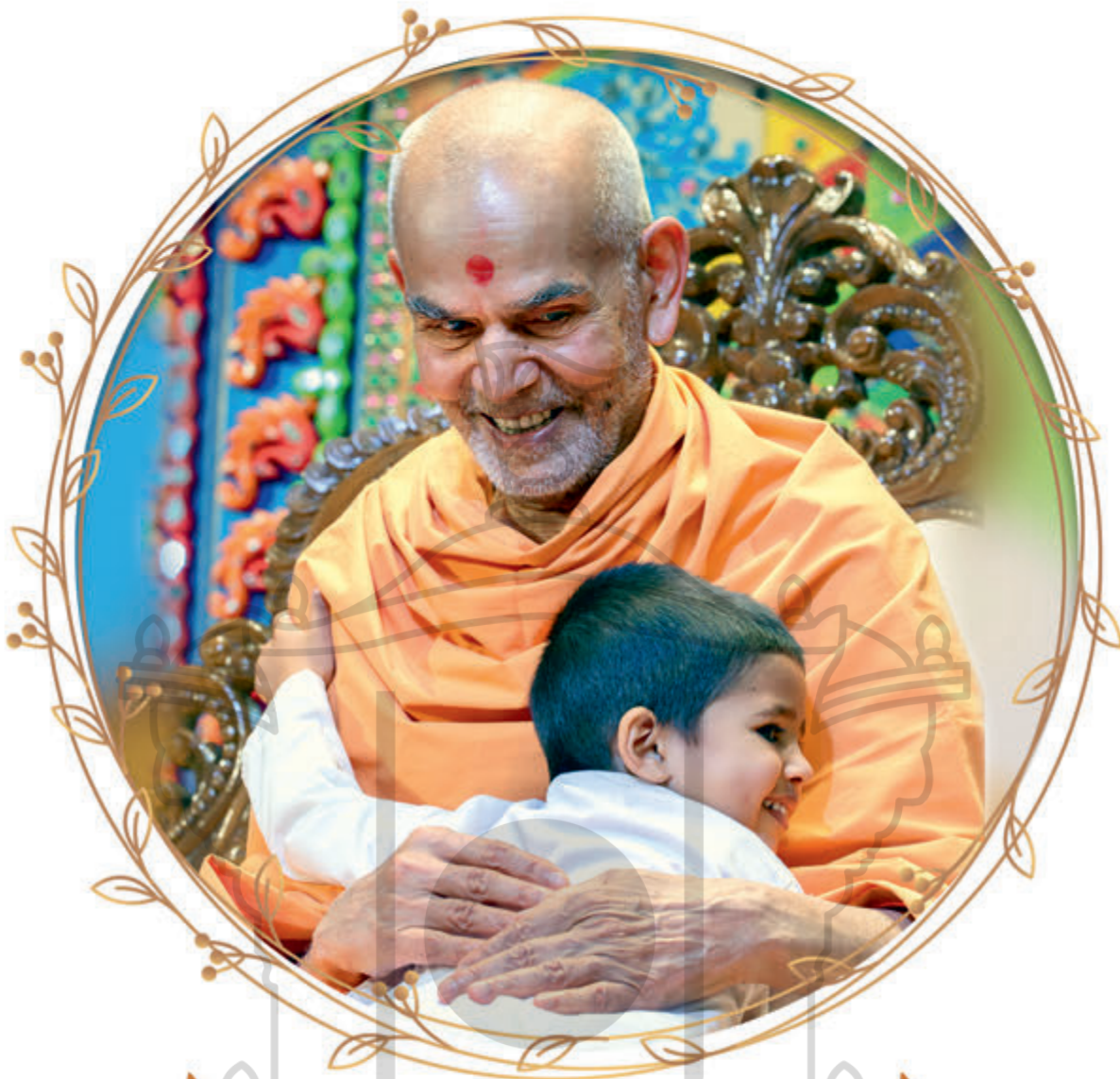
*Sha... Sha... Shlok ratishu, Pa... Pa... Prasang kahishu,*  
(We'll recite *Shloks* and *Prasangs* too...)

*Kirtan gāishu re... ame shishu mandal mā ādarsh balak banvānā...*  
(We'll sing *kirtans* and become ideal *bālaks*...)

*Vā... Vā... Vārtā sunishu, Ra... Ra... Ramat ramishu,*  
(We'll listen to stories and play games...)

*Prasād khāishu re... ame shishu mandal mā Swamine rāji karvānā...*  
(We'll eat *prasād* and make Swami Bapa happy.)

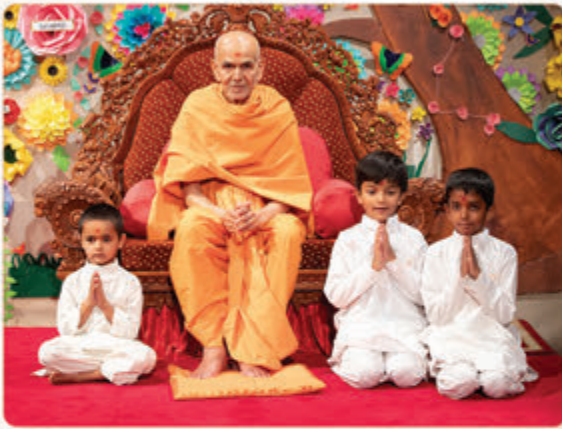
## Divine Moments with Mahant Swami Maharaj













# BAPS Children's Publications

## AVAILABLE:

Visit the bookstores  
at BAPS Mandirs or  
scan the QR code



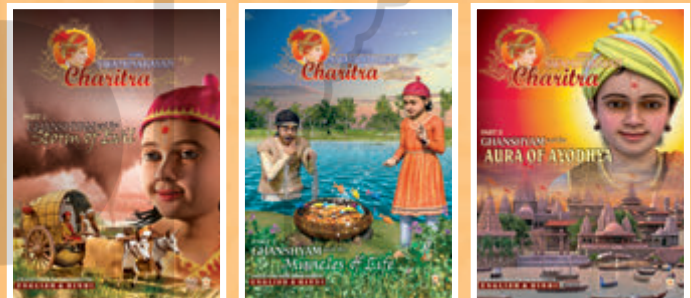
## Website for Children

<http://kids.baps.org/>



## Shri Swaminarayan Charitra Animation Series

[www.baps.org/ssc](http://www.baps.org/ssc)



Bi-monthly Magazine published in English



## SWAMINARAYAN BAL PRAKASH

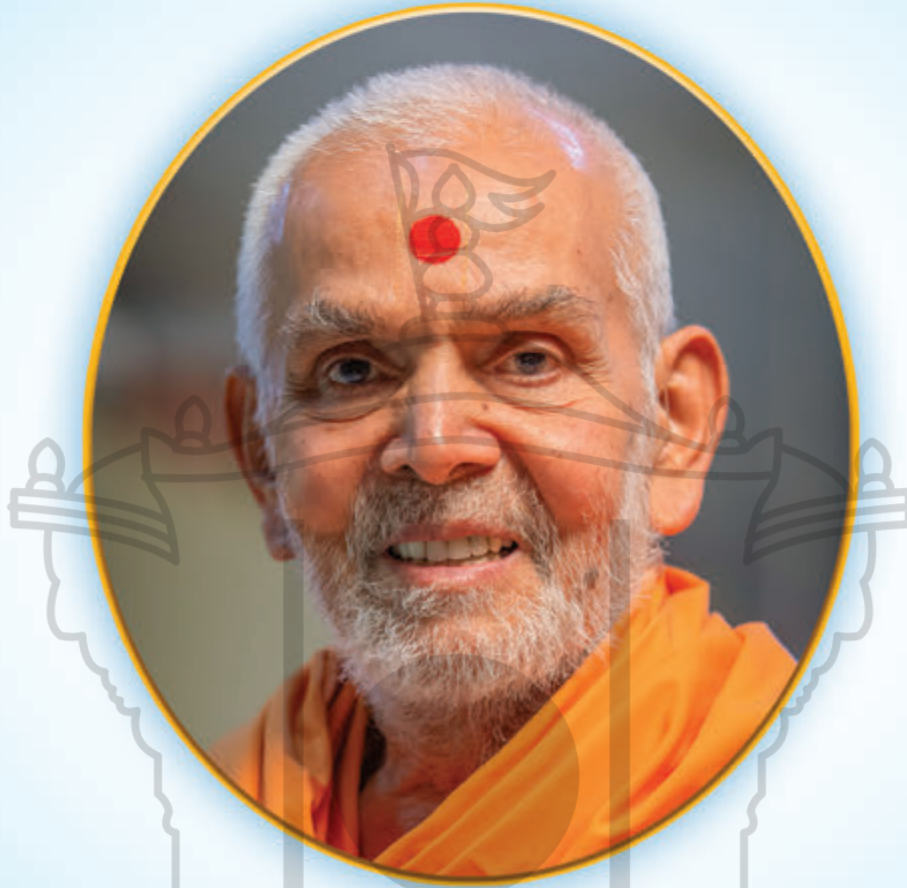
### Subscription:

Enquire at bookstores  
of BAPS Mandirs or  
scan the QR code



Pragat Guruhari Mahant Swami Maharaj's

# Blessings



*Dear shishus,  
Read, "Shishu Satsang Vihar" and become  
ideal children. Strengthen agna and  
uparans in your lives.*

Shishu Satsang Vihar (Eng)



ISBN: 978-81-7526-882-1

