

SSYMO

Jai Swaminarayan



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Questions

1. Why do we wear a Kanthi? And what do we gain from it?
2. What benefits are gained from doing the Tilak-Chandlo?
3. Why do some of us fail to do the tilak-chandlo? Is it fear, not fashionable, etc
4. Why do we do the mala at temple and during puja?



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- Kanthi
- Tilak – Chandlo
- Mala



Kanthi – What is it?

- Symbol of our sampraday
- Double stranded necklace – symbolises Krishna and Radha
- Made of tulsi



Kanthi – Why?

- Sloka 41 – instructed by Lord *Dharma – code of conduct*

“My disciples, who are twice born and who have been initiated as such by their Archarya, shall wear on their neck, double lined necklace prepared from Tulsi beads...”

- Inspiration – lead a spiritual and moral life
- Symbolises our surrender to God
- Kanthi to reach the heart – God resides here

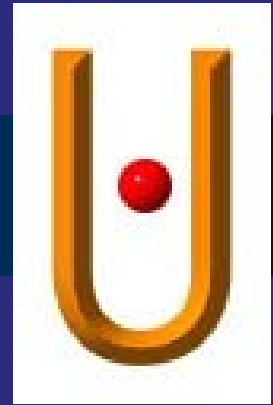


Kanthi - History

- Khima Sutar a devotee offered a Kanthi to Lord at Dada Khacher in Gadhadra
- Kanthi was liked by Lord and many other saints – Ramanand Swami
- Lord set the tradition to wear Kanthi from this day onwards



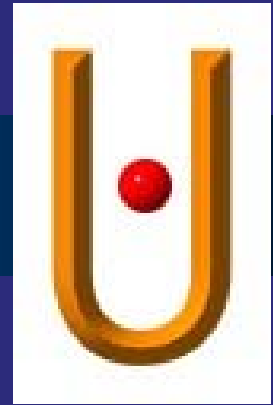
Tilak – Chandlo What is it?



- Symbol of your faith – Hindu and Swaminarayan
- Tilak – U shape - Gopichandan
- Chandlo – red dot – kum kum
- Tilak represents lotus feet of Lord



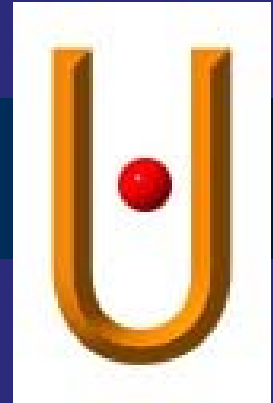
Tilak – Chandlo What is it?



- Tilak - Urdhva Pundra
- Pundra – means a lotus
- Urdhva – means upwards to Akshardham
- Chandlo – Laxmiji (spiritual prosperity)



Tilak – Chandlo Why?



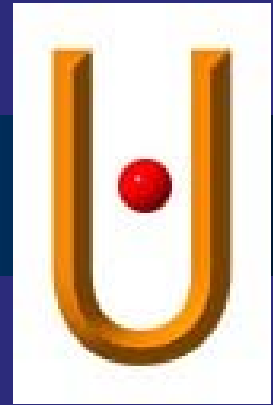
Shikshapatri Sloka 52-53

- “All males shall mark their forehead with tilak having a chandlo in the centre. All married women shall make only a chandlo of kumkum on their forehead. Widows shall not mark their forehead with either tilak or chandlo. All my disciples shall then meditate upon Lord Shree Krishna and mentally offer him sandalwood, flowers, etc.”

- *Dharma*



Tilak – Chandlo Why?

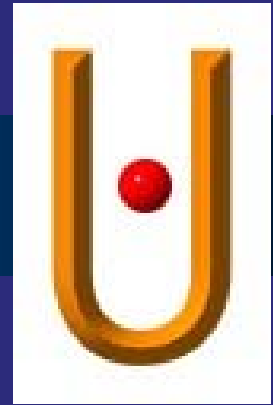


- Prevent worldly bondage - *Vairagya*
- Acquire knowledge – *Gnan*
- Spiritual mind set
- Cleanses sins

- Forehead – centre of spiritual power/knowledge
- Arms – strength to perform good deeds
- Heart – soul and God reside here
- Imprint at beginning of puja



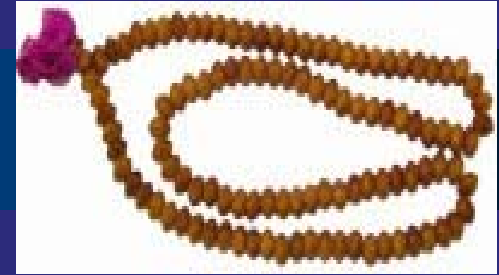
Tilak – Chandlo History



- Lord standardised the tilak mark
 - Vishnu – U shape
 - Shiva – 3 horizontal lines
- Saints and followers belonged to different sects
- Lord made the tilak mark on Nityanand Swami and directed his disciples to do the same



Mala – What is it?



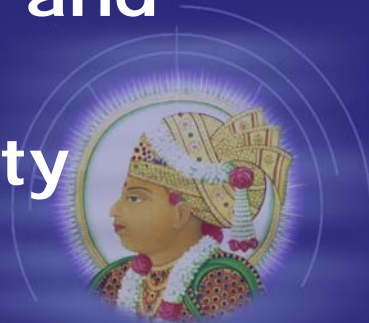
- Counter for reciting
- 108 beads
- Representation of the main names of God Supreme
- Large bead referred to as the 'Mer' after Mount Meru



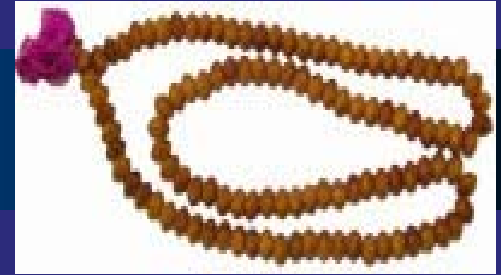
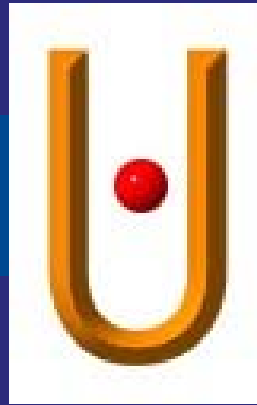
Mala – why & how?



- Chant Swaminarayan with every movement – form of *Bhakti*
- Index finger must not touch the Mala – impure
- The solar system revolves around Mount Meru
- Do not cross the Mer – touch and return
- Gaumukhi – to maintain purity



Summary



Kanthi - *Dharma*

- Unable to lead a spiritual / moral life

Tilak Chandlo - *Dharma, Bhakti, Gnan & Vairagya*—

- Religious activities will not be accepted by God / waste of time
- Protects you from worldly bondage
- Cleanses all your sins of that day

Mala - *Bhakti*

- Unable to focus upon Lord

