



# Shree Swaminarayan Yuvak & Mahila Mandal

જય સ્વામિનારાયણ

# Last time....

- ॐ Does anyone remember what we did on tils and cheens?
- ॐ We learnt about the 16 cheens
- ॐ Do you know how many cheens are on the right and left foot?





# Tils

ॐ Can anyone remember which tils we did?

ॐ AND

ॐ Where are they?





# Udhar

**Does anyone know what  
Udhar means?**

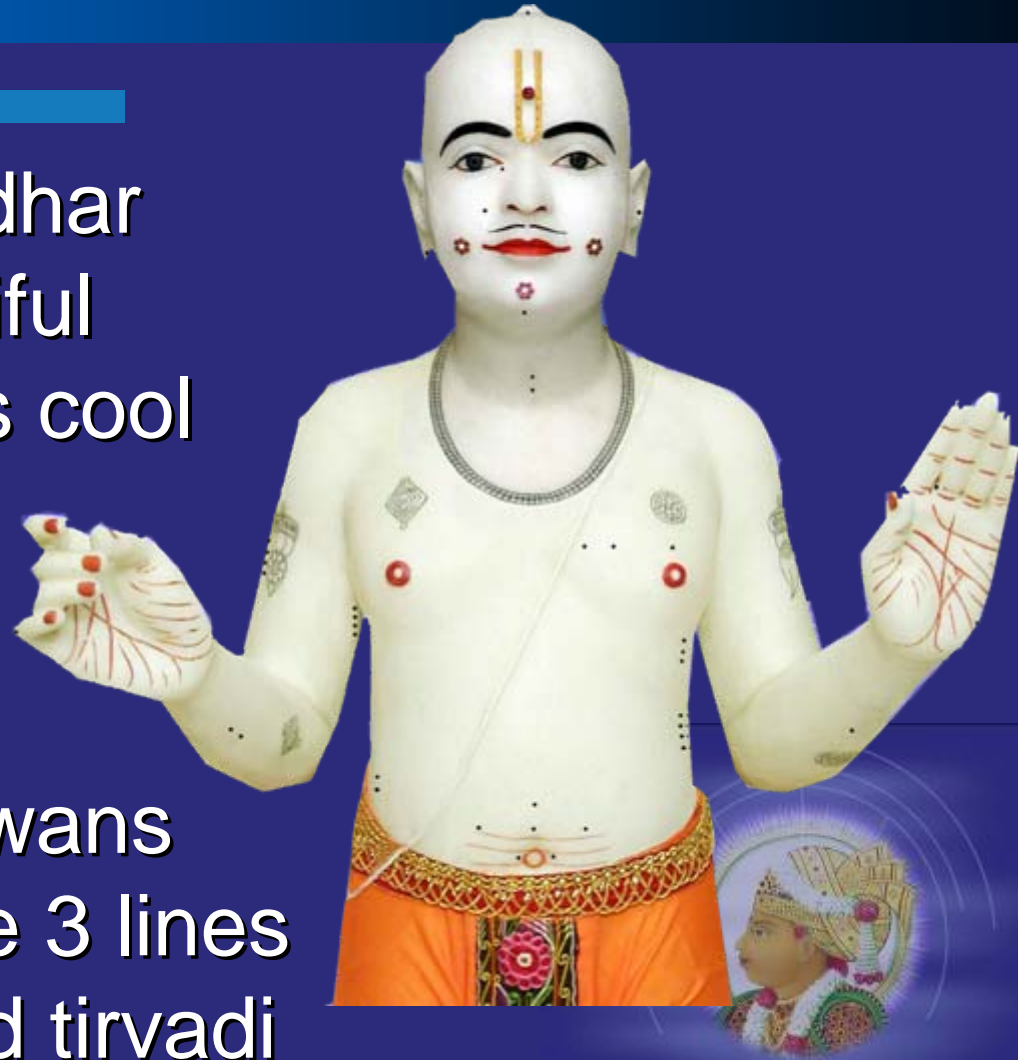
**Udhar means stomach**



# Udhar

ॐ Bhagwans udhar is very beautiful and is always cool

ॐ Across Bhagwans udhar there are 3 lines which are called tirvadi



# Udhar

- ॐ Your navel is deep and perfectly round
- ॐ From his navel Brahma was born
- ॐ Around the Udhar there are 6 tils





# Udhar

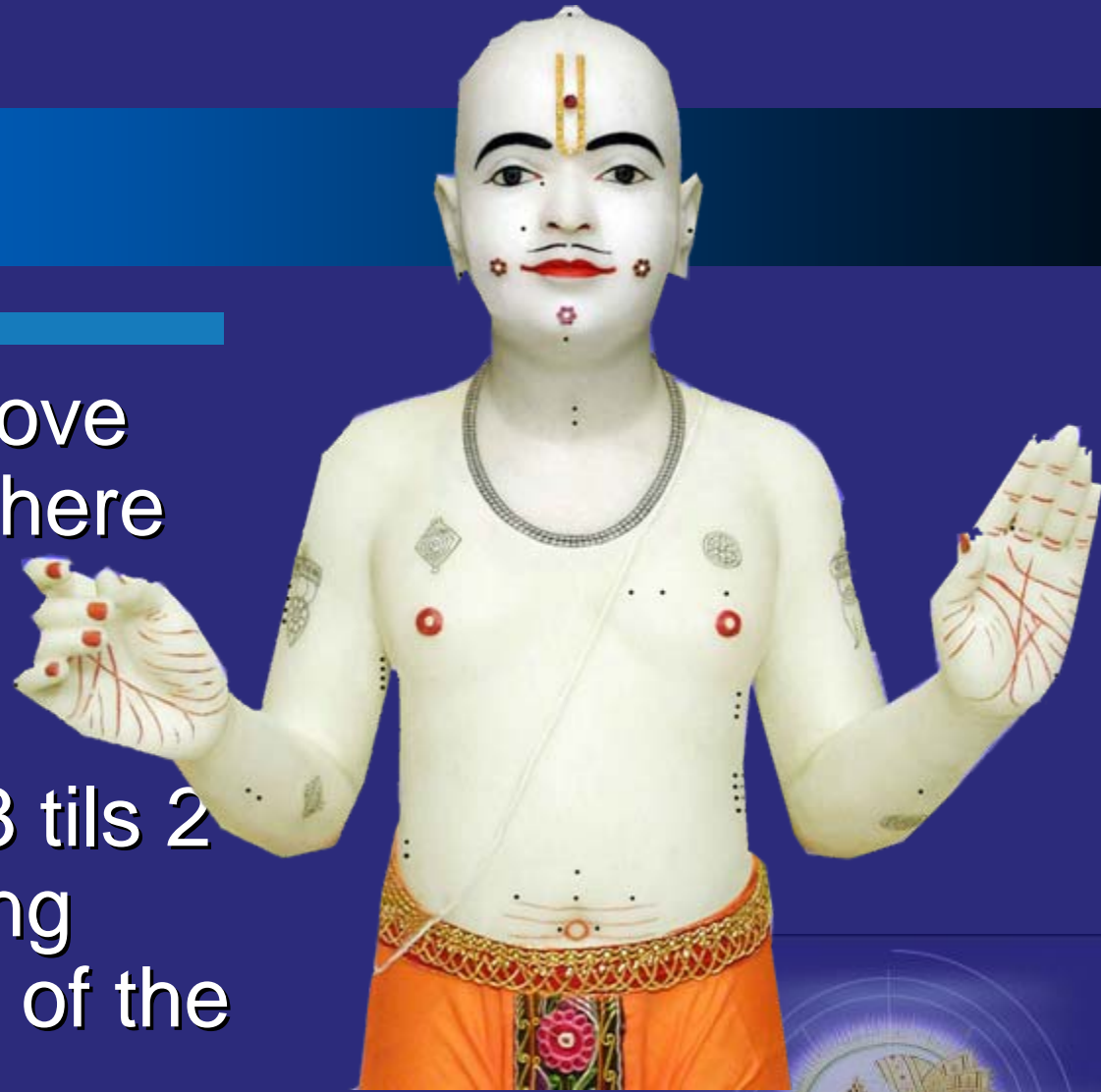
- ॐ On the right hand side of the navel, just on the edge there is a til
- ॐ Along the left side of the navel there is a til



# Udhar

ॐ 2 inchs above  
the navel there  
are 3 tils

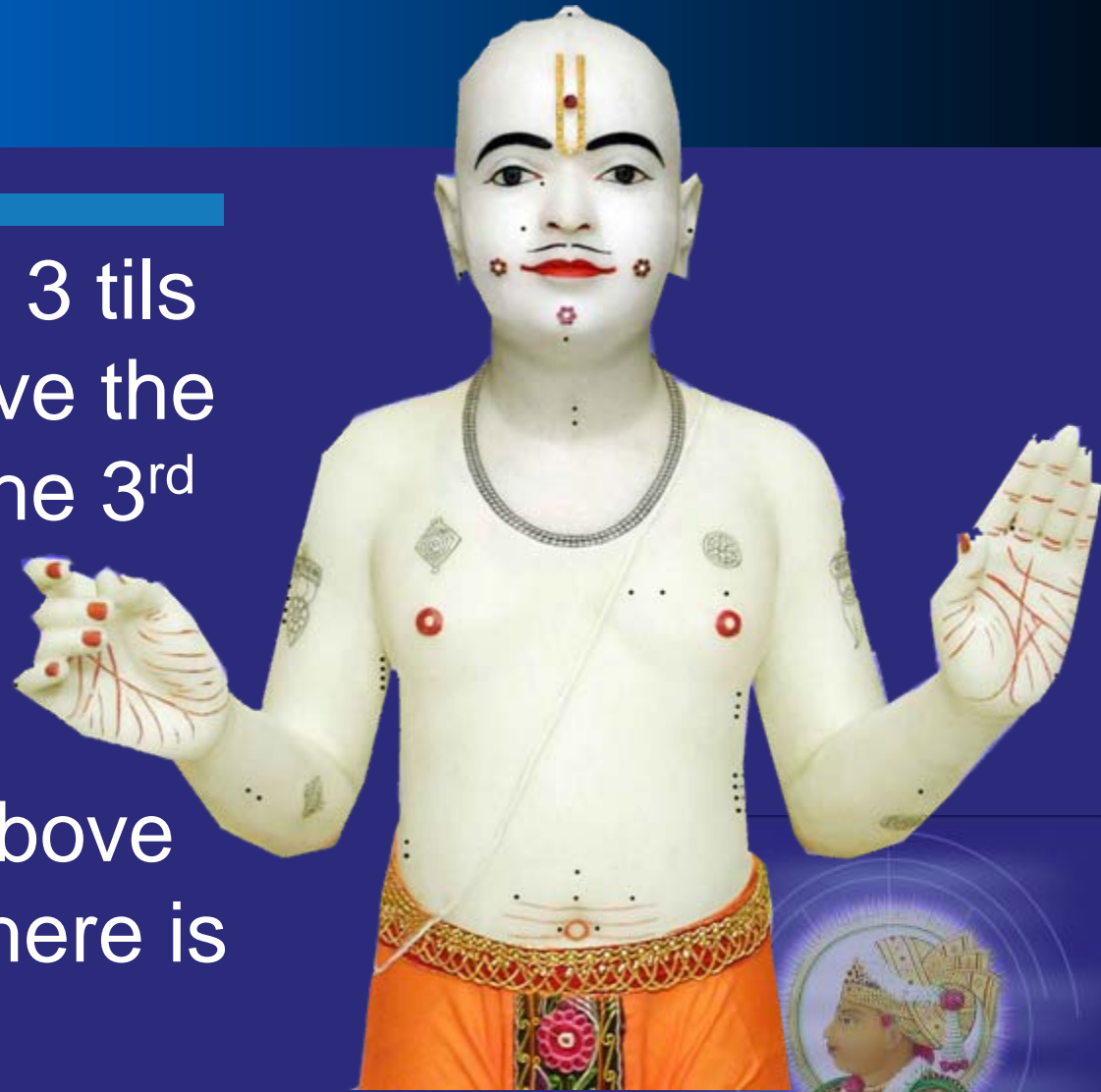
ॐ From the 3 tils 2  
are touching  
either side of the  
3<sup>rd</sup> tirvadi



# Udhar

ॐ One of the 3 tils is just above the center of the 3<sup>rd</sup> tirvadi

ॐ 2 inches above the 3<sup>rd</sup> til there is another til



# Summary

- ॐ **Benefits of doing meditation is to get more closer to god**
- ॐ **Peace of mind**



# Summary

- ॐ **Detachment from worldly senses**
- ॐ **Premanand swami has begged bhagwan to allow him to be his servant (vandu pad 8)**



Shree Swaminarayan Yuvak & Mahila Mandal

જય સ્વામિનારાયણ

