

Week 1: Monday, December 1, 2025 to Sunday, December 7, 2025

Stuti (Shrimad Sadgun Shālinam...), Jaynād (1 min)

Dhun (3 min) [Hari Hari bol](#)

Prasang Reading (3 min)

Swaminarayan Bhagwan came on this Earth to not only grant liberation to countless individuals, but to establish a strong foundation upon which to help all of us progress in Satsang. One of the ways in which he led by example was doing years of severe tapa during his Vicharan across India. Nilkanth Varni lived a life of an ascetic to show others the value in abstaining from material pleasures and engaging in the devotion of God. He inspired so many devotees to take small steps in renouncing their worldly desires for the sake of spiritual progression. This act of vairagya is something we can see continuously exemplified in our gurus today as seen in the prasang below.

Once, Swamibapa was in Sarangpur on a hot summer day. A sadhu came up to him and offered him some sweet, cool sugarcane juice. It was the ideal drink for a hot day. However, Swamibapa turned down the drink. Instead, he asked why he had brought it, telling him he had not wanted it yesterday either. He said that if he drank it now, someone would offer it to him again tomorrow, and then it would become a habit. Swamibapa thus shows us to only accept what we need or else we will start to think too much about what we want and then lose our focus on Maharaj and Swami.

Discussion (10 min)

- Where did this prasang take place?
 - *This prasang took place in Sarangpur.*
- What kind of juice did the sadhu offer Swamishri?
 - *The sadhu offered Swamishri some sweet, cool sugarcane juice.*
- How does Swamishri's tapa in this prasang inspire us to abstain from worldly desires?
 - *Request family members to reflect and discuss. Swamishri recognizes maya in even the smallest of things, most of which we often overlook. He is careful about the habits he cultivates and ensures that he does not wish for anything other than Maharaj and Swami, even if it may be something as simple as a cool drink on a hot day.*
- How does having tapa help us not just in Satsang, but also in our day-to-day life?
 - *Request family members to discuss and share their thoughts. Tapa teaches us discipline and allows us to develop control over our minds. In today's world, where everything is needed for instant gratification, tapa brings the value of patience and perseverance.*

Though seemingly a simple and harmless decision to take a cool drink on a hot day, Pramukh Swami Maharaj saw how this could potentially cause him to develop a habit. Our gurus' constant tapa is not really for them, but for us to be inspired by and to strive to renounce any unnecessary worldly attachments. Let us pray that we too can recognize and act on opportunities where we are able to decrease the maya around us and perform tapa to please Swamishri.

Sankalp Dhun (2 min)

- For the good health and well-being of Mahant Swami Maharaj, Sadguru Swamis, haribhakto, all of our family members and friends, and the citizens of the world.
- Include prayers for anything specific to your family, friends, or Satsang mandal.

Purnāhuti Shlok (Gunātitam Gurum...) (1 min)

Family Activity (Optional)

- As a family, please select a family activity to perform together this week from the Ghar Sabha Family Activities provided for this month on pages 6-7 of this document.

Week 2: Monday, December 8, 2025 to Sunday, December 14, 2025

Stuti (Shrimad Sadgun Shālinam...), Jaynād (1 min)

Dhun (3 min) [Preme premthi bolo](#)

Prasang Reading (3 min)

Tapa is the practice of self-control and mental restraint. We live in a world where we have access to instant gratification including our phones, food, clothes, bedding, etc. Despite having access to everything, Swamishri continues to live a pure and simple life, keeping an adversity to comforts and pleasures. Let us look at how much raajipo Swamishri shows when he gets the opportunity to do tapa.

January 3, 2017, Ahmedabad

After performing a routine check-up, the naturopathic specialist voiced his opinion, "For now, Swamishri should avoid consuming the following items: sweets, fried foods, chash (buttermilk), and yogurt."

Hearing this, Swamishri became pleased and clapped as he exclaimed, "Very good!"

While most would consider such advice an unwelcome restriction, Swamishri's reaction highlights his preference for simplicity and complete disregard for taste.

Discussion (10 min)

- What did the naturopathic specialist recommend Swamishri to avoid?
 - *The naturopathic specialist recommended Swamishri to avoid sweets, fried foods, chash (buttermilk), and yogurt.*
- How did Swamishri respond to a naturopathic specialist's recommendation?
 - *Swamishri became pleased and clapped as he exclaimed, "Very good!"*
- Why do we find ourselves attached to materialistic pleasures even though we logically know they only grant us temporary happiness?
 - *Request family members to reflect and discuss. We place value on materialistic pleasures, and they become status symbols for us. If we learn to find value in the way Swamishri lives, instead of how the people around us live, we can find true happiness without materialistic objects.*
- Read Vachanamrut Gadhada II-16, Faith in God and Faith in Dharma, together as a family. How does Shriji Maharaj advise one to conquer his/her panchvishays?
 - *Request family members to read together the Vachanamrut mentioned above. Then, discuss what Shriji Maharaj advises to do to conquer panchvishays (one should maintain 'resolute faith in God,' which will in turn result in firm faith in dharma).*

Swamishri lives his life in the simplest way possible as this is what brings him the most peace. He entertains materialistic comforts only in the setting of pleasing fellow devotees and haribhaktos as he knows it will bring them joy. We are blessed to have Swamishri's life as an example of how to live a simple and blissful life. Let us pray today that we are able to see the mundane worldly life just as Swamishri sees it and only find true happiness in Maharaj and Swami.

Sankalp Dhun (2 min)

- For the good health and well-being of Mahant Swami Maharaj, Sadguru Swamis, haribhakto, all of our family members and friends, and the citizens of the world.
- Include prayers for anything specific to your family, friends, or Satsang mandal.

Purnāhuti Shlok (Gunātītām Gurum...) (1 min)

Family Activity (Optional)

- As a family, please select a family activity to perform together this week from the Ghar Sabha Family Activities provided for this month on pages 6-7 of this document.

Week 3: Monday, December 15, 2025 to Sunday, December 21, 2025

Stuti (Shrimad Sadgun Shālinam...), Jaynād (1 min)
Dhun (3 min) [Lagni lagi mane](#)

Prasang Reading (3 min)

This month, we focused on the topic of tapa, which refers to self-discipline through the spiritual practice of Satsang. While tapa can be observed through fasting and other physical means, it also involves enduring discomfort or making sacrifices without letting them hinder our pursuit of rajipo of the Satpurush. Through the examples such as the prasang below set by our Gurus, we learn that tapa is ultimately observed for our own spiritual growth and benefit.

July 2, 2017, Atlanta, Georgia

After the evening assembly, Swamishri arrived at this residence and sat down for his meal at 8:10 PM.

He informed his attendant sadhu, Gunvatsal Swami, "Since I have had Ensure, I am not hungry. I am eating for the sole purpose of pleasing the devotees. Thus, please bring something that requires excessive chewing."

In this manner, Swamishri ate paneer shaak and prolonged his dinner by 30 minutes. It is evident that Swamishri selflessly sacrifices bodily comforts for the sake of pleasing his devotees. However, he often does it so deliberately in a manner that is unbeknownst to them.

Discussion (10 min)

- What shaak did Swamishri eat to please the devotees?
 - *Swamishri ate paneer shaak to please the devotees.*
- Why did Swamishri ask for a food item that requires more chewing?
 - *Swamishri wanted to give his devotees prolonged darshan, so he asked for a food item that required more chewing.*
- Swamishri took on the hardship to give his devotees darshan. In what ways can we practice similar tapa in our daily life at home, work, or mandir without letting others know?
 - *Request family members to discuss and share answers. For example: going for seva after school/work; going out of our way to help each other; etc.*
- This prasang shows that tapa is not only fasting or big hardships, but small, thoughtful sacrifices too. What small, quiet sacrifices can your family make together to please Maharaj and Swami and better support each other?
 - *Request family members to discuss and share their thoughts (i.e. spending time with elders in the household in place of time spent on social media; helping each other with house chores in place of time spent watching TV/playing video games; doing mala for other family members; etc.).*

Through the simple act of eating the shaak even when he wasn't hungry, Swamishri embodied the true essence of tapa. He willingly extended his mealtime, sacrificing his own comfort and physical needs for the care and happiness of his devotees. This prasang helps us understand that Swamishri's tapa often goes unnoticed; he consistently puts the comfort and joy of his devotees and Gurus before his own.

Sankalp Dhun (2 min)

- For the good health and well-being of Mahant Swami Maharaj, Sadguru Swamis, haribhakto, all of our family members and friends, and the citizens of the world.
- Include prayers for anything specific to your family, friends, or Satsang mandal.

Purnāhuti Shlok (Gunātītām Gurum...) (1 min)

Family Activity (Optional)

- As a family, please select a family activity to perform together this week from the Ghar Sabha Family Activities provided for this month on pages 6-7 of this document.

Week 4: Monday, December 22, 2025 to Sunday, December 28, 2025

Stuti (Shrimad Sadgun Shālinam...), Jaynād (1 min)

Dhun (3 min) [Swami ane Narayan](#)

Prasang Reading (3 min)

Our Gurus have always shown us what it means to offer bhakti to God and how to remain connected to the Satpurush. Their discipline reflects how fasting and devotion are meant to deepen one's connection with Bhagwan. Let us look at a prasang where Swamibapa shared the spiritual importance of Ekadashi.

March 16, 2019, Navsari, Gujarat

While preparing for chesta, a sevak sant said, "Tomorrow is ekadashi." Atmaswarup Swami remarked, "Yogibapa used to say that [ekadashi] is the day of 'Diwali'."

The sevak started to say in Yogibapa's style: "No eating, no drinking, stay up all night, respond to letters, and prepare reports."

Swamishri agreed with a laugh.

Atmaswarup Swami added, "And enjoy the bliss of [devotion to] Bhagwan and nothing else on the day of ekadashi."

Swamishri said right away, "Yes, exactly. That's the purpose of fasting."

Discussion (10 min)

- Why did Yogibapa refer to Ekadashi as a day like Diwali?
 - *Yogibapa saw Ekadashi as a spiritually vibrant day - full of light, joy, and devotion (just as Diwali celebrates inner illumination).*
- What does Yogibapa's routine on Ekadashi reveal about his approach to seva and discipline?
 - *It shows his deep commitment to spiritual practice and service, using the day for fasting, staying awake, and fulfilling duties with devotion.*
- How can fasting be more than just physical restraint in our spiritual lives?
 - *Request family members to discuss as a family. Fasting becomes meaningful when it shifts our focus from worldly pleasures to inner connection with the divine, making it a tool for spiritual growth.*
- What can we learn from Swamishri's example about making devotion joyful and purposeful?
 - *Request family members to reflect and share their thoughts. Their example teaches us that discipline and devotion can be embraced with joy and that spiritual practices are most powerful when done with sincerity and love.*

As seen in today's prasang, true spiritual observance goes beyond rituals - it is about cultivating inner joy through devotion, service, and discipline. By following in the footsteps of our gurus, we can transform our routine practices into profound experiences of connection with the divine. Let us pray to Maharaj and Swami for more discipline in our current and future spiritual observances.

Sankalp Dhun (2 min)

- For the good health and well-being of Mahant Swami Maharaj, Sadguru Swamis, haribhakto, all of our family members and friends, and the citizens of the world.
- Include prayers for anything specific to your family, friends, or Satsang mandal.

Purnāhuti Shlok (Gunātītām Gurum...) (1 min)

Family Activity (Optional)

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Week 5: Monday, December 29, 2025 to Sunday, January 4, 2025

Stuti (Shrimad Sadgun Shālinam...), Jaynād (1 min)

Dhun (3 min) [Swaminarayan Swaminarayan](#)

Prasang Reading (3 min)

Staying focused can be tough, especially with so many distractions around us. But what if the secret to mastering your mind isn't just effort, but something deeper? Let us take a look at how we can master our mind through the following prasang.

October 5, 2024, Junagadh

During the evening sabha, students from the BAPS Swaminarayan Vidhyamandir in Junagadh asked a series of questions to Swamishri. The first student asked, "We aspire to do well academically, but we find it difficult to focus our minds...How can we improve our focus?"

Swamishri replied, "Even if one goes to the jungle and endeavors [endlessly], the mind cannot be conquered. Conquering the mind is very rare. It is not meant for an ordinary person. However, by offering devotion to Bhagwan and by engaging in Bhagwan-related activities, the mind can be conquered."

Discussion (10 min)

- What did the student ask Swamishri during the sabha?
 - *The student asked how to improve focus while studying during the sabha.*
- What was Swamishri's main message about conquering the mind?
 - *Swamishri said that "Conquering the mind is very rare. It is not meant for an ordinary person. However, by offering devotion to Bhagwan and by engaging in Bhagwan-related activities, the mind can be conquered."*
- In your daily routine, what activities tend to scatter your focus and how might spiritual discipline help bring clarity?
 - *Request family members to discuss and share their thoughts. Work stress, digital distractions, and multitasking often scatter our focus. Spiritual disciplines like morning prayer/meditation, mindful reflection, or reading scriptures can center our mind and create mental space for clarity.*
- How does connecting with a higher purpose help us stay grounded in a fast-paced world?
 - *Request family members to reflect and discuss. It reminds us that life isn't just about achievement, it's about meaning. A higher purpose gives direction, reduces stress, and helps us stay true to our values even in busy or challenging times.*

True focus and control over the mind come not just from effort, but from engaging in devotion and staying connected to God. Spiritual practices help calm the mind and bring clarity to one's goals in life. Let us pray that we stay engaged in God related activities and in turn conquer our mind.

Sankalp Dhun (2 min)

- For the good health and well-being of Mahant Swami Maharaj, Sadguru Swamis, haribhakto, all of our family members and friends, and the citizens of the world.
- Include prayers for anything specific to your family, friends, or Satsang mandal.

Purnāhuti Shlok (Gunātītām Gurum...) (1 min)

Family Activity (Optional)

- As a family, please select a family activity to perform together this week from the Ghar Sabha Family Activities provided for this month on pages 6-7 of this document.

Ghar Sabha Family Activity Bank - December 2025

Activity 1: The 15-Minute “Need vs. Want” Challenge

Objective: Help families understand the difference between need and wants and practice restraint.

Supplies:

- Paper
- Two markers or Pens (different colors)

Directions:

- Request family members to divide a paper into two sections: NEEDS and WANTS
- For 3 minutes, request each family member to list as many “needs” as they can.
- Then, for 3 minutes, list as many “wants” as they can.
- Pick **one want** from the list and as a family decide to give it up for 24 hours.
- Close by sharing how giving up that want helps strengthen tapa and focus.

Takeaway: Tapa helps us choose what we need over what we want, so we stay steady and strong inside - just like our gurus.

Activity 2: The Comfort Audit - A Self-Reflection + Action Challenge

Objective: Help families identify hidden comforts they rely on and practice letting go of comforts intentionally.

Supplies:

- Pen and paper
- One envelope per each family member

Directions:

- Request each person to list **5 personal comforts** they rely on daily (e.g., AC on high, scrolling before bed, sugary snacks, long showers, music in the car, etc.).
- Fold the list and seal it in an envelope.
- Now, randomly swap envelopes.
- Whatever comfort you pick from someone else’s list, **you will give it up for 48 hours.**
- At the next Ghar Sabha, share:
 - Which comfort was the hardest to give up?
 - What kind of emotion(s) surfaced from giving up these comforts (frustration? boredom? peace?)
 - Did the discomfort teach you anything about yourself?

Takeaway: Tapa isn’t about “less comfort”; it’s about discovering who we are when comfort is removed.

Ghar Sabha Family Activity Bank - December 2025

Activity 3: The One-Question Deep Dive

Objective: Use disciplined reflection to deepen understanding of one's true self.

Directions:

- Pick **one deep tapascharya-themed question** to reflect on for the week, such as:
 - What is one attachment that I am scared to let go of?
 - Where does my desire for comfort overpower my values?
 - How can I choose purpose over preference in my daily life?
- Spend 5 minutes journaling and 5 minutes discussing as a family.

Takeaway: Tapa brings self-awareness; the root of our spiritual growth.

Activity 4: The Silent Walk of Awareness

Objective: Build inner silence and presence through controlled walking.

Directions:

- Request family members to go on a 10 minute or longer family walk outdoors.
- Make sure that no one talks during the walk.
- Instead, have everyone pay attention to:
 - Their footsteps
 - Breath
 - Nature
 - Small sensations
- At the end, share what you noticed that you usually miss on a walk.
- Connect it to tapa:
 - When we reduce stimulation, we see more clearly and notice the small details around us.

Takeaway: Tapa brings clarity; silence reveals what noise hides.

Activity 5: The Time Tapa Experiment

Objective: Challenge comfort-driven time habits and replace them with meaningful actions.

Directions:

- Request each family member to identify how **one hour or more of their time per day gets lost to comfort**. For example: Mindless scrolling, Oversleeping, TV, and Online browsing.
- For the next week, turn that hour into tapa instead, by doing one or more of the following:
 - Satsang reading
 - Journaling
 - Exercise while listening to bhajans/katha
 - Helping someone
 - Seva tasks
- At the end of the week, share what shifted in this week.

Takeaway: Tapa shapes our time, and time shapes our life. Lost time can never be restored.