

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 brought Swamishri some sweet, cool sugarcane juice.*
- How does this prasang show Swamishri's tapa?
 - *Request family members to take turns to share their thoughts. Swamishri shows tapa in this prasang by being aware of the habits that he forms.*
- Share some goals that you and family members can set to increase your tapa.
 - *Request family members to discuss some goals that they can set to help increase tapa in everyone's life. For example: instead of eating dessert daily, try to eat it only once a week; cutting down the time that we spend watching TV; and not buying new gadgets and/or clothes that we want.*

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 (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 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 specialist say Swamishri should avoid?
 - *The specialist said that Swamishri should avoid sweets, fried foods, buttermilk, and yogurt.*
- How did Swamishri react to the specialist's advice?
 - *Swamishri became happy, clapped, and said, "Very good!"*
- How would you act if you were told that you couldn't eat your favorite food(s)?
 - *Request family members to take turns to share how they would act if they were told that they couldn't eat their favorite food(s). For example: become very upset; stop following instructions; and count down the number of days until you can eat your favorite food(s) again.*
- What does having "self-control" mean, and why does Swamishri advise that we do this for things that we enjoy?
 - *Request family members to discuss. Self-control means delaying instant happiness for true, longer happiness. Swamishri advises having self-control for the things that we enjoy so that we do not get overtaken by material objects and keep our focus on the Satpurush.*

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, haribhaktos, 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 (Gunātita 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 longer darshan, so he asked for a food item that required more chewing.*
- What is something that we can all do even if it's a little hard to make Maharaj and Swami happy?
 - *Request family members to discuss and share answers (i.e. cleaning up our toy room/area, helping set up the dinner table, helping with other house chores, etc.).*
- Swamishri stayed patient and cheerful. How can we stay happy and calm when things don't go our way?
 - *Request family members to discuss and share their thoughts on how to stay happy and calm even when things don't go our way (i.e. taking deep breaths before reacting; thinking about how Swamibapa would react and then responding as per Swamibapa's way; 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, haribhaktos, 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 sevaks 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 say Ekadashi is like Diwali?
 - *Yogibapa saw Ekadashi as a spiritually lively day - full of light, joy, and devotion (just like Diwali).*
- What does Yogibapa's routine on Ekadashi show about his love for seva and tapa?
 - *It shows his deep love for seva and tapa - using the day for fasting, staying awake, and doing seva with devotion.*
- How will you change the way you do Ekadashi now?
 - *Request family members to reflect and share their thoughts on how they will change the way they do Ekadashi.*
- What does this prasang teach us about fasting and discipline?
 - *Request family members to discuss as a family. This prasang teaches us that it's not just about giving something up, it's about gaining something deeper like peace or connection with God.*

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)

- 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 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 focus better while studying during the sabha.*
- What was Swamishri's main message about conquering the mind?
 - *Swamishri said that "...by offering devotion to Bhagwan and by engaging in Bhagwan-related activities, the mind can be conquered."*
- How can spiritual practices help us in school and in our daily life?
 - *Request family members to discuss and share their thoughts. Spiritual practices help us stay calm and focused, thus allowing us to make better choices.*
- What are some distractions you face when trying to focus, and how can you lessen them?
 - *Request family members to reflect and discuss. Some of the distractions that you may face are - TV/video games, toys, and play time. Discuss some steps that you can take to reduce these distractions from your life.*

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 “Gratitude Before Complaints” Rule

Objective: Teach the discipline of redirecting thoughts toward gratitude instead of comfort-seeking.

Supplies:

- Pens/Pencils and paper

Directions:

- Request every family member to write down three things they are grateful for.
- For the rest of the evening, if anyone starts to complain (about food, chores, weather, etc.), they must first read one gratitude item from their own list.
- After Ghar Sabha, discuss how the rule changed the mood for the rest of the evening.

Takeaway: Tapa is to train the mind to focus on positivity instead of discomfort.

Activity 3: Heartbeat of Stillness

Objective: Build discipline by switching between energy and stillness.

Directions:

- Request family members to stand in a circle. Have one adult family member volunteer for the prompts. When he/she says, “Go!” - everyone jogs lightly in place. When he/she says “Still!” - everyone must freeze like a statue.
- Make it harder: Hold the still pose longer, add silly poses, or don’t blink challenge.
- Talk about how stillness is part of tapa, controlling your energy.

Takeaway: Tapa strengthens both the body and mind by helping us pause, when it is needed.

Ghar Sabha Family Activity Bank - December 2025

Activity 4: Obstacle Course of Focus: Movement + Discipline Game

Objective: Practice controlling the body while the mind stays focused on a goal.

Supplies:

- Pillows, chairs, yarn, tape (anything else that can be used to make obstacles)
- A photo of Mandir or Mahant Swami Maharaj

Directions:

- Create a simple indoor obstacle course.
- Place a picture of Maharaj Swami Maharaj or Mandir at the end as the “goal.”
- Request everyone to complete the course slow and steady, without rushing.
- If anyone knocks something over or if they are rushing, they must start again.
- At the end, have everyone bow down or folds hands.
- Explain how tapa isn't about speed, but rather it's about steady focus and effort.

Takeaway: Tapa means holding our focus even with the distractions all around us.

Activity 5: The Ice Cube Patience Test - A Tapa Challenge

Objective: Practice handling small physical discomfort.

Supplies:

- Ice cubes
- Small bowls

Directions:

- Request each family member to hold one ice cube in their hand.
- The challenge: Hold the ice cube for as long as you can, calmly.
- While holding it, one must:
 - Recite the “Swaminarayan” mantra OR say one thing they are thankful for every 30 seconds
- When done, have everyone share their strategy for staying calm.

Takeaway: Tapa teaches us that we can stay peaceful even when something feels difficult.