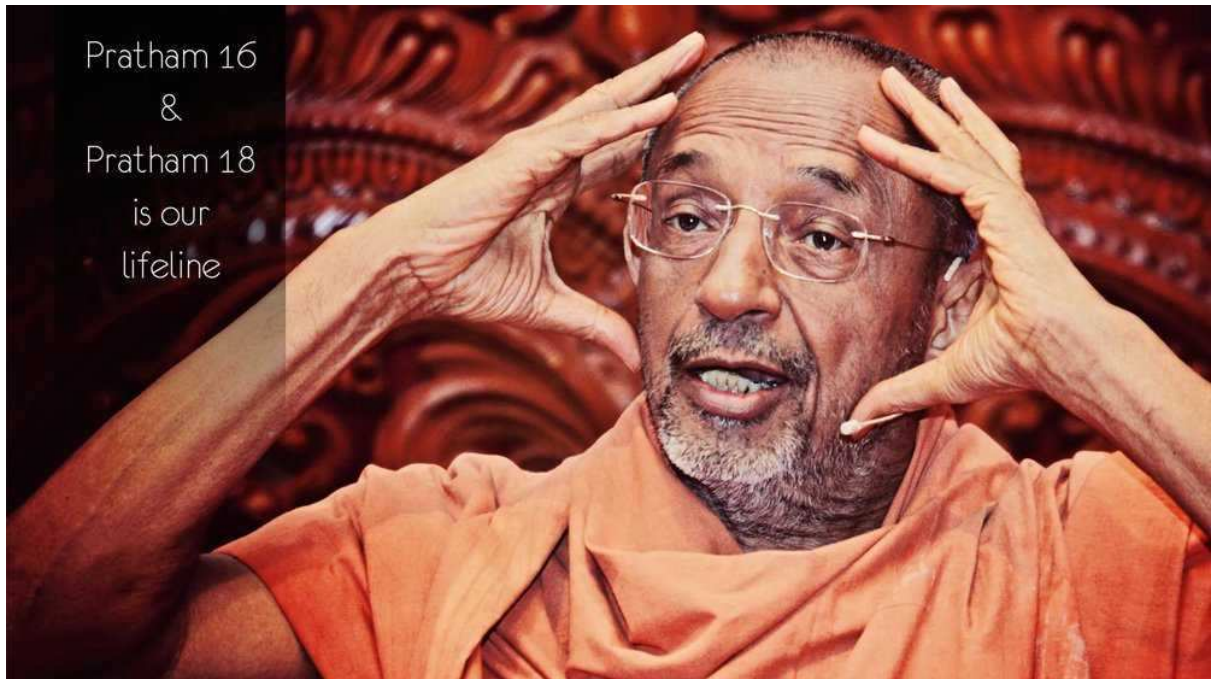


# Why attend Weekly Sabha ?



**The focus of two of Swamiji's favourite Vachanamruts, Pratham-16 and Pratham-18 on the importance of keeping our senses pure and keeping an ever-positive mindset and attitude.**

Weekly Sabha was first introduced by P.P Yogiji Maharaj to cleanse and recharge the minds of devotees in order to transform their lives to achieve spiritual enlightenment and rise above the daily chaos and stresses of everyday materialistic life.

He requested devotees to attend weekly sabha even if it meant closing their businesses for a day and risking and / or losing their monetary profits as it was and is to this day essential to go beyond the materialistic life we live and remind ourselves of our path to obtain true spiritual enlightenment and live a harmonious life.

After P.P Yogiji Maharaj Akshardham gaman, P.P Hariprasad Swamiji spent enormous time with youths to ensure they attend weekly sabha so that they can lead a spiritual, moral and harmonious life

During sabha, devotees participate in a range of activities from dhun, singing spiritual bhajans, aarti, cultural programs to spiritual discourses that are presented to us by saints or devotees. These activities help us to recharge and refresh our minds, taking in positive thoughts to stay focused on the path of spirituality and giving us the courage to overcome difficult situations we face in our daily lives.

As we all know, Mental health is important at every stage of life, from childhood, adolescence and through to adulthood and is essential to ensure we maintain our physical, mental, emotional, psychological, and social well-being as it affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

By attending weekly sabha, we can support our mental health by removing ourselves from the tensions and stresses of our hectic routine. By providing our minds with positive thoughts, listening to spiritual discourses and keeping the company of those who are ahead of us, (who can guide us to progressing in our lives spiritually as well as mentally) we can resolve issues we face and live a happier life.

Weekly sabbhas are a great way of understanding the spiritual principles laid out by Shree Bhagwan Swaminarayan and the great masters from his lineage (Such as P.P Yogiji Maharaj and P.P Hariprasad Swamiji) which ensures our journey as a human being is progressing towards the ultimate goal of spiritual awakening.