

Aum Loving Gaṇeśa!

# Śākāhāra Vrata

शाकाहारव्रत

## The Vegetarian Vow

“O Divine Beings of all three worlds, let us bring our minds to rest in the *darśana* of Him who has one tusk. Let us meditate upon Him who has the form of an elephant with a curved trunk. May He guide us always along the right path.

I, \_\_\_\_\_ ,  
Name of Devotee (Please Print)

believe in You, Loving Gaṇeśa, and in the Gods of our faith and the Hindu Dharma. In love and trust I recognize Your goodness in providing for my every material need. In love and trust I recognize Your goodness in providing for my every material and spiritual need. I accept the principle of *śākāhāra* as the method by which I may acknowledge my compassion, my *karuna*, for all living beings. As an act of dedication, I am resolved this day to begin (continue) the regular practice of eating a strict vegetarian diet and not eating meat, fish, shellfish, fowl or eggs.”

Signature of devotee: \_\_\_\_\_

### It is Hereby Certified

that this devotee, born in \_\_\_\_\_ on \_\_\_\_\_, of the \_\_\_\_\_ *nakshatra*, and now residing at \_\_\_\_\_, during a divinely ordained ceremony at \_\_\_\_\_ on the auspicious day of \_\_\_\_\_ duly voiced the above vegetarian vow in accordance with the traditions of Hinduism before the Deity, the Mahādevas and the *devas*. This devotee is thus bound eternally and immutably to the compassionate life of noninjury aided by the virtue of *śākāhāra*.

SIGNATURES OF PRIESTS, ELDERS AND OTHERS WITNESSING THIS CEREMONY: