

[Vegetarian Vrata \(Vow\) Certificate](#)

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Below is a certificate to formalize and document the vegetarian vow, sakahara vrata. Print out the vow. It should be read aloud and signed before respected elders after meditating on the meaning of the vow and setting a firm resolve to follow it diligently in the future for a wholesome, healthier, happier life on the path of Hindu Dharma through the grace of our loving Ganesha.

Aum Loving Gaṇeś!

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 *karuṇa*, 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:

[Vegetarian Vow in Adobe PDF format \(best for printing\)](#)