

# The 29 Bishnoi principles



The 29 principles that led to the Bishnoi name: “Bish”, for twenty, in local language, and “Noi”, for nine.

1. To observe segregation of the mother and newborn for 30 days after delivery (to prevent infection to the mother and the baby during a stage when both are highly susceptible to outside infections).
2. To keep woman away from all activities for 5 days during her menstrual periods (to provide compulsory rest to the woman).
3. To take an early morning bath every day.
4. To maintain both external and internal cleanliness and remain content (good intentions, humble behaviour, good character,...).
5. To mediate twice a day at dawn and dusk.
6. To sing the Lord's glory and recite his virtues every evening.
7. To offer daily oblation to the holy fire with a heart filled with feelings of welfare, love and devotion.
8. Use filtered water, milk and carefully cleaned fuel/ firewood (to prevent killing or burning insects).
9. Watch your speech. Think before you speak.
10. To be forgiving in nature.
11. To be compassionate.
12. Do not steal.
13. Do not condemn or criticize.
14. Do not lie.
15. Don't indulge in any unnecessary / wasteful debates.
16. To fast and mediate on a new moon night.
17. To recite the holy name of Lord Vishnu.
18. To be compassionate towards all living beings.
19. Do not cut the green trees, save the environment.
20. To crush lust, anger, greed and attachment.
21. To only take food cooked by one's self, or by a religious / pure person.
22. To provide a common shelter (Thhat) for goat/sheep to avoid them being slaughtered.
23. Don't sterilize bulls.
24. Don't use opium.
25. Don't smoke and use tobacco.
26. Don't smoke and cultivate cannabis.
27. Don't drink alcohol.
28. Don't eat meat or non-vegetarian dishes ; feed and protect wildlife.
29. Don't use blue coloured clothes (in ancient India, the blue color used to be obtained from indigo trees; blue is also the color of death).