

We have discussed Carefulness (Samiti), in earlier lesson. Now we are going to discuss:

Restraints (Gupti)

Gupti means restraint and it is part of samvar. Samiti helps us to regulate our physical and verbal activities, while gupti helps us to further restrain or curb activities of mind, speech, and body. There are 3 types of gupti:

- I. **Restraint of the activities of the Mind (Mano Gupti):** One must restrain grief, anger, joy, and anxiety. One must restrain oneself from the effects of love and hate, and pain and pleasure. One must restrain and think steadily, not only of external things, but also of one's own soul.
- II. **Restraint of speech (Vachan Gupti):** One must restrain speech by observing a vow of silence for a certain number of days or by speaking as little as possible and only when necessary.
- III. **Restraint of physical activities (Kaya Gupti):** One must be careful and should restrain one's physical activities so that one keeps away from unnecessary activities as well as when necessary one controls the activities so that no creatures are hurt or harmed.

Ten Religious Practices

Sadhus observe the following ten religious practices to the fullest extent and at that time they are the best practices, while householders follow them to a lesser degree.

- 1) Forgiveness (Kshama)
- 2) Humility (Namrata) and Modesty (Laghutha)
- 3) Simplicity (Saralata)
- 4) Absence of Greed (Nirlobha)
- 5) Internal and External Austerities (Tap)
- 6) Controlling senses (Samyama)
- 7) Avoiding Condemnable Speech (Satya)
- 8) Mental Purity (Shaucha)
- 9) Non-Possessiveness (Aparigraha)
- 10) Celibacy (Brahamcharya)

- 1) Forgiveness (Kshama)

Forgiveness means to excuse someone if they have harmed us or got mad at us without any grudges inside our mind. Always think first that was there any mistake from my side or consider them just medium for karmas to mature. Nobody can harm me or get at me unless my karmas were to mature in that manner. If we have not trained ourselves then it is somewhat harder but sadhus and sadhvis have trained themselves to forgive others so they do it in utmost manner.

- 2) Humility (Namrata) and Modesty (Laghutha)
We should not be getting egoistic for our position, wealth, family status, beauty, intelligence, and strength, etc., but rather be humble and think what all have is due to my karmas from before. So I will stay modest and be humble. Sadhus and sadhvis are very humble and modest. We can notice it in their sermons. They do not put down anyone even though they have great knowledge but rather treat everybody with respect. You can see same again from the way they welcome all visitors without differentiating them.
- 3) Simplicity (Saralata)
We should be straightforward and must be careful not to tell a lie and also not indulge in speech that could have double meanings. We should not be mean because while being mean we might think we are smarter but it is not going to take us anywhere spiritually. It will pollute our soul and we never know what kinds of results it may give us when karma matures. So why create situation which will come to hound us. Be simple and honest and it will go long way.
- 4) Absence of Greed (Nirlobha)
We can keep what we need but should not be greedy for more. Desires are such things that they never get over. Everything we see may be tempting but we should control our desires. By controlling our desires we stop new karmas coming in.
- 5) Internal and External Austerities (Tap)
Austerities help us control looking in outer world of materialistic temptations. It restricts our activities as well as our passions and there by controls karmas coming in. Usually sadhus and sadhvis perform more austerity but even house holders can do a lot too and should do it as much is feasible.
- 6) Controlling senses (Samyama)
Our senses are the one which make us wonder outward. They stimulate our passions and open up the door for karmas. So as we control them we will stop a new karmas coming in.
- 7) Avoiding Condemnable Speech (Satya)
Our speech or words should be very smooth and soothing so it will not hurt or harm or provoke anyone. Even telling truth is going to harm it then it should not be spoken. It is better to stay silent than telling truth.
- 8) Mental Purity (Shaucha)
Here purity or cleanness is not only limited to body but it includes mental faculties too.
- 9) Non-Possessiveness (Aparigraha)
We should not possess more than our needs. Any passions for possession can attract karmas. So we should not have passions for even whatever little may have.

10) Celibacy (Brahamcharya)

Sexual desires are the results of our passions and it should be stopped for karmas to come in. Sadhus and Sadhvis observe celibacy through out their life time. Even for householders it is advised that sexual desires should be minimized and once have enough children it should be stopped.