

## LESSON 08

## PASSION - KASHAY

Our passions are called Kashaya and they are also called desires or wants in simple languages. Now, if we look at ourselves we always want something or other and our desires never end. We all might have experienced that even before one desire gets fulfilled we are working on more desires. This is how desires never end because one desire feeds into the next one. Most everybody in this world is in the same circle of desires. Because of these desires the cycle of births and deaths never ends. You might wonder, what is the connection between passions and cycle births and deaths? The connection is that whenever we do something in life with desires we attract the new karma to our soul and if the new karmas keep coming in then we have to reborn again. But, if whatever we do are not associated with desires, wants or passions then even if the new karma are attracted to the soul they will fall off just as blowing dust falls off the dry clothes. Therefore, we must remember that if our activities are associated with passions or desires then the karma attracted to the soul would stay longer with the soul just as blowing dust will get stuck to the wet clothes. These karmas increase our time in this world. Because of these karmas we get reborn again and again in various forms of lives in this universe. Well, that raises the curiosity to learn about these passions. What are those passions? How do they affect our life? How can we be free of passions?

There are four types of passions. They are: 1) Anger, 2) Ego, 3) Deception, and 4) Greed. Let us learn about them:

### 1) **Anger:**

It means to show rage, getting upset or showing frustration. It is called *krodh*. It is one of the worst passions. It makes one forget him and under the influence of anger he does not know what he says or does. It makes one loose the affection from others because no one wants to be around angry person. Therefore one must not get angry.

One time in the street of Ahmadabad two ladies were filling water from street pipe. One lady was a landlord and other was a tenant. Landlady came late but removed the pot of tenant from the queue and put her pot there. Because of this they started fighting and cursing each other. Fight got so furious that tenant lady left from scene very upset and went to her apartment. She was still mad and in that she poured gasoline (kerosene) on herself and lit the fire. She caught fire but she was still mad. In rage she went down where the landlady was there. While everybody was thinking what is going on she hugged the landlady very tightly with her burning body. Landlady also caught on fire. Landlord lady tried to loosen herself from the grip but tenant lady would not let her go. Both of them got burnt badly. They ended up in the hospital and doctors could not save them. Both of them died. What a way to end the life just for who will fill up water first? Not that every time anger leads to this extent, but we see people getting hurt one way or other by it. So anger is not something good to have. Try to calm down and if not possible count up to 10 or remove yourself from situation or anything to calm down but avoid anger. Hopefully anger will get over. In anger not only we hurt others but we also hurt ourselves by accumulating bad karmas. Anger can be overcome by forgiveness.

**2) Ego:**

It means to be proud, to show arrogance. It is called mana. Ego makes us lose humility. No one likes arrogant persons around and that is how they lose their friends. Arrogance makes you overconfident and under that influence you may do anything regardless if that is right or wrong. You might know the story of King Ravana who became so much overconfident on his power that he kidnapped Sita. He did not listen to anyone to return her because he was too proud of his power. Due to this arrogance not only he lost his life but lives of many people and even the whole golden country of Lanka got ruined. So, do not be arrogant but rather be humble. Everybody likes a humble person. Humility is also a very good tool for the students in the learning process. Here is a story of Eklavya. He wanted to learn throwing arrows. Guru Drona was the best teacher at that time. He went to Drona who refused to accept him as a student because he was not a prince. Eklavya's ego did not get hurt because he was a very humble student. He accepted the words of Drona. He made a statue of Drona to pay him respect and he would bow to it first before starting learning sessions of throwing arrows. Being so humble he became an expert arrow thrower, even better than Arjuna. Ego can be overcome or controlled by humbleness.

**3) Deception:**

It means to be dishonest, to be a cheater. It means Maya. This is also a bad habit. No one likes the dishonest person around him or her. We know the story of Lord Mallinath. What happened to her due to being dishonest to her friends? She was a prince in a previous life and she was performing penance with her friends. She cheated them with different excuses to perform more penance than her friends, for example, to do more penance than others; he would tell his friends that he was sick and not eating while in reality he was quietly performing fasting. Because of such activities he ended up as being born as a woman in the life of being a Tirthankara. We can see that deception did not leave alone to be a Tirthankara person, then what will happen to us if we do similar things. Everybody likes an honest person around and you will have more friends that way. Deception can be overcome by being honest and straightforwardness. (This story is based on Svetambara tradition and Digambara do not believe that Lord Mallinath was born as a female.)

**4) Greed:**

It means to crave for more and more things even if you have enough. You never get satisfied with what you have. Greed causes temptations and increases our desires to collect more and more. Greed can be for various things and not only for money. Greed makes us lose our rational thinking and under the influence of greed or temptations we do things which should not be done and get ourselves in trouble. We are always running after things even if we have them. So it is better to control your desires, temptations or greed.

Let us learn what happened to Maman Seth. He was a very rich man. He had lots and lots of gold, diamonds, pearls, rubies, etc. So he made two golden oxen and decorated them with diamonds, pearls, and rubies, etc. But he was a little short of fully decorating

them. He needed more diamonds, ruby and pearls. So instead of being satisfied with what he had he kept on working risking his life. One day he risked his life to collect sandal wood logs in stormy flooded river.

Queen Chelana saw man struggling to collect the wood and risking his life in stormy river. She requested King Shrenik to help him. When Shrenik asked him what was he doing in such a risky weather? Maman Seth said he needed money to fix his ox. King Shrenik offered him ox but Maman Seth refused to accept it and asked King Shrenik to his house to see the ox. When Shrenik show decorated ox he felt sorry for Maman Seth for being so greedy. Because of being so greedy, when Maman Seth died he ended up in seventh hell. So we must give up greed too. Greed is the root cause of all other passions. Once the greed is controlled others passions will fall behind it and before we realize we will have no passions. So let us learn to be content and feel happy with what we have. Greed can be overcome by sharing and being content.

In short all these passions are not our friends but they are our foe. We can control passions by being calm and forgiving others, being humble, honest and straightforward and also being content. This will lead us to peaceful life not only in this life but lives to come.