

LESSON 09

VOW OF LIMITED CELIBACY (MAITHUNA VIRAMANA VRATA)

The vow of chastity is about sexual passions where a layperson agrees not to engage in sexual relationship with other than once own spouse. Sanskrit term for this vow is "sva-dara-santosa, paradara-viramana." There are two parts here: the first part means being satisfied with one's own wife, the second part means not to go with the wife of another person. He will not speak or think that can provoke sexual desires, even in dreams. He will also not engage in premarital relationship or have sexual relationship with prostitutes. He will not remarry again. He will also observe the following nine rules to help him keep this vow. They are:

- 1) Living in such a way that he does not have physical contact all the time with a woman. He lives in a building where there are no neuter human beings or even female animals
- 2) Not indulging in lustful conversation or stories
- 3) Not sitting on same sit from where a woman just got up
- 4) Not looking at women lustfully
- 5) Not remaining in a room next to where a married couple are sleeping
- 6) He should not recapture the enjoyment of former days.
- 7) Avoiding foods which excite passions
- 8) Not to overeat
- 9) He should not beautify his body

For whatever reasons, lapses may happen to observe this vow. The following are common examples:

- 1) Getting married with a younger person or having sexual relationship with unmarried men, women or widowers
- 2) Keeping a mistress or going to a prostitute
- 3) Gossiping about sex or making sexually provocative gestures
- 4) Being engaged into match-making for others than own children or being a marriage brokerage
- 5) Wearing indecent dress and decorations and taking any intoxicating things