

LESSON 12 VOW OF LIMITED CONSUMPTION AND OCCUPATION (UPABHOGA PARIBHOGA PARIMANA PART 01)

In this vow we limit the use of items in daily life we use. Common items used once and gone are eatable goods, drinks, flowers, Body lotions, etc. Common items which can be used one or more time are such as furniture, pictures, cloths, ornaments, houses, bedding, cars, etc. There are common 26 groups of such items:

- 1) Used to wipe the body (towels, napkins etc)
- 2) Used to clean teeth (datan, slender tree branch in India, tooth paste, tooth cleaning powder)
- 3) fruits
- 4) Body oils and lotions
- 5) Body powder or paste for beautification
- 6) Water for bath
- 7) Garments
- 8) Cosmetics
- 9) Flowers
- 10) Ornaments
- 11) Incense material
- 12) Beverages (tea, coffee, soft drinks, juice, etc)
- 13) Sweets
- 14) Food grains
- 15) Pulses
- 16) Five nutrients (like ghee, oil, jiggery, milk and curds)
- 17) Green vegetables
- 18) Sweet fruits
- 19) Number of items in the diet
- 20) Water
- 21) Mouth fresheners (betel nuts, deel seeds, fennel seed, etc)
- 22) Vehicles
- 23) Footwear
- 24) Beds and mattresses
- 25) Animate things (like fruits with seeds, unboiled water etc)
- 26) Other objects not mentioned in this list

To observe this vow and complement it we should we keep following two things in mind. With regard to the things that we eat, we should use only things which are inanimate. If he cannot, then we will use things that are animate; but we should limit them in number, quantity, weight, etc. We should completely give up flesh foods; vegetables in which there are infinite lives, such as carrots, potatoes, turnips, things that grow underground; also unknown fruit, decomposed food, honey, spirits, and eating at night. We should be very careful how we get them. Means used to get them should be faultless and sinless as much possible this way our actions would not result in obstructing the virtues of our soul. We are advised to give up fifteen kinds of business (will learn in next

lesson) because while carrying out those businesses there is lots of cruelty to living creature minute and big.

Purpose of this vow is to reduce attachment mainly subtle greed (to enjoy them) and if that is not fulfilled then we run into hurting personal ego which may lead us to use deceptive methods to get them. If that does not work then we get angry. In anger we lose our rational thinking and lie to get those items or steal those items or even hurt someone to fulfill desires. We can not afford this domino effect because we will be inviting bad karmas to our soul, so if we observe this vow then we will develop a sense of satisfaction or contentedness with what we may have and how much we will have and how often we can have and therefore no or minimal bad karmas to the soul. On the reversed side if we curtail our craving for things that slowly but steadily our ego, deceptive mood and even anger will fade away and that is what we want to achieve in human life.

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

- 1) Consuming animate things,
- 2) Using inanimate things, that are in contact with animate things,
- 3) Consuming something that is partially cooked,
- 4) Consuming something that is cooked in a unkind way, or
- 5) Consuming something in which there is less to eat and more to discard.