

LESSON 15 VOW OF SELF-CONTROL AND EQUANIMITY (SAMAYIKA-VRATA)

Samayika is the one of the disciplinary vows (Siksavrat) which will help us to discipline our activities. By observing this vow we are in equanimity and thereby stopping influx of karmas and ultimately remove karmas which are already there.

There are some requirements to how and when we take a vow of Samayik.

- 1) Time (kala), usually taken for minimal of forty-eight or ninety-six minutes or so and three times a day, in the morning, at afternoon or in the evening or only once a day. If someone wants to do for more times then it can be done too.
- 2) Place (kshetra), usually in a quite place where there are not even small bugs around, any noise around if possible in isolated corner or a room. Many do Samayik in Upashraya or Temple or at special place called Paushadh Shala in the house.
- 3) Posture (asana), commonly it is done in sitting position either in padmasana, virasana, and sukhasana. It can be done standing or in many different posture but main thing to remember here is that it should not disturb our mind or meditation we undertake.
- 4) Purity of mind (manah-suddhi), our mind should not be preoccupied but rather be calm.
- 5) Purity of speech (vacana-suddhi), we should be practically silent and no shouting or screaming around.
- 6) Purity of body (kaya-suddhi), our body should be clean and no restlessness.
- 7) Disbanding (vilaya) of body, when meditating in Samayik we merge with soul (self) and forget the existence of the body, etc.

In Samayika we contemplate on Soul (self), read true philosophy materials or scriptures, repent on wrong things done and make the resolution not to repeat such wrongs in future. We revere Arihants, Tirthankaras, Jinas, Siddha, Acharyas, Upadhyayas, and Sadhus and Sadhvis. Some do some form of form of dravya- puja and bhav-puja in Samayik.

If we are not careful then we can violate Samayik by our mental, verbal and physical activities.

There are ten mental violations:

- 1) to be disrespectful
- 2) to be greedy for fame
- 3) to be greedy for gains
- 4) to be proud
- 5) to be in fear
- 6) to expect the rewards
- 7) to doubt the rewards
- 8) to be in anger
- 9) to be rude and
- 10) to despise

There are ten verbal violations:

- 1) to use an abusive words
- 2) to use alarming words

- 3) to say non-religious words
- 4) to speak inadequate
- 5) to use words to incite fight
- 6) to gossip
- 7) to make fun
- 8) to pronounce improperly
- 9) to use irrational words and
- 10) to jargon

There are twelve physical violations:

- 1) to sit at an unsuitable place
- 2) not to sit steady
- 3) to walk every now and then
- 4) doing home work
- 5) to stretch the body
- 6) to lean against a support
- 7) being lazy
- 8) cracking knuckles
- 9) to clean body dirt
- 10) to scratch body
- 11) to make vulgar postures and
- 12) to sleep

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

- 1) Mentally indulging in a foul way,
- 2) Using foul language,
- 3) Doing foul acts,
- 4) Performing Samayik negligently and carelessly, or
- 5) Terminating it prematurely.

Goal for every Jain is to liberate from karmas and attain Salvation or Moksha. But because of our continuous activities we keep on accumulating karmas. So to liberate we have to realize that we have to stop the influx of karmas and then we have to get rid off what karmas we have accumulated from before. This Samayik helps us to stop influx of karmas and as we stay in equanimity Soul sheds off whatever karmas it has. But because our samayik is of a limited time it can not shed off all karmas. While sadhus and sadhvis are in Samayik for their life time so depending upon how many karmas they have they can shed off all those karmas and attain Salvation in same life or in a next few lives. In some respect while we are samayik and if we can attain its full goal then for that short time we are like sadhus and sadhvis. As we practice this Samayik more and more we are likely to incline towards renouncing the world and become sadhus or sadhvis and will be on path to Liberation.