

LESSON 16

VOW OF LIMITING DAY TO DAY ACTIVITIES (DESAVAKASIKA VRATA)

This tenth vow of day to day limitation is similar to the sixth vow of Geographic Limitation. The sixth vow is taken for a longer time or sometime for a life time while tenth vow is taken on day to day base, but can be taken for a few hours of a day to a few days. This vow complements sixth vow in the sense that a person takes vow to even shorter the distance of his activities from what he has set in the sixth vow on day to day basis and also number of activities and how much.

These are the vows to be taken as a daily routine.

- 1) How many items of raw vegetables and grains (Sachchitta) would I eat today?
This limits the number of their use to make foods.
- 2) How many varieties of items (Dravy) would I eat during my meals?
This limits the total number of items made from different vegetables and grains.
- 3) How many of Vigai would I not eat today?
This limits the variety of items of made of different vigai (namely milk, curds, ghee, oil, jiggery and fried substances).
- 4) How many shoes including slippers (Upanah) would I use today?
This limits the use of things like shoes, sandals, etc.
- 5) How many items in the categories of mouth fresheners (Tambol) would I eat today?
This limits the items of fresheners like betel nuts, betel leaves, cardamom, cloves, etc.
- 6) How many clothes (Vastra) would I use today?
This limits the use of clothes that are worn.
- 7) How many flowers (Pushpa) would I use today?
This limits the use of flowers, garlands, etc.
- 8) How many Vehicles (Vahan) would I use today?
This limits the number of vehicles to be used.
- 9) How many Sleeping beds (Shayan) would I use today?
This limits the number of cots, beds and bedsteads to be used.
- 10) How many makeup items (Vilepan) would I use today?
This limits the quantity of items like puffs, powders, perfumes, sprays, scent, etc.
- 11) How would I observe Celibacy (Brahmacharya) today?
This will teach to restrain sexual pleasures.
- 12) In how many different Directions (Disha) would I go today and how far?
This limits the different direction in which one might go.
- 13) How many items would I use for Bath (Snan?)
This limits number of times and use a certain quantity of water for a bath and soap, etc.
- 14) How many times would I Eat and drink (Bhojan-pani)?
This limits the number of times for food and water.

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

- 1) Calling for something or someone from beyond the set limits,

- 2) Sending for something or someone beyond the set limits,
- 3) Sending anything beyond the set limits,
- 4) Summoning anyone beyond the set limits by shouting, or
- 5) Conveying any message beyond the set limits by gesture.