

LESSON 10

INFLOW OF KARMA PART 02

As described in earlier lesson, in Jainism, karmas combine with soul due to following five reasons. Of which Wrong Belief (Mithyatva), Vowlessness (Avirati), and Passions (Kashayas) has been described and now we will describe the rest.

Negligence (Pramad)
Psychophysical activities (Yoga)

Pramad (Indolence)

Pramad means that soul is inactive in contemplating on its own form. Pramad is caused by five things:

- 1) Arrogance
- 2) Sensual cravings
- 3) Passions
- 4) Sleep
- 5) Engaging in gossiping

It may be described that the pramad is also caused by eight other things:

- 1) Attachments
- 2) Hatred
- 3) Ignorance
- 4) Doubt
- 5) Illusion
- 6) Forgetfulness
- 7) Harmful activities of the mind, body and voice
- 8) Not caring for, and not having enthusiasm for any religious activities

If there is slight indolence (pramad) when a person has discarded all sinful activities and is initiated as a monk or a nun, then that monk or nun is called a Pramatta (one who is under the impact of pramad). When a monk or nun discards gross pramad he or she is an Apramatta monk or nun. Even after one becomes an Apramatta, passions may arise, but they will be very subtle. Thus, these passions can be destroyed or controlled. At such a time, the jiva will be strongly awakened. Therefore, a very small degree of passion is not called pramad. When the jiva transcends from this state of spiritual awareness, the vitrag state appears. Consequently, senses are the cause for passions and passions lead to ones downfall.

Senses:

Senses are so slippery that if we are not vigilant, they get involved into what is happening around us and provoke our passions. Passions in turn may drag our souls from spiritual path. Let us understand how the five senses can hinder our spiritual progress.

Hearing:

A person may become involved in listening to sensual songs, music or talk and may spend so much time in it that he or she may not be able to concentrate on doing the

necessary things. One should listen to religious sermons and devotional songs which help to improve our conation, cognition, conduct, and ultimately lead us to liberation.

Sight:

People spend so much time watching television that involves violence, sensual or demoralizing episodes, or MTV which increase one's lust and makes the mind more violent. Instead, one should spend time watching moral episodes and sermons by monks and nuns if available which would, in turn, also increase our conation, cognition, conduct and lead us to liberation.

Smell:

We should not be engrossed in pleasures of perfumes and scents that will increase our lust as well as others lust. Such engrossment will bring the downfall of all parties involved. We should also be reminded that there is a great deal of violence involved in the creation of such products. Some people pluck flowers to smell, but they forget that they have caused a death. Nonetheless, such is violence. For these reasons, one should keep desires low, and stay away from such things.

Taste:

Many people eat meat because they consider meat to be a tasty food. Sometimes people overlook the violence involved in meat production. A similar incident occurs when some one drinks liquor. Even though, some may say we do not drink too much, we hear cries about driving while intoxicated. Not only do these people harm themselves, but they cause many innocent lives to be lost. There are many unwanted incidents occurring in the society due to the influence of the sense of taste. In order to prevent such occurrences, let us control our taste and stay away from such things. Let us learn to live on simplistic tasteful food so that austerity like Ayambil can easily be performed.

Touch:

What do kissing, hugging, or even shaking hands bring to our minds? They bring sensual pleasure and increase our lust and therefore, we should avoid these things. We can greet a person by saying "Jai- Jinendra" with folded hands.