

LESSON 11

INFLOW OF KARMA PART 03

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

Psychophysical activities (Yoga)

In Jainism, yoga means psychophysical activities. In other words, the thoughts, the words, and the physical activities of the jiva are called yogas. There are fifteen types of activities. If these activities are meritorious, the soul gathers auspicious karmas, and if they are not meritorious, the soul gathers inauspicious karmas.

The Manoyoga (the activity of the mind) is divided into four subtypes:

- 1) Satyamanoyoga - thinking about an object or its condition for what it is. For example: "Right knowledge, right faith, and right conduct action would lead to Moksha."
- 2) Asatyamanoyoga - thinking about a thing or its condition, in such a way which is contrary to what it truly is. For example: "Right conduct is not necessary for Moksha."
- 3) Satyasatyamanoyoga (mixed activities of the mind) - thinking that something may have some truth, but not the whole truth, or may have some falseness, but not totally so. For example: "Knowledge itself is enough to attain Moksha".
- 4) Vyavaharmanoyoga - thinking about something which is of a general nature. In this the truth or falseness, does not matter very much. For example: "Let me tell Ramesh that it is nine o'clock because if he does not get ready, he will be late." "Let me tell Bhavesh, it is lunch time even though there is half hour more to go."

The Vachan yoga (the activity of the speech) is divided into four subtypes:

- 1) Satyavachan yoga - speaking the truth about an object
- 2) Asatyavachan yoga - telling lie about an object
- 3) Satyasatyavachan yoga (mix vachan) - saying something that may have some truth and some falseness
- 4) Vyavaharvachan yoga - refers to casual words like; "You may go. You may come in, etc."

The Kaya yoga (the activity of the body) is divided into seven subtypes which are related to the following five types of bodies:

- 1) The human beings, animals and birds have the audarik body.
- 2) The heavenly beings and the inhabitants of hell have the vaikriya body.
- 3) The highly spiritual monks, who have mastered the shastras (fourteen poorvas), go to Samavasaran when they need clarification of their doubts where Lord Arihant is giving a sermon, by creating a special extra body called the aharak sharir. Their real

body stays with them wherever they are.

- 4) The tejas body gives energy to the whole body.
- 5) The karman body carries the imprints of karmas to the next birth.

When the soul departs from the current body, at the time of death, the tejas and karman bodies go with it to the next life.

Kaya yoga means the activities of these bodies, any organs, or any sense organs of all jivas. The seven types of kaya yogas are divided into:

- 1) Mishra Audarik Kaya yoga
- 2) Pure Audarik Kaya yoga
- 3) Mishra Vaikriya Kaya yoga
- 4) Pure Vaikriya Kaya yoga
- 5) Mishra Aharak Kaya yoga
- 6) Pure Aharak Kaya yoga
- 7) Karman Kaya yoga

Mishra Audarik Kaya Yoga: As a jiva is reborn in the next life, a new body is not ready at the very first moment, but the body is formed with the help of the Karman sharir, a collection of karmas, and with Audarik Pudgals. This activity is called the Mishra Audarik Kaya Yoga.

Pure Audarik Kaya yoga: Whatever activities that occur after the body has been fully formed are called the Pure Audarik Kaya Yoga.

The same is for:

Mishra Vaikriya Kaya Yoga

Pure Vaikriya Kaya Yoga

Mishra Aharak Kaya Yoga

Pure Aharak Kaya Yoga

Karman Kaya Yoga

When the soul (jiva) travels to the next life, it first goes straight up and then, it usually turns twice. When the soul turns for the first time, it does not have any connection with a body because it has just discarded its current body and has not reached its next. At that time, the activity of the soul is due to the Karman body. This activity is called the Karman Kaya Yoga.

All together there are 15 yogas. These activities could be the auspicious ones or the inauspicious ones. Truthful activities relating to religious principles are auspicious activities. Untruthful activities relating to religious principles are inauspicious. We attain punya (merit) by means of auspicious yogas and papa (demerit or sin) by means of inauspicious yogas.