

LESSON 21

EIGHTEEN SOURCES OF SINS PART 02

- 1) Anger (Krodh): Whenever we do not get what we want, we get upset and mad, and depending upon the situation either we throw the things, use the harsh words or have negative thoughts. When a person is angry, he cannot distinguish between right and wrong or good and bad. To overcome this anger, we should develop tolerance. This way, we can stay calm even if things do not look right. If we can achieve that, then there will be no place for quarrels around us and we will be able to live peacefully. One should replace anger with forgiveness and self control.
- 2) Ego (Mana): Egoism, pride, arrogance, self-admiration, and conceit are all synonymous. The ego means thinking too much of the self. Due to the ego, we tend to look down upon others. Ego can be overcome by cultivating the sense of the humbleness.
- 3) Deceit (Maya): Deceit, cunning, and maya are synonymous. When we cheat and succeed in doing so, then that leads to ego because we feel proud of what we have done even though it was wrong. When we get caught cheating then we get in big trouble. So instead of cheating we should be honest.
- 4) Greed (Lobha): Even when we have enough to meet our needs we want more for the sake of having it. This act is called greed. We should realize that there is no end to our desires. We should not forget that when we do not get what we want, we get angry. We become jealous of someone who may have what we want. To get what we want, we usually use all means from a simple buy out to deception, stealing or even killing. Most of the wars between nations are the result of greed of one to take over the other. Therefore, instead of being greedy let us be content and share with others what we have. If everybody does that, then there will be in peace and harmony among ourselves.
- 5) Attachment (Rag): Suppose you went shopping at clothing store and you saw pants that you liked. You checked the price tag and decided to forget it, but then you saw a T-shirt that was cute. You liked it very much and you wanted to buy that. You checked its price tag and it was high too. You decided, "Well, I will wait until it comes on the sale." You kept on checking every two to three days to see if it was on the sale. Your coming back to the store was due to your attachment for that T-shirt. Attachment can be towards any thing including the relationship with spouse, parents, children, relatives, money, toys, clothes, house, etc. Sometimes this attachment can blind us to get what we want and to do so we may even use harmful methods. Attachment is such a thing that it will not let us share. Therefore, we should avoid developing attachments for things. After all that is not the only thing in the whole world. In other words, we should learn to live a life where we have things or not.
- 6) Hatred (Dwesh): Every now and then, we may come across a situation where we do not like something. Most of the time we can ignore that, but sometimes it develops into disliking and turns into the hatred towards someone. If the hatred is due to the loss of something then it can turn into anger and we may cause harm to others and to us. Hatred brings enmity. Instead, we should develop love and friendship for

everybody. Even if someone is cruel to us, we should show compassion.