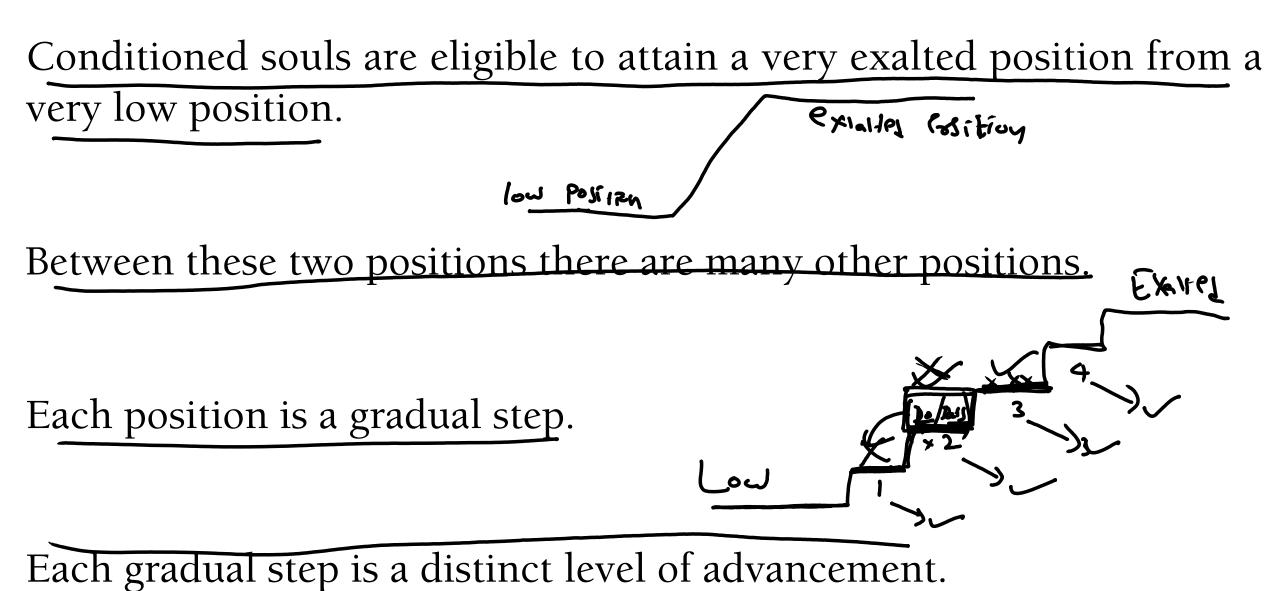
Six Faults that Destroy Nigamāgreha 
Nigama + agreihad Nigama + (agreihad) Nigama + (agreihad) Nigama + (agreihad) veiet unit - sticatig. absorbei onty in the sole t hot in the Bhakti absorbei onty in the sole t onty in the sole t. Altonia - Too much attachment to, or too much neglect of, rules and regulations

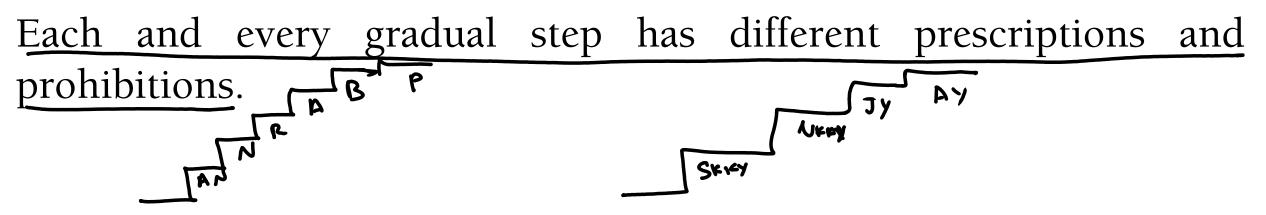
Niyamas, or rules, are of two kinds-vidhis, or prescriptions, and nisedhas, or prohibitions.

Whatever is enjoined as one's duty is a prescribed rule.

Whatever is enjoined as restricted is a prohibited rule.

Both kinds of rules are auspicious for the living entities.





Whenever a living entity steps to one level and stays there, he is obliged to follow the prescriptions and prohibitions of that step.

By following those enjoined prescriptions and prohibitions, one becomes eligible to attain the next step.

If one is unable to attain the next step, he falls down to a lower step. This is called degradation.

Attaining the higher step is called advancement.

To properly follow the precepts of one's own level is called "one's prescribed duties" or steadiness in one's own position.

T<u>herefore in the Śrīmad-Bhāgavatam (11.21.2-7) Lord Kṛṣṇa spo</u>ke these instructions to Uddhava:

s<u>ve sve</u> 'd<u>hikāre yā nisthā sa guņah parikīrtitah</u> viparyayas tu doṣah syād ubhayor eṣa niścayaḥ

<u>deśa</u>-kālādi-bhāvānām vastūnām m<u>ama</u> sat<u>tama</u> guņa-doṣau vidhīyete niyamārtham hi karmaņām

performing acis acronying to Gralification.

"Steadine's in one's own position (sve sve adhikāre vā nisthā) is declared to be actual piety (sa gunah parikīrtitah), whereas deviation from one's position is considered impiety (viparyayas tu doṣah syād). In this way the two are definitely ascertained (ubhayor esa niścayah).

O saintly Uddhava (<u>sattama</u>), in <u>order to restrict materialistic activities</u> (<u>karmanām</u> <u>niyamārtham hi</u>), I <u>have established</u> (<u>mama vidhīyete</u>) th<u>at which is proper and improper</u> among all material things (<u>vastūnām</u> <u>guņa-dosau</u>), including <u>time</u>, space and all physical objects (<u>deśa-kālādi-bhāvānām</u>)."

Prescribed and prohibited rules are further divided into two categories—conditional and constitutional.

The living entity is pure spirit.

Constitutional revel - presovictions & prehibitions

The prescriptions and prohibitions in the living entity's constitutional position are constitutional rules.

But when the living entity is separated from his transcendental position, he accepts the designations given by the illusory energy and is entangled in this world—these are false designations.

These designations are of many varieties, but the constitutional situation is one without second.

In the eternal state of the living entity, prema is the only prescription and envy is the only prohibition.

This prescription and prohibition is subordinate to the living entity's eternal nature.

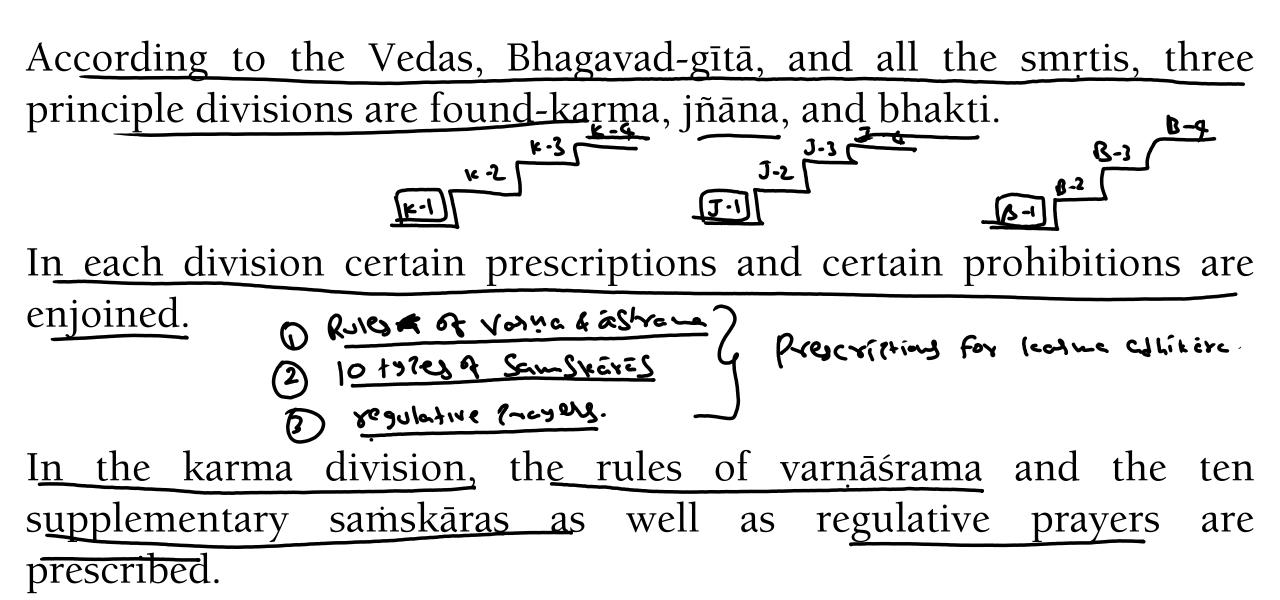
The living entity imbued with prema and devoid of envy is the shelter of eternal rasa.

Although rasa is of five varieties, still they are one undivided spiritual truth.

The rules of that position are not to be discussed here.

We must know only that this state is the eternal condition of the living entity.

Although in the conditional state the rules are of different types, still all the steps are divided into three principle categories.



Sins and bad habits are prohibited.  $\longrightarrow$  Prohibiting for kan

In the jñāna division, sannyāsa, renunciation, detachment, and discussing matter and spirit are prescribed.



