

Chapter-2 Secondary rules

Part - 4 Asrama

Varna

**social order – Based on modes of nature
Brahmana, Kshatriya, Vaishya, Shudra-**

Ashrama

**Spiritual Order – natural by-product of
spiritual practice**

Brahmachari -



Grihastha (varna dharma)



Vanaprastha (No varna dharma)



Sannyas

Sakama karma Yoga

Niskama karma Yoga

Perform austerities

Liberation

From svabhava comes activity that situates a person in an asrama
Taking shelter of that asrama, the individual performs work.

There are four asramas:

Brahmacarya-

- Brahminical nature
- Controlled mind
- Proper gentle conduct
- accepts bodily austerities
- stays in the gurukula until his studies are completed
- After giving the guru a donation enters Grihastha ashram

The father, family priest, and local community should decide the varna of a person at the time of a child's education and should be placed in studies that suit their observed nature.

Grihastha

- **All varnas are qualified for grihastha asrama.**
- **a means of earning a living based on varna**
- **should express gratitude to his ancestors**
- **worship the devas**
- **serve guest**
- **respect all living beings**

When a man grows older he should leave his wife with the son, and take vanaprastha

vanaprastha

- All varnas can take vanaprastha
- Reducing his material needs
- sleeps on the earth
- makes clothing of the bark of trees
- avoids shaving
- observes a vow of silence
- bathes three times a day
- serves guests as far as possible
- eats forest fruits and roots
- worships the Lord in a solitary place

When the brahmacari, grhastha or vanaprastha develops a keen sense of renunciation, he takes sannyas.

Sannyasi

- Survive by the charity of the householder
- Devoid of attachment to family life
- Able to tolerate all difficulties
- Has gained knowledge of the truth
- Has no desire for worldly friendship
- Develops equal vision of all living beings
- Devoid of envy
- Has compassion
- Has fixed his mind on the Lord
- Engaged in yoga

Women are allowed to enter the grhastha asrama and vanaprastha asrama only.

The rules for household life described in the twenty dharma sastras and the Puranas. The manus, rsis, and prajapatis have written

nitya
karma

works that yield beneficial results

Rules for daily activities include : rules for body, mind, society and afterlife

- Rising early in the morning
- cleaning the body
- suitable work
- bathing
- eating at the proper time
- choice of nourishing food
- drinking fresh water
- strolling
- wearing clean cloth
- sleeping no more than eight hours

For steadiness of mind a person must daily cultivate different facets of knowledge

- **geography,**
- **astronomy,**
- **history,**
- **geometry,**
- **mathematics**
- **chemistry,**
- **physics,**
- **medicine,**
- **literature,**
- **philosophy of life's goals,**
- **meditation**
- **contemplation of the day's work.**

naimittika karma: which are performed at regular intervals and some at irregular intervals

sinful activities

Eleven principal sins:

- violence
- cruelty
- hypocrisy
- mental illusion
- lying
- disobedience to a superior
- lust
- selfishness
- impurity
- rude conduct
- destructiveness