



Aparigrah (Non-Possessiveness)

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ABSTRACT: -

Aparigraha, the fifth appendage of Yama, the first part of Yoga, has great importance in life. It has been given great importance in Jainism. To enjoy the world with ease and happiness, it is necessary to have a feeling of non-attachment. People understand this as a feeling of renunciation in common language, but it is different from renunciation. By practicing non-attachment, a person's personality gets refined, as well as he is automatically freed from physical and mental diseases.

Key Words: - Aparigraha, renunciation, Yama

Introduction:-

It is also called non-attachment, which means not having attachment to any idea, object or person is non-attachment. Some people have a tendency to collect, due to which useless things or things start getting stored in the mind. This creates contraction in the mind. Miserliness or miserliness is born from this. Habits are also born out of attachment. To renounce this tendency through mind, word and deed is to be non-possessive.

Those who have the feeling of non-attachment do not suffer from any kind of anger and they find the world pleasant like a journey. Many thoughts, flowers and scenes come and go in the journey, but those who are attached to them become sad and this sadness ignores the pleasant views of the journey ahead.

Scientists say that more than 70 percent of diseases are caused by a person's bad mindset. Yoga believes that the origin of diseases begins in the mind and brain itself. Knowing this, Yoga first of all advises to cure the mind and brain of a person through Yama and Niyama. Bhava and Bhavana have great importance in Yoga and Ayurveda. Even if poison is drunk in a good mood, it will become nectar.

Its advantage:-

If you have a sense of non-attachment, then it saves you from the sufferings of the body at the time of death. By giving up the tendency to collect any thoughts and objects, the contractions are removed from the person's body due to which the body feels peaceful. This makes the mind open and calm. Due to the tendency to leave and relinquish, there is no suffering of any kind in the body at the time of Death No matter how great an object may be or how great an idea may be, nothing is greater than your soul.

Importance of abstinence:-

Lord Krishna has said that the body is made of five elements – earth, water, sky, air and fire and three gunas – sato, rajo and tamo (tama). After this, the part of Brahma enters the body in the form of a soul and makes it a soul. Thus we see that the qualities of nature play an important role in the creation of life. According to the proportion of the existence of the qualities of nature, the instinct of the creature is determined. Birth after birth, this instinct continues with the living being in the form of mind. In Ashtanga Yoga, the seeker moves with the aim of controlling the mind through Yama, Niyama, Asana etc. As soon as the mind is completely controlled, the soul merges with the Supreme Brahman and becomes free from the cycle of life and death, but in today's society, it is difficult to imagine the control of the mind. The main reason for this is uncontrolled enjoyment and non-observance of Asteya and Aparigraha, the main pillars of Yama. Asteya means not stealing and Aparigraha means not hoarding more than necessary. Most of the human beings today are involved in some sort of theft. No one is thinking about non-violence. If a person spends more money than his livelihood for the betterment of the society, then the economic imbalance of the society can end and theft of money can be stopped.

The desire to accumulate excessive wealth is the root cause of the increase in Rajoguna. When a lot of money is accumulated, then luxury, attachment and fear start arising and through these the dominance of Tamoguna starts. A person suffering from Tamo guna takes birth in the form of lower species like animals, birds etc. because by not adopting Asteya and Aparigraha in life, he is attaining lower species. The next birth of the Jiva depends on the

qualities present in it. The lower species like animals and birds etc. think only about filling their stomach and their safety. That's why a man who thinks only like this, is also like an animal. He gets the vagina of an animal.

Needs of Aaparigraha:

It is very important to have non-attachment in life. Because a person's desires are limitless and infinite, it is very necessary to have non-attachment to control them and live a peaceful life. Just as in a diamond covered with coal from the mine, even though it appears black from outside, the inner beauty and luster is completely present.

Relation with Dosha- Kapha Dosha

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