

Nine Point Code of Conduct (9)

‘Ceiling on Desires’ & utilising the savings generated for Service of Mankind

“The man with the most desires is the most poor”

1. From where does Desire arise?

The prime desire and the origin of all desires is Kama (lust). Kama is the mother of every desire, and it motivates you to do anything and everything. Kama is blind desire; it has no sense of discrimination, judgment or understanding. It motivates you to do something simply to fulfill that desire- because it exists.

2. What happens when Desire is not fulfilled?

You get angry and frustrated, that is Krodha, the emotion of anger. When you are angry, you become blind. If you compare yourself to a dog, you will realise that even a dog never loses its temper in the way that you do. When you are frustrated, when your desires are not fulfilled, you can even hurt your child or your wife whom you love so much.

3. What happens when Desire is fulfilled?

If this desire is fulfilled, then you become proud, and the fulfillment of the desire feeds your pride, which is the emotion called *Muda* (pride). Your mind thinks, “I have achieved my desire.” This is intoxicating, you do not think clearly and you behave badly.

If your desire is fulfilled, you compare yourself with others and think, “I now have it, and you do not have the object. I have it, I am proud of it. This is mine because I have it. It is not yours”. This is *Lobha*, greed. *Lobha* motivates you to feel; “This is mine and I do not want to share it with you. It is my house. My house has twelve rooms, I have one child, and the rest of the rooms are empty, but I won’t allow you to stay here. It is my house.” That is *Lobha*, greed. It further separates you from others.

Next you start comparing your home with the one someone else owns, and then you become jealous. You think, “Does someone have a better house? Oh No, my house is much better.” You begin to compare yourself with others, and then you become puffed up with pride, and you go on living this way, feeding your ego. On the other hand if you feel your home is not so nice, you identify, with feelings of inadequacy and depression. Thus, the original mother of the whole process of developing negative emotions is desire.

Swami has said, *“Desires, when fulfilled, breed further desires; when unfulfilled, they lead further to further installments of life on earth in order to calm the urge”*

“Desire is a bonfire that burns with greater fury when encouraged. One desire leads to ten and man exhausts himself in trying to fulfill the demands of personal desires.”

4. What is the meaning of “Ceiling on Desires”?

Swami has said, *“What is the meaning of “Ceiling on Desires”? Man is deluded by his unlimited desires. He is living in a dream world. He is forgetting the Supreme Consciousness. That is why it is important to keep our desires under control, to place a ceiling on them. Desires are a prison. Man can be freed only by limiting his wants. You should have a desire only for life bare necessities”*

Nine Point Code of Conduct (9)

'Ceiling on Desires' & utilising the savings generated for Service of Mankind

Swami emphasised, "Ceiling on Desires is a must for leading a peaceful and meaningful life. You must curb the desire to seek more and more wealth and turn your effort to realise the Reality within. In pursuing this effort, you must avoid waste of food, money, time, energy and knowledge as well as these are forms of God. Besides observing Ceiling on Desires, students should also practice the discipline of seeing no evil, hearing no evil, thinking no evil and doing no evil"

5. How to transcend your Desires?

Consider what you are actually doing through your actions. You try to fulfill your desires, and after another, like crazy people. You repeat the same action everyday, trying to fulfill the desire, and yet it is never fulfilled. Your actions just put more fuel on the fire of your desire. This is the process: you want to fulfill your desire. You have the desire, so naturally the desire will motivate you to fulfill it. The entire process of desire drives you crazy and creates your emotional problems, you want to fulfill the desire, and you are doing something to fulfill it, but in a few days' time you will discover that your desire is still not fulfilled. So then, you go on to another desire, and in this way you make your unconscious mind into a basement junkyard. You have been doing this kind of unconscious experiment with all your desires, but such experiments have already been done a long time ago by the great sages. You should follow their advice; the great sages taught that you could never attain anything truly great by fulfilling desires alone. You have to understand this point to make progress.

Attaining objects alone can never make you happy.

Swami said in the Guru Purnima message, *"People are under the mistaken notion that they get happiness when their desires are fulfilled. In fact, happiness results not when desires are fulfilled, but when they are controlled. One can enjoy the state of bliss by controlling one's desires. One who craves for the fulfillment of desires is already restless. Desires correspond to Prakriti (outer world path) in which there is no happiness whatsoever. Deluded as you are by your wrong thinking, you imagine that there is happiness in the world. But in fact, you are thereby distancing yourself from Nivritti (path of exploration of the spirit)."*

6. Less Luggage Makes Travel a Pleasure

Swami has said, *"You have to exercise a ceiling on your desires. There are rules for ceiling with regard to land and property. But, you have no ceiling on your desires. Ceiling on desires means exercising control over them. You can be happy once the desires are controlled.*

Your life is a long journey. You should have less luggage (desires) in this long journey of life. Therefore, it is said less luggage more comfort makes travel a pleasure. So, ceiling on desires is what you have to adopt today. You have to cut short your desires day by day. You are under the mistaken notion that happiness lies in the fulfillment of desires. But, in fact happiness begins to dawn when the desires are totally eradicated. When you reduce your desires, you advance towards the state of renunciation.

You have many desires. What do you get out of them? You are bound to face the consequences when you claim something as yours. When you claim a piece of land as yours, then you will have to reap the harvest. This instinct of ego and attachment will put you to suffering. You will be blissful the moment you give up ego and attachment."

7. How do we attain a state that is free from Desires?

Nine Point Code of Conduct (9)

'Ceiling on Desires' & utilising the savings generated for Service of Mankind

It is not extremely easy, but neither it is impossible, to attain a state that is free from desires. However, even while you still have desires, you can be happier if you understand how to reconcile these. At present, you try to fulfill your desires through your actions. It is not your actions that actually make you unhappy. Doing action is your birthright, and you cannot live without performing actions. You are caught in a trap; a human being cannot live without performing action, but when he performs the action, he then has to reap the fruits of his action-that is certainty. When the person reaps the fruits of his actions, then those fruits again motivate him to do further actions.

For example, perhaps a couple builds a home with a budget of \$80,000. Both the wife and husband are very happy with the beautiful house. Even the neighbors know it is beautiful house, but there is nothing inside, because they did not have money budgeted for the carpet and furnishings. So now, they desire to acquire those things and soon they have developed desire after desire. You have one pillow cover, and now you need two or three to replace it. You need dolls for the children's rooms. The children grow and now they need a pet dog. So on it goes, and there is no end to it. You are caught in the snare of desires and you cannot come out of that.

You should have desires you do have desires and you cannot live without having things. But you need to learn a way to be unaffected and live above this level, even though you have desires. There is a way to accomplish that, and it is called the path of Karma or the path of Action. You can follow this path if you know how to perform your actions with the right mindfulness. You cannot live without performing actions; no human being can possibly do that. Let all your actions become your duties. Actions become duties when you understand that you are really doing this action for another - for your wife or child or neighbor or country or for humanity. Actions become duties because you accept a responsibility to do them. If you think, "This person is my wife, so I should do certain things for her." Then any action that you perform with that awareness becomes your duty. Unfortunately, then you think that your duty makes you a slave. Sometimes you say, 'I have to go home, I am married. The children will come home from school soon. I have to be there' Here you are acting under the pressure of your duty all day, and when you feel that, then your duties make you a slave. Here is an impasse: You cannot live without doing your duties, but then you feel like a slave.

There are several points to remember:

- * You cannot live without doing actions
- * You always receive the fruit of your actions
- * You cannot live without duties
- * The wrong attitude towards your duty makes you a slave

Then how can you be free? There is an important skill you need to learn to be free. You create everything out of a Desire for Love.'

8. Transform yourselves into better individuals

Moreover you should not only practice yourself but teach others also about this ceiling on desires. Though Narayana is in everyone, the one in the poor people is referred to as "*Daridra Narayana*". When this Narayana begs for food, you refuse to give him food while you offer food to another person who is already well fed. You place before God's pictures a lot of food of rich variety as '*Naivedhyam*' (offering). You do this because you know very well that this is coming back to you. So, here too it is '*Swaartham*' (self-interest) and not '*Thyaagam*' (sacrifice) the *amrithathwa* (immortality) or *Moksha* (Liberation) will come out of *thyagam*.

Swami pointed out, "*We have Seva Dal, Bhajan Mandalis, and other Wings. It is a good sign that more and more youngsters are coming forward to join the Seva Dhal and take part in service activities.*"

Nine Point Code of Conduct (9)

'Ceiling on Desires' & utilising the savings generated for Service of Mankind

The participation of youth is necessary for the welfare of the world. We should rejoice when they turn over a new leaf in their life. There is a common saying that you should not rejoice and distribute sweets etc. when a child is born, but you should do so only when the son grows up and earns a good name as a 'Sathputhra' (good son). You can 't please Me just by joining as a member of the organisation. I shall wait for the day when you turn over a new leaf and transform yourselves into better individuals, You should become 'Guna-sheelas' (persons of sterling character and good qualities).

It is the code of conduct, which is responsible for the organisation moving forward growing from strength to strength. The office-bearers should exercise maximum care to see that the code of conduct is adhered to and guide others also in the fight path. When a cook in a house works with integrity the master on his own will entrust him with the keys of the house. Similarly, God also will appreciate only men with integrity. The desire to please God should be the fundamental motive. "

9. Method of controlling the Desires?

Swami has said, "You have to enquire into one thing carefully: Before I was born, where was this world? Every person who is born has to die. After one's death, where does the world exist? The world comes in between birth and death. Why should one aspire to have so many things in a world so transitory as that? The world is to be compared to a mirror. Your image is seen so long as you are before the mirror. You remove the mirror and your image and reflection will disappear. You should ponder about why waste such a precious life for transitory desires of the world"

10 Four Components in the term 'Ceiling on Desires'

There are five components in the term "Ceiling on Desires" as follows:

- a) Do not waste Food
- b) Do not waste Money
- c) Do not waste Time
- d) Do not waste Energy

Swami has explained, 'Man needs some essential commodities for his sustenance and he should not aspire for more. We can learn a lesson in this respect from Nature. Only if air is available in sufficient quantity will it be comfortable and good. If it is excessive and there is a gale you will feel uncomfortable. When you are thirsty,' you can consume only a limited quantity of water You can 't consume the entire water of the Ganga. We take only as much as is needed for the sustenance of the body. Doctors know that the body temperature is normally 98.4. If this goes up to 99 they say fever has set in due to some disorder in the body. We inhale and exhale at a normal rate. If there is a slight increase or decrease in the rate it indicates disorder in the body. Changes in the pulse rate or blood pressure also indicate disorder So you find that if you cross the limits even to a little extent it is dangerous or harmful to the body. There is a limit for everything to function in a normal way. When your eyes happen to see a flash of lightning or a flashlight while taking photographs, they automatically close because they can 't withstand such high illumination. Eardrums also cannot tolerate hearing beyond a certain volume and we close our ears or keep cotton inside the ears. From these we see that our life is a limited company!'

11. Do NOT waste Food

Nine Point Code of Conduct (9)

'Ceiling on Desires' & utilising the savings generated for Service of Mankind

Annam Brahma, Food is God. Swami said, *"Do not waste Food, Food is God. Your body is made of food and you are the result of the food eaten by your parents. Eat as much as it is necessary to eat. But do not throw away food by taking too much in your plate. By wasting food you will be wasting the energy Divine."*

"Even in the preparation of food, you should be careful in avoiding wastage. We are only doing a disservice by consuming more food than what is necessary for the body."

Just keep an eye in your refrigerator. You will find, in day to day life, you cook more food than you could consume during this meal, and any left over is kept in one corner of the fridge assuming that you would eat it the next day. Then on the following day you cook fresh food and do forget about the left over of yesterday, instead add one more container with new left over food in the fridge. Now you have two containers of left over food. The number of containers may go on increasing till you run out of more containers, or you run out of space in the fridge or the bad smell start coming from one of the left over food container. Then what do you do? Simply pull out the bad or the old one and throw it away.

12. How can you reduce this desire?

Keep an eye on your Food Habits. Not only on the cooked food but also on the uncooked food, for example, fruits. Buy only the much you are going to eat. There are some people who like to keep a big bowl or tray of fresh fruits on their dining table. But all the fruits will not be consumed. One of the fruit will go ripe in a few days and so the others will start following. Well ripe fruits would be thrown away and they would be replaced with fresh fruits. Just think of the wastage of food you are doing.

Swami has said, *"Eat only what you need to eat. Do not be greedy. Do not take more than you can eat and waste the rest, because wasting food is a great sin. The surplus food can feed another stomach. Do not waste food because food is God, life is God, and the man is born from food. Food is the main source of man life, body, mind and character. The gross part of the food, which is the major portion of the food consumed by the body, is thrown out as waste matter. A minute amount of the food, which is the subtle part, is assimilated by the body and flows as blood. And a minuscule amount, which is the subtlest part of the food, makes up the mind. Therefore, the mind is the reflection of the food consumed. The reason for the present beastly and demonic tendencies in our minds is because of the food we consume. Instead of kindness, compassion, love and patience, only bad qualities such as hatred, and attachments are being perpetrated. Therefore, the quality of the food that we eat should be very pure, very clean, very sanctified and satwic. Man receives real nourishment from such food."*

A large part of the water we drink is expelled as urine. A minute part of the water consumed becomes Prana, the life force. Therefore, the nature of the food and water that we take in decides our character. Only by controlling the quality of our food and water can we attain divinity. This is why food is said to be God. Hence to waste food is to waste God. Do not waste food. Eat only what you need, and be sure what you eat is satwic. Give any surplus food to those in need."

13. Do NOT waste Money

Do not waste money God is wealth. Swami has said, *"Indians consider money or wealth as the Goddess Lakshmi. Since God is wealth, misuse of money is evil. Do not misuse money. By doing so you will only become a slave to bad qualities, bad ideas, and bad habits. Use your*

Nine Point Code of Conduct (9)

‘Ceiling on Desires’ & utilising the savings generated for Service of Mankind

money wisely for good deeds. Do not waste money, as misuse of money is evil, it will lead you along the wrong path. Practice charity by gifting away money, food, clothes, houses, etc., instead of misusing it in extravagance. Misuse of money is not evil but a sin as well.”

Swami has pointed out, *“Women are usually desirous of adding to their wardrobe any number of saris (dresses) when they go to a shop or an exhibition. You should have a reasonable number of saris (dresses), but not a huge collection for pomp or show. Misuse of money is a great evil. Even men will have to do their own bit in controlling the expenditure on unwanted and unnecessary things. Money is Dhaivaswaroopam (Embodiment of Divinity). When you talk of wealth you should be careful to avoid avaricious accumulation and extravagant expenditure.”*

14. Just a thought!

Money spent on Cigarettes, tobacco, alcohol, etc. What would you say about money spent on these items? You end up spending a fair amount of money just to satisfy the senses and truth is that senses never get satisfied. They want more and more and you keep running around just to fulfill their demands most of your life. Do not get addicted to bad habits, as excessive indulgence in any of such activities will have an adverse effect on your body and health.

15. How do we control this Desire?

Firstly you have to be honest with yourself. Let us start with your wardrobe. How many shirts you have got? 10, 20 or may be 30. Please have a look how many of them you have not worn for last six months or so, If there is any, then the chances are that you might not even wear that one again in next few months either. Ask yourself, do you really need that many shirts at all? May be you should get rid of that shirt which you do not wear by donating it to the needy one. That will serve the dual purpose, one you will get rid of the unwanted stock from your wardrobe and another you will do one good act of helping the needy. Ask yourself how many shirts you actually need? Say, your answer is

Okay, now make a point or resolution that you will not let the number of shirts increase in your wardrobe. You are not going to buy till one of them gets torn out. What happens if somebody gifts you with one new shirt on your birthday? The number of shirt would increase. Well simple thing is to stick to the resolution. Donate one from your stock straight away. This process will help you to save some money on unnecessary expenditure on clothes accumulation and also your sense of possessiveness and attachment with your clothes will reduce.

The same golden rule could be applied to other items of your house. You will be surprised how much you could save and how content and happy you would become.

16. Do NOT waste Time

The most important, the most needed factor is time. Do not waste time. Time waste is Life waste. Spend the time by sanctifying words. Time wasting is wasting God. Swami has said, *“Time should be spent in a useful manner Time should be sanctified because everything in this creation is dependent on time. Even our scriptures say that God is referred to as Time and as no Time. God is not limited by Time. HE is beyond Time. HE is Time, He restricts Time. Time is the embodiment of God. Everything depends on Time. The main reason for man birth and death is Time. Time is the main factor in our growth. if we*

Nine Point Code of Conduct (9)

‘Ceiling on Desires’ & utilising the savings generated for Service of Mankind

waste time, our lives will be wasted. Therefore time is an essential part of our life. Do not degrade time by spending it participating in unnecessary conversations, or by getting involved in others’ personal matters. The truth behind the sayings, ‘Do not waste time’ is that no time should be wasted in evil thoughts and acts. instead make use of time in an efficient way.”

Swami has explained, “You should be careful about ‘time’, which is the yardstick of life. Seconds become hours, hours become years, years make yugas (ages) and so on. You should not waste this most valuable ‘Time’. Time lost in wasteful pursuits can’t be got back by any means. All our activities should be planned for utilising the available time to maximum advantage.”

Just think it over. One day consists of 24 hours and how your time is spent in daily life. Have a look at the chart on the next page.

Analyse the table and think it over. Most of things you have to do everyday to make your living as they are mandatory. You cannot avoid them. You would say you hardly get anytime for yourself then how could you waste your time, Wasting time does not mean sitting idle. If the time is not utilised wisely that could be said wasting your time. Say you are watching TV to relax, so far so good, but the choice of programs you watch could give negative thoughts to you. Over the period of time your attitude could change. Your thinking pattern could change and hence your whole of life. And remember this life becomes the seed for the future births yet to take place.

Past is past, future is future. You can do nothing about either. What is most important is the present. This is not ordinary present. It is Omnipresent. The result of past and future both are present in the present. You are reaping in the present what you have sown in the past. And what you are sowing in the present, you will reap in the future. So, make the best use of the present. Give up all sorts of worry and lead ideal lives leading to immortality and fulfillment of the purpose of human life.

One day consist of 24 hours and how your time is spent in daily life. Let us assume as follows:

S No	Activity	Hours spent
1	Morning shower, getting ready	20 -30 minutes
2	to go to work, etc	10 - 30 minutes
3	Morning Prayer	10 - 30 minutes
4	Breakfast, watching news	20 - 60 minutes
5	Travel to work	8 - 10 hours
6	Work including Lunch break	20 -60 minutes
7	Travel to home	10-20 minutes
8	Evening Tea	30 -40 minutes
9	Exercise walk	10 -30 minutes
9	Evening prayer	10-30 mins
10	Evening prayer	1 - 2 hours
11	Dinner, Dinner preparation. etc.	1-2hours
12	TV	10 - 20 minutes
13	Shower, etc	30 - 60 minutes
14	Preparation for next day, etc. Sleep	6 - 8 hours

Nine Point Code of Conduct (9)

‘Ceiling on Desires’ & utilising the savings generated for Service of Mankind

Just imagine if you have spent 1 hour a day on things which are not useful for your spiritual upliftment, how much time you would end up spending in your life time.

17. Realise the value and importance of Time

- * Imagine there is a bank that credits your account each morning with \$ 86,400
- * It carries no balance from day to day
- * Every ‘Evening’ deletes whatever part of the balance you failed to use during the day
What will you do? Draw out every cent of course !

- * Each of us has such a ‘Bank’. Its name is Time
- * Every morning it credits you with 86,400 seconds
- * Every night it ‘Writes off’, as lost, whatever of this you failed to invest to good purpose
- * It carries over no balance
- * It allows no overdraft
- * Each day it opens a new account for you
- * Each night it burns the remains of the day
- * If you fail to use the day’s deposit, the loss is yours
- * There is no going back. There is no drawing against ‘Tomorrow’
- * You must live in the present on today’s deposits
- * Invest it so as to get from it the utmost in health, happiness and success
- * The clock is running
- * Make the most of the day
- * To realise the value of one year... ask a student who failed a grade
- * To realise the value of one month... ask a mother who gave birth to a premature baby
- * To realise the value of one week... ask the editor of the weekly newspaper
- * To realise the value of one week... ask the lovers who are waiting to meet
- * To realise the value of one minute... ask a person who missed the train
- * To realise the value of one second... ask a person who just avoided an accident
- * To realise the value of one millisecond... ask a person who just won a Gold Medal in the Olympics
- * Treasure every moment you have
- * Yesterday is History, Tomorrow is Mystery, Today is Gift, That’s why it is called Present

18. Where do you waste time?

Swami has said, “God has given man a hundred years of life and plenty of work to fill the years with; but you fritter the time away in playful games, in founding and fostering a family; and awake to the fact of not preparing for death only when Death knocks the door Then you feverishly pray for a little more extension of the span of life in order to fulfil the task for which you have been sent. You have no time for reciting the name of the Lord or meditating on HIS form, which is within you! Alas! You have time for the club, for a game of cards, for the film show, for wayside chats, for all kinds of trivialities but no time for a little quite, for a simple item like worship. It is false excuse, this want of time. No Face the truth and proceed towards the Truth.”

19. Little things where time is wasted?

Nine Point Code of Conduct (9)

‘Ceiling on Desires’ & utilising the savings generated for Service of Mankind

* Telephone: Analyse how much time you spend on telephone line. The message, which can be relayed in few words, goes on for hours even without successfully relaying the message instead. Why does this happen? Who is to blame for this? Some people enjoy a long telephone conversation, which ends up in gossiping, and then you blame the other party on the line to have consumed your time on unnecessary talk. Why blame the other party? You should have stopped the other person right then. May be you yourself were enjoying those spicy talks. Why don't you ask yourself, what would you achieve out of this? Nothing, just a bit more restlessness and gradually lose your peace of mind.

* TV - “All work no play makes Jack a dull boy”. That is true. You do need some time for relaxation or at least to know what is happening around the world through the medium of NEWS. But are you watching some constructive programs. Does this program help you to uplift your spirituality or gives you better understanding of your own life? What happens if we watch bad programs? There is a saying, you are not one person but three persons: One, what people think you are. Whatever people think of you depends upon the image you have given them directly or indirectly. Everybody likes to give the good image of self to others anyway. People might see you as a very calm person but your family might not agree on this, as you get angry very frequently with them. Second what you think you are. That is, your ego can play up here. May be you want yourself to be portrayed like that and that is why you think you are that. Ego can be very dangerous. It's just like wearing dark glasses and not knowing the true colour of the light. Thirdly, what you actually are. That is the state of your mind. What, is Mind? Mind is the bundle of thoughts. What type of thoughts you keep. Sit down and just observe the flow of thoughts passing through your mind. You will be surprised, you would say, “Despite of me, how dare I think like that”. Well that is you. Even the type of dreams you have can give some indication of your way, of thinking consciously or sub-consciously.

Swami has said, *“In the dream state, the individual is creating his dream experiences, including joy and sorrow. The dream experiences are mental creations of the dreamer.”*
“What you see and feel in the dream has some basis in what you have seen and felt in the waking state; so too, what you see and feel in the present life has as its basis what you have seen and felt in other lives, previous lives.”

Mental creations can not exist without Mind and Mind as said, is the bundle of thoughts. But from where does these thoughts come from. Swami says, “Tele-vision is Tele-visham (Telepoison)”. Of course when the vision and the audio are not Satwick then how come your senses would and grasp Satwick thoughts. Hence, then seed has to be of Satwick nature.

* Window Shopping - Just imagine the number of hours you spend on window-shopping. Even some people do this as a hobby or activity to past time. Do you realise that by seeing the same object again and again it creates desire in you to acquire that object even you may not require that at all? But to fulfil the desire you would have to go through such pains and yet no peace of mind could come from that object. What a waste of money?

* Gossiping - There is a joke that two ladies were travelling in the same compartment of the train but were not talking to each other. This is very true of everybody. It is said that ‘Man is the social animal’. Man likes to interact with another person for various reasons. A number of times, you have guests at your home. The Indian scriptures say, ‘Atithi Devo Bahava’, i.e., “Treat the person who visits you without any prior appointment as God.” Of course, you welcome your guests. After the formal talking, over the cup of tea or so, the conversation takes a U-turn, the topic slowly changes from the original one into a talk of just gossip. Amazing thing is that both parties start enjoying it. Swami said, ‘End Joy’. You should know when to ‘End Joy’ and what to ‘Enjoy’

Nine Point Code of Conduct (9)

‘Ceiling on Desires’ & utilising the savings generated for Service of Mankind

20 What’s your Favourite Way to Waste Time?

Analyse yourself honestly. You can look into your daily life pattern and pick many incidences where your time is just wasted. If you cannot give up totally then at least cut it down.

21 Do not Waste Energy

Swami has said, *“Our physical, mental and spiritual energies should never be wasted. You might ask me, “How are we wasting our energies?” If you see bad things, your energy is wasted. Hearing bad things, speaking evil, thinking evil thoughts and doing evil deeds wastes your energy. Conserve your energy in all these five areas, and make your life more meaningful”*.

For example, you have tuned the radio to a particular station. Whether the volume is kept high or low, whether you listen or not, so many units of electrical energy will be wasted. Likewise, your body is a radio. You are constantly engaged in thinking as well as in talking in a loud or low tone, talking to others or to yourself, talking while awake and even while sleep. Due to such continuous talking day and night how much of energy is being wasted thereby causing a loss of Divine energy in your lives? Every action involves the use of energy. If the energy in the body is properly utilised, then balance will be maintained and the body will be in a good shape.

Therefore Swami often says,
See no evil — see what is good
Hear no evil — hear what is good
Speak no evil — speak what is good
Think no evil — think what is good
Do no evil — do what is good
This is the way to God

22. Little Things where Energy is Wasted ?

Talking - Excessive talking must be avoided, as it is a waste of energy. When one gets weak due to wastage of energy, he is prone to get angry and develop hatred. You must, therefore, use the God given energy for god purposes. Energy is a divine gift. By curtailing unnecessary talk and keeping silent, you can conserve energy. ‘Talk less and work more’ is the golden rule to be adopted.

23 Do not Absorb ‘Garbage’

What is the meaning of Garbage here? Garbage means useless knowledge. How do you absorb garbage? In the computer terminology, there is a saying, “Garbage in Garbage out”. Means whatever you feed the computer the computer would give that back. Same principle applies to you too. Anything which you take in through your senses settles down deep into your mind as a seed and will sprout when the right time would come. So, therefore, the senses must be controlled at all times. Even reading of books or acquiring knowledge which would not be useful for your life, living or spiritual upliftment. Why unnecessary put strain in your mind. Swami said, “your brain is becoming like a library. ‘Too much information but no transformation.’ Therefore, you must choose that which is useful and beneficial for your upliftment. Do NOT take all the Garbage.

Nine Point Code of Conduct (9)

‘Ceiling on Desires’ & utilising the savings generated for Service of Mankind

24 Renouncing Desires

The desirelessness recommended in Indian philosophy does not appeal to the modern mind, which depends upon hope and faith in human effort. Religious dogma apart, detachment is recognised as a great and necessary virtue in all human endeavour, The philosophy of non-desire is intimately associated with detachment in work.

Desire is the seed out of which is born the unending cycle of birth and death. There is no worthier object to be desired than deliverance from births, and this worthy desire can be fulfilled if we renounce desires.

There is no possession so great as Non desire either in this world or in the worlds beyond. Purity is attained by freedom from Desire. And this freedom from Desire can be attained if one sincerely desires to attain the Real.

If the desire to attain the Real is truly strong, the dropping of any form of worldly desire becomes easy. It is only those who along with the thing given up have given up the desire for it that can be said to have renounced. Those who have not done this have not truly renounced. Mere external giving up is not enough.

Desire is the greatest deceiver. Dread and guard against it. This vigilance is the whole of the moral code. If the pain of pains called Desire is kept out, one can even in this life attain unbroken happiness.

Every living being has desires. The moment you are born, the desire is born.

Also, the desire to live, desire to be healthy, desire to be happy, desire to be successful in life, desire to have a good family, etc., these are all desires. Only rocks and stones have no desires. Basically, you are born of desire. And you are born because you did not die properly. You may be wondering, what is the meaning of ‘did not die properly’? Hinduism talks of four Purusharthas (four Goals of Life) i.e., Dharma (righteousness), Artha (wealth), Karma (desire), Moksha (liberation). So desire is part of existence. The key to happiness is to have ‘Dharmic Desire’ i.e., Desire based on Righteousness, which will lead you to Sukha, Shanti and Santosha (happiness, peace and contentment).

25 Be Satisfied, Do not Chase after Desires

Swami has said, *“Do not encourage the multiplication of desires. Be satisfied with whatever you have been given. In the chapter on devotion, Krishna enumerated the 26 noble qualities, which endear a devotee to the Lord. Of these, contentment stands out as one of the most important characteristics of a devotee, it means not running after worldly enjoyments. You have enjoyed so many luxuries and so many sensual things in your life but you have not gained peace and fulfillment from them. Give up chasing after them and you will gain contentment.*

The heart of a person who does not have contentment is like a bamboo basket riddled with holes. If you try to draw water out of a well using such a basket, by the time it comes up, all the water will have leaked out. There will not even be a drop of water left to quench your thirst. Similarly, when you are suffering from pangs of desire and greed, all your contentment leaks away before you even have a chance to fulfill your desires. When contentment leaves your heart, discontent remains behind to take its place.

Desire breeds more desire. A person who does not have anything at all may feel very happy and contented when he gets 100 rupees. But once he gets the 100 rupees, he thinks how nice it would be if he could get 1000 rupees. if by chance he gets the 1000 rupees, he desires to have

Nine Point Code of Conduct (9)

‘Ceiling on Desires’ & utilising the savings generated for Service of Mankind

a million rupees. Then he would aspire to become a major property owner From a property owner he would want to become a legislator and then a minister and then the Prime Minister Finally, he would want to use all his status and wealth to attain the God-state. But you can never reach divinity with the help of power and wealth.

As the person desires cross all limits, he becomes discontented and his wealth gains him no inner peace at all. You must learn how to gain contentment from whatever you have, being satisfied with whatever wealth you have been given. Your responsibility is to take care of the possessions you have received through the grace of God, and be happy.”

26. Utilise Savings Generated for the Service of Mankind

Swami has said, *“The money you give to others is your true earning”*. That is the money you utilise for the service of mankind is your earning. That does not mean you should give away all your money and become beggars. Instead, you should use your money wisely. Control your senses, control your desires and if you still have some money saved, utilise for the service of less privileged people. Swami has pointed out, *“Money must also circulate like blood. Otherwise, that too will cause ill health. There is no better method of using money than promoting devotion, for then the entire system, individual and social, will benefit by it. If money is stored and not circulated, it will cause social swellings and the swellings may become boils and burst.”*

Another meaning for the Savings could be, saving of your Karmas, i.e., building up good Karmas for the future births.