**Gayatri Gyan Kendra of LI Group 2 Culture Class**

**YAMA – PRINCIPLE-5**

**Aparigraha**

(Need, Not Greed)

**1) Definition -** Aparigraha is the concept of non-possessiveness, to detach from people, places, and material things. Aparigraha means non-indulgence in the enjoyment of such amenities and comforts of life which are superfluous for the preservation of life

**2) Quotation -** *aparigrahasthairye janmakathamtasambodhah*  
One, who is not greedy is secured. He has time to think deeply.   
His understanding of himself is complete.   
“The more we have, the more we need to take care of it. The time and energy spent on acquiring more things, protecting them and worrying about them cannot be spent on the most basic questions of life. What is the limit to what we should possess? For what purpose, for whom and for how long? Death comes before we have had time to even begin considering these questions.”   
Translation and commentary by TKV Desikachar.

**3) Story - Tina** bought candy at store at the mall. Later, she opened her bag and discovered that the woman who helped her at the store counter accidentally dropped the ring off her finger into the shopping bag! The ring was valued at nearly $3,000. What did she do? She said she enjoyed being rich for a day, but she intended to auction the ring off on eBay to raise money for charity!  
Here’s what she told reporters:*“I believe that you don’t take more than your share and this is more than my share.*

This story is so appropriate for this Experience because it shows so clearly, in a way you can experience, the happiness and joy produced when you practiced aparigraha. She refused to chase after and struggle to hold on to more than she needed. It’s beautiful.

What does “taking only what is necessary for you to live” really mean?

This means that we must have the basic objects to live a comfortable, safe and healthy life and that the purpose of material things we have in our life is to allow us to live this way. Instead of thinking of possessions as status symbols or something that represents our success, they should be thought of as simply tools that allow us to accomplish our goals in life.

In conclusion, we can see that while it is important that we have certain material objects in our life so that we can live comfortably, hoarding objects and becoming obsessed over material possessions can result in these possessions controlling our life. Viewing material objects as tools that allows us to accomplish our goals in life can free us from being controlled by these objects. Our focus should not be outward to material objects, but instead, our focus should be inward on a spiritual journey that allows us to purify ourselves and also to be able to create positive change in the universe

In practicing aparigraha the objects of pleasure will increase or decrease with person, place and time; but the definition of aparigraha, as mentioned above, will be applicable to all persons, in all countries and at all times.

The last point I want to mention is the lesser thing we have the less attachment we are, and the freer we feel, the happier we are.

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