

## **14 Niyam**

### **(14 Routines)**

This book is like a supplement to the book on 12 vows. When a laity, who has taken the 12 vows, regularly follows the routines and quantifies the items plus earmarks the distance to be covered, he further reduces the limits which he has kept in those vows. The resolve to undertake the austerities/penances is also covered by the adoption of these routines.

The above routines change according to the needs of the laity on day-to-day basis. By regular practice of the routines, one's memory also sharpens. One can download the monthly charts that are required to be filled on daily basis and use them. The items for which one adopts the limits/austerities are listed below-

1. Sachit
2. Dravya
3. Vigay[mahavigay(Honey, Butter, Milk, Curd, Ghee, Oil, Sugar)]
4. Shoe/chappal
5. Mukhvaas
6. Clothes
7. Fragrant materials
8. Vehicles
9. Blankets
10. Cream
11. Celibacy
12. Distance
13. Bath
14. Food
15. Additional salt
16. Water
17. Ignition(switch/Appliance)
18. Handy Fan
19. Green Vegetables, Fruit
20. Jamikand
21. Night supper
22. Needle, Sword
23. Pen
24. Business/Farming
25. Equipments
26. Ornament
27. Samayik
28. Swadhyay/Silence

29. Austerities(Ekasan, Aayambil, Upvaas)

30. Paushad/Daya

31. Navkarsi/Porsi

32. Jay-Jaap