



Yogis for Peace

AHIMSA VRATA

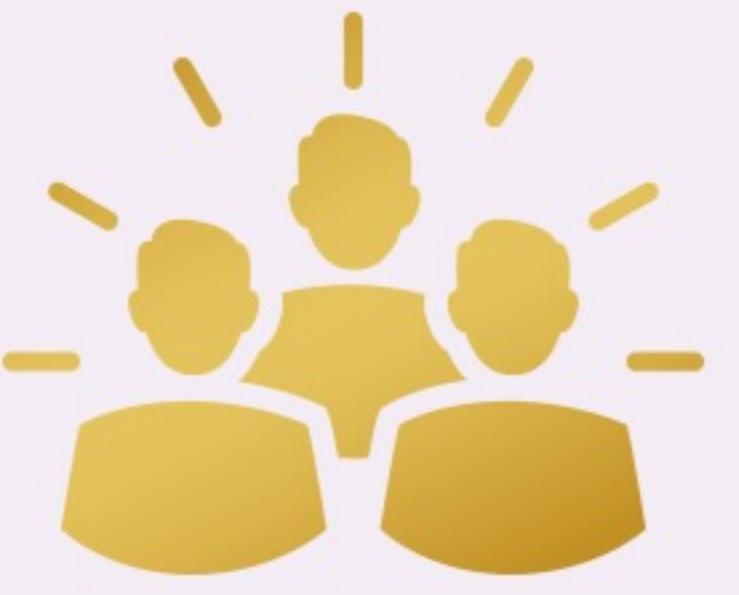
Practice
for calming the heart
and mind



Taking A VOW OF NON-VIOLENCE (AHIMSA)

On the **23rd**
of each month

The ceremony of taking the vow takes place **ONLINE**



Before the ceremony, a group of participants is created, where a link to the broadcast is posted.

An online ritual led by monks is held for all those who wish to take a vow of ahimsa (non-violence).

The ceremony includes:

- ◆ preparatory practice of cleansing the mind and energy;
- ◆ invocation of blessing powers;
- ◆ taking the vow: expressing the intention to follow the path of non-violence before God, higher powers, and people;
- ◆ meditation of love and peace.

Learn more about the ritual in personal correspondence:

@ahimsa_vow

THE VOW OF NON-VIOLENCE (AHIMSA)

means not to cause harm to any living being with body,
speech, or mind:



AT THE LEVEL OF THE BODY:

- ◆ not to commit physical violence personally;
- ◆ not to physically encourage others to commit violence;
- ◆ not to physically approve of committing violence by others.



AT THE LEVEL OF SPEECH:

- ◆ not to commit violence by speech personally;
- ◆ not to encourage violence by speech;
- ◆ not to verbally approve of committing violence by others.



AT THE LEVEL OF THE MIND:

- ◆ not to commit violence in the mind;
- ◆ not to use the mind to induce violence;
- ◆ not to approve of violence in the mind.



Followers of all religions, traditions, faiths, and schools, including atheists, can take a vow of ahimsa as **non-violence is a universal principle.**

After taking the vow, those who took it maintain attention and responsibility for the vow, trying not to break it even in small things considering the observance of this principle as a strategy for their lives...



If all people began to observe the vow of non-violence, wars would finally end on the Earth and there would be peace, harmony, and universal happiness. But we start, as always, from ourselves...

What are the levels of taking the vow of ahimsa?



LEVEL ✨ 1 ✨

Refraining from physical violence against people.



LEVEL ✨ 2 ✨

Level 1
+
not harming animals (including fish and birds).



LEVEL ✨ 3 ✨

Level 1 + level 2
+
refraining from harming insects in any way.



LEVEL ✨4✨

Levels 1+2+3 of ahimsa of the body

+

ahimsa of speech in 3 aspects (not to commit violence by speech personally, not to encourage violence by speech, not to verbally approve of committing violence by others).



LEVEL ✨5✨

Full ahimsa of the body and speech

+

ahimsa of the mind (in thoughts) in 3 aspects (not to commit violence in the mind, not to use the mind to induce violence, not to approve of violence in the mind).



LEVEL ✨6✨

The previous 5 levels

+

full vegetarianism – without eating meat or fish.



LEVEL ✨ 7 ✨

The previous 6 levels
+
giving up eggs and using substances that contain animal products, for example, ointments, vitamins, dietary supplements, creams, etc.



LEVEL ✨ 8 ✨

Active ahimsa –
to regularly practice the meditation of the 4 infinite states of Brahma (unconditional love) as a form of active ahimsa.

Ideally, each subsequent level involves mastering the previous one, but it is also possible to take the next level – skipping some of the «before» points if there are good reasons for doing so.



FOR HOW LONG can one take a vow of ahimsa?



- for 1 month;
- for 3 months;
- for 6 months;
- for 1 year;
- for 3 years;
- for 12 years;
- for 24 years;
- for 36 years;
- for life.

It is possible and very favourable to take the vow of ahimsa for life, but we recommend starting with a shorter period at first. This is because when the period is long, our mind loses concentration, and the intention itself may become merely formal. However, a vow of ahimsa involves real spiritual work allowing us to purify our mind.



What should be done if the vow is broken?

If a vow of ahimsa is broken in one of the aforementioned aspects, it is beneficial to **confess**, **repent**, and **do penance** (prayashchitta) in order to purify the mind and set it on the right path.

What are the types of violations, and how can this be «corrected»?

MINOR

=

confession

MODERATE

=

confession
and
repentance

GROSS

=

confession,
repentance,
and penance

THE GROSSEST –

causing physical harm

=

serious cleansing

Examples

Solution

Light (accidentally killing a small insect)

Read an excerpt from a sacred text dedicated to ahimsa in front of an altar or an image of a deity or saint.

Medium (intentionally killing a few small insects or accidentally wishing harm to another in communication or insulting)

Perform from 7 to 108 bows or prostrations (panchanga pranama, sashtanga pranama), or fast for half a day or 1 day.

Gross (hunting, killing an animal, or fishing)

Perform 5, 24, or 36 good deeds, do special cleansing practices, make a pilgrimage to holy places for at least 3 days, during which observe silence (mauna), fast, and take a vow of ahimsa again.

Very gross (violating ahimsa for a long time)

Perform cleansing practices of repentance for a long time (from 1 to 12 years), make a large offering (build a temple, offer a large statue to a temple, build a large ashram or retreat centre, make a long pilgrimage (parikrama) in holy places observing mauna and fasting), then take a vow of ahimsa again.



Is instant transformation possible?

Taking the vow does not mean an instant transformation of our consciousness, but it is the **first confident step** towards a conscious and happy life.



After taking the vow, we have to work profoundly on our transformation – an exciting and inspiring journey to the Source...
You will discover a new sacred world full of joy, compassion, and hope...

For details: [@ahimsa_vow](https://t.me/ahimsa_vow)