**अपैशुनम् सद्गुण**

Bhagavad Gita, Chapter 16 (Shloka 2) talks about the divine attribute **अपैशुनम्.** It implies the absence of finding faults in person, circumstance, event or thing i.e. absolute absence of blame behavior as well as not discussing faults of others. This is also a leadership quality.

Three aspects must be clearly understood in this regard:

* When we perceive an object, it means that we have denied Lord (as we do not see Lord in all); this gives chance for us to form a blame or condemnation (including for Lord i.e. दोष दृष्टि)
* Non-fulfillment of desires can lead to putting blame on circumstances (bypassing faith in Lord)
* Inability to see our own weaknesses; our internal approvals of our own negative/lower tendencies taking them as acceptance due to ego or denial of truth or lack of commitment

Shastra guides that fault finding, blaming, abusing and discussing the same with others (i.e. back biting) is a sin of highest order. Just what is the highest sin, the opposite of it is one of the highest virtues i.e. अपैशुनम्. Without adopting this quality, it is impossible to remain equipoised for a long period of time because the moment we start blaming or abusing others (verbal or non-verbal), we plant the seeds of those abused characteristic in our own mind and these seeds knowingly or unknowingly keep on getting nourishment and it also shows up in our behavior sometime or the other.

**पूज्य बाबू जी (श्री हनुमानप्रसाद पोद्दार)** के वचन हैं की "*दूसरों की बुराइयाँ मत देखो | बुराइयाँ देखने से बुराई का चिंतन होता रहता है, और जैसा चिंतन होता है, चित्त भी वैसा ही बनता चला जाता है |*"

The moment we adopt the quality of अपैशुनम् in our mind, we feel a high degree of peace because we turn our attention away from outward. However, it would be only half victory if we forget to turn the attention further inwards towards our own shortcomings, weaknesses and make no efforts to improve. Instead, we need to continuously stay vigilant, check our mistakes/weaknesses and progresses towards our life’s goal i.e. भगवद प्राप्ति.

Upon closer thought, we realize that selfless action (a key element of Karm Yoga) if always free from outward blames, hence, if while performing any action we realize that we are finding faults, we must quickly become vigilant and adopt unselfishness in action. By following अपैशुनम् in our lives, we become our own friends because fault finding is path of degradation of our consciousness.

*श्री रामचरितमानस के उत्तरकाण्ड (दोहा १२१) में अपैशुनम् पर मार्गदर्शन है:*

***परम धर्म श्रुति विदित अहिंसा | पर निंदा सम अध न गरीसा ||***

वेदों में अहिंसा को परम धर्म माना है और परनिंदा के समान भारी पाप नहीं है |