

JAYA VIYARAYA SUTRA (PRATHANA SUTRA)

Jaya Viyaraya Jaga-guru,
Hou Mamam Tuha Pabhavao Bhayavam,
Bhava-nivveo Magganu-
Saria, ittha phala siddhi. (1)
Loga-viruddha-chchao,
Gurujana Pua, Parattha-karanam cha,
Suhaguru-Jogo Tavvayana-sevana,
Abhavamakhanda.(2)
Varijjai Jai vi, Niyana-bandhanam,
Viyaraya Tuha samaye;
Tahavi Mama Hujja seva,
Bhave Bhave Tumha Chalanam. (3)
Dukkha-khao Kamma-khao,
Samahi-Maranam cha Bohilabho A,
Sampajjau Maha Eam,
Tuha Naha! Panama-Karanenam. (4)
Sarva mangala Mangalyam,
Sarva kalyana karnam,
Pradhanam Sarva Dharmanam,
Jainam Jayati Shasanam. (5)

In this Sutra one humbly requests Prabhu for (1) end of worldly life, (2) pursuit of right path of liberation, (3) attainment of liberation, (4) abandonment of whatever is harmful in the world, (5) respect for the spiritual guide and elders, (6) to be helpful to others, (7) close association with right spiritual guide, (8) full obedience to his words (9) and to have all the above wishes in all of ones' worldly existences. The desires for detachment from the materialistic gains and aspirations for (1) destruction of unhappiness, (2) destruction of all the karmas, (3) acquisition of three spiritual jewels (right faith, knowledge and conduct) and (4) 'samadhi maran' (death) leading to ultimate bliss of Moksha. The nine wishes and the four aspirations makeup thirteen Prayers

SAMAYIKAIMPLEMENTS REQUIRED FOR SAMAYIKA

1. Clean clothes
2. Katasanu
3. Muhapatti
4. Sapado*
5. Book*
6. Charvado
7. Clock
8. Navakarvali*

*The sapado, book and Navkarvali together constitute the Sthapanaji.

THE PROCEDURE FOR TAKING SAMAYIK

1. First wear clean clothes. Clean the area with charvado. Place the Sthapanaji on a higher level.
2. Hold the Muhapatti in the left hand. The right hand should be directed towards the Sthapanaji.
3. Recite the **Navkar** Mantra and then the **Panchindiya** Sutra. This process installs the Sthapanaji.
4. Give one Khamasanu, then in a standing posture, recite the **Iriyavahiam**, **Tassa Uttari** and **Annatha** Sutras. Then do a **Logassa Kausagga upto Chandesu Nimmalayara** or count **four Navkars**. (In Kausagga position charvado should be in the left hand and the Muhapatti in the right hand. Say **Namo Arihantanam** to end the Kausagga and then say the whole **Logassa** Sutra.
5. Give one Khamasanu. Then ask for permission to Padilehu the Muhapatti by reciting **Ichchhakarena Sandisaha Bhagwan, Samayika Muhapatti Padilehu? Ichchham**. Then the Muhapatti Padilehun procedure to be done.
6. Give one Khamasanu. Then ask for permission to do Samayika by saying **Ichchhakarena Sandisaha Bhagwan, Samayika Sandisahu? Ichchham**. Then give one Khamasanu. And recite **Ichchhakarena Sandisaha Bhagwan, Samayika Thaum? Ichchham**. Then fold both hands holding them to the forehead and say one **Navkar** Mantra.
7. Then say **Ichchhakari Bhagwan Pasaya kari Samayika Dandak Uchcharavoji**. Then if present the Guru will recite the **Karemi Bhante** Sutra otherwise you do it yourself.
8. Give one Khamasanu. Then **Ichchhakarena Sandisaha Bhagwan, Besane Sandisahu? Ichchham** Then give one Khamasanu. Then **Ichchhakarena Sandisaha Bhagwan, Besane Thaum? Ichchham**
9. Give one Khamasanu. **Ichchhakarena Sandisaha Bhagwan, Sajjhaya Sandisahu? Ichchham**. Then give one Khamasanu. Then **Ichchhakarena Sandisaha Bhagwan, Sajjhaya Karu? Ichchham**. Then fold both hands and holding them to your forehead, say three **Navkar** Mantras in your mind.
10. Then do Dharma-Dhyan for 48 minutes (2 Ghadi). Dharma- Dhyan could include meditation on religion, reading religious books, studying works related to religion, Navkarvali or Kausagga etc.

THE PROCEDURE FOR ENDING SAMAYIKA

1. First give one Khamasanu. Then recite the **Iriyavahiam, Tassa Uttari** and **Annatha** Sutras. Then do a **Logassa Kausagga upto Chandesu Nimmalayara** or count **four Navkars**. Say **Namo Arihantanam** to end the Kausagga and then say the whole **Logassa** Sutra.
2. Give one Khamasanu. Then ask for permission to Padilehu the Muhapatti by reciting **Ichchhakarena Sandisaha Bhagwan, Samayika Muhapatti Padilehu? Ichchham**. Then the Muhapatti Padilehun procedure to be done.
3. Give one Khamasanu. Then say **Ichchhakarena Sandisaha Bhagwan, Samayika Paru? Yathashakti**. Then give one Khamasanu. And recite **Ichchhakarena Sandisaha Bhagwan, Samayika Paryu. Tahati**.
4. Then place the right palm on the Katasanu or charvado and say One **Navkar Mantra** and recite **Samayiya Vayajutto** Sutra.
5. If Sthapanaji was installed in the absence of Guru, then before removing it, looking at your right palm say One **Navkar** Mantra put away the Sthapanaji in an appropriate place.

SHRAVAK VRAT

Shravak and Shravika are those who have total faith in the path shown by Jineshwar. They have total devotion to Jineshwar and are willing to follow the path shown by Jineshwar to the best of their ability.

Because of the need to carry on a domestic life it is not possible to follow the five great vows of a Sadhu or Sadhvi but Bhagwan has instead given the twelve vows that a Shravak/Shravika can follow.

The Twelve Vows (Vrats) are as follows.

1. **Sthula Pranatipat Viraman Vrat** (the vow of nonviolence)
The vow for the renunciation of violence- Must not kill or cause any kind of violence towards innocent Jivas
2. **Sthula Mrishvada Viraman Vrat** (The vow of truthfulness)
Must not lie such that another jiva will be put in difficulties or may even lose their life.
3. **Sthula Adattadana Viraman Vrat** (The vow of non-stealing)
Must avoid all kinds of stealing and aiding and abetting in stealing as well
4. **Sthula Maithuna Viraman Vrat** (The vow to exercise limits in sexual pleasures)
The vow not to have sexual contacts, with a man other than one's husband or with a woman other than one's wife; and not to engage oneself in talk or gossip that provokes sexual desires
5. **Sthula Parigraha Parimana Vrat** (The vow relating to non-attachment.)
The vow to determine the limit to the acquisition of belongings and to their use
6. **Disha Parimana Vrat** (vow relating to the extent of movement).
The vow to limit and determine the extent to which one can go and return; the area within which one can move about; and the extent to which one can travel.
7. **Bhoga-Upbhoga Viraman Vrat** (The vow to control and limit pleasures)
Limit the use of raw vegetables, fruit, milk, ghee, oil, jaggery, footwear, etc. (in fact all the things that are used in day to day life)
8. **Anartha-danda Viramana Vrat** (Avoidance of purposeless sins)
Avoid those actions which cause the building up of Karma, but are purposeless for living a fruitful life, and are harmful to others.
9. **Samayika Vrat** (Doing Samayik)
Vow to do a certain number of Samayikas in a month or a year.
10. **Deshvakashika Vrat**
During the year, try to do 2 Pratikramans and 8 Samayikas in certain number of days, as per ability.
11. **Pausadha Vrat** (Vow to stay in Pausadha)
Live like a Sadhu for a certain number of days.
12. **Athithi Samvibhaga Vrat**
The vow to give with a feeling of selflessness. with love and respect, food, water and other such things necessary for existence to Sadhus and Sadhvis, Shravaks and Shravikas and to fellow Jains according to one's ability and means. After doing Pausadha, do Ekasanu (eat only once a day) next day. And only eat what Sadhu Sadhviji Maharaj receives from us as Gochri.