



DAILY REFLECTIONS

Resolve to reflect and incorporate in your own life the teachings of Bhagwan Mahavir to further your own spiritual journey in this lifetime.

Below is a suggestion for occupying daily a few minutes only by considering the example of Bhagwan Mahavir.

Sit or stand comfortably, facing picture or image of Bhagwan Mahavir if you wish. Quietly let your mind empty of your outside cares, your worries. Close your eyes or fix them on the image, so that your surroundings are no longer present to your consciousness.

Now slowly take in succession the events of Bhagwan Mahavir's life.

His birth: What did it mean that he came to earth? A few brief moments' thought about this, about the need for teachers, prophets, to show the way to human beings.

His renunciation: Are we too much bound up with this world. This life? Perhaps we cannot renounce everything like

Bhagwan Mahavir, but should we perhaps break off a little from the tyranny of seeking possessions, perhaps simplify our life a little?

His 12.5 years in meditation & silence to conquer his inner enemies (kasayas): Each day of the week, focus for a few minutes on a different kasayas e.g **Monday - Anger (Krodha) ; Tuesday - Ego (Mana) ; Wednesday - Deceit (maya) ; Thursday - Greed (lobha) ; Friday - Attachment (rag) ; Saturday - Aversion (Dvesh) and Sunday - practice the art of silence.**

His omniscience: can we imagine what total unimpeded knowledge can mean? Can we see that our understanding is obstructed by the influences of our past actions and feelings?

His liberation: It is a very long way away for us. Quietly for a few moments lay aside cares and desires, rest peacefully in contemplation of an almost unbelievable peace and calm.

For a short while keep your mind detached and calm. Gently return to daily existence.



REAL RENUNCIATION

On the path mapped out by the true spiritual philosophers and pioneers, there is great emphasis placed on the idea and need for renunciation.

It is seen as the way to enlightenment and freedom from the attachments that we misuse as sources of limited happiness and contentment.

Renunciation does not mean giving everything away, shaving our heads, saying farewell to family and friends and finding a Himalayan mountaintop.

It means seeing our attachments and dependencies, our weaknesses and our evasions, and consciously giving them up. There is no sense of loss. The material necessities still come to us, paradoxically more will come.


Renunciation is a pathway to a simpler life and a highway to spiritual freedom - one of spirit's deepest yearnings in "the age of accumulation".

(Courtesy of: JVB London)



MAHAVIRA'S LESSONS OF WISDOM FOR DAILY REFLECTION

RESOLVE TO REFLECT AND INCORPORATE IN YOUR OWN LIFE,
BHAGWAN MAHAVIR'S LESSONS OF WISDOM

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- ◆ Know yourself, that is true knowledge
 - ◆ Never impose on others what you do not want imposed on you
 - ◆ What goes around, comes around
 - ◆ You and only you are responsible for all your actions
 - ◆ Avoid thoughts, words and actions influenced by anger, fear or greed
 - ◆ Be sensitive to people less privileged than you
 - ◆ Kindness, empathy and respect transcend humanity. All sentient beings merit them.
- All the world's quarrels stem from intolerance of each others' views
- ◆ A rational worldview shall help you grow
 - ◆ You can achieve anything in life by a combination of rational perspective, knowledge and actions
 - ◆ Nothing is permanent, change is the way of life

... By Anish Shah

FOUR SUPREME GIFTS

which are difficult to earn & attain;

FIRST, is the gift of being born as a human being;

SECOND, the gift of being ignited with a longing to hear the truth and of having that longing fulfilled;

THIRD, the gift of developing faith in and love for the true teachings one hears;

FOURTH, the gift of being so filled with enthusiasm and conviction as to put the teachings into practice in one's daily life.

... *Dashvaikālik Sutra*



"Life is measured in moments, not in years.

One hundred year is a point in eternity. We are worried about how to live, but it will

be over before we know.

This human birth is the best opportunity.

Really we are blessed."

