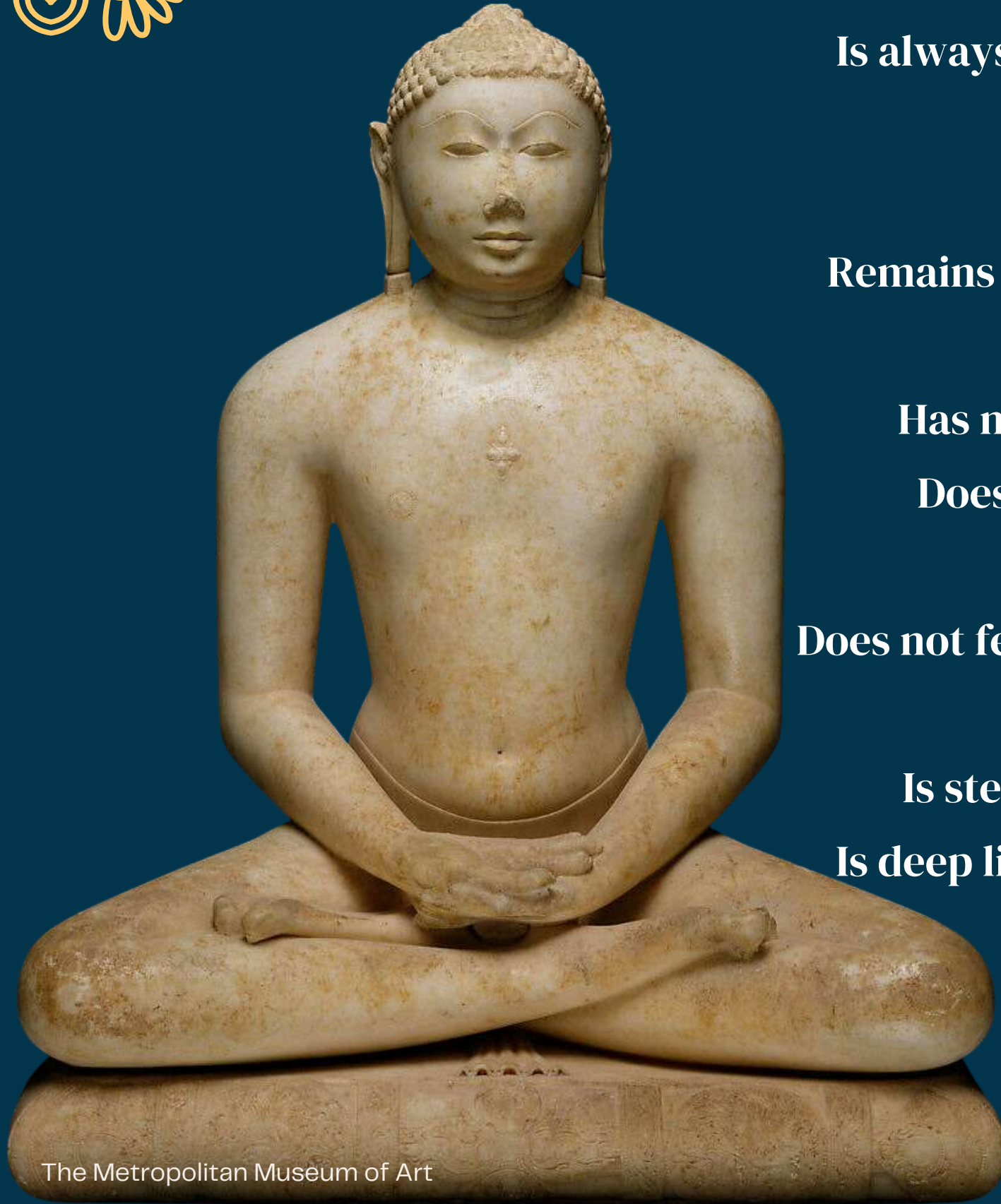


— — — — — ” — — — — —

Feels oneness with all living beings
Is always living in love, peace, and harmony
Is merciful
Thinks of the welfare of others
Remains in a balanced state even if someone
threatens his life
Has no attachments, no hates, no desires
Does not think of the results of his work
Cannot feel insulted
Does not feel discomfort in cold, heat, storms,
birth, or death
Is steady like the mountains (Himalayas)
Is deep like the ocean, non attached like air,
gives happiness like the moon
Has pure and complete knowledge



The Metropolitan Museum of Art

Tirthankara in Meditation

Jain Meditation

Meditation has been practiced in Jainism for thousand of years. For most of the time for twelve and a half years, Mahavir was in deep meditation before he attained Kevaljnana. All our Tirthankaras and other religious figures like Buddha, are usually shown in a mediative posture to indicate that meditation is necessary to calm our minds, to reflect to get the answers to our eternal questions from within.

Unfortunately, many of us have not recognised this message and thus not realised the importance of meditation in our daily life.

Meditation is not an easy practice to master as the mind keeps wandering, but once mastered, which can sometime take a lifetime, it is the easiest and most natural practice. Meditation is a practice in which one trains one's mind to become tranquil to enable one to react to any stimuli with detachment, compassion, equanimity, love, forgiveness, humility, and contentment. In the process, we start to understand the real nature of ourselves – which is the fundamental nature of Jainism itself.



According to Puja Shree Chitrabhanu, Mediation is seeing things as they are. And when you see you feel and you experience, as a, innocent child who is not thinking but experiencing. A child does not discriminate. It sees life, it connects with life. The purpose of meditation is to free ourselves of all emotions and worldly thoughts. Meditation is to develop awareness of each moment – to live in the present.

Meditation is the gathering of self-knowledge and the dispelling of ignorance; the pathway back to inner peace; the restoration of love for self; the act of creating quality thoughts and feelings; reaching to the highest level of conscious awareness; the best way for busy people to stay cool, calm and focused

Puja Shree Chitrabhanuji suggested each day allow yourself 24 minutes of peace, one minute for each hour of the day.

Ächärya Mahaprajnaji stated “A person who meditates for two and a half minutes purifying the mind surpasses one who has done a penance of fasting for two days. The power of meditation is infinite because a pure state of mind, consciousness is worth more than a thousand years of penance.

Leave exterior self and turn to Interior and Transcendental self
Acharya Kunda Kunda, Pujiyapad, and Yogindudeva.

Follow path attaining right knowledge, right attitude and belief, and right conduct along with non-attachment.

Acharya Jinbhadra

Concentrate on self, withdrawing the senses and mind from worldly things
Acharya Umaswati/ Umaswami and Siddhasengani

Develop virtues of Friendship, appreciation, sympathy, and indifference
Acharya Umaswami/Umaswati, Subhchandra, and Hemchandra

Select proper posture, place, regulation of breath. Stay in progressive mental states of Slista (steady mind) and Suleen (without thought).

Acharya Hemchandra

Select proper posture, correct utterance, proper understanding of the meaning, concentrate on the image of Tirthankar, and abstract attributes.

Acharya Haribhadra

Four levels of meditation for going to higher level of consciousness are Pindastha (separating soul from non soul), Padastha (i.e., Navkaar Mantra Uccharan), Roopastha (imagine praying to Tirthankars in Samosaran), and Roopateet (Deep meditation of Parmatma).

Acharya Subhchandra and Hemchandra

Four Kinds of Meditations as per our Scriptures

Aarta - Sorrowful meditation

The thought activity caused by loss of a loved one, suffering due to illness and the like.

Raudra - Inclement meditation

The thought activity caused by desires of sensual pleasures and schemes involving deception, revenge etc.

Dharm - Righteous meditation

The thought activity related to knowledge of reality

Shukla - Spiritual meditation

The concentration achieved by a spiritually advanced individual.

This indicates that an individual is always engaged in meditation. We are expected to avoid sorrowful and inclement meditation and depending on our spiritual facility, perform righteous and spiritual meditation. Minimizing sorrowful and inclement mediation is essential in attaining equanimity . Study of scriptures and meditation involving the concept of reality constitute righteous meditation.

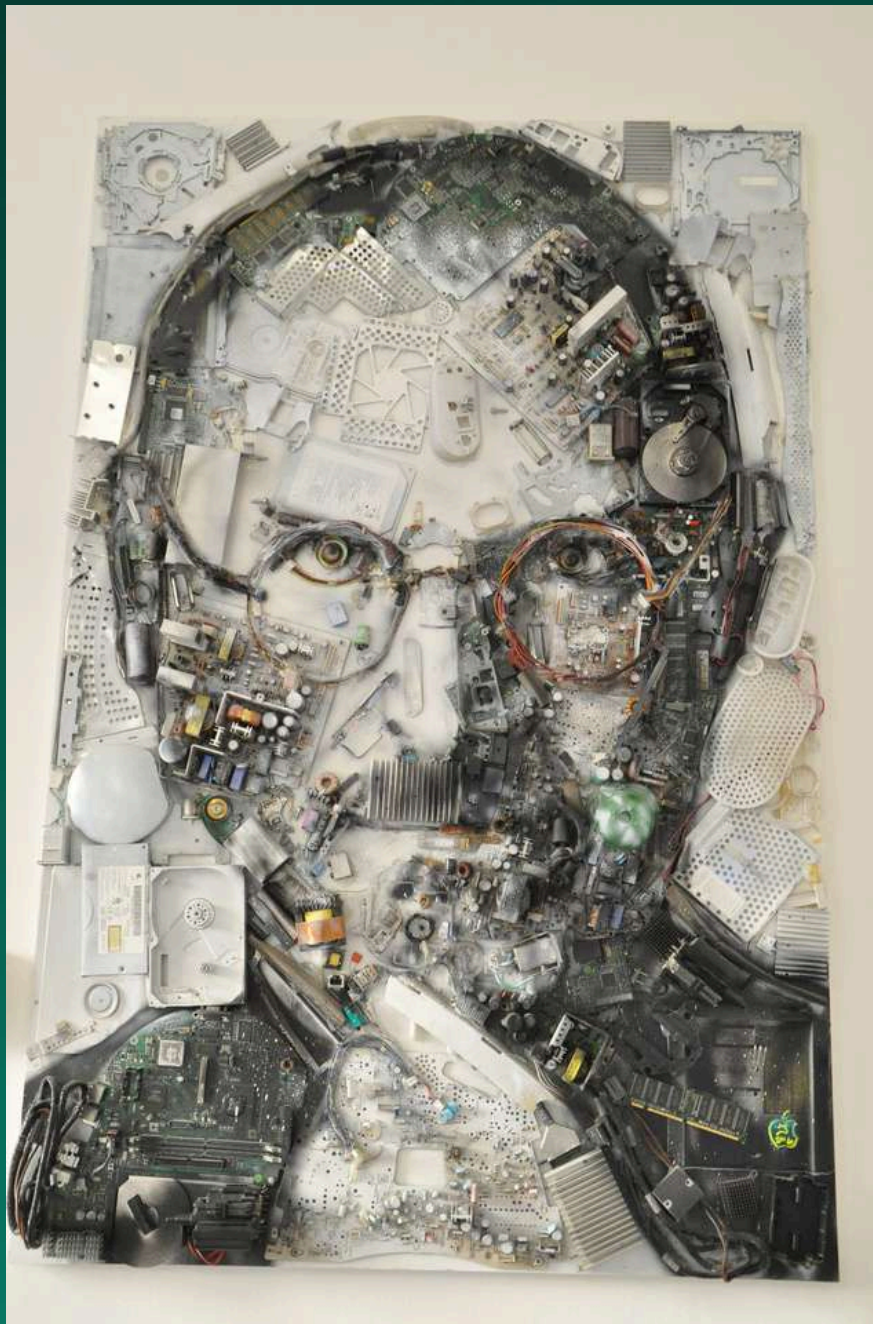
We should practice righteous meditation with a view to grasp knowledge of reality and attain equanimity.

Jain Meditation

On Meditation

"If you just sit and observe, you will see how restless your mind is. If you try to calm it, it only makes things worse, but over time it does calm, and when it does, there's room to hear more subtle things – that's when your intuition starts to blossom, and you start to see things more clearly and be in the present more"

..... Late Steve Jobs



Meditation - "When Time Stands Still"

Increasing self-awareness..

Self awareness helps us to experience feelings of joy, peace,

love, happiness and bliss

Focusing on the present.

Reducing negative emotions

Increasing imagination and creativity, will power,

fearlessness and wisdom within ourselves

Gaining a new perspective on stressful situations

Change one's pattern of thinking

Meditation is opposite of doing. It is not doing!

- Meditation means the process of concentration of the mind on a single topic. Meditation purifies the body, speech, and mind and most importantly the soul. It is of no benefit to inflict pain on the body without purifying thoughts. One who stabilizes the mind and concentrates on the self-achieves salvation.
- Meditation does not mean you go away and hide or withdraw from life to be a hermit and avoid responsibility. Meditation is unity and harmony, is to be with life.
- It is never too late to start Meditation. Meditation has power to start new life from any moment.
- Meditation is a means to experience the music of trinity of head, heart, and hand. If these three are in unity, life becomes a symphony played by an orchestra and we enjoy living.

Essence of Jain Meditation



To free ourselves from the path and unhappiness, we can not afford to waste time in negative thoughts and worry. We are born free and must not make any cage for ourselves.

The conditions which condition us were conditioned by us. We have created our own present and we are each moment creating the future. Not only our future life but the next moment of life.

Our ego limits us. We want to become something and so we work and we DO become something. But without it we are everything. So because of ego, we are limited from everything to something.

Unless you change your pattern of thinking, no outer change will help you or make you happy. The only way to change your pattern of thinking is through meditation.

Life has some direction. It is pulsating with something alive, you can call it divinity, eternity, soul. When you realise this, all fear, the frightening voices, the mental projections disappear. Then you have inner illumination. That flame is love. Nothing gives more light than love.

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.

.... Gurudev Shri Chitrabhanu

