

# Bakrid Karuna Nimitta Ayambil Tap



The tenet of Ahimsa forms the cornerstone of Jainism ethics and doctrine. Ahimsa means:

- To be wholly harmless, not only oneself but to others as well, including all forms of life, from the largest of mammals to the smallest of microorganisms on Earth.
- Not to hurt any living beings, including animals through our thoughts, words and action.
- Respect and be compassionate towards all living beings.
- To let living beings live in their natural habitat.
- Not to intentionally harm, injure or kill any other living being, be it animal, insects or plants.

Every year on the day of Eid-al-Adha, popularly known as Bakrid, millions of animals, most prominently goats but also cows, sheep, buffalos, camels are slaughtered across the world as an integral part of the Islamic festival.

Many Jains, around the world, usually perform Vishva Shanti Vidhan on the day of Bakrid, pray for the shanti and wellness of all the souls (animals) that are going to be slaughtered.

In addition, many Jains, if they are able to, also try to undertake one or more of the following: -

- Observe fast or partial fast.
- Observe Ayambil - boiled food (grains & pulses) devoid of oil, ghee, spices, curd, milk and no green or raw vegetables, rice.
- As the majority of animals sacrificed are dairy animals, avoid white food.
- Forego any food item/s as a symbolic gesture.
- Samayik or navkar mantra mala | recite navkar mantra
- Donate to JivaDaya for animal welfare, to rescue animals due to be slaughtered, for their keep thereafter, for Panjrapuras and Gaushalas usually located in India.

