

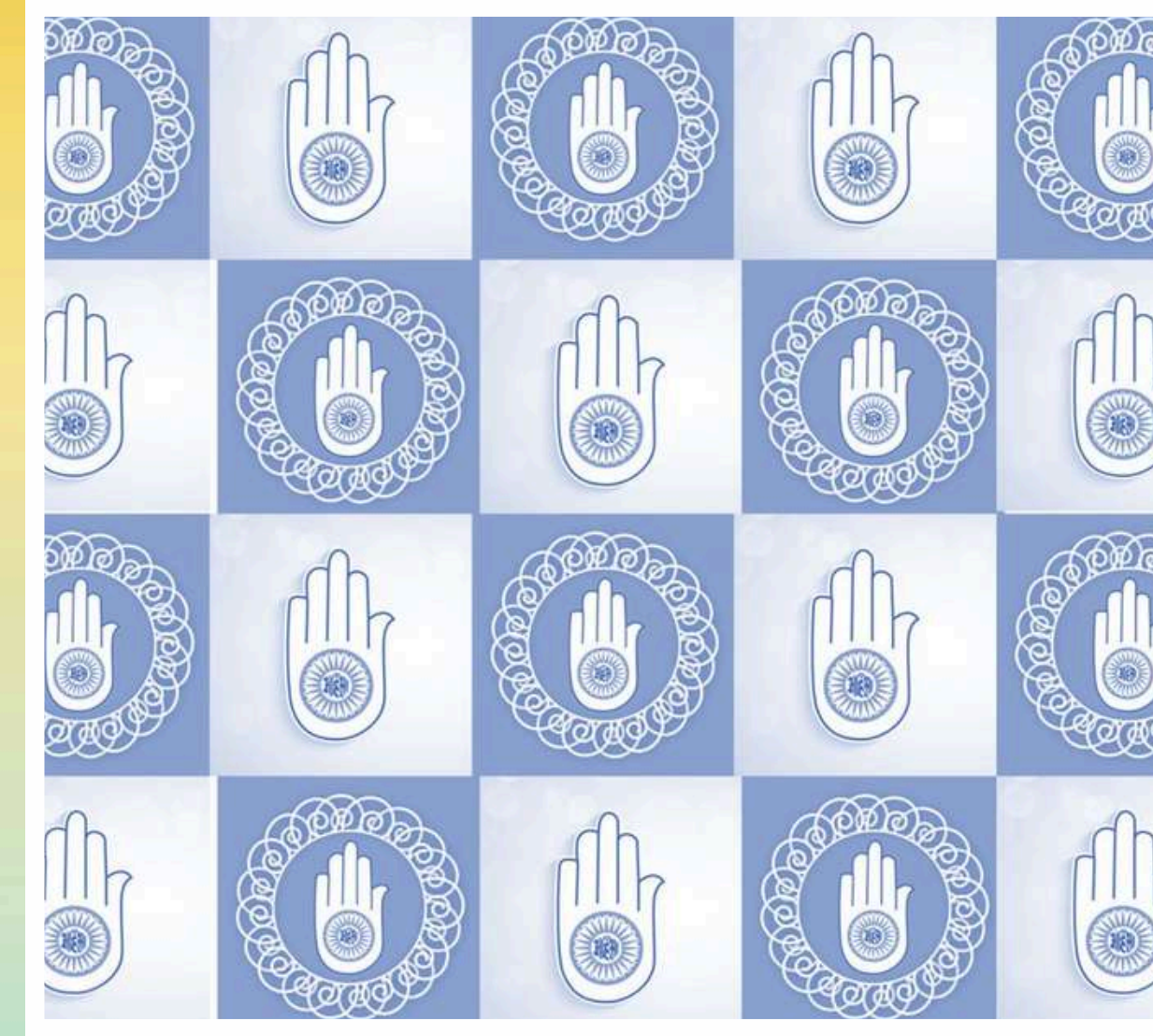
In the Jain Lunar Calendar, Chaumasi Chaudas is a very auspicious day and appears three times a year. Chaumasi means 'four months' and Chaudas refers to the 14th day of the lunar cycle – so once every four months.

On this day, Jains, endeavour to avoid eating root and green vegetables, do penance like fasting, partial fasting, Dev Vandan, meditation, and perform Chaumasi Pratikraman – to reflect and seek forgiveness for any offences in thoughts, words, and actions made intentionally or unintentionally during the last four months.

If one cannot do any of the above, endeavour to minimise violence in thoughts, words and actions throughout the day and spent 10/20 minutes in self-reflection.

JAIN CALENDAR

# Chaumasi Chaudas



Chaumasi Chaudas – Michhami Dukkadam

“Khamemi Savve Jiva, Savve Jiya Khamantu Me  
Metti Me Savve Bhuyesu, Veram Majham N Kenal”  
“I forgive all beings, may all living beings forgive me.

I cherish friendliness towards all and harbour  
enmity towards none”.

.... Avasyaka Sutra

