



# Paryushan

Oshwal Association of the UK | Charity Reg. No. 267037

31st Aug to 7th Sept 2024

## FIVE KARTAVYAS FOR SHRAVAKS DURING PARYUSHAN

### 01. Amari Pravartan (Ahimsa - Non Violence)

To be non-violent in thought, words and deeds and to bestow fearlessness in every life form.

### 02. Sadharmik Vatsalya (Welfare of fellow Jains)

To feel heart felt affection for not only fellow Jains, but also other people and all living creatures. One should also extend help and care to those who are on the same path, and do our utmost to remove the causes of unhappiness for fellow Jains.

### 05. Chaitya Paripati (Temple Yatra)

Pilgrimage to holy places, showing respect and devotion to the Lord through worship, prayers and meditation.

03

### Kshamapana (Forgiveness)

To ask for forgiveness from all beings who in the past or present life may have suffered because of us. To forgive those who have hurt us and forgive their shortcomings and weaknesses.

04

### Atthama Tapa (Fasting for three days)

The austerity of fasting for three days continuously to purify one's body. It is said that the three days represent the three jewels of Jainism – Right Faith, Right Knowledge and Right Conduct. If one can not fast for three consecutive days, one should fast on three separate days, and if this is not possible, then try and do six Ayambils (one meal only of tasteless food, during the whole day) or 12 Ekaashan (eating once a day), or 24 Besan (eating twice a day) or 60 rosary mala of Navkar Mantra.

