

Five Essentials - Kartavyas - During Paryushan

1: Amari Pravartan - Ahimsa or Non-violence



Leading a nonviolent, compassionate life, actively working towards a non-violent world and involved in or supporting Jivdaya (animal welfare) activities. Non-violence should be reflected in thoughts, words, actions, and conduct. To be aware of direct non-violent actions as well to recognise the indirect impact of our actions.

“Non-violence is the supreme religion for all, at all places and at all times. It must extend to the minutest living beings including plants”

Non-violence Means:

- Treating all living things and the earth with respect
- To be considerate and kind in all you think, say and do
- Attacking problems, not people
- Working to make things fair for everyone
- Accepting that others are different & everyone matters
- Learning to forgive ourselves and others
- Teaching others how to live peacefully
- To be free from anger, pride, hypocrisy, greed, envy and contempt
- Take only what we need – avoid waste
- Taking care of the environment - Waste and pollution are acts of violence against the environment
- Reducing or eliminating plastic usage to save damage to our oceans and marine life
- Going digital to reduce paper usage to save trees.



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2: Sadharmik Vatsalya – Souls render service to each other



Jain Acharayas have stated that Vatsalya is like the selfless love a mother has for her child. To feel heartfelt affection for not only fellow Jains, but also other people and all living beings. One should also extend help and care to those who are on the same path, and do our best to remove the causes of unhappiness.

“Never underestimate the difference you can make in the lives of others. Step forward, reach out, and help. Reach out to someone that might need a lift”. - Pablo

Sadharmik Vatsalya Means:

- Be involved in or support humanitarian activities
- Support Jain Charities in India like Veeraytan, Tapovan who do humanitarian work
- Provide or donate monies for food for those caught up in natural disasters or war conflict
- Donate vegetarian food to food banks
- Invite a friend (Jain or non-Jain) for a vegetarian meal
- Do seva for elderly people
- Sponsor meals at Jain functions

“We are visitors on this planet. We are here for one hundred years at the very most. During that period we must try to do something good, something useful, with our lives. If you contribute to other people's happiness, you will find the true meaning of life.”

His Holiness Dalai Lama XIV of Tibet



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3: Atthama Tapa - Fasting for three days

The austerity of fasting for three days continuously to purify one's body and mind. 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 can do one of the following

- Fast on three separate days
- Do Six Ayambils (one meal of tasteless food, during the whole day)
- 12 Ekaashan (eating once a day)
- 24 besan (eating twice a day)
- 60 Rosary mala of Navkar Mantra (6000 swadhyaya)

Alternatives, if any of above not possible:-

- Take a vow not to eat for limited time (say 2/3 hours)
- Observe silence -maun vrata for limited time or day/s
- Observe a social media fast - exchange online distractions for spiritual devotions



“... the word ‘UPAVAS’ in its original sense stands for ‘UPA’, means closer, and ‘VAS’ means to be. Hence the inner meaning of upavas is ‘Being Closer to the Soul’, Discarding greed, anger and forgiveness is Upavas. Its aim is to obtain self-awareness and think of the Soul.”

... Munishri Pushpadanta

“Do not practice austerities for this life or another

**Do not practice austerities for praise, status, fame or name
Practise austerities only to destroy Karmas”,**



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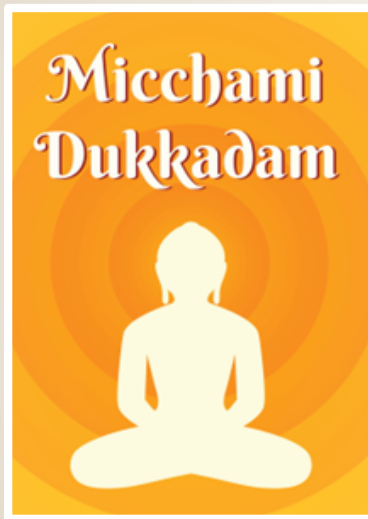
4: Chaitya Paripati - Temple Yatra

Pilgrimage to holy places, showing respect and devotion to the Lord through worship, prayer and meditation. Chaitya refers to the idol of Jineswar or Derasars (temples) and Paripati means series. The true essence of Chaitya Paripati lies in an individual or Sangh devotedly visiting temples by respecting its spiritual grandeur via performances of poojas and other rituals with the best of materials.

Chaitya Paripati

- Encourages tirth yatra
- Develops community bonding and harmony
- Assists in maintenance of temples – Visits to newer temples especially in India by more people leads to timely renovation and redevelopment.

Alternatives – Virtual Yatra | Read and discover more about major Jain Tirths



5: 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.

**“O aspirants for mental peace! Always remember:
Mere vanity is sufficient to bring downfall,
Mere passions are sufficient for bondage of soul,
Hence I counsel you to shun these,
Forgiveness alone is enough to attain Godhood”**