

FORGIVENESS



TRUE COMPASSION TO BE PRACTISED IN DAILY LIFE

***"I forgive all living beings, may all living beings forgive me.
I cherish friendliness towards all and harbour
enmity towards none" Avasyaka Sutra***

Forgiveness is an embrace across all barriers, against all odds, in defiance of all that is mean and petty and vindictive and cruel in life. Forgiveness is a practice that emerged from the teachings of all the major faiths in the world, however, Jainism is perhaps unique among the world faiths in having a festival – Paryushan, in which forgiveness is the central component. In our scriptures, forgiveness is considered a virtue of primary importance because of its effect on our physical and mental health and spiritual well beings. Only the brave know how to forgive, it is the most refined and generous

pitch of virtue human nature can arrive at. The scriptures show that the remembering of injuries is spiritual darkness; the fostering of resentment is spiritual suicide. To resort to the true spirit and practice of forgiveness is the beginning of enlightenment, it is also the beginning of peace and happiness.

There are two kinds of forgiveness. There is self-forgiveness, which must come first before we can forgive others, One of the greatest gifts to give yourself is the gift of self-forgiveness. What has happened in the past has happened. The phrase “no use crying over spit milk” comes to mind. Many of us spend our entire life whining and crying over milk we split. Let the past live in the past, use the gift of self-forgiveness to live in the sunlight of

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By Kishor Bhimji Shah

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the present, not the darkness of the past.

The second kind of forgiveness is that which we extend to others and receive from, friends and enemies alike. We need to remember that in many ways forgiving others is more for our benefit than others – we need to forgive others, not because they need our forgiveness, but because we need to free ourselves from unwanted baggage of rage, guilt, hostility and resentment that we carry with us if we don't forgive. Forgiveness does not make us superior to anybody else. Forgiveness is freeing, allowing us to move on with our lives.

To preach forgiveness is a simple task but to be able to practice forgiveness in real life is the essence of the Jain Way of Life. Throughout his life, Bhagwan Mahavir was able to practice forgiveness owing to the feeling of compassion within himself. This is how true forgiveness can truly be defined.

Our words and our physical activities are a reflection of our happiness, sorrow, anger, greed, jealous and egoism. Sometimes we act without thinking and hurt other people emotionally or physically. During this year's Paryushan Festival, let us reflect on the true meaning of forgiveness. Let us all also reflect



KHAMEMI SAVVA-JIVE
SAVVA JIVA KHAMANTU ME,
MITTI ME SAVVA-BHUESU
VERAM MAJJHA NA KENAL

Introspection during the Paryushan Festival should not only be of the self but should also include a review of our actions towards animals, plants and all other forms of life forms and the environment.

The above prayer of forgiveness, which is recited often during the Paryushan Festival reminds Jains that " the universe is not for man alone. It is a field of evolution for all of life's forms. Jainism teaches that life is life, not only in people of all lands, colours, and beliefs, but is of the same sacred quality in all creatures, right down to the tiny ant and humble worm. Consciousness exists in everything which grows, regardless of the size of its form. Though different forms are not the same in mental capacity and sensory apparatus, the life force is equally worthy in all"

in our thoughts, words, and actions and be mindful towards others

MICHAMI DUKHADAM

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Pratikraman

Aaradhna

Rag dwesh mitana

Yachna

Upvas

Samayik

Har roj darshan

Athhai

Navkarvali

Jai Jinendra Jis ki Zuban

ka Pehla Shabd Ho.

Arihanto ko Jo roz

pranam kare

Is Jivan me Jo Hinsa

Na Kre

Navkar Jiska Jivan

Mantra Ho

Wo hai Jain..



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When we forgive, we become one with the light of our soul. Without forgiveness, we are like a lamp whose inner flame cannot penetrate the fine particles of soot which smear the outer chimney. When we wash away these subtle grains of anger, resentment and hatred with forgiveness, then the radiant soul within shines forth its ray of joy and peace.

I forgive all and let all forgive me.

Forgive not only in words;

I forgive in every crevice of my consciousness.

I feel no animosity, no vindictiveness, no grudge

Against any living being in the universe.

I evoke the Siddhas,

The Perfect Souls to witness

This, my act of forgiveness

..... Gurudev Shree Chitrabhanu

