

PRACTICE OF JAIN PHILOSOPHY

Develop disinterest in satisfying the desires of our five senses.

(control over passions)

Eliminate anger, ego, deceit, greed (Kashays) within ourselves.

(Victory over the self)

Develop a vision to look for only the good in others.

Thus fill your basket with virtues

..... *Acharya Haribhardrasurji*

What you desire for yourself, desire for others too ;

What you do not desire for yourself, do not desire for others too.

Always put yourself in other's shoes. If you feel that it hurts you,

no doubt, it probably hurts the other person.

.... *This is the essence of Jainism*

Sarva mangal mangalyam, sarva kalian Karanam,
Pardhanam Sardharmanam, Jainam Jayati Shasanam

May the whole universe be blessed,

May all beings engage in each other's well-being

May all weakness, sickness and faults diminish and vanish

May everyone be healthy, prosperous, blissful and peaceful

PARYUSHAN FESTIVAL



TWELVE VOWS OF LAY PEOPLE (SHRĀVAKS AND SHRĀVIKĀS)

Five Main Vows of Limited Nature (Anuvratas):		
1	Ahimsa Anuvrata	Limited Vow of Non-violence
2	Satya Anuvrata	Limited Vow of Truthfulness
3	Acharya Anuvrata	Limited Vow of Non-stealing
4	Brahmacharya Anuvrata	Limited Vow of Chastity
5	Aparigraha Anuvrata	Limited Vow of Non-attachment
Three Merit Vows (Guna-vratas):		
6	Dik Vrata	Vow of Limited Area of Activity
7	Bhoga Upbhoga Vrata	Vow of Limited Use of Consumable and Non-consumable items
8	Anartha-danda Vrata	Vow of Avoidance of Purposeless Sins
Four Disciplinary Vows (Shikshā-vratas):		
9	Sāmāyika Vrata	Vow of Equanimity and Meditation for Limited duration
10	Desāvākāsika Vrata	Vow of Activity within Limited Space and duration
11	Paushadha Vrata	Vow of Ascetic's life for a Limited Duration
12	Atithi Samvibhāg Vrata	Vow of Charity

DAILY CONTEMPLATION

By reciting the following sutras we reflect on the true qualities of our soul.

**dayā shānti samatā kshamā, satya, tyāg, vairāgya,
hoya mumukshu ghata vishe, cha sadāya sujāgya.**

The true seeker of eternal peace has seven cardinal virtues, which are compassion, peace, equanimity, forgiveness, truthfulness, renunciation, and non-attachment to worldly relations and objects. These qualities keep him constantly vigilant.

**kashāya-ni upashānta-tā, mātra moksha abhilāsha,
bhava kheda prāni dayā, tyā ātmārtha nivāsa.**

Where there are no passions like anger, ego, deceit and greed; where there are no worldly desires; where there is compassion for all living beings; and where the only desire is to liberate the self, there is the abode of self-realization.

**raga, dvesha, ajnāna e, mukhya karma-ni grantha,
thāya nivrutti jeha-thi, te ja mokshano pantha.**

Attachment, hatred, and ignorance are the three principal reasons of the bondage of karma to the soul. The path by which stoppage of karma occurs is the path of liberation.

