

# PRATIKRAMAN - RELEVANCE TO MODERN LIFE

## PRATIKRAMAN

Pratikraman is the Jain way for self analysis. Pratikraman is like a mirror. We see ourselves, externally, in the mirror the way it is. During Pratikraman, we see ourselves, internally, our true self.

- "Prati" means "back" and "Kraman" means "to go"
- To go back, review, confess and repent for bad thoughts and deeds in our daily activities - a process to regain our moral and spiritual ground.
- Soliciting forgiveness, without reservation, from all other living beings for our wrongful actions committed in deeds, words and thoughts.
- Making a commitment to minimise these acts, extending friendship, forgiving others for their faults and asking for forgiveness with an open heart.
- To eliminate the tendency of finding faults in others, criticising others.
- Repentance / atonement.

## WHAT DOES PRATIKRAMAN INVOLVE?

Pratikraman involves self analysis, self improvement, self realisation and introspection, which can broadly be classified into the following:

### MEDITATION:

During Pratikraman, there are a number of meditative phases in the form of Kayotsarga - literally meaning 'abandoning the body'.

### MUDRAS & ASANAS:

Yogic postures, which if practiced regularly has great beneficial effects on the body.

### RECITATION:

Recitation of various sutras, stutis (aphorisms) - either by saying them aloud and/or through mental repetition, in respect of the following:-

- **Paying obeisance** to Arihants, Siddhas, Jain ascetics, Gurus etc - Navkar Mantra, Logass Sutra, Jagchintamani Sutra, Namuttunam Sutra and others.
- **Activity related** - Karemi Bhante, Annatha Sutra etc.
- **Confessional & Atonement** - Tass Uttari Sutra, Icchami Thami Sutra, Jayviyaraya Sutra, Vanditu Sutra etc.

## BENEFITS OF PRATIKRAMAN

- A process that can decrease negative feelings, relieve stress and increase physical and mental well-being.
- Effective process to purify one self
- Not just a religious ritual but a practical practice of life value.
- Religious principles are weaved to relate to daily life. Religion is not just an abstraction
- Aids in subduing our ego | controlling our passions | to develop humility (Vinay).
- Regular practice aids in increasing mental discipline and will power - both of which are very valuable in day to day life.
- Advance in our spiritual journey.





# SAMAYIK - RELEVANCE TO MODERN LIFE

## SAMAYIK

Samayik is a moment of pause for self-analysis in the course of daily life and is practised daily by many Jains. Jains consider "Perfect Samayik" as the ideal conduct.

- The essence of Tirthankars' teaching.
- Engage in spiritual activities - meditation; swadhyaya; self introspection; mantra chanting etc.
- Equanimity of mind - to remain calm and undisturbed by any external distractions.
- Discard all sinful activities - mental, vocal as well as physical level - for a minimum of 48 minutes. (*"antarmahurat"*)
- To be free of passions.
- Practise of tolerance (treat all living beings equally) and patience.
- Development of positive thinking.

## BENEFITS OF SAMAYIK

- Helps calm our mind and temperament.
- Helps to train oneself to perform any activity with 100% of concentration and peacefulness of mind.
- Gives an opportunity to think & find out about ourselves and what we need to do - basically to do a personal S.W.O.T. - knowing our weakness and strengths will clarify what path to follow to achieve our ultimate goals in life.



- Educates us to live in the present. When asked by Gautam Swami, MahavirSwami replied that to establish contact with the soul in the present is Samayik. Living in the present is the cornerstone of time management.
- With regular practice, one can achieve steadiness of mind & body, restraint of speech and become alert for developing positive thinking.
- Emulating Jain Ascetics kriya (practices) for a short period of time.
- Investment of one's time with high returns and low risks

A human being is a part of the whole, called by us "Universe," a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest – a kind of optical delusion of his consciousness.

The delusion is a prison for us, restricting us to our personal desires and affection for a few persons nearest to us. Our task is to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole

Nature in its beauty. **Albert Einstein**

"Real change will only happen when we fall in love with our planet. Only love can show us how to live in harmony with nature and with each other and save us from the devastating effects of environmental destruction and climate change."

**Thich Nhat Hanh**

