



# Paryushan

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

31st Aug to 7th Sept 2024

## Categories of Shravak / Shravika

### SIMPLE JAIN

Recites Namokär mantra regularly, practices Navakärashi (taking food after 48 minutes after the sunrise), does not eat “root vegetables” and does not consume meat, alcohol, honey and Mäkhan (cream cheese).

### PRACTICING JAIN

Practices 12 Anu-vrata (minor vows), does not eat at night, participates in Swädhyäy and has good conduct

### ADVANCED JAIN

Does not eat sentient food, eats only one time a day (Ekäsanu), practices complete celibacy and does not take any kind of food or liquid at night.

### NAM SHRAVAK

One who is a Jain in name only (born into a Jain family)

### STHÄPANÄ SHRÄVAK

The statue or photograph of a Shrävak

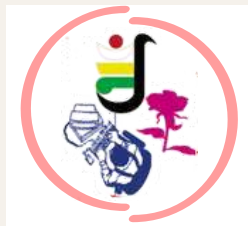
### DRAVYA SHRÄVAK

One who follows Jainism without deep faith in it.

### BHAVA SHRAVAK

One who believes in Jainism and has deep faith and practices accordingly

**During the Paryushan, spent some time reflecting on what category of Jain best sums you up.**





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## SHRAVAK - SHRAVIKA

*akritva para-santapam, agatva khala-namratam  
anukritya satam vartma, yad alpam api tad bahu*

Without hurting others,  
Without submitting to the wicked,  
Following the path of the good people,  
Even if little, whatever is achieved, that is plenty.

*Sanskrit verse illuminating the 'Right Way to Live as a Jain'  
(Source P S Jaini)*

After attaining Kevaljnana, every Tirthankara establishes the Chaturavidh Sangh, comprising of of Sādhus (monks), Sādhvis (nuns), Shrāvaks (male householders), and Shrāvikās (female householders) to ensure the propagation of Jain Philosophy as well to ensure its accessibility to all. Sangha is an important concept in Jainism, as it has the responsibility to maintain the vibrancy of Jain theory and philosophy. As per our scriptures, if the Sangha ends, then Dharma (religion) will end also.





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## SHRAVAK - SHRAVIKA

### WHO IS A SHRAVAK /SHRAVIKA

The term Shravak in Jainism is derived from the Prakrit term 'savaga' and refers to a Jain layperson/householder. The word 'shravak' has its roots in the word śrāvana, i.e. the one who listens (to the discourses of the saints).

Jain laypersons engaged in worldly life as a householder, who cannot adopt an ascetic life, strive to live as a true shravak/shravika throughout life or as a preliminary to an ascetic life.

Acharya Tulsi, in his book '*Shravak Sambodh*' states that the spiritual journey of a shravak begins with true faith. In addition, a shravak

- believes in the existence of soul, previous births and reincarnation.
- that karmic bondage causes the endless cycle of birth and death,
- has deep faith in the teachings of Tirthankaras
- observes non-violence physically, mentally and verbally
- follows truth, self-restraint and austerities to purify his soul
- practices anuvrat and auxiliary vows in daily life to the best of his ability
- ultimate goal is to achieve moksha

Acharya Tulsi further states that a shravak foremost responsibility is to maintain & develop spiritual values to uplift the self and to contribute towards creating a healthy and positive society. One can become a shravak by practicing vows, imparting spiritual knowledge, serving ascetics, glorifying the congregation, inspiring others, caring for the community's needy, appreciating social and religious welfare, and respecting others' viewpoints – being tolerant – and applying in daily life the principles of Ahimsa, Anekant and Aparigraha.



Let us practice the following 'GRACE' formula in our everyday interactions to further our spiritual journey.

## GRATITUDE

Attitude of Gratitude surely nurtures positive energy and lifts us from stressful situations. It allows us to see the bigger picture of life and wipes our sorrow away

## RESPECT

Respect for self and others, and for all living beings, keeps us away from non-humane actions; be it physical, mental or verbal.

## AMITY

Being friendly with everyone helps in eradicating the feeling of enmity. It constructs strong bridges in relationships. It opens the door to achieve the heights of success.

## COMPASSION

Cultivating Compassion aids us in being happy and makes others around us happier. It encourages us to practice empathy and inspires us to contribute towards eradicating burning social problems

## ENTHUSIASM

Enthusiasm keeps our energy ignited, and forces us to chase our goal with the same passion as we began with. It is an antidote to depression since it doesn't allow our energy levels to go down





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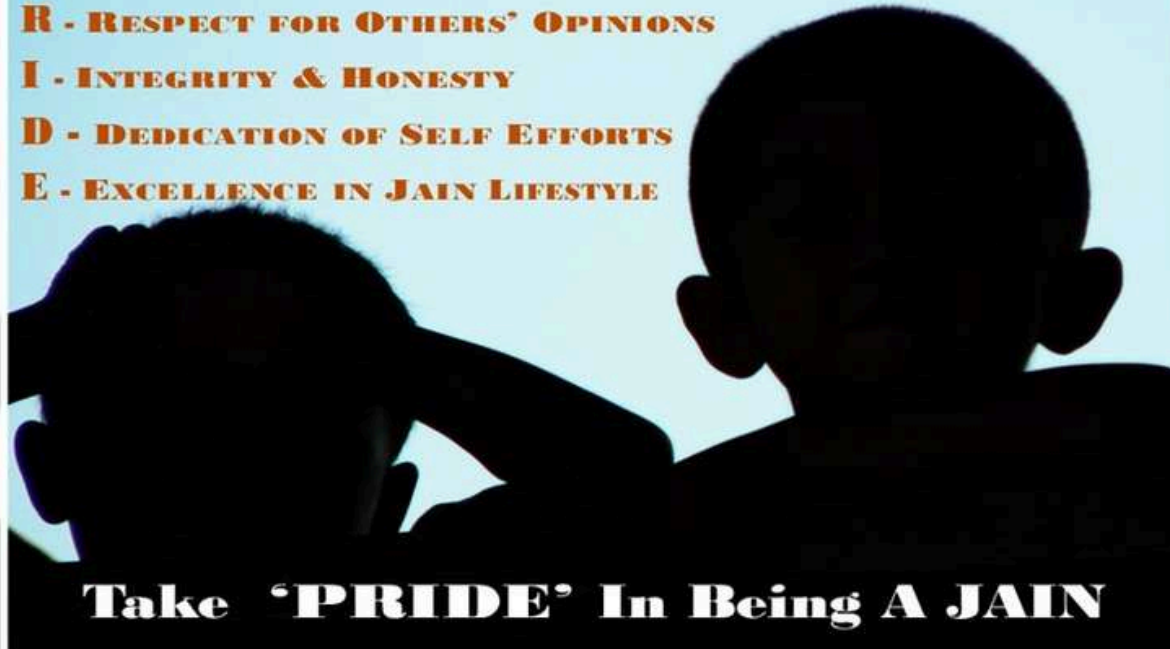
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Walk the talk'  
જી  
'Live the Jain  
Way of Life'



**P - POSITIVE ATTITUDE**  
**R - RESPECT FOR OTHERS' OPINIONS**  
**I - INTEGRITY & HONESTY**  
**D - DEDICATION OF SELF EFFORTS**  
**E - EXCELLENCE IN JAIN LIFESTYLE**



Take '**PRIDE**' In Being A JAIN

'Walk the talk'  
જી  
'Live the Jain  
Way of Life'



**Justice**  
**Affection**  
**Introspection**  
**Noble**



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...

**Just**  
Impartial with all  
**Amiable**  
Cordial to all  
**Inclusive**  
seeks views of others  
**Non-violent**  
Respect for all