



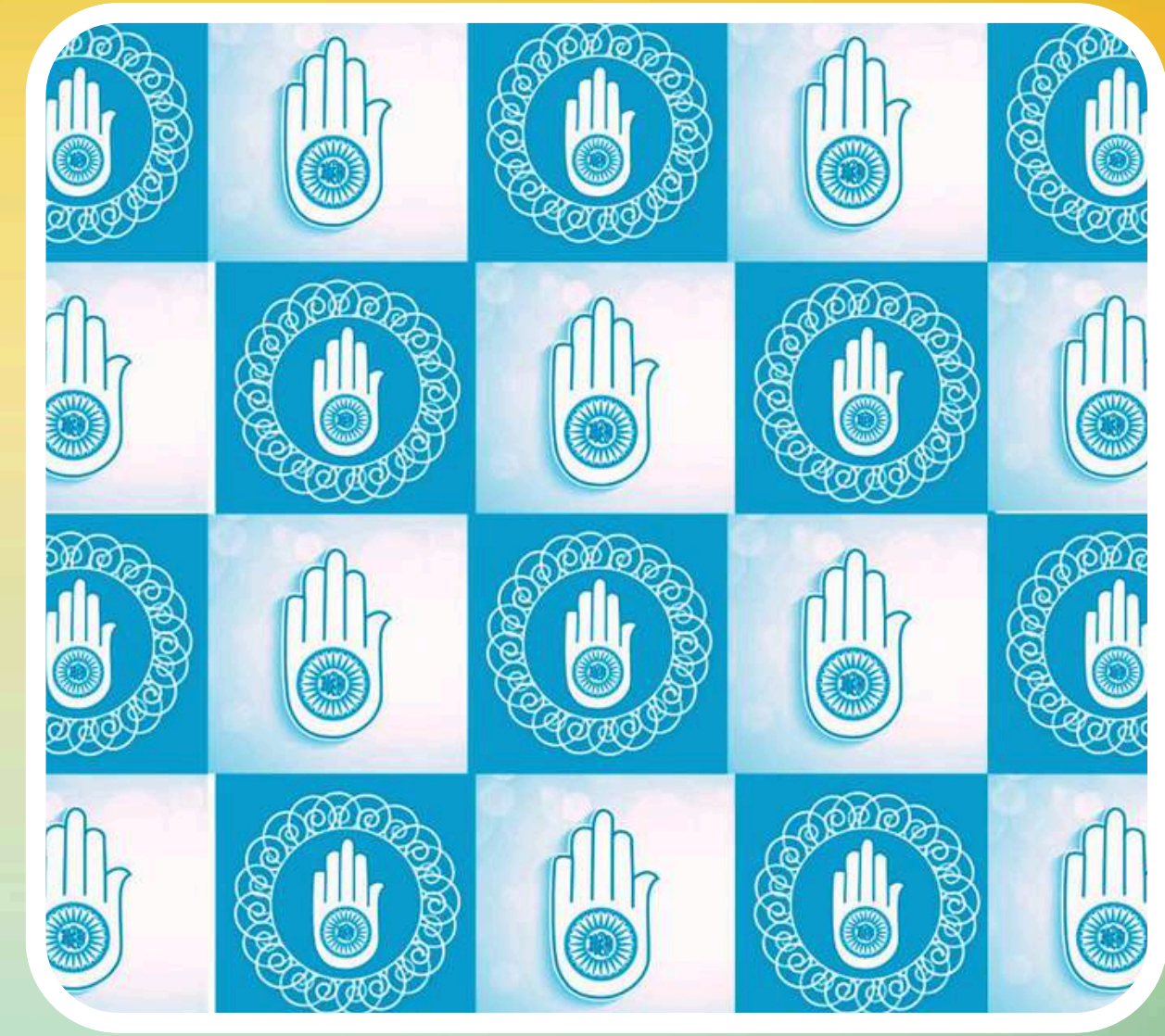
In the Jain Lunar Calendar, Chaumasi Chaudas is a very auspicious day and appears three times a year. Chaumasi means 'four months' and Chaudas refers to the 14th day of the lunar cycle – so once every four months.

On this day, Jains, endeavour to avoid eating root and green vegetables, do penance like fasting, partial fasting, Dev Vandan, meditation, and perform Chaumasi Pratikraman – to reflect and seek forgiveness for any offences in thoughts, words, and actions made intentionally or unintentionally during the last four months.

If one cannot do any of the above, endeavour to minimise violence in thoughts, words and actions throughout the day and spent 10/20 minutes in self-reflection.

JAIN CALENDAR

Chaumasi Chaudas



Chaumasi Chaudas – Michhami Dukkadam

“Khamemi Savve Jiva, Savve Jiya Khamantu Me
Meti Me Savve Bhuyesu, Veram Majham N Kenal”
“I forgive all beings, may all living beings forgive me.

I cherish friendliness towards all and harbour
enmity towards none”.

.... Avasyaka Sutra



ESSENCE OF PRATIKRAMAN - TRIYA VAHIYA SUTRA



I desire to free myself from all my sins.

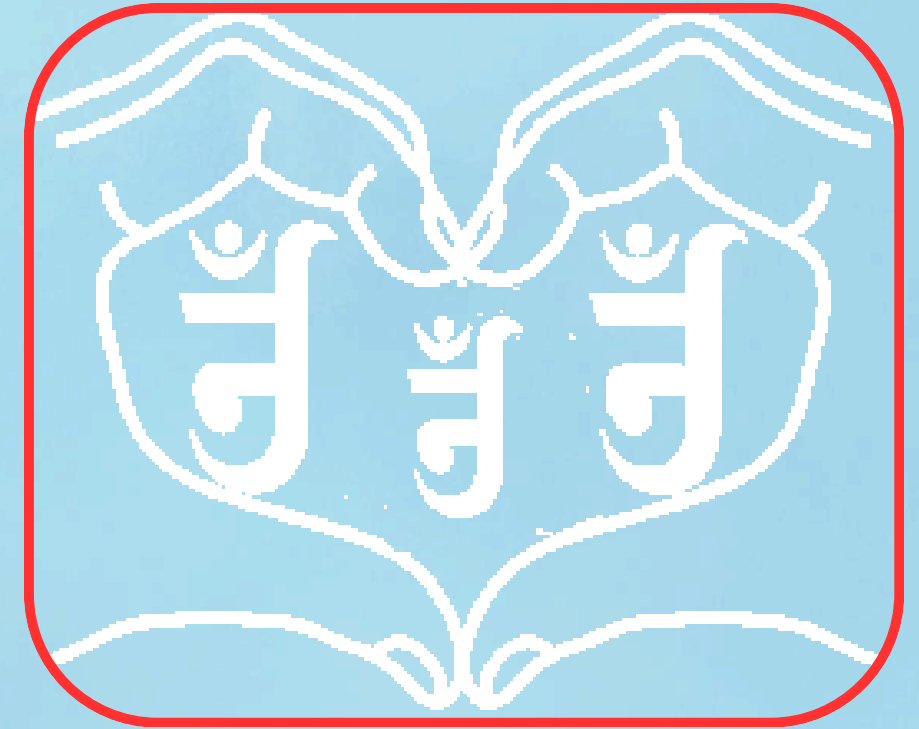
While walking I may have given pain to or crushed living beings such as:

- Live animate seeds, Live plants, living beings in the dew, living ant hills, Living moss
- Living beings in the water, living beings in the earth, Living webs of spiders

I may have harassed or may have crushed all of these.

Whatever living beings may have had pain caused by me:

- Living beings with only one sense, the sense of touch, as in the elements of earth, water, fire, air, and in plants.
- Living beings with only two senses, the sense of touch and taste, as in worms and shell creatures.
- Living beings with three senses, the sense of touch, taste, and smell, as in ants.
- Living beings with four senses, the sense of touch, taste, smell, and sight, as in bees, wasps, and other flying insects.
- Living beings with all five senses, the sense of touch, taste, smell, sight and hearing, as in beings of the water (fish), beings of the land (mammals, animals and human), and beings of the sky (birds).
- Whoever may have been struck by me while traveling.
- Whoever I may have covered by dust.
- Whoever I may have been rubbed up against.
- Whoever I may have been forced to collide with.
- Whoever I may have inflicted pain upon.
- Whoever I may have frightened.
- Whoever I may have had pain caused by my touching or tilting them.
- Whoever may have been tormented by being turned entirely upside down.
- Whoever I may have shifted from one place to another.
- Whoever I may have separated from life and made lifeless.



May all that be forgiven and may all the suffering I caused, knowingly or unknowingly, come to an end. May the ignorance in me that caused pain in other living beings come to an end, and may they all forgive me. *Tassa Michchha Mi Dukkadam*