



Jain Prayer : Bowing Down In Reverence To Five Personages

- **Namo Arihantānam:** to Perfected Human- Enlightened Souls- Ford makers of Religion (God) – **Mahāvīr** – Most recent – 557 BC
- **Namo Siddhānam:** to Perfected Souls (God).
- **Namo Āyariyānam:** to Head monk of congregation
- **Namo Uvajjhāyānam:** to Teachers of all scriptures
- **Namo Loe Savva Sāhunam:** to all ascetic monks and nuns.
- **Eso Panch Namokkāro:** These five salutations
- **Savva-Pāvappanāsano:** Are the destroyers of all sins.
- **Manglānancha Savvesim:** And, among all auspicious prayers,
- **Padhamam Havai Mangalam:** This one is the foremost.



Jainism: Faith, Religion or Philosophy



Live and Let Live



CORE OF JAINISM

THREE JEWELS

- Samyag Darshan - To develop our faith in it on the basis of personal intuition (**Rational Vision**)
- Samyag Gyan - Critical and rational study of the vision (**Rational knowledge**)
- Samyag Charitra - Personal experimentation and experience of the journey (**Rational lifestyle**)



Six Entities

- **Soul**
- **Matter – Cannot be destroyed, but ever changing**
- **Medium of Motion / Principal of Change**
- **Medium of Rest / Principal of resistance to change (stability)**
- **Time**
- **Space**



OPINIONS OF WESTERN PHILOSOPHERS

Jainism is of a very high order. Its important teachings are based upon science. The more the scientific knowledge advances, the more the Jain teachings will be proved.

.....Dr. L. P Tessitori (Italy)



PRINCIPAL DOCTRINES

- Ahimsa (Non-violence through mind, speech or action)
- Anekantvad (Multifacetedness/ Non absolutism)
- Aparigraha (Non-possessiveness/ Non-attachment)



AHIMSA (Non Violence)

- Respect and reverence for every living being
- Being aware of himsa (violence) at the micro level, for eg. life in water, earth, fire etc., and minimizing it as much as possible.



ANEKANTVAD (NON-ABSOLUTISM)

- Manifold aspects of Absolute truth
- Open mindedness
- Active Listening
- Consideration of different opinions and viewpoints to gain better understanding of the truth(reality) which has many facets



ANEKANTVAD (NON-ABSOLUTISM)

- All claims of “truth” are Relative or Non-absolute
- Truth is expressed in many ways, usually a part of whole truth is emphasized
- One cannot make definite statement about Truth, each statement is true in its own limited sense.

Aparigraha



(Non-possessiveness/non-attachment)

- Limiting personal needs and possessions, because these not only harm the environment but also generate unreasonable attachment to objects that impede spiritual progress.
- Parigraha (Possessiveness/Attachment) is the primary cause of all violence.
- In fact, true Non-violence can not be achieved without the spirit of Aparigraha.



JAINISM BELIEFS

1. All beings have souls. All souls are equal.
2. Soul is neither created, nor destroyed.
3. Reincarnation into different forms of life.
4. Aim: Liberation of soul from karmic bondage.
5. God is worshipped as a supreme teacher or an ideal, not as a creator.



JAIN VALUES

- Compassionate living
- Nonviolent speech and thought
- Positive thought and good wishes for all
- Reverence for all life as well as matter
- Living with values, instead of monetary affordability
- Respecting and tolerating others views



Jain Karma Theory

- Law of Cause and Effect
- Law of Action and Reaction
- What one sows, one reaps
- Our intention behind our actions of mind, speech and body binds us with Karma
- Only WE are responsible for our past, present and future, not God's will and only WE can alter it. No one else can! The power is within us.



CURRENT ISSUES

- **Financial – Avoid Greed**
- **Ethics / Morality – 18 defective choices**
- **Stress – Samayik, introspection**
- **Health – Vegetarianism, eating before dark**
- **Environment / Ecology**



Social Contributions of Jain Lifestyle

- Peaceful lifestyle (not trouble makers or burden to society)
- Vegetarianism – Ecology and environment
- Humanitarian Activities for needy
- Understanding towards others viewpoints
- Freedom and diversity
- Equality towards women
- Promote Art and Architecture through Temples



JAINISM- For western society and how it positively affects humanity

1. Strict-Vegetarian/Respect for life. Good for the environment and resource utilization.
2. Periodic fasting
3. No drugs, no smoking, no alcohol. Close family relationships.
4. Prayers/Meditation/Introspection
5. Charity for Religious, Social and Animal welfare causes.



JAINISM- For Western Society and how it positively affects humanity

7. Understanding and tolerating others' view points – control of anger and elimination of revenge, control of aggressive and confrontational behavior
8. Lead a relatively content/happy life with humility.
9. Control possessiveness.
10. Conservation of materials.
Recycle and avoid waste – helps ecology and environment. Convenience vs ecology.



SUMMARY

Jainism is a rational philosophy for spiritual progress, well being of all living beings, personal and global peace, and environmental protection. Jains have followed this system for centuries as a non-violent, peaceful community. Its three “A”s provide much needed wisdom and direction for alleviating, if not resolving, many of the problems threatening our planet in the 21st century. Current world challenges include fundamentalism, terrorism, war, global poverty, and human and environmental degradation. Jainism offers advice in addressing these issues.



Thank You and



- Jaya Jinendra