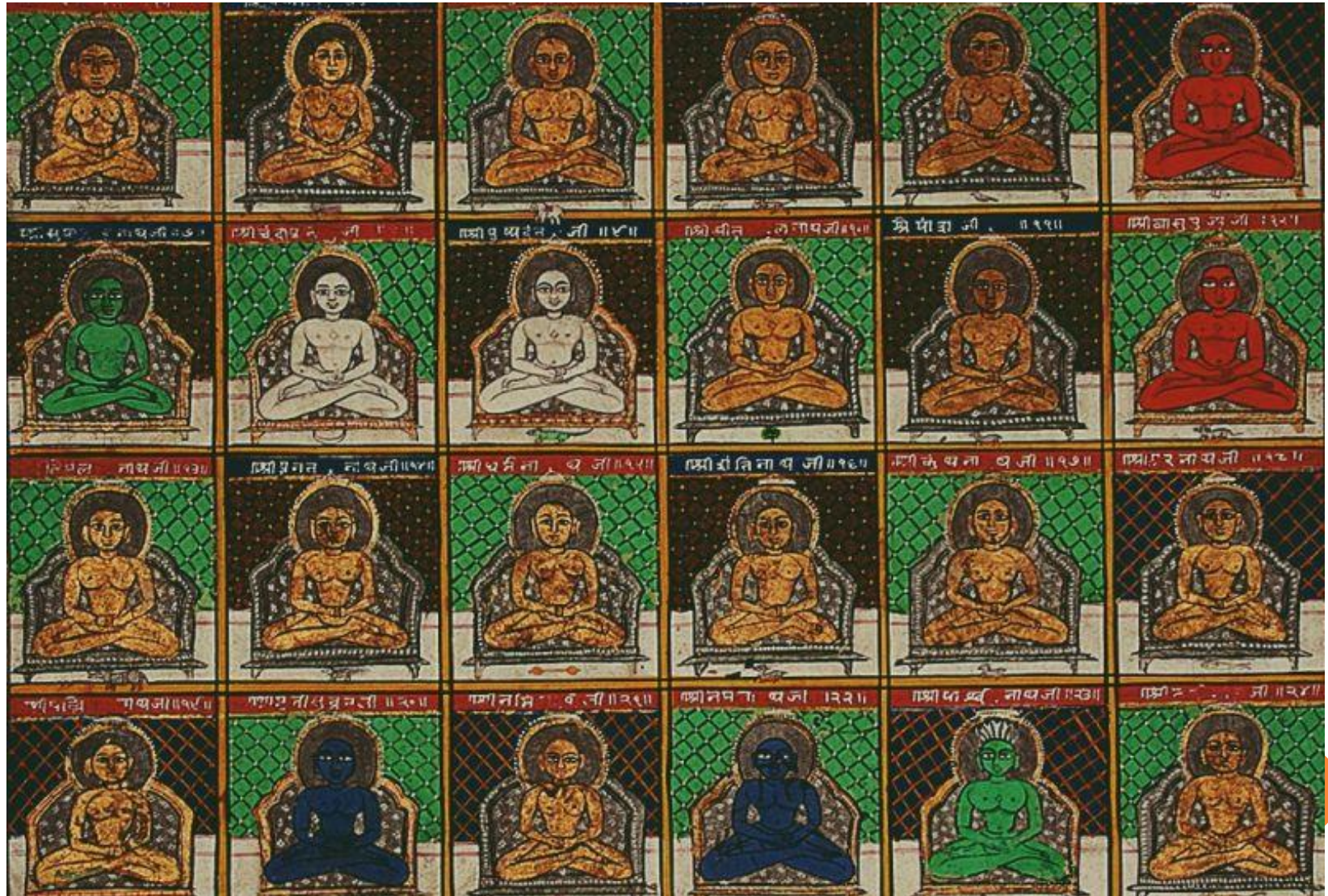


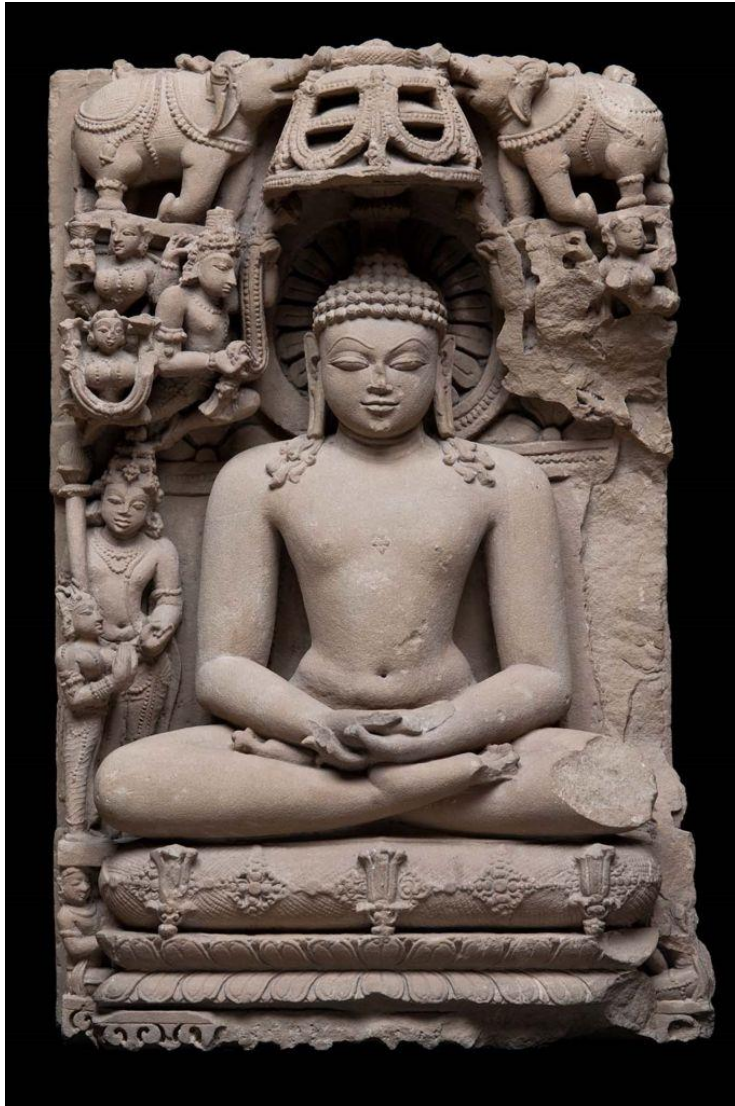


# Jainism

# Tirthankaras







Rishabhanatha



**Parshvanatha  
(23<sup>rd</sup>  
Tirthankara)**



**Mahavira (24<sup>th</sup>  
Tirthankara)**




# Origin

- Jainism, traditionally known as *Jain Dharma*, is an ancient Indian religion that traces its spiritual ideas and history through a succession of twenty-four leaders or *Tirthankaras* with the first in current time cycle being Rishabhanatha, whom the tradition holds to have lived millions of years ago, the twenty-third *tirthankara* Parshvanatha whom historians date to 8th century BCE, and the 24th *tirthankara*, Mahavira around 600 BCE.
- Jainism is considered to be an eternal *dharma* with the *tirthankaras* guiding every time cycle of the cosmology.

A line drawing of a person sitting in a meditative pose (Padmasana). On their chest is a small icon of an open book with a flame rising from it. To the right of the person is a thought bubble consisting of three circles of increasing size. The largest circle contains the text "I am the SOUL I am not the BODY".

**I am the  
SOUL  
I am not  
the BODY**

**“Soul - God” – Each living being has a Soul; God is a fully enlightened Soul. Each Soul is capable of becoming God.**

A solid orange circle located in the bottom right corner of the slide.

# JAIN FUNDAMENTALS

- **Who Created the Universe:**
  - **No one; Matter changes**
- **Purpose of Life:**
  - **Help each other; Realize one's own full potential; To manage one's passions;**
- **Who controls your actions**
  - **We are responsible for our own actions**
- **How do we become happy**
  - **By managing our passions (anger, greed, ego, pride)**

# JAIN FUNDAMENTALS (CONT.)

- **Human Suffering is due to:**
  - **We are unable to understand our true nature**
- **Is there reincarnation:**
  - **Yes – until we reach full realization**
- **Is there a Jain “bible”**
  - **Yes.**
- **Tolerance for other religions:**
  - **Yes. Respect and understand other faiths**
- **Why do we pray?**
  - **To celebrate the qualities of perfect Soul**
- **Science**
  - **Strong correlation with other religions**

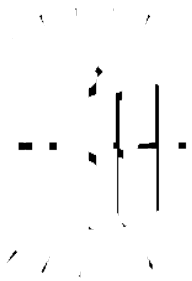
# JAIN FESTIVALS

- **Mahavir's Birthday:**
- **Mahavir's Nirvan Celebration:**
  - **Diwali, New year**
- **Paryshan Parv:**
  - **Remembering and Practicing the qualities of the Soul**



# Essence of Jainism

## in Thoughts/Speech/Action ...



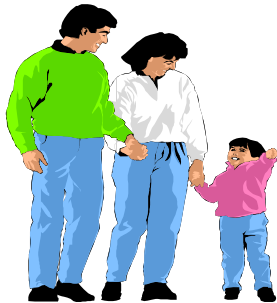
### ○ Non-Violence (Ahimsa)

- Strengthens the autonomy of life of every being; Ahimsa - diet, fellow being, environment, thoughts and actions



### ○ Non-One-Sidedness (Anekantavad)

- Strengthens the autonomy of thought of every individual

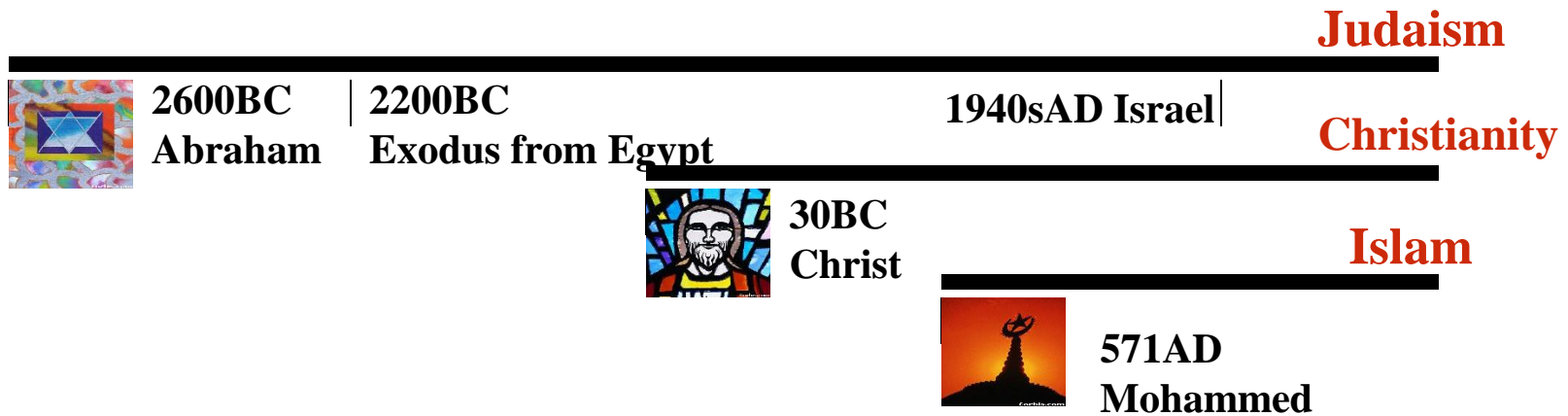


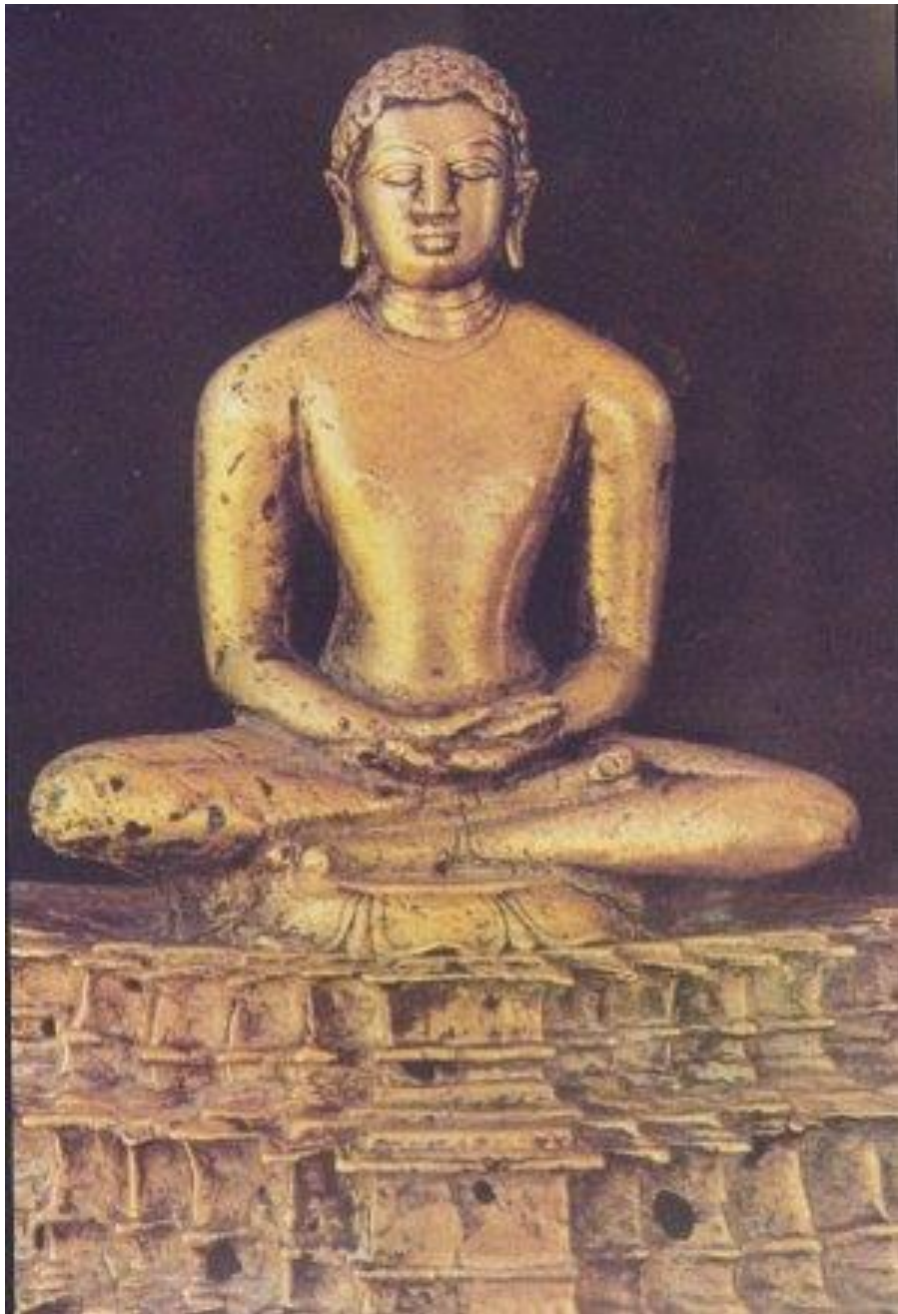
### ○ Non-Possession (Aparigraha)

- Strengthens the interdependence of all and share limited resources



# TIMELINE





# **Mahavira ca. 599-527 BCE**

- **Parallels Buddha's life**
- **Family wealth vs. poverty**
- **Joined ascetics**
- **Became far more extreme  
in practice of Non-Violence**
- **Ahimsa yields true release**
- **Ahimsa produces Jina (release  
from this life or conqueror over  
attachment, hence the name Jain)**



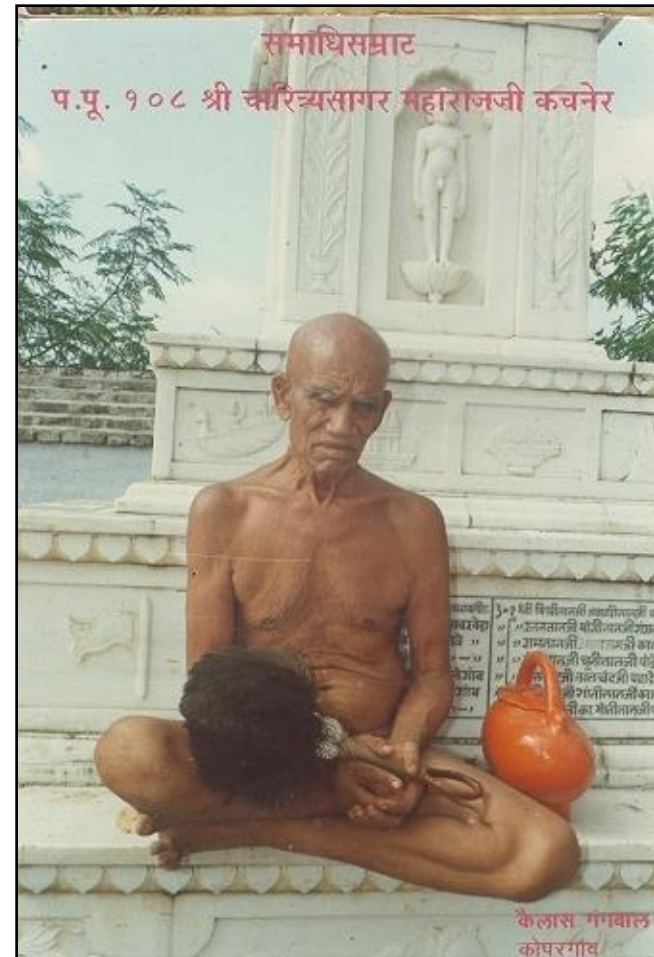
**Palitana, Gujarat**



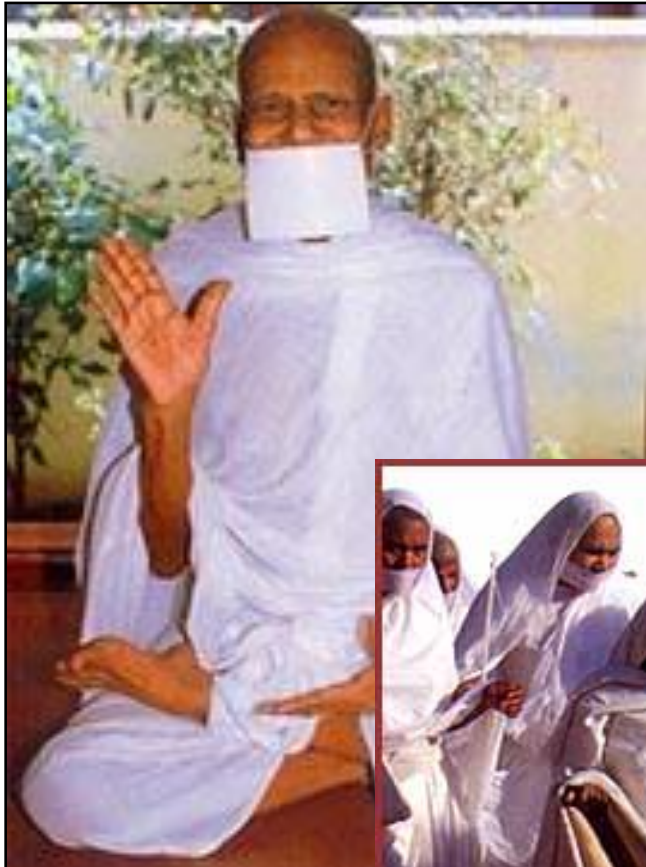


# JAIN MONASTICS: *DIGAMBARA* (“SKY CLAD MALE MONKS”)

- Given up all belongings
- Live alone or in small groups in the forests
- Teach Jainism
- Spend 3 months during rainy season in one location (to minimize killing insects on the ground from excessive walking)



# JAIN MONASTICS: TWO MAJOR SECTS

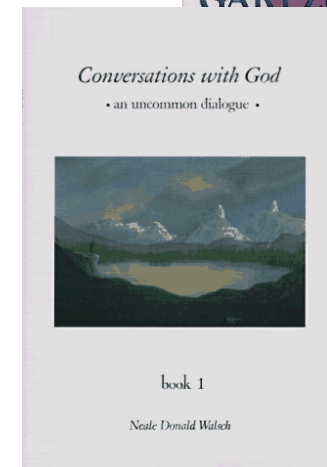
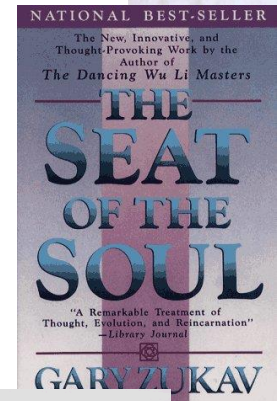
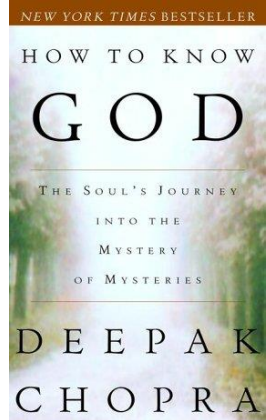


## ◦ *Svetambara* (“white clad”)

- **Wear white robes**
- **Live in community**
- **Admit both men and women**
- **Some wear face masks to protect minute life forms from harm**



# JAIN WAY OF LIFE IS UNIVERSAL IRRESPECTIVE OF YOUR RELIGION





# **"VALIDATED" TREASURE IN JAINISM**



*"More than  
2500 Years old..."*

- **Non-Violence**
- **Filtered/boiled water**
- **Jain mathematics**
- **Plant life & Environmentalism**
- **Equality towards women**
- **Animal Protection**
- **Molecules and atoms**
- **Compassionate diet/ Vegetarianism**
- **Meditation and Yoga – mind**

# Six Universal Substances

- According to Jain Science, the universe is comprised of six substances
  - Soul (Jiva)
  - Matter (Ajiva)
  - Space (Akash)
  - Time (Kal)
  - Dynamic medium (Dharmastikay)
  - Stationary medium (Adharmastikay)



# JAIN SYMBOL

The Jain Symbol, which is a congregation of various symbols, each having a deeper meaning was adopted by all sects of Jains in 1973, 2500 years after the nirvana of Lord Mahavir.

**The symbol represents the principles of Jainism**

The outline of the figure is that of the Jain description of the shape of the universe (Lok). The lower part of the symbol represents the seven hells (Naraki); the middle part of the universe contains the Earth and the planets (Manushyalok); the upper part contains the heavenly abodes (Devlok) of all celestial beings and abode of the Siddhas (Siddhashila).

The 'Swastika' symbolises the four states of existence (Gatis) we may be borne into during the cycles of birth and death; heavenly beings (Dev); human being (Manushya); lower beings - animals/plants (Tiryanch) and hellish beings (Narak).

The 'Three Dots' above the swastika represent the three jewels (trinity of ratna-traya) of Jainism: Right belief (Samyak Darsana); Right Knowledge (Samyak Jnana); Right conduct (Samyak Charitra).

At the very top part of the symbol is a small arc, which represents the abode of the Siddhas and is known as the Siddhashila. The dot represents a siddha.



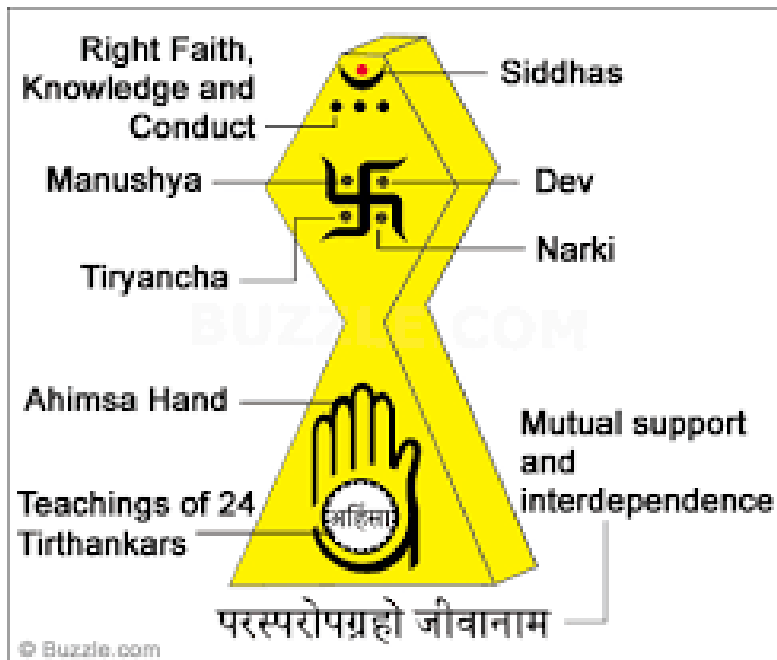
**PARASPAROPAGRAHO JIVANAM**

"All Life is Bound Together  
By Mutual Support & Interdependence"

The raised hand means 'stop'. The word in the centre of the wheel is 'Ahimsa' which means non violence. Together, these remind us to stop for a moment and think twice before doing anything. In this way, we have an opportunity to ensure that our activities/words/thoughts/actions will not hurt anyone.

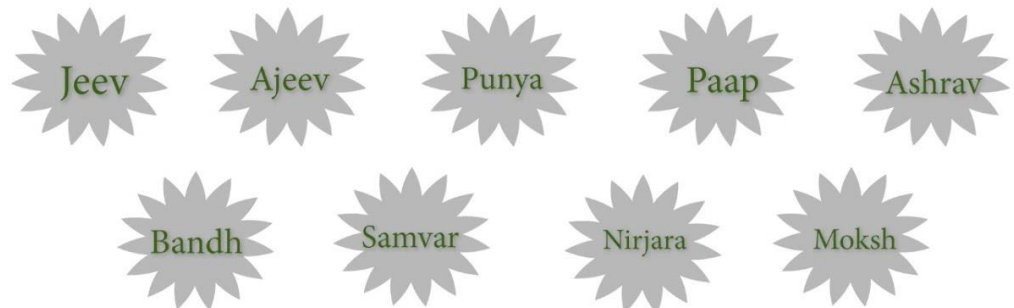






## 9 Tatva (9 Fundamentals)

JainNewsViews  
Pathshala





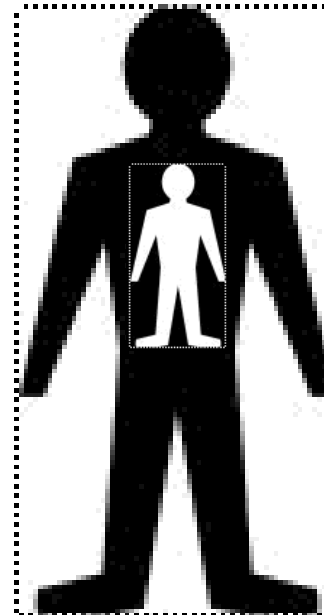
# Internal God/Soul versus External God



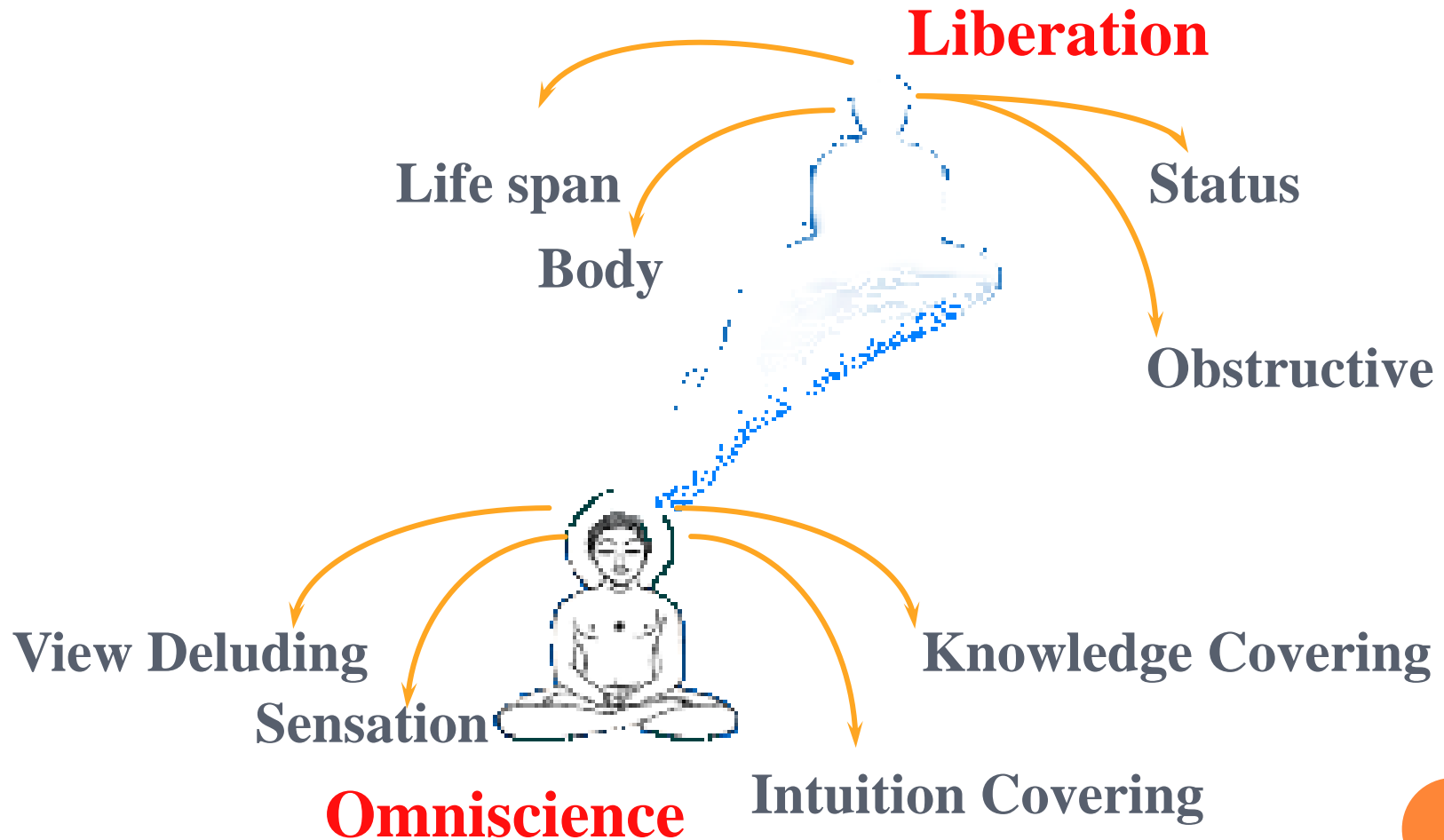
**Western Schools:  
Soul**



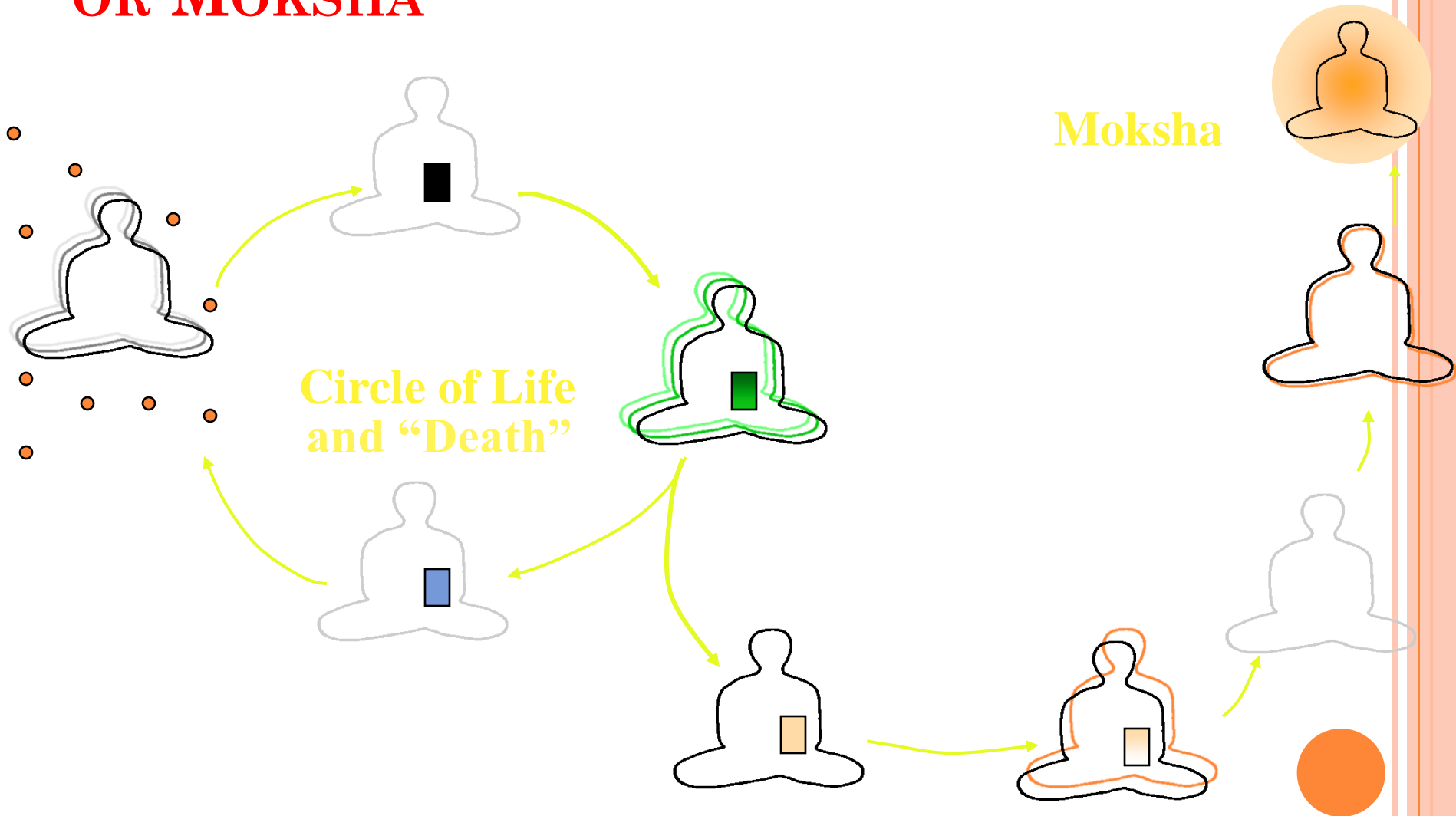
**Jainsim  
Soul**



# LIBERATION



# CHOICE: CIRCLE OF LIFE OR MOKSHA



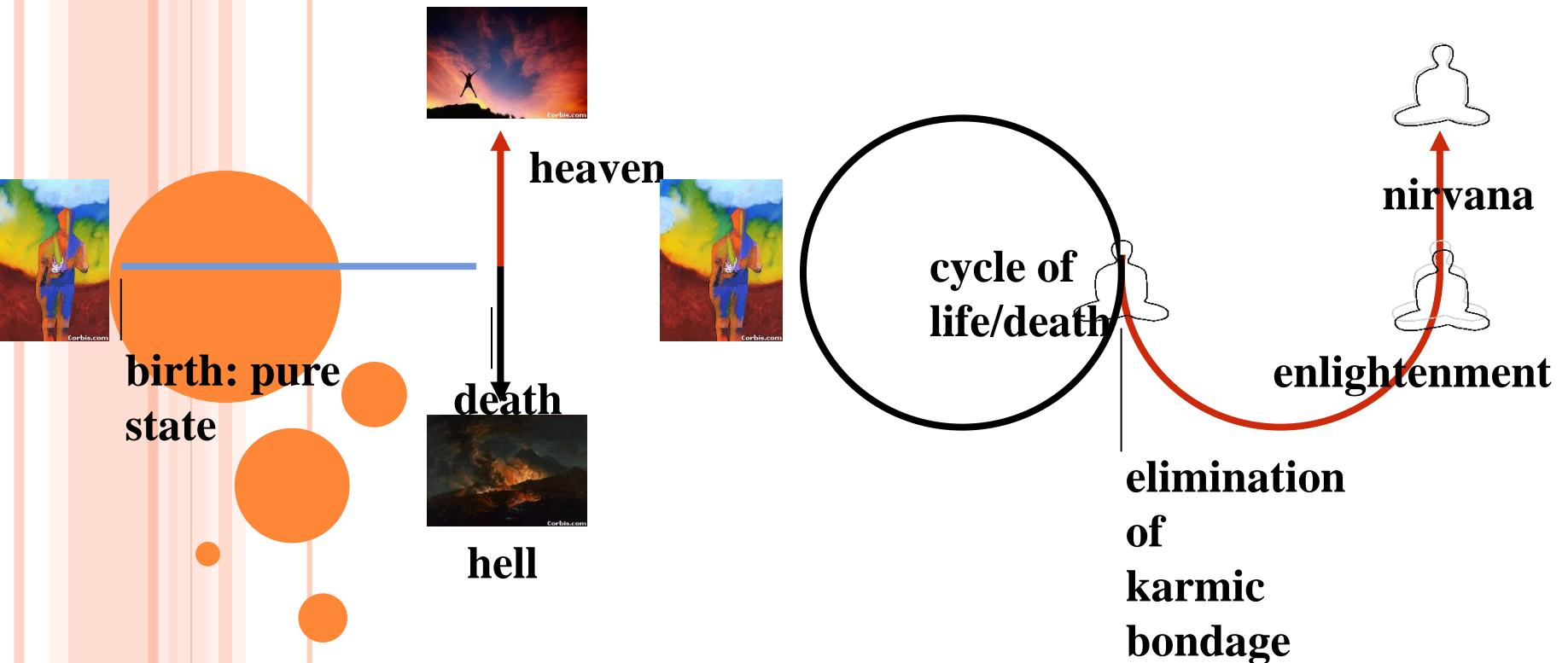
# Karma & Reincarnation



**western schools:  
linearity of life cycle**



**eastern schools:  
cycle of life/death - nirvana**





# Different Core

## Western Schools:



**External god controls you**



**Religion/philosophy/science  
separate**



**Linear nature of life/death**



**As you sow so you reap on  
judgement day**

## Eastern Schools:



**God is the soul – within you**



**Religion and philosophy  
are intertwined**



**Cyclic nature of life/death -  
nirvana**



**Karma determine your  
next life**

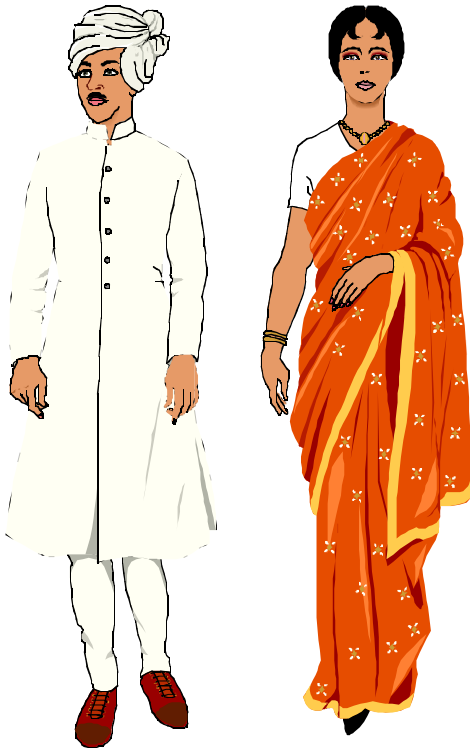
## *A PROFOUND TRUTH FOR ALL TIMES*

“One who neglects or disregards the existence of earth, air, fire, water and vegetation, disregards his own existence which is entwined with them”

- Lord Mahavir (599-527 BC)



# HELP EACH OTHER

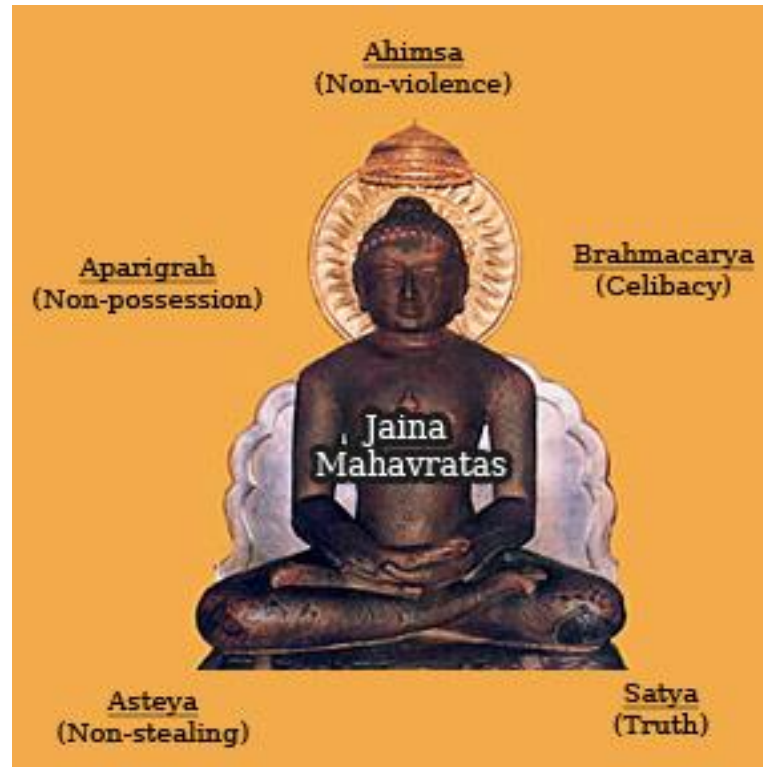


- **Parasparopgraho Jivänäm –**
  - *Tattvārtha Sutra*

**All life is bound together by mutual support and interdependence (If one does not care for nature one does not care for oneself)**

- Refreshingly contemporary in its premise and in its promise.
- Forms the basis of the modern day science of ecology.

# Fivefold Spiritual Disciplines in Jainism





# Fivefold spiritual discipline

Maha vrata

Great vows

anu vrata

lesser vows

1. Non-Injury (ahimsa)
2. Non-uttering of falsehood (satya)
3. Non-stealing (asetya)
4. Abstention from sensuality (brahmacharya)
5. Non-possession (aparigraha)

# NON-VIOLENCE AND COMPASSION (IN JAIN SCRIPTURES)

- Ahimsä is disciplined behavior towards every living being -
  - *Dashvaikalika Sutra (6/9)*
- Absence of violence of any sort towards all beings at all times is Ahimsä.
  - *Yogasutra*
- In its absolute definition:  
'Ahimsä is the absence of destructive thoughts, feelings or attitude'

# ***WHY ARE JAINS VEGETARIANS?***

## **Non-vegetarian Living - Cruelty to Animals:**



**Animal Compassion**



# How to "tell" the truth?

- Jain vows are always followed in ***speech, mind and deed***
- How can you practice truth...
  - *in speech?*
  - *in mind?*
  - *in deed?*

Mahatma Gandhi was inspired by Jainism, and adopted the principles of ***Ahimsa*** and ***Anekantavada*** in his life to help India gain independence.

Gandhi then inspired Dr. Martin Luther King Jr. and showed him non-violent protests can achieve monumental results.





# Non-stealing – Asteya (4 types)

- Physical theft of any material object.
- Psychic theft - Here you did not take material possession of anything, but you planned it in your mind.
- Depriving others of their due physically, so you become responsible for their loss.
- Depriving others of their due mentally - planning in your mind to do so.

- **Celibacy (Bramachariyam):** Jainism stresses on the importance of controlling the senses including the mind, as they can drag one far away from true nature of the soul.
- The basic intent of this vow is to conquer passion and to prevent the waste of energy.
- In this vow, the householder must not have a sensual relationship with anybody other than one's own spouse.
- Jain monks and nuns should practice complete abstinence from sex.

# *NON-POSSESSION*

- **Non-Possession/Self-restraint is the second most important Jain principle**
  - Reduce one's needs and wants as far as possible.
  - Not to waste the gifts of nature
  - Nature provides enough for our **NEED** not enough for our **GREED**



# *The ancient Jain scriptural aphorism*

- “Aparigraha seve attai karanti prananam behanam”
  - Lord Mahavir
- We kill other lives because of our greed and possessiveness.
- This is the primary cause of all violence as well as imbalance in the environment.

