

The First Step of Jainism

JAINA Education Series
203
Level Two

Enlightened Intuition . . . Enlightened Knowledge
सम्यग्दर्शन - सम्यग्ज्ञान - सम्यक्चारित्राणि मोक्षमार्गः
Enlightened Conduct . . . Leads to Liberation

JAINA Education Committee • Federation of Jain Associations in North America

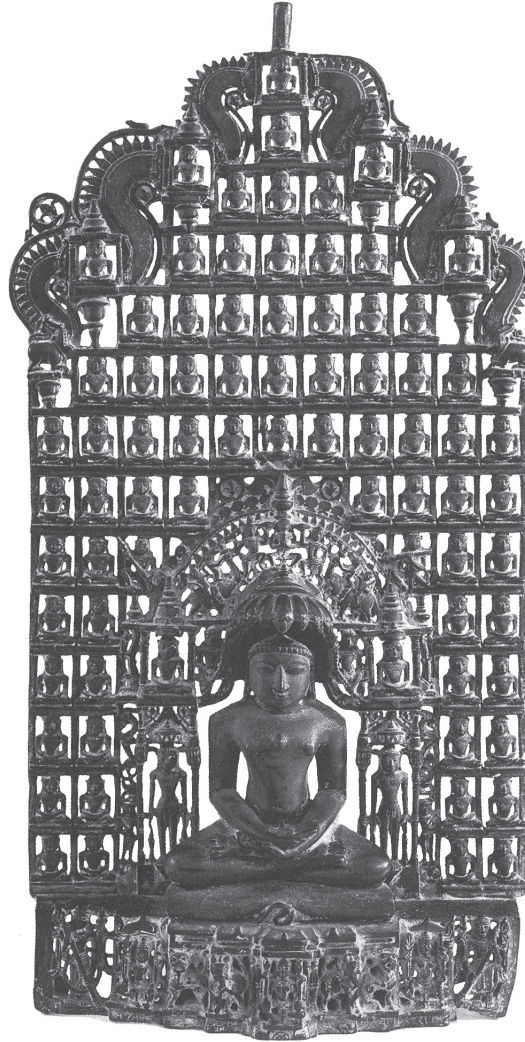


परस्परपरोपग्रहो जीवानाम्
Compassionate Living



The First Step of Jainism

(JAINA Education Series 203 - Level 2)



*Compiled by
JAINA Education Committee
Federation of Jain Associations of North America*

***"He who is indifferent to the material world has no grief
He is not affected by the miseries of the world.
He is like an unsullied lotus which rises above muddy water"
- Uttarādhyayan Sutra (32:99)***



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1.0 Prayers

Please memorize the prayers and understand the meaning and then place a sticker in the appropriate box

	Memorized	Understood
1. Navakär Mantra	<input type="checkbox"/>	<input type="checkbox"/>
2. Kshamäpanä Sutra	<input type="checkbox"/>	<input type="checkbox"/>
3. Ärati	<input type="checkbox"/>	<input type="checkbox"/>
4. Deevo	<input type="checkbox"/>	<input type="checkbox"/>
5. Prayer for Infinity	<input type="checkbox"/>	<input type="checkbox"/>

2.1 Jainism - A Way of Life

Word Scramble

Unscramble each of the word clues.

Copy the letters in the numbered to other cells with the same number.

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	10
TAKRINRAHT	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
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SAMGA	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
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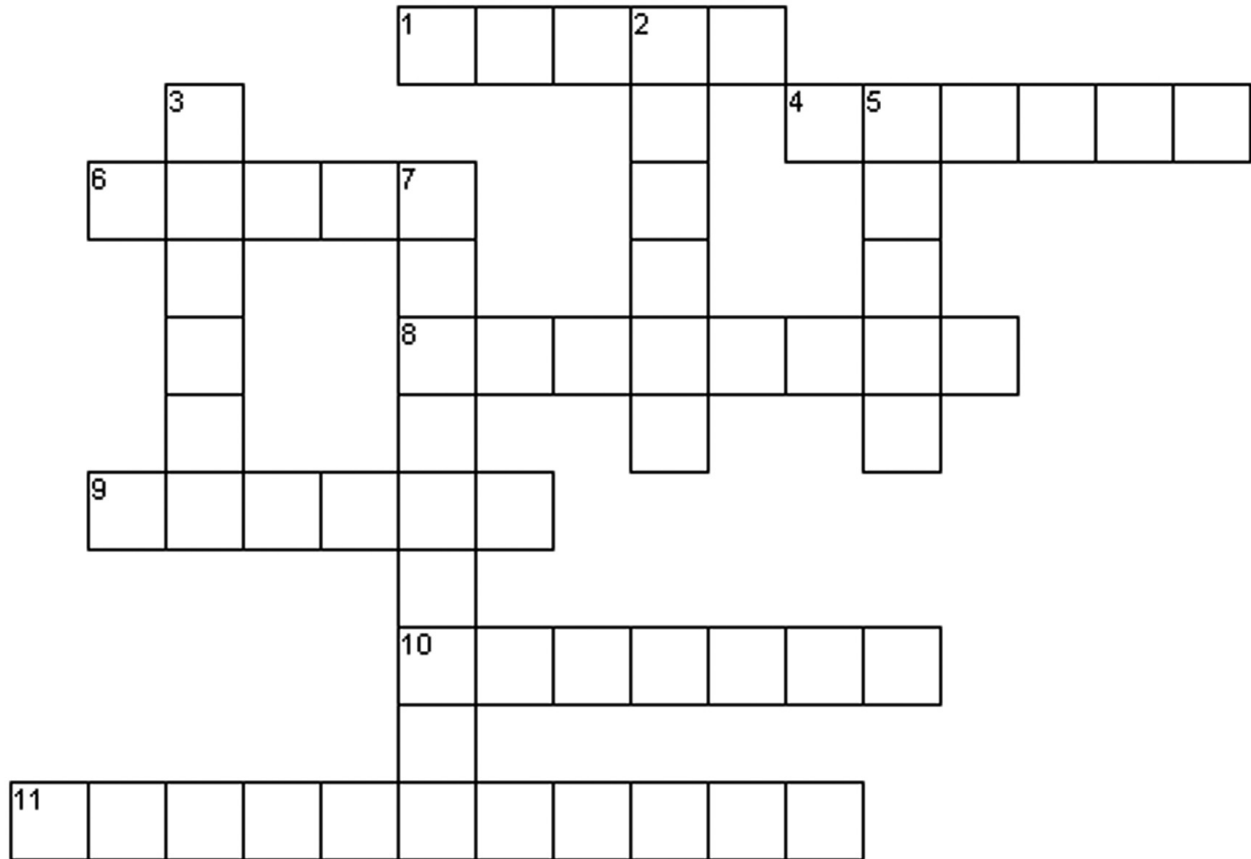
2.2 Five Venerable Personalities

Find the missing words and complete the statements.

Ächäryas	Ägams	anger
Antaräya	Arihantas	Äyushya
Darshanävaraniya	deceit	destroyer
Ego	eight	enemies
Gotra	greed	Jnänävaraniya
Kevali	Liberated	Mohaniya
Moksha	Näm	Pancha Parmesthis
Siddhas	Siddhashilä	spiritual
Tirthankar	Upädhyäys	Vedaniya

1. Arihantas, Siddhas, Ächäryas, Upädhyäys, and Sädhus and Sädhvis are called _____.
2. "Ari" means _____ and "hant" means _____.
3. Our inner enemies are _____, _____, _____ and _____.
4. Arihantas can be _____ or _____, one who has attained the Tirthankar Näm karma.
5. _____ have destroyed their Ghäti karmas.
6. The four Ghäti karmas are _____, _____, _____ and _____.
7. The four Aghäti karmas are _____, _____, _____ and _____.
8. After destroying all _____ karmas, they become _____.
9. Siddhas are _____ souls. They have attained _____, and reside at _____.
10. _____ are spiritual leaders and they have achieved mastery of the Jain scriptures, called _____.
11. _____ are monks or nuns who have acquired special knowledge of the scriptures and philosophical systems.
12. Sädhu and Sädhvis have given up the worldly life for _____ upliftment.

Crossword Puzzle



Across

1. Eight types of these
4. Siddhas have destroyed these karmas
6. Monks
8. Conqueror of their inner enemies
9. Liberated Soul
10. Spiritual leaders
11. Crescent arc on the Swastika

Down

2. State of pure freedom
3. Nuns
5. Arihantas have destroyed these karmas
7. Have attained mastery of the Āgams

2.3 Tirthankars

1. Tirthankars are _____ just like us.
2. There are _____ Tirthankars in each half time cycle. Name them in the correct order.

3. They attain Tirthankar Näm karma in a certain Bhav. How many lives later do they attain Nirvana? _____

For example,

Shāntināth attained Tirthankar Näm karma in the life of _____.

Please read the important story of his beliefs in that life.

4. The soul is immortal. From what point in the journey of the soul are the lives of a Tirthankar counted? _____

Do all Tirthankars have the same number of lives before they attain Nirvana?

5. What is one of the main things that Tirthankars do after they attain Keval-jnän?

6. Tirthankars are also known as _____ and _____.

Samavasaran

1. Whom is the Samavasaran created for?

2. When is it created?

3. Briefly describe the Samavasaran.

2.4 Jain Temple (Deräsar)

1) What kind of place is a Jain temple?

2) What do we do before entering the temple?

3) What should we say while entering the Temple?

4) Whose idol do we find in the temple?

5) What do we do in the temple?

6) How do we behave in the temple?

Idols (Murti)

1. How does each tirthankar get a symbol?

2. How do Digambar murtis look?

3. How do Shvetambar murtis look?

4. Why do we find the idols of Tirthankars often seen in the Padmasan posture?

2.5 Swastika (Sāthiyā)

Find the hidden message

HASKAT
9

RARICAHT
12

SAHADNR
13

DEAV
8

HASVED
11

GIAT
14

NAJN
15

SYNHAUMA
2

RANAK

GARA
3

ASMYAN

KAMASY
6

OSYHAIT
1

SODKADHALI
10

PAAT
5

RAYTAHCIN
7 16

V TSAIANPA
4

F
1 2 3

4 5 6 7 8 9

F
10

X
11 12 13 14 15 16 8

2.6 Soul

1. What is a Soul? How do you know it exists? Give an example.

2. What are the qualities of a Soul? Explain.

3. Learn the song "Ätmä, Ätmä, Inner Star"

Jain Classification

1. According to Jain classification, life forms are divided into how many broad categories? What are they called?

2. On what basis are the mobile (Trasa) Jiva divided? Into how many categories? What are they called?

3. One-sensed (Ekendriya) Jiva is further divided into:

4. Place the following life forms into the correct column:

Plants, shells, water, flies, moths and insects in wheat and other grains, spiders, worms, insects, birds, microbes in stale food, human beings, termites, air, crickets, bugs, lice, earth, white ants, centipedes, animals, scorpions, crickets, beetles, locusts, heavenly beings, hellish beings, fish, fire

Ekendriya	Beindriya	Treindriya	Chaurindriya	Panchendriya

5. In trying to minimize Himsä, what is important – number of souls, or consciousness (senses) of souls? Why? Is any Himsä permissible for Jains? When would any Himsä be permissible?

2.7 Karma

1. What is karma? Are they in your control or do things just happen?

2. How many kinds of karma are there? Which one do you have more control over? Why?

3. Write the different kinds of karma.

Ghāti Karma	Aghāti Karma

4. Is the saying, “What you sow, so shall you reap”, appropriate for karma? Why?

5. When do your actions bear results?

6. Please read the poem, “The Power of One” and see if you can adopt it in your daily life - that you are responsible for what happens to you.

2.8 Do's and Don'ts

Fill in the blanks with "DO" or "DON'T" depending upon what you think your actions should be.

Navakär Mantra	_____
Use Varakh in temples and on food	_____
Pick flowers	_____
Hurt animals	_____
Get angry	_____
Tell the truth	_____
Eat meat	_____
Help poor	_____
Wear silk	_____
Be kind	_____
Respect elders	_____
Be greedy	_____
Use leather in shoes, etc.	_____
Kill bugs	_____
Gossip	_____
Give anonymous donation	_____
Tell lies	_____
Steal	_____
Be vegetarian	_____
Say bad words	_____
Kill flies	_____
Learn moral values	_____
Wear Pearls	_____
Go to Pāthashälä	_____

3.0 Life of Bhagawän Mahävira

Previous Lives

1. Mahävira's lives were counted after his life as _____, when he attained _____.
2. If that is Bhav 1, then he attained Tirthankar Näm karma in Bhav _____, and attained Nirvana in bhav _____.
3. Through these lives he was born as _____

4. The most important Bhavs that are generally discussed are:

Birth and Childhood

5. Mahävira's parents were _____ and _____.
6. Name the dreams that Queen Trishalä had:

Word Scramble

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.

LULB

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HAENETLP

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12

CEISETLAL LAPNE

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15

--	--	--	--	--

8

SELSOKMES FIER

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14

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FAGL

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RANDALG FO REOSLFW

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10

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2

LESWEJ

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9

LUTSO KAEI

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1

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6

LONI

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LLUF NOMO

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NECOA

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13

NUS

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4

MAHLISK

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SAVE

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PIAR FO FHSI

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11

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3

HONRET

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5

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

7. At birth, what did Indra do?

8. Describe an incident from his childhood.

Renunciation

9. Why did Mahāvīr decide not to take Dikshā while his parents were alive?

10. He asked his brother, _____ for permission to take dikshā. His brother asked him to wait for _____ years because _____

11. How did he spend these two years while living in the palace as a prince?

12. On the day of his Dikshā what did everyone do?

13. On reaching the place of Dikshā what did Mahāvīr do? Who was present?

14. Removing the hair in 5 fistfuls is called _____.

15. Indra placed a piece of cloth named _____ on his shoulder.

16. Immediately after taking Dikshā he attained _____.

-
-
23. Bhagawän Mahävîr attained Keval-Jnän on the banks of the river _____
_____.
24. _____ was performing a sacrifice. He went to test the knowledge
of _____, but became his disciple.
25. Bhagawän Mahävîr attained Nirvana at the age of _____.
26. His last sermon was _____ hours long and is preserved in the scripture
named _____.
27. The fifth Kalyänak of a Tirthankar is known as a _____
Kalyänak.

Preachings

28. Write five sentences from the preaching of Bhagawän Mahävîr.

4.1 Mahävira Jayanti

1. On which day the birth of Bhagawän Mahävira is celebrated?

2. How is Mahävira Jayanti celebrated in your home?

3. How is Mahävira Jayanti celebrated at your Jain Center?

4.2 Paryushan/Dash Lakshana

Choose the correct word and complete the statement

Ädinäth	anger	Bhadrabähu
Daslakshana	ego	four
ill-feelings	judgments	Kalpasutra
Mahävira	Neminäth	others
Ourselves	Pärshvanäth	Pratikraman
resentment	Samvatsari	

1. Before forgiving others, we should first forgive _____.
2. We should forgive ourselves for carrying around _____, _____ and other _____ by being gentle with ourselves, by dropping _____, by soothing our battered self. Then we are ready to deal with forgiving _____.

3. What does the poem 'Hurting' mean? Re-write it in a few words.

4. What kind of situations creates unhappy feelings?

a. _____

b. _____

c. _____

d. _____

e. _____

5. _____ prevents a person from forgiving someone.

6. Digambara celebrate 10 days of _____ Mahā Parva.

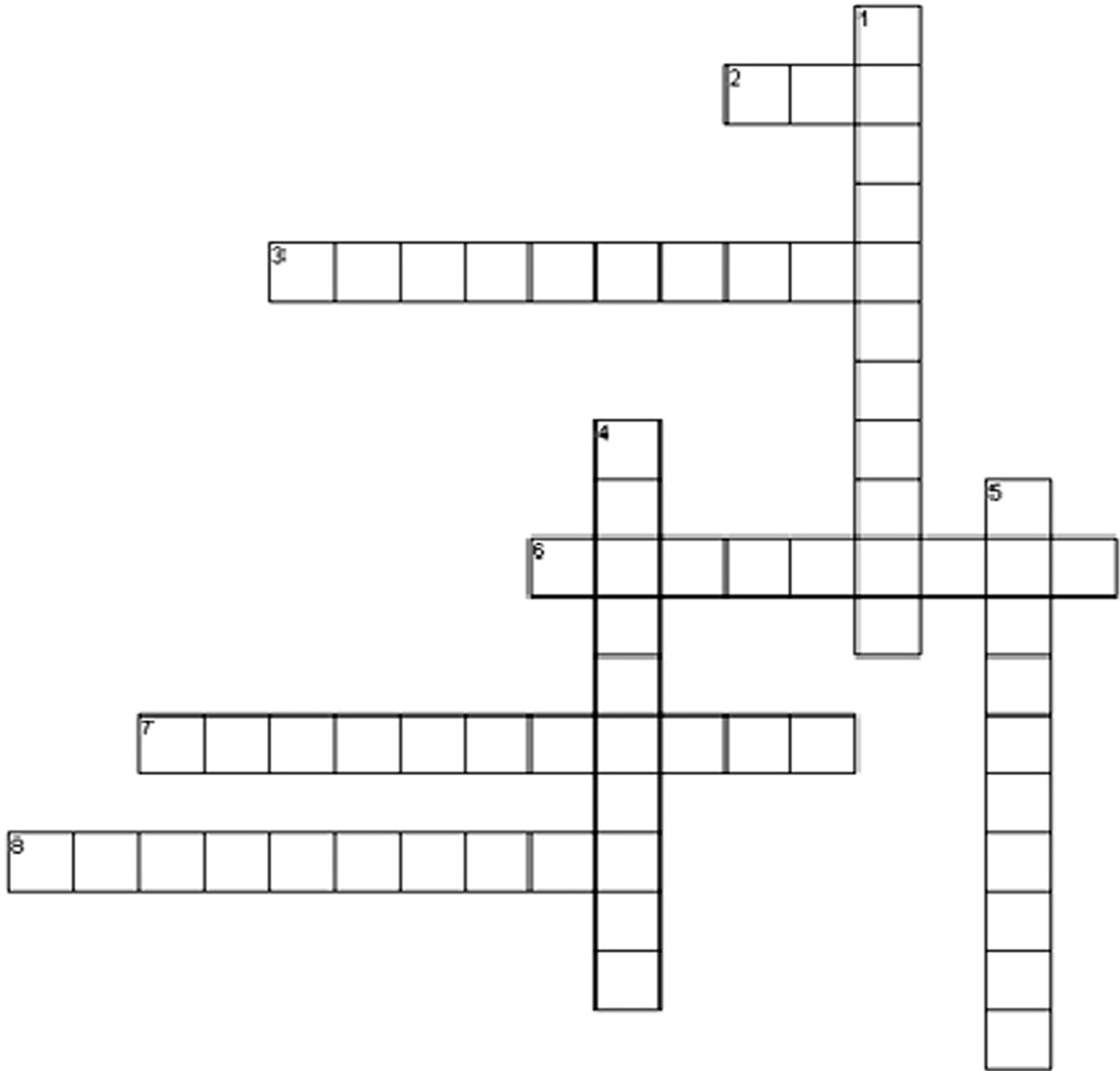
7. Shvetāmbara celebrate 8 days during which they read the _____, written by Āchārya _____.

8. Kalpasutra talks of _____ Tirthankars: _____, _____, _____ and _____.

9. The last day of Paryushan is called _____.

10. On this day we do _____.

Crossword



Across

2. Have to get rid of this
3. Last day of Paryushan
6. Festival of Forgiveness
7. Ask for forgiveness by doing this
8. Book read by Shvetāmbar

Down

1. Ask for this during Pratikraman
4. He wrote the Kalpasutra
5. Digambar celebrate this

4.3 Diwäli

1. Diwäli is _____
_____. We
celebrate Diwäli for _____ days.

2. What is the significance of Diwäli day for the Jains? Who attained Nirvān on that day?

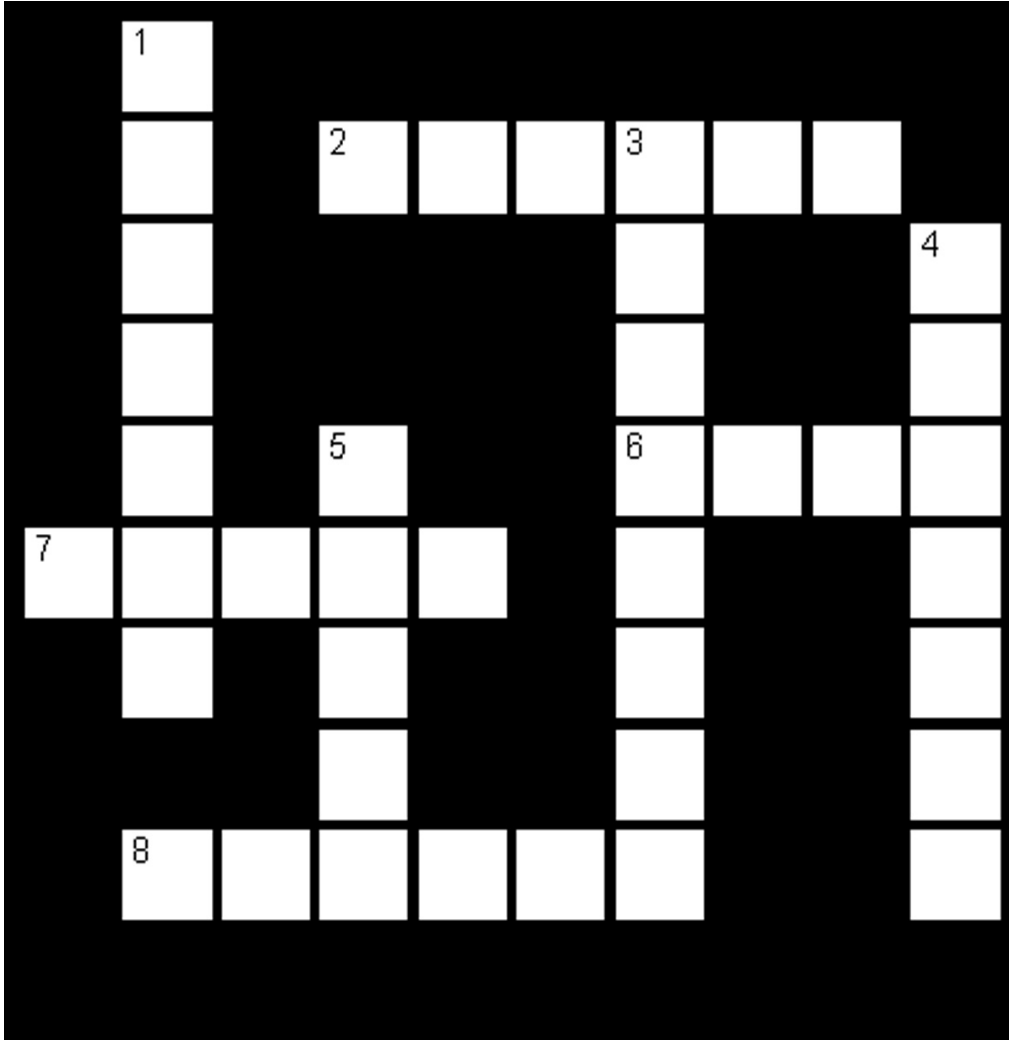
3. What did Gautam-swāmi attain? Why did he not attain it earlier?

4. How does your family celebrate Diwäli? What does your family do during these days?

5. What are the other Jain festivals that we celebrate during the year?

5.1 Anger/ Forgiveness

Crossword Puzzle



Across

- 2. Rage
- 6. Cut
- 7. Hurt
- 8. Speech

Down

- 1. Sanyam
- 3. Body
- 4. Let it go
- 5. A Kashäya

Bring a story showing the result of Anger to class.

The Angry Boy

Complete the following statements

1. The boy in the story had a _____
2. His father gave him a _____.
3. Every time he lost his temper, he was told to _____ a nail into the back of the fence.
4. On the first day he lost his _____ many times.
5. Over the next few weeks, as he learned to _____ his anger, the number of nails hammered daily gradually _____ down.
6. Finally the day came when he did not _____ to bang any nail into the fence and he told his father.
7. Now his father asked him to _____ out a nail on each day that he did not loose his temper.
8. When all the nails were removed he found that the fence was full of _____.
9. When we get angry, we leave _____ on the heart of other people.
10. We get angry because _____

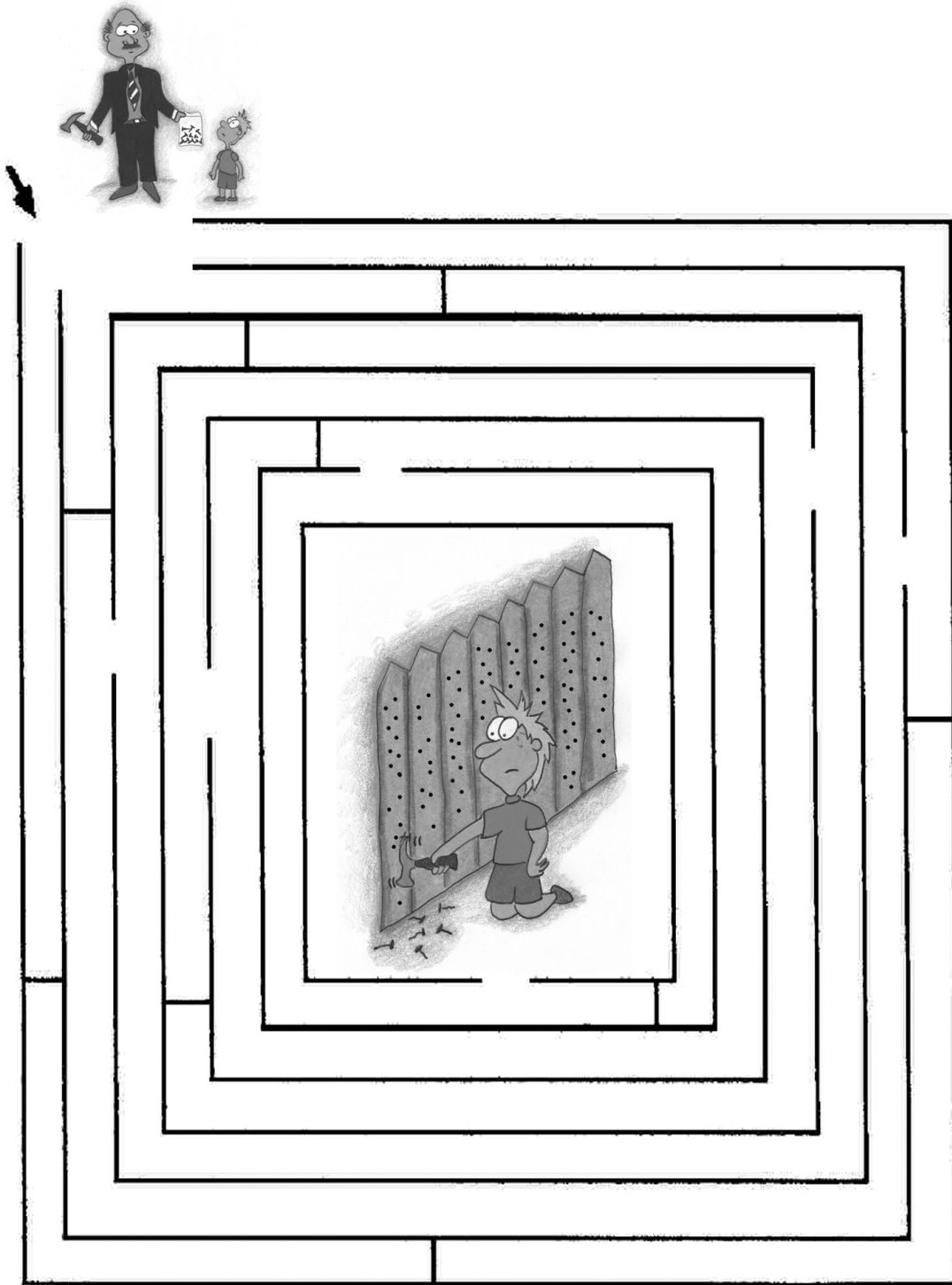
11. We can overcome anger by _____.
12. What is the moral of the story? How will you apply it in your daily life?

13. Activity

Each child is given a piece of wood (instead of a fence!) As in the story, the child bangs a nail in the wood every time they do something negative. There will come a day when the child prefers the option of not getting angry to banging nails in the wood. From that day on, like in the story, they remove a nail from the wood each day they refrain from getting upset. Did the same thing happen to them? Were you, children and adults, able to control your negative emotions and actions? Jainism believes that we should control our thoughts (Man), words (Vachan) and deeds (Käyā). By doing that we reduce our four Kashāya - Anger (Krodha), Ego (Māna), Greed (Lobha), and Deceit (Māyā), or at least not increase them.

Maze

Help the father reach his son removing the nails from the fence



Chandkaushik

Choose one of the terms below and complete the statement

Affection	anger	biting	calm	Chandkaushik
concern	ego	fear	forest	forgiveness
hatred	hole	love	mental	milk
non-violence	nothing	peace	peacefully	physical
poison	tranquility	Vachala	violence	

1. Mahāvīr-swāmi visited the village of _____. _____, a deadly snake, lived in the _____ near the _____.
 2. Lord Mahāvīr had no _____ and practiced supreme _____. He had no _____ towards anyone and considered fear and hatred as _____ of the self.
 3. Mahāvīr found the place that he thought Chandkaushik might be living in. Feelings of _____, _____, and _____ for the well being of every living being flowed from Lord Mahāvīr's heart.
 4. Chandkaushik tried to _____ Mahāvīr-swāmi by _____ his toe. When he looked at Mahāvīr-swāmi again he was astonished that _____ happened to him but instead he saw _____ like fluid flowed out of his toe.
 5. Lord Mahāvīr opened his eyes. He was _____ and there was no fear or _____ on his face. There was _____ and _____ on his face.
 6. Chandkaushik then realized the truth of life that what anger and _____ had done to him.
 7. Chandkaushik _____ retreated back to his hole. There he spent rest of his life in _____ and _____ peace.
- What is the moral of the story? When Chandkaushik went towards Mahāvīr-swāmi with feelings of _____ in him Mahāvīr-swāmi treated him with kindness and _____ .

5.2 Ego/Humility

1. Ego is one of the _____, known as _____. The other _____ kashāya are _____.

(If you can, write the words in English and Prakrit)

2. It is believed that there are _____ forms of Ego. They are:

3. What does 'Parasparopgraho Jivānam' mean? Explain in your words.

4. What does humility mean to you? Give an example of where you used humility instead of Ego.

5. Find a story or write a story on Ego and bring it to class.

The Hare and the Tortoise

Complete the statements below

1. Hare was _____

2. Tortoise was _____

3. Hare was very _____ that he could do things fast, and his _____
_____ came in the way of his friendships.
4. Hare was constantly _____ Tortoise and making _____ of
him.
5. When Hare teased Tortoise about having a race all his friends _____
_____ him to do so. They wanted to stop the teasing and truly _____ in
Tortoise.
6. After a lot of encouragement Tortoise _____ to have a race
after _____ weeks.
7. In those three weeks, Tortoise _____

8. Hare, on the other hand, _____

9. On the day of the race Hare, who was so proud of himself, decided
to laze along the way. He _____

10. What was the result of the race? Why? _____

Word Scramble

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.

HEAR

13			

TIOREOST

								2

GOE

7		

DERIP

3		16		

NISDIERPHF

			11					14	15	

CAORCNO

		5				

ROOTERS

				17	8	

FOGR

			9

REASEECERVPN

																	6

HYALETH

			4	12			18

GSNTRO

			1	10	

1	2	3	4	5	6	7

8	9	10

W			
	11	12	13

	U	M				
14		15	4	16	17	18

Bāhubali

Complete the statements below

1. Lord Rushabhadev had _____ sons and _____ daughters.
2. _____ wanted to become sovereign over all the kings.
3. _____ did not accept him as a sovereign king.
4. _____ was the stronger of the two and let his brother use his _____ first.
5. Bharat, worried that Bāhubali would hit him hard, forgot the rules and decided to cheat. He threw the _____ disc at Bāhubali.
6. The disc came back since the disc does not kill a _____.
7. Seeing his brother's action Bāhubali stopped to think about his _____ and did not hit his brother Bharat with his fist.
8. He decided to give his _____ to his brother, become a monk, and go into the forest and _____.
9. What was preventing Bāhubali from attaining Kevaljnān?

10. His _____ helped him understand his mistake. They sang songs about getting off the _____. The elephant represented his _____.
11. What is the moral of the story?

Word Search

N A Y A R I H B A N K L H R T
O O B Z D W J A L F W H L A K
G M I V A Y H D O Y A T R U T
E E V T P B V J G T G A V H B
L D E Z A G T F L K H N G J R
E I D Y T Z O J E B F I J O A
P T U I H B I V B O L D J R H
H A R R S P A L N L L A P O M
A T A A A L O B A H U B A L I
N I M D J B I N V E Z V B J A
T O L N E K R L A N R E T X E
E N A U H E X N R V N F X X Y
N N X S T A X S H I L A L X B
D Q I E J X L V S H T L A E W
R U S H A B H A D E V J U M S

ÄDINÄTH
BÄHUBALI
BULL
ETERNALLIGHT
MÄRUDEVI
RUSHABHADEV
SUNDARI

ASHTAPAD
BHARAT
EGO
EXTERNAL
MEDITATION
SELFREALIZATION
TAKSASHILÄ

AYODHYÄ
BRAHMI
ELEPHANT
KEVALJNÄN
NÄBHIRÄYA
SHRÄVANBELAGOLÄ
WEALTH

5.3 Deceit/Honesty

Questions

1. What does honesty mean to you?

2. How do thoughts, words and actions work in honesty and truthfulness?

3. What happens if you lie? What do people think of people who lie? How are they treated?

4. What happens if you are honest? How do people react?

5. How do honesty and truthfulness help us? What does deceit cause? Why?

6. Give 2 examples where you had to decide whether to tell the truth or not? Why? What did you decide? Why?

The Honest Woodcutter

Questions

1. Everyday the woodcutter would cut wood _____
_____.
2. He was always happy _____.
3. One day his axe _____.
4. He did not take the silver or the golden axe _____

_____.
5. When he saw the silver and golden axe he thought _____

_____.
6. The river fairy give him both axes because _____

_____.
7. What is the moral of the story? _____

_____.

Word Search

R H L R K A O O N E S T Y I S
T E H U E E B E S T P O L I C
Y F T F N V Y X H D V J N Z K
N U P T X C I H T E X A F P P
K Y F V U W H R U P J T A Z G
U X I X A C X O R P T X C D U
Q I F N V P D A T I E I Z W J
E C W N M Y E O H R H N O B P
A H M X U C X H O T T B P L W
S I L V E R B S B W D Z Y O N
U B U H J Z J R V X A S A G U
S L I P P E D T R E E S O E D
J C V Z S P T Y U U Y L G Q G
B V H F N P Y T N X D E V N Q
H U S Z L B E A G C U D J R S

AXE
OAK
SLIPPED
TRUTH

GOLD
RIVER
TREES
WOODCUTTER

LUNCH
SILVER
TRIPPED

King Hans

Complete the statements below

1. King Hans was known for his _____ and _____.
2. While he was away King Hans's kingdom was attacked by _____.
3. When he heard the news he decided to _____ with his pilgrimage.
4. When they did not return the ministers traveling with him decided to go _____ to their _____.
5. What finally happened to the king?

6. What were the people in the bushes talking about?

7. Why did the king asked the police to protect the monks instead of searching for the robbers? _____

8. The king told the robbers to _____

9. The robbers decided _____

10. King Arjun's soldiers were looking for King Hans because they had orders to _____

11. The main principles of Jainism talked about in this story are _____ and _____.

12. When faced with conflicting, multiple principles King Hans decided to _____

5.4 Greed/Contentment

Questions

1. What is Greed? Explain in your own words.

2. When is striving for more or wanting more not bad? When is it bad?

3. When a person is not greedy, what are they? How would you explain it?

4. In the scene where the man thought he would be happy if he had a house, what happened after he got a house? Where did his greed get him?

5. In the second scenario what did the businessman want the shepherd to do? If the shepherd did what the businessman wanted him to do where would he end up? How would that have been different from what he had when he met the businessman?

Word Search

S K S I D T H Z W T N C
Z A B S G E K H E K E O
G U T R E K S M G C W N
R D W I U N P I N T F T
E M O W S T I A R V X E
E Z Z O A F L P U E E N
D W V T O A A N P L Q T
S N I D B O C C C A L M
A O Z M U Q W M T N H E
N A I A H N E P R I G N
N O I S S E S S O P O T
L O N G I N G N D Q B N

CONTENTMENT
HAPPINESS
POSSESSION

DESIRE
IMBALANCE
SATISFACTION

GREED
LONGING
TEMPTATION

The Greedy Spider

Questions

1. The story is about _____.
2. The spider heard about a _____ and _____ to go.
3. He could not go to the party because _____

4. Nobody would tell him where the party was because _____

5. The spider called his _____.
6. The spider decided to _____

7. What happened next? _____

8. Did he enjoy the party? Why? _____

9. What did you learn from this story?

10. Give an incidence when you saw 'GREED' take place? It could be you or it could be someone else. (Often, it is difficult to see yourself do it but very easy to see it in someone else!)

11. Was there a better way to deal with the above situation? _____

Kapil Muni

Choose one of the terms below and complete the statements

accumulation	amused	bless	contentment
detachment	earning	gold	grant
greedy	happiness	Indradatt	Kashyap
kingdom	luxuries	Manoramä	moon
omniscience	Shrävasti	Shridevi	sun
two	veranda		

1. Kapil was the son of _____ Shästri and _____.
2. Being an only child he was brought up in great _____ and did not pay attention to his studies.
3. His mother sent him to _____ to study with _____.
4. There he met a Brahmin widow _____ and fell in love with her.
5. When they needed more money to run the house Kapil was not _____ money.
7. The king of Shrävasti gave _____ grains of _____ to the first person who blesses him everyday.
8. He decided to wake up early and go to _____ the king and make some quick money.
9. Upon repeated failures he decided to sleep out on the _____ of his house.
10. When he saw the rising _____ he thought it was the _____.
11. When the king found out about his mistake he was very _____. The king told Kapil that he would Kapil anything that he asked for.
12. On thinking of what he could ask for Kapil thoughts went wild. He went from wanting 2 grains of gold to wanting the whole _____.
13. Kapil was shocked at how he could get so _____ and starting going in reverse gear back to 2 grains of gold.
14. These thoughts made him realize that the more a person gets the more he desires to get. The sense of _____ knows no limits!"
15. He realized that _____ does not come from greed but from _____.
16. As soon as realized that he felt a sense of _____ to material things and attained _____.

Word Search

A D B M G L G L A R E C C
T A L J O O U D G A A O Z
T C E E L D N X R R N O K
A C S D T A G N U T D J Z
D U S U R N I N E R G I S
A M N E G N E N I V I S W
R U V U G R T M U K E E J
D L D G S M E T H N H I S
N A J A E C N E I C S I N
I T S N O O M P D U A Q M
M I T U H L P H E Y D T L
V O S H R A V A S T I F E

ACCUMULATION
CONTENTMENT
GOLD
INDRADATTA
LUXURIES
OMNISCIENCE
SUN

AMUSED
DETACHMENT
GREEDY
KASHYAP
MANORAMA
SHRAVASTI
TWO

BLESS
EARNING
HAPPINESS
KINGDOM
MOON
SRIDEVI
VERANDA

5.5 Compassion

Doing more than is expected, To make another's life a little more bearable, Without uttering a single complaint, ...means compassion

1. What do the above 4 lines mean? Does Jainism define Compassion in the same way?

A person should do _____ (more, less) than one feels they are required to do to _____ (harm, help) someone in any way they can. True compassion is when one helps without expecting anything _____ (back, forward), and without _____ (complaining, grining)

2. We all help family and friends. How would you show compassion to an unknown person? Give an example of an incident and what did you do that showed compassion towards that person.

3. Bring a story on Compassion to class.

Activity:

Just like Dumb Charades, assume that you cannot talk and do not have hands to gesture and communicate with (lightly tie them up behind your back).

The teacher/parent will show you a sentence that you have to act out so that your friends can guess the sentence.

Discuss in a group or write:

Is it easy or difficult to express yourself without speech or gestures? Is it easy or difficult to understand another who does not talk or communicate through gestures?

How do animals communicate?

How do people who cannot talk or communicate, for whatever reason, feel?

Do you feel compassion towards people? Do you feel compassion towards animals?

Explain by giving an example.

Meghakumär

Complete the statements below

1. When Meghakumär tried but could not sleep at _____, he started thinking of his life as a _____.
 2. In the life of an _____, he did not receive _____ and _____, and the touching of feet as he lay on the hard floor _____ his sleep.
 3. He went to inform Mahävira-swämi about his _____.
 4. Mahävira-swämi, in turn, told him a story of an _____.
 5. In the forest there was a _____.
 6. All the animals feared for their life and ran to a _____ to be safe.
 7. The elephant lifted his foot because he had an _____ on his knee!
 8. He was about to put his foot down when he noticed a _____ occupying that spot.
 9. If he put his foot down he would _____ the rabbit. If he asked the rabbit to move the rabbit had no _____ to go.
 10. For how many days and nights did the elephant stand without putting his leg down to save another animal?
The elephant stood _____
-
11. Stand on one foot, or two hands and one foot, and see how long you can stand – I stood for _____ minutes. Was it easy?
 12. When the fire stopped and all the animals scurried away, what happened to the elephant?

 13. _____ was the elephant in a previous life where he showed a lot of compassion towards other animals. Do you think he stayed and listened?
YES NO

5.6 Friendship

1. Choose one of the quotes and explain what it means to you. Please mark the one you chose:

James Fredricks

Dale Carnegie

Chinese Proverb

2. Describe one incident that having someone with you helped you to overcome the problem more easily.

3. Find a story on friendship and bring it to class.

Androcles and the Lion

Questions

1. The slave's name was _____.
2. The slave _____ because his master was very _____.
3. He decides to hide in a _____.
4. What woke him up? Why was he scared?

5. Androcles saw that the lion seemed to be _____
6. When Androcles approached him the lion _____

7. From that day on _____ blossomed between the slave and the lion.

8. Some _____ saw Androcles. They _____

9. Describe the sporting event.

10. Why was the audience surprised? What had they expected?

11. What did the people do? Why?

5.7 Perseverance

1. What does the poem mean?

2. Do you keep trying when you face difficulties in your studies or do you give up and say, "It's too hard"; or blame it on the teacher saying -"She's so mean"!!!! Which activities do you give up on more easily? Which ones do you do?

3. What do you want to achieve In 1 month, 3 months, A year?

Make a short list of what you want to achieve in say 3 months and check off as you achieve it.

If short term goals are achieved, long term will automatically be achieved. For example, if you want to be organized, try to achieve some of the following short term tasks and organization will automatically be achieved. You will realize you have a lot more free time since you won't have anything pending.

	1 month	2 month	3 month
1. Be organized			
2. Room is clean			
3. Homework is done everyday			

The Little Engine That Could

Complete the statements below

1. The story is about _____

2. When she reached the hill _____

3. After several tries _____

4. Along the way they met _____

5. They asked the big engine _____

6. The big engine replied that _____

7. What was their experience with the other big engines that they met along the way?

8. Whom did they meet at the end? What did they ask and what answer did they get?

9. What did they do? _____

10. What is the moral of the story?

Find one activity that is hard for you and see if you can persevere and achieve that task. You could make a chart below and follow your progress.

5.8 Self-Reliance

1. What was the man watching? Was he happy or sad about what he was watching?

2. What did he do? In helping the struggling butterfly did he think he was helping or hurting the butterfly?

3. What did he end up doing? How?

4. Are there situations in your life, where you would like adults to help you, such as: your school projects, your homework? cleaning your room? By taking their help all the time (occasionally everyone needs help and appreciates it) are you helping or hurting yourself in the long run? How?

5. In the poem, "I asked ...", if the person did not get anything they asked for but seemed to get the opposite, why do they say they got everything they needed?

The Little Red Hen

Complete the statements below

1. _____, _____, _____ and _____ lived together in a little red barn.

2. What did each animal like to do all day?

3. One day, the little red hen found _____.

4. What did she ask the other animals? What was their reaction?

5. The little red hen _____.

6. What happened to the grains that she planted? What needed to be done?

7. What did she ask the other animals? What was their reaction?

8. Then what did they have to do? Where did they have to go?

9. What did she ask the other animals? What was their reaction?

10. What did the little red hen do?

11. What did she decide to do with the flour?

12. What did she ask the other animals? What was their reaction?

13. When the bread was ready what did the little red hen ask?

14. What was the reaction of all the animals?

15. What did the little red hen do?

16. How did the animals react? What did they do from then on?

17. What is the moral of the story?

18. What did you learn from the story? Discuss a situation where you shared with others in spite of all the “even thoughts”...

19. Can you think of another story in which the animals fought over food, and what was the result? Compare with the story ‘Greed’. Which story is better and why? Which character would you rather be? The hen or the spider? Why?

6.1 Conscious Consumer

1. Jainism is based on the principles of _____,
_____ and _____.

2. Should we be concerned only about animals that are killed and their body parts used for eating, leather, silk, etc.? Or should we also be concerned about how animal by-products are obtained?

3. Find 5 products that are used in your house; for example, soap, shampoo, toothpaste, cleaning supplies, and antibiotics. Find out how they are made and how are they are tested to see if they are safe for human beings.

1. _____

2. _____

3. _____

4. _____

5. _____

Eggs

Choose one of the terms below and complete the statement

300	alive	angle	battery
cruelty	debeaking	grinding	inches
inhumane	laying	male	roll
rows	tiers	spent	

1. Egg production involves significant amount of _____ and _____ treatment of birds.
2. The average laying hen produces more than _____ eggs a year.
3. Hens that produce eggs are called _____ hens.
4. The cages are built at an _____ so eggs automatically _____ out for collection and are gathered twice a day.
5. Hens are confined in _____ cages - small wire cages stacked in _____ and lined up in _____ in huge warehouses.
6. It is recommended that they be given 4 _____ of feeder space.
7. _____ means having part of their beaks cut off in order to reduce injuries resulting from excessive pecking.
8. _____ hens usually end up in soups, pot pies, or similar low grade chicken meat products where their bodies can be shredded to hide the bruises from consumers.
9. A common method used to dispose of unwanted _____ chicks is _____ them up _____.

Word Search

W R E G G L T E O G E S U M T
T G R L A N N U E N A H I N C
P R W Y G A P F S I J I E N I
R E I E M N I K R D W P A D N
I N T U G C A G F N S C R X C
G H H A K N R E V I L A G V H
A N B N M Y I U Y R M G W K E
I K O W I L L K E G M A L E S
B A T T E R Y N A L R L U M G
Q N Y X Y O V K S E T O P V N
N Z W E N W Z U R U B Y L S U
Q U S E Q S N N E Y Y E W L O
S H E X Z T I A I H F D D K W
O C U H Q B M O T A Q W I H K
G L L P Y S Q A R X G D A Z T

ALIVE
DEBEAKING
LAYING
SPENT

ANGLE
GRINDING
MALE
TIERS

BATTERY
INCHES
ROLL

CRUELTY
INHUMANE
ROWS

Pearls

Choose one of the terms below and complete the statement

bruised	cultured	extracted	forceps
foreign	graft	insertion	irritation
nacre	oysters	pain	pearl
secretes	several	suffering	trapped
wedge			

1. For those who care about Ahimsä the pearl is a symbol of _____ and _____.
2. Pearls are a response to an _____ caused by a _____ particle.
3. It naturally occurs when sand or a bit of shell is accidentally _____ inside the oyster's shell.
4. To reduce the pain it secretes a substance called _____, which surrounds the particle.
5. To avoid waiting for natural pearls humans started searching for young _____ in the deep ocean to make _____ pearls.
6. _____ are used to hold the shell open while a wooden _____ is inserted.
7. An _____ is then made in the base section of the shell-fish and the _____ is carefully inserted.
8. To avoid the pain of the foreign particle the oyster _____ nacre around the particle to form a _____.
9. The pearls are _____ with sterile instruments, and the oysters are used _____ times before they are very _____ and can no longer be used.
10. Read the poem "The Oyster" written by David Cohen. What did the oyster do with the sand that was bothering him? Please discuss the poem with your parents and teachers. Please write what you can do about the things that bother you in your life.

Word Search

I P E T E R A T R L S N A R E
O N R G E U C T E R B O E A U
T A S T D A Y F O R E I G N C
P W S E R E P C E H V T S S E
C Y S T R E W T J O J A N H I
O O X P A T E O O Z T T N V J
U E X R E R I A C G R I Z S L
V C L I C C Q O N M A R A U F
T A U E N T R I N P Y R Z G U
F U S L Y A R O M I N I M A L
A D F N T E C W F K P E W U N
R K H H F U V R K X U R D E V
G F S F A S R H E E R Y M K T
N I U J V B W E L T U J J Y R
L S X F K F I G D T V O J B I

CULTURED
FOREIGN
IRRITATION
OYSTER
SECRETE
WEDGE

EXTRACT
GRAFT
MINIMAL
PAIN
SUFFERING

FORCEPS
INSERTION
NACRE
PEARL
TRAP

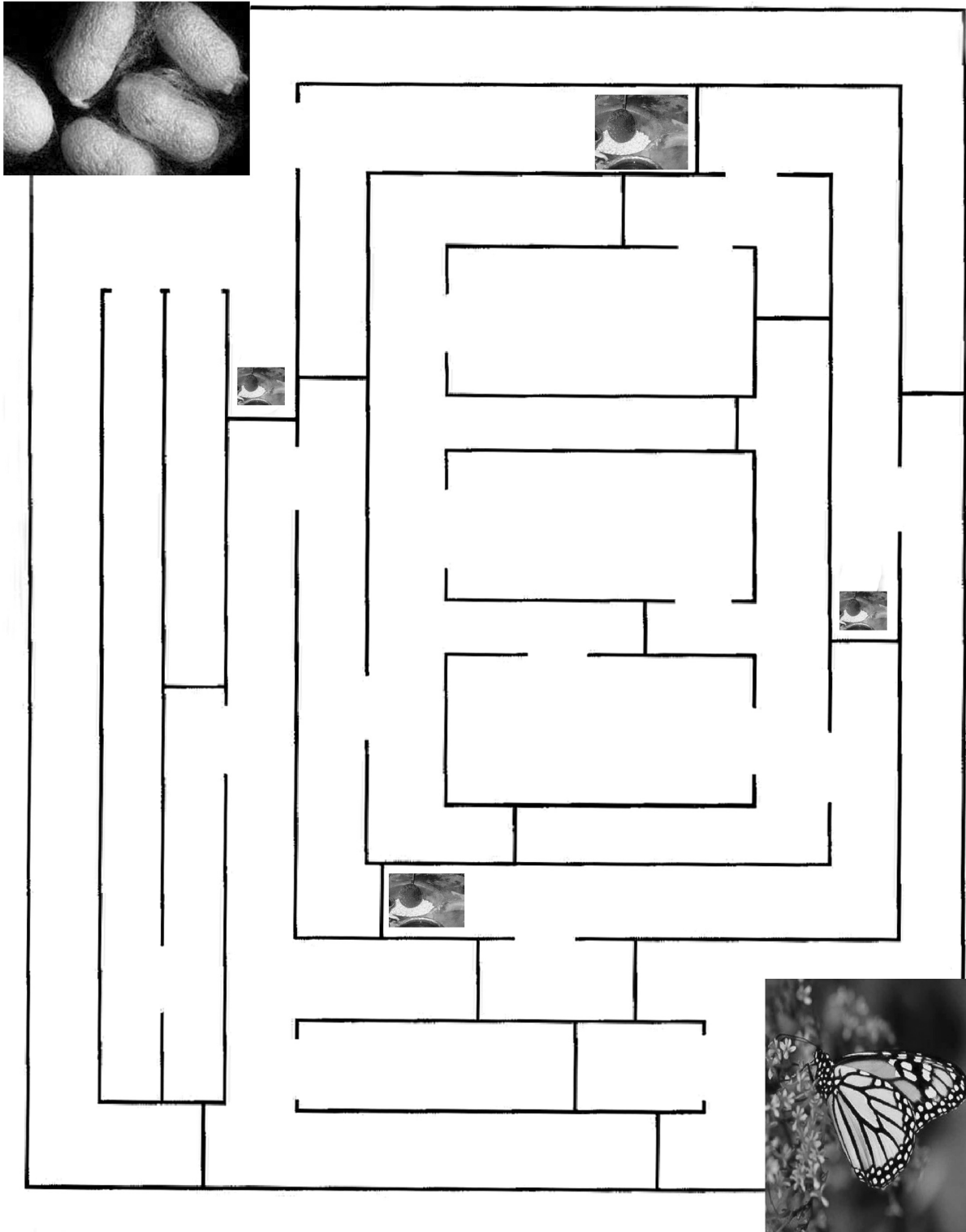
Silk

Choose one of the terms below and complete the statement

300-600	baskets	bodies	boiling
cocoon	cold	dies	fragments
hatch	heat	incubators	inner
moth	mulberry	pupa	silk
spiral	straw	twigs	

1. Each moth lays somewhere between _____ eggs.
2. The life cycle of the silk worm starts with the silk _____ laying eggs.
3. Once the eggs are laid the silk worm usually _____.
4. The eggs are held in _____ storage for some time.
5. In the early parts of each spring these eggs are put into _____.
6. After 20 days of incubation these eggs _____ and tiny silkworms emerge.
7. They are fed fresh _____ leaves and these tiny worms grow into fat worms.
8. When they stop growing they are transferred to different wooden _____ with _____ compartments.
9. The compartments are filled with _____ and _____.
10. After spinning for about 3 days a _____ formation is completed around the worm.
11. The worms change into a _____ that lives inside the cocoon and matures till a mature moth can emerge out of the cocoon.
12. When the worms break the cocoon these _____ threads are broken into small _____ and these fragmented threads cannot be used to make silk yarns.
13. The cocoons are either put into hot _____ water or the baskets are placed in _____ chambers till the pupa inside the cocoon dies.
14. Clothes are only covers for our _____; our _____ beauty is of importance and what counts.

Help the cocoon stay alive and become a butterfly



Varakh

1. What is Varakh used for? Please give atleast 2 uses.

2. How is Varakh made? Please describe it in short.

3. As Jains should we or should we not use Varakh? Why?

6.2 Environment

1. Explain the phrase Paraspapagraho Jivānām.

2. Fill in the blanks

a. Compassion is the _____ aspect of non-violence.

b. If one does not care for _____, one does not care for _____.

c. Nature provides enough for our _____, not for our _____.

d. To produce _____ an average of 2500 gallons of water is used.

e. To produce one pound of wheat _____ gallons of water is used.

3. Explain three Rs of recycling.

6.3 Nutrition, Health and Spirituality

1. As followers of Ahimsä what are the food groups that we should be eating and how many servings per day?

2. Make a list of everything you eat in the next week and see if you ate the servings suggested for each group:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

6.4 Yoga, Health and Spirituality

Day					
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
Month 2					
Month 3					

7.0 Glossary

Ächärya 20	A Sädhu who has learned, mastered and taught religious scriptures, follows them, and is now the head of a Sangh. A monk scholar.
Ägams 17	Jain Scriptures
Aghäti 20, 32	The four types of karmas whose powers are much milder than those of the four Ghäti karmas. These powers end at the end with a life.
Ahimsä 17	Non-violence. A Mahävrat or an Anuvrat. Jain religion is remarkable in that it upholds non-violence as the supreme religion (Ahimsä Parmo Dharma) and has insisted upon its observance in thoughts, words and deeds at the individual as well as at social levels.
Akshat 25	Polished white rice. Rice with the husk removed.
Änand 30	Infinite Bliss.
Anekäntaväd 17	Multiplicity of viewpoints. It is a many-sided approach to reality.
Antaräya 32	Obscuring karma.
Aparigraha 17	Non-possessiveness. A Mahävrat or an Anuvrat
Apkäya 27	Minute living beings in water.
Ärä 17	One of the six divisions of time in one half of the time cycle. Each cycle is hundreds to billions of years. We are currently in the 5th ärä of the descending half of the time cycle, which started about 2500 years ago.
Arihanta 19	A soul who has destroyed his inner enemies of anger, greed, ego and deceit.
Ätmä 30	Soul
Äyushya 32	Age determining Karma.
Beindriya 28	Two sensed beings who have the senses of touch and taste.
Bhav 39	Life.
Chäritra 25	Conduct
Chaurindriya 29	Four sensed beings who have the senses of touch, taste, smell and sight.
Chyavan 35	Conception.
Darshan 25, 30	Vision, Perception.
Darshanävaraniya 32	Perception obscuring karma.

Deva 24	A soul in heaven, or at a high spiritual level.
Dharamshälä 74	A place to stay which is maintained by a Jain.
Dhwani 38	Divine sound
Digambar 23	A sect of Jains.
Dikshä 35	Initiation into monk hood
Dvesha 24	Aversions
Ekendriya 27	One sensed beings.
Gati 25	Destiny. The Swastika has 4 gatis, namely, heavenly beings, hellish beings, human beings, and plants and animals.
Ghāti 19, 32	The four types of karmas, whose powers are much stronger than those of the Aghāti. Karmas that have a vitiating effect upon the qualities of the soul. These powers may last for many lives.
Gotra 32	Status determining karma
Himsä 26	Violence or torture by thoughts, words and deeds to any living being.
Indriya 27	Sense organs through which one can experience the senses of touch, taste, smell, hear and feel.
Janma 35	Birth
Jina 17	“Conqueror” He who has conquered love and hate, pleasure and pain, attachment and aversion, and has thereby freed ‘his’ soul from the karmas obscuring knowledge, perception, truth and ability, is a Jina. The Jains refer to the Jina as God.
Jnän 25, 30	Knowledge. A pure soul has infinite knowledge.
Jnänävaraniya 32	Knowledge obscuring karma.
Kalyänak 35	Occasion in the life of a Tirthankar.
Karma 17	Action. A deed- good or bad. A form of matter particles. Upon maturing, it delivers its fruit. There are 4 Destructive (Ghāti) and 4 Non-destructive (Aghāti) types of karmas. Powers of Ghāti karmas are much stronger, and they last for many lives.
Kashäya 17	Passion like anger, ego, deceit and greed. The Kashäya cause the karma to bind to the soul.
Kevaljnän 20, 35, 37	Infinite knowledge. Knowledge isolated from karmic obstruction. Omniscience. Knowledge involving awareness of every existence in all its qualities and modes.
Krodha 17	Anger
Länchhan 23	Symbol on the base of a Tirthankar’s idol that helps identify the Tirthankar.

Lobh 17	Greed
Manushya 24	Human beings
Män 17	Ego
Mäyä 17	Deceit
Mohaniya 32	The state of freedom, for a soul, from the cycle of birth and death.
Moksha 20	One who keeps maun. He only observes, without praising or complaining.
Murti 23	Idol
Näm 32	An Aghäti karma that determines the body.
Narak 25	Hell
Nirvän 36	Moksha, salvation
Nissihi 22	Leaving behind
Padmäsan 23	Lotus posture is one of the postures that tirthankars used to meditate.
Päncha 35	Five
Panchendriya 29	Five sensed beings having touch, taste, smell, sight and hearing.
Prithvikäya 27	Minute living beings in the earth.
Räga 24	Attachment
Sädhu 21	A male person who has given up family life, wealth and worldly comforts to seek liberation. He studies scriptures regularly.
Sädhvi 21	A female person who has given up family life, wealth and worldly comforts to seek liberation. He studies scriptures regularly.
Sanyam 24	Self control
Samavasaran 37	A circular or square enclosure built for the first sermon given by a Tirthankar after attaining kevaljnän.
Samyak 25	Rational
Säthiyo see <i>Swastika</i>	
Shakti 30	Infinite energy
Shvetämbar 23	A sect of Jains. Shvet means white, and ambar means clothes; hence Shvetambar wear white-clothes
Siddha 20	A pure soul who has no karmas. They do not have Ghäti or Aghäti karmas.
Siddha-loka see <i>Siddhashilä</i>	
Siddhashilä 20	The place above the Swastika, symbolized by a crescent moon, where Siddhas reside.

Sthänak	see	
	<i>Upäshraya</i>	
Sthävar	27	Non-mobile living beings.
Swastika	24	A symbol of well-being. The 4 arms depict the different gatis.
Tapa	24	Austerities
Teukäya	28	Minute living beings in fire
Tirthankar	19	One who re-establishes the religion, and the four-fold society of Sädhus, Sädhvis, Shrävaks and Shrävikäs.
Tiryancha	24	Animal being. One of the gatis in the Swastika.
Trasa	27	Mobile living beings
Treindriya	28	Three sensed being having touch, taste and smell.
Upädhyäya	19	A person who teaches sädhus and sädhvis.
Upäshraya	22	A meditation hall for Sthänakväsis. There is no idol of a Tirthankar in the hall.
Vanaspati	24	Plant beings. It is one of the gatis in the Swastika.
Vanaspatikäya	28	Minute living beings in plants
Väyukäya	28	Minute living beings in air.
Vedaniya	32	Feeling obscuring karma
Veerya	see	
	<i>Shakti</i>	