

Pahala Kadam

Jainism Reader I



Inspired by
Munishree Kshamasagarji
whose blessings make everything
possible.

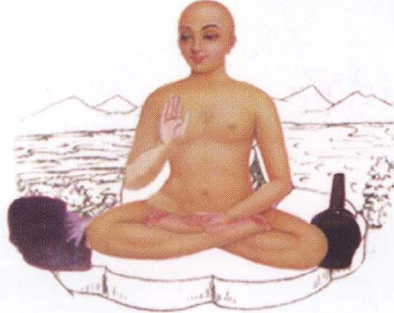
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NAMOKAAR - MANTRA

Namo Arihantaanam
Namo Siddhaanam
Namo Aayariyaanam
Namo Uvajjhaayaanam
Namo Loe Savva Saahunam



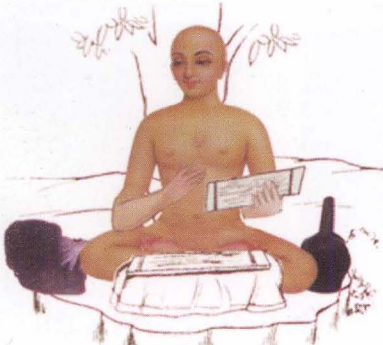
Arihant ji



Acharya ji



Siddha ji



Upaadhyay ji



Saadhu ji

Twenty Four Tirthankars and their Emblems

1. Rishabhathji
Emblem : Bullock



2. Ajitathji
Emblem : Elephant



3. Sambhathji
Emblem : Horse



4. Abhinandanji
Emblem : Monkey



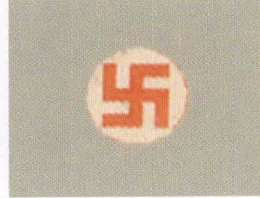
5. Sumathathji
Emblem : Curlew



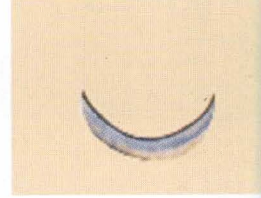
6. Padmaprabhuji
Emblem : Red lotus



7. Suparswanathji
Emblem : Swastik



8. Chandraprabhuji
Emblem : Crescent



9. Pushpadantji
Emblem : Crocodile



10. Sheetalathji
Emblem:Wish Yeilding Tree



11. Shreyansathji
Emblem : Rhino



12. Vaasupujyaji
Emblem : Buffalo



I bow to twentyfour Tirthankars, who promote and guide all
living beings towards true religion.



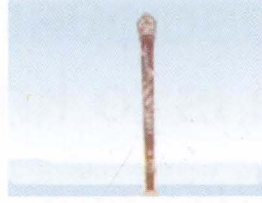
13. Vimalnathji
Emblem : Pig



14. Anantnathji
Emblem : Porcupine



15. Dharmanathji
Emblem : Vajra



16. Shantinathji
Emblem : Deer



17. Kunthunathji
Emblem : He- goat



18. Arahnathji
Emblem : Fish



19. Mallinathji
Emblem : Kalash



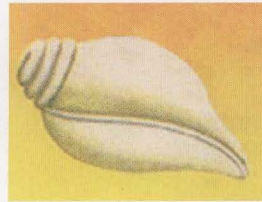
20. Munisuvratnathji
Emblem : Tortoise



21. Naminathji
Emblem : Blue lotus



22. Neminathji
Emblem: Conch shell



23. Parshwanathji
Emblem : Snake



24. Mahaveerswami
Emblem : Lion



We belong to the era of twenty fourth tirthankar Mahaveer.

LIVING BEINGS

I am a living being.
I have consciousness.
My nature is to know and feel.



I respect all life forms



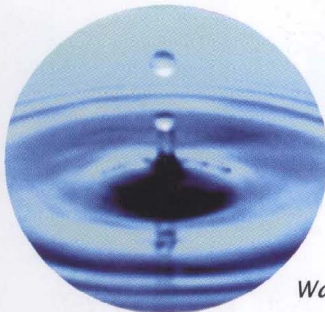
Animal , Fish, Bird, Insect



Plants, Vegetation



Earth



Water



Fire



Air

Two kinds of living beings



First kind of living beings are the enlightened beings.

Enlightened beings

Arihanta and Siddha are enlightened beings.

They are pure souls.

They do not go through birth and death.

They have attained Moksha and are always happy.

Enlightened Beings

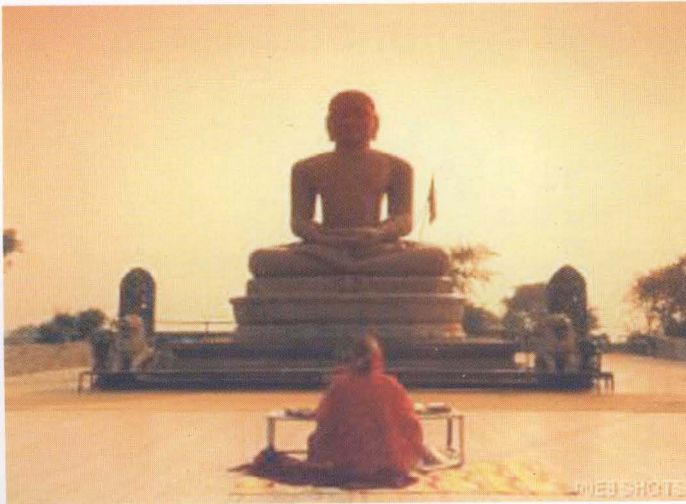
Arihantas

(Beings with body)

&

Siddhas

(Beings without body)





Second kind of living beings are the worldly beings.

Worldly beings

They have a body with one to five sense organs.

They go through birth and death.

They feel pleasure and pain.

They are of five kinds based on the number of sense organs they have.

FIVE SENSES

I have five sense organs that help me to know the world



TOUCH

I feel warmth, coldness with my skin.

TONGUE

I taste sweet, bitter with my tongue.



NOSE

I smell with my nose.



EYES

I see colors with my eyes.



EARS

I hear sound with my ears.

Five kinds of worldly beings



Beings with one sense organ.

Plants, earth, water, fire, air has touch sense.



Worm has two sense organs.

Beings with touch and taste senses.



Ant has three sense organs.

Beings with touch, taste, smell senses.



Butterfly has four sense organs.

Beings with touch, taste, smell, see senses.



Humans, animals, birds have five senses.

Beings with touch, taste, smell, see, hear senses.



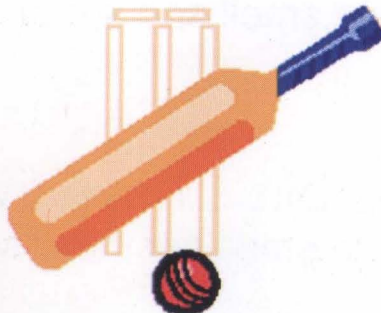
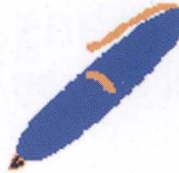
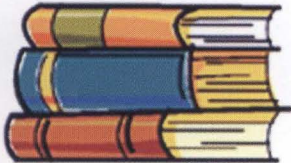
NON-LIVING THINGS



Non living things are non sentient (*achetan*).

They do not have sense organs.

Car, table, pen, bat-ball etc. Are non living things.



ANGER

Anger destroys friendliness.
I should love and forgive.

EGO

Ego makes me stubborn.
I should learn to respect others.

**Four
Passions**
(Kashaye)

Deceit leads to loss of trust.
I should be simple.

Greed makes me selfish.
I should learn to share with others.

DECEIT

GREED

These four passions are not good and should be avoided.

FIVE VIRTUES

Ahimsa

I practice non-violence
in all my actions. I do not
hurt anyone and I love all.

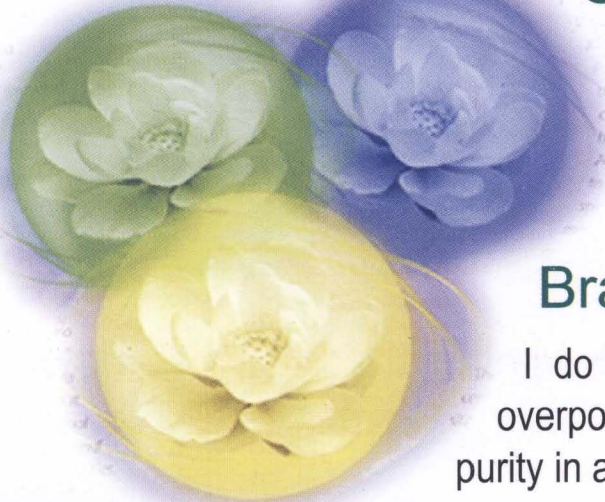


Satya

I tell the truth.

Acharya

I shall never steal.



Brahmcharya

I do not let passions
overpower me. I keep
purity in all realtions.

Aparigraha

I do not gather
more and more
possessions and wealth.



GOOD HABITS



I go to temple everyday
To affirm my virtues.

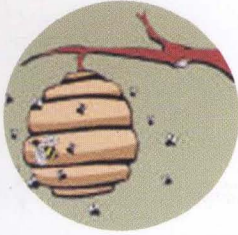


I drink filtered water.
To protect myself from illness causing bacteria
and to protect bacteria and insects in water.

I take food before sunset.
At night insects may fall in the food I eat.



I do not



I do not take honey.

When honey is obtained lots of bees are harmed.



I do not consume alcohol.

Alcohol is harmful for physical and mental health.



I do not eat Non-Veg.

Non veg food is prepared by killing animals.

DAILY ACTIVITY



I recite namokaarmantra nine times after waking in the morning.

After brushing teeth & taking bath, I go to temple for worship.
I take care not to step on insects on the way.

I take rice grains & cloves to the temple.

I wash my hands and feet at the temple.

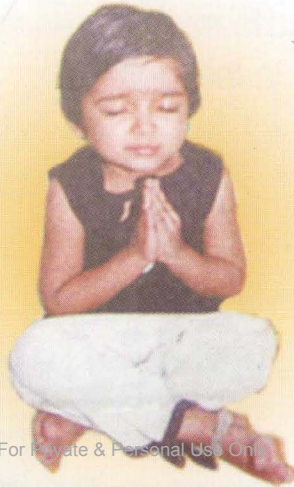
I enter the temple and bow to Arihant dev and say namokaarmantra.
I want to develop their virtues in myself too.

I recite namokaarmantra again before going to sleep
in the night.



PRAYER

*Bhaavana din raat meri, sab sukhi sansaar ho
satya, sanyam, sheel ka, vyavhaar ghar-ghar baar ho
Dharma ka prachaar ho, aur desh ka uddhaar ho
aur ye bigra hua, bhaarat chaman gulzaar ho
Gyan ke abhyaas se, jeevon ka poorna vikaas ho
dharma ke prachaar se, hinsa ka jag se hraas ho
Shaanti aru aanand ka, har ek ghar mein vaas ho
veer vaani per sabhi, sansaar ka vishvaas ho
Rog aru bhaye shoak hove, duur sab parmaatma
kar sake kalyaan jyoti, sab jagat ki atmaa*



*M*aitree bhaav jagat mein mera
sab jeevon se nitya rahe...
Deen dukhi jeevon per mere
ur se karuna srota bahe...
Rahe bhaavana aesi meri
saral satya vyavhaar karun...
Bane jahan tak is jeevan mein
auron ka upkaar karun...