

# Bhav Aalochna Guidebook

This version of Bhav Aalochna is translated from Bhav Aalochna by

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Under the guidance of Param Puja **Jagatshekhar Maharaj Saheb**

# **Bhav Aalochna**

Your guide to atonement

**With Blessings from**

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Published by Shree Sumatinath Gruh Jinalay, Andheri(E), Mumbai.

Mob. 8655157761

**Available at:**

Mumbai:

**1) Mehta Plywood,**

12,Dube Building, Old Nagardas Road, Andheri East.

9324313184

**2) CA Rohan Jain,**

Room No. 1A, 2nd floor, Meer Bhavan, 98/104, Cavaet Street, Kalbadevi .

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### **Translator's Note:**

We request the readers to primarily opt for Gujarati or Hindi version of Bhav Aalochna if you find it comfortable. Since English vocabulary is very limited and many Hindi and Gujarati words do not have an English translation available. Even words like **Tirthankar** and **Parmatma** have no proper English counterparts. Though reasonable care is taken in translating Bhav Aalochna and simplifying it further, we apologize for any inconsistencies or mistakes. Please let the translator or the publisher know about any suggestions.

It is advisable for readers to keep a very broad mindset while going through the book. Also most words have a very deep meaning. For example, a lie is not just limited to telling a lie but also any word that hurts someone or harms someone. Tap refers to Fasting as per Jain teachings and not any other pseudo fasts. Many words have multiple approaches at the same time, please bear that in mind.

There are many concepts in this book that you may find unwanted/

extreme/ irrelevant, but do not decide things for yourself, rather ask guru maharaj for explanation of the same. Do not discard any of the points just because you can't get the reasoning behind it, there is a deep meaning in every word, you have to be able to understand it properly.

It is assumed that the reader has some basic knowledge of Jainism and understands concepts like pachhkaan, ratribhojan, samyak darshan , etc..

## ***Chapter 1 How to purify ourself/our soul.***

Remember that whether you yourself have performed a sinful act, gotten it done through someone else or even influence the same or appreciated it, you are held accountable for it. (કરો કરાવો અને અનુમોદો, સરખા ફલ પાઓ)

Even if you have killed a human while playing a game or set off a bomb , etc. as a part of gameplay and allied activities, it is advisable to atone to those sins as well. Even the thought of doing something like this is a huge sin and needs atonement. Please make a note of the same.

**1)** Write everything in detail.

**2)** It is advisable to have a minimum of forty pages in your note book/diary.

Write the following topics on every page respectively

1- Violence

2- Lie

3- Theft

4- Abhramhacharya(Masturbation, adultery, prostitution, incest , etc.)

5- Collection /Hoarding of wealth earned through unjust means.

6- Anger

7- Pride

8- Illusion, delusion, betrayal

9- Anguish, discord

10- Backbiting, defaming, disgracing

11- Following/preaching undesirable teacher(कुगुरु ), undesirable gods(dev) or religion (मिथ्यात्व) etc., believing in self proclaimed god man, preacher etc.

12- Disrespecting true knowledge/knowledgeable person.

13- Impropropriety with regards to idols,temples and holy Places

14- Impropropriety with regards to celibacy/celibate (चारित्रधर) ascetics.

15- Creating hindrances during someone's Fast or any religious ritual OR

Disrespecting the person performing the said rituals.

16- Movies, Plays, Sitcoms, divorce, abortion, contraceptions, etc..

17- With respect to Alcohol, Egg, Meat, Flesh, Seafood, Opium, Tobacco products, Marijuana, heroin, drugs, intoxicants etc. & gambling, betting, speculation etc.

18- Consuming Roots and Tubers as well as consuming food after sunset.

19- Dvidhal (Consuming uncooked milk or curd with pulses)

20- Devouring/Stealing/Wrongly allocating money earmarked for god(dev, tirthankar or other heavenly beings) or desiring the same.

21- Devouring/Stealing/Wrongly allocating money earmarked for Knowledge or Common purposes (Temples, trusts and religious /charitable institutions) or desiring the same.

22- Insulting/Neglecting any other follower of your religion.

These twenty two topics are explained in detail in later part of this book.It will



be easy to write down whilst keeping these points in front of you the whole time.

**3)** Make sure you write down your sins as and when you can remember them. If possible take help of elders/sadhu in understanding complex terms.

**4)** Try your best to remember all your sins and mention them in detail. Which sin ? Performed how many times? When? Where? Under whose influence? Try and write all possible details.

**5)** If you remember certain sins later on, even forgiveness/atonement for them will be given.

**6)** Towards the end of this chapter you will find a section that is to be filled by the blessed atoner (you), tear that section and send it along with your notebook to Gurudev.

Further detailed description/clarification on each of the twenty two Topics

### ***1) Violence***

1- While performing austerities or otherwise created difficulty in survival of movable organisms (two, three, four five sensory) and stationary organisms (earth, fire, aquatic, aerial, vegetation). Touched them, hurt them or destroyed them completely.

2- While performing austerities (samayik, pratikraman, etc.) or otherwise got wet due to rains or otherwise.

3- Consumed, used, boiled, sold, processed water without filtering whether for personal use or otherwise.

(Note-Flush toilets use water without filtering, please consider it while filing this section)

4- Mixed sea-fresh water/boiled-unboiled water with each other.

5- After filtering water, left the organisms on their own, dried the filter cloth, etc.(Filter cloth contains numerous organisms)

6- Facilitated bath water/processed water/hot water to enter porous

land, well, river etc..

7- Used, gas tops, stoves, ovens, BBQ grills, home appliances, etc. without using POONJANI\*, without carefully cleaning the appliances first.

9- Processed grains/put them in the sun along with pests/insects who feed on them.(Mention if you use readymade atta)

10- Kept cushions, beds, bed sheets, blankets etc. in the sun or extreme cold without first safely removing the bedbugs and other insects residing inside. (People who use AC's in their homes may be harming these creatures on a more frequent basis)

11- Damaged nests and homes of pigeons, sparrows, crows, ants, termites etc.

12- Burnt garbage/Dry grass, ploughed fields, got involved in compost making or horticulture etc.

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\*fine brush that ensures no minute organism stays on the cook tops in order to save them from incineration

Domesticated cows, dogs or other animals for business or personal use, ill-treated them.

14- Set traps to catch animals, birds, insects etc. killed them/got them killed.

15- Walked, touched, sat on grass, fungus, algae etc.

16- Took night bath/bath without appropriate reason. Washed clothes, Entered huge water bodies like pools, lakes, rivers etc.

17- Destroyed, caused harm to the hair lice etc.

18- Killed/harmed insects like worms, ants etc.

19- Tortured, overburdened animals/slaves (servants/employees). Behaved uncompassionately with them.

20- Tried to topple kingship/governments, destroyed villages and towns. Planned riots and waged wars.

21- During rainy season ignited flames, diyas, etc. without covering them, used excessive lighting. (Lighting attracts and hurts many aerial insects,

especially during rainy season.)

22- Used poison, powder, injections, smoke bombs, etc. killed insects, rats and other pests.

23- Constructed, inaugurated factories, industries, manufacturing units etc.

24- During Menstrual Cycle, threw away clothes without washing them first.

25- During Menstrual Cycle, didn't maintain your distance from other living beings.

26- During Menstrual Cycle took a bath before 72 hours.

27- Food/water Jutha kiya. (Left it without consuming fully)

28- Got yourself involved in agriculture activities or did it through others.

30- Took your child's side in a dispute and beat the other kid.

31- Scared, blackmailed a kid.

32- Dealt in Plough, shovel, axe, knives, sword, saw, guns, bullets and

other instruments of violence. Collected/Kept them or facilitated their availability.

33- Dug holes, trenches in the ground.

34- Killed flies, mosquitoes and other insects with your bare hands.

35- Shared your dish/plate with others.(Sharing fondue , sizzling brownies, nachos , etc. also come in this category as they are always eaten in a group)

36- Burst crackers/explosives.

37- Left used vessels for someone else to clean, didn't clean used vessels within 48 minutes.

38- Used rat cages which killed the poor creature.

39- Kept pets, tied them.

40- Pierced/branded animals.

41- Violated one to five sensory organisms, mutilated/amputated them.

42- Ate stale food, influenced its consumption. (The current definition of

stale food has changed rapidly along with the entry of different food products in our cuisine. It is very complex to be explained in this book, try consulting a sadhu for the most apt explanation)

43- Dealt in tools, weapons, etc.. Lost/Misplaced dangerous tools like scissors, knives etc.

44- Exploited lakes, rivers etc.

45- Constructed houses, shops, etc., painted /repaired/developed them.

46- Took part in horrible processes, cooked bricks, took part in mining, power generation, heavy machinery, engineering or secondary sector manufacturing etc.

47- Used any pre-processed goods from the market.

48- Used clothes, accessories made of animal hides or body parts. Used clothes/accessories with animal designs.

49- Went to amusement park/pool, played water sports and adventure sports.

## ***2) Lies***

- 1- Lied as a result of anger, greed, fear, laughter, love, ignorance.
- 2- Lied in relation to land, women, livestock and wealth.
- 3- Conquered someone else's establishment/setup, produced fake documents or fabricated documents, reports, filling etc. (Includes ITR, GSTR, Balance sheet, loan application)
- 4- Taught lies/ill to someone, gave wrong advice, made forged/untrue files. Falsified evidence.
- 5- Revealed secrets
- 6- Dragged someone's stigma till court.
- 7- Wrongfully imprisoned someone, got them punished, killed etc., used deceit-cheating.
- 8- Badmouthing/criticizing religion
- 9- Swore, verbally abused, harshly spoke to someone.
- 10- Bluntly told lies even for small/immaterial situations.



- 11- Used false weights-measures, calculations, formulas etc.
- 12- Falsely accused or blamed someone.

### ***3) Theft***

- 1- Stole small-big things in your own/someone else's house.
- 2- Theft of Income Tax, GST, penalty, fines etc.
- 3- Adulterated/Mixed products, preferred treacherous practices.
- 4- Travelled in train/bus without ticket.
- 5- Whilst gone for grocery shopping, stole a couple things.
- 6- Helped a thief/appreciated him.
- 7- With the help of lawyers, proved true things as false or false things as true. Wrongfully got someone imprisoned.
- 8- Stole fruits etc. from a tree.
- 9- Cheated in exams.
- 10- Stole money from a temple's donation box, consumed some food kept in the temple.

11- Picked up money found on the street.

12- Resorted to bribery, corruption etc. to gain business or personal benefits.

***4- Abhramhacharya(Heterogeneous, Homogenous,  
Bestiality, Incest, Casual indulgence....)***

1- Suddenly/Pre Planned indulgence with your own partner or with someone outside the marriage.

2- Had sexual thoughts, discussed explicitly sexual topics with someone.

3- Had physical relationship with prostitutes, kept mistress.

4- Had intercourse with your spouse/prostitute out of pride.

5- Let your carnal desires take over during dreams/in jest.

6- Indulged with any animal.

7- Practiced Masturbation/Homogeneous relationship.

8- Raped/molested male/female.

- 9- Saw private parts of an outsider\*/touched them.
- 10- Got Dolls, toys etc. married.
- 11- Lustfully/passionately kissed an outsider, hugged them or made any advances, touched their private arts, played erotic games etc.
- 12- Got someone else married/appreciated a married couple.
- 13- Tried to violate someone's chastity, became an accessory to it.
- 14- Had wet dreams as a teen.
- 15- Made an ill attempt of calling someone to a hotel/secluded place whilst having ill intentions.
- 16- Lewd and questionable behavior with secretary, juniors, co workers etc.
- 17- Tried to misbehave with /exploit needy/mentally unstable women.
- 18- Had affairs/love relationships, especially during school/colleges.
- 19- Saw nude photos of men-women had bad thoughts about the same.

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\* Parstree/Parpurush(Anyone except your lawfully wedded spouse)

20- Had intercourse during menstrual cycle.

21- Noticed organs, genitals, private parts of the opposite gender, touched their private parts. While having intercourse had immense lustful thoughts for the same.

22- During navratri, weddings, parties, get together, etc. danced, played and enacted with members of the opposite gender.

23- Saw sexually explicit posters, books, nove etc.. Read erotica, Watched Porn. Became an accessory to porn, erotica etc.

24- Used adult movies for simulating oneself before indulgence.

25- Used excess make up and perfume, etc. to make one look desirable.

26- At Temple, Holy Places, Public places etc. wished to be close to the other gender, holding hands, saw them lustfully.

27- During auspicious days (Tithis) and at Holy places, let your chastity wash away.

28- Mutually touched someone of the opposite gender.

29- On social networking sites like Facebook and on apps like snapchat or Whatsapp had casual conversations with someone of the opposite gender, had questionable chats.

30- Watched adult movie/porn movie online.

31- Did actions that would excite others, spoke that way or exposed our body parts accordingly.

32- Wore clothing in opposition of our culture(Jeans, T shirt, Bermudas, Skin tight clothing, sleeveless, backless, skirts, shorts, cocktail dresses, other revealing and questionable clothing)

33- Had a live-in/Casual intimate relationship

34- Practiced/promoted polygamy and allied relationships.

35- Practiced group indulgence in any form or any other heinous acts.

36- Used performance enhancing drugs, foods that enhance/complement prowess etc.

37- Used toys, accessories, dolls, etc. for indulgence and allied activities.

### ***5) Possession/Unjust ways to earn.***

- 1- Knowingly/unknowingly/suddenly broke the rules of possession/earning.
- 2- Did business related to Weapons, Chemicals, Alcohol, medicinal drugs, Intoxicants, Forbidden foods etc.
- 3- Hoarded Wealth, grains, gold, silver, livestock and the other items from the nine items beyond the appropriate limits/Did not set any limits/Broke the limits set. **(Kindly make sure you set appropriate limits ASAP)**
- 4- Over indulged in wealth hoarding, felt happiness in its abundance and sorrow in its absence.
- 5- Used unjust means to gain wealth, betrayed someone for the same, took wealth belonging to someone else.

## **6) Anger**

- 1- Got very angry, aggressive, stayed angry for a long period of time.
- 2- Under the influence of anger spoke uncontrollably to elders, parents, young ones.
- 3- Cursed someone/wished ill for someone whilst angry.
- 4- Got angry In the name of religion or happiness-sadness, got angry.
- 5- Got angry at Gods/Sadhus/Teachers or Temple Administrators.

## **7) Pride**

- 1- Felt proud due to position/power/wealth/religion/race and under its influence, behaved in the wrong manner.
- 2- Insulted someone due to pride.
- 3- Due to pride, considered someone inferior and boasted your superiority, and insulted someone, got jealous etc.

### ***8) Illusion, delusion, betrayal***

- 1- Deceived/betrayed someone.
- 2- Thought about committing suicide and influenced someone to do the same.
- 3- Wished ill for your well wisher.
- 4- Indulged in dark arts, tantric acts, hypnotism, etc.

### ***9)Anguish, discord***

- 1- Caused unrest in the society/family due to anguish & discord
- 2- Got angry with sangh members/In a sangh meeting got angry
- 3- Due to differences/fights with parents , separated your business/ residence with theirs.
- 4- Discord with your spouse.
- 5- Discord with brother/sister/in laws, etc.



### ***10) Backbiting, defaming***

- 1- Backbitted about one another.
- 2- Defamed someone, stained /tarnished their image, called them a witch, etc.
- 3- For meager purpose of procuring wealth, falsely blamed someone.
- 4- Criticised a donor/well-wisher of the society.
- 5- Criticised Sadhu-Sadhvi –Dev, Guru, religion, elders .
- 6- During retirement, backbitten about someone for no apparent reason.

### ***11- Following/preaching undesirable teacher (कुगुरु), gods (कुदेव) or religion (मिथ्यात्व) etc. believing in self proclaimed god man, preacher etc.***

- 1- After witnessing other religion, praised them, worshiped their idols.
- 2- Got in touch with pseudo gods (dev), self proclaimed gods, babas, etc., falsely praised them, implemented their will, gave alms to them,

increased communication with them.

3- Accepted these false gods as your gurus, gave food, money etc. to them.

4- Had disbelief in the words of jineshwar bhagwan/tirthankar parmatma, stopped preaching them, and influenced others.

5- Engaged in havan and other rituals/practices in the name of these undesirable gods.

6- Had faith in Sheetla Maata, Naag Devata, Santoshi Maa, Shiv Shankar, Ganpati , Jesus etc., influenced others into doing the same, celebrated festivals like holi, Naag Panchami, Raksha Bandhan, Christmas ,New Year etc.

7- Paid homage to Father, forefathers, etc. at a river, lake etc.. Practiced rituals like 'Shraadh.'

8- Had Monday-Thursday-Friday fasts, baras-amavas fasts and promoted such auspicious days of undesirable religion, celebrated festivals etc. at

their holy places. Celebrated Christmas, New Year's, Ganesh Visarjan, Dandiya Raas etc.

9- Considered Tulsi Plant, Cow, etc. as equivalent to gods. Offered them your prayers.

10- Visited holy places of undesirable gods, renovated their temples, built new ones.

11- Tried to use religion and its influence to gain mortal happiness- prosperity in heaven, the other worlds and made such resolutions.

12- Wished for life in good times, death in bad times and indulgence.

13- Criticised others, felt someone's criticisms interesting.

14- Got involved in Gotraj, Neevedh etc., Mataji/Kuldevta pooja, Satya Narayan Path, Geeta Recitation etc.

## ***12) Wrong knowledge & Disrespecting true knowledge***

- 1- Studied during Akaal\*
- 2- While studying, didn't respect the knowledge /teacher.
- 3- Recited Aagam Sutras without practicing Updhyaan Tap.
- 4- Hid the correct meaning of the sutra. Misinterpreted them
- 5- Burnt tools of knowledge like paper, books, etc./ate-defecated on them. Sat on books etc..
- 6- Avoided studies due to laziness.
- 7- Threw books, Navkarwali etc. touched them with your feet knowingly or otherwise, damaged them.
- 8- Disrespected tools of knowledge by wiping spit, mucus, sweat etc. with it. (Use of tissues)
- 9- Disrespected any knowledge, hid the name of the true educator. Kept grudge against knowledgeable persons.

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\* The time 48 minutes after sunset and before sunrise and 24 minutes before as well as after midnight and mid day.

- 10- Caused hindrances to someone else's studies.
- 11- Destroyed knowledge using fire-water, sold for scrap, desecrated instruments of knowledge by selling it to hawkers.
- 12- Read newspaper/using mobile phone, tablets, etc. while defecating/eating.
- 12- During Menstrual Cycle, touched tools of knowledge, used them, taught others, wrote, attended school, college, went out, travelled in ships, buses, trains, motor car etc..
- 13- Did not give enough consideration/respect to a Jain/Non Jain Guru during his lessons.
- 14- Mismanaged money earmarked for educational purpose.
- 15- Made fun of a deaf, dumb, stammering or illiterate person.
- 16- Had pride for your knowledge.
- 17- Defecated, urinated whilst wearing accessories/clothes with written words, money etc.. Touched them with unclean hands.

- 18- Spoke while eating/having food in your mouth.
- 19- Disbelief towards Five types of Samyak Gyan and faith in undesirable/ external knowledge.
- 20- Jealousy /Criticism towards learned Mahatma(Sadhu)
- 21- Aggravated teacher in school, college etc.
- 22- Used free books/pencils, etc. from gyandraya without appropriate permissions
- 23- Disrespected Vidyaguru, had improper behavior with them.
- 24- Rested your head on paper, books, used them for cleaning dirt.
- 25- Had food in a paper plate.
- 26- Wore clothes, used bed sheets or any other object containing written words, made someone else to use them.
- 27- Kept books on the floor while studying, kept them here and there.
- 28- Had food/attended nature's call while being in touch with instruments of knowledge.

29- Mis-spelt sutras while studying.

30- Used saliva to erase letters. Used it to turn pages, count notes etc..

### ***13) Impropropriety with regards to Pratimaji, Temples and Holy Places***

Pratimaji has no close English counterpart. The word Idol neither describes aptly nor gives enough respect to the word Pratimaji.

1- Doubted god's words or the fruits of religion.

2- Reduced someone's religious stance, considered religion baseless.

3- In spite of being able, refrained from contributing towards religion/sangh.

4- Dropped Pratimaji due to negligence, touched/clashed Kalash etc.

5- Performed pooja without proper clothes/rituals.

6- Desecrated Pratimaji with saliva, touched with your feet etc., destroyed Pratimaji or decapitated it.

- 7- Lost, broke articles belonging to the temple. By mistake used for household purposes.
- 8- In spite of being financially capable used cheap & substandard articles for Jin Pooja.
- 9- Offered flowers, etc. that had fallen on the ground /from Pratimaji.
- 10- Consumed eatables within the temple premises, especially mukhvaas, pan, tea etc.
- 11- Within temple premises resorted to violence, laughter, criticisation, etc.. Removed dirt from ears/nose, spat etc.
- 12- Got your periods whilst in temple premises/holy place. Consumed food, urinated, defected in the premises.
- 13- Vowed not to do Jinpooja etc. influenced others to do the same. Created hindrances in someone's rituals etc.
- 14- Under influence of Digambar and other sects, tried to remove Chakshu/Tilak etc.



15- Visited Temples/Holy Places with the view of roaming/hanging out. Did not bow down to parmatma, nor showed any respect or humility.

16- Went to Shatrunjay, Girnar and similar holy places and violated them in multiple ways.

17- Broke your vows w.r.t. Dev Darshan and pooja. Performed Pooja whilst having your periods. Got your periods while performing pooja.

18- After performing Dravya Pooja (Kesar pooja, chandan pooja, pakshal, fool pooja etc.), did not perform Agra Pooja like dhoop, deepak, etc. Bhaav Pooja like Chaityavandan ,

19- Abstained from joining rituals like Chaityaparipathi\*(चैत्यपरिपाटी) etc. on auspicious days Or avoided Jin Darshan whilst being a part of Chaityaparipathi.

20- Asked for worldly pleasures/comforts/objects from Parmatma.

21- Swears on Parmatma. Ate food without first doing Jin darshan.

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\* Yearly procession organized by every Jain Sangh

22- Tore or threw Parmatma's photograph.

23- Touched Pratimaji without wearing proper, appropriate, pure clothing.

#### **14)Impropriety with regards to celibacy/celibate ascetics.**

1- Criticised the virtuous.

2- Criticized god-guru-religion/showed interest in listening to such criticisms.

3- Did not appreciate religious rituals of other jains.

4- Did not appropriately serve Child-elder-need-ill-tapasvi-newly initiated(Monks) etc.

5- Did not do Guru Vandan after seeing sadhu-sadhvi.Tore or threw away their photos.

6- Due to negligence/laziness, did not perform guru vandan,took a vow and forgot to honour it.

7- Got a sadhu to teach materialistic knowledge etc. to your child, got them to diagnose diseases or got them to scare kids/blackmailed them, got them to do your personal/household work.

8- For worldly reasons asked Sadhu for Raksha potli, holy threads, etc. asked to perform tantric acts, dark arts etc.

9- Took things belonging to Sadhu, used them for personal purpose, and sold them.

10- Studied under a sadhvi, took pachhkaan (For shravaks only)

11- Got a sadhu to massage your body, wash your feet.

12- Touched Dev-guru etc. with your feet. Your saliva, breath touched them.

13- Acted against guru's wishes, got angry at them, said crude/bitter words, kept your feet on Guru's aasan (seat)

14- Hated elders, guru, acharya, upadhyay, criticized them.

15- Performed rituals without installing Sthapanacharya, touched them

with your feet,violated them,did not perform rituals properly.

16- Knowingly offered alms that were forbidden/against the principles of Jainism,processed food into forbidden one before offering it as alms.

17- Broke Desavagasik\*/Atithisamvibhaag Vrat\*\*

18- Did not perform Paushadh, (A form of austerity involving living like a sadhu for a period of 12 hours) Completed the same before time.

19- During samayik spoke ill words, thought about financial-extreme topics.

20- Got sadhu to buy/sell articles.

21- Offered alms to Sadhu during (your) Menstrual cycle.

22- While performing religious rituals/austerities proceeded before Guru Maharaj (Elder Sadhu)

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\* A vow taken by jains twice every day w.r.t.consumption, utility and movement

\*\* A vow to perform Paushadh for an entire day followed by Ekashana the next day done only after offering alms to sadhu bhagwant.

23- During Paushadh-touched sachit (uncooked food,water), defecated, did not do religious studies, had vomiting

24- Whilst in Paushadh,did not take pachhkaan\*,did not follow it through.

25- Did not do pratikraman\*\* during Paushadh,did not follow proper method.

26- During Paushadh discussed household business, slept in the afternoon.

27- Completed samayik before time (48 minutes).

28- During samayik defecated, slept, got in touch with rain water, went out in spite of rains.

29- Did not learn or attend vyakhyan during samayik

31- Did not perform austerities like samayik, Paushadh, avoided it, and lost/broke important tools like Charavala /Muhpatti. Did not do paushadh

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\* A vow to do or abstain from doing something, taken in accordance with jain principles.

\*\* A daily duty of a jain for atoning to certain types of sins.

during auspicious days

32- During Paushadh, did not say “Nissihi Awassahi” (निस्सिही आवस्सही) while coming or going out of upashray, while taking care of nature's call did not say “Anujanaha Jassuggho” (अणुजाणह जसुग्गो) and after completion of the said tasks “vosirey vosirey” (वोसिराय वोसिराय)

33- During Paushadh, did not chant lhriyavayya, Gamana gamane (गमणा गमणे) after walking for more than 100 steps outside upashray.

34- During Paushadh, while urinating in the evening, did not properly inspect the land.

35- While talking during Paushadh/samayik, did not make use of Muhpatti (मुहपत्ति)

36- During Paushadh, did not abide by the vow of Porshi (पोरसि), forgot it.

37- After seeing the soiled clothes of sadhu-sadhvi, resented them.

***15-Breaking the fast-Creating hindrances during someone's Fast or any religious ritual OR disrespecting the person performing the rituals.***

- 1- In exchange for austerities performed, asked god for favours/gifts.
- 2- Did not perform pakshik (पाक्षिक) (On chaudas, a day before full moon day), chaturmasik (चातुर्मासिक) (During four months of chaturmas), and samvatsarik tap (संवत्सरी तप) (on auspicious day of samvatsari).
- 3- Broke the vow (pachhkaan), forgot to abide by it.
- 4- In spite of being able, did not perform the TWELVE types of austerities (बार तप).
- 5- Did not even take simple vows like Navkarshi.
- 6- During the Fast (tapascharya) consumed unboiled water by mistake.
- 7- Due to laziness, pride, knowingly broke the vow of fast.
- 8- Broke a vow (अभिग्रह) with relation to fasting.
- 9- Criticised the fast/person who did it/did not rightly appreciate it.

- 10- Did not sacrifice maha vigai (food that incites) (vigai-devnagri) completely and six vigai (विगही) (food that incites minor) partially.
- 11- Did not limit the number of food items.
- 12- Did not bear trouble(austerities) like loch\* (लोच)
- 13- Did not do kausagg (काउसग), dhyaan (meditation) etc.
- 14- During the fast, did not do act according to the rules.
- 15- Vomited during chauvihaar (चउविहार), tevihaar (तिविहार) etc. used water to clean your mouth.

### ***16-Movies, Plays, Sitcoms, divorce, abortion, contraception, etc.***

- 1- Saw/heard/experienced circus, street shows, college fests, exhibitions, plays, TV shows, concerts, shows, radio, internet TV, YouTube videos, live streaming, Netflix etc. appreciated it

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\* Plucking out your hair by hand, without any tools.



- 2- Became part of/influenced divorce, abortion, separations etc.
- 3- Used contraception.
- 4- Promoted the idea of divorce, abortion etc.
- 5- Surfing the internet for casual, business purpose. Used various social networking sites.
- 6- Downloaded image, video, audio, PDF etc.
- 7- Did financial transactions/shopping/matchmaking/gameplay online
- 8- Played various RPG, strategy, arcade, MMO games etc..
- 9- Used internet, etc. for cyber bullying, cyber stalking, hacking etc..
- 10- read/uploaded/shared snapchat stories, used apps like ask fm, Whatsapp, messenger etc.
- 11- Uploaded/made YouTube videos, posted them on Facebook etc.

***17) With respect to Alcohol, Egg, Meat, Flesh, Seafood, Opium, Tobacco products, Marijuana, heroin, drugs, intoxicants, etc.& Gambling, betting, speculation, etc.***

- 1- Knowingly, unknowingly, under influence of bad company, as a status symbol or due to fashion, consumed Alcohol, Egg, Meat, Flesh, Seafood, Opium, Marijuana, heroin, drugs, etc. (Good amount of imported and few Indian food items contain egg and gelatin)(Check the food ingredients especially emulsifiers like E-51, E-19, etc.)
- 2- Smoked cigarettes, hookah, bidi, cigar, pipe, marijuana, tobacco and other intoxicants.
- 3- In the name of health and fitness, ate egg, meat etc. or promoted the same.
- 4- Got involved in gambling, betting, speculation, wagering agreement, matka, satta, race, teen patti, poker etc.

- 5- Invested in stock of companies that deal with such forbidden products.
- 6- Invested in equity Mutual funds/Insurance policies (with profit plans).

### ***18)Roots and Tubers(कंदमूल)-***

#### ***Eating at night, Eating forbidden food***

- 1- Ate outside food mixed with Kandmool (Example-A knife used to cut onions and later used without duly cleaning to cut cabbage or used same vessels without due cleaning to cook jain items. In today's world, most food items available in the market come under this)
- 2- Ate right before/almost during sunset.
- 3- For no apparent reason or due to avoidable reasons/laziness, consumed food after sunset (रात्रिभोजन)
- 4- Consumed pickles made in violation of jain cooking technique, ate inferior fruits, Tuccha fal (तुच्छफल) (gunda, khas khas, चणीबोर)

5- Ate Leafy vegetables after Falgun Chaumasa\* (फाल्गुण चातुर्मास)

6- Kept stale batter for Roti, thepla, idli, dosa, waffles, cake, puddings etc. used, ate, offered the same.

7- Consumed, kept or offered honey, butter, ice, ice-cream (homemade or otherwise), ketchup, soya sauce, mayonnaise, mustard sauce, chilly sauce, cheese, white sauce, condensed milk, fresh cream, drinking chocolate, etc.

8- After taking vow of Chauvihaar, tevihaar, etc. vomited, a few grains came out of your mouth.

9- Had food after it has changed its tehseel (colour, smell, taste, form)

10- During family functions or other occasions/without any specific reason, knowingly or otherwise consumed 22 forbidden food (अभक्ष्य) and 32 types of anantkay (food with infinite beings)

Example Bread, pav, cakes, waffles, ice cream, drinking chocolate, cheese,

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\* It refers to the 8 months after completion of falgun chaturmas to the start of falgun chaturmas next year.

butter, etc.

11- Kept roti, khichadi, etc. stale and ate the next day, offered to someone. (applies to any food kept stale)

12- Cooked/ate/offered pratyek vanaspati (प्रत्येक वनस्पति) (fruits, vegetables etc.)

13- At weddings, parties, get-togethers, social functions or casually consumed pan, supari, cold drinks, ice cream, gola, juices, mocktails and other forbidden food (अभक्ष्य)

14- From markets, stalls, restaurants, etc. ate idli, khaman, dosa, franky, pani puri, wada, sandwich, pasta, nachos, pavbhaji etc..

15- By mistake or knowingly, broke the vow of consuming achit water (अचित पानी) (lifeless water-boiled)

16- In spite of knowing that ratri bhojan (रात्रि भोजन), forbidden food (अभक्ष्य), pickle (आचार), etc. are highways to hell, ate/offered the same with a stubborn/careless heart.

### ***19) Dvidal (Usage of pulses with uncooked curd, milk)***

1- Uncooked (Unheated, hot enough to burn your finger if inserted) milk, curd, shrikhand, chaas mixed with pulses (कठोळ) consumed/offered.

**Note-** Cooking curd, milk etc. is compulsory, just cooking pulses is not enough.

2- At home or otherwise, consumed shrikhand etc. with farsan etc.. While eating dal chawal papad etc. took a sip of chaas or milk. Dahi wada-ate dahi wada without pre heating the dahi first. (Most weddings/hotels/caterers do not really cook the dahi, so avoid eating dahi wada outside)

***20) Devouring/Stealing/Wrongly allocating money earmarked for god(dev, tirthankar or other heavenly beings) (devdravya-devnagri)/guru dravya (gurudravya-devnagri)- money earmarked for basic necessities of sadhu/sadhvi or desiring the same.***

- 1- Directly or indirectly, used devdravya/gurudravya for any other purpose.
- 2- Destroyed devdravya/guru dravya, did nothing in spite of witnessing its destruction, were instrumental in its destruction.
- 3- The bank in which the said devdravya/guru dravya is deposited, using your influence w.r.t to that money or by marking a lien against that money obtained a loan for personal/business purpose.
- 4- Did not pay offering made to devdravya/gurudravya. Paid it late, forgot to pay or paid the same for some other purpose. Also paid its interest/commission etc. to some other account.

- 5- Poojari who gets his salary from Devdravya, got him to do worldly deeds as part of his service, used him for personal/business purpose.
- 6- Used devdravya/gurudravya for any other purpose. (Even if used for upliftment of poor or jeevdaya)
- 7- In spite of being capable, did not contribute appropriately towards devdravya/guru dravya.
- 8- Due to talking or otherwise, disturbed the process of offerings (chadhava), caused hindrances in the same.
- 9- In spite of being a trustee or manager for devdravya/gurudravya advised someone against its proper use, criticized its use etc.
- 10- Criticised the temple /trust managing devdravya/gurudravya especially without understanding the whole situation/providing with an alternate course of action.



***21 Devouring/Stealing/Wrongly allocating money earmarked for Knowledge or Common purposes(Temples, trusts and religious /charitable institutions) or desiring the same.***

- 1- Were instrumental in devouring wealth from sadharandravya or gyandravya. Directly or indirectly were a party to its destruction/loss. Wised for the same.
- 2- The bank in which the said sadharan/gyandravya is deposited, using your influence w.r.t to that money or by marking a lien against that money obtained a loan for personal/business purpose.

***22- Insulting/Neglecting follower of your religion (साधर्मिक)  
& Saat Kshetra***

- 1- Had hateful/neglecting/insulting/unsavoury behaviour towards a sadharmik.

2- In spite of being capable, neglected the prosperity of sadharmik /saat kshetra\*

It is also expected that a shravak should, within his capacity try to do business with/give business to a sadharmik, keeping aside all differences for prosperity of the sangh as a whole. It is also said that if the price difference between a sadharmik's asking price and someone else's is manageable, then a sadharmik should be given preference.

### ***23) Atichaar with regards to veeryachar (विर्याचार)***

1- Due to sleep, used your discretion while performing pratikraman, other daily duties, rituals etc..

2- While giving vaandhna (वंदना), did not respect the guru, misspelled/jumbled words/sutras.

3- Did not perform the daily duty of prataikaman/did it but sitting

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\* Jin Mandir, Jin Murti, Jin Aagam, Sadhu, Sadhvi, Shravak, Shrivika

throughout/did it quickly, in a hurry

4- Did not performed your duties/did so without giving due regard to proper way.

5- Tried to hide your wealth/undervalued it at the time of donation.

6- As per your capability, did not perform pooja, other rituals.

7- Did obtaining samyak(samyak-devnagri) Darshan/Gyan/Charitra

8- Inspite of taking vows of deshavirti (devnagri) (minor restrictions), indulged in activities.

9- Did not respect, properly serve the guru.

10- Did not serve mother-father, other elders appropriately/misbehaved with them.

### ***24) Dishonouring vrat (vows) (व्रत), Pachhkaan (पच्चक्खण)***

1- Used air/water/land/rail travel beyond the limits set by you.

2- Made modification to the Disha Parimaanvrat (directional vow)

(devnagri) on you own. Increased limits for one direction and reduced for the other.

3- Dishonoured the Fourteen rules, did not take appropriate vows for the same.

4- Got overindulged in worldly matters, thereby resulting into further over indulgence

5- ANARTHDAND\* Indulgence/broke vows taken by you.

6- Indulged in Vikatha\*\*

7- Played videogames, computer games, online games, chess, carrom, cricket, football, cards etc. saw the same on TV or otherwise.

8- Did not perform the Atithisamvibhaag vrat correctly

9- During parva tithi (तिथि), in spite of having capability, did not take vrat pachhkaan.

10- Except while dining, did not stay under pachhkaan (अविरति)

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\* Anarthdand-Performed acts against the religion for no reason/petty reasons.

\*\* Vikatha-Discussion about Politics, nationalnews, othergender, food

*Information with regards to Prayaschitt (Penance) (प्रायश्चित्त)*

1- If doing Upvaas or Ayambil is not possible for you, then it could be converted into the following

1 Upvaas(उपवास) = 2 Ayambil or 4 Ekashana

1 Ayambil(आयंबिल) = 2 Ekashana or 4 Biyashna

1Ekashna (ऐकासणा) = 2 Biyashna

1 Upvaas = By hearting/Learning 5 new gatha (नयि गाथा)

1 Upvaas = Performing 5 Samayik

## **Important Points**

- 1) Try staying away from share market. If that's not possible then at least avoid shares of companies which deal in fisheries, meat, power generation, mining etc.. Under any circumstances avoid Mutual fund as you have no control over where the money is invested.
- 2) Please mention your profession and the description of your work so as to identify and access the sinful activities related to your profession. Though this book covers most of the points, not every sin might be accounted for, especially those related to specific professions/Businesses.

भव आलोचना का प्रायश्चित्त  
यह पन्ने गुरु महाराज आप को पुनः देंगे ।

Name :.....Age:.....

Full Address :.....

.....

.....

तिथि :.....

प्रायश्चित्त में आप क्या कर सकेंगे ? 3 कर सूचित करें

अङ्गुष्ठ.....आयंबिल.....स्वाध्याय.....

नीचे का प्रायश्चित्त :..... वर्ष में पूरा करना ।

अङ्गुष्ठ ( तेले ) :..... छद्म ( बेले ) :.....

उपवास :..... आर्यबिल :.....

निवी : ..... एकासणे :.....

बेसणे :..... पक्की नवकार मंत्र की माला :.....

गाथा कण्ठस्थ करना : ..... सामायिक :.....

स्वाध्याय के घंटे :..... जीवदया में खर्च करना : .....

क्या पहले भव आलोचना ली थी ? यदि ली हो, तो कितने वर्ष की बाकी है ?...

भव आलोचना किसके पास ली थी ? .....

तिथि :..... दिनांक :.....

Signature : .....