



The Subtleties of Jainism

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Overview



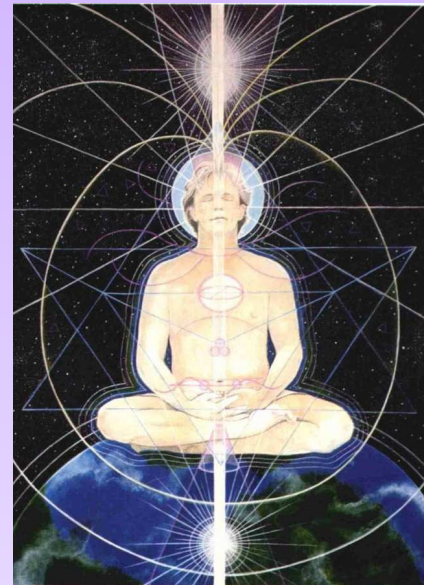
- Continual Inflow of Karma
- Subtle things we can do
- Most importantly – thought provoking discussion, things to reflect on, find what resonates with you



Continual Inflow of Karma



- Every single moment
- Every thought, intention, breath & movement
- Wholesome and unwholesome karma
- Mental Attitude





Four Metrics to Describe Karma



- Type
- Number/Quantity
- Duration
- Intensity

*Duration, intensity and quantity are determined by the **intensity of our emotional engagement** at the time of the binding of the karmas*



Emotional Engagement



- Negative Passions (Kashaya):
 - Anger
 - Ego/Pride
 - Deceit
 - Greed

We ultimately want to reduce these and shift from unwholesome to wholesome karma



How Can We Do This



- We can't just decide to
- We can make changes through our small actions which in turn evoke larger, more significant change
- It is an evolving process – it is a SUBTLE process that starts with the little things



How Can We Do This



- There is no one answer
- Comes with understanding
- I will discuss things that resonated with me
- This did not come about overnight



Violence in the Morning Routine



- Brushing teeth
- Showering
- Shaving
- Make-up
- Moisturizing
- Getting Dressed





Soap & Personal Care Products



- If it doesn't say it is – it most likely isn't
- The by product of 10 billion

If you don't want to eat or touch it – why cleanse yourself with it





Non-Veg Products & By Products



- Negative energy
- Post funeral?
- Impurity
- Violence stays with the product
- High unnatural secretions of hormones

This is where subtlety comes in – these are the little things we CAN control



There is just no way to know...



A	Aluminum Chlorohydroxy Allantoinate	B	C29-70 Acid -- C29-70 Carboxylic Acids
	Aluminum Distearate		C18-36 Acid Glycol Ester
Acetaldehyde -- Ethanal	Aluminum Isostearates/Laurates/Stearates	Basic Violet 10	C18-36 Acid Triglyceride
Acetic Acid	Aluminum Isostearates/Myristates	Beheneth-5, -10, -20, -30	C9-11 Alcohols
Acetic Anhydride -- Acetyl Oxide; Acetic Oxide	Aluminum Isostearates/Palmitates	Behenic Acid -- Docosanoic Acid	C12-16 Alcohols
Acetoin -- Acetyl Methyl Carbinol	Aluminum Lactate	Behenic Acid -- Docosanol	C14-15 Alcohols
Acetylated Sucrose Distearate	Aluminum Myristates/Palmitates	Beta-Carotene -- Provitamin A; Beta Carotene	C12-15 Alcohols Benzoate
Acetylmethylcarbinol	Aluminum Salts (Aluminum Acetate, Aluminum Lanolate, Aluminum Stearate, Aluminum Tristearate)	Betaine	C12-15 Alcohols Lactate
Alanine	Aluminum Stearates	Biotin -- Vitamin H; Vitamin B Factor	C21 Dicarboxylic Acid
Alcloxa -- Aluminum Chlorohydroxy Allantoinate	Aluminum Tripalmitate/Triisostearate	Brilliantines	C15-18 Glycol
Aldol	Aluminum Tristearate	Burow's Solution	C18-20 Glycol Palmitate
Allantoin	Ammonium C12-15 Pareth Sulfate -- Pareth-25-3 Sulfate	Butyl Acetate -- Acetic Acid; Butyl Ester	C8-9, C9-11, C9-13, C9-14, C10-11, C10-13, C11-12, C11-13, C12-14, C13-14, C13-16, and C20-40 IsoParaffins
Allantoin Acetyl Methionine	Ammonium Isostearate	Butyl Glycolate	C11-15 Pareth-12 Stearate
Allantoin Ascorbate	Ammonium Myristyl Sulfate	Butyl Oleate	C11-15 Pareth-40
Allantoin Biotin	Ammonium Oleate	Butyl Palmitate	C12-13 Pareth 3-7
Allantoin Calcium Pantothenate	Ammonium Stearate -- Stearic Acid; Ammonium Salt	Butyl Phrhalyl Butyl Glycolate	C14-15 Pareth-7, -11, -13
Allantoin Galacturonic Acid	Amphoteric	Butylrolactone -- Butanolide	C10-18 Triglycerides
Allantoin Glycyrrhetic Acid	Amphoteric-2		Calcium Stearate
Allantoin Polygalacturonic Acid	Ascorbyl Stearate	C	Calcium Stearoyl Lactylate
Allantoinate	Asparagine		Caproamphoacetate
Aluminum Acetate -- Burow's Solution	Aspartic-Acid -- DL & L Forms; Aminosuccinate Acid	C18-36 Acid	Caproamhodiacetate



There is just no way to know...



Capryl Betaine	Cetyl Octanoate	Diethyl Palmitoyl Apartate	Direct Violet 48
Caprylamine Oxide	Cetyl Palmitate	Diethyl Sebacate	Direct Yellow 12 -- Chrysophenine G
Caprylic / Capric / Stearic Triglyceride	Cetyl Phosphate	Diethylaminoethyl Stearamide	Disodium Cetaeryl Sulfosuccinate
Caprylic Acid	Cetyl Ricinoleate	Diethylaminoethyl Stearate	Disodium Isostearamino Mea-Sulfosuccinate
Caprylamphoacetate	Cetyl Stearate	Diglyceryl Stearate Malate	Disodium Monooleamidosulfosuccinate
Capryloamphodiacetate	Cetyl Stearyl Glycol	Dihydroxyethyl Soyamine Dioleate	Disodium Monoricinoleamido Mea-Sulfosuccinate
Carbamide	Cetyl arachidol	Dihydroxyethyl Stearamine Oxide	Disodium Oleamido MIPA-Sulfosuccinate
Cetearkonium Bromide	Cetylpyridinium Chloride	Dihydroxyethyl Stearyl Glycinate	Disodium Oleamido PEG-2 Sulfosuccinate
Ceteareth-3 -- Cetyl/Stearyl Ether	Cetyltrimethylammonium BromideChitin	Dimethyl Behenamine	Disodium Oleyl Sulfosuccinate
Ceteareth-4, -6, -8, -10, -12, -15, -17, -20, -27, -30	Cloflucarbon	Dimethyl Lauramine Oleate	Disodium Stearmido MEA-Sulfosuccinate
Ceteareth-5		Dimethyl Myristamine	Disodium Stearminodipionate
Cetaryl Alcohol	D	Dimethyl Palmitamine	Disodium Stearyl Sulfosuccinate
Ceteth-1		Dimethyl Stearamine	Distearyl Thiodipropionate
Cetyl-	Deceth-7-Carboxylic Acid	Dimethylaminopropyl Oleamide	DI-TEA-Palmitoyl Asparate
Cetyl Alcohol	Decyl Betaine	Dimethylaminopropyl Stearamide	Dodecanedionic Acid; Cetearyl Alcohol; Glycol Copolymer
Cetyl Ammonium	Diacetyl	Dimethylol Urea	Dodecyltetradecanol
Cetyl Arachidate	Diazo-	Dimyristyl Thiodipropionate	E
Cetyl Betaine	Diazolidinyl Urea -- Germall II (TM)	Dioleth-8-Phosphate	
Cetyl Esters	Dioetyl Adipate	Direct Black 51	Enfleurage
Cetyl Lactate	Dioetyl Thiodipropionate	Direct Red 23 -- Fast Scarlet 4BSA	Enzyme
Cetyl Myristate	Diethyl Asparate	Direct Red 80	Ethyl Aspartate



There is just no way to know...



Ethyl Oleate	Glyceryl Caprylate	Histidine	Isodecyl hydroxystearate
Ethyl Palmitate	Glyceryl Caprylate/Caprates	Hydrogenated Fatty Oils	Isodecyl Myristate
Ethyl Serinate	Glyceryl Dioleate	Hydroxylated Lecithin	Isodecyl Oleate
Ethyl Stearate	Glyceryl Distearate	Hydroxyoctacosanyl Hydroxystearate	Isodecyl Palmitate
Ethyl Urocanate	Glyceryl Hydrostearate	Hydroxystearamide MEA	Isohexyl Palmitate
Ethylene Dioleamide	Glyceryl Hydrostearate	Hydroxystearic Acid	Isopropyl Acetate
Ethylene Distearamide	Glyceryl Hydroxystearate		Isopropyl Isostearate
Ethylene Urea	Glyceryl Isostearate	I	Isopropyl Myristate
Ethylhexyl Palmitate	Glyceryl Monostearate		Isopropyl Palmitate
	Glyceryl Myristate	Imidazolidinyl Urea	Isopropyl Stearate
F	Glyceryl Oleate	Indole	Isostearamidopropylammonium Chloride
	Glyceryl Palmitate Lactate	Isobutyl Myristate	Isostearamidopropyl Betaine
Fatty Alcohols -- Cetyl; Stearyl; Lauryl; Myristyl	Glyceryl Stearate SE	Isobutyl Palmitate	Isostearamidopropyl Dimethylamine Glycolate
Folic Acid	Glyceryl Trimyristate	Isobutyl Stearate	Isostearamidopropyl Dimethylamine Lactate
Fructose	Glycol Stearate SE	Isoceteth-10, -20, -30	Isostearamidopropyl Ethyldimonium Ethosulfate
	Glyceryl Stearate	Isocetyl Alcohol	Isostearamidopropyl Morpholine Lactate
G	Guanidine Carbonate	Isocetyl Isodecanoate	Isostearamidopropylamine Oxide
	Guanosine	Isocetyl Palmitate	Isosteareth-2 through -20
Gel (not Silica gel)	H	Isocetyl Stearate	Isostearic Acid
Glucose Glutamate		Isocetyl Stearoyl Stearate	Isostearoamphoglycinate
Glyceryl Caprate	Hexanediol Distearate	Isoceteth-10 Stearate	Isostearoamphopropionate



There is just no way to know...



Isostearyl Alcohol	Lithium Stearate	Myreth-3 Myristate	Myristyl Propionate
Isostearyl Benzylimidonium Chloride		Myreth-4	Myristyl Stearate
Isostearyl Diglycerol Succinate	M	Myristamide DEA -- Myristic Diethanolamide	Myristyleicosanol
Isostearyl Erucate		Myristamide MIPA	Myristyleicosyl Stearate
Isostearyl Ethylimidonium Ethosulfate	Magnesium Myristate Magnesium Oleate	Myristamidopropyl Betaine	Myristyloctadecanol
Isostearyl Hydroxyethyl Imidazoline	Magnesium Stearate	Myristamidopropyl Diethylamine	N
Isostearyl Imidazoline	Methyl Gluceth-10 or -20	Myristamidopropylamine Oxide	
Isostearyl Isostearate	Methyl Glucet-20 Sesquisteareate -- Glucamate	Myristamine Oxide	Nonyl Acetate
Isostearyl Lactate	Methyl Glucose Sesquioleate	Myristaminopropionic Acid	
Isostearyl Neopentanoate	Methyl Glucose Sesquisteareate	Myristate	O
Isostearyl Palmitate	Methyl Hydroxysteareate	Myristic Acid	
Isostearyl Stearoyl Stearate	Methyl Lactate	Myristimide MEA	Octododecanol-2 -- Octyl Dodecanol
L	Methyl Myristate	Myristoamphoacetate	Octododeceth-20, -25
	Methyl Oleate	Myristoyl Sarcosine	Octododecyl Myristate
Lactic Acid	Methyl Palmitate	Myristyl Alcohol	Octoxyglyceryl Behenate
Lauroyl Sarcosine	Mixed Isopropanolamines	Myristyl Betaine	Octyl Acetoxysteareate
Lauryl Isostearate	Myristate	Myristyl Hydroxyethyl Imidazoline	Octyl Hydroxysteareate
Lauryl Palmitate	Morpholine Stearate	Myristyl Isostearate	Octyl Palmitate
Lauryl Stearate	Myreth-3	Myristyl Lactate	Octyl Stearate
Lauryl Sultaine	Myreth-3 Caprate -- Myristic Ethoxy Caprate	Myristyl Myristate	Octyldoecanol
Lecithin	Myreth-3 Laurate	Myristyl Neopentanoate -- Ceraphyl	Octyldodecyl Stearate



There is just no way to know...



Octyldodecyl Stearoyl Stearate	Palmitamindopropyl Diethylamine	PEG-3 through -150 Oleate	Polyglycerol-6 Distearate
Oleamide -- Oleylamide	Palmitamine	PEG-6 through -20 Palmitate	Polyglycerol-3 Hydroxylauryl Ether
Oleamide DEA -- Oleic Diethanolamide	Palmitamine Oxide -- Palmityl Dimethylamine Oxide	PEG-25 through -125 Propylene Glycol Stearate	Polyglycerol-4 Isostearate
Oleamide MIPA	Palmitate	PEG-8 Sesquioleate	Polyglycerol-3, -4 or -8 Oleate
Oleamine Oxide	Palmitic Acid	PEG-5 or -20 Sorbitan Isostearate	Polyglycerol-2 or -4 Oleyl Ether
Oleic Acid	Panthenyl Ethyl Etheracetate	PEG-3 or -6 Sorbitan Oleate	Polyglycerol-2 PEG-4 Stearate
Oleoyl Sarcosine	Pareth-25- 12	PEG-80 Sorbitan Palmitate	Polyglycerol-2 Sesquiosostearate
Oleth-3 Phosphate	PEG-9 Caprylate	PEG-40 Sorbitan Peroleate	Polyglycerol-2 Sesquioleate
Oleth 20	PEG-8 Caprylate / Caprate	PEG-3 or -40 Sorbitan Stearate	Polyglycerol-3, -4 or -8 Stearate
Oleth-20 Phosphate	PEG-6 Caprylic / Capric Glycerides	PEG-30, -40, or -60 Sorbitan Tetraoleate	Polyglycerol-10 Tetraoleate
Oleyl Betaine	PEG-6 to -150 Dioleate	PEG-60 Sorbitan Tetrastearate	Polyglycerol-2 Tetrastearate
Oleyl Myristate	PEG-3 Dipalmitate	PEG-2 through -150 Stearate	Polysorbate 60 and Polysorbate 80
Oleyl Oleate	PEG-2 through -175 Distearate	PEG-66 or -200 Trihydroxystearin	Potassium Aspartate
Oleyl Stearate	PEG-5 through -120 Glyceryl Stearate	Pentaerythrityl Tetraoctanoate	Potassium Coco-Hydrolyzed Protein
Orotic Acid -- Pyrimidinecarboxylic Acid	PEG-25 Glyceryl Trioleate	Pentaerythrityl Tetrastearate and Calcium Stearate	Potassium DNA
P	PEG-6 or -12 Isostearate	Phospholipids -- Phosphatides	Potassium Oleate-Oleic Acid Potassium Salt
	PEG-20 Methyl Glucose Sesquisteate	Polyglycerol	Potassium Myristate
	PEG-4 Octanoate	Polyglycerol-4 Cocoate	Potassium Palmitate
Palmitamindopropyl Betaine	PEG-2 through -9 Oleamide	Polyglycerol-10 Decalinoleate	Potassium Stearate -- Stearic Acid Potassium Salt
Palmitamide DEA, MEA	PEG-2 through -30 Oleamide	Polyglycerol-2 Diisostearate	PPG-3-Myreth-11
Palmitamidopropyl Betaine	PEG-12, -20, or -30 Oleate	Polyglycerol-6 Dioleate	PPG-4-Ceteareth-12



There is just no way to know...



PPG-4-Ceteth-1, -5 or -10		Sodium Isosteareth-6 Carboxylate	Sorbitan Dioleate
PPG-4 Myristyl Ether	R	Sodium Isosteroyl Lactate	Sorbitan Fatty Acid Esters
PPG-5-Ceteth-10 Phosphate		Sodium Myreth Sulfate	Sorbitan Isostearate
PPG-6-C12-18 Pareth	Retinyl Palmitate	Sodium Myristate	Sorbitan Oleate -- Sorbitan Monooleate
PPG-8-Ceteth, -5, -10, or -20	Ribonucleic Acid -- RNA	Sodium Myristoyl Isethionate	Sorbitan Palmitate -- Span 40 (TM)
PPG-9-Steareth-3		Sodium Myristoyl Sarcosinate	Sorbitan Sesquileate
PPG-10-Ceteareth-20	S	Sodium Myristyl Sulfate	Sorbitan Sequistearate
PPG-10 Cetyl Ether lauryl Ether		Sodium Oleth-7 or -8 Phosphate	Sorbitan Triisostearate
PPG-11 or -15 Stearyl Ether	Sarcosines	Sodium Palmitate	Sorbitan Tristearate
PPG-26 Oleate -- Polyoxypropylene 2000 Monooleate; Carbowax	S-Carboxy Methyl Cysteine	Sodium Pareth-15-7 or 25-7 Carboxylate	Spermaceti -- Cetyl Palmitate
PPG-28 Cetyl Ether	Sebacic Acid -- Decanedioic Acid	Sodium Pareth-23 or -25 Sulfate	Stearalkonium Bentonite
PPG-30 Cetyl Ether	Serine	Sodium PCA	Stearalkonium Chloride
PPG-30, -50, Oleyl Ether	Skatole	Sodium PCA Methylsilanol	Stearalkonium Hectorite
PPG-36 Oleate -- Poxoxypropylene (36) Monooleate	Sodium Aluminum Chlorohydroxyl Lactate	Sodium Ribonucleic Acid -- SRNA	Stearamide
PPG-Isocetyl Ether PPG-3-Isosteareth-9	Sodium C12-15 Pareth-7 Carboxylate	Sodium Sarcosinate	Stearamide DEA -- Stearic Acid Diethanolamide
Proline	Sodium C12-15 Pareth-Sulfate	Sodium Soap	Stearamide DIBA Stearate
Propylene Glycol Myristate	Sodium Cetearyl Sulfate	Sodium Stearate	Stearamide MIPA Stearate
Protein Fatty Acid Condensates	Sodium Cetyl Sulfate	Sodium Steroyl Lactylate	Stearamide MIPA
Proteins	Sodium Cocyl Sarcosinate	Sodium Urocanate	Stearamide Oxide
Pyridium Compounds	Sodium DNA	Sorbeth-6 Hexastearate	Stearmidopropalkonium Chloride
Pyroligneous Acid	Sodium Glyceryl Oleate Phosphate	Sorbitan Diisoseate	Stearamidopropyl Dimethylamine



There is just no way to know...



Stearamine	Stearyl Betaine	T	
Stearamine Oxide	Stearyl Caprylate		U
Stearates	Stearyl Citrate	TEA-Lauroyl Sarcosinate	
Steareth-2	Stearyl Erucamide	TEA-Myristate	Undecylpentadecanol
Steareth-4 through -100	Stearyl Erucate	TEA-Oleate -- Triethanolamine Oleate	Urea -- Carbamide
Stearic Acid	Stearyl Glycerylphosphatide	TEA-Palm-Kernel Sarcosinate	Urease
Stearic Hydrazide	Stearyl Heptanoate	TEA-Stearate	
Stearidoethyl Diethylamine	Stearyl Hydroxyethyl Imidazoline	Terpinyl Acetate	V
Stearoamphoacetate	Stearyl Lactate	Tetramethyl Decylenediol	
Stearoamphocarboxyglycinate	Stearyl Octanoate	TIPA-Stearate	Valine
Stearoamphodiacetate	Stearyl Stearate	Tridecyl Stearate	
Stearoamphohydroxypropylsulfonate	Stearyl Stearyl Stearate	Trihydroxy Stearin	V
Stearoamphopropionate	Stearyl dimethyl Amine	Triisostearin	
Stearone	Stearylvinyl Ether/Maleic Anhydride Copolymer	Trimethylpropane Triisostearate	Waxes
Stearoxy Dimethicone	Steroids (sic) (could be misspelling for steroids)	Trimyristin-Glyceryl Trimyristate	
Stearoxytrimethylsilane	Sterol	Trioleth-8 Phosphate	Z
Stearyl Lactic Acid	Sucrose Distearate	Triolethyl Phosphate	
Stearyl Sarcosine	Sucrose Laurate	Tristearin	Zinc Stearate -- Zinc Soap
Stearyltrimonium Chloride	Sucrose Stearate	Tristearyl Citrate	
Stearyltrimonium Hydrolyzed Animal Protein	Synthetic Spermaceti	Tryptophan	
Stearyl Acetate		Tyrosine	



But it's really easy...



- “100% Vegetarian Ingredients. No Animal Testing”
- “This product contains no animal ingredients and was not tested on animals”





Vegan Companies



- I will be handing out a guide at the end



Leather



- Where it comes from
- Monks won't even touch it
- Not allowed at temple
- Why do we wear it
- Great alternatives





Silk



自动缫丝车间一角



Silk



- Worms boiled/heated alive
- 1,500 worms yield 1 meter of cloth
- Is a silk blouse or sari really pretty?





Alcohol



- Emotional engagement
- Increases intensity of kashaya or passions
- Anger – Pride – Deceit – Greed
- Male/female attraction, overall attraction/repulsion, fear, sorrow, hatred
- This removes the inhibition to commit the five sins (violence, lying, stealing, lewd behavior, possessiveness)
- Huge impediment on spiritual journey



Honey



- Represents the death of innumerable bees, larva, pupa, and their eggs in the honeycomb
- Regurgitated material from the stomach of bees





Egg Farming



July 4th, 2008

Slide 25



Egg Farming



farmsanctuary.org

July 4th, 2008

Slide 26



Egg Farming



July 4th, 2008

Slide 27



Egg Farming



July 4th, 2008

Slide 28



Egg Farming



July 4th, 2008

Slide 29



Eggs



- Unfertilized vs. fertilized
- Still contains animal stem cells
- Eating menstrual cycle byproduct

In the Jain dharma there is not a separate category for eggs because they are considered to be meat



Namokar Mantra



- Daily recital brings immense stability and calmness

णमो अरहंताणं
णमो सिद्धाणं
णमो आयरियाणं
णमो उवज्झायाणं
णमो लोए सब्ब साहूणं



Simple Rules



- Make some positive rules for yourself
 - gain control over your mind and actions
 - keep a leash on your life
- Will add up and give you a lot of power and control over your self and mind



Service



- Develop immense compassion
- Decrease your passions
- Ripple effect
- Just a smile

HelpOthers.org

charityfocus.org



Putting it all Together



- Namokar Mantra
- Cleansing
- Clothing
- Eating
- Electricity
- Service

This is where the strength comes from



Conclusion



- These are examples
- Reflect
- What resonates with you

All life is bound together by mutual support and interdependence

Ahimsa is the supreme dharma!