

The advantages of pure confession

लहुआ ह्वाइजणणं अप्परनिअत्ति अज्जवं सोही ।
दुक्करकरणं आणा (विणओ) निस्सल्लत्तं च सोहिगुणा ॥
(व्य. सू. ३१७, नि. भा. ६३९१)

- 1 Due to the removal of the load of the sins, the soul becomes light.
- 2 Due to the removal of the sins, the soul experiences extreme happiness - pleasure.
- 3 Due to confession one forsakes his vices. Seeing him others also forsake their vices.
- 4 By disclosing one's own vices before Gurudev, one fully experiences the virtue of fraudlessness i.e. frankness.
- 5 The mud of sinful activities that has made the soul and the character dirty, is washed by the water of prayashchitt thus, the soul and the character become pure.
- 6 In this Start-less world, the living being has practiced the sins manytimes. So, the commitment of the sins is not difficult. But the pure confession of the sins is very difficult. Only the souls which would attain salvation within a short period of time, by implementing great spirit, can do the difficult task of pure confession.
- 7 By confession, the order of Teerthankar Bhagwaan is obeyed.
- 8 By confession, the virtue of humbleness blossoms.
- 9 By confession, one becomes free from the thorns of the sins.

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Confession Of Sins

(Bhav Aalochana)



Jineshwar Bhagwan's words

- ❖ Suddenly, due to ignorance, due to fright, by someone's pressure, due to badhabit, due to entanglement in calamity, due to infatuation of love-hatred; if any single activity has been committed then without pride and fraud, being very much frank confession before Gurudev is essential.
- ❖ The damage that a soul has to endure because of not confessing the sins committed in the life is many times more frightful than the damage caused by extremely powerful poison (poison which kills even if it touches the palate), rowdy ghost, serpent blind due to anger or machine operated in a wrong way. The negligence of confession is powerful enough to punish the living being by making the achievement of Jain religion very difficult for him thus by making the living being roam in the materialistic world cycle for infinite time.
- ❖ Though a man who has started to go to do a frankful confession of his sins dies in the way, he is a true devotee of the religion on the contrary, one who confesses fraudfully breaks the religion inspite of having confessed.
- ❖ Infinite souls who were dirty due to bundles of sins after having confessed their sins before Satguru, enjoyed eternal happiness without any difficulty.
- ❖ Even if a living being forsakes food and water till his death but doesn't confess his sins, then it is very difficult for him to get Jain religion in the next birth and he stays in this materialistic world for infinite time.
- ❖ No soul can attain his pure nature if he hides his sins.



Before constructing a building, the earth is made pure by removing inauspicious - bad elements such as bones, dirt etc. from it. As a result, ghosts etc. do not reside in the building and the people dwelling there experience happiness, peace and tranquility.

Similarly

Before constructing spiritual castle of life, it is very much necessary to remove the inauspicious - bad elements of eighteen sinful activities committed in the past in this life. The eighteen sinful activities are like bones, dirt etc. As a result, Jeev becomes powerful to experience happiness, peace and calmness by each and every religious rite performed by him.

Otherwise

Remembering bad activities done in the past would plunder the happiness, peace and calmness and would not let him live peacefully.





Confession Of Sins

(Bhav Aalochana)

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**In remembrance of the obligations of
The Saviour of Sahasavan (Girnar) Teerth,
P.P. Ac. Himanshusurishwarji Maharaj,
and**

**On the occasion of fifth heaven-
attainment-anniversary of
The originator of the progress of Girnar Teerth,
the protector (rescuer) Gurudev from
the ocean of materialistic world,
P.P.P. Chandrashekhar Vijayji Ganivarya**

**I offer this booklet
in the pious lotuslike hands of
P.P. Ac. Jayghoshsurishwarji Maharaja
who is sunlike for scriptures and a master of
a large group of ascetics**



PREFACE

Removal of Dirt

First cleanliness and then decoration

An oil-mill owner had friendship with a Bania. Once the Bania was passing near by the oil-mill. The oil-mill owner asked him, "Where are you going?" Bania replied, "I am going to purchase cloth". The oil-mill owner said, "I shall join you. I also want to purchase cloth." They purchased cloth and got garments made from it.

After some days, the Bania, dressed in colourful garments came to the oil-mill. The oil-mill owner being surprised, asked him, "From which shop have you bought these wonderful garments?" The Bania replied, "These garments are made from the cloth we purchased. These garments look beautiful because they are coloured." The oil-mill owner asked the Bania the process of colouring the garments. He coloured his garments by Bania's advice, but the garments did not appear attractive. Being asked reason for the same, Bania replied, "Your garments were dirty. Dirty garments cannot be coloured properly. So, firstly garments should be washed and then they should be coloured."

The oil-mill owner washed the garments and then coloured them. The garments become attractive. The oil-mill owner became happy.

In this short story,

- Oil-mill owner is Jeev
- Bania is Guru
- Dirt is Paap (sins)
- To colour the garments is to practice religious rites
- Colourful cloths is virtues life
- Colour is virtues
- To wash the garments is to confess and to do prayashchitt

To colour the garments it is necessary that firstly they should be washed. If we want to decorate our Atma with virtues then it is necessary that firstly by confessing and doing prayashchitt, we should remove the dirt of sins from our Atma. Once this is done, then by practicing religious rites, we can decorate our Atma with virtues.

This law of first cleanliness and then decoration is universal

- 1) When a sick man goes to a doctor, the doctor firstly purifies his body internally and then gives him medicine.
- 2) While dressing a wound, the doctor firstly cleans it with dettol or spirit and then applies soframycin on it.
- 3) The clothes are first washed and then ironed.
- 4) The face is first washed and then the makeup is put on.
- 5) The room is first cleaned and then decorated.
- 6) Firstly by digging the land the garbage beneath the land is removed and then the building is constructed.
- 7) If something is written incorrect, then firstly it has to be scratched or erased and then new matter can be written.
- 8) 'Clean and green Mumbai' this slogan of municipality also denotes that firstly the city has to be cleaned and then by planting trees it has to be made green.

This law has to be applied in the Adhyatmic (internal) world too. Firstly, we should purify our Atma by confessing and doing prayashchitt, and then we should perform religious rites. In spite of performing religious rites for many years, if we haven't gained any fruits then one of the reasons is that our Atma is polluted. If the Atma becomes pure, we shall definitely get the fruits of religious rites.

Some tips for doing prayashchitt

The Atma can be purified by confessing and doing prayashchitt.

Confession = to tell our sins to Gurudev

Prayaschitt = the punishment (penance etc.) given by Gurudev to us for the purification of our sins.

All the sins committed by us since our birth till today should be confessed before Gurudev by speaking or in writing. The prayashchitt given by Gurudev should be performed. Both these actions, will make our Atma pure. Along with confession, the repentance of the sins committed is also necessary. The way, the circumstances, the emotions, knowingly or un-knowingly, due to reasons or without any reason, purposefully or non-purposefully, once or many times these details related to the committed sins must be written perfectly without any hesitation or concealing anything. Everything must be written openheartedly. **To hide the sins is a very big vice.** One who conceals some of his sins and confesses the rest can't experience the purity.

If the sick person hides his sickness from the doctor, then his sickness will increase. Similarly, if a person hides his sins from his Gurudev then his internal sickness of karma will increase. A child, when asked, innocently tells everything. Similarly, confession must be done innocently without hiding anything. One should be ashamed while committing sins and not while confessing them.

One who dies without confessing and doing prayashchitt, gets birth in animal life or in hell in the next life.

Scriptures says, 'If all the mountains of Jambudweep become golden and if all the sand particles become gems and if all this gold and gems are donated for religious purposes, even then the Atma doesn't become so pure as it can by performing hearty confession and prayashchitt.'

One who dies on the way while he is going to confess and to do prayashchitt, he also purifies his soul.

Those who have committed dreadful sins, too have crossed the ocean of mundane state after confessing and doing prayashchitt.

Those who had practiced great religious rites, too kept roaming in the mundane state, due to lack of performing confession and prayashchitt.

If the thorn pierced in the foot is not removed, then gradually the entire foot become putrefied and it has to be cut. Similarly, if the thorns of sins are not removed from the soul, then the entire soul becomes putrefied and the soul passes in the life of animals and hell-beings.

A sick doctor does treatment of his disease by advice of another doctor. Similarly, one who knows the prayashchitt, he too has to confess his sins before his Gurudev and take prayashchitt from him.

Only then he can purify his soul. Thus, confession and prayashchitt must be performed by everyone.

When a man carrying load on his head puts down the load, he gets relieved. Similarly, when the living being puts down the load of sins by confessing, he gets relieved. It is better to put down the load of sins by confessing them, instead of carrying them for the whole life.

After confession one should be very careful that the sins are not repeated.

The benefits of confession are explained in great detail on the back cover of this booklet.

Time-bomb

If someone has placed a time-bomb somewhere, and if there is still time left before it bursts, then it should be immediately defused, so that it doesn't burst. If it is not defused, then it will burst at the set time and creates great disaster. Efforts (energy) required to defuse the time-bomb is far less than the efforts required to set things right after the time-bomb has burst.

The karmas bound by the sins are like time bombs. They give their fruits in future or in the next life. Before the karmas give their fruits if they are removed from the soul by confession and prayashchitt, then one

can save himself from experiencing the bad fruits of the karmas. If the karmas are not removed by confession and prayashchitt, then they will ruin the soul by afflicting it so the loss in confession and practicing prayashchitt is very much less or negligible than the loss of bearing the bad fruits of karma.

So, there is smartness in doing confession and prayashchitt. It is not shameful to do confession and prayashchitt. So, you must immediately make yourself ready for confession and doing prayashchitt. You must not be careless in this issue.

It has been told in Uttaradhyayansutra, by confession-

- 1) The thorns of fraud, niyanu (to pray for materialistic things as a fruit of religious rites) and wrong belief, which are obstacles in the path of salvation and which bind in the infinite mundane state, get removed from the Atma.
- 2) One becomes simple-hearted.
- 3) One doesn't bind stri-ved (a karma due to which a living being becomes female) and napunsakveda (a karma due to which a living being gets neuter gender)
- 4) Strived and napunsakved bound before are destroyed.

Things to be avoided

The following errors must be avoided during confession-

- 1) Before confession to impress Gurudev by serving him with the intention that 'Gurudev will give me little prayashchitt.'
- 2) To confess after assuming that 'this Gurudev gives little prayashchitt.'
- 3) To confess the sins which are seen by Gurudev or others, and hide the sins which are not seen by anyone.
- 4) To confess the big sins and hide the small sins.
- 5) To confess the small sins and hide the big sins.
- 6) To confess in such a low voice that Gurudev can't hear it correctly or clearly.
- 7) To confess when there is noise around so that Gurudev can't listen properly.

8) After confessing the sins before Gurudev, to confess them before others also. Or, to confess the sins before many Gurudevs.

9) To confess the sins before Gurudev who has not learned the scriptures related to confession and prayashchitt.

10) To confess the sins before the Gurudev, who does the same sins, with the intention that 'Gurudev will not give prayashchitt.'

Confession should not be done in the way shown above. It only will deceive himself. He will think that he has done the confession and has become pure, but in fact he doesn't become pure (sinless) because he has confessed in the wrong way.

If Gurudev to whom we have confessed our sins, discloses them to others, he will have to roam in this mundane state for infinite time. Thus, Gurudev will never tell our sins to others. So, the confessor shouldn't suspect that his sins would be disclosed to the entire world. Except you and Gurudev no one else will know your sins.

Process

So, Be ready for confession !

How shall you confess your sins?

First you should thoroughly read the points of confession depicted in this book. Take a note book of 50/100 pages for writing the confession. Every day think for 15 minutes on each point of confession and recollect the sins you have done in your life since your birth. You must write them in your book with full details. In this manner, you must be able to write all your sins within a month or two. After you have fully written, once you must read the confession-book. If you have forgotten to write any of your sins then you must write them too. Then you must give your confession-book to a Gurudev who has learned the scriptures related to confession and prayashchitt. After reading your confession-book, Gurudev will give you prayashchitt on the basis of

scriptures. You must trust the prayashchitt given to you by Gurudev. You must perform the given prayashchitt as early as possible. You can inform the Gurudev, about what you can do in prayashchitt? For e.g. penance, chanting mantra, meditation, studying religious scriptures, cramming of verses, celibacy, samayik (to abandon sins for 48 minutes), poushadh (to abandon sins for 12 or 24 hours), moun (vow of observing silence), Sthir-Aasan (vow of staying still) etc.

Gurudev will give you prayashchitt accordingly, and not forcefully. So, you shouldn't hesitate to do confession and prayashchitt. Even after Gurudev has given you the prayashchitt, if you are unable to do something from it, you can inform it to Gurudev. Gurudev will change the prayashchitt for your convenience. You should neither delay nor become lazy in performing prayashchitt, because the body, the life and the circumstances are not stable, if the body is afflicted by some disease, if death comes or if the circumstances change then you won't be able to complete the prayashchitt. So, you must perform the prayashchitt before the adversities arrive. You should not be satisfied by just doing confession, because only confession doesn't purify your soul. After confession, when you have completed the given prayashchitt, only then you are purified.

Think deeply on all the above mentioned aspects and get prepared to perform the challenging task of confession. If you perform confession and prayashchitt you can quickly attain salvation. If you don't do them you shall keep roaming in this mundane state. Choice is in your hand.

So, now start writing your sins for confession.

Wish you best of luck.

Be brave. Have courage.

May Jinsewar bhagwaan bless you. I wish you success in achieving this great deed.

-Muni Ratnabodhi Vijay

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Echo's of Sins

I am !

- ❖ A master of virtues like infinite knowledge (Anant gyaan), infinite vision (Anant darshan), infinite character (Anant Chartira), etc.
- ❖ A master of soul natures (Atma tattv) such as existence, purity, lifespirt, pleasure, etc.
- ❖ A Bhavya soul which has the ability to reside at the upper end of the fourteenth rajlok – “Siddhsheela”.

However, due to the union with the karma, during my infinite lifes (bhav), I collided and was pounded in the poisonous cycle of birth and death

Because of mercy (karuna) showered by Teerthankar (Jineshwar Bhagwaan) on me, I got birth as human, in a civilized nation (Arya desh) and got parents who are practicing the religion of Teerthankar Jineshwar Bhagwaan

But... But... But...

As my account with the king of karma - Moha (fascination) was not settled, I again got entrapped in his bait - Since childhood, my curiosity and company of wicked friends got me involved in wrong activities. This started to defame my life.

The dominance of mohaniya karma on me, started burning me in the fire of desire. Desire to get / use things which I believed will give happiness to my five senses.

But now, my mental deterioration has crossed limits. My bodily valour, strength and power has

started decreasing. I have become blind due to Moha, Rag and Kam.

Today, I have become completely crazy, I am mad. I am fraudulent, I am blemished, I am unfortunate, I am shameless and I am completely unworthy. I am sinful, I am mean, I am extremely mean. I don't understand which direction, I should go. Also, where should I go? Whose shelter should I take? Before whom shall I disclose my sins, my pain?

My sins which are numerous as compared to my pains, are affecting me more. This is giving me feeling of being extremely suffocated.

The recollection of all my past sins is striking hammer on my head.

I have committed all the eighteen sins - violence, lie, theft, sexual intercourse, hoarding wealth, anger, arrogance, deceptiveness, greed, etc. Because of this, the possibility of getting next birth where life is full of sorrows or that of helpless animals or in hell were I will need to suffer unbearable, terrible and frightful pains looks very high. Mere the thought of facing these punishments is making every moment of mine restless.

Today, the black book of my life is appearing before my eyes which has shaken me. My heartbeats have increased.

Remembering the big sins that I have committed for little material happiness and the thoughts of terrible pains that I have to bear in the next life is making me perplexed.

I don't know how will I bare the terrible pain which Parmadhamis (the deities in hell who afflict the hellbeings) will give me in hell (which has frightful darkness and unlimited stinking smell) for my sins such as violence, lie, theft, sexual intercourse, hoarding wealth, anger, arrogance, deceptiveness greed, etc.

How will my body which has enjoyed and now is used to coolness of airconditions and coolers, bear the unbearable pains of hell ?

Though my Gurudevs, religious family and friends advised me several times, I didn't refrained from eating at night, eating uneatable things like kandmool (onion, potato, carrots, radish, turnip, etc.), chinese food, western food, punjabi food, south indian dishes, meat etc. As a result, in hell Parmadhamis will cut, break, split, fry my body. They might also roast my body in a pan of extremely hot sand like grams and groundnuts. How will I bear these horrible pains ?

Parmadhamis can also cut my body into small pieces and will forcibly put them in my mouth and make me eat them. How shall I bear this?

I enjoyed cold drinks such as Thumsup, Cocacola, Maaza, Pepsi, Soda Lemon etc. and intoxicated drinks such as beer, brandy, whisky etc. In exchange the Parmadhamis will make me drink extremely hot juice of lead. How shall I tolerate it?

I have enjoyed delight of addiction to

narcotics such as tobacco, beedi, cigarette, smoking pipe, heroin, charas, ganja etc. As a barter, the Parmadhamis will put intensely hot fireballs in my mouth. How will I be able to endure it?

Televisions, videos, channels, internets, mobiles, WhatsApp, Facebook, chatting etc. have ruined my life.

I being lewd in sensuous pleasures, on seeing females such as innocent girls, Collegean girlfriends, office girls, females in the neighbour, even married and unmarried females of my family such as sister, brother's wife, wife's sister etc. was not able to control my hunting sight. I committed sins such as bad dealings with them, bad activities with them, sensuous enjoyment with them, sexual intercourse with them. Parmadhamis will make me remember these sins. They will make me embrace and kiss beautiful, extremely hot ironstatues of females. At that time, how shall I bear extreme burning sensations?

O Gurudev! O Gurudev!

Save me! Save me! Please save me!

Today terrible noise of the echoes of the punishment that I have to bear for my sins, is making me restless!

Gurudev! Kindly save me!

Today I am ready to confess in writing all my sins - How I committed them? With whom I committed them? With what intention I committed them? Under which circumstances I committed them?

Gurudev,

now I don't want to hide any of my sins. Being shameless, I have openly performed sinful acts.

Oh Gurudev,

similarly today, without any shame I am present in front of you to wash my sins. I have mercilessly and hard heartedly committed horrible sins.

O Gurudev, I request you to similarly give me extremely hard punishment without being merciful on me. Only this can purify my extremely dirty soul.

Today, I have come here with a strong determination that I will complete the prayashchitt (punishment) given by you such as penance, muttering hymns, religious study, worship, nursing etc. as early as possible. By accepting and applying all the suggestions given by you, I want to make full use of human birth which I have got in sasan of Prabhu Mahavir. I wish to achieve peace, pacification, good next life and salvation as early as possible.

Oh Gurudev,

Now I accept refuge in the feet of Teerthankar (Jineshwar Bhagwaan), who invisibly present with me and you who is physically present before me. Now only you are my protector. Only you are my rescuer from this worldly life.

Hundreds of Vandan to the Teerthankar (Jineshwar Bhagwaans) who have shown this unique rite of prayashchitt, which clears all the sins and

thereby stops bad future lives, which could have easily thrown me in the wandering of this world for infinite time.

Oh Gurudev,

you have inspired me to open heartedly confess my sins and make my soul pure. Your inspiration is invaluable. Today by imparting this inspiration, you have become my mother of all my lives. In which life, I will be able to rescue myself from your debt of obligations? Guruma, now please never leave me alone in this sansar.

Vandana to Jinshaasan, by whose glory today I have become very fortunate to enjoy the precious moments of repentance and prayashchitt.

Vandana to those Mahatma and Punyatma, who kept this rite of confession and prayashchitt active by practicing it and made it available to us.



A wealthy man decorates the whole earth with temples bearing tall peaks and the quantum of bad karmas (paap) he destroys or good karmas (punya) he binds are far less than what one can achieve by openheartedly and without any shame confessing all his sins before good SatGuru (Good Guru).

CONFESSION

Jeev is wandering in this world from infinite time. During this wandering, Jeev have experienced infinite births and deaths. Sometimes due to rise (uday) of bad karmas, since childhood, Jeev got connected to immoral company, vulgar reading, evil causes etc.. These all spoils his clean life and made it worse than extremely dirty kitchen rag.

Though the nature of Atma is pure, till the time it is bound by karmas, happening of above several time is not unusual. Even the Atma of Teerthankaras, in their previous bhav, due to rise of Mohaniya karma took the shelter of MohaRaja.

Till the time Jeev has not become Omniscient (not got Kevalgyan), it is very casual that he performs such evil activities. But it is very amazing and also very difficult that after performing such evil activities, jeev with his Atma Jagruti (spiritual awareness) and repentance, confesses those evil activities before Sataguru and makes his Atma pure.

As per Mahanishithsutra (of the Chedgranth - secret scripture), many got Kevalgyan (omniscience) while confessing their sins before Gurudev, many got Kevalgyan as soon as they reached near Gurudev for confession, many got Kevalgyan on the way towards Gurudev for confession, many got Kevalgyan when they got up or when they took few step for confession, many got Kevalgyan even by the thought of doing confession with repentance.

So, Oh Atma

Now, without delaying even for a moment take a note book and a pen and write down details of the sins committed by you in your life. The points related to various sins denoted in this booklet will be very useful remembering the sins committed by you in your life.

Write your sins without any fraud, deceit, hesitation or shyness. Write your sins frankly and open heartedly Which Sins? Where? With Whom? In which circumstances? By which intention? How many times? were committed in the past, thoroughly remember them. Without hiding any of them, write them in as much detail as possible.

Don't show this confession to anyone else. Give this confession in the hands of a Gurudev who is Samvigna and Gitartha – One who is patient, sedate, is practicing renunciation without any mistakes and according variations in circumstances, who delivers proper speeches according to the scriptures, who is granted permission by his elder - reverend Guru for giving prayashchitt of life confession, who intensely desires to attain salvation and who has learned the secrets of scriptures regarding the prayashchitt.

As soon as you will give your confession book to Gurudev you will get free from the unbearable pain due to weight of the sins which have stuck in one of the corners of your heart since many years. You will experience the pleasure which you haven't experienced before. Gurudev will transfer the frightful punishment that you were to bear in hell from Parmadhamis into a small punishment, like needle piercing. After transferring the punishment when the Gurudev will give you prayashchitt you will

dance with pleasure and joy.

Then you have to diligently start doing the prayashchitt with an aim to complete it as soon as possible. As per instructions given by Gurudev, you must take vows of various religious rites and rules and live your life to cross the ocean of wordily life.

You must be very careful that your pure soul doesn't become dirty again by filth of sins. Inspite of being careful, due to uday of bad karmas if any sinful activity has been performed then you must regularly seek prayashchitt from Gurudev and wash your sins. Once you have done life confession, you have to do yearly confession to clear the sins committed during that year.

By confessing the sins, mistakes and vices done in the life in front of Gurudev and thus making the Atma pure is the first step in climbing the peaks of Adhiyatmic Siddhi (internal success).

If you wish to enjoy the true fragrance (peace and pacification) of the flowers of spiritual religious deeds blossomed in the garden of life then firstly it is very much necessary to wipe off the garbage of eighteen evil sinful activities done in the past.

Otherwise

Even though thousands of flowers of Adhiyatmic Aradhana (internal religious deeds) have bloomed in your life, instead of enjoying fragrance (peace and pacification) of these flowers, you will constantly experience the unpleasant smell (restlessness and unhappiness) of the garbage of sinful activities.



1. Gyanatichar - Aashatna of Gyan or Gyani

Misdeed/ Mis-conduct/ Wrong Behaviour/ Contempt regarding Gyan or Gyani

1. Instrument of Gyan like paper, sapado, navkarwali etc. burnt / ate food on them/ used as toilet paper / sat / slept on them.
2. Threw the books/newspaper/ navkarwali, pen etc. touched them with feet / tore them.
3. Touched instruments of Gyan with saliva / perspiration (sweat).
4. Used saliva to erase words / turn the pages / count money. For timepass wrote words and erased them again and again.
5. Books, newspapers, magazines, invitations (patrika) destructed by water / fire, sold to hawkers, peddlers which resulted in terrible Aashatna.
6. Spoke / read while having food / walking.
7. Read the books while sleeping / walking, put head on books. Used papers such as toilet paper / paper packets for putting things.
8. Read books etc. in the latrine and while eating.
9. Had food in paper plates / written paper / written utensils / by keeping mobile, vallet, watch etc.
10. While going for toilet / latrine kept things like papers, watch, money, specs, mobile, wallet etc. or touched them with dirty hands.
11. Wore / used / inspired others to use clothes / bed sheets etc. with printed letters / figures.
12. Studied books by keeping them on the floor. Did not keep it at proper place & went out by keeping the books open.
13. Used newspaper / cardboard as fan / packing material.

14. **Burst Crackers**
15. **Wrote unnecessary alphabets / erased it**
16. **In MC (Periods) touched the Gyan / written utensils used / went to college, school, taught someone, travelled in bus, car, plane, train etc.**
17. **Criticized the Gyan, hid the name of Guru from whom we had learnt, showed anger and dislikes / criticized him.**
18. **Did not have courtesy / respect towards the Jain Guru / School teachers & insulted them.**
19. **Back answered the Vidya guru/ teachers.**
20. **Teased / beat the teacher.**
21. **Did backbiting / had jealousy about Guru.**
22. **Played pranks (ragging) on teachers, classmates etc. in schools / colleges.**
23. **Did not study due to laziness and while teaching others did not show enthusiasm.**
24. **Disturbed someone while studying or hide books.**
25. **Became proud / Had Vanity of own knowledge.**
26. **Made fun of handicaps (deaf and dumb) and made gestures of others.**
27. **Studied religious books during Akal (Akal = 48mins. before sunrise, 48 mins. after sunset and 24 mins. before and after midnight & midnight.**
28. **Without following Jain rituals (Updhyaan, Jog) studied religious books like Aagam.**
29. **Hid the true meanings of chapters of religious book (Sutra) and misinterpreted scripts.**
30. **Did not have faith in 5 types of Samyag Gyan but believed in Mithya Gyan.**
31. **Didn't pronounce sutra properly as it has been written.**
32. **Used religious books without paying money.**
33. **Did not respect / had no courtesy towards Gyan, Guru, Gyani. Studied without respect**
34. **Directly / Indirectly became a cause of contempt**

- / stopped the growth of gyandravya and sadharandravya.**
35. **Misused the Gyandravya and contempted / neglected the growth of Gyandravya.**
36. **Negligence / Contempt / Corruption in Gyandravya.**

Every year Sins Should be confessed and punishment should be received from the honorable gurudev. The confession reveals the purity of soul and makes it bright, reflective & clean life mirror.

An innocent kid expresses his good & bad deeds open heartedly without concealing anything The one who is free from deceit & ego should also confess in the simillar manner.

2. DARSHANATICHAR

Aashatna of Tirthankar / Derasar/ Tirth / Guru /
Dharma / Sadharmik

Mithyatva

1. Doubted Jineshwar's preaching
2. Worshipped / believed/ got attracted / had desire to see Gods other than those of Jain dharma.
3. Had suspicion in the result of religious deed.
4. Got close to Mithyatvi (not having complete faith in Jain religion & 'deshana' of Tirthankars) / praised them / followed them fondly and maintained relations.
5. Those saints who are not properly following the principles shown by Lord Mahaveer, believed them as Guru and fulfilled their daily requirements (food, clothing etc.)
6. Became unfaithful to Jineshwar (Lord), did not worship / follow any rituals and gave wrong advices to others.
7. Performed / inspired people to do rituals against Jainism like Homa-Havan, shrad, Satya Narayanpooja etc.
8. Believed in other's God / Goddess and also inspired others to worship (like Shitla Mata, Santoshi Mata, Nag Devta etc.) / celebrated festivals (Holi, Dhuleti, Rakshabandhan, Nag Panchami, Ramleela, Ganpati, Navratri, Valentine's day, Christmas, New year etc.).
9. Performed rituals in rivers, lakes etc. for ancestors.
10. Kept fast on days like Monday, Thursday etc. Celebrated festivals on mithyatithi.
11. Worshipped plants (like-tulsi, peepal tree) / animals (like cow) as God.
12. Visited tirth other than that of Jain religion / did

pooja, bhakti there / renovated them / constructed new ones.

13. Did Gotrej / Nivedh etc. & worshipped Mataji, Family Deity - (Kuldevta) etc.
14. Equalized every religion at the same level.
15. Went to see burning of Ravan statue, ramleela, ganpati.
16. Considered religion as orthodox/ useless and tried to change a person who follows and believes in Jainism.
17. Criticized the Jain religion by seeing dignity / pomp / grandeur of other religious processions.
18. Had mithya belief (Illusion) about miraculous power of other god / goddess.

AASHATNA OF PRATIMAJI (IDOLS),
DERASARS (TEMPLES), TIRTH PLACES :

19. Dropped Pratima (idol of Jineshwar). Used valakunchi (rough brush). Clashed one Pratimaji with other Pratimaji.
20. Worshipped the God's Idol not as per the guidelines (religious norms). Worshipped with impure/ dirty clothes.
21. While going to deraser wore chappals, slippers, shoes or any other footwear.
22. In spite of watching Dhaja (Flag) of derasar / Pratimaji did not say "NamoJinanam".
23. Saliva / legs / cloths touched the Pratimaji. Showed our back to Pratimaji.
24. Broke part of Pratimaji / destroyed them.
25. Broke / lost / used things of Derasar for our own purpose
26. In spite of having capacity worshipped God with low quality material / bad quality fruits / sweets, etc.
27. Worshipped with the flowers which have fallen on the ground / already used for worship.

28. Ate tobacco / betel nut leaves (pan) / mouth cleaner / drank liquid, water/ had cigarette in derasar.
29. Laughed / gossiped / bitched / criticized in derasar. Dirt from ears/ nose/ saliva / vomit / blood dropped and passed gas (fart) in derasar.
30. While in derasar / tirth place got MC (Periods).
31. Ate food (including dahi), ate at night and went to toilet in the tirth like “Shatrunjay” etc.
32. Decided not to do Pooja or even disturbed others while doing Pooja.
33. Did Pooja with stitched clothes.
34. After worshipping (Angpooja) did not perform dhoop, dipak etc. (Agra Pooja) / did it in gabharo & did not do chaityavandan (BhaavPooja)
35. In derasar loudly sang Stavan in filmy tune & disturbed others who were praying/worshipping & tempted others to remember that filmy song.
36. In derasar did not sit properly / took a nap, played, critised others, discussed personal / business matters, went with food in the mouth.
37. On holy days (Pacham,Aatham, Chaudas) did not do “Chaityaparipati” - walking to multiple Jain temples.
38. Got tempted/ allured or desired to eat / ate sweets offered to God.
39. Broke items related to derasar like Chamar, Darpan (mirror) etc.
40. Wore footwear on Shatrunjay and other tirth places.
41. Did not go to derasar in the entire day / before having food
42. Enter gabharo without tying Mukhkosh (a piece of cloth with eight folds). Did not tie Mukhkosh properly
43. Touched God's idol without wearing Pooja clothes.

44. Wore very dirty / sweaty clothes while doing Pooja.
45. Reaction of like / dislikes given after Aangi's darshan.
46. Did not do Pooja thrice (Trikalpooja) during the day - Morning, afternoon & evening.
47. Did not do Aarti / Pooja in Ghar derasar.
48. Did any of the 84 types of Aashatana of Jain Temple.
49. By influence of Digambar sect etc. removed eyes, tilak of pratimaji.
50. Visited derasar for fun / did not maintain modesty (wore western clothing, did not cover the head) in derasar / tirth place.
51. Went to the derasar by the intention of seeing historical places/art of carving like Abu (Delvada), Jesalmer, Ranakpur etc.
52. Did different types of Aashatna in Girnar, Shatrunjay and other pilgrimage places.
53. Broke the ethics of worshipping God.
54. Swore in the name of God / ate before worshipping.
55. Tore / threw pictures of God.

AASHATNA OF GURU - SADHU / SADHVI

56. Criticised Dev (God), Guru, Dharma, gunwan (virtuous / meritorious) individuals & took interest in listening to criticism.
57. Did not praise rituals/ ethics of Jain religion followed by someone.
58. Did not modestly / respectfully behave when Jain saint met on the road and did not utter "MathenaVandami" and tore / threw their photographs.
59. Broke rules (law) and did not respect Dev and Guru.
60. Brought the son, etc. to saints for social

education. Got disease diagnosed by saint. Fear imbibed in child's mind for saints. Made Muni to do different types of work like eating, activities of son, stop a weeping child, etc.

61. Asked Muni to do black magic, Rakshapotli (Red threads) etc. for materilistic life.
62. Used things of Muni without permission or sold it.
63. Being a male, studied under female saints and took pachakhan from them.
64. Got aching body parts massaged by a Saint.
65. Made Muni to sell and buy things.
66. The human saliva, legs, breath came in contact with the Guru's body
67. Behaved against the commands of guru/kept grudge on Guru/spoke harsh words / leg got touched to Guru's Aasan.
68. Criticized / got angry on elderly Guru, Acharya or Upadhyaay and Sangh.
69. Ate and drank muni's food / water and wore clothes of muni.
70. Performed rituals without establishing Sthapnacharya (in front of which rituals are performed like samayik/ pratikraman), leg got touched to Sthapnacharya, Aashatna (misconduct), forgot padilehan, lost, destroyed established Sthapnacharya with wrong rituals, shook it, fell down.
71. In spite of knowing, offered Adhakarmi food (Specially made food for saints) to saints. Offered food which is inedible lyingly said as edible / edible food knowingly said as inedible, not offered.
72. Before the Guru finishes his/her kaayotsarg, completed our kaayotsarg
73. On seeing unwashed clothes of saints, assumed it to be stinking.

74. Got mala, kanthi, charavla etc. made by sadhvi for one's own use.

GURU DRAVYA-DEV DRAVYA

75. Indirectly / directly used dev dravya / guru dravya.
76. Destroyed Gurudravya / Devdravya / seeing getting destroyed then also neglected or indirectly became cause of destruction.
77. The money of Devdravya/ Gurudravya which is deposited in the bank by taking interest of that money took loan facilities, etc. from bank for personal use.
78. The money once committed was not paid / paid later on/ forgot to pay. The commission, interest transferred to other accounts.
79. Pujari [paid by Devdravya] made to do our social work.
80. The money of Devdravya / Gurudravya used for other sphere's.
81. In spite of having capacity did not contribute to Dev dravya / Gurudravya.
82. While collection of Devdravya / Gurudravya objected/ created obstacle by grumbling / speaking in-between & disturbed the collection.
83. Directly/ indirectly became a cause of contempt-stopped the growth of SadharanDravya.

AASHATNA OF SADHARMIK

84. Shadharmik was disliked / un-devoted / dis-respected/insulted.
85. In spite of having capacity did not donate in SevenKshetra. Did not do any welfare work for Saadharmik.

OTHERS

86. Did religious Practices with Niyana. (Niyana means desire to get auspicious benefits, materialistic pleasures and mundane things in Ehalok (this life) and Parlok (other life where the soul goes after death).
87. Demanded happiness and materialistic things. When felt happy, desired for life and when felt sad, desired for death.
88. In spite of having power (monetary / physical / mental) did not propagate Jain religion.
89. Criticized others by saying you are very old-fashioned (orthodox) and felt happy, got interested in back biting/gossiping.
90. Did not stay away during MC.
91. Took bath / touched everywhere before completing 3 days (72 hrs) in MC.
92. In MC uttered God's name.
93. Offered food to Muni during M.C.
94. Used plastic Navkarvali.

Shame, Pride & reputation should not become obstacles for disclosing sins in front of respected gurudev. Incomplete Confession is not pure confession due to the impurity of hidden Sins.



3. CHARITRATICHA

A. Pranatipat (Violence-Hinsa)

Soil (Prithwikāya)

1. Built/ constructed homes/factories, toilets etc., painted them and made furniture.
2. Dug well
3. Dug holes in front of the house.

Water (Apkāya)

4. Used water without straining for daily purposes – bathing, drinking, cleaning.
5. Drank unstrained drinks - packaged mineral water, soda, cold drinks, etc.
6. Boiled unstrained water
7. Mixed cold water with hot water or salty water and sweet water.
8. The living beings from strainer dried or thrown away carelessly.
9. Threw away bathing water/ hot water in empty wells or on porous surface.
10. Swam / washed cloths in lakes / ponds / sea.
11. While bathing / washing cloths or for other purposes used excess water, shampoo / soap, shower
12. Went in water parks, swimming pool, under water diving, sat in steamer boat, ships, water boats, cruise etc.
13. Used acids, bleach for cleaning toilets
14. Threw water in gutter
15. Used dhoka (a wooden rod) for washing clothes.
16. Enjoyed in rains.
17. During rainy season went out of station for business.
18. Sucked / absorbed/ dried the water in rivers and lakes.

Fire (Teukäya)

19. Lighted oil lamps in monsoon without covering it.
20. Used light, electric equipment's

Air (Väyukäya)

21. Used Heater, AC, Air Cooler, fan, gas, etc.
22. Sat in helicopter, aero plane or did para-gliding.

Plants (Vanaspatikäya)

23. Sat / walked/touched the grass / moss / algae.
24. Cut big trees by complaining to municipal corporations.
25. Cultivated gardens etc. / cut the grass & plants in different shape yourself or got done by someone.
26. By watching the various shapes of plants in garden got happy and praised them.

Two sensed beings (Beindriya Jiva)

27. Threw away or killed hair lice/ eggs of lice etc.
28. Killed worms and earthworms.
29. Killed white ants (udhay) [termite that eats wood, paper etc.]
30. Dung cakes (cow dung) kept stale and applied on walls / floor.
31. Ate and inspired to eat stale food and also served to beggars, animals.
32. Boiled stale butter.

Three sensed beings (Treindriya Jiva)

Cooking related

33. Burnt woods for cooking purposes without Pramajna. (Pramajna means accurate observation using "punjani" [a soft instrument] to save living beings.)

34. Used flourmills, gas, stoves, etc. without 'pramarjna'.
35. Grains containing insects grinded / dried in sun.
36. Kept utensils open that contained ghee, oil, etc. (since insects will breed and may die)
37. While preparing sago (sabudana) infinite insects are killed. Thus consumption of sago items [like sago-vada, sago khichadi, sago fryms, etc.] is a sin.

Home related

38. Furniture / beds affected with bed bugs, others insects, etc. kept in the sun.

Four sensed beings (Chaurindriya Jiva)

39. Used insecticides for killing flies, rats, bugs, mosquitoes, ants, cockroaches, scorpions, etc.
40. Used Laxman Rekha chalk etc. to kill ants, cockroaches.
41. In childhood by fun caught flies, butter flies etc. and released them.
42. Destroyed the bee hive.
43. Killed mosquitoes/ flies with hand.
44. Used mosquito mats / Mortien / All out / KachuaChaap coils to kill / run away mosquitoes.

Five sensed beings (Panchendriya Jiva)

Animals, Birds (Tiryancha)

45. Destroyed nests of birds like sparrow, pigeon, etc.
46. Made plans and inspired to capture, hunt and kill animals and birds.
47. Used shampoo, soap, cream, cosmetics, perfumes, body spray etc. having fat or tallow elements.
48. Gave money for slaughter houses.
49. On running the fan a sparrow / pigeon died or got hurt.

50. Used cages to hunt / capture rats; unknowingly harmed, purposely killed them, did not release that at appropriate place.
51. Tied dogs, cats, cows, buffaloes or horses.
52. Wore clothes & used bed sheets printed with animal designs.
53. Used pure leather (bags, belts, wallet, jacket, chappals etc.), pure woolen (torturing sheep) or pure silk (made from killing of silk worms) clothes.
54. Invested money in Post office / FD's / SB account in banks. Your money is given as loan to others which might have been used for purpose like fishing, slaughter houses, etc.
55. Engaged into share market. The invested money may have been used for purpose like fishing, slaughter houses, etc.
56. Used fat (tallow) oil for cooking.
57. Sat / drove / praised bullock carts, horse ride, camel ride, scooters, cars etc.
58. Used toothpaste like Colgate, Close-up which contain gelatin [bone powder of animal]
59. Used shaving lotion, hair-colour, bleaching, facial cream, beauty products etc. (as they are tested on animals)

Human (Manushya)

60. Abused / over-loaded / mercilessly behaved with maid / servant or animal and prosecuted them.
61. Frightened children / threatened them / slapped them / closed them in toilet / tied with rope.
62. Did / inspired / praised for taking divorces / abortion.
63. Kept stale vessels unclean / did not wash within 48 mins, left uneaten food or water in the plate / glass.
64. After drinking water from the glass, the same

glass was dipped in the pot without making it dry.

65. Used toilet
66. To be partial on your child's side and hurt other's child.
67. Threw/ flushed in toilets (clothes / pads) without washing them during menstrual cycle (MC Periods)
68. Did not give hearty forgiveness / Pardon (Michhami Dukkadam) to enemy.
69. Gave pain/ cause harassment to servants/ workers.
70. Did not express compassion/show mercy/ donate (to poor /needy people) i.e. Anukampadaan.

Other Points

71. Killed / cut the limbs of Ekendriya to Panchendriya (1, 2, 3, 4, 5 senses) living beings.
72. Acted irresponsibly, which resulted / could have resulted into hinsha
73. Burnt garbage/dried grass
74. Took Bath at night
75. Knife, scissors, axe, grinder, flourmill and other such things used/ given to others / did business / lost them/inspired others to buy them.
76. Used ovens, Washing Machines, Vacuum Cleaner, Iron, Refrigerator, light, gas, etc.
77. After delivery, cut the umbilical cord / done delivery.
78. Ploughed farms. Used animals like buffaloes, cows, etc. in farming
79. Praised knife, scissors, needles etc. after sharpening them.
80. Ate allopathic/ inedible medicines (containing animal fat/ kandamul).
81. Shouted / hurt / irritated animals like cow, dog, cat, buffaloes etc.

82. Fought for the things which are temporary / perishable / destructible.
83. Thought of suicide or encouraged someone to commit suicide.
84. Met with accidents that were fatal in nature (causing death or injury).
85. Violently celebrated grand occasions and inaugurations.
86. Had food with others in a common plate.
87. Burst crackers.
88. Collapsed / burnt others houses.
89. Caused pain during parturition (while coming out of mother's womb)
90. Used Mehendi for hair / hands / legs.

B. Mrushavad (Lying / Untrue Speaking)

1. Lied due to anger, fear, greed, laughter, ignorance, attachment, fondness.
2. Lied or engaged into fraudulent activities relating to land, cow and bride.
3. Things belonging to others kept under own possession or made fraud documents/wrote more or less words on the documents in relation to land, money etc.
4. Submitted fraud proofs, identities, gave false advices, took false steps to prepare accounts/records / files etc.
5. One's secrets exposed / revealed to others.
6. Took disgraced matters to the court.
7. Adopted improper / unworthy ways to fine / punish someone, cheated people / killed them.
8. Spoke against God's ethics which resulted in the downfall / negative publicity of Jainism.
9. Took unfaithful swears / spoke abusive words / used slang language.
10. Lied in small-small matters without any hesitation.

11. Did Manipulation in weights / papers / accounts.
12. Gave wrong blames / Allegation.
13. Gave curse
14. Kept Anger for long time say, beyond 15 days

C. Adattadan (Burglary / Theft)

1. Stole things from own / other's house, place.
2. Did corruption in paying tax / octroi.
3. Fraud and illusion were done in adulterant things with the intention of profit.
4. Travelled without tickets in trains / buses.
5. Stole 2-4 pieces while purchasing vegetables.
6. Encouraged / supported thieves, bought things from them
7. Being a professional advocate proved innocent as guilty and guilty as innocent / assigned imprisonment / sentenced to death.
8. Stole fruits, flowers, vegetables from farm.
9. Copied in exams.
10. Stole / robbed from the treasure boxes of Jain temples / ate from the offerings of god (sweets, fruits etc.).
11. Due to greediness picked up money from the road belonging to somebody else.
12. Took more than one 'Prabhavna' in religious ceremony.
13. Ate secretly / stole from own house.
14. Bought and hid things like clothes, money, ornaments etc. from in laws / parents.
15. In school stole pen, pencil, eraser, book, bottle, lunch, food, snacks etc.
16. Travelled by using someone else's pass, tickets etc.
17. Cheated government / others and did fraudulent activities.
18. Gave or took bribe
19. Ditched others

D. Maithun (Adultery/ Copulation/ Sexual inter-course)

1. Unintentionally / intentionally / willingly / accidentally had physical relations with other sex.
2. Thought on sexual matter, discussed, gave inspiration and thought of such matter to others.
3. Had physical relations with prostitutes. Kept extra-marital affair.
4. Proudly broke the vow in matter of wife and prostitutes.
5. In dreams spoilt the character.
6. Had physical relations with animals.
7. Masturbation / Homogenous relations.
8. Raped a boy / girl / man / woman.
9. Observed the body organs of women other than wife and touched them.
10. Saw sexual organ of opposite sex and touched them, saw them fondly while doing sexual process.
11. Excited others by doing sexual gestures and showed/exposed parts of body.
12. Kissed / hugged girl / women other than wife/ got tempted fully. Did mischievous gestures, touched the sexual organs and did lust.
13. Did marriage of dolls.
14. Conducted marriage bureaus / did marriage of others.
15. Created obstacles for other who was wanting to protect his/her character.
16. Loss of virginity.
17. Called ladies in hotels and did lust.
18. Flirted or had affairs with girls / boys in schools / college / tutorials etc. Gave gifts, touched.
19. Looked at the posters of men / women with passion and had bad / evil thoughts.
20. Saw blue movies / read erotic novels / abusive novels, other instigating content on TV,

computer, internet, mobile, etc.

21. After seeing adult movies became eager to enjoy sexual happiness.
22. To increase beauty/ to attract opposite sex washed hands, legs frequently and sprayed perfumes etc.
23. Desire to touch or see opposite sex at places like temples / Upashray / crowded places.
24. Did sexual intercourse at pious / Tirthplace / on tithi (Pacham, Aatham, Chaudas etc.)
25. Touched / made attempt to touch men / women intentionally / unintentionally.
26. Watched blue movies on Youtube or any other sites.
27. Wore clothes against culture and exposed body by wearing, jeans, short skirts, bermudas, shorts, backless, sleeveless, transparent clothes etc.
28. Trapped widow by giving false compensation / raped her.
29. Ate unlimited ghee / oily food which caused temptation / vulgar thoughts.
30. The place which was occupied by a ladies, was occupied by gents within 48 mins. The place which was occupied by gents, was occupied by ladies within 3 hours.
31. Remembered past sexual process.
32. Operated or visited clubs, pubs, discotheques, bars, rave parties, hukka parlors. Had a night out & freaked out.
33. Actively participated in marriage events of relatives
34. Misbehaved with office secretary / office ladies staff.
35. Trapped the helpless dependent women in wrong way.
36. Did sexual activities in MC.

37. Danced with opposite sex in marriage / navratri / parties / clubs etc.
38. Talked / chated adultery with someone on social networking sites (facebook, mobile, whats app. etc.).
39. Showed sexual appeal and excited others by playing vulgar songs loudly.
40. Desired and tried to become actor, actress, miss world, singer, cricketer etc.
41. Did marriages of eunuch / impotent men.
42. To avoid pregnancy adapted various precautions.
43. To conceive baby did test tube baby process or adapted surrogate woman.
44. Had special attraction / affection / fondness / repulsion towards any living / non-living things.

E. Parigraha: [Collecting / gathering of mundane things like money etc.]

1. Intentionally / unintentionally broke the vow related to Parigraha.
2. Did not take oath about limitation of money, grains, land, gold, silver, vehicles, animals etc. or crossed the limitation of oath.
3. Had high level of affection on wealth
4. Kept enmity, feeling of hatred even after giving / seeking forgiveness.
5. Felt happiness on getting money and got sad on incurring loss (being crazy after money)
6. Developed negative feeling because of getting less during partition
7. Being immoral / injustice in collection of money / business. Betrayed people by keeping their money under own possession.
8. Purchased shares

F. Disha Pariman: (Crossed the decided limit of travelling)

1. Intentionally / unintentionally broke the vow with respect to limit set for travel by sea, sky, landway.
2. Reduced travel in one direction & extended it to other direction.
3. Travelled outstation during monsoon.

G. Bhogopabhog

Things which can be used only once are called "Bhog"eg: Food. Things which can be used repeatedly are called "Upbhog" Eg: Money, house, clothes, servants etc.

1. Broke the 14 ethics (14 niyam) did not summarise them.
2. Did not complete food 48 mintues before sunset / eat after sunset
3. Ate Veg. items, although item shows green mark [vegetarian] then also many of the fraudulent companies mix non-veg etc. in it like Maggi, Mcdonald, KFC, Pizza, Burger, Subway, Tacobell.
4. Addicted to drugs: brown sugar, cocaine, opium, cigarette, beedi, tobocco, pan parag, manikchand, gutka, mavo etc.
5. Did operations, X-ray, Sonography, Angiography etc.
6. Did blood, urine, other tests etc.
7. Took injection, glucose, blood bottles etc.
8. Undertook business related to weapons / soaps / intoxicated substances (bhang, vodka, beer, drugs etc.), vehicals, turpentine / petrol / wood, gold mines, iron mines, black smith
9. Operated any mill / factory, transport entity
10. Got new building constructed / painted / gave on rent

11. Made attempt / got desire to become Actor, Actress, Miss World, Singer, Cricketer
12. For getting energy ate/ served/spread rumours for having eggs.
13. Did vomit while having pachkhan of any tap or chovihar / tivihar / duvihar
14. Started gas without cleaning / checking whether there is any small jeev or not?
15. Kept food items open Ate / drank / served inedible food & drinks (Intentionally / Unintentionally / knowingly / unknowingly)

All twelve months

- ❖ Magavigay - Meat, Butter, Hard drinks or Honey
- ❖ Pickles
- ❖ Fruits like jack fruit, boar (a small fruit with big seeds),
- ❖ Bahubeej - Brinjal, fig, poppy seeds
- ❖ Stale food/ food kept in the refrigerator / deep freezed which has crossed over night like roti, thepla, green sweet chutney, mango juice, salad, guard halva, shrikhand, bengali sweets, dough of idli, dosa, vada-pav, pavbhaji etc. Roasted papad of the previous day.
- ❖ Dwidal - any grain [or flour of that grain] which can be split in to two CAN NOT be mixed in raw yogurt or milk, yogurt has to be nicely warmed before mixing it.
- a. Mixed pulses (dal, papad, peas etc.) with raw (not boiled) milk, raw yoghurt, buttermilk, shrikhand etc.

Note : Milk / buttermilk / yoghurt needs to be heated to a boiling temperature. If pulses are only heated then also it is compulsory to heat curd and milk, else it becomes abhakshya/ dwidal.

- b. Dwidal - Pulses / chana's items with shrikhand etc. Had dal, papad with un-boiled buttermilk, had chaat & ragdapattis.
- c. Separated butter from butter milk and then used it. (since separation leads to breeding of immense number of germs).

Note : Butter can be used only if it is completely immersed in butter milk.

- d. Buttermilk utensils kept along with other utensils for cleaning purpose. It leads to Dwidal.
- ❖ 22 types of abhakshya - 5 types of Figs, Ice (cubes), Ice-cream, Brinjal, Multiseed Fruits, Sago, Poppy Seeds, unknown fruits (imported fruits) etc.
- ❖ 32 types of anantkaya - Kandmul/ Anantkay - Garlic, Carrot, Ginger, Ginger tea, Potatoes, Onions, Beetroot.
- ❖ Outside food items - Maggie noodles, butter, cheese, paneer, pasta, spaghetti, pizza, biscuit, bread, cakes, chewinggum, chinese, peppermint / biscuit / jelly or ate animal shaped peppermint biscuit, jelly, tomato ketchup / chilly sauce, shezwan sauce, soya sauce, cadbury / chocolate, cold drinks, etc. Idli, dosa, khaman, kachori, panipuri, vada-pav, pav-bhaji etc from Hotels / Hawkers / Stalls / Pedellars.
- ❖ Preserved food
- ❖ Green grains [certain corns such as wheat ponkh etc.] baby corns, sprouted pulses etc.
- ❖ Sprouted pulses (green gram (moong), chana, etc.)
- ❖ Sachit / Unknown fruits
- ❖ Food which has changed it's colour, smell, taste, look, touch (varna, gandh, ras, sparsh)
- ❖ Ate / kept Stale curd (passed 2 nights) and used it for different purposes.
- ❖ Ate / kept stale cream (malai).

- ❖ Ate Mango after Aadra Nakshatra

Eight months (expect four months - kartak to fhagun)

- ❖ Green leafy vegetables like cabbage, spinach, coriander, cauliflower etc.
- ❖ Dry fruits like dates, dry dates, cashew, raisins, pista, badam etc.

Four months of Chaumasa

- ❖ Papad
- ❖ Badam which is not broken previous / earlier day.

H. ANARTHDAND

The activities which are inevitable, unavoidable, necessary to survive/ to sustain are called "Arthdand".

Exactly opposite from that is called "Anarthdand" like to eat inedible things, gambling, to watch movies, to break relations, getting jealous, using cosmetics, to slander etc.)

Unnecessary Activities

1. Played or saw video games/ cyber café/ chess/ cards/carrom/ cricket etc. for entertainment.
2. On Tithi broke the ethics by doing or sending food for grinding.
3. Laughed loudly/ made other's to laugh.
4. Overslept (beyond 6-7 hours).
5. Did envy / malice thoughts.
6. Watched / Listened / Praised events like Circus, Theatre, T.V., Radio, Movies, Match, Mobile's Clips, Blue Films, you tube , Whats app, etc.
7. Praised/admired buildings, bungalows, malls,

theatre, water parks, clubs, etc.

8. In Holi played with water balloons. Your fun resulted in someone else's pain.
9. Admired the sea face, played in water, enjoyed rain.
10. Enjoyed / celebrated India wining a sporting event – Cricket, Hokey, Olympics, etc.
11. Used / Enjoyed ride in horse cart, bullock cart, camel ride, car, airplane, etc.
12. Ate outside food, enjoyed its taste.
13. Kept pet animals like dog, cat, parrot etc.
14. Gambled.
15. Did makeup.
16. Purchased lottery tickets.

ANGER / FIRE :

17. Being extremely impatient or excited or getting angry for long time.
18. In anger spoke loudly / without any respect to elder / younger people.
19. In anger cursed / spoke bad words to someone and made inauspicious desire to take revenge (Niyana).
20. Got terribly angry in sadness, happiness or religious matter.
21. Kept anger, vanity, illusion, greed for 15 days/ 1 month/ 4 months/1 year or for whole life.
22. Desired inauspicious happenings for the person for whom we have envy / malice / jealousy.

PRIDE / VANITY :

23. Did Vanity about Affluence / power / money / knowledge and behaved arrogantly without modesty.
24. Humiliated others proudly.
25. Praised one's self and considered others useless (frail).

26. Due to pride, rebuked / contempted many innocent peoples, servants etc.

ILLUSION, DECEIT, INTRIGUE, BETRAYER / UNTRUSTWORTHYNESS, JEALOUSY :

27. Did illusion / deceit / betrayal.
28. Behaved faithlessly (shrewdly) towards obliged / beneficial person.
29. Played and encouraged someone for black magic / magic spell / hypnotism.
30. Got jealous after seeing the progress / wealth of others.

CLASH - QUARREL – STRIFE :

31. Had strife or quarrels in family / society there by disturbing the peaceful atmosphere.
32. Quarreled with the members of religious community (Sangh).
33. Quarreled with parents / stayed in a separate home / started a separate business.
34. Quarreled (strife) with brother, sister, in laws etc.
35. Because of fight, stopped communication
36. Husband / wife quarreled with each other.
37. Tortured / irritated parents / in-laws by not even providing basic necessities.

BACKBITING / BITCHING / DISGRACES / ASCRPTION :

38. Bitched about others.
39. Made false allegations on others by using the words like witch, hag etc.
40. For amassing wealth made false allegations on innocent ones.
41. Back bitched (slandered) the donors.

42. Backbited Saints / Guru / Teachers / Religion / Family etc.
43. Did back bitching of others.

I. Samayik

1. In spite of having spare time, did not do samayik.

While in samayik

2. Touched / hurt/ killed movable (the living beings who have 2/3/4/5 senses) or Immovable (living beings having only one sense like Pruthvikaya, Apkaya, Teukaya, Vaukaya, Vanaspatikaya) living beings.
3. In Samayik spoke 'SaavadyaVachan' (usage of words which resulted in hurt or in destruction of living beings.
4. Touched 'Sachit' (Vegetables, Fruits etc.)
5. Lost / broke the instruments of samayik (Upkaran like - charavla, muhpatti etc.)
6. Went to the washroom/slept/ touched rain droplets/ while raining went out.
7. Used battery, operated watch or other electronic things – light/ fan, etc.
8. Touched/attended mobile phones.
9. Directly / indirectly touched person of other sex
10. Talked about business deals etc. / did not do swadhaya.
11. Did 'Aartadhyan' (feeling of afflict, morose, sadness, gloominess, thought of suicide)
12. Did 'Roudradhyan' (Violent / horrible thoughts eg. Feel like killing someone, to snatch, to lie which ended in committing suicide, possessiveness about securing property).
13. While taking pachkhan did not perform vandan.
14. Purposely completed samayik before time, did not follow the process of completing samayik

(parvani vidhi)

15. Did not use Muhpatti (a piece of cloth) in samayik while speaking.

J. Deshavagasik

1. Did not do Deshavagasik - Pratikraman : Morning and evening and Samayik: 8 during the day
2. In spite of having niyam, did not do Deshavagasik / broke the niyam

K. Poushadh – Living like Sadhu-Saadhvi

1. Did not do Poushadh on auspicious day (Pacham, Atham, Choudas, Paryushan)
2. In spite of having niyam, did not do Poushadh
3. During Poushadh, did not do any of the following:
 - ❖ Did not use Muhpatti (a piece of cloth) while speaking
 - ❖ Did not scrutinize the place before passing excreta.
 - ❖ Forgot / did not do dev-vandan / porisi / Pratikraman / padhilehan of clothes (rituals)
 - ❖ Did not do dev-vandan / porisi / Pratikraman / padhilehan of clothes (rituals) in prescribed manner
 - ❖ Went beyond 100 steps & after returning did not do “Eryavahiya Gamnagamne” (One type of ritual).
 - ❖ Did not do pramarjan with required attention
 - ❖ While going to throw urine and excreta did not recite "Anujanaha Jasuggaho" and after throwing them did not recite “Vosire” thrice.
 - ❖ While taking pachkhan, did not performe vandan.
 - ❖ Did not study and did not listen to the preachings (vyakhyan) of guru.

- ❖ While coming in / going out of deraser / upashray, did not recite "Nisihi - Aavasahi"

4. During Poushadh, did any of the following :

- ❖ Movable living beings (who have 2/3/4/5 senses) and Immovable living beings (having only one sense like Pruthvikaya, Apkaya, Teukaya, Vaukaya, Vanaspatikaya) living beings touched / hurt/ killed
- ❖ Used water without doing Erihyavaya
- ❖ Opened cupboard / windows, took support / starched body without pramarjan.
- ❖ Had contact with person of other sex
- ❖ Used battery operated watch or attended mobile phones in Poushadh.
- ❖ Touched sachitt (Vegetables, Fruits etc.) in poushadh.
- ❖ Washed legs, hand for beautification
- ❖ Went to the washroom/slept/ touched rain droplets/ while raining went out
- ❖ Purposely started late / finished before the scheduled time
- ❖ Lost muhpatti or any other thing (Upkaran) of poushadh
- ❖ Talked about business deals
- ❖ Wasted time
- ❖ Vomi, used toilet
- ❖ At night passing excreta / went beyond 100 steps
- ❖ Didn't do Bhakti / seva of others
- ❖ Did 'Aartadhyan' - feeling of afflict, morose, sadness, gloominess, thought of suicide
- ❖ Did 'Roudradhyan' - Violent / horrible thoughts eg. Feel like killing someone, to snatch, to lie which ended in committing suicide, possessiveness about securing property

❖ SaavadyaVachan' - usage of words which resulted in hurt or in destruction of living beings

L. Atithisamvibhag - To invite Sadhu - Saadhvi for Gochari before breaking fast with Ekasana

1. Did not do or broke the Atithi samvibhag vrat
2. In spite of having niyam, did not do tap on auspicious day (tithi)
3. In spite of food being inappropriate, gave to Sadhu-Saadhvi saying it is appropriate
4. Without having attention, gave inappropriate food to Sadhu-Saadhvi
5. Gave food to Sadhu-Saadhvi with Ego / Jealousy
6. Remain absent at the time of giving food to Sadhu-Saadhvi
7. Criticized donors
8. In spite of having affluence/ wealth did not conduct 'Sangh Swamy Vatsalya'
9. Did not help miserable or needy sadharmik (people belonging to Jain community), nice people, beggars/ needy people.
10. Repented after giving donation
11. In spite of doing Poushadh with "Chovihaar Upavaas" did not do "AtithiSamvibhag" the next day.

Tear drops of the confessing
heart are more valuable than the drops
of nectar.



Breaking of tap / Aashatna of Tapasvi

1. Did not have fast on holy days like (Pakshik, Chaturmasik, Samwatsari)
2. Forgot or broke pachakhan.
3. In spite of having capacity did not do any of the types of tap [12 types of tap]
4. Did Niyana of tap
5. Did kashay (like anger, illusion, proud, greedy, fondness etc.)
6. Did not do basic tap (pachkhan) like Navkarshi, Chauvihaar.
7. By mistake drank water which was not boiled.
8. Due to pride / laziness, intentionally broke the tap.
9. Broke vows (promise) related to tap.
10. Criticized / insulted the tap / tapasvi.
11. Did not leave vigai (Ghee, Oil, Jaggery, Fried items, milk, curd)
12. Ate without keeping any limitation in items (Dravya).
13. Did not bear the pain while snatching of the hair (loch)
14. Kaayotsarg and meditation not done.
15. Did different types of Atichar (an error) in tap.
16. After taking pachakhan of chauvihaar / tivihaar, vomitted and gargled with water.
17. While having food in tap, the table/ patlo shooked.
18. While having food in tap, did not sit in one posture & moved.
19. In ekashana etc. before having lunch did not chant navkar and after finishing food, forgot to take pachakhan.
20. Did not adore / take care of child / old person / sick person / tapasvi (who has done tap like upvaas, ayambil etc.) / newly dikshit.

21. Broke & violated the vows which had been taken before.
22. Took vows of choudvihaar (not having food at night) and then vomitted. Burping which caused food particles to retract in the mouth.
23. When any disease / pain occurred did Aartadhyan.
24. Due to death of any relative did Aartadyhan.
25. Insulted or rudely spoke to parents or elderly people, guru.

Beauty of Confession

- ❖ Confession is the pilot car of the mental peace.
- ❖ "Pure Joy" depends on "Pure Soul" which requires "Clean Soul" which demands "Clean Confession".
- ❖ Gold becomes valuable only after cleansing by fire soul becomes valuable only after cleaning by confession.
- ❖ 'Confession' is the first step towards desolving 'I' (ego).
- ❖ The highway to the salvation starts from the pure confession.



5. VIRYACHAR

In spite of having capacity didn't show enthusiasm

1. Due to laziness / sleep did not perform rituals like kaayotsarg and other rituals which are part of pratikraman.
2. While doing 'vandana' (one type of ritual) did not respect the Guru / did not pronounce the wordings properly.
3. Did pratikraman / other rituals hastily / by sitting or did not do it at all.
4. Did not donate, in spite of having monetary power.
5. In spite of having capability did not celebrate religious ceremonies / pooja.
6. Did not put sufficient efforts for Gaining Samyagdarshan / Gyan / Charitra.
7. Did not do tap, vinay, vaiyavach.
8. Did Maya
9. 5 types of laziness (Drinking wine, sleep, to love – to hate five vishyas viz. words, appearance, taste, smell and touch, kasahaya, gossiping about politics meal, countries and opposite sex)
10. Aavashyakkriya done in wrong way / not done [Aavashyakkriya (6 rituals like samayik, chauvisatho, vandan, pratikraman, kaayotsarg, paachakhan)]
11. Post taking the vows of Desh virti / Sarva virti became lazy.
12. Did not perform courtesy / benevolence (Vinay-Vaiyavach).

Did not serve parents, teachers, guru, gyani, elderly people, God with dedication

GENERAL ATICHAR

1. Troubled, got angry.
2. Pride of caste, family, body, etc.
3. Talking during pratikaman
4. Criticised / praised food
5. Did four types of Aartadhyan.
 - a) Got delighted / Gaiety / Cheered up when we met our favourite / coveted/ dear people or we got materialistic things.
 - b) Got delighted / pleasure in the separation of unfavourable / not likeable, things or persons.
 - c) Afflicted / gloomed / displeased because of separation from beloved / favourite things or person.
 - d) Got Agonised / disappointed when we saw things/ met people who are unfavourable/ felt disgust.
6. When any disease / pain occur did Aartadhyan
During MC, travelled or touched things, did not follow the rules

You can send your Confession Book at :

P. Hemvallabh Vijay Maharaj Saheb

C/o. Royal Opticals

37, Star Complex, S. T. Road,

Junagadh - 362 001

Ketanbhai Seth : 9898259567 - 7778822226

Name :

Age :

Complete Address :

.....

.....

.....

Social education :

Phone No. :

Mobile No. :

Married / unmarried :

Instructions :-

Suggest by making a tickmark (✓) in front of which you can do.

Attham (Continuous three fasts)

Chhatth (Continuous two fasts)

Upvaas (Single fast)

Aayambil (Eating boiled items once in a day)

.....

Ekasana (Eating once in a day)

Biyasana (Eating twice in a day)

Religious Study/Reading

Have you constructed the foundation of

vardhamaan aayambil Tap ? Yes / No, How

many olls have you done ?

Have you done life-confession previously ? Yes

/ No If you have done life-confession

previously then this confession of the sins is of

how many years ?

Write in detail the incompleted punishment of the previous life-confession.

(Instruction :- the punishment - donor Gurudev will fill the following details and return you back)

The punishment mentioned below has to be completed within years.

1. Attham, 2. Chhatth,
3. Upvaas, 4. Aayambil,
5. Ekasana, 6. Biyasana,
7. Bound Nakaarvali.....
- (Rosary) (reciting navkarmantra 108 times).....
8. Samayik (To abandon all the sinful activities for 48 mins. and to feel peace of mind.)
9. Study (cramming, reading, hearing religious speeches etc.) To cram the verses for hours.
10. Jeevdaya (Compassion for living beings)
11. Other
- Tithi
- Date
- Place
- Sign

Notes :-

1. Navkaarvali (Rosary), Study, reading should only be considered if they have been done in samayik or after doing Eriyawahi (A religious rite which washes the sins committed by walking)
2. Study, reading given in hours should be considered only if they have been done continuously for atleast half an hour and without talking with anyone.
3. The broken vows should be started again.
4. The punishment should be completed as early as possible. The newly committed sins should be confessed every year.