

Navnat Vanik Association (UK)

Paryushan Celebrations 2013



Sunday, 8 September 2013

Day 7 (Morning) – Shake off the karmic dirt

Bhawgan has shown us two forms of swaroops:

Karma swaroop - Gives us happiness, sadness, wealth, poverty, power, success, failure. Within the circle of eight types of karma, our aatma is stuck. Even in the realm of dharma we can get stuck in mohaniya karma. Ego and pride created within the karma kshetra can be cleaned through dharma, but ego and pride created within the dharma kshetra cannot be cleaned anywhere. Because of "moh" (desire) we attract karmas, and through our kashayas, they get stuck to our aatma.

Dharma swaroop - In the simplest form, dharma shows us the way to stop and clear our karmas - through introspection, swadhyay, bhakti, aaradhna.

Either establish dharma within your mind, or focus your mind on dharma. And the right dharma has three qualities: ahimsa (non-violence), sayyam (steadiness), and tapascharya (penance and meditation). It doesn't matter which type of pratikraman you follow, or which sangh you belong to, the main point is to understand and practice the dharma. Just by acquiring intellectual knowledge and talking like a scholar will not do you any benefit. The dharma has to be put into practice, in whatever little way you can. Take a step and make a start.

When you're hungry, you just eat.

When you feel like travelling, you just walk.

When you feel bhaav within, you sing.
So when you feel you've done some wrong, repent and ask for forgiveness. Do pratikraman then and there without wasting even a moment.

There is no time for discussions or arguments or comments.
Whatever time you have left on this earth, just start your dharma. Don't wait till you know everything. Start with what you know. And don't play games with words. Words are just indicators, a guide. There is no dharma within the words. The one who understands the indicators is a student, and the one who unravels the instructions is the Guru.

If karma says I'll make you unhappy, dharma says even in the midst of your unhappiness, I'll guide you to moksha.
If karma says I'll destroy everything you've created, dharma says even in the midst of that destruction, I'll give you the magic potion of life.
If karma says I'll arise the seed of asadhna within you, dharma says I'll hold you steadfast and guide you through.

We do two types of kriya - one is gyaan kriya and the other is dharma kriya. These two are disparate within our lives. But only when they combine and unite will the effect be felt. Even Bhagwan Mahavir had three types of gyaan from birth - mati gyaan, shrut gyaan, avadhi gyaan, so why did Bhagwan have to go through so much pain and suffering. He had already bound the "naam-gotra" of becoming a tirthankara, but yet he did not stop and sit back. Because gyaan and kriya are both required to unlock the path to liberation.

Pujya Tej Sahebji illustrates the point of karma and dharma through an interesting story. A farmer's donkey fell into the river, and despite numerous attempts, the farmer was unable to pull him out. The sun was setting, and everyone suggested that instead of the donkey suffering like this, why not give him samadhi. There was no other option. Hence, everyone started putting sand over him to start covering him. But as soon as they started doing this, the donkey started shaking it off and the sand started settling at the bottom of the river. Slowly, the donkey started stepping up on the sand and very soon, it was high enough to just walk off to the shore.

The moral of the above story is that we also should shake off the karmic dirt that keeps dropping on us through our interaction with

people, situations, and our other karmic deeds. And build ourselves a platform through dharma using which we can walk off to moksha.

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Day 7 (Evening) – The 10 minute dharma

The essence of Bhagwan's vaani is that the aatma should move towards the path of parmaatma.

Pujya Tej Sahebji explains to us that where there is dharma, there can be "magic". But where there's "magic", there cannot be dharma. Dharma has so much power that it can create unseeming occurrences that we haven't seen before. Gautam Swami had so much divine power graced by Bhagwan Mahavir that he reached Ashtapad in the blink of an eye. Even today in Palitana we see congregation of children who do ekasana, aththam and upvaas, and still very easily manage to do 99 yatras without breaking a sweat. The power of Dharma. Where the body's strength ends, the strength of the dharma begins.

Dharma swaroop says that whatever niyam (practices) have been outlined, they've been done keeping good health and a happy life in mind. Science today says that one should drink warm water to keep good health. Science today says that one should not eat too late at night. But we all know this since Bhagwan Mahavir expounded the same words 2600 years ago.

Bhagwan Mahavir has also said that one must do Pratikraman in the morning, and with that, all yoga asanas and sadhna will also be completed. If you want to keep good health, then follow all the

practices that Bhagwan has outlined. Have full faith in Bhagwan's words, and use it as your ultimate guide in life.

Pujya Tej Sahebji implores us to take 10 minutes out of our daily routine to devote to dharma - not even 48 minutes, just 10 minutes. This could be a mixture of one mada, one devotional stotra, one mantra, and some reading. If you even do just 10 minutes of this, the next 24 hours will be full of energy and positivity.