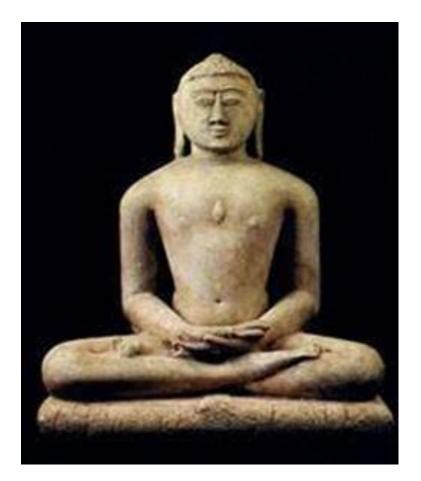
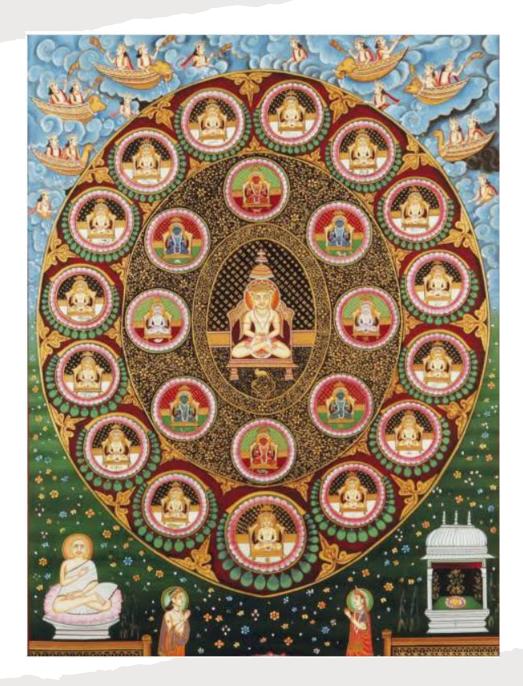
A visit to the Jain Centre Leicester





- Along with <u>Hinduism</u> and <u>Buddhism</u>, Jainism is one of the three major religions that started in ancient India. Its followers are called Jains.
- Jains believe that after people die, they are reborn as other beings. By purifying their souls, they believe, they can eventually free themselves from repeated rebirth.
- Jains believe in reincarnation. This cycle of birth, death, and rebirth is determined by one's karma.

 Jains believe that 24 men, the Tirthankaras (saviours), have escaped rebirth, or reached nirvana. In temples and at shrines Jains pay respect to the Tirthankaras



- For Jains, purifying the soul involves practicing **ahimsa**, or nonviolence. This means that they should not harm any living thing, including humans and other animals. Also, no group of people is above or below any other group.
- The "Muhapatti" is a white square of material that covers the mouth during some Janism events. This material acts as a protective barrier to prevent harm to airborne organisms while also encouraging a sense of mindfulness and respect for all living beings.

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To avoid harming living things, Jains do not eat any meat, honey, fruits and vegetables with seeds and root vegetables. Alcohol is permitted. At certain times Jains fast, or refuse to eat, to help purify their soul. Jains may carry out spiritual acts every day such as

- prayer
- honouring the tirthankaras
- paying respect to monks
- repenting for sins
- self-control through sitting meditation for 48 minutes
- going without something pleasurable

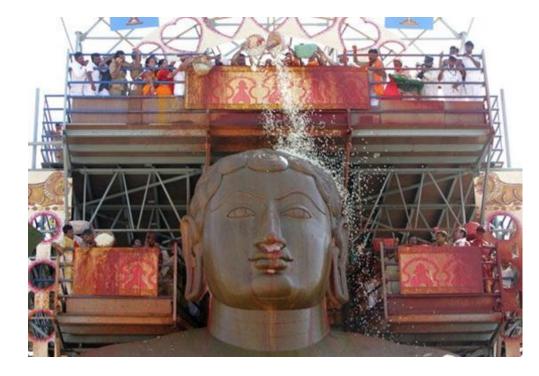


The aim of the Jain way of life is to reach moksa, The almost the Jain way on the IS to react in monoral and a way attached learning the path to react th final liberation of the south by creating and attached kama. The path to moksa is long and ardinue but the south can obtain it through the attached kama. The paur to thonsa is to us and arduous, but the soul can attain it through the teachings of the Titthonkows The arouous, but the sour can attain to un ought the teachings of the Tirthankaras. Those who can follow the path rigorously become sadhus follow the paul figurously become straining (monks') and sadhvis ('nuns'), renouncing (monks) and saurous (nuns), renourieing home, family, all possessions, and life in society. Lay people, still having worldly concerns, follow the teachings to the best of their ability.

and foremost ahimsa (non-violence, avoiding harm to even the least living being), then satya (truthfulness), asteya (not to take anything which is not given), brahmacharya (sensual restraint), aparigraha (non-attachment to worldly objects and sentiments). Jain monks and nuns practise these to the fullest possible. To avoid harm to small life-forms, they travel only on foot; to avoid attachment, they do not stay in one place for more than five days (except in the rainy season); they eat only food given to them during daylight hours. They study the scriptures and teach the laity; forgiveness, humility, meditation and austerities form their



Jains celebrate festivals throughout the year. Important Jain festivals are connected to major events in the lives of the Tirthankaras. Like Hindus and Sikhs, Jains celebrate Diwali. For Jains, Diwali is the commemoration of Mahavira, the last Tirthankara, reaching nirvana.



The most famous Jain festival is Mastakabhisheka ("Head Anointment"). It is a ceremony performed every 12 years. A 57-foot- (17-meter-) high statue of Bahubali (son of the first Tirthankara) is anointed from above



 The three ethical fundamentals of Jainism are
right faith, right knowledge, and right conduct. These must be practiced in harmony to achieve self-control. Only the pure mind, free from attachments, achieves selfcontrol.

## https://www.jaincentreleicester. com/

https://www.storyofleicester.inf o/faith-belief/jain-centre/

https://www.bbc.co.uk/religion/re ligions/jainism/worship/dailyspirit uality.shtml

