

A visit to the  
Jain Centre  
Leicester

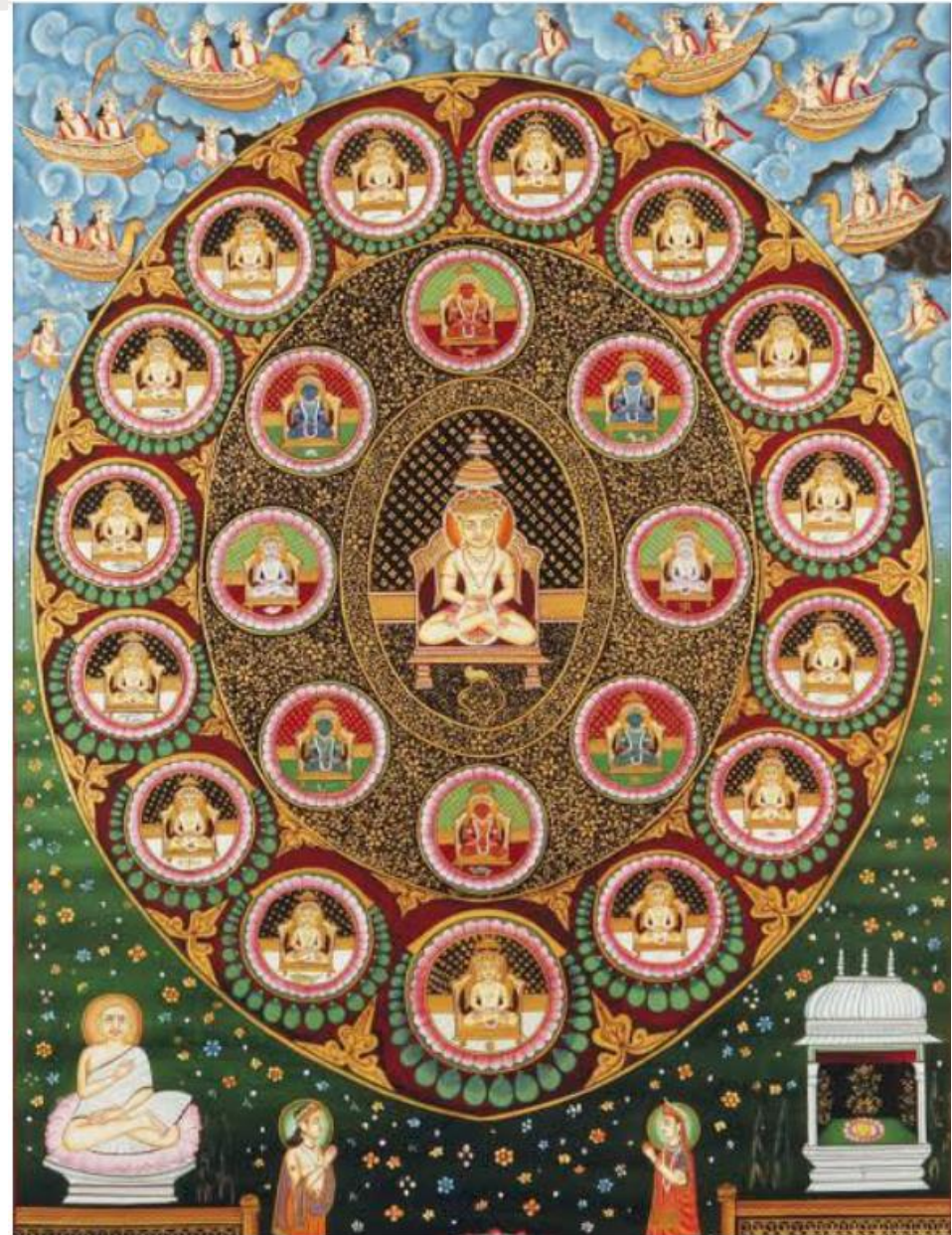




- Along with [Hinduism](#) and [Buddhism](#), Jainism is one of the three major religions that started in ancient India. Its followers are called Jains.
- Jains believe that after people die, they are reborn as other beings. By purifying their souls, they believe, they can eventually free themselves 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 Jainism 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.







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

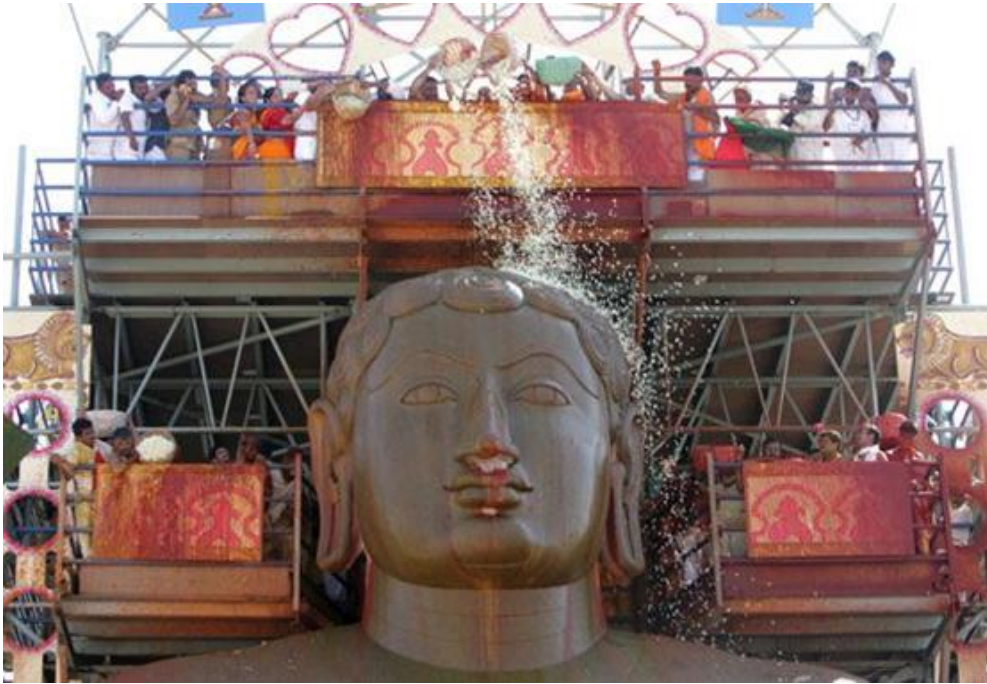
- prayer
- honouring the tirthankaras
- paying respect to monks
- repenting for sins
- self-control through sitting meditation for 48 minutes
- going without something pleasurable





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 self-control.

le - both (preaching), jñanarjan (study), anasakti (detachment),  
ce), karuna (compassion), moksa (salvation).



<https://www.jaincentreleicester.com/>

<https://www.storyofleicester.info/faith-belief/jain-centre/>

<https://www.bbc.co.uk/religion/religions/jainism/worship/dailyspirituality.shtml>

