



My Jain Values Journal

JAINA Education Series
JES
106

Right Conduct ... Leads to Liberation

सम्यग्दर्शन सम्यग्ज्ञान सम्यक्चारित्राणि मोक्षमार्गः

Right Conviction ... Right Knowledge



JAINA Education Committee • The Federation of Jain Associations in North America

परस्परप्रेमो जैवानाम्
Compassionate Living

My Jain Values Journal



Journey towards a Happy and Peaceful Life

Applying Jain values into day-to-day Life

Compiled By:

Pratiksha Shah

Jaina Education Committee

My Jain Values Journal – Draft Copy

Applying Jain Values into day-to-day life

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Compiled by:

Pratiksha Shah
Pravin K. Shah (Chairperson)
JAINA Education Committee
509 Carriage Woods Circle
Cary, NC 27513 USA
Tele - 919-859-4994
Email - jainaedu@gmail.com
Website – www.jaineLibrary.org

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Email: arihant.graf@gmail.com
Tel: +91 99988 90335 India

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Prologue

The purpose of this book and the teaching approach is to instill core Jain Values in young children that will help them to live a happy, peaceful life and enable spiritual growth at an early age. This book outlines various opportunities/challenges for children to practice their Jain values and see how it can be applied in daily life. My hope is that as the young ones grow up and encounter various people, situations and events unfolds in their lives, they will have a way to find comfort, inner peace and answers to their questions. They will have an approach to think about people, life events, materialistic things, achievements, success and to live a confident, loving, kind, compassionate and happy life.

Whatever I'm today is because of my parents - Kunja Shah and Pravin Shah. I'm very grateful for their love, understanding, their approach to life and religion, and the lessons I learned from their life events. Our parents taught us Jainism in a way that it developed a great amount of respect and love for the religion. It was always taught as a very internal religion and it was about how it is helping you and making you better. So, when I had my own children, my goal was simple - pass on what I learned and serve as much as I can.

My inspirations are my children - Ariha, Naimik, Riaan and all my pathshala students. I'm very thankful for the opportunity that I got to serve as a pathshala teacher. All the material in this book went through multiple tests - first it was my own logic and experience, second was my daughter Ariha and then all the pathshala students. I couldn't have done this without my family and especially my sister Krupali Shah, who always believed in me and my husband Binoy Shah, who was always there for me.

I have compiled information from many sources and the thoughts in the book are just my perspectives/my understanding. If there is anything incorrect then it is unintentional and I ask for forgiveness – Micchami Dukkadam

This book is a work in progress and if you have any feedback then please do let me know. Also, if there is anything I can help with please feel free to reach out to me at pratiksha.shah@outlook.com.

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With deep gratitude

Pratiksha Shah

Jaina Education Committee

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Table of Contents

Prologue	3
Acknowledgements	4
My Jain Values Journal	6
Challenge: Ahimsa	7
Challenge: Kindness	9
Challenge: Being Grateful / Thankful	11
Challenge: Helping Others	13
Challenge: Being Happy - Let's Make a Pact 😊.....	15
Challenge: Aparigraha.....	17
Challenge: Karma	19
Challenge: Truthfulness	21
Challenge: Forgiveness	23
Challenge: Compassion.....	25
Challenge: Random Acts of Kindness	27

My Jain Values Journal

Please use this book in conjunction with the “**Being a Jain 24/7 - Journey Towards a Happy and Peaceful Life**”.

Purpose

- The purpose of this book is to help young children understand and internalize the basic Jain values
- Practice/Apply these values into their day-to-day life and write about it in this journal

Recommended Approach:

- Talk about one Jain Value per class during the “Jain Value of the Day” topic
- After the class, assign one challenge as homework and ask students to write about their thoughts, examples, ideas, experiences and how it makes them feel
- During the class, students talk about how they practiced the Jain Value during each class during the “Circle of Sharing” topic
- At the end of the year, each student will have journal about their Jain values, what it means to them, and how they applied the values in their daily life

Goals

- Teach Jainism in a positive way so that it doesn't become a negative connotation (don't do this/that, don't eat this/that) religion
- Teach what we can do - Jainism is about peace, love, happiness, compassion, morality, ethics
- Teach Jainism in a way that it enables and provides positive reinforcements towards moral, ethical and compassionate lifestyle
- Provide our children with the tools (Jain values) to do the Right thing in their daily life at home, school, work, neighborhood, community etc.

Challenge: Ahimsa

Ahimsa is not just about what not to do but also what we can do. Our thoughts and intentions are most important when we practice Ahimsa. It is about not hurting my-self or any living being with our thoughts, words and actions. It is also about having compassion, kindness, care and love for all living beings.

What does Ahimsa mean to you? How did you practice Ahimsa? And how did it make you feel?

Write your thoughts, examples, ideas, experiences and how it made you feel:

Date:

Challenge: Ahimsa

Draw a picture

Challenge: Kindness

Draw a picture

Challenge: Being Grateful / Thankful

Draw a picture

Challenge: Helping Others

Draw a picture

Challenge: Being Happy - Let's Make a Pact 😊

We all agree that we always like to be **Happy**. We also agree that **Happiness** is **Our Choice** and **Our Decision**. So, let us make a **Pact** today that **we will be happy for next two weeks no matter what**.

It is our choice and we have decided to be happy. It does not mean that we won't take action but we won't let it affect our happiness / inner peace.

Write your thoughts, examples, ideas, experiences and how it made you feel:

Date:

Challenge: Being Happy - Let's Make a Pact 😊

Draw a picture

Challenge: Aparigraha

Aparigraha is being non-possessive about feelings and materialistic things. This value applies to our thoughts, words and actions. To learn and practice Aparigraha during the week, ask yourself following questions:

- Am I collecting things that I don't need?
- Am I hanging onto my feelings of anger, sadness and frustration?
- Am I wasting anything – food, water, electricity?
- Did I buy something that I don't really need?

Some ways to practice Aparigraha - If you get one new toy then consider donating one of your existing toys. Consider donating time, efforts, money... it can be in any form of giving, instead of collecting.

What does Aparigraha mean to you? How did you practice Aparigraha? And how did it make you feel?

Write your thoughts, examples, ideas, experiences and how it made you feel:

Date:

Challenge: Aparigraha

Draw a picture

Challenge: Karma

Draw a picture

Challenge: Truthfulness

Draw a picture

Challenge: Forgiveness

Forgiveness is about being kind to ourselves first and foremost. When we hold on to hurt, anger, or bad thoughts about anyone within us then we are hurting ourselves first.

Throughout the day we come across many situations that makes us upset, unhappy, sad, angry or bring tears. It could be because of something someone did or said or didn't do but instead of staying upset at that person, we will **practice forgiveness**. It can be any situation at home or school or neighborhood or anywhere.

These situations can occur due to our own past karma and now we can use our freewill/choice to decide what we want to do. Forgiveness doesn't mean we don't take action. We Respond and Take Action but without anger, blame, fear, negativity, or hurt within us...

Did anything happen that made you feel upset/angry? Did you practice forgiveness in that situation? What thoughts helped you forgive someone? How did forgiving someone make you feel?

Write your thoughts, examples, ideas, experiences and how it made you feel:

Date:

Challenge: Forgiveness

Draw a picture

Challenge: Compassion

Send silent good wishes in your heart to everyone you come across.

Practice kindness/caring with everyone on your challenge days. Whether it is your family, friends, someone you see at school, someone you see on streets or stores, people you know, people you don't know. Wish everyone well in your heart -- no matter how rude or nice they may be. Parents help kids by giving them examples of good wishes they can send.

Who did you send good wishes to? What kind of good wishes did you send? How did sending good wishes silently make you feel and how did it change your day?

Write your thoughts, examples, ideas, experiences and how it made you feel:

Date:

Challenge: Compassion

Draw a picture

Challenge: Random Acts of Kindness

Draw a picture



**Discipline of speech consists of refraining
from telling lies and in observing silence**

- Mulächär

**The enlightened complete that the soul is
endowed with boundless energy**

- Niyamsär

**That by which we know the truth, control the restless
mind, and purify the soul is called knowledge**

- Mulächär 5/70