

Bharatiya Jain Sanghatana

e-bulletin

From the desk of National President

Dear Friends

I have the happy privilege to address you through these columns during the sacred period of 'Paryusana' & its definitely quite appropriate to have an issue of our monthly bulletin dedicated to the theme of 'Forgiveness'.

It may not even be necessary to mention to our readers that 'Forgiveness' is one of the main virtues enunciated in Jainism. In fact, the benefits of 'Forgiveness' as a psychological concept have been explored in religious thoughts, social sciences, and even in the science of medicine. It is the intentional & voluntary process by which a person undergoes a change in feeling and attitude regarding an offense, lets go of negative emotions such as bitterness & vengefulness & gradually & increasingly enhances the ability to wish the offender well.

Most world religions include teachings on 'Forgiveness'. In Jainism, forgiveness is asked by uttering the words 'Micchami Dukkadam' which in other words mean "may all the evil that has been done be fruitless", and the prayers take it further by saying 'I ask pardon of all creatures, may all creatures pardon me. May I have friendship with all beings and enmity with none' (Khamami Savva Jive savve jive khamantu me // metti me savva bhuesu, veram mejjha na kenavi)

While trying to adhere to this core philosophy underlining our religious beliefs and practices, many times a thought may have haunted many of us. I may take this opportunity to share this strain of thought with our readers. The need to ask for forgiveness and to forgive is widely recognized and accepted today. A question may however be arising in many of us as to whether we are sincerely observing this holy practice of asking for forgiveness & forgiving others, or whether it is gradually becoming a mere ritual



to be observed by sending messages on an appointed day. With the advent of technology it has definitely become easier to communicate with each other, but at the same time such communication has to happen in the true spirit of the underlying philosophy. The personal connect in the communication is essential and one must take care that the message, in whatever form, establishes & maintains that connect between forgiveness seeker & the forgiveness giver. Some introspection in this regard by all of us may have become necessary today.

Another question which becomes very relevant in this context, is whether we are really making efforts to proceed beyond family, friends and other close acquaintances in soliciting forgiveness, and are we really succeeding in at least minimizing, if not removing in totality, the feeling of bitterness, the feeling of enmity that sometimes engulfs us? Are we really able to overcome the psychological block hindering us in this regard? Or are we converting such sacred principle into a mere annual observance without impacting our behavior & outlook towards others significantly. These questions are to be dealt by us at our individual levels which may again call for some introspection.

Having said that, in the present day world full of strife of all hues, this philosophy and principle of 'Forgiveness' comes as one ideal solution to restore a sense of normalcy all around. It is the need of the hour to internalize this philosophy as a value to be practiced & propagated with all sincerity and dedication. The task is never easy and needs elements of Statesmanship, but the fact that the thought is enunciated by almost all religions surely makes it more widely acceptable.

"Perhaps absolute and total forgiveness is too difficult a goal for us to reach right away. Even if we can make step by step progress by crossing different stages of forgiveness we can progress towards humanity"

FORGIVENESS

**MICCHAME
DUKKADAM**

मिच्छामि दुक्कडम

We ask
forgiveness for
any harm we
may have caused
you, by thought,
word, or action,
knowingly or
unknowingly

**KHAMEMI
SAVVE JIVA**
खाने मी सेवा जिवा

I grant
forgiveness to all
living beings

**SAVVE JIVA
KHAMANATU
ME**

**सेवा जिवा
खाने मातू मी**

May all living
beings grant me
forgiveness

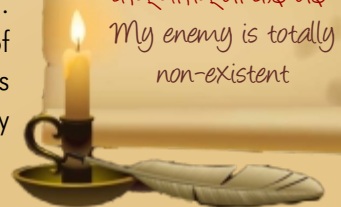
**METTI ME
SAVVE
BHUYESU**

मे ती मी सेवा भासू

My friendship is
with all living
beings

**VAIRAM
MAJHAM
NA KENAI**

वैरम् मासम् ना कई नई
My enemy is totally
non-existent



Forgiveness-

Are we losing its true sense?

As per the Jain Philosophy, 'Forgiveness Day' is collectively and individually observed every year and forgiveness is sought from family, friends, relatives, acquaintances and community members. This has been a tradition, an observance and a practice, but over the years the concept of Forgiveness has been losing its essence. It has become more of a formal gesture to convince ourselves and the people around us that we have repented for the ill that we committed knowingly or unknowingly. Variety of perspectives, lifestyles and technical interventions has destroyed the essence of Forgiveness Day.

The universal principle of forgiveness is meant to free the human minds and society free of negativity and ill feelings. **"Kshama Veerasya Bhushanam" -It is easy to mistakes but takes lot of courage to ask for forgiveness as it involves being self-critical.** Forgiveness is a way to a life of love, friendship, peace and harmony. When you forgive, you stop feeling resentful; there is no more indignation or anger against another for a perceived offence, difference or mistake. Jains classify forgiveness as: gifted by the one who forgives, earned by the one seeking it, and natural as a part of our divine nature. Forgiveness can be earned by request or prayer, confession and penitence, and willingness to suffer consequences. It entails non-violence, self-purification, introspection and progression to purity of mind, soul and society. Natural forgiveness, on the other hand, is automatic and effortless as it emanates from pure soul, illustrating the dictum that to err is human, to forgive is divine.

Today the whole concept of forgiveness and attached principles has reduced down to mere formality. The day is observed with great pomp and show, but the enthusiasm within hearts is on a decline. Human interests and the layers of accumulated negativity have largely hampered the virtue of forgiveness. **Majorly now, it revolves around exchange of cards, e-cards and verbal messages superficially asking for forgiveness; without actually**

draining out the differences from within. We are now on the verge of losing the original intentions and thoughts behind this principle and may pass it on in a tainted form to our next generations and the society as a whole.

What is needed today is to break the shell of rituals and blind practices and understand and absorb the intrinsic thought & meaning attached with this principle.

We must constantly maintain healthy and respectful relations with fellow human beings. The misunderstandings must be clarified right away. If we do not succeed in preventing animosity/strained relationship for whatever reason, let us do our best to resolve the situation. This would involve not striking back even if someone has harmed us. It entails loving our enemies. This is the highest form of forgiveness.

We must identify people or even a single person towards whom we have an ill feeling or any sort of misunderstanding or certain mutual differences and truly ask them to forgive us. In this manner **we can initiate change of heart and gradually rise about worldly pretensions.** Being compassionate & calm form the essential elements of this virtue. We must concentrate on seeking universal forgiveness and pledging to make efforts towards causing minimum intentional or unintentional harm and pain to other living beings.

Forgiveness is to realize the need to be right, even if we know we are; and to focus, not on our anger, but on what's possible for ourselves and others if we make amends. When we forgive, no matter how difficult, we experience freedom from our pain and sorrow and become people who are more love-based rather than fear-based, creating a better world. Ask to be forgiven, forgive others, and forgive yourself because peace cannot exist without forgiveness. It should not be an occasional act, but it should become a part of your attitude forever. It is a gift that we must give ourselves in order to give back peace and goodness to the society.

The Virtue Leading to Social Development

“Forgiveness is the first step to selflessness, liberation and salvation of any human society”

Social Welfare and Development across the world has been reliant on the virtuousness and selflessness of the members of society. People who have been willing to shed off negativity and spread positivity among fellow citizens have been the pioneers of social development. These people who work for humanity are the ones who have learnt and adopted the virtue of ‘Forgiveness’ in its true sense.



To forgive oneself and others and to seek forgiveness ultimately aims at establishing peace, harmony, happiness, contentment, brotherhood and prosperity in the societies and making them a part of the progressive world.

Bharatiya Jain Sanghatana (BJS) has been working on the lines of this virtue to serve his fellow humans and spread oneness and joy among all. Smile is contagious and so is goodness. Intrinsic goodness in BJS philosophy has served as inspiration to innumerable people for nearly three decades and has built an ever-expanding chain of community welfare.

BJS programs symbolize various virtues that exist only where there is absolute forgiveness. These programs are devised and implemented to bring about harmony and happiness while ensuring steady progression towards achieving the positive traits encompassed under forgiveness.

The Empowerment of Girls (EoG) program helps girls in overcoming toxic emotions, fears, coming to terms with self and others and leading a happy and

confident life within family, with friends and in the external world. The Empowerment of Couples (EoC) program enables harmony, positivity and compassion in relationships. Happy marriages strengthen family ties and help in building a better society. The Lectures on Marriage, Marriage Counseling and Youth activities also revolve around building a safe, contented and peaceful future for the coming generations.

The Minority Awareness Programs symbolizes compassion and oneness towards fellow citizens. This program was introduced to help each and every needy community member to be able to take benefits of government schemes related to minority. It is an effort to help other rise up and to improve their education, life quality and overall social existence by making them aware of the Minority schemes. This will enable them to flourish in education, business and all others realms of life individually and institutionally.

The harmonious life for women, girls, couples and families, quality education for youth and progress for enterprises could in-turn contribute to a stable, sustainable and balanced society free from ill practices and unconstructiveness.

BJS believes in the mantra- ‘One must become small, to execute big things’. We must consider ourselves as minute part of the universe and rise up by conducting good deeds. Forgiveness emanates from purity of soul and encompasses apologizing for transgressions, positivity, selfness, goodness, compassion and the will to serve others.

September 2015

Event, meeting & program updates

BDP & State Tour Minority & State Tour

Dates: 10th, 11th, 12th September 2015

CITIES:

Damoh, Gotegaon,
Jabalpur,
Kareli, Katangi,
Narsinghpur, Sagar

Resource Person:

Shri. Rakesh Jain

Lecture on Marriage

Dates: 22nd to 29th September 2015

CITIES:

Balod, Dallirajahara, Dhamtari,
Durg, Kawardha, Raipur,
Rajnandgaon

Trainer: Shri. Mahesh Kothari

Parichay Sammelan

Date : 27th September 2015

CITY : Ludhiana

Resource Person:

Shri. Prafulla Parakh

State Tour

Dates: 22nd to 30th September 2015

CITIES:

Ahiwara, Balod, Bhilai,
Chhuikhadan, Daundi Lahora,
Dhamdha, Dongargaon, Dongargarh,
Durg, Kawardha, Khairagarh,
Mungeli, Pandariya, Rajim

Resource Person:

Shri. Nirmal Kumar Baradiya,
Shri. Mahesh Kothari

Minority (Community awareness)

Dates: 2nd, 3rd, 26th September 2015

CITIES:

Bhilwada at Bijolia,
Kishangarh, Jaipur,
Surat, Pune

Resource Person:

Shri. Niranjan Juva

Empowerment of Girls Trainers Training

Dates: 21st - 24th September 2015

CITY : Amaravati

Trainer: Shri. Sanjay Singhi

Business Development (Workshops)

Dates: 6th, 7th September 2015

CITIES :

Nagpur, Chandrapur,
Amaravati

Trainer: Shri. Rakesh Jain

Empowerment of Girls

Dates: 2nd to 27th September 2015

CITIES

Ahmedabad, Akola, Alwar,
Chandrapur, Coimbatore,
Rajkot, Sagar, Tarangaji

Trainers:

Bhairavi Jain, Darshana Kothari, Dilip Jain, Koushalya Salecha, Sangeeta Chopra,
Ku. Arshiya Juhi & Vandana, S. M. Patnaik, Kushal Badota, Rajshree Chaudhary,
Ramesh Patwari, Ratnakar Mahajan, Sameep Indane

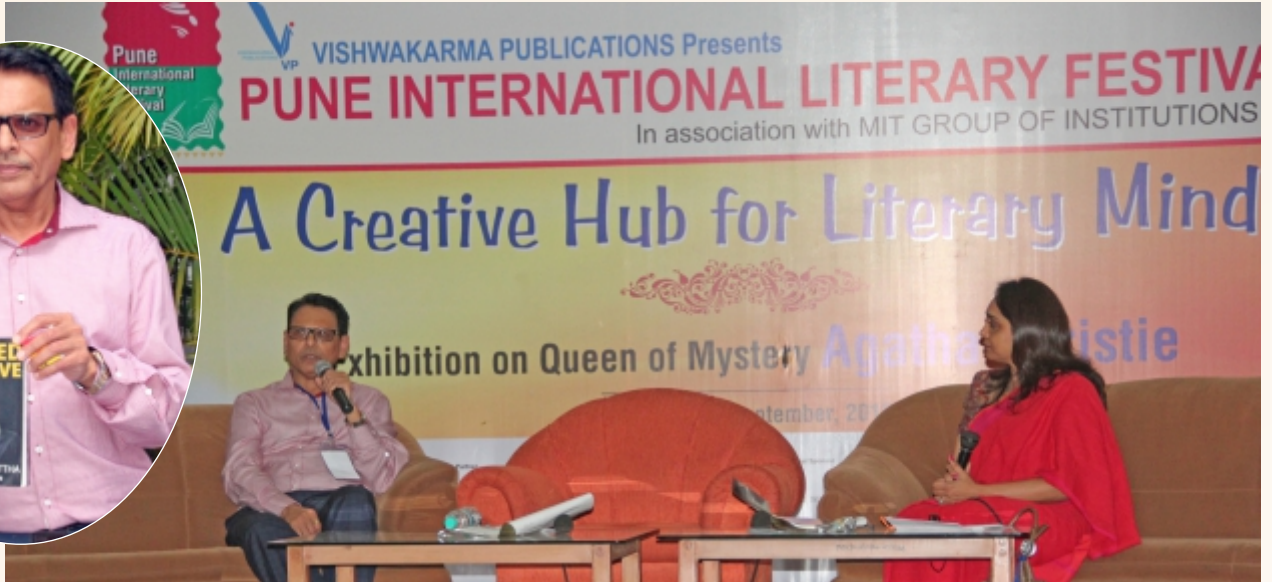
The autobiography of BJS Founder

Shri Shantilalji Muttha 'BLESSED TO SERVE' was launched at The Pune International Literary Festival 2015 at YASHADA auditorium in Pune on September 5, 2015.

The book which features the life story of Shri Muttha was launched before a packed audience by the author Smt. Sudha Menon. While in conversation with Smt. Menon at the launch event, Shri Muttha

talked about the journey of his life and his inspirations and beliefs that led him on the path of social welfare. The conversation between Shri Muttha and Smt Menon was very enriching for the attentive & highly appreciative audience present in the auditorium.

Read more at: "www.bjsindia.org"



A big leap towards empowering our girls



Bharatiya Jain Sanghatana (BJS) Pune and Regional Vocational Guidance and Selection office Amravati, signed a Memorandum of Understanding (MOU) on September 4, 2015 for conduction of Empowerment of Girls (EoG) workshops in 2000 school and colleges in 5 districts of Vidarbha region in Maharashtra.

EoG workshops will be conducted in the specified schools and colleges in the Amravati, Akola, Buldhana, Yavatmal and Washim districts in Vidarbha. Vocational Guidance Officer Ms. Nilima Takey signed this MoU with BJS in the presence of BJS National General Secretary Shri Mahesh Kothari, Shri Sudarshan Jain, Shri Ashok Sanghavi, Shri Pradip Jain, Shri Sanjay Achaliya, Shri Abhinandan Pendhari and Shri Chandrashekhar Gulwade.

It will contribute to empowerment of girls across 2000 schools and colleges in very large numbers, which is a significant achievement for BJS.



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We would appreciate your feedback and comments on the E- Bulletin.

Please write in to bjspune@gmail.com for your feedback



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