



# *What is Jainism?*





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- *A Philosophy of Living*

- Jains are followers of JINA, the conqueror of inner enemies.
- These inner enemies (Kashay) are anger(Krodh), greed(lobh), ego(man) and deceit(maya). These arise out of attachment(rag): leading to greed and pride and aversion(dvesh): leading to deceit and anger.



# *What is Jainism?*

- *A Philosophy of Living*

- Jainism is a religion of self-help: with out any outside agency - even god coming to the rescue of the soul. The soul is its own destroyer or liberator.



# *What is Jain Activity?*

Any activity of body, Speech or Mind that helps us eliminate our inner weaknesses like anger, ego, deceit, greed (Kashay) is a Jain activity



# *THE ULTIMATE GOAL*

To free our soul from the bondage of Karma  
through

Samyak Darshan (Enlightened intuition)

Samyak Gnyan (Enlightened Knowledge)

Samyak Charitra (Enlightened Conduct)



# *THE ULTIMATE GOAL*

*The capacity to reach our goal  
is within us*



*The first step we need to take is to shed delusion  
(Mithyatva)*



# *Unique Teachings of Jainism*

- God is not a Creator, Preserver or Destroyer of the Universe
- Every living being has a potential to become God
- Conquer your desire by your own effort to attain liberation