

Report on
Two-days Residential Workshop on
EXPLORING YOGA, MEDITATION AND TANTRA IN JAINISM
by
Prof Christopher Key Chapple, LMU, USA
Time: 10 am to 5 pm

Venue: Naval Veerayatan, Tiwai Hill, Chas Kaman, Khed, Pune
No. participants: 23

SCHEDULE

9:30- 10:00 am	: Registration
10:00- 10:05 am	: Welcome and Introduction of the workshop by Dr Navin Srivastav
10:05-10:10 am	: Brief introduction of Prof Chapple by Dr Navin Srivastav
10: 10 am	: Presenting flag book to Prof Chapple and book to Mrs Maurine Chapple
10:10 am onward	: Workshop headed by Prof Chapple

A. Academic sessions

- 1st Session: 10.10 am to 11.30 am
- 2nd Session: 12.00 am to 1.30 pm
- 3rd Session: 2.30 pm to 3.30 pm
- 4th Session: 4.00 pm to 5.00 pm

B. Breaks:

- 1st Break: 11.30 am to 12.00 pm
- 2nd Break: 1.30 pm to 2.30 pm (Lunch)
- 3rd Break: 3.30 pm to 4.00 pm

Day 1

Session 1: Registration and Introduction session

- Introduction of Prof. Chapple by Dr Navin Srivastav
- Introduction of workshop by Dr Navin Srivastav
- Welcoming Prof Christopher Chapple and Maurine Chapple with Jain flag and book by Vastupal Parekh – Jainism and New Spirituality
- Prof Chapple shared his background of practicing ‘Yogasanas’ for 50 years
- On request of Prof Chapple each participant introduced themselves and reason for their interest in this workshop



Prof Chapple discuss the relevant the colors used in Jain flag

- Kaivalya or Mokshamarga is quest for knowledge of self – realise and face one fears
- 'Bija', residues of unresolved Karmas – getting rid of this by means of yoga and meditation is the underlying philosophy of Yoga



Prof Chapple teaching text on Yoga

Session 2:

- Stages of samadhi according to Patanjali –

- Nirodha Parinama – a place of total quiet where seeds of karma are totally burnt.
- Ekagrata Parinama – culmination of meditation
- Post meditation mind lands again in the senses therefore next steps to control the senses
- Abrahamic religions believe in ‘original sin’ – there is something wrong with yoga and one has to strive to become better.
- On the contrary oriental philosophies believe that there is something great within/potential to be great but you have strayed from that knowledge and one has to make effort to get back on the path
- Prof Chapple shared some experiences and memories that had great influence on rest of his life

Exercise 1

Every person has moments of insight in their lives. If you recognize and act upon the moment, you reach next level of Gunasthana. But most People either dismiss or forget about the moment. Share one such moment in your life which has or had potential to impact to life

Participants were divided in groups of 3 to discuss and share the experiences

Session 3

Every participant shared their experiences.

- Verse in Rigveda in honor of ‘two-s’
- A unique tradition of India is presence/continuance of female divinity
- In tantra there is emphasis on 2 elements of equal importance, reciprocity, not dualism
- Yantra – architectural plan to be followed
- Tantra – the complete umbrella
- Visualization is very important in Tibetan Buddhism. Young monks are instructed in art of painting, not for craft but for art of visualization



Prof Chapple teaches Tantra and Meditation

Session 4

- Prof Chapple discussed 'Tantra' practices in Tibetan Buddhism
- Practices of 'pancha makara' – meat, fish, mead, mudra and intercourse
- 1 night is provided as part of training of a monk from young age of 7, after a period of 24 years for excessive indulgence of these 5

In the evening Maurine Chapple led the participants in session of Vipashyana for 1 hour



Ms Maurine led the session on Vipashyana

Day 2

Prof Chapple, and 2 of the participants – Mr Harihar Sahoo and Mr Sivasree Yadla led the participants in a session of yogasanas for 1 hour at morning 7:30 to 8:30 am.

Session 1

Yoga in Jain tradition

- In Jain canons the word is used in context of its literal meanig- to join
- 4th century – objective is 'ayoga', i.e. detachment
- 6th century – Haribhadra Virahanka: yoga is adhyatma
- 8th century – Haribhadra Yakiniputra
- 10th century – Shubhachandra's Jnanarnava: Mantra, Tantra and Yoga, Pindastha dhyana
- 12th century – Hemachandra: asanas and pranayama

Session 2

- Prof Chapple led the participants in a session of 'elemental meditation' – meditation on panchamahabhutas
- Chanting of Bijamantras
- Each participant was given a piece of paper to write one of their qualities/memory/ any other aspect that want to be rid of and the piece of paper was burnt

Session 3

- Tantra in Jainism

- Haribhadra's work provides the 'structure/'grammar' for rituals in Jain tradition
- Patanjali in his work borrowed terminology from Buddhists and ethics from Jains
- Significance of Padmavati
- Chanting of Mantras addressed to Padmavati



Performing and chanting the fire mantra with burnt piece of paper as the symbol of non-obscuring karma

Session 4

- Discussion and feedback
- Certificate distribution



Group photo