



ISJS NEWSLETTER

Vol#07 | Issue#07 | No.01 | July 2024

Speak Up

JAINISM UNVEILED: A JOURNEY INTO THE ETERNAL PATH

Harshit Mishra

harshitmishra87155@gmail.com

As the sun casts its golden glow over the tranquil courtyards of the International Summer School for Jain Studies, a diverse cohort of seekers gathers. Their backgrounds span continents, professions, and beliefs, yet they share a common thread—their quest for wisdom in the ancient teachings of Jainism.

The Jain Way of Life: Beyond Religion

Jainism, often misunderstood as a mere religion, reveals itself here as a profound way of living. It transcends dogmas and rituals, inviting us to tread lightly upon the Earth. The first lesson? Nonviolence (*ahimsā*). Not just abstaining from physical harm, but extending compassion to every sentient being—whether human, ant, or blade of grass.

The Culinary Alchemy of Pure Jain Food

In the bustling kitchen, the aroma of freshly ground spices mingles with the beautiful feeling of selfless serving. Here, food is more than sustenance; it's an offering. The chefs create culinary magic—no root vegetables, no onions, no garlic. Each dish whispers reverence for life. As we savor our meals, we taste devotion and restraint.



Diminishing Desire: The Art of Contentment

In the courtyards, in the ambiance of nature, we discuss how to diminish desires (*tṛṣṇā*). The paradox unfolds: the less we crave, the richer we become. Our minds, once cluttered with wants, now find solace in simplicity. We learn to detach from possessions, relationships, and even our own ego. The result? Liberation (*mokṣa*).

The Microcosm of Jainism: A Universe in a Drop of Water

Microscopes reveal universes within a single droplet. Jainism echoes this truth. We explore the intricate web of life—the microbes that dance in the morning dew, the ants that build empires beneath our feet. Jain cosmology weaves these threads into a tapestry of interconnectedness. The tiniest insect matters; its existence ripples through existence.

Beyond the Classroom: Living Jainism

From time to time, we gather for meditation. The lotus pond reflects the moon, and our minds mirror its serenity. We share perspectives on omniscience and enlightenment, on knowledge and belief, on ethics and epistemology. The syllables of *Navakāra Mantra* resonate—a compass guiding us inward. We touch the sublime, realizing that Jainism isn't a theory; it's a practice.

And so, dear reader, whether you're a scholar, a seeker, or simply curious, let me share that it was a beautiful indulgence into the sacred groves of Jainism, and I would like its leaves to rustle ancient secrets, its breeze to carry you toward compassion, simplicity, and the boundless sky of the soul.
