

ISJS NEWSLETTER

Vol#09 | Issue#09 | No#02 | September 2026

Speak Up

MY REFLECTIONS ON OBSERVING DASALAKṢAṆA PARVA

Shugan C Jain

President, ISJS

shuganjain1941@gmail.com

Observing *Dasalakṣaṇa Parva*, the Festival of Ten Virtues, gave me an opportunity to reflect upon the ten virtues and to consider their relevance to my own life. Each virtue offers guidance for cultivating a particular spiritual quality and shows us a path towards a happier, more peaceful and meaningful life. At the same time, as householders, we have family responsibilities, professional commitments and other practical limitations. This year, I tried not only to understand, experience the deeper meaning of each virtue, but also to consider how its essence could be practiced in my daily life within these limitations.

This festival helps us practice all ten virtues every day, with each day focusing on one particular virtue. Together, they guide us to overcome anger, pride, deceit, greed and other passions, while developing greater self-awareness and purity in our thoughts and conduct. The festival concludes with the practice of forgiveness (*kṣamāvāṇī*), helping us let go of resentment and move forward with greater peace and harmony.

From September 16 to 25 this year, I enjoyed performing *sāmāyika* (meditative practice) from 4:00 to 5:00 AM at home and then spending time at the temple from 6:00 to 8:00 AM, participating in *prakṣāla* (ritual bathing of a *tīrthaṅkara*'s image) and *pūjā* (ritual worship) every day. I experienced a greater sense of well-being than on normal days. I was also deeply appreciative of the temple members, who were very helpful, encouraged and made it possible for me to perform *prakṣāla*. These experiences made the observance more meaningful and helped me connect the spiritual teachings with their practical application in everyday life.

What I Learnt from the Ten Lakṣaṇas

As I reflected on each virtue, I tried to understand its deeper message according to the scriptures and then consider how I could practice it as a householder. My learnings were:

1. **Forgiveness (Kṣamā):** I forgive others and seek forgiveness myself, *but not out of cowardice or weakness.*
2. **Humility (Mārdava):** I practice humility and remain respectful towards others, *but humility does not mean becoming a doormat or compromising my self-respect.*



3. **Simplicity (Ārjava):** I practice simplicity in my thoughts and lifestyle, *but simplicity should not mean ignorance.*
4. **Contentment (Śauca):** I practice contentment, *but work more diligently for family and social works and not settle for failures.*
5. **Truthfulness (Satya):** I practice truthfulness, *but with empathy and sensitivity towards others.*
6. **Self-restraint (Samyama):** I practice self-restraint to enhance control over my physical urges, emotions and actions.
7. **Penance (Tapa):** I observe penance according to my capabilities and gradually seek to move upwards in my practice.
8. **Giving up and sharing (Tyāga):** I practice giving up and share with others, *while keeping my reasonable needs and responsibilities as a householder in mind.*
9. **Solitude (Ākiñcana):** I practice solitude for inner development and self-reflection, *while also enjoying balanced social interaction (attachment with detachment).*
10. **Chastity (Brahmacarya):** I practice chastity and maintain morally sound and healthy relationships with everyone.

These reflections have helped me appreciate that these virtues are not merely ideals to be observed during the few days of a festival. They provide practical guidance for living with greater balance, awareness and discipline while continuing to fulfil our responsibilities as householders. The key experience I had was to become more and more self-reliant and stronger and practice them out of own wish and not as a compulsion or to avoid the issues at a particular moment.

I hope that each of us can carry the learning of *Dasalakṣaṇa Parva* into our day-to-day lives (as per your capacity and gradually enhance the capacity limits) and experience its benefits not only during these sacred days, but throughout the year. May the ten virtues guide us towards greater inner peace, balanced living, meaningful relationships and, ultimately, a happier self-reliant life.
