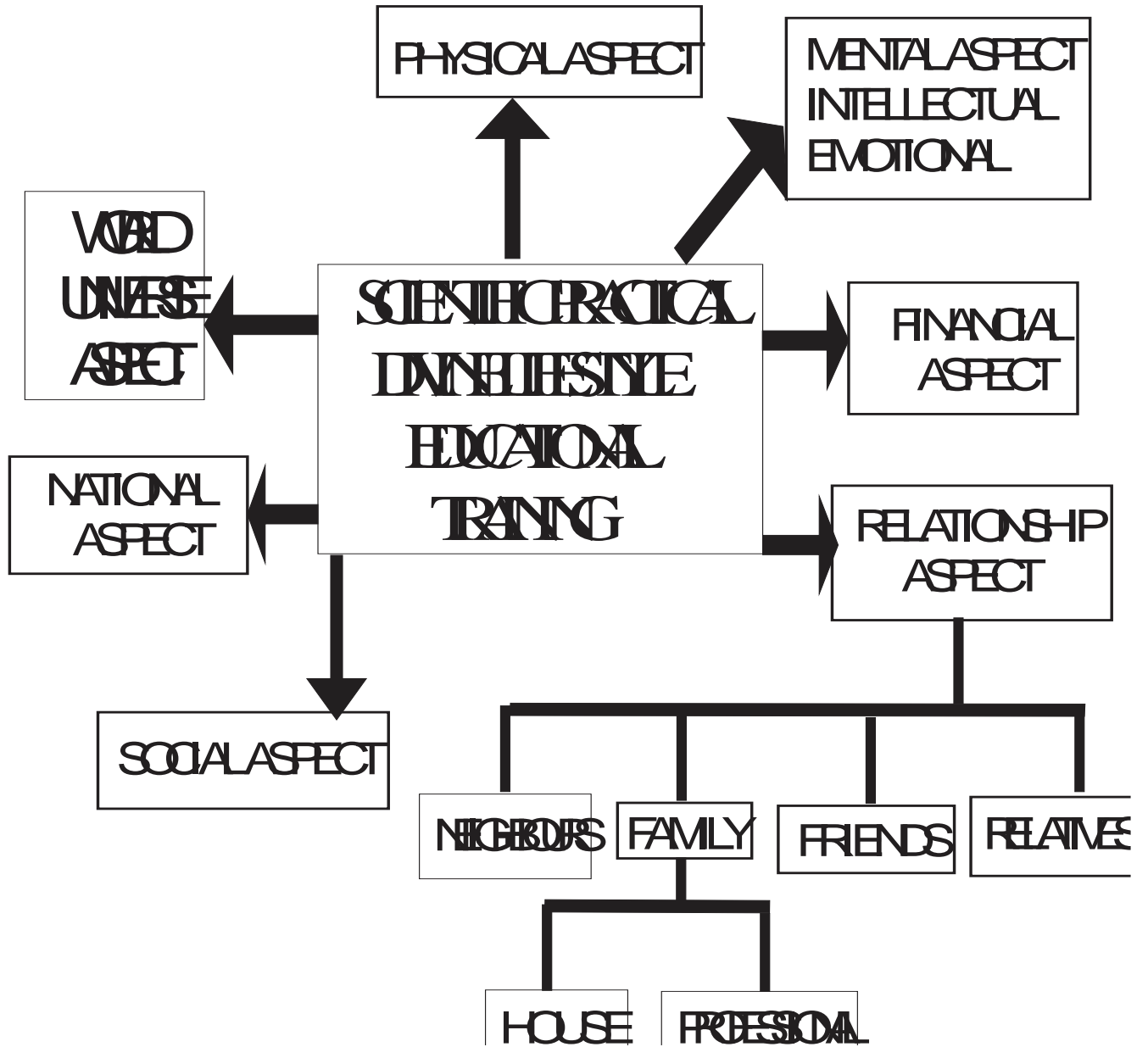


NAMO JINANAM.

**SCIENTIFIC PRACTICAL DIVINE LIFESTYLE
EDUCATIONAL TRAINING**

is only solutions to all Issues of Modern World.

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Lord Mahavir 2600 years back has shown the clearcut permanent solutions to all the problems of Life related to human beings of all ages. The above Block diagram shows how all aspects of human life issues can be tackled through Systematic, Scientific, Practical Education & Training according to Law of Nature.

Today our whole Education system is purely theoretical, papergiant with emphasis on **Information Literacy, Memory and Logical explanations with hardly any practical implication & training** about human values and life. Our Ancient Indian history,,Philosophy & Culture of India was very rich but in last 200 years with advent of British Rule and Mcauly System of Education which is highly one sided and total emphasis is on Memory power & development of logics and commercial attitudes towards all aspect of life. This is greatest Lacuna of today's world.

Hence, it is here the scientific, practical approach towards life, it's issues & solutions shown by Lord Mahavir has explained the Scientific operation of this Universe, Laws of Nature and shown the system of how to live/operate in this world.

It is this education & Practical Life Training of People at large across the world through our existing Infrastructure of Universities, Colleges & Schools should be incorporated right from womb of mother to end of Life. This education should cover all aspects of day to day Life as shown in above chart and should be imparted at elevant stages of human life. The stages suggested are of age groups 0-6 years, 7-12 years, 13-18 years, 19-27 years, 28-40 years, 41-48 years, 49-57 years, 58 years and above. This age Groups are decided after extensive studies of issues a human being faces in their Life at different stage of Life.

The most interesting part of study reveals that core issues faced by human being across the globe are all universal irrespective of **CASTE, CREED, RELIGION, NATION OR GEOGRAPHICAL LOCATIONS**. Hence, Lord Mahavir's Scientific Practical Divine Living Processes are for All age Groups across the Globe in this Modern Hi-Tech world. Infact it is becoming more & more relevant and easier to understand & spread due to todays different medias of

communications like TV, Internet, WhatsApp, Facebook, Mobile Smart Phones, Online Education etc.

I hereby now Present in brief nut shell how Lord Mahavir has explained the Science of Universe, How interaction (chemistry) happens between each basic elements of Universe. The core issue of problems in today's world is "VIOLENCE" & let us see how He has defined Violence **Scientifically** and shown the path of Non Violent practical Living irrespective of Caste, Creed, Religion, Nation. I would like to add here, **he has never established structural religion. He has given Scientific Path to human kind for Non Violent living based on "Laws of Nature". Hence, it is Universal applicable to ALL** for Non Problematic Living of Human Beings.

CONSTITUENTS OF ECOLOGY / UNIVERSE

The basic fundamental elements of Ecology / Universe as shown by Lord Mahavira

(1) Jiva (2) Ajiva

Ajiva consists of 5 basic elements i.e. (a) **Pudgal Parmānu** (b) **Space (Aakash)** (c) **Kaal (Time)** (d) **Dharmāstikaya** (e) **Adharmāstikaya**.

Hence, there are six basic elements of Ecology/ Universe explained in brief as follows :

1. **JIVA** : It is the element having basic characteristic of consciousness i.e. quality of vision knowledge & experience . No other element in Ecology/Universe has the basic characteristic.
2. **AJIVA** : These 5 elements are called Ajiva simply because they don't have quality of consciousness as explained above.
But each one has it's unique characteristics.
 - (a) **Parmānu (ATOM)**: It is the minutest indivisible pudgala matter particle having three qualities :
 - (i) **SATVA** (ii) **RAJAS** (iii) **TAMAS**

In today's Scientific terms it is called ATOM with three attributes of Electron, Proton, Neutron.

- (b) **Space** : It is the basic element which gives place to Jiva, Parmānu & others to exist in it's sphere.
- (c) **Kaal** : Where there is a space Jiva & Pudgal Parmānu travel in this space and to understand this change of state of Jiva & Pudgal Parmānu there is element of Kaal. It helps the changes in both the element.

- (d) **Dharmastikaya** : Principle of movement i.e. In it's existential area only, Jiva & Pudgal Parmanu can move. Just like fish needs a medium of water to travel. In absence of Dharmastikaya nothing can move.
- (e) **Adharmastikaya** : Principle of Rest. In it's existence area only, Jiva & Pudgal Parmanu can rest/stop. In it's absence, it is not possible.

CHEMISTRY OF JIVA & PARMĀNU AS EXPLAINED BY MAHAVIRA

From above inference it can be derived that there are two major role players in Ecology & Environment – they are Jiva & Pudgal Parmanu.

Everything which is experienced through 5 senses(Cameras) by human being is nothing but dance of Parmānu (Atoms) with Jiva.

The interactions (Chemistry) between Jiva & Parmānu as explained by Mahavira is through 5 processes mentioned below :

- (i) **Asrava** : It is the process by which Jiva attracts Parmanu by it's own wish, but Parmanu travels towards Jiva by it's own qualities. Once Jiva is clouded by Parmānu, it gets influenced and agitated by the power of Parmānu.
- (i) **Bandha** : It is the process by which Jiva gets bonded to the group of Parmānus by its own wish with four conditions : (a) **Prakriti : Quality of Bond**
 (b) **Sthiti : Time period of Bond**
 (c) **Rasa : Intensity of Bond**
 (d) **Pradesa : Quantity of Parmānu Bonded.**
- (iii) **Samvara** : It is the process by which Jiva stops attracting new Parmānus and the stops the influence of parmanu on self by self awareness of consciousness. It is a state of non agitation.
- (iv) **Nirjara** : It is a state of Jivas getting unbounded from influence of parmanu in all four aspect as shown in Bandha.
- (v) **Moksha** : It is state of complete freedom of Jiva from influence of Parmānu.
 The above processes proves that it is Jiva through it's quality of consciousness attracts & disperses Parmanu.

5 BHĀVAS OR STATES OF CONSCIOUSNES OF JIVA

Tatvartha Sutra explains 5 states of Jiva in relation to influence of Parmānu on self.

DeewHeefMecekeÀ#eeef³ekeÀew YeeæJew efcePePe peerJem³e mJelelJeceewef³ekeÀHeefjCeeefcekeÀew ®e (Chp II-1)

The above sutra explains that when Jiva decides to stop influence of Pudgala Parmānu on Jiva then there are possibilities of four states :

- (a) **Upasama** : means temporarily stopping influence of Pudgal Parmanu on self in that particular moment.
- (b) **Kshāvika** : means destroying the influence of Pudgala Parmanu in that particular moment.
- (c) **Pārināmika** : Jiva comes in it's own pure state completely free from any influence of any element in Ecology forever.

(d) **Ksayopkshamika** : There is a state of Jiva where it oscillates between ksaya & Upsama.

There is one state of Jiva where it is under influence of Pudgala Parmānu.

(e) **Audayika** : This is the state of Jiva where it is completely under the influence of Pudgāla Parmanu viz: Karāna Parmanu, in that particular moment and experiences it's fruit.

The above chemistry of Jiva & Pudgala parmanū explained by Mahavir is at minutest micro level of Ecology and changes happening due to chemistry of both micro elements. These changes finally culminate into macroworld and subsequently world environment at large.

Now let us discuss the changes happening in Environment / Ecology at Macro level as shown by Mahavira.

FIVE ENVIRONMENTS WITHIN AND AROUND HUMAN BEINGS :

FIVE ENVIRONMENTS WITHIN HUMAN BEINGS :

- (a) **Chitta**
- (b) **Mind and Intellect (Mana & Buddhi)**
- (c) **Prāna**
- (d) **Body**
- (e) **Pure consciousness with Karma Bank.**

Chitta : It is the place where at every breath human being takes for living one Udaya Karma comes in to operation and gives it's command to Intellect which directs mind (Mana) to operate. Mind according to command signal received from intellect emits the signals through medium of Prana Channels to body.

Intellect : It performs the role of decision maker based on past experiences or past karmas. The database of past experience and past karmas is derived from Chitta library where all data received from mana(mind) is continuously stored temporarily. The decision of Yes & No is taken by Intellect based on information stored by Chitta Library.

Mind : The Role of Mind (Mana) is to collect all the data continuously arriving from 5 senses (Cameras) make a file and send it to Intellect (Buddhi) for decision making. After receiving the decision command signal from Intellect those commands are redirected to 5 Karmendriyas i.e. Five Action organs in the body.

Prāna : Technical meaning of this term is Energy. Body is just the box structure, without Prāna/Pranadhāra body cannot move or function. Whatever movement happening whether it is micro or macro. It is because of flow of energy i.e. Prandhāra. There are 72000 micro channels network in body for this flow of Pranadhara which makes possible all the movements within human body i.e. mental, speech & mechanical movement of body. This

Pranadhara receives electrical impulses from Mana which gets converted to chemical energy through glands. Those glands give chemical signals through nerves and get converted to motor action.

Body : It is made up of Bones, Muscles, Nerves and different systems within body. There are ten organs in body which deal with the outside world. Five sense organs and Five Action Organs.

Five Action Organs are (1) Hands (2) Legs (3) Tongue (4) Excretory Organs & (5) Reproductive organs

Mind (Mana) gives electrical impulses which is further processed through Pranadhara and converted to motor action in Five Action Organs.

Pure Consciousness with Karma Bank : It's presence and cognitive powers operating through Karma Bank makes all the above events happen in human body.

FIVE ENVIRONMENTS AROUND HUMAN BEING :

- (1) Family : (a) Family with whom human beings live in one house.
(b) Family with whom human beings work during day for livelihood.
- (2) Neighbours, Friends & Relatives (3) Society (4) Country (5) World / Universe.

Till now we have seen at micro level how Jiva & Pudgala Parmanu Function & Interact in Ecology. At Macro level we have seen how human beings function with their internal environments and what are their internal environments and what are their surrounding environment by which they get influenced or they influence their environment.

It is here the real Science and Technology of Mahavira comes into play in reference to Ecology and Environment. He gave two very vital knowledge to human kind through these two sutras of Tatvartha Sutra.

- (I) **HejmHejesHeûen peerJeeveeced (Chap V – 21)**
- (II) **ÒeceÊe³eesieeledÒeeCeJ³eHejesHeCeb efnbmee (Chap VII – 13)**

The first sutra indicates that Ecology of this world functions through interdependence of one on other lakhs, crores & uncountable number of Jivas. That means each Jiva's existence is dependent on innumerable Jiva's support without which it cannot survive. This is the ultimate reality of existence in this world. This knowledge of reality gives direct & silent message that we have no option but to take care of each other and love each other. If this principle of nature is not honoured then the consequence will be painful, suffering life and may be extinction of existence itself. This is not anybody's belief system but the reality of Science of this Universe and if one does not abide then face its consequence.

MAHAVIRA'S DEFINITION OF VIOLENCE

The second sutra of Mahvira defines violence in a very unique & scientific way.

It explains violence starts from within i.e. at the most minutest micro level of human being. Non alertness at Chitta level because while explaining 5 Internal environments of human being , it clearly showed if there is lack of alertness at Chitta Level at every breathe taken by human being whatever Udaya Karma fruit emerges, it has to bear the consequence of Udaya karma and that itself is violence. No other factor or external factor is responsible for the consequence of pain & suffering of human being i.e. **unalertness of self, gives pain to self & that is violence.**

TODAY'S SCENERIO OF VIOLENCE

Till now and in today's world we can see each one and everyone pinpoints at others or factors around him for which he has to suffer so instead of elevating each other. We degrade each other and again break the divine principle of first sutra and again make more and more enemies instead of friends and make our situation from bad to worse. This happens between two individuals, between family member, between family members and neighbours, family members and relatives, between two societies, between two countries and so on and so forth. Proliferation of Allegations, Crimes, War, Arms and \ammunitions and more over heat generated due to this crores of human lives are lost. Most surprising factor happening is, it happens or rather happens more in the name of Caste, Creed and religion. Mind you no religion teaches hate but still this happens. What is lacking in today's world ?

- (1) Lack of respect /Love / Care towards each other and each Jiva
- (2) Lack of knowledge of science of interdependence.
- (3) Lack of Education on non-violence in Mahavir's way.
- (4) Lack of Training on Scientific Living, right from Childhood, or from womb of Mother.

TODAY'S GREATEST ENVIRONMENTAL / ECOLOGICAL CONCERNS

- A. **Pollution** : There are various types of pollutions todays world is talking about. Let us see each of them as follows :

Air Pollution : Air is filled with dust of construction sites, precipitates of dust of Thermal power generating stations, precipitates of smoke of vehicle on road, poisonous gases carelssly released from chemical process factories, leakages of poisonous gases from houses and offices through AC & Fridge and other cooling equip etc.

Sound Pollution : Noise of vehicles on road, noise of crackers, noise of factories, noise of reckless playing of sound systems and loudspeakers on roads and public places without any concerns for others. Noise from neighbourhood at odd hours. Uncontrolled

noises around hospitals, Educational places, places of worship/Temples, Noise through processions etc.

Water Pollutions : Poisonous liquids as wastages from factories are disposed recklessly in any places, polluting rivers, streams. Dumping garbages in rivers, sea. Reckless uncontrolled sewage disposal in ponds, canals, rivers & sea. In villages all washings done in rivers making drinking water unpottable. Careless wastage of water. Heavy Leakages of big pipe lines of public systems. Keeping public taps open and wasting gallons of water going in drains. Lack of water planning, management and harvesting & storing during rainy season.

Earth Pollution : Reckless activities of construction creating concrete jungles in mega projects. No places for greenery, gardening , natural recreation places, sports maidan, Cultural grounds left. There is lack of will & planning of balance between nature and construction land. Even mangroves which are supposed to be buffer between land and sea and protection of many sea creatures is also filled up with mud and converted into reclamation land. Reckless building of dams such that it disturbs the natural flow of river and affects lakhs of population dependent on river water and no concern for water creatures and animals.

All the above pollution disturbs the complete Ecology of Earth, Air, Water, Sound and brings long lasting effects in Environment like random weather changes, Season changes, high rate of melting of snow on snow Mountains, Arctic & Antarctic regions suddenly increasing level of Sea. It is these pollutions which leads to earthquakes, Tsunamis, excessive & lack of rainfalls & snow falls, landslides & Avalanches.

(B) Corruption : The second Giant menace & Environment spoiler of today's world is Corruption. I would call this menace as purely Pollutions of human mind. It is greed towards lust & pleasure which forces human mind to be a consumer of Goods & Services. In the process to achieve this in short time. He is lured to take an unethical path & means to achieve it even through it is beyond his/her means. Secondly constant bombardment in Electronics & print media attracting towards this lust and gets motivated & urged to get it at any cost without thinking about after repercussions. Once a person falls in the act of corruption & consumption, it becomes habit & then addictions.

Now looking to above scenario in today's world, the **Scientific technology of day to day living given by Mahavira deals with the root causes of these problems rather than trying to suppress / solve the symptoms of problem through legal legislation, criminal & judicial structure of society.** Rules, Regulations, laws can only control the menace to a certain extent and that too with fear of law cannot work as real solution to problem.

These measures are only to curb/suppress problem to certain extent, it does not remove root cause of problem.

SOLUTIONS OF MAHAVIRA TO ALL THE CONTEMPORARY PROBLEMS REGARDING BALANCE OF ECOLOGY & ENVIRONMENT.

Mahavira in his last moments of existence on the earth gives two very important messages in the form of Uttaradhyayan Sutra to whole Mankind as solutions to all contemporary problems.

PeeJble efJeppeeHegefjme, meJes les ogkeÀKemebceJee ~

YegHHebefle yengmees cetoe , mebmeeefcce DeCebileS ~~ (Chp. VI –

1)

meefcekeiKe Hebef[S, lecne Heeme peeFHeþs yent ~

DeHHeCee me®®ecese fmeppee, cewefÊeb YetSefnb keÀHHeS ~~

(Chp. VI – 2)

1st Message : Those who are ignorant they themselves create problems for themselves and they themselves are responsible for whatever pain & suffering they go through and due to this deficiency they transmigrate from one life to other and all along suffer.

2nd Message : Those who are wise they understand the above truth they develop & establish friendship with all Jivas & Ajivas and keep themselves peaceful & happy.

Hence, Mahavira showed path of Jatna Marg.

JATNA MARG / PATH OF CARE FOR ALL JIVAS.(Love = SHARE + CARE)

Path of Love, Care & Share for all Jivas.

Practice of Five Samitis (Five activities with care)

Practice of Love is Care. Mahavir has shown the method of taking care for all Jivas in day to day activities. **To develop the Attitude of love & care in daily life**, he showed the method of taking care while doing five basic activities of human life.

(1) **IRYĀ SAMITI** : Taking care while walking. While walking our vision should be facing down on road and be vigilante. While walking take care no small or big Jiva is hurt by our walk knowingly or unknowingly. If while walking any Jiva is found hurt then see to it that whatever we can do best to help / save life, help it. This type of minute care is prescribed by Mahavira. While walking, to develop the attitude of Love & Care for all.

(2) **Bhāsā Samiti** : While talking first care should be taken – no Jiva gets hurt for which a piece of cloth is either tied on mouth or kept in front of mouth. Secondly tone of talking has to be soothing, conciliatory & respectful. The content of talk has to be truthful, useful & fruitful for both listener as well as speaker. While talking one also has to be good listener of other's view point and show regards and respect for the same.

This is how Mahavira showed path of developing attitude of care through speech activity.

(3) **Esanā Samiti** : Developing attitude of humility & care while begging for food for Ascetics, For householders, he has shown how care has to be taken right from the stage of buying, storing, preparing, serving and eating food, **care for each Jiva, thanking each Jiva for their contribution in satisfying our need for food.** For farmers and householders he has shown how to shower love on nature elements like earth, water, air, fire & vanaspati, Thank them, communicate with them with love & care.

In today's world also those who implement this steps in day to day activities, he fills himself with full of joy and cheer in his life and in everyone around him including all natural elements, as if whole nature is enabling atmosphere of joy & cheerfulness.

(4) **Aādān Pradān Samiti** ; In day to day life, we handle lots of objects, things , inanimate items, Mahavir has shown how carefully it has to be lifted, carried and kept with right care in proper place in systematic manner with complete care as if it is living entity. The place where this items are kept be kept clean and clean them from time to time. Even in case of house it has to be kept properly cleaned & neat. Such that there is no infestation of insects or harm to any insects. While cleaning old items, proper care procedure has been shown such that no Jivas right from one sense to five senses are hurt. This is how he showed how to incorporate love & care while handling objects/items & house.

(5) **Pārithā Nikhevnā Samiti** : This is the activity of disposing the waste products from human body like urine, faeces & perspiration, spitting, vomiting, disposing food utensil in a careful manner where no Jivas takes birth & die due to our negligence of disposal of such waste products in utensils after using for food consumption.

This is how minutely Mahavira has shown care for each & every living / non living being by which whole Ecology and Environment is kept in balance, healthy & hygienic, clean & neat & pleasant Environment.

Further he has shown while performing this day to day choruses how care has to be taken by every individual by thoughts, speech & action i.e. called 3 Guptis.

3 Guptis means :

- (a) **Thoughts of Love, care & share.**
- (b) **Speech of Love, care & share.**
- (c) **Action of Love, care & share.**

From above lifestyle shown by Mahavira how Scientifically in day to day activities one can remain in harmony with nature and environment & take care of all concerned in it. Hence, it can be easily said and proved that **Mahavira is the complete Environmental Ecological Human Scientist** by showing how each Jiva & human being can take care of self & all fulfil the spirit of **HejmHejesHeûen peerJeeveece** & be ever vigilante and alert about Love, Care & Share for self & all, be total non violent, peaceful & harmonious with self and all.

SCIENCE OF MANTRA YOGA :

Definition of Mantra as per Mantra Shasāra called Matrika Vidya **ceveveele \$ee³eles Fefle ceb\$e**. That means repetition of the thought process continuously which can bring the thought in to reality. The repetition of thought process is done through medium of repetition of certain "Code Words" given by Guru / Mantra Sadhaka.

The other way of defining Mantra is Mana + Yantra = Mantra. i.e. Yantra means physical medium, Mana means Mind. The medium which helps Mind to achieve its Goal is called Mantra.

/

Now how does this Mantra Science operate :

UCĀRA \Rightarrow **VICĀRA** \Rightarrow **BHĀVA** \Rightarrow **SANKALPA**

(G^{eej})

(efJe^{eej})

(YeeJe)

(mebkeÀuHe)

It starts with uttering of certain “Coded Words” given by Mantra Guru / Mantra Sadhaka in certain **Way (mJej)**, **Tone(metj)**, **Rhythm (leeue)** & **Tempo (ue^{3e})** for a particular Goal / Objective. Now after repeating this utterance in above way it creates certain unique thought waves in human mind according to the concept of given Mantra. So at later stage of chanting Mantra it becomes repetition of those thoughts waves which creates its ambience in Sadhaka mind and his surroundings which is called as Vicara. Now after continuously repetition of thought process it slowly and gradually becomes part of Sub conscious then super conscious and finally the given Goal/Objective becomes reality of conscious experience & real world physical reality.

The level of uttering/chanting mantra, initially it is uttered in such a way which is audible (Yee^{3e} peeHe) to all those who are in the vicinity, gradually the audibility decreases such that it is audible only to self. The first level of audibility is called Bhasya Japa. Second level of audibility is called Upansu Japa. Third level of audibility is called Manas Japa. That it is in form of thought waves within mind of Sadhaka. After continuous repetitions of Manas Japa it converts into physical reality of matter world. Finally Ajapa japa maintains this reality effortlessly.

This Mantra Science is Micro Science directly connected to Chemistry of Jiva & Pudgala Parmanu as discussed earlier in this paper. The science of Mantra enables Jiva/human being to attract particular type of pudgala parmanu atoms from environment from any place and any time. Similarly through this same Mantra Yoga any unwanted parmanu can be disposed off or thrown out by Jiva/Human being.

Hence it can be seen that through this Science of Mantra Jiva/Human being can easily associate/dissociate with any type of atoms/Pudgala parmanu or his own term & will. From this practice of Mantra Science it can be seen that in this matter world any thing can be achieved in this physical matter world with miraculous results without deviating from main Goal of human life i.e. Achievement of complete Freedom from pain, suffering & matter world.

This is Science of Mantra Yoga, now let us see how this Science is utilized by different Scientific Practical Mantra processes in day to day life to make one self **peaceful, happy, stressless, tensionless and prosperous** in all respects. **Harmonious**

communion with self, family & all five internal & external Environments of human beings as discussed earlier.

First Mantra Process :

Whenever we get up in the morning and open our eyes first Mantra to be uttered “**NAMO JINANAM**” (**vecees efpeCeeCeb**) take refuge (MejCe) of Arihant Parmatma & express Gratitude to all past, present & future Arihant entities by pure heart. Thank them for whatever we have in this life.

It is due to their Grace, Bliss & Enlightenment of knowledge of Ultimate Goal, Path to achieve that Goal, we are in comfortable state of human being with all senses intact, all organs of body in fit condition with proper food, clothing and house to live. Reasonable livelihood for earning, good family members etc.

efmeOOes MejCeb HeJJePeeefce

Take refuge (MejCe) of all Siddhas, thank them for reaching this human state. It is through their Grace we have come out from state of Nigoda and reached this supreme state of human being and after coming in this state we have realized that ultimate state to be achieved is Siddha hood. That is a state of complete freedom from all pain, suffering & parmanu Pudgala(Atom). Thank all siddhas for their Grace and take blessing for achieving Siddha hood.

meeng MejCeb HeJJePeeefce

Take refuge (MejCe) of all sadhu entities thank them for introducing us to Arihants, Siddhas and their Goals & Path of peace and happiness. It is thru them we are motivated to tread on path shown by Arihants. They show path, wisdom and give strength to walk on the path. They have fully dedicated their lives to the path of eternity with one point focus & love/care for all Jivas every moment of their life. It is because of their presence the path is live even after 2600 years after Mahavir..

Oceeb MejCeb HeJJePeeefce

Take refuge (MejCe) of Dharma Tatva i.e law of nature & cosmic order. Our existence is based on essence of Dharma. Without it's support we are nothing & nobody. Thank them and take blessings for their role in our existence, whatever Jivas & Ajivas exist in nature based on dharmatatva thank them for their support and bless them for their role in our existence without which it would not have been possible.

By this Mantrocaṛā (ceb\$ees®eej), Vicara (efJe®eej) & Bhava (YeeJe) whole environment within us & around us becomes very blissful & Graceous by which whole day atmosphere is set up within us with tremendous power of all these divine entities and automatically this environment changes our destiny of day and all auspicious events/incidents happen because of this Mantra/Parmanu Impact in our life.

Second Mantra Process :

(1) Goal Mantra Dhun : Mana O Mana I will not suffer, (yeesue ceveJee yeesue
Chanting Meditation : It is my determined Decision cegPes vener
nesvee
for 3 mins I will not suffer.” HejsMeeve)

(2) Grace : ‘Namo Jinanam, Jiya Bhayanam’ (vecees efpeCeeCeb efpeDe Ye³eeCeb)
Chanting Meditation (This Mantra means I dedicate devote
(ke=ÀHee ceb\$e Oetve) myself to you. O Jina, Make me
fearless
For 3 mins. Jiva around me fearless, and all Jiva become fearless

(3) Love Mantra Dhun : ‘ However you Are I Love you, (DeeHe kewÀmes Yeer nes,I LOVE YOU)
Chanting Meditation : Because of You, Inspite of You,
For 3 mins I Love you.’

(Here word ‘you’ means People, Object, Situations Jivas & Atoms.)

(4) Friendship Mantra Dhun : ‘ I am yours, you are mine, (DeeHe nes ncees ,nce nw legcnejs,mebieerle nw
Chanting Meditation : communion between us wonderful, wonderful. DeHevee
megnevee
For 3 mins. Your nature is unique.megnevee,legcneje nw mJej
Ssmee efvejeuee efvejeuee
My nature is also unique.nceeye Yeer mJej nw Ssmee
efvejeuee efvejeuee
Let us celebrate uniqueness of each other & makelegcneje
nceeye mJej
Our life wonderful ,wonderful.’peye Yeer efceuesiee mebieerle
yeevSbies megnevee megnevee)

(5) Existence Awareness : ‘ I am traveler of time (cew mece³e keÀe ÒeJeemeer ntb ~)

I am traveler of time.(cew mece³e keÀe

ÒeJeemeer ntb~)

I have come with credit card of fix time on Human station, I am so lucky. I have three Types of freedom, Freedom of thought, Freedom Of decision making , Freedom of Implementation. I have come as human to make this freedom **Complete & Everlasting.**'

By daily chanting these Mantra Dhun meditation the thoughts in Mantra is seeded in our existence they become part of our existence and by persistently chanting this dhuns with full heart & involvement it becomes live reality by process of Mantra Science discussed earlier.

Achievements by this process :

- (1) It gives Goal & focus of Life.
- (2) It gives power of Grace & Blessings from divine entities.
- (3) It spreads power of unconditional love with in us and all around us and empowers our life.
- (4) It brings harmony in life within self with others & all concerned in Universe, this the biggest Asset of human life.(Solutions of all issues of Life)
- (5) It brings self awareness, Who Am I, What am I, How Am I and purpose of Existence as human.

Third Mantra Process :

Five scientific Mantra Practices of practical divine living in day to day life in every event

This is uttering four Mantra in sequence and then appreciating qualities of person/objects we meet.

- (1) First Mantra : Say 'Namo Jinanam'(vecees efpeCeeCeb) to whomsoever we meet in audible Utterance Practice voice to person/Jiva, object or situation. While Uttering this mantra, three thoughts should be uttered within :
 - (a) I salute God within you.
 - (b) I accept God within you.
 - (c) I have special place in my heart for you.
- (1) Second Mantra : Three Mantra should be uttered in heart before starting Utterance Communication.
 - a) 'I will not suffer' (cegPes vener nesvee HejsMeeve)

- b) 'However you are, I Love You. (DeeHe kewÀmes
Yeer nes
I LOVE YOU.)
- c) 'You are innocent, I am innocent(leg
efveoex<e,cew efveoex<e
There is fault only in my opinions about you, hence
(cee\$e cesjs DeerYeÖee³e ces oes<e)
I will remove all my opinions about you' (iegCe
Öeceeso)

(2) Third Step : Appreciate & tell at least two Good qualities of that person.

After this five practices, only then start communicating with that person on daily basis in each event. Do this practice with all persons/Jivas/Objects every time.

Achievements of this Process :

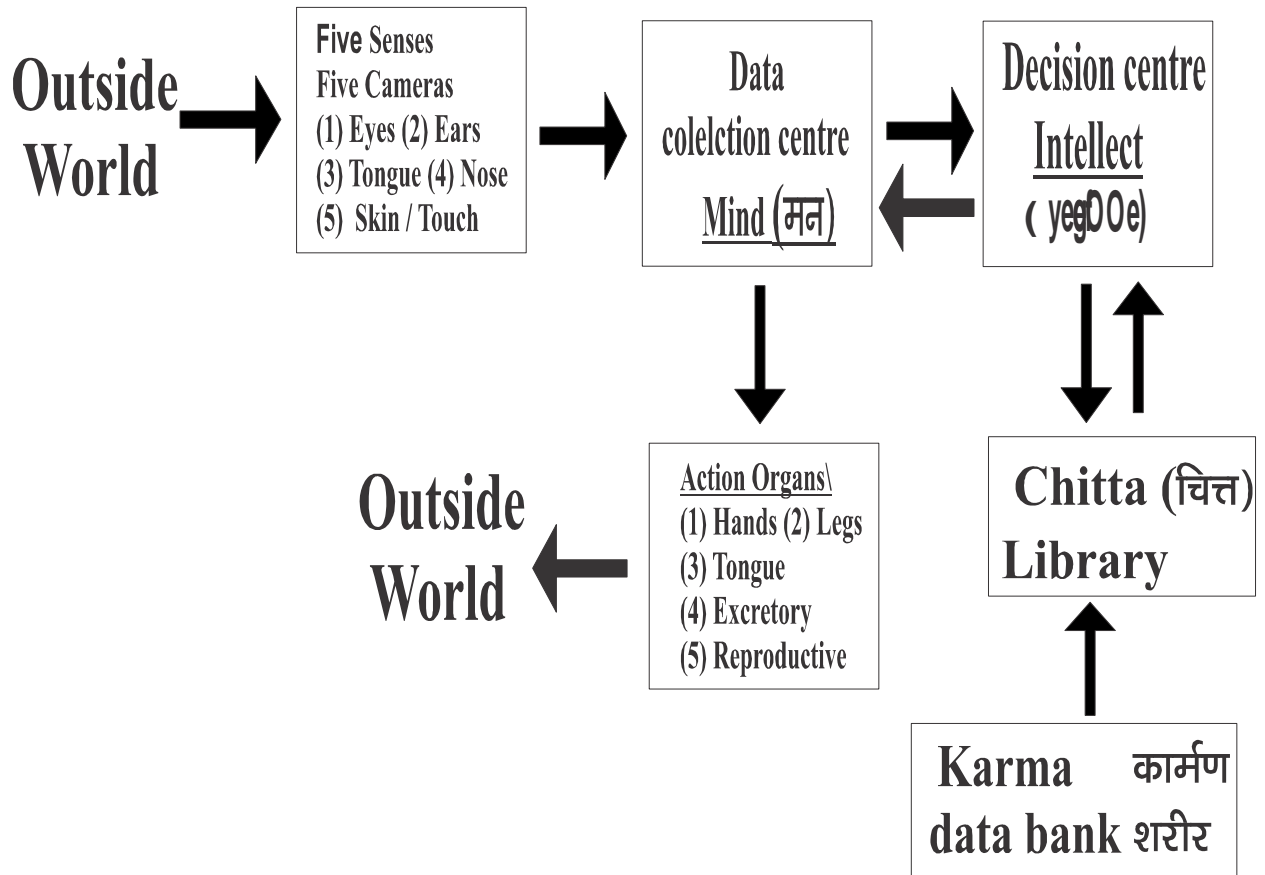
- (1) It creates tremendous rapport with person and objects we meet.
- (2) It generates harmony and effortless friendship is developed.
- (3) It creates harmony with all Living and non living beings whoever we meet.
This is the Greatest Ecological balancing practice shown ever by Anybody on this earth till date. (Leads to solutions to all issues of human life)

We can easily say Mahavira the **Complete Environmentalist / Ecological Scientist.Human Life Solution Provider.**

III PROCESS OF SCIENTIFIC PRACTICAL PRATIKRAMANA IN DAY TO DAY LIFE.

This is the most scientific process of liberating oneself from clutches of self misery, misunderstanding, causes of disharmony and always remain fresh, hearty & cheerful, joyful, keeping self peaceful and all around cheerful.

Let us understand how we interact with outside world.



We sense the world through our 5 Cameras (Senses) Each camera has its limitation. Each camera can grasp only 1% of real world. The efficiency of each camera is 50%. Hence total grasping of Five Cameras is 5% of real world, 50% of efficiency of each camera makes it 2.5% and efficiency of our mind is 50%. Hence in reality we understand & observe this world to extent of 1.25% and fight & cry over this totally incomplete data.

All this data collected by all 5 (Senses) Cameras is sent to data collection centre called Mana(Mind) Mind prepares folders of each sample of data to Intellect for decision, it refers this data file to Chitta Library where all data base is stored as Temporary Storage device. Intellect after assessing data it takes decision and conveys back to Mana(Mind) for execution. This execution command is given to action organs in our body called hands, legs, tongue, Excretory & Reproductive organs. This is how whole function occurs in our day to day life.\

From all this scientific Information data processing we can understand why Mahavira insisted not to depend on the data provided by our five senses (Cameras). Hence he showed the process of scientific pratikramana which can be easily practiced in our day to day life and get liberated from assumptions

about people, objects, situations & jiva. This is regarding inputs coming from outside world. There is new data coming with every breathe human being takes from Karma Bank gives it's

result from Udaya Karma. Now data from outside world and data from Karma Bank both appear on Chitta screen simultaneously and end results are stored again in Chitta library.

ROLE OF SCIENTIFIC PRACTICAL PRATIKRAMANA

Mahavira has shown that it is the data stored as well data appearing in Chitta library from Karma Bank does not allow human being to freely operate in day to day life leading to Internal suffering & external pollution of environment. That is Root cause of trouble leading to destruction of self and Nature. When each human being operates like this micro destruction at Family level, Social level, Country level & Universe level. To delete all these destructive effects at micro & macro level the Scientific Practical Pratikramana can play a very big role in cleansing the pollution effect at all levels.

PROCESS OF SCIENTIFIC PRACTICAL PRATIKRAMANA IN DAY TO DAY LIFE

Step – I :

Whenever a person comes across other person, object or situation he has to follow the 5 practices shown in Third Mantra process.

Step – II :

- (a) Start interacting with person, objects or situations.
- (b) After the interaction is over in that transaction just observe how much emotional reactions of likes and dislikes is generated and stored during the process about those persons, objects & situations.
- (c) This is garbage data which we have collected in our Chitta during the transaction in form of emotional likes and dislikes which is going to damage. Our future transactions with those persons, objects & situations. Realize & Accept this mistake.
- (d) Delete these likes & dislikes emotions stored immediately.
- (e) Decide whenever those persons, objects & situations come again in your life., you will interact with them freshly without any past reference of likes/dislikes.
- (f) Gradually develop a habit of not generating those unwanted emotional reactions of likes/dislikes at all.

Make the above steps of Scientific Pratikramana a habit of lifestyle & see how wonderful & fresh you feel throughout the day inspite of remaining busy for 24 hours.

CONCEPT OF SEVA SHOWN BY MAHAVIRA

Lord Mahavira in Acaranga Sutra shown how one should Love & take care while living day to day life and it is the role of human being (most evolved being in this Universe) who should not only take care of all other living beings but go out of way and help all living beings and human beings. Human being should structure his life style i.e. Thoughts, Words & Action such that **it is full of Attitude of Love, Help, Share & Care**. Because of this ingraining done by Jain Sages, Mahatmas, Sadhus, Munis. Today also in general those who are born in Jain Families these qualities are visible because of which Jain community is one of the biggest contributor in all social cause of world inspite of being the smallest community in terms of populations.

PROCESS OF SEVA :
veeMeveced

efMeJecemleg meJe& peiele : oes<ee Òe³eebleg

YeJeleg ueeskeÀ:

Welcome & Receive all Human, Objects, Situations, Jivas & Parmanus by Mantra “Namo Jinanam” (vecees efpeCeeCeb) bow to God within all of them and beg to give you an opportunity to serve them because it is the best way to remove all Impurities of Thoughts, Words & Action from life. Leading to freedom from veils of Karma and **Grace all Living & Non Living entities with BLISS in their existence.** This is the nature of Seva prescribed by Lord Mahavira for Liberation & Salvation.

Now how this SEVA can be implemented in day to day life of human beings.

(A) All the duties performed by Human beings in day to day life should be done with **Reverence of Seva and non essential duties. This Attitude of reverence of Action converts duty in Seva** leads to liberation. For eg. Everyone performs duties to run the family, house, company, business, social organization, nation, administration. **All this activities to be performed as an opportunities given by God to liberate ourselves from veils of Karma leading to Godhood (Kevala).**

Every act of human life has to be performed as reverence of God. (vecees efpeCeeCeb).

(B) **Five Types of Seva :**

- (1) Tana Seva : Give 10% of your life’s time (Day’s time, Week’s time, Month’s time)
(Physical) : To others without any expectations and reverence to God.
- (2) Mana Seva : Those people who are doing this type of Seva just appreciate by heart
(Mental) : Without attitude of finding fault in their activities.
- (3) Dhana Seva : Contribute minimum 10% of our earnings, saving to uplift others
(Financial) : Monetarily or help them in crisis. Contribute to all social, spiritual, Religious causes.
- (4) Vacana Seva : Talk such that your words becomes soothing and enlightening,
(Verbal) : Motivating for others for their upliftment.
- (5) Contact Seva : Use your contacts to smoothen out difficulties, obstacles of others.
(mebyebOe mesJee)

From the above concept of Seva shown by Lord Mahavira it can be seen how all the humangous complex problems of **families, interpersonal relationships, social structure, house, housing societies, Nation, World and most important that Human beings internal peace, happiness & prosperity will happen on it’s own effortlessly.**

CONCLUSION :

We have seen how Mahavira has Scientifically explained the Constituents of Ecology and how these constituents interact with each other. The concept of 5 Internal & External Environments of human beings. How human being is the only culprit who disturbs his own internal ecology which is termed as violence by Mahavira. This turbulence of individual

violence converts into wave of Mass violence in society, Country & World leading to disharmony and destruction for all.

As a solution to above Environmental / Ecological unbalance Mahavira has shown the definite Scientific Practical Path to overcome this short comings.

MAHAVIRA'S MESSAGE : He has told every human being to take the responsibility on self for whatever damage & destruction happening to himself and come out of '**Blame Game**'. Hence he himself at his own level has to correct the deficiencies and come out of the damage & destruction. When all humans will act accordingly Balance of Ecology & Environment will follow automatically.

He has emphatically emphasized in his message, Love, Care & Share for all in heart and inculcating as habitual style is the only solution to all the problems in today's world.

To achieve the above solutions of Love, Care & Share in day to day life in all human beings, he has given **following Scientific Softwares**.

- (a) **Jatnà Marg**
- (b) **Science of Mantra Yoga**
- (c) **Science of Practical Pratikramana**
- (d) **Concept of Seva Shown by Mahavira**

PERSONAL INVITATION :

If you find above solutions of Mahavir logical and Scientific, I invite you all with open heart to join the community of **PARAM ANAND PARIVAR** where all the Scientific principles of Mahavir are implemented purely Scientifically without any bias of Cast, Creed, Religion or Nation. Till date in last 10 years 5000 people have already joined this movement and we want atleast 9 crore family to join this movement and make this world the **Best Place** to live in, **Enjoy** and achieve **Eternal Bliss**.

NAMO JINANAM.

GOD BLESS.