

Charitra (Self-discipline)

Self-discipline helps us to control or calm down our passions and in turn we are minimizing or removing the reasons to be reborn again and again. There are five different processes, which help us to achieve this self-discipline. These five processes are:

Samayika

Among all of the above, observing or performing Samayika plays the stepping-stone to build self-discipline. While being in Samayika not only we disconnect ourselves from sinful activities but we engage in improving our daily activities. During samayika we also repent on our past inauspicious activities and contemplate on being vigilant in future so we do not get back on the same path.

Samayika is carried out in two styles: 1) by householders (Itvarkathik) and 2) by Sadhus and Sadhvis (Yavatkathik) who have renounced the world. 1) Householders usually stay in samayika for multiple of 48 minutes during every day. 2) Sadhus and Sadhvis stay in Samayika for the rest of their life.

Chhedopasthapaniya

Reaccepting of major vows after giving up previous state of vows

This are of two kinds: 1) Nirtichar converting from Laghudiksha (initial diksha) to Vadidiksha (Full flagged diksha) or re-initiation of Sadhus or Sadhvis who has taken diksha under different Tirthankara, 2) Satichar re-accepting of major vows after violating previously taken major vows.

Pariharvishudhi

Ascetics who have intense desire to pursuit spiritual uplift gives up on sectarian bonds and perform special austerities.

Suksham Sampray

Ascetics (in 10th Gunasthanak) who have destroyed the anger, ego, attachment and gross greed continue to improve on it to remove the left over greed and move to 12th, 13th and to 14th Gunasthanak to become Siddha.

On the other side, ascetics (in 10th Gunasthanak) who have subsided the anger, ego, attachment and gross greed may continue to subside the left over greed and may move to 11th Gunasthanak or may fall all the way to 1st Gunasthanak.

Yathakhyata

We must follow the ultimate pure life as taught by Jina. It can start from following simple Samayika to ultimate liberation of soul from this worldly existence.

Parishaha

Parishahas means hardship. Any hardship brings disturbances in our mind followed by either verbal or physical activities. In samvar when we talk about parishaha, we are supposed to bear hardships down with calmness, equanimity and peace. This means we are suppose to get victory over hardships or difficulties. When we do that the new karmas stop coming in as well as calmness destroys old karmas within us. Sadhus and sadhvis have decided to tolerate all kind of hardship so they face every situation in calm manner without any mental, verbal or physical unrest. They do not even think how will this situation get over or how can they make themselves comfortable? While, we as householders are not determined to that extent but we should work towards it to the best of our abilities. Mahavira Bhagwana himself faced various hardships as sadhu and stayed calm and tranquil during all that.

There are 22 types:

1. The hardship of hunger: A sadhu and sadhvi must not accept food which is blemished and prepared with any one of the forty-two faults, even if he has to go hungry.
2. The hardship during thirst: A sadhu and sadhvi should not take unboiled water, even if he has to go thirsty.
3. The hardship of cold weather: Even when it is cold a Sadhu and sadhvi should not wish for heater.
4. The hardship of hot weather: Even when it is hot a sadhu and sadhvi should not wish for fan or air-condition.
5. The hardship of Insect bites: If a sadhu and sadhvi is bitten by an insect while he is meditating, he should not brush it away or become irritated, but should bare it calmly.
6. The hardship of clothes: A sadhu and sadhvi must accept whatever clothes he may receive.
7. A sadhu and sadhvi must bare evil words told to him.
8. A sadhu and sadhvi must bare kicking and beating.
9. A sadhu and sadhvi must bare diseases.
10. A sadhu and sadhvi must sleep on a wooden flat bed or coarse grass.
11. A sadhu and sadhvi must not take a bath.
12. A sadhu and sadhvi must wear torn clothes but should not ask for new clothes.
13. A sadhu and sadhvi should not experience shame or helplessness while going for alms from door to door.
14. If a sadhu and sadhvi does not get alms, then he should not become worried and, on the contrary, should think as though he has been given a chance to perform austerity.
15. A sadhu and sadhvi should not become attracted towards the beauty of women.
16. A sadhu and sadhvi should not become disturbed by hardship while meditating in a cemetery.
17. A sadhu and sadhvi should not become agitated even when there is the suffering or grief.
18. A sadhu and sadhvi should not become proud while being honored.
19. A sadhu and sadhvi should not become irritated when getting pricked by thorns, etc.
20. A sadhu and sadhvi must should not feel sorry for not attaining knowledge even after good efforts.

21. If a sadhu and sadhvi is ignorant and can not read, he should not become depressed.
He must think of karmodaya and must keep his pursuit of knowledge alive.
22. A sadhu and sadhvi must try to understand the message of the Jina and should never doubt it.