

LESSON 06

HABITS WE SHOULD CHANGE

As we grow up all of us develop some forms of the habits. Many of our habits turn out to be good but then some may not be as good and they need to be changed. When we look at ourselves, we will realize this. We must ask ourselves are we being good Jain citizens. When we self analyze ourselves we will know our strong side as well as our weak side, because by now we know and understand what is good and what is bad for us and around us. Therefore, if we decide that we want to be a good Jain citizen then we would change those habits which are not good and they harm us as well as everybody around us. Another thing which would help this process of developing good habits a great deal is to make friendship with only those who have good habits and leave out those friends who do not have good habits. Let us look at what are not so good habits so we will become aware of them and we will make efforts to change them.

Many of us have a habit of hurting dogs, cat or bird or fly or mosquito or pull off the leaves or flowers from the plant or even pull out a whole plant. Some of us have a habit of fighting or hurting brothers or sisters or friends or classmate. Some even go to extent of fishing or hunting and they enjoy it. Many of us do all these for fun but they do not realize what others are going through. Think how we will feel if someone was hurting or making fun of us. So instead of hurting someone let us be kind and caring for others.

Many of us tell a lie thinking that we are smarter. But remember lying never helps us in a long run so we should think twice before we do that.

Many of us might have a habit of using curse or bad words or name calling but we do not even realize that it is wrong to do such things. Remember no one likes to hear curse or bad words. So instead, develop a habit of using nice and kind words.

Many of us have a habit of getting angry because we think that by getting angry things will go our way. This may be right in a few situations but ultimately we loose because no one likes to be around angry person and before we realize this we may have lost many of our good friends. Instead, work with others to find a solution to problem in a nice and calm environment.

Many of us might have a habit of tattletale or gossiping. Remember that our friends discuss things with us or in our presence because they have trust in us. They think that it will be kept secret. So by gossiping we loose their trust and we may loose our friends too. We must also remember that we should not make a habit of listening to gossips either. The tattletale or gossiping would usually harm others and as a good Jain citizen we do not want that to happen.

Many of us might get greedy and want to have everything for ourselves all the time. Because of this sometime we become jealous of brothers or sisters or friends for things they have and we do not. This may result in fighting with them. We are supposed to be happy and having lots of fun around our brothers, sisters and friends and at home. Right? So feel satisfied with what we have and feel happy for others who have more.

Many of us go to the market or a store and buy things without thinking what they may contain. Some of these items may have lard (animal fat), eggs, and glycerine, gelatine and/or meat products to name a few. Therefore, we should make a habit to check the ingredients of what we buy to avoid buying foods which may contain such things. Same way we should not be buying any goods which may have leather or silk because they can not get leather or silk without killing animals or silk worms. So spend a few extra minutes to think or look at the ingredients and avoid harm to others.

Many of us go to the restaurant and order food without thinking what they may be made of. Some of these food items may have lard (animal fat), eggs, and glycerine, gelatine and/or meat products to name a few. Therefore, we should make a habit to ask the waiter or even a cook to what our food contains to avoid food which may contain above things. Same way we should be careful before we take things in our plates in the party.

When many of us go to the party or restaurant we do not think of how much food to take or order and we waste lots of food. We should be careful and take only that much which we can eat or drink. We should not waste any food.

We may have more than some of our friends but let that not go through our head where we become egoistic or a proudly person, because our egoistic nature will bring rudeness in us. We should be a polite person and very helpful person.

Many of us might have a habit of taking things of others without telling them. What happens to those when they are looking for those things and do not find them. They will be sad. We do not want anybody sad because of us. Plus, this is one form of stealing and stealing is not a very good habit. So make a habit to take a permission of others if you need something from them.

Many of us tear down, scratch or throw around the books. We should realize that books give us knowledge and we must pay respect to them. Same way we should not be rude our teachers. When we respect books, teachers or anything related to knowledge we learn very easily and fast. We should also attend our classes in our regular or religious schools.