

LESSON 18

SAMAYIK

Samayik is one of the most important ritual practices in Jainism. In Samayik we sit down quietly and try to come closer to our soul. During Samayik, we sit down in one place for forty-eight minutes isolating ourselves from our daily activities even including school or office activities. In this time, we read religious books, pray, worship, recite rosary, or do meditation, etc. Before starting Samayik, we remove our regular clothes and wear simple but clean white cotton clothes which are kept for Samayik only. We do not wear silk clothes or any leather articles, which involves violence to the bugs or the animals. White is the symbol of purity and calmness and that reminds us that we should stay pure and calm.

Some of the items we need during Samayik are an asan, muhapati, rajoharan, ghadi, anupurvi, rosary and religious books, etc. They will help us to carry out religious activities. After cleaning the ground with rajoharan, the asan is spread to sit down. A muhapati is used to cover the mouth. Some people tie it to cover their mouth, while others hold it in their hand and use it to cover their mouth while talking. A muhapati prevents small organisms from entering the mouth. It also becomes a buffer so that force of our voice and the hot air from our mouths would not kill or harm many delicate air beings. A muhapati also prevents spit falling on the books while reading them louder. It also serves as a reminder to us that we should control what we say to others. A rajoharan is a kind of broom used to clean the floor. It is made of fine cotton or woolen threads, which have very soft and delicate ends. It helps to keep away the bugs coming towards us so that they would not get hurt. If for some reason someone has to walk during a Samayik then the rajoharan is also used to wipe the floor on the way in case there are bugs on the floor to avoid crushing them. A ghadi is a type of hourglass, which helps us to know the time of 48 minutes. During the Samayik some people read religious books, while others may recite Navkar Mantra with the rosary or with the help of anupurvi or some may do mediation.

During Samayik, we should not talk or think of anything that involves any level of violence. We should take Samayik in our free time so that no one will disturb us. During the Samayik we should not discuss, read or talk about sensual things, or things related to the worldly affairs. During the Samayik, our movements should also be limited so that we can observe ahimsa (non-violence) **more easily**. We should select a quiet, isolated place so that we are not disturbed by events going on around us. If needed one may do Samayik in the Upashraya. Because of such a detached atmosphere and since we do not get involved in any worldly affairs for 48 minutes of Samayik, we are like sadhus who live a detached life all throughout the life. Thus, this practice gives us some idea of sadhu's life and may lead us in that direction.

Just as we have to be careful about how we drive to avoid an accident, or get a speeding ticket, in the same way we have to be careful while performing our Samayik. If we are not careful then we can violate Samayik by our mental, verbal and physical activities.

Though it may look difficult, it is not impossible to do samayik the right way.

This Samayik helps us to prevent the accumulation of new karmas by being involved meditation or reading spiritual books, etc. It also help us to remove our accumulated karmas.

PRE-REQUIREMENTS FOR SAMAYIK/PRAKRAMAN:

1. **Preparation:** Please, finish physiological and socio- economical needs before starting Samayik or Pratikraman because you are not allowed to get involved in those matters once you start Samayik or Pratikraman. You are also not allowed to eat or drink to observe Ahimsa to the maximum.
2. **Place:** Preferable quiet place so you will be able to concentrate and be sure it has no bugs or insects around. Use naturally well lighted and aired room so that you will not use artificial light or fan, etc.
3. **Clothes:** They should preferably be in two unstitched pieces and wrapped around you. First reason for that is if we ware any clothes then some people might get a tendency to show off their clothes and will distract other people. Second reason will be that it will be hardly any hardship to prepare them. This is to keep Ahimsa in mind. Third reason they will be easy to handle on body and will make it easier to get into different postures during Samayik as well as Pratikraman.
4. **Mat:** It should be big enough to sit for only one person. It is not advisable to sit on common mat.
5. **Rajohan (Broom):** It is to clean sitting area. It is also used to clean floor or ground in case one has to get up and walk for any reason.
6. **Muhapati:** it is to help you to cover your mouth so that you show your gentleness to the lives in air by worm air and force it may create while you to talk (Sthanakvasi view) and secondly to remind you to restrain from saying any thing which may directly or indirectly hurt any one. Thirdly it can stop incidentally getting insect in mouth.
7. **Religious Books:** We can read religious books during samayik for Svadhyay or recite adoring songs for five supreme souls.

Rosary: We use this to do Navkara japa.