

## LESSON 06

## PUNYA AND PAPA

We have noticed that in a class some students read very little and make good grades while others read so hard and still do not make good grades. Why? We have also noticed that some students get sick more often than others. Why? These and such other things that we cannot explain very easily are due to our punya and papa. When punya gives its result it gives us comfort and happiness. When papa gives its result, it brings us suffering and unhappiness. Naturally curiosity arises to know what gives rise to punya and papa. Punya and papa are the results of our own deeds and no one else can make them for us nor can they make them disappear. When we do good deeds or talk nicely or think good of others we collect punya, good karmas. When we do bad or harmful deeds or use harsh or bad words or think bad of others then we collect papa, bad karmas. Here are some of the activities, which will make punya and papas.

### SOME OF THE GOOD ACTIVITIES THAT WILL MAKE PUNYA:

- 1) Offering food to the needy (only vegetarian food) people, animals, birds, etc.
- 2) Offering clothes to the needy
- 3) Helping the sick people, animals and birds, etc.
- 4) Helping others to acquire knowledge
- 5) Giving charity (be sure that the money is used for a good cause)
- 6) Helping parents, brothers, sisters, grandparents, and others in need
- 7) Helping animals and birds or organizations that help animals and birds, etc.
- 8) Studying religious books and following that teaching in our daily lives
- 9) Carrying out religious activities
- 10) Going to Upashraya and Temple
- 11) Helping in the activities of Jain Sangh
- 12) Worshipping Tirthankaras like Tirthankara Mahavira, Arihantas and Sadhus and sadhvis.

### SOME OF THE BAD ACTIVITIES THAT WILL MAKE PAPA:

- 1) Being cruel or violent to humans, animals, birds and bugs, etc.
- 2) Killing the humans, animals, birds, and bugs, etc.
- 3) Showing disrespect to parents, teachers or others
- 4) Speaking harsh words or planning violence, etc.
- 5) Being destructive
- 6) Being temperamental
- 7) Being angry or greedy
- 8) Being arrogant
- 9) Being deceptive
- 10) Discouraging someone to do religious activities
- 11) Disrespecting Tirthankara Mahavira, Arihantas, Sadhus and Sadhvis
- 12) Showing disrespect to Jain Sangh

We just learned what are good and bad activities and what would make papa and punya. Therefore, it is up to us how we should behave and what we should do and where we

should keep ourselves busy. Please, remember that no one, not even Tirthankaras, can reduce our papas or add to our punya. Therefore, if we want to be happier and comfortable, we should stay busy doing good things for us and for others.