

LESSON 03

AHINSA

Ahinsa means non-violence.

Ahinsa is the major principle in Jain philosophy. When we observe or follow non-violence we do not hurt or harm any living being through any of our actions, by body words, or even thoughts regardless how big or small a living creature may be.

We all have noticed that when there is no traffic light or if traffic light is out of order a policeman tells us when to go or stop. He does this by holding his hand up. So when we see his hand up it means he is telling us to stop.



In the same way the hand in the picture tells us to stop and think on the following things:

What we are going to do?

What are we going to talk?

What are we going to think?

How would these affect others?

Many a time our actions can hurt others. Therefore, we need to stop and think before doing anything that can hurt someone. This way, we will be reminded to observe the principles of Ahinsa.

When we follow the principle of Ahinsa in our life we do the good deeds. In turn we also collect the good karmas and keep away from the bad karmas.

When we roll a wheel do you know what happens to that wheel? It will keep on running. In the same way if we do not watch our actions and reactions in our life the wheel of birth and death will go on running. Therefore, in our life we will have to think of stopping running wheel of actions and reactions. So as soon as we follow the principle of Ahimsa in our life many of our actions could be avoided and ultimately will lead to liberation from death and birth.

So remember Ahinsa reminds us to stop and think before we do anything. We must be sure that what we do, say, or think is good and doesn't hurt or harm anyone. We should also not ask or encourage anybody else to harm or hurt anyone else.

Some spell Ahinsa (Ahimsa) as ahinsa (ahimsa).