

LESSON 14

YOUNG JAINS

The children born in any community are usually identified with that community. Children born in Hindu community are called Hindu, in Christian community are called Christian, Jewish community are called Jew and in the same way children born in Jain community are called Jain. Every religion shows some responsibilities in the way the life is to be carried out and same thing is true for Jains too. The parents become role models for the children since children learn habits including religious from looking at them. This is how the children start learning Jain principles starting very early in life and, therefore, parents have to be careful to how they live their life. Next people from where the children learn these principles are from Jain Pathshala or Centres, books, their friends, and relatives. Television, radio and other programs also have some influence on what they learn. In India children get exposed to sadhus and sadhvis and they learn from listening to their lectures and seeing their daily life. Therefore, it is very important to guide or channel them through the right environment and direction so that learning process becomes easier. We must start this very early in the childhood because they easily mould to what they see and what we teach. If we wait too long then as they grow up they may pick up some undesirable habits and it may get harder for them to change.

Daily activities of Jain Youngs:

- 1) They go to sleep early and wakes up early.
- 2) As soon as they wakes up they recites Navkara Mantra five times either in bed or get down and in standing.
- 3) They make resolutions for things to do everyday morning:
 - I. I will be nice to everybody.
 - II. I will be caring and will not hurt anybody.
 - III. I will stay calm and will not get mad at anybody.
 - IV. I will speak true and stay away from lying.
 - V. I will be kind and will not insult others.
 - VI. I will be humble and will not boast around.
 - VII. I will respect all lives.
 - VIII. I wish a peace for everybody
- 4) They bow down to his parents.
- 5) They brush his teeth and take a bath and gets ready for school in time.
- 6) They study attentively at school.
- 7) They do his homework regularly and in time.
- 8) They read Jain books.
- 9) They finish evening meal before sunset.
- 10) They help parents, grandparents, brothers and sisters.
- 11) They do their evening prayer which includes.
 - I. Ask for forgiveness from everybody for any hurt or pain they might have inflicted
 - II. Offering forgiveness to anyone who might have caused any pain or suffering
 - III. Extend the hands of friendship for everybody.
 - IV. Recite of Navkara Mantra.

Some of the following things they may do as and when possible.

- 1) Do morning Pratikraman and or Samayik.
- 2) Take a vow of Navkarsi, Biyasana, Ekasana, Ayambil, and Upwas as per capacity.
- 3) Goes to Jain Temple and Upashraya.
- 4) Request the sadhus or sadhvis to come to their house for alms (Gochari)
- 5) Listen to sermons of Sadhus and sadhvis.
- 6) Do evening Pratikraman and or Samayik.

In his life they:

- 1) will not hurt anyone,
- 2) will not quarrel,
- 3) will be compassionate
- 4) will not lie,
- 5) will not gossip,
- 6) will not steal,
- 7) will not copy in examination,
- 8) will collect things only what are needed
- 9) will help needy,
- 10) do charity,
- 11) will not gamble,
- 12) will not smoke or drink,
- 13) will learn more about Jainism from sadhus, sadhvis, and scholars and through reading.

By following these Young Jains will develop a good character and will be liked by everybody not only at home and but also at school and in the society. All these will help them to be better Jain youths and also better citizens and will be on path to higher spiritual level.