

Slide 1



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Slide 2

**Jainism** is one of the oldest religions in the world. The name comes from *jiva* (soul or life force but, capitalised, is also given as *Spiritual Conqueror*). It maintains that all living things possess an immortal soul which has always and will always exist and this soul may be liberated from suffering by adhering to Jain tenets.

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Slide 3



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Slide 4



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Slide 5

JAINS ARE VEGETARIANS.  
WE EAT VEGETABLES, SQUASH, BEANS, PEAS, TOMATOES, FRUITS, AND LETTUCE.  
JAINS ALSO DO NOT EAT FISH, LOBSTERS, OYSTERS, OR ANY KIND OF SEAFOOD.  
JAINS RESPECT EVERY LIFE.  
JAINS AVOID FOOD PRODUCTS WHICH INVOLVE INJURY TO ANY LIFE.  
JAINS TRY TO MINIMIZE VIOLENCE EVEN TO PLANTS.  
THEREFORE, JAINS AVOID EATING **ROOT VEGETABLES, SUCH AS ONIONS, GARLIC, BEETS, CARROTS, AND POTATOES.**  
JAINS ALSO SHOULD NOT DRINK BEER, WINE, LIQUOR, WHISKEY, OR ANY KIND OF ALCOHOL.

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Slide 6

- The name *Jainism* derives from the Sanskrit verb *ji*, "to conquer." It refers to the ascetic battle that, it is believed, Jain renunciants (monks and nuns) must fight against the passions and bodily senses to gain enlightenment, or omniscience and purity of soul.
- The most illustrious of those few individuals who have achieved enlightenment are called Jina (literally, "Conqueror"), and the tradition's monastic and lay adherents are called Jain ("Follower of the Conquerors"), or Jaina.
- This term came to replace a more ancient term, Nirgrantha ("Bondless"), originally applied to renunciants only.

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Slide 7

• Jainism, also known as Jain Dharma, is an Indian religion that traces its spiritual ideas and history through a succession of twenty-four Tirthankaras (supreme preachers of Dharma)

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Slide 8

• It originated in Northern India and spread from there to the south, but how it began is unclear.

• Its founder is often, inaccurately, identified as the sage Vardhamana (better known as **Mahavira**, c. 599-527 BCE), but he is actually only the 24th Tirthankara ("ford builder") of Jainism.



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Slide 9

3 Pillars

- Ahimsa (non-violence)
- Anekantavada (non-absolutism)
- Aparigraha (ascetism)

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Slide 13

This code is based on the Five Vows (articulated in the foundational work, the *Tattvartha Sutra*):

- *Ahimsa* (non-violence)
- *Satya* (speaking the truth)
- *Asteya* (non-stealing)
- *Brahmacharya* (chastity or faithfulness to a spouse)
- *Aparigraha* (non-attachment)

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Slide 14



The key differences between Jainism and Hinduism are:

- Jainism places a strong emphasis on non-violence (Ahimsa) and believes that all living beings have a soul. On the other hand, while Hinduism also believes in non-violence, it does not necessarily follow this principle to the same extent.
- Jainism follows a path of non-violence to achieve enlightenment, while Hinduism does not necessarily follow this path.
- Jainism does not believe in the caste system, whereas Hinduism has a caste system.
- Jainism is based on the teachings of 24 preachers (Mahavira?), a spiritual teacher who lived in India in the 6th century BCE, while Hinduism has a complex pantheon of deities.

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