

FESTIVAL OF FORGIVENESS

(PARYUSHANA)

My Observance for 2018

Name _____

THIS YEAR'S FESTIVAL

September 6th-September 13th, 2018

Paryushana

(Festival of Forgiveness)

“Each year, Jains throughout the world celebrate the special eight-day festival known as Paryushana. This is not a time for outward show – but a time for introspection; a time to scrutinize ourselves within.

First Day – Many start fasting to cleanse the body and to have time for introspection.

Second Day – We consider our own self, our moods. We work on overcoming projections, paranoia, and on having a feeling of amity.

Third Day – Is for introspection on relations with others whom we have hurt in thought, word or deed; include animals, plants and the whole Universe. Compassion and non-possessiveness are part of this contemplation.

Fourth Day – Is to check out our ego in order to have accurate inner perception. We meditate on equanimity, the healer and peacemaker.

Fifth Day – Is to look at greed. Do we always want more? Do we share? Do we appreciate the good in ourself and in others? Appreciation sweeps out jealousy and clears the ground for acceptance.

Sixth Day – People think of the prophets, the souls who once struggled, overcame their inner enemies and reached freedom, omniscience. This helps us to be inspired. If they were able to do it, so can we.

Seventh Day – Especially, the people go to be with the Teacher and to absorb the teaching with openness. They aspire to put into practice the teaching, to transform a mental idea into one’s own inner experience.

Eighth Day – Is the special day for forgiveness. Whether in person, by letter or phone, in meditation or prayer, we forgive and ask for forgiveness. There is no need to worry; you have untied the knot from your end. But you must feel deep, sincere forgiveness and have a feeling of love for the other and yourself.

Throwing off our burdens during these days of introspection, the mind becomes clear and can commune with the soothing, natural happiness of the Soul.”

(Excerpted from the [JMIC Newsletter](#))

Forgiveness Festival Fasting Facts
From Gurudev Shree Chitrabhanuji to Chetana

Fasting Styles

- 1) BOILED WATER ONLY – For eight days. The water should be boiled for not less than 20 minutes (it can be stored for later use, once it is boiled).
- 2) ONE MEAL PER DAY – Between 10:00 am and 12 noon (brunch). Eat anything vegetarian: vegetables, rice, salad, fruit – but eat only while sitting down quietly and concentrating on the food and blessings (i.e. no TV, talking with others, etc.). The balance of the day, only drink water.
- 3) LIMITING FOOD ITEMS – Decide to have five or seven items per day. Count everything (except water) as one of your food items for the day: Fruit = 1; Vegetable Serving = 1, etc. The eating of these food items can be distributed throughout the day.
- 4) A ONE-TIME, COMPLETE FAST FOR 36 HOURS – Which would involve boiled water only; for one (only) 36-hour period during the eight days of the festival. On the other days, do either the “Limiting Foods” or the “One Meal Per Day” procedure.
- 5) ALTERNATE ONE-TIME, COMPLETE FAST FOR 36 HOURS – And then, on the other days, eat your regular meals (vegetarian foods, of course).

First Day

Thursday September 6th, 2018

“Many start fasting to cleanse the body and to have time for introspection.”

[Choose one of the following plans: (1) follow a vegetarian diet, but without under the ground vegetables, dairy products and egg products; OR (2) eat only one meal per day (vegetarian as above); OR (3) plan to fast one or more days, except for fruit juice and water, and follow one of the other plans on days that you do not fast. It is easier for most working people to follow plan (1) or (2). Put your food plan for the festival below, as your guide for the eight days.] – (See next page)

WHAT CAN I DO TODAY TO BEGIN TO CLEANSE MY BODY?

WHAT IS MY FOOD PLAN FOR THE FULL EIGHT DAYS?

Second Day

Friday September 7th, 2018

“We consider our own self, our moods.
We work on overcoming projections, paranoia.
And on having a feeling of Amity.”

AM I ABLE TO RECOGNIZE THOSE PATTERS IN MYSELF THAT I DESIRE TO OVERCOME? WAS THAT THE OTHER PERSON WHO FELT/ACTED THAT WAY, OR WAS IT ME? WHAT CAN I DO (WHAT HAVE I DONE) TODAY TO OVERCOME THOSE FEELINGS THAT I WANT TO TRANSCEND? CAN I FORGIVE (HAVE I FORGIVEN) MYSELF FOR HAVING THESE LESSONS? (BE AS SPECIFIC AS YOU WANT TO BE.)

Third Day
Saturday September 8th, 2018

“Is for introspection on relations with others. Whom have we hurt in thought, word or deed? Include animals, plants and the whole Universe. Compassion and non-possessiveness are part of this contemplation.”

AM I GETTING ALONG WITH OTHER LIVING THINGS, IN THE RESPECTFUL MANNER THAT I ASPIRE TO OPERATE IN? AM I AWARE OF THE POWER OF THOUGHTS AS WELL AS WORDS AND ACTIONS? AM I ABLE TO REMEMBER THAT EACH LIVING ENTITY HAS THE RIGHT TO BE FREE AND TO MAKE ITS OWN DECISIONS? IS THIS MY CAT, MY DOG, MY CHILD, MY SPOUSE, MY FRIEND? HAVE I BEEN UNINTENTIONALLY HURTFUL OR DISRESPECTFUL? CAN I FORGIVE MYSELF AND CHANGE A SMALL PART OF HOW I RELATE TO OTHERS, AND TO MYSELF?

Fourth Day

Sunday September 9th, 2018

“Is to check out our ego . . . in order to have accurate, inner perception. We Meditate on equanimity . . . the Healer and Peacemaker.”

AM I THE CENTER OF MY UNIVERSE? DO THINGS HAVE TO BE DONE MY WAY? WHAT IS THE MOST IMPORTANT FACTOR IN THE ASPECTS OF GROWTH THAT I AM WORKING ON? CAN I MEDITATE ON AND PROJECT THE ENERGY OF HARMONY THAT WILL BRING INNER PEACE, OUTER PEACE, WORLD PEACE? CAN I DO MY SMALL PART? HOW CAN I DO IT? WHEN AND WHERE DO I BEGIN?

Fifth Day

Monday September 10th, 2018

“Is to look at greed. Do we always want more? Do we share? Do we appreciate the Good in ourself . . . and in others? Appreciation sweeps out jealousy, and clears the ground for acceptance.”

DO I NEED TO LOOK AT ANY ISSUES OF GREED AT THIS TIME? DO I ALREADY HAVE THAT I NEED? IN WHAT AREA(S) DO MY “GREEDY” TENDENCIES LIE, i.e. FOOD, MONEY, THINGS, etc.? AM I APPRECIATIVE OF WHAT I HAVE? DO I REJOICE IN THE HAPPINESS OF OTHERS? DO I REJOICE IN MY OWN HAPPINESS? DO I GIVE THANKS FOR ALL THE BLESSINGS THAT I HAVE IN MY LIFE IN THE CURRENT MOMENT, AND IN THE FUTURE? TODAY I SHALL GIVE THANKS!!! AND, I SHALL GIVE SOMETHING BACK TO THE UNIVERSE!!!

Sixth Day

Tuesday September 11th, 2018

“People think of the Prophets. The Souls who once struggled, overcame their inner enemies. And reached freedom, omniscience. This helps us to be inspired. If they were able to do it . . . so can we.”

THOROUGHLY STUDY YOUR PERSONAL CHOICE(S) OF SPIRITUAL REFERENCE AT THIS TIME, DURING THE FESTIVAL; WHETHER IT BE CHRIST MAHAVIRA, BUDDHA, KRISHNA, ETC. SEE HOW THEY ATTAINED ENLIGHTENMENT. PRACTICE BEING WITH THAT LOVING, FORGIVING AND COMPASSIONATE ENERGY, AS YOUR ROLE MODEL FOR YOUR OWN PERSONAL EVOLUTION.

Seventh Day

Wednesday September 12th, 2018

“Especially . . . the people go to be with the Teacher, and to absorb the Teaching with openness. They aspire to put into practice the Teaching . . . to transform a mental idea into one’s own inner experience.”

REVIEW IN YOUR MIND, THE TRUTHS OF THE UNIVERSE; IRRESPECTIVE OF YOUR PERSONAL RELIGIOUS BELIEF SYSTEM. THERE IS ONLY ONE TRUTH; BUT THERE ARE MANY WAYS OF EXPRESSING IT. GET IN TOUCH WITH UNIVERSAL TRUTHS, SUCH AS THE UNIVERSAL TEACHING OF . . .

LOVE is All, and ALL is Love!

Eighth Day

Thursday September 13th, 2018

“Is the Special Day for Forgiveness. Whether in person, by letter or phone, in Meditation or Prayer we forgive and ask for forgiveness. If a person will not give forgiveness, there is no need to worry; You have untied the knot from your end, but you must feel deep, sincere forgiveness and have a feeling of Love for the other . . . and yourself.”

CHOOSE HOW TO IMPLEMENT YOUR PERSONAL PLAN TO REACH THOSE PEOPLE WHOM YOU WANT TO RECEIVE FORGIVENESS FROM, OR GIVE FORGIVENESS TO; WHETHER YOU CHOOSE TO SEND A LETTER, CALL THEM ON THE PHONE, OR SEND THE MESSAGE VIA PRAYER AND MEDITATION. LIST THESE BEINGS FREELY (THIS IS YOUR OWN PERSONAL WORKBOOK THAT OTHERS WILL NOT SEE – THEREFORE, YOU CAN BE AS SPECIFIC AS YOU WISH TO BE). MOST IMPORTANT IS TO FEEL THE FORGIVENESS IN YOUR HEART, YOUR MIND AND WITHIN YOUR WHOLE BEING. LET GO OF THE OLD HURTS, AND THE OLD CONDITIONS.

PARYUSHANA

Forgiveness Festival 2018

ME-CHAM-ME DU-KAH-DUM

(phonetically spelled)

I give forgiveness to any being who has caused me any pain—mentally, emotionally, or physically—knowingly or unknowingly in this lifetime or at any point in time.

Knowingly, I give forgiveness to: (include human and animal beings)

I ask for forgiveness anytime I have caused pain to anybody mentally, emotionally, or physically at any time.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

