

2019 Das Lakshan Parv in Orlando, Florida, USA; September 3rd to September 12th

The Digambar Jain Samaj in Orlando, Florida recently celebrated the Das Lakshan parva with much fanfare. The Orlando Digambar community is a close knit group with over 15 families and celebrates all Jain festivals together. During the 2019 Das Lakshan Parv, daily puja was organized at the Jain Society of Central Florida Temple in the morning. In the evening the group met at the temple for Aarti, to recite Pratikraman and Lata Shah spoke to the kids about the significance of the Dharma of the day.



During these ten days, honorable Samani Jinpragya ji & Kshantipragya ji gracefully hosted Pravachans for the Digambar Samaj at the Jain Vishwa Bharati (JVB) center every night. These pravachans really helped us to understand the underlying principles of each of the Dharma. Samanijis also gave us a *Prayog* to practically apply these Dharmas in our day to day life. Each

of the sessions was creatively organized and delivered using presentations, stories, discussions and quizzes that allowed everyone to not only understand the significance of the Dharmas but also reflect on how they can live by the principles of these Dharmas. While the adults attended the Pravachans, there were sessions for kids. The ten Dharmas and Samaniji's teachings are provided below:

1. *Uttam Kshama* (Forgiveness): To practice Kshama, turn in all four directions and say "Khamemi Savve Jiva..."
2. *Uttam Mardava* (Humility): Inner softness is key to destroy Ego which obstructs us in the process. To reduce the ego, one should worship gurus in the morning and before sleeping.
3. *Uttam Aarjava* (Simplicity): To practice Aarjava dharma, contemplate on "*Mein maya nahi hoon, maya mera swabhav nahi hai, agar mainey maya ki ho to man vachan kaya se Michchhaa Mi Dukkadam*".
4. *Uttam Shauch* (purity): The greed of senses prevents us from getting content. Our desires fulfil the needs of the body and not the soul. To live the Shauch Dharma, one should contemplate that whatever we do should be for the soul and not the body.
5. *Uttam Satya* (truth): Truth is universal law and Aatma is Truth. The path to Satya is Anekantwad as it encourages us to appreciate multiple viewpoints. To practice Satya, instead of saying "*Aisa Hi Hai*", start saying "*Aisa Bhi Hai*".
6. *Uttam Sanyam* (supreme restraint): One has to exercise self-restraint by our needs. In order to apply Sanyam in daily life, one should practice Sanyam on small things which will increase consciousness.
7. *Uttam Tap* (austerity): We discussed the concepts "Nirodh" (Samvar) and importance of "Shodhan" (Samayik and Pratikraman for nirjara). To practice the Tap Dharma, one should do Samayik and Pratikraman.
8. *Uttam Tyag* (renunciation): Attachment to things makes it difficult to practice Tyag. Tyag enables us to fight inner self and strengthens our determination. To practice Tyag Dharma, decide to give up one thing every year. The entire group took ajeevan (lifelong) tyag of one thing.
9. *Uttam Aakinchanya* (non-attachment): By reducing mohiniya karma one can practice *Aakinchanya* dharma. In order to follow this in day to day life, stop doubting, judging and having expectation for your actions.
10. *Uttam Brahmacharya* (supreme celibacy): It is very easy to get distracted from your course. To practice *Brahmacharya* Dharma, greet people of opposite gender by folding hands and minimizing eye contact.



We concluded the Das Lakshan festival by doing a Pratikraman followed by asking for forgiveness to one another by saying "Michchhaa Mi Dukkadam".

Kritagynosmi Shamnijis, hum aapke bahut abhari hain!

Digambar Jain Samaj, Orlando, FL, USA

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