



Confession (Alochana)

Confession (Alochana) gives the seeker a blessed opportunity to honestly recollect all the mistakes that he has committed, remember his faults and shortcomings and consciously recall the negative qualities and misdeeds that made his soul impure throughout the year. Like water that cleans the surface on which it flows, confessing gives one a unique opportunity to clear themselves of their wrongdoings and be free of guilt. It gives one a chance to rectify their faults and ask for heartfelt forgiveness.

Confession is...

**A precious moment of enlightening the soul!
An invaluable opportunity to introspect on
your soul through your Inner Eyes!**

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circumstances. Moreover, you do not inform the hotel to cancel your booking either. In that case, will the hotel charge you for booking the room, or will they exempt you since you haven't stayed and used your booking? The fact is, you will be liable to pay for the charges, even though you haven't utilized your booking. The reason is that you did not cancel the booking, made already.

Similarly, those who have not accepted the Shravak dharma, i.e. the vows of a lay householder, he has not disconnected his soul from the connection to various objects and activities from his infinite past and hence he binds sins from them, even today.

When an individual embraces these Shravak Vrats i.e. layman householder vows from his Guru, he erases the sin-evoking impressions since infinite past births that are lying dormant on his

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Why should one accept Shravak Dharma?

Accepting and following shravak dharma is the very essence of a shravak's life.

Jainism believes that at any given point in time, there could be infinite materials or objects in this Universe that we may not be using currently and many activities that we may not be involved in presently, in fact we may not even be thinking of them and yet our attachments to such objects or activities from our infinite past remain as an impression on our soul in form of our instincts. Due to the presence of these past impressions, we continue to bind sinful karmas even today. For instance, if you book five hotel rooms in Shimla for a family vacation, but you are unable to go, due to some unavoidable

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soul even today. As a result, he uproots the very cause of sinful negative karmas, by cutting off this connection.

When I renounce the sins that I never even committed, never intend to commit nor do I even imagine or think of doing so in future, by reciting the sacred words from our scriptural sutras namely

**"Tassa Bhante, Padikkamami,
Nindami, Garihami, Appanam Vosirami",
then I alleviate my soul and free it from the
weight of the infinite past karmic debt.**

4

The Composition of 12 Vrats (Vows) of a Shravak

When an individual enters the religious sphere, he listens to and imbibes the preachings of Parmatma, which evokes in him a strong faith for Dev, Guru and Dharma. The faith then arouses in him an aspiration to move one step up and ascend the ladder of inner-purification. He realizes the true nature of this world which strengthens his views and emotions of detachment from all that is temporary. As a result, he resolves to adapt partial vows of renunciation and observe restraint in his lifestyle, until he is able to accept complete renunciation. These 12 vows of Shravak would support his soul in advancing on the path of self-realization and help make his human birth worthwhile! To sow the seeds of such noble aspirations on our soul, Parmatma has presented a composition of 12 vows or vrats for every shravak, i.e. lay householder. These 12 vows comprise of 5 Anuvrats, 3 Gunn vrats and 4 Shiksha vrats

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Gyan Alochana

My confession towards Knowledge (Gyan)

O' Dear Gurubhagwants, my Ultimate benefactors! Many times, until now, I have knowingly or unknowingly shown disrespect, not been devoted and insulted knowledge, offended the ones who have attained knowledge and mistreated the tools or sources of knowledge.

O' Gurudev! Today, I confess my faults pertaining to Gyan in front of you. I humbly request you to please accept my confession and give me atonement, i.e. prayaschit in accordance to my faults. I resolve that I will not make such mistakes again, I resolve to not show disrespect or insult towards any form of knowledge again.

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Prarthana

Hey Parmatma!

I have tarnished my soul while wandering from one life form to another in countless areas across this universe. Negative qualities like anger, ego, deceit, greed, jealousy, attachment, hatred, back-biting, lies, limitless possessions and many more have tainted my soul. As a result, I am unable to see the true nature of my soul, and recognize my real identity.

Hey Parmatma!

Today I seek your refuge to purify my soul and cleanse my vices through heartfelt repentance. I wish to wash away my transgressions and sins to become pure, I want to become like you!

6

Y N

- I behaved immodestly and disrespectfully with my benefactor, my Guru. ☐ ☐
- I have made fun of my teachers during my school and college days. ☐ ☐
- I have made demeaning remarks or harboured ill-feelings for my boss, employer, customer or my staff ☐ ☐
- I have not been thankful towards those who have given me knowledge and understanding ☐ ☐
- I have not been willing to share my knowledge, skills, art or ability with others ☐ ☐
- I have not made fruitful use of my time by helping others gain knowledge. ☐ ☐

8

Y N

- I have not contributed in any way to spread Parmatma's message and share this precious knowledge ☐ ☐
- I have not contributed my time, wealth or capability towards the creation or publication of books (Gyan Daan) ☐ ☐
- I have not handled objects of knowledge with care or alertness. ☐ ☐
- When someone is reading or studying, I have obstructed their study by raising the volume on TV or radio, by talking loudly, switching off lights, making noises or hiding their spectacles or books. ☐ ☐
- I have been jealous of someone more knowledgeable or more intelligent than me. ☐ ☐

9

Y N

- I did not support those who needed help to gain knowledge by giving them time or financial assistance. ☐ ☐
- I have shown disrespect towards knowledge of the Gurubhagwants by making use of mobile phone in his presence or at Upashray. ☐ ☐
- I have disturbed the peaceful ambience of Upashray by talking loudly and disturbing the spiritual seekers ☐ ☐
- I have taken credit and sought praise for stories, poems, songs etc. written by others and portrayed it as my own creation ☐ ☐
- I did not make an attempt to share the invaluable knowledge of Parmatma gained through various discourses. ☐ ☐

10

Y N

- Even when I have used a book or an online resource to learn something, I have claimed that I learnt it all by myself and boosted my self-pride in front of others. ☐ ☐
- I have thrown around instruments used for gaining knowledge like pen, pencil, eraser, notebooks, etc ☐ ☐
- I have shown off my level of knowledge in front of others by answering questions that maybe raised for others. ☐ ☐
- I have disrespected words and teachings of wise and knowledgeable men by saying 'This is not possible' or 'this seems exaggerated or fake'. ☐ ☐

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O' Parmatma! Dear Gurubhagwants, my ultimate benefactors-

On this auspicious occasion of Samvatsari, bearing my soul as witness, I seek forgiveness for all the disrespect and immodest behavior that I have done related to knowledge. Bowing down in reverence, with joined hands, I seek heartfelt **Tassa Micchami Dukkadam.**

O' Gurudev! Today I surrender myself in your refuge. In order to worship true wisdom, to enlighten the lamp of knowledge within 'me' and to shed my karmas that obstruct knowledge, I resolve that...

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- ☐ I will listen to at least one religious discourse or read a spiritual book based on Parmatma's preachings every week
- ☐ I will respect all mediums of knowledge, I will not tear nor rub spit on books, I will not show disrespect towards them, nor obstruct anyone in their pursuit of gaining knowledge
- ☐ I will help poor and needy children in their studies, to the best of my ability.
- ☐ I will give donation for publishing and printing of spiritual and educational books.
- ☐ I will gift knowledge enhancing books to poor children.

13

Y N

Towards Parmatma:

- I have inappropriately wondered, why after leaving behind all the luxuries of palace life, Bhagwan chose to seat atop Samavosharan decorated with pure gold. ☐ ☐
- I have wondered why Prabhu Mahavir could not afford a single piece of clothing for his body. ☐ ☐
- I have shown disrespect towards Bhagwan by having a thought that Prabhu Mahavir was also married and only after that He accepted renunciation and considered my own wedding as an acceptable ☐ ☐
- I have doubted the Ultimate Knowledge (Keval Gyan) of Tirthankar Parmatma by wondering whether He indeed ☐ ☐

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Darshan Alochana

My Confession towards Faith

O' Gurudev! Before I found you, due to my ignorance I have doubted Dev, Guru, Dharma and have even considered false perception for all these. I have insulted and shown such disrespect many times.

O' Gurudev! Today with tears in my eyes I want to confess all such faults in front of you. Gurudev! Kindly forgive me and grant me Prayschit (atonement). Starting today, I pledge not to indulge myself in any kind of doubt or waveringness.

14

Y N

knew it all through his Keval Gyan.

Towards GURU:

- I have dishonoured my Guru when I failed to interpret the essence hidden in HIS words ☐ ☐
- I have dropped off my parents / grandparents till the gate of Upashray yet did not do darshan or show my respect to Sadhu/ Sadhviji present here. ☐ ☐
- I have gone against Bhagwan's aagna by accepting a Sansari as my Guru, who has not adopted Panch Mahavrat Vows and considered him as knowledgeable ☐ ☐
- When my parents asked me to accompany them for darshan, I have refused their request by saying "I don't ☐ ☐

16

Y N

have time", "upashray is only for gossip mongers, so not an ideal place to visit", "There's no point in attending a session where I don't understand anything", etc. With such attitude and belief, I disrespected Dev, Guru and Dharma.

Towards DHARMA:

- I have wondered what is the point of visiting any religious premises or Upashray where quarrels and fights happen. ☐ ☐
- I have called Upashray as a place where only funds are raised. ☐ ☐
- When someone in my family is going to Upashray, I have commented saying that one should not be such religious fools. ☐ ☐

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Y N

- I have hindered someone from going to Maharaj saheb – Mahasatijis by misguiding them, saying that they hypnotize us. ☐ ☐
- I have committed sin by hindering some person from going to Maharaj saheb – Mahasatiji claiming that they would give us an oath of not eating root vegetables or they would ask us to donate for performing rituals like Group mantra chanting (Jaap), spiritual retreats (Shibirs), organizing lunch for the Jain community i.e. Sangh – Jaman and so on. ☐ ☐
- I have insulted our Dharma by comparing it with other religions, saying our Upashray isn't as magnificent as other temples, and called Upashray as a dull place with four ☐ ☐

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Y N

walls and ever-changing saints. I have also disregarded our penances and fasts, saying that our fasts disallows eating whereas other religious fasts allow consumption of special faraal foods, sweets, milk, curd, etc. By having such misbeliefs, I have insulted the excellent Jain religion.

- I have disrespected my religion by having discussed how other religions allow their people to enjoy, but our religion only focuses on sacrifice and tolerance. ☐ ☐
- I have doubted the preachings of my Guru and not had enough faith in it. ☐ ☐
- I have judged Sadhus/ Sadhvjis thinking they are egoistic or moody, when they do not recite Manglik at my request. ☐ ☐

19

Y N

- I have not taken care of unwell and aged Sadhu – Sadhvjis. ☐ ☐
- I haven't accompanied Sadhu-Sadhvjis during their Vihaar (travel on foot), nor went to drop them back to the Upashray but just stood by the doorstep to bid them farewell ☐ ☐
- Whenever I have met any Sadhu- Sadhvjis on the road, I have neither bowed down in respect nor cared to offer them any alms instead passed by them, in haste. ☐ ☐
- I had immodest thinking that the Sadhu-Sadhvjis live on free food offered by society ☐ ☐
- I have misunderstood Gurubhagwants thinking they just ☐ ☐

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Y N

intend to order us around and not understand our perspective.

- When I encounter Jain saints unexpectedly by the roadside, I have not shown respect towards them by bowing down and reciting 'Matthena Vandami' ☐ ☐
- I have walked ahead of Gurubhagwants, Jain saints while doing vihaar with them or during any welcome ceremonies. ☐ ☐
- I have not kept my phone on silent during live sessions or assembly of Sadhu-Sadhvijs and disturbed the surrounding. ☐ ☐
- I have arrived late during ongoing discourses and insisted on sitting ahead in the front, disturbing others. ☐ ☐

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Y N

- I have sat disrespectfully by keeping one foot casually atop other, in presence of Sadhu-Sadhvijs & Gurubhagwants. ☐ ☐
- I have left midway during any ongoing discourse in the Upashray or spiritual assembly. ☐ ☐
- I have disturbed or distracted the assembly and shown disrespect towards Gurubhagwants or Sadhu-Sadhvijs by chit chatting with others ☐ ☐
- I have not sat with discipline in a proper line ☐ ☐
- I have continued to sit comfortably on the chair while some elderly or disabled person was standing & offered no help. ☐ ☐
- I have approached Gurubhagwant and come in his close proximity (Avgrah), without taking his permission. ☐ ☐

22

Y N

- By blocking seat for a relative or friend in the spiritual assembly or Upashray, I have obstructed someone else from gaining this chance. ☐ ☐
- I have not respectfully used both hands with palms outstretched while accepting from or offering any items to Gurubhagwants, Sadhu-Sadhvijs. ☐ ☐
- I have addressed Gurubhagwant informally by using inappropriate words like, Gurudev! How are you? Or Are you enjoying this place? ☐ ☐
- I have disrespected Gurubhagwant by seating myself at a position higher or at same level as him. ☐ ☐

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Dear Parmatma! Dear compassionate Gurubhagwant! Today on this auspicious day, bearing soul as my true witness, if I have indulged in any kind of faults related to Darshan virtue (faith/perception) of my soul, I humbly seek your forgiveness. Tassa Micchami Dukkadam.

O' Gurudev! On this auspicious day under your protective shield, I pledge to free myself from false perceptions and to purify my perception and faith, and to make my vision same as Parmatma.

I shall consider Arihant Bhagwan and Siddha Bhagwan as my God, surrender to them and humbly accept their refuge.

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- ☐ I shall embrace the preachings of Kevali Bhagwan as Dharma.
- ☐ I consideras my Guru and surrender to him completely.
- ☐ Every morning before opening my eyes, I shall visualize Dev/Guru in front of my eyes.
- ☐ I shall serve Dev, Guru and Dharma wholeheartedly, and dedicate my time and energy as per my capability
- ☐ I will faithfully chant the name of Dev/Guru/Tirthankar Parmatma every day.

25

Y N

- I have taken a bath in a bathtub or under a shower when I only needed a maximum of half a bucket or one bucket of water to clean my body. ☐ ☐
- I have taken away the freedom of dog or parrot and taken them up as pet, only to brag about my status or for my enjoyment. ☐ ☐
- To look fashionable and trendy, I have killed animals indirectly by using belts, wallets, purses, shoes and sandals made of leather/ animal skin. I have adorned myself with jewellery made of diamond, pearls and gold, which comes from the killing of innumerable earth-bodied living beings Pruthvikaay jeev). I have

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1st Anuvrat – Pranatipaat

My confessions related to Violence

O' Gurudev! Every moment that we live in this world is filled with violence. But many acts that I have committed were avoidable, yet I committed them out of my laziness or selfishness.

O' Gurudev! I am here to confess all such acts of violence that I may remember and even those which I have forgotten.

Gurudev! Please grant me atonement i.e. prayaschit for all these acts of violence.

I hereby resolve to not cause unnecessary violence in the future.

26

Y N

- used and worn clothes made from silk. ☐ ☐
- I have consumed non-vegetarian food and alcohol for my desires, taste or under peer pressure. ☐ ☐
- I have used soaps, shampoo, perfume, cosmetic, etc. products which are made from and tested on animals / birds for the sake of my good looks. ☐ ☐
- For best investment, better profit, I have purchased shares or worked/traded with companies or have done business with companies that have acted violently against animals and birds. ☐ ☐
- I have done flower decoration during events, kept flower vase or live aquarium in my house to beautify all

28

Y	N
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- out of societal pressure or to appear sophisticated
- I have applied henna (mehendi) on my hands and hair.
- I have lit candles and lamps during festivals like Diwali.
- I have extinguished birthday candles and at times tried to cool down hot products by blowing air.
- I have eaten root vegetables like onions, garlic, potato etc. merely to satisfy my taste buds.
- I have hurriedly closed doors without alertness, which might have amputated some living being, for eg. lizards' tail. I have worn sandals or shoes without checking, which may have caused violence against tiny insects like ants, spiders. Have started the car without

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

29

Y	N
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- checking if any animal is sleeping under the car thereby causing fear/harm/death to those beings.
- I have needlessly plucked grass, leaves and flowers in gardens.
- I have used medicines and injections derived from animal violence to become healthy or protect my health and fitness.
- I have not regularly kept my house clean and have therefore destroyed spider web, applied insect repellents or used pest control medicines to get rid of insects.
- I have eaten in restaurants serving both vegetarian and non-vegetarian food, eaten in open food stalls and/or

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

30

Y	N
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- had food after sunset. I have done all this due to my intense attachment to food.
- I have thrown around used wrappers of ice cream, chocolates and other food products consumed, which may have attracted ants and due to this, these ants could have eventually become vulnerable to pain or death.
- I have cleaned the kitchen platform infested with ants by pouring water.
- I have left oil, ghee and other such liquid food products uncovered.
- I have caused violence against numerous water borne micro-organisms while enjoying water rides at a water

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

31

Y	N
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- park.
 - I have done the following for enjoyment and while celebrating a festival:
- Burnt Holi fire and played with colours.**
- I have offered coconuts in the Holi fire due to false beliefs.
 - I have taken bath or swam in river, lake etc.
 - I have enjoyed getting wet in the rain.
 - I have enjoyed swaying on a swing.
 - I have removed nest of sparrows/pigeons built in the house and/or removed their eggs.

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

32

Y N

- I have had fried chillies, garnished it with spices and salt to make it enjoyable to eat. ☐ ☐
- I have kept the tap water running, kept many electrical appliances like fan/light switched on and hurriedly left the room. ☐ ☐
- I have drove my car with high speed and hurt/killed dogs, cows, humans. ☐ ☐

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Hey' Parmatma and compassionate Gurubhagwants! On this auspicious occasion, with my soul as a true witness, I want to repent for all the impurities, sins, bad karmas pertaining to first anuvrat of Hinsa (violence) that I have committed and seek a heartfelt Tassa Micchami Dukkadam.

O' Parmatma! Today when I don't have the apt circumstances, capability or enough efforts to pursue and adopt the best path of (Saiyam) renunciation, but with Gurukrupa I am fortunate enough to follow Shravak dharma, therefore to strengthen my core values of non-violence, I resolve.

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- ☐ I will not eat non-vegetarian food and will not consume alcohol.
- ☐ I will not consume root vegetables like potato, onion and garlic etc. for ___ days in a month
- ☐ I will not eat green vegetables/root vegetables during Tithis (auspicious Jain calendar days).
- ☐ I will not own pet animals like dog/rabbit for my hobby.
- ☐ I will not cage birds.
- ☐ I will not light the Holi fire nor will I play with colours during Holi.
- ☐ I will not burst crackers nor buy crackers for anyone.

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- ☐ I will not take bath in well, lake, river, sea or any other water bodies.
- ☐ I will not enjoy water rides at water parks.
- ☐ I will not swim or have shower baths.
- ☐ I will not use a bathtub to bathe.
- ☐ I will not use insect repellents completely or will not use them for number of days in a month.
- ☐ I will not use silk, leather or any cosmetic products, perfumes made by causing violence against animals/birds.
- ☐ I will not procure shares in companies that cause major violence against other living beings.

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- ☐ I will not eat food in a restaurant that serves non-vegetarian food.
- ☐ I will not do abortion, perform abortion nor support abortion in any way.
- ☐ I will walk on the road by looking down at the road and will not use cell phone nor talk to anyone while walking.
- ☐ I will not step on birdfood on the road
- ☐ I will not keep the tap running while brushing my teeth.
- ☐ I will not walk on grass.

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2nd Anuvrat - Asatya

My confessions related to non-truth (lies)

O' Gurudev! I know lying is a sin; and yet in anger, fear, humour or greed, I have lied on many occasions.

O' Gurudev! I confess all those untruthful statements and seek atonement and punishment for such sins.

I hereby resolve to be alert and not say anything false under any such circumstances.

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- | | Y | N |
|--|--------------------------|--------------------------|
| • I have lied to my mother using stomach ache or headache as excuse for not going to school during my childhood. | <input type="checkbox"/> | <input type="checkbox"/> |
| • To save my relations, I have lied as witness or misspoken for a third party. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have played pranks on many during April fool, just for fun and entertainment | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have lied about age and educational qualification of my or anyone else's children for the purpose of their engagement/wedding. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have altered a message by adding or removing parts of message and not passed on the truthful message. | <input type="checkbox"/> | <input type="checkbox"/> |

39

- | | Y | N |
|---|--------------------------|--------------------------|
| • I have spoken ill, revealed someone's secrets or have spoken such that it causes hatred between two people. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have given my opinion without knowing the subject completely. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have hurt and humiliated someone with my words by wrongly blaming them. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have spread rumours without knowing the entire truth. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have blamed someone else to hide my own faults. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have lied to a client for my personal or professional gain in my office/business. | <input type="checkbox"/> | <input type="checkbox"/> |

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Y N

- I have lied to my boss for taking leave from office. For example – I have said that I am going to visit native village to see my sick parents instead of actually holidaying at a hill station. ☐ ☐
- I have cheated or lied to pay less income tax or excise duty to the Government. ☐ ☐
- I have lied multiple times during various instances. ☐ ☐
- I have spoken ill about someone behind his back after praising him on his face. ☐ ☐

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- ☐ I will not lie for the purpose of engagement.
- ☐ I will not lie as a witness.
- ☐ I will not play pranks on anyone during April Fool Day.
- ☐ I will not utter a lie that causes anyone's death by hanging
- ☐ I will not lie to create animosity/hatred between any two people.
- ☐ I will not make fun that hurts or humiliates anyone.
- ☐ I will not lie for leave in school or tuitions.

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Hey Parmatma! O' Upkari (benefactor) Gurubhagwants ! On this auspicious occasion, with my soul bearing true witness, I want to repent for all the impurities, sins, bad karmas that I have committed related to second anuvrat – asatya (lies) and seek a heartfelt Tassa Micchami Dukkadam.

O' Parmatma! For my selfish reasons or greed, I have lied on infinite occasions and committed sin. Today, in presence of my Guru, I confess my sins and resolve not to repeat them. I will make efforts to strengthen my beliefs and values of truthfulness.

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3rd Anuvrat – Adattadaan

My Confessions related to theft and stealing

O' Gurudev! I heartily confess in your presence all my misdeeds related to all kinds of stealing done by me either knowingly or in ignorance. Please forgive me and give me atonement (prayaschit) for my mistakes. I resolve to never commit such a mistake of stealing again.

44

Y N

- I have taken things belonging to others without their permission. ☐ ☐
- During school days, I stole stationary like pens, pencils, eraser, Homework notebooks etc. or used them without seeking their owner's permission. ☐ ☐
- I cheated my customers to earn more profit by claiming an adulterated product to be a pure product. ☐ ☐
- I cheated during examinations to gain more marks by copying answers from my friends. ☐ ☐
- I undertook smuggling business to become rich overnight. ☐ ☐
- I lied about household expenses by portraying more expense when the actual expense was less. ☐ ☐

45

Y N

- I cheated my neighbour by returning less quantity of the borrowed things. ☐ ☐
- For the sake of earning praises and boosting my pride, I falsely took credit for someone else's story, poem, cooking, project work, etc. ☐ ☐
- I have cheated and taken some of Upashray funds for my personal use. ☐ ☐
- Not returned borrowed books or newspapers. ☐ ☐
- Submitted my name for jaap but not done it ☐ ☐
- I have cheated someone by transferring their house/ land/ property in my name. ☐ ☐

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O' Parmatma! O' Gurubhagwanto!

On this auspicious occasion, with my soul bearing true witness, I want to repent for all the impurities, sins, bad karmas that I have committed related to Third anuvrat – Adattadaan (theft or stealing) and seek a heartfelt Tassa Micchami Dukkadam.

O' Parmatma! In some way or the other, I have committed sins of theft, many times knowingly or unknowingly, hence today in front of Gurudev to strengthen the virtue of non- stealing I resolve:

- ☐ I will never break locks of anyone's house with the intention of stealing.
- ☐ I will not loot anyone.

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- ☐ I will not manipulate accounts of the temple/religious institution and not fill my pockets with the Sangh's money.
- ☐ I will not do smuggling.
- ☐ I will not make fake currency notes.
- ☐ I will not adulterate food and medicines.
- ☐ I will not manipulate my household expenses.
- ☐ I will not take anyone's items, books, pencil or stationery without their permission.
- ☐ I will not cheat/copy during my examination

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4th Anuvrat – Methun

My confession related to sexual involvement.

O' Gurudev! Today I would like to confess about my sexual acts committed through mind, speech or physical body and wherever my emotions faltered due to intense passions and attachments. I humbly bow down with folded hands to urge you to give me atonement for all such transgressions and faults. I resolve to never indulge in such loathsome sins.

49

Y N

them by showing inappropriate content on mobile phone.

☐ ☐

- I tried to instigate someone's desire by wearing short and/or revealing attire, or used arousing perverted expressions.
- I underwent abortion or supported or motivated someone else for abortion.
- I was an influencer in taking someone for a movie which increased his/her sexual desires.

☐ ☐☐ ☐☐ ☐

51

Y N

- I have cheated my husband/wife by being attracted to or having relations with another lady/man.
- I have looked at other men/women with sexual desires.
- I have enjoyed watching blue films, porn sites or porn magazines.
- I ran a marriage bureau for commercial/financial interests.
- I tried to instigate someone's perverse desire through WhatsApp messages.
- I have spoken passionately or in vulgar language using arousing words with someone much younger than me or with whom I am not yet married or tried to excite

☐ ☐☐ ☐☐ ☐☐ ☐☐ ☐

50

O' Parmatma! O' compassionate Gurubhagwant! On this auspicious occasion, with my soul bearing true witness, I want to repent for all the impurities, sins, bad karmas that I have committed related to fourth anuvrat – Methun (sexual involvement) and seek a heartfelt Tassa Micchami Dukkadam.

O' Parmatma! I have tainted my soul many times through such sins by my mind, speech or body; hence today on this auspicious day I wish to strengthen my values of celibacy and hence I am making a resolution in front of my Guru.

52

- ☐ I shall be loyal to my partner and will not indulge in sex with any other man/woman. I will confess all my past mistakes to my Guru and seek for prayschit (atonement).
- ☐ I will not engage in prostitution.
- ☐ I will not run a marriage bureau.
- ☐ I will abstain from sex for days in a month.
- ☐ I will not watch T.V. for more than hours a day.
- ☐ I will not watch a blue film or a horror movie.
- I will not intentionally show off my body or wear revealing

53

- ☐ clothes.
- ☐ I will not unnecessarily chat or surf on my computer.
- ☐ I will not watch porn sites.
- ☐ I will not instigate anyone with sexual desires by using arousing words with someone younger than me or anyone else's fiancé/spouse.

54

5th Anuvrat – Parigrah

(Confession related to Possessions)

Parmatma has revealed that having unnecessary or limitless possessions is a sin, and yet I have indulged in it due to my greed and selfishness. I have bought and stored many things without necessity.

O' Gurudev! I wish to wholeheartedly confess and reveal all my possessions. I seek your forgiveness. I repent my actions; please grant me atonement for these sins. I resolve to refrain from unnecessary possession.

55

Y N

- I have bought more clothes, things and accessories than my needs and requirements. ☐ ☐
- I have crossed my set limit and possessed more house, land, office space, shop, jewelry, gold, silver, diamonds, etc. ☐ ☐
- I have assumed others' property to be my own, and imposed ownership on the same. ☐ ☐
- Despite having enough wealth, I have never contributed towards good deeds or for charity. ☐ ☐
- I have been intensely passionate about using electronic gadgets. ☐ ☐
- I have stored things which I haven't used in years. ☐ ☐

56

O' Parmatma! O' compassionate Gurudev, on this auspicious occasion, I wish to confess my sins bearing my soul as true witness and seek your forgiveness for any faults committed related to the fifth vow of Parigrah (possessions) and seek a heartfelt Tassa Michchami Dukkadam.

O' Parmatma! I haven't left any stone unturned in accumulating things in this birth and in past births too. I resolve to limit and reduce my material possessions.

57

6th Anuvrat – DishaVrat

(Confessions related to Directional Limit)

O' Gurudev! Though I am aware, I would be unable to travel in all directions, yet with my mind's imagination I have imagined going to the Moon, and travelled with my mind to many places in various directions.

O' Gurudev! please do forgive me for these sins. Please give me an atonement i.e. prayashchit for my sins.

I resolve to limit my movement in all directions.

59

- ☐ I shall only have houses, offices, godowns acres of land in my name.
- ☐ I shall only own grams of gold, grams of silver and jewellery items.
- ☐ If I make a profit above _____ lakhs/crores, then I would use the excess for charity and good deeds towards religious activities and society welfare.
- ☐ I shall offer a meal or any eatable item to the poor, every day.

58

Y N

- While watching movies shot in Switzerland or any other place abroad, I have wished to go there. ☐ ☐
- I have insisted that there should be at least one holiday a year, at a beach/ resort/hill station. ☐ ☐
- I have planned and enjoyed picnics with family and friends. ☐ ☐
- I have wished for world tour of places on map, and sometimes even of places which are unseen on map. ☐ ☐

60

On this auspicious occasion, with my soul bearing true witness, I want to repent for all the impurities, sins, bad karmas that I have committed related to sixth anuvrat – Disha Maryada (Directional Limit) and seek a heartfelt Tassa Micchami Dukkadam.

O' Parmatma! So far, I have made many plans and wished to visit not just places in India but also abroad. Today, I wish to set boundaries on my movements in presence of my Guru.

- ☐ I shall never go beyond the presently visible world.
- ☐ I will not travel outside India or will not travel more than ____ times.

61

- | | Y | N |
|--|--------------------------|--------------------------|
| • Despite having a wardrobe full of clothes, I have impulsively bought clothing items. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have consumed alcohol/ liquor in parties, in order to appear modern. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have visited hookah bars, so that no one calls me an oldie/ villager. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have used drugs like Ganja/opium, when on a holiday with friends. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have taken long showers and hung out for hours in the swimming pool, to beat the heat. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have used footwear not just for protecting feet, but also as a fashion statement. | <input type="checkbox"/> | <input type="checkbox"/> |

63

7th Anuvrat - Upbhog Paribhog)

(Confessions related to usage and consumption)

O' Gurudev! Be it perishables or durable goods and food items, things or resources, I have used and consumed them limitlessly and engaged myself in Aarambh samarambh. Now, I wish to confess the same wholeheartedly in front of you, and also vow to use them in a predetermined limited way.

62

- | | Y | N |
|---|--------------------------|--------------------------|
| • I have bought innumerable footwear without setting any limits, bifurcated as office wear, bathroom slippers, walking shoes, gym shoes, home slippers, party wear, matching shoes for wedding, sports shoes, picnic shoes, temple shoes and so on. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have spent hours till late nights at a discotheque just for entertainment. | <input type="checkbox"/> | <input type="checkbox"/> |
| • A weekend or a holiday is always spent at hotels/ restaurants or at the movies. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have wasted precious time hanging out at shopping malls and visited stores checking out prices without any real intention of purchasing. | <input type="checkbox"/> | <input type="checkbox"/> |

64

Y N

- I have explored many small or big businesses and investments, in the craze for making more money and quick money. ☐ ☐
- I have spent a lot of time at pubs/ clubs to beat the day's stress and to stay away from quarrels at home. ☐ ☐
- I have made use of Kand-mul (root vegetables) during get-togethers and parties/ functions. ☐ ☐
- I have tastefully savoured garlic chutney and onion salads. ☐ ☐

65

- ☐ Every day, I would use items for lunch/ dinner.
- ☐ I will not use addictive things like Ganja/ opium, etc.
- ☐ I will only own ____ pairs of shoes/ chappals.
- ☐ I will limit my beauty products usage to.. per day.
- ☐ I would refrain from using flowers for decoration.
- ☐ I will avoid using Kand-mul (root vegetables) during big occasions and functions.
- ☐ I will not indulge in coal business.

67

Hey Parmatma! Hey Gurubhagwanto! on this pious occasion of Samvatsari, bearing my soul as a true witness, I seek your forgiveness for all the sins and faults committed related to the 7th vow and wholeheartedly seek Tassa Micchami Dukkadam.

Hey Parmatma, In the countless births till now, by doing Upbhog and Paribhog, (one time usage and repeated usage) of things endlessly, I have increased my sansar and continued my births in the worldly cycle. Now, I wish to limit my usage and consumption of various things, in front of my Guru.

66

- ☐ I will not do lumbering business i.e. cutting logs of wood.
- ☐ I will not use animals for carriages nor indulge in any such business activity.
- ☐ I will not indulge in trading of sabudana (sago/tapioca pearls) or business inducing violence of mobile living beings.
- ☐ I will not own any liquor shop or factory, nor do any business relating to it.
- ☐ I will not own or do business of oil mills.
- ☐ I'll use buckets of water every day during bath. I'll try to avoid bathing for ____ days of the month.

68

- ☐ I'll use only ____kind or brand of toothpaste, ____kind/brand of soaps and ____ kinds or brand of shampoos.
- ☐ I will not visit or eat at any hotel for ____ days in a month.
- ☐ I will only conduct ____ types of business, and no other kinds.
- ☐ I'll visit disco/ pubs onlydays ____ of the month.

69

- | | Y | N |
|---|--------------------------|--------------------------|
| • I tried cigarettes/gutkha out of curiosity, but they ended up becoming a habit, an addiction. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have done gambling on Saatam/Aatham and other holidays for fun. | <input type="checkbox"/> | <input type="checkbox"/> |
| • Despite having time to pursue spiritual activities and Dharma, I have whiled away time and been lazy. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have bought toy guns and rifles for kids to play. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have actively and enthusiastically watched plays, dramas, cinema, circus and musical shows. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have kept the lights/ fans on even when not needed. | <input type="checkbox"/> | <input type="checkbox"/> |
| • When I bought any new international brand appliance like a food processor, not only did I use it with great | <input type="checkbox"/> | <input type="checkbox"/> |

71

8th Anuvrat - Anarthdand VermanVrat

(Confession of committing unnecessary violence)

O' Gurudev! I am aware that as long as I am living a worldly life, I shall commit sins. Some of the sins maybe unavoidable to keep my physical body intact and healthy. But I am also aware, that I have indulged in many acts merely for entertainment, or to keep someone impressed and happy, for the sake of recreation, for maintaining social status, and for the sake of taste buds. I have done so many of such unnecessary sins due to my recklessness, that I am worried when will I ever break free from the chain of Karma. Gurudev! please free me from these webs of sins.

70

- | | Y | N |
|--|--------------------------|--------------------------|
| enthusiasm, but I also called friends and relatives and encouraged them to use it. | | |
| • I have done salad decoration for appreciation. I have done lighting, decoration, Rangolis, etc. I have also invited people over and prepared many food varieties for appreciation. Not only that, I have sent such fancy food over to friends, neighbours for indulgence | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have visited cyber cafes or/& played cyber games involving fights, races, etc and surfed the net and indulged in chatting. | <input type="checkbox"/> | <input type="checkbox"/> |
| • I have decorated my house, shop or office with series of lamps/diyas during Diwali. | <input type="checkbox"/> | <input type="checkbox"/> |

72

Y N

- I have enjoyed playing Dandiya, Garba during Navratri, and also eaten at midnights by the roadside. ☐ ☐
- I have performed on film songs during wedding music parties, festival functions and building get-togethers. ☐ ☐
- I have sulked or cried over small or petty issues. ☐ ☐
- I have decorated my house with flower pots and plants. ☐ ☐
- I have harmed or hurt someone out of envy/jealousy. ☐ ☐
- I have put flowers in my hair out of deep liking/interest. ☐ ☐
- I have made fun of physically handicapped, blind, deaf, dumb or mentally unstable people. ☐ ☐

73

Y N

- I have made fun of someone who has slipped/ tripped or made a funny comment. ☐ ☐
- During friends meet ups, I have made fun of or cornered the weaker or poorer friends. ☐ ☐
- I have insulted people in anger and frustration. ☐ ☐
- I have invited and enticed people by giving them signal with my eyes, or moving my hands and legs in a certain way. I have made fun of people. ☐ ☐
- I have flown kites during Uttarayan. ☐ ☐
- I have gone boating and on cruise for an outing. ☐ ☐
- I have enjoyed in amusement parks and taken rides. ☐ ☐

74

Y N

- I have thoroughly enjoyed sound and light shows and musical fountains. ☐ ☐
- I have performed Yagna(Hom-Havan) and done black magic. ☐ ☐
- To improve my eyesight, I have walked and strolled on lush green grass or lawns for hours. ☐ ☐
- Despite being able to walk, I have hired auto, taxi or any vehicle for short distances. ☐ ☐

75

Hey Parmatma! O' Gurudev! On this pious occasion of Samvatsari, bearing my soul as a true witness, I seek your forgiveness for all the sins and faults committed related to the 8th vow and wholeheartedly seek Tassa Micchami Dukkadam.

Hey Parmatma! some sins are unavoidable in the walk of life; however, I have indulged in even the unnecessary ones. In front of my Guru, today I vow to avoid those sins which aren't necessary.

76

- ☐ I shall give up hookah. I will not gamble/ speculate.
- ☐ I will not watch movies/ circus/ drama more than times a year.
- ☐ I will never use explosives, bombs or guns.
- ☐ I will never willingly insist anyone to use knife/ mixer, etc.
- ☐ I will not use or start the gas or stove without first gently brushing off dust particles or tiny insects
- ☐ I will not needlessly keep on lights and fans
- ☐ I will not burn down nor encourage others to light fire to someone's house, godown, shop out of jealousy or contempt.

77

- ☐ I will not light diyas/lamps nor will I decorate my house with lights during Diwali
- ☐ I will not indulge in tantric practices or any violence inducing rituals.
- ☐ I will not consume cigarettes, gutkhas etc

78

9th Anuvrat - Samayik

Confessions towards Samayik

O' Gurudev! With fruition of my immense goodluck, I have been able to perform Samayik, but during that time I was not able to keep equanimity and have balanced emotions. Thoughts about my home, office, business, relations kept me distracted. I even got angry because of unfavorable circumstances, O Gurudev! I unlock my heart to confess my lack of composure, Gurudev! Please grant me Prayschit (atonement).

79

Y N

- Hereafter, whenever I do Samayik I will try to maintain my composure. ☐ ☐
- I have expected results/gains/good luck while performing Samayik. ☐ ☐
- I have nurtured pride stating that no one can do more/ better Samayik than me. ☐ ☐
- I have done Samayik out of fear of mother-in-law or any person being angry or disliking me. ☐ ☐
- I have doubted whether I will benefit from Samayik, even while doing Samayik. ☐ ☐
- I have recited lessons of Samayik like speed of an Express train without understanding the true meaning of it. ☐ ☐

80

Y N

- I have recited Samayik lessons without proper pronunciation. ☐ ☐
- Instead of doing Mala or Swadhyay or Prabhu bhakti, I have chatted with others, discussed other people's matters and got involved in worldly affairs during Samayik. ☐ ☐
- I have frequently stared at the clock waiting for my Samayik to get over. ☐ ☐
- During Samayik I have made fun of others and even hurt someone by using bad language. ☐ ☐
- I have allowed unrestrained body movements during Samayik. I have budged away mosquitoes and flies, ☐ ☐

81

Y N

- yawned often and even cracked my knuckles out of boredom.
- During Samayik, I have taken support to sit properly, and stretched my legs instead of sitting with steady composure. ☐ ☐

82

O' Parmatma! O' compassionate Gurubhagwanto! On this pious occasion of Samvatsari, bearing my soul as a true witness, I seek your forgiveness for all the sins and faults committed related to the 9th vow and wholeheartedly seek Tassa Micchami Dukkadam.

Hey Parmatma! As per your divine preaching I have not performed Samayik in a proper way or I have not done Samayik with pure feelings and with attitude of equanimity. Today in presence of Guru, I vow to do samayik with right emotions.

☐ In a month I will do _____ Samayik.

83

10th Anuvrat - Desavagaasik Vrat

Confession towards Directional Limitations and Consumptions

O' Gurudev! The word "Maryada" which means 'limitations' did not exist in my dictionary. That's why I didn't have any limitations as regards to matter, area, time and emotions/ feelings and have enjoyed worldly pleasures.

O' Gurudev! I have violated the rules of limitations thus have shown disrespect. I beg forgiveness from the bottom of my heart.

Gurudev! With your blessings, I resolve to stay within limitations.

84

Y N

- While performing tenth vow I have called servants or drivers from beyond the set limits. ☐ ☐
- I have ordered to fetch things from or to deliver things beyond the set limits while performing tenth vow. ☐ ☐

O' Parmatma! O' compassionate Gurubhagwanto! On this pious occasion of Samvatsari, bearing my soul as a true witness, I seek your forgiveness for all the sins and faults committed related to the 10th vow and wholeheartedly seek Tassa Micchami Dukkadam.

O' Parmatma! I am not able to renounce the world and embrace Ascetic discipline. Fortunate are the ones who have an opportunity to follow Saiyam. Infact, I have followed the tenth vow also rarely, which

85

could have given me this experience for a brief time. Today in presence of Guru, I would like take a pledge to follow these rules to experience monkhood.

- ☐ I would not step outside my house/office/shop without chanting Navkar Mantra.
- ☐ I will limit myself tokilometres daily.
- ☐ I would sacrifice consuming any one of the following items daily. Eg - Oil, Ghee, Gud (jaggery), Sugar, Milk, Curd.

86

11th Anuvrat - Poushadh Vrat

Confession towards Poushadh
(Temporary Renunciation)

O' Gurudev! While performing poushadh one has to abandon the worldly affairs and cultivate the qualities of your soul, but when I did poushadh I didn't forget the world nor did I rightly follow the methods of poushadh. O' Gurudev! Due to my lethargy, I open my heart to confess. Gurudev! Kindly grant me Prayschit(atonement).

Going forward whenever I perform poushadh I shall do it wholeheartedly and with belief.

87

Y N

- I had not done thorough inspection of the paat, aasan, quilt present at the place where I sat/slept, or had carelessly done the inspection. ☐ ☐
- I had travelled or moved from one place to another without a guccha. ☐ ☐
- I had not done thorough inspection of the place where I disposed excreta or had carelessly done the inspection. ☐ ☐
- I have travelled in darkness without covering myhead. ☐ ☐
- I had disposed the excreta in improper places or atop garbage or ash, dry cowdung ☐ ☐
- I had not done poushadh despite of favourable circumstances ☐ ☐

88

Y N

- I used inappropriate language for a person who is performing poushadh. ☐ ☐
- I performed poushadh to show off in front of others. ☐ ☐
- While performing a poushadh, I thought about worldly affairs or planned the next day's activities instead of indulging in the soul. ☐ ☐

89

12th Anuvrat - Atithi Samvibhaag Vrat

Confessions regarding improper hospitality of Jain sadhus/sadhvijs and ascetics

O' Gurudev! Blessed are those whose homes are graced by visit of sadhus/ sadhvijis, but Gurudev even when the sadhus/ sadhvijis visited my place, I did not welcome them with great respect nor showed right hospitality, and did not even offer suitable alms to them or other visitors. Gurudev! I confess my shortcomings in front of you. Please grant me forgiveness and Prayschit (atonement) O' Gurudev! Hereafter I shall welcome all Sadhus/ Sadhvijis wholeheartedly and respectfully.

91

Hey Parmatma, Hey compassionate Gurubhagwanto, On this pious occasion of Samvatsari, bearing my soul as a true witness, I seek your forgiveness for all the sins and faults committed related to the 11th vow and wholeheartedly seek Tassa Micchami Dukkadam.

Hey Parmatma! I have not performed poushadh which is a householder's and every Shravaks's (seeker's) ultimate spiritual practice nor have I appreciated others who are doing so. Today in the presence of my Guru I resolve to perform poushadh with right intentions, belief and method..

- ☐ In a year, I will do.....poushadh, and if am not able to do, I will do 30 samayik instead.

90

Y N

- I haven't requested sadhus/ sadhvijis to visit my home. ☐ ☐
- Knowingly or unknowingly, I offered sentient eatables (raw food with life in it) to sadhus/ sadhvijis. ☐ ☐
- I took pride in offering alms to sadhus/ sadhvijis and believed that they visit me because I regularly offer donations. ☐ ☐
- I have felt intense attachment by saying that these particular Sadhu-Sadhvi were my relatives while in sansar. ☐ ☐
- I had commented/passed a remark about sadhus/ sadhvijis' dirty clothes. ☐ ☐
- I had offered junk such as wafers, chips etc for ☐ ☐

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sadhus/sadhvijiis and told sadhus/ sadhvijiis that "this is very good for time pass" or "the food tastes very good"

O' Parmatma! O' compassionate Gurubhagwanto! On this pious occasion of Samvatsari, bearing my soul as a true witness, I seek your forgiveness for all the sins and faults committed related to the 12th vow and wholeheartedly seek Tassa Micchami Dukkadam.

- ☐ I will donate Rs per month in charity.
- ☐ Daily, I will wish to offer alms and food to sadhus/ sadhvijiis before having my meal.
- ☐ During (Gochari) mealtimes, I shall accompany Sadhu-sadhvijiis residing at Upashrays to nearby households.

Gurudev! I wonder what would have happened if I not met you? What if I had not received the right understanding from you!? In that case, I would have continued to repeat the same mistakes and faults, committed the same sins, without even an inkling of knowledge of disconnecting myself from the past and present Karmas. Offering a heartfelt confession or revealing all my sins in front of you would have never even occurred to me.

You, Gurudev, have been an anchor in my life, and it is you who has saved me from committing endless sins in this life. You have been generous in your blessings, and I am eternally indebted to you.

Hey Gurudev! you have made me realize and understand the ultimate truth that is beneficial for my soul. You have been very kind in

Santharo – Sallekhana

O' Parmatma! In this birth or previous birth if I have not done darshan of Santhara Aaradhak or disrespected them then I bow in front of my Guru with joined hands and seek for forgiveness. I earnestly request Gurudev that, I become worthy of undertaking Santhara in this birth and he graces me with his blessed guidance of santhara sadhana.

O' Gurudev!

Dear Gurudev, my ultimate benefactor

I humbly bow down at your lotus feet with extreme devotion and dedication.

guiding me towards the purification of my soul.

I humbly and respectfully bow down to you for showering me with your endless blessings and compassion.

I am highly grateful and humbled by this blessing of yours.

I thus request you to kindly forgive me and grant me pardon for my sins, from all my past sins, and give me an opportunity to cleanse my soul, save and lighten my soul from the endless sins.

Please do bless me by accepting my appeal. I urge you to grant me your forgiveness.



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