

# THE HAPPINESS TABLET

THE POWER OF GRATITUDE, CHARITY,  
SMILE, MEDITATION & FORGIVENESS

VEDIKA  
SHAH

RAHEEL  
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SMILE, MEDITATION & FORGIVENESS**

*By*

**VEDIKA SHAH**

**&**

**RAHEEL SHAH**

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# Acknowledgement

This book is dedicated to our GrandParents and Parents who have imbibed in us the values of Jainism since childhood.

We are extremely grateful to be born in a Jain family and being blessed by our Gurus, Acharya Shri Rajyash Surishwarji Maharaj, Ben Maharaj (Vachamyamashri M. S) and Acharya Shri Jayshekhar Surishwarji Maharaj.

## About the Authors

Vedika and Raheel are a brother sister duo who are currently studying at Dhirubhai Ambani International School in Mumbai.

Since an early age they have been taught the tenets of Jainism and the deep philosophy behind it.

Starting from being early risers, to going to the temple each day, to feeding strays, to not using animal products they follow the path of Ahimsa & the principles laid down by their religious guru.

Having lived in a joint family for most of their lives they feel blessed to have the wisdom of grandparents & guidance of parents in their daily

life creating a unique perspective that bridges the gap between generations.

Being GEN Z kids, they balance the challenges of modern living with religion as an anchor & moral compass to their daily decision making.

They have learnt to find happiness in the little things of life having a more matured and open-minded approach to life & people tempered with empathy & kindness.

As they now spread their wings and move away from home, they repeatedly believe that being authentic & true to their roots and culture amalgamated with modern advances, tempered with a moral code will help them be in a positive and happy space always.

Their reflections are shared in the book to know how people can make small changes everyday to build on their happiness scale.



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## Chapter One

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# Parents to be revered as God

*“Forget you may all else but your parents you  
ought not,  
innumerable are their obligations,  
for reciprocation, a lifetime is short.*

*many a stone idol they worshipped,  
when they saw your sweet face,  
be not a stone and crush their sacred hearts, not  
ever deface.*

*they spared you their morsel and fed you, to see  
you grow strong,  
a nectar they gave you to sip, to them venom you  
offer never.*

*fondled you they have endlessly, and fulfilled your  
every whim,  
forget not those fulfillers aspirations and see that  
you redeem.*

*millions you may amass, but your parents if you  
can't regale,  
believe it or not, your death and splendor are of  
no avail.”*

– Panyas Mahabodhivijay

There is no greater pleasure than the privilege of serving one's family. The greatest gift our parents and grandparents give us is their unconditional love and a set of values. Values that include belief in God, importance of hard work, education and discipline.

Family is the premost teacher of a child.

The bonds developed early on in life have an everlasting impact on one's thought power, character & outlook.

In India people still live with their parents and look after them the way they have nurtured & looked after us.

A family is a safe place, a de-stresser and parents are the anchor that keep a person grounded. Grand parents are the roof that provide love & shade. Think about it.



***GEN Z says:***

- 1) Spend quality time with your  
Parents / Grandparents regularly.*
- 2) Take a family vacation together.*
- 3) Insist on an annual health checkup  
for them.*



## Chapter Two

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# Ahimsa: The Greatest of all Virtues

*“It is the essential characteristic of a wise man that he does not kill any living being. One should know that non-killing and equality of all living beings are the main principles of Jainism.”*

*– Sutrakrutang Sutra*

Ahimsa is composed of 4 elements:

- 1) Friendliness.
- 2) Feeling glad at the sight of virtuous.
- 3) Compassion for those who are in misery.
- 4) Equanimity to those who are without virtue.

Nonviolence is ethically oriented principle of conduct which can promote the spirit of universal brotherhood and peaceful co-existence. This will lead to living in harmony with the environment and hence “sustainable living” which is the need of the hour.

This principle advises looking at everything through the lens of equanimity without categorizing anything as desirable or unpleasant. All substances in the cosmos are autonomous, and none are fundamentally desirable or undesirable. However, incorrect beliefs about whether they are good or detrimental to us trigger a cascade of attachments and aversions to all external items. These are the core causes of anxiety and restlessness, which disrupt inner serenity. Toxic emotions such as rage, pride, dishonesty and greed go away as one learns to perceive the external world with calm. Inner detachment

occurs, leading to supreme bliss, the ultimate goal of every soul.

From the scientific view point it means  
*“Respect for Life” and following the modern motto of “Human Rights” and “Animal Rights”*

Jainism includes humans, animals, plants, water as well as air, fire, and earth as living beings.

According to Jainism, all the creatures that can feel have life. Compassion to others is compassion to one’s own self.

Let us see contribution of non-violence in 21st century world order and new social order. Implications for 1) Ecology 2) World Peace 3) Anekantvada

## **Ecology**

Environmental degradation is a burning problem of this age. Ecological crisis we are

facing today is perhaps, one of the worst crisis in history. Man in his attempts to get mastery over Nature has destroyed it. The solution to the problem will come from humans and not only from science and technology. Jain philosophy of the nature is based on non-violence. It teaches us, what we at individual level, can and must do to change our mind, practices and mode of living. In Jain literature it is said that life exists in not only human and animal organisms but also in vegetation. Consequently, man should not cause harm to them, disturbing the equilibrium existing in nature. The implication is that destruction of environment is an act of violence. In this regard, Jain declaration on nature, which excellently summarizes the philosophy of Jainism in preservation of nature, ecological harmony and environmental protection, is significant.



## **World Peace**

All living souls possess cognition and can feel pain or hurt. Jainism considers all souls equal, prohibiting harming even the tiniest of living beings. For that reason, Jains abstain from eating food where animals need to be slaughtered, certain vegetables etc. that harm vast numbers of living organism. Notably, they avoid leather, silk, and other items associated with large scale violence. Notwithstanding, for Jains, nonviolence extends beyond these practices. They consciously avoid thoughts and words that hurt other living beings, integrating ahimsa deeply into their lives. This philosophy inherently fosters seeds of world peace, equality, and harmony among all sects and religions.

## **Anekantvada**

Anekant derived from Anek + Ant, literally means multiple attributes. It emphasizes the

multidimensional aspect of all substances in the cosmos, which can be perceived differently through various points of view. Syadvad, on the other hand, is the doctrine of qualified assertion, which states that to understand something correctly, one must examine it from various angles to make an informed decision. Without this, succumbing to one-sided prejudice can result in incorrect knowledge, frequently leading to real-world disputes.



***GEN Z says:***

- 1) Use brands which use recycled products.*
- 2) Use products that are cruelty free.*
- 3) Being vegan, vegetarian – a healthier way of life.*



## *Chapter Three*

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# Karma Theory

*“No debt in the universe goes unpaid.”*

*– Deepak Chopra*

Every action has an equal & opposite reaction. Similarly, The Law of Karma says cause and effect are simultaneous because every action generates a force of energy that returns to us in kind. If we want to create happiness in our lives, we must sow the seeds of happiness.

According to Jainism, doing harm to others is like harming one’s own self. Scriptures

preach that one must be compassionate and peaceful towards all living beings.

Karma is the universe's perfect accounting system.

It states that every soul suffers the repercussions of its own positive and negative thoughts, words, and actions. The circumstance they face today are the fruits of their past good or bad karma, and what they receive in the future will be the outcome of their current karma. This places the responsibility of creating destiny on the individual rather than blaming or crediting any other supreme entity. Jainism holds that God does not punish or reward us; instead, it is our action. Therefore, if one wishes to avoid suffering, it is imperative to cultivate a benevolent character and refrain from malicious activities.

Science tells us that every event has a cause and effect. Better actions achieve better

results which lead to a better environment. A pure environment produces a better mind, less intensity of passions, greater happiness and an increase in spirituality.



***GEN Z says:***

*We have control over 3 things in our life:*

- 1) The thoughts we think.*
- 2) The Images we visualize.*
- 3) The Actions we take.*



## Chapter Four

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# Science & Spirituality

*“Destroy anger through calmness,  
Overcome ego by modesty,  
Discard deceit by straightforwardness,  
And defeat greed by contentment.”*

*– Dasavaikalika Sutra*

Without spirituality, there will be no peace in life and without science, there will be no prosperity in the world. Both are needed for human society. One must try and balance the two for an optimal living. If science is rightly used it is the greatest boon for mankind.

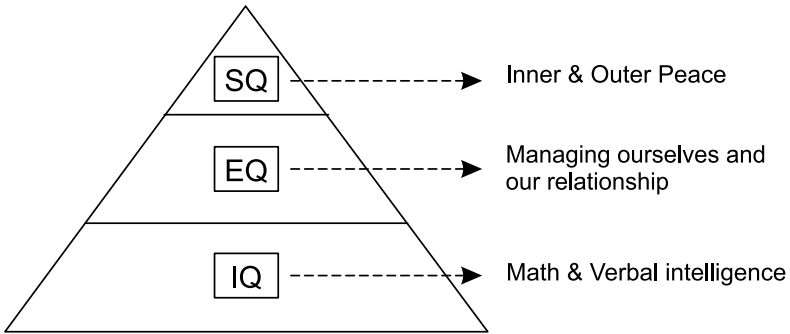
The progress of science and therefore technology is inevitable. The problem before us is, does it lead to human welfare?

It can lead to welfare if it is guided by Spirituality. Spirituality gives us the direction & Science the speed.

Spirituality is nothing but to look within, to understand one's ego and to know one's passion. Spiritual wealth provides faith. It is easy to determine our material wealth, but to determine how wealthy we are spiritually, it is important to look at the way we lead our lives.

Spiritual wealth can be a pathway to true and lasting happiness.

In today's VUCA (Volatile, Uncertainty, Complexity and Ambiguous) world; it is very important to have IQ (Intelligent Quotient) but more important is EQ (Emotional Quotient) and Spiritual Quotient (SQ).



Spiritual Quotient provides faith. It gives us love. It brings and expands wisdom. Spiritual wealth leads to happiness because it guides us into useful or loving relationships.



***GEN Z says:***

- 1) Introspect and reflect on your day.*
- 2) Accept your shortcomings without anger.*
- 3) Make a conscious effort to reduce your ego and increasing empathy.*





## *Chapter Five*

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# Jainism & Health Science

*“Good health is the most important wealth that god has gifted us”*

*– Anonymous*

As per Jainism, one must refrain from consuming food, water, etc. at night. There are many reasons for this prohibition.

In Chauvihar, one does not take any food or any liquids after the sunset until the sunrise next day. One must take food or water forty-eight minutes after sunrise.

Navkarsi: - The food is to be consumed 48 mins after sunrise.

Chauvihar: - The food is to be consumed 48 mins before sunset.

The germs and microbes that disappear when there is sunlight do not really get destroyed, they take shelter in shadowy places and after the sunset they enter and pervade the atmosphere. These microbes which are invisible to the naked eye; get into our food.

Consuming this kind of food will lead to killing of these innumerable bacteria which in turn will lead to our ill-health.

The human biological clock is set according to the sunrise-sunset. Theories also suggest that the digestive system becomes inactive during the night owing to the absence of sunlight and we face the problem of indigestion.

The metabolism rate slows down during these hours as we do not indulge in any physical activity which helps in digestion.

Professor Albert J. Beloj in his book “The philosophy of eating” has recommended that one should take nutritious food 3 times in a day after sunrise and before sunset.

Scientists have coined a word “BREAKFAST” when one eats in the morning, he breaks his fast i.e from sunset to sunrise. Eating 48 minutes after sunrise (Navkarsi) and 48 minutes before sunset (Chauvihar) is a concept followed by Jain monks since centuries. It is a form of intermittent fasting.

Isn't it great to know that the great Mahavir, Socrates, Aristotle, Edison, George Benard Shaw, Mahatma Gandhi, Shri. Vinobha Bhave were all strict vegetarian.

Human body has been compared to a temple, in which God- the soul resides. It

should be kept clean by avoiding smoking and abstaining from the consumption of intoxicating drinks.

The tinned foods contain a very dangerous bacteria called C. BOTLIGEM. These bacteria are so strong that they do not get destroyed at 212deg F. Hence one should not eat TINNED FOODS & PROCESSED FOODS.



***GEN Z says:***

- 1) Eat local & seasonal food.*
- 2) Eat at least one meal that is freshly cooked.*
- 3) Avoid packaged foods.*



## Chapter Six

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# Fasting

*“The discipline of fasting breaks you out of the world's routine.”*

*– Jentezen Franklin*

Scriptures say that *“fasting is a feast of the soul”*. Once an individual controls this habit, he will find it easier to control other desires. Thus, fasting results in the cultivation of great will power.

The strongest among man's desire is to eat. That is why almost all religions insist that a person should resort to periodic fasting to

help him curb and overcome the tendency to over eat. And we can detoxify our mind, body and soul through periodic fasting.

Fasting is one of the worthy and great practices of Jainism. Fasting destroys negative karmas. Jain fasts are always without food. One can only have boiled water between Navkarsi & Chauvihar.

Fasting is abstinence from food for a period of time and indicates the denial of the physical needs of the body for the sake of spiritual gains.

Hippocrates; the father of medicines, recommended fasting to many of his patients. He said, "*When you feed the sick, you feed the disease*"

Many great men of history and science fasted. Socrates & Plato fasted for 10 days to attain mental & physical fitness.

Dr. Adolph Mayor of Germany has said, *“Fasting is the most efficient means of correcting any diseases”*

Mahavira the 24<sup>th</sup> Jain Tirthankar fasted for six months without food.

Dr. Bill Bright, founder of Campus Crusade for Christ at UCLA, USA and winner of the Templeton price has said that by fasting the body loses, but the mind & spirit gain immensely.

The underlying principle behind fasting is found in Ayurveda. This ancient Indian Medical system sees the basic cause of many diseases as the accumulation of toxic materials in the digestive system. Fasting helps to bring down the low-density lipoproteins in the blood which are bad for heart.

The congestion of lungs is brought down by fasting. You can breathe in more air and much easily after a fast.

The eyes become brighter and more youthful and the sight improves.

How to break a fast: -

*“Any fool can fast. But only a wise man knows how to break it”.*

- Anonymous

In the beginning; the fasting person should take easily digestible things. Inflammation subsides faster and the body tends to become youthful. Fasting gives the body organs a complete rest. As no food is taken; no digestion or assimilation takes place. So, all energy required is saved and utilized for eliminating the morbid matter from the body. More nourishment is derived from less essential tissues.

## **Spiritual benefits of fasting**

Fasting is not meant for achieving material goals or feelings but for achieving spiritual goals and controlling feelings and using the



positive energy fasting generates to reach a higher spiritual place.

The pangs of hunger that one experiences during fasting makes one think and extend one's sympathy towards the destitute who often go without food. Fasting provides an opportunity for the privileged to give food-grain to less privileged and alleviate their distress; at least for the moment.

Fasting is done to purify our body and mind. Fasting is also practiced to maintain self-control through abstinence from the pleasure felt through the five senses, to gain deeper self-awareness of our being, and to help us gain mental clarity and inner calm.

Mahavir Bhagwan said *“Through penance, the soul eradicates previously acquired karmas and achieves purification.”*

***F - Forgiveness***

***A - Acceptance***

***S - Self Control***

***T - Truth***

***I - Integrity***

***N - Nourishment***

***G - Grace***



***GEN Z says:***

- 1) *Go on a regular de-tox to cleanse your body.*
- 2) *Challenge yourself by abstaining and refrain from all excessive.*
- 3) *Your limitation is only your imagination.*



## *Chapter Seven*

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# Early Morning & Meditation

*“Start by doing what is necessary, then what is possible and suddenly you are doing the impossible”*

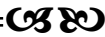
*– St. Francis of Assisi*

Among several good habits which go to mould a person’s character, one is to wake up early in the morning. Two and a half hours before sunrise are considered to be very auspicious. That time is called “*Brahma Muhurtam*”.

The mind is calm, free of negative thoughts and hence observes whatever you learn at this time.

Every dawn represents the promise of a bright future, making life more meaningful. Dawn provides an opportunity to meditate, reflect and prepare ourselves for the challenges of the day. It gives us a chance to be filled with hope and gratitude that adds value and meaning. Ayurveda and western medicine alike advocate early eating and rising to align all our digestive systems.

Early to bed, Early to rise make a person healthy, wealthy and wise.



***GEN Z says:***

- 1) Trust your journey & abilities.*
- 2) Know that you are doing your best.*
- 3) Set aside 10 mins at the start of your day for gratitude.*



## *Chapter Eight*

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# Smile is Beautiful

*“A really great man is known by three signs.*

- Generosity in the design.*
- Humanity in the execution.*
- Moderation in success.”*

*– OHO Edward Bismarck*

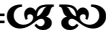
The biggest step to the positive approach is to keep smiling. One has to learn to smile in the midst of all of circumstances.

Smile is the best cleanser which wipes out worries and establishes into the path of positivity. Poojya Acharya Bhagvant

Hemchandrasurishwarji Maharaj explained in his collection of poetries that “Laughter means improvement of your brain power”

Life is a mixture of joy and sorrows. One has to tackle it with good senses and yet remain happy. You can bring a beautiful smile on your face when you do not have so much hatred or anger towards someone. Our smile should never be to make fun of someone or to tease them or to cause sadness for someone else.

A true smile reaches your eyes, is benefit of anger & ego. But it is not enough for you to smile alone its important that you spread the cheer to all you meet.



***GEN Z says:***

- 1) I am a magnet of miracles.*
- 2) Start each day with a smile.*
- 3) Make someone's day by saying something nice.*





## *Chapter Nine*

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# Wealth of Thoughts

*“All that we are is the result of what we have thought”*

*– Gautam Buddha*

Thoughts have the power to define and shape us. People often wonder how one can entertain noble and benevolent thoughts. Noble thoughts emerge when you are in good company and when you read good books.

Spend time with the elders in the family when you get an opportunity. Learn from their experience & wisdom.

Positive thoughts that you have accumulated are the real and permanent wealth. This wealth of thoughts comes to your aid in joyous occasions as well as tough days.

Good books illuminate your life with knowledge. They are silent teachers that never scold or punish. Yet they continue to impart knowledge. Always spare time to read good materials be it biographies, philosophy or general knowledge. Note down encouraging and positive ideas from them that add value to your life.

Positive thoughts feed successful people. Real wealth is measured by people who love & respect you.

Give first to receive.



***GEN Z says:***

- 1) *The most powerful word for success is “SEEK”.*
- 2) *The more you seek for, the more you will receive.*
- 3) *The future belongs to the seekers of knowledge.*



## *Chapter Ten*

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# **Charity - Gateway to Highest Bliss**

*“No person was ever honored for what he received. Honor has been the reward for what he gave”*

*– Calvin Coolidge*

Charity is one of the gateways to highest bliss and man should constantly strive to enter this portal by liberal donations to the proper cause and deserving person, irrespective of religion, cast, colour. Charity is one of the most important pillars of Jainism.

It is the primary duty of everyone to be compassionate and benevolent and thereby eradicate the suffering of the poor.

Charity provides contentment to the giver and wipes out the sins accumulated from vicious acts. The philanthropist should consider himself as a trustee and provide aid to the suffering, thereby promoting human welfare.

It is the duty of the household to give back to the society. As a rule of thumb of every 100 earned one must donate 10% of his earnings.

Service to mankind is the ultimate religion. One who serves the sick and poor indirectly serves God. Jainism advocates protection of not only humans but also of birds and animals as well (Animal Welfare). Charity has been declared as real service to the Almighty.

The secret to Living is Giving. Find a way each day to appreciate more and expect less. When you're grateful there is no fear, when you're grateful, there is no anger.

The wealthiest person on earth is the one who appreciates. If you want to be happy, strive to make someone else happy.

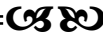
## **Give Happiness**

“If you want to have more love in your life, strive to be a more loving person. Give love.”

If you want to be successful, help other to succeed.

It's not difficult to see how much better and richer your life can be when you become a source of encouragement, inspiration and friendship to others.

Giving can make you a magnet for success, because good attracts good.



***GEN Z says:***

- 1) Serve at a community kitchen.*
- 2) Be a part of a social cause.*
- 3) Be generous with your time when someone needs it.*



## Chapter Eleven

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# Gratitude & Happiness

*“A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes”*

*– Hugh Downs*

There are numerous virtues and traits which a spiritual person should possess. But, according to one of the Jain spiritual leaders; the foremost among them should be the sense of gratitude.

If a man does not repay his debt of gratitude to his benefactor, not only is he considered unfit for religious progress, but it will also be



evident that moral law, which a pious man ought to observe, has not influenced him.

One may be a philanthropist or may be practicing austerities, but if one lacks this quality, all the efforts to lead a spiritual life would be futile and fruitless.

As a virtue of gratefulness spreads deep in one's heart, a substantial ground will be provided for the growth of innumerable virtues, even without his knowledge. It is at least expected of a person to remain indebted first to his parents, then to his employer; thirdly to the teacher and lastly the Guru, who has shown him the correct path to tread safely.

The simplest and the best way to be happy is not to be sad but pleased at others happiness.

People can never be happy even for a day without giving and receiving affection in this life.

Getting along with people is the most useful trait a person must possess.



***GEN Z says:***

***3 Treasures of Life***

- 1) Know that everything that happens is a part of a larger picture.*
- 2) Thank the universe for the good & bad.*
- 3) Nurture your soul each day with a prayer.*



## Chapter Twelve

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# Forgiveness surpasses all other Virtues

*“In forgiveness lies great honor of bravery.”*

*Forgiveness can be a powerful healing agent.*

*“Only the brave knows how to forgive.....”*

*A coward never forgave, it is not his nature”*

*– Anonymous*

With the help of forgiveness, we can heal even the deepest wound of enmity.

There are several virtues which can be considered divine but forgiveness surpasses all of them. As soon as a person condones the

errors and faults of his enemies, their attempts to foment rivalry and their desire to continue their vindictive acts, he becomes calm and experiences peace within.

It is said that real charm of a human is not his attractive frame, fair complexion etc. but a calm face, which would win over even the most powerful foe.

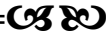
Bhagwan Mahavir, The 24<sup>th</sup> Jain Tirthankar exudes such charm when he is portrayed as blessing a vicious cobra called Chand Kaushik; even when it had bit him many times. Mahavir even forgave Goshalak who not only created hazards for him but also tried to kill him.

The real bravery of a person lies in forgiving even one who has come to kill him and not attacking the assailant with a sword.

Taking revenge amounts to cowardice but bearing any atrocity or pain displays one's self-control.

For a noble man, nothing, not even heinous crime, is unpardonable, he adopts "a forget and forgive" attitude to everyone.

Jainism strongly advocates that forgiveness is an ornament of the brave, requiring tremendous strength to forgive those who have wronged us. From a holistic viewpoint, the wrongdoing is perceived as the result of one's previous karma, and the other person is regarded as innocent. Consequently, Jains believe in granting forgiveness rather than harboring resentment and thoughts of revenge, which invites additional negative karma. Recognizing that even a speck of anger within can disrupt the soul's peace, Jains prioritize forgiveness as their most important virtue.



***GEN Z says:***

- 1) Don't take life so seriously.*
- 2) Everyone is trying to cope.*
- 3) Live life with Love.*



## *Chapter Thirteen*

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# Love and Anger

*“Health is not in your hands,  
Habits are in your hands.  
Wealth is not in your hands,  
Hard work & honesty are in your hands.  
Luck is not in your hand,  
To shower love upon people is in your hands.”*

*– Anonymous*

When we are not feeling well; the doctor prescribes us a medicine. If still the medicine does not work, he doubles the dose.

Love & Anger are two emotions that people feel each day. There are many things that

trigger a person to have an extreme reaction of anger leading to hatred. Similarly love changes people.

Not only does it create a sense of chemical changes but pushes us to be better person. Love needs to be included, nurtured & nourished. It is important to be loving without expectation. One should love because they can & they want to not because they want something in return. This frees a person to be themselves & not be weighed down by anger or betrayed.

Anger, attachment, pride and deception are the four enemies of the soul subjecting it to transmigrate from one birth to another.

A man who has completely freed himself from these foes will in no time attain the state of omniscience and after he gives up his mortal body, will never return in the world of suffering.



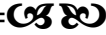
Though all these are inherent impediments to spiritual progress; the evil of anger is more harmful than others.

Sometimes the unabated anger is believed to follow the person from one birth to another obstructing his path to realize God.

During the time; when a man is submerged in the deep depths of anger, the functioning of the body would undergo a change, making him exhausted. It would be difficult for an angry man to lead a peaceful life.

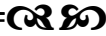
Anyone with a bad temper may not enjoy the company of sincere friends.

The way fire engulfs everything that comes in its way anger consumes everything that is good, pious, positive and holy in life.



***GEN Z says:***

- 1) Follow the 5 mins break rule when angry.*
- 2) Learn to love yourself before you love others.*
- 3) Be tolerant of the weak as well as the strong.*



## *Chapter Fourteen*

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# Failure is first step towards Success

*“There are some defeats more triumphant than victories”*

*– Michel De Montaigne*

Failure is the first step towards success.

Failure does not mean you are inferior. It does mean you are not perfect.

Failure does not mean you will never make it. It does mean it will take a little longer.

Failure does not mean you are a loser. It means you haven't succeeded yet. Failure

does not mean you have been a fool. It means you had a lot of faith.

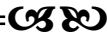
Failure does not mean God has abandoned you. It means God has a better plan for you.

Failure does not mean you have wasted your life. It means you have a reason to start afresh.

Failure does not mean you don't have it in you to accomplish the task. It means you have to do it in a different way.

Failure does not mean you have accomplished nothing. It means you have learned something.

Failure does not mean you have not tried. It means you were willing to try.



***GEN Z says:***

- 1. The Best is yet to come.*
- 2. Keep going – I am brave and strong.*
- 3. I am worthy of an incredible life.*



## Chapter Fifteen

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# Sustainability

*“Success isn’t about how much money you make.  
It’s about the difference you make in people’s  
lives”*

*– Michelle Obama*

Sustainability and circular economy are the two buzz words globally.

The fundamental principles of sustainability is the ability to maintain or support a process continuously over time.

Jainism follows the principle of Aparigraha. i.e. principle of limiting one’s possession.

Every day, we first spend our entire life in amassing material wealth; then in protecting it from leaving us, before we realize such wealth is of no use and cannot give us happiness. In earlier times, Jains used to share their wealth in building temples, providing free hostels for travelers, serving the monks, setting up educational and health-service institutions and secretly supporting the needy members of the community. *Aparigraha* means to work hard to earn merit, but not to develop attachment to its benefits. The second richest man in the world, Warren Buffet, has donated more than half of his wealth, about 51 billion dollars, to charities and described it as giving back to the society. It means that happiness is caused in renouncing, and not in collecting (Lamare).

The Jain principle is -Enhance the quality of life and not merely increase the quantity

of consumption.- Attachment to possession, reflects our greedy attitude The Jaina emphasis on non-attachment to possession- is significant from social and human point of view. It is not possessions that are real obstacles, the real obstacles are our attitudes. The craving for possession not needed is one of the causes for violence. This concept does not mean not to fulfill one's needs. The message of this virtue is to eradicate the selfish desire for power. This virtue stresses change in attitude of the mind. Self-control rather than self-indulgence leads to detachment. The concept is original to Jainism. It really denotes a non-violent attitude. The emphasis here is on certain amount of self-restraint and not on possessing necessary things for living. When there is thought of non-attachment to hoarding, naturally, violence will have no place in man's life. Also other vices like stealing untruthfulness



and absence of self-control will die. Obviously, this kind of philosophy will give the way for goodwill and peace. This virtue has not merely religion- economic significance but also social significance.

In some countries; the trend is not to buy more clothes than required, to conserve our natural resources such as energy, water and time. The youngsters have consciously started limiting their possession irrespective of what they earn. In modern world it is known as “Minimalism.”

They prefer to also use garments made from recycled material.

Jain monks keep only two pair of clothes. They wash their clothes themselves and dry it in natural sunlight, so the least consumption of energy & water.

They wear only white clothes which leads to reduction in the consumption of dyes & chemicals.

They walk bare footed which actually eliminates the negative energy from the body.

They live on food offered from household which is cooked freshly each day.

They spread their Vedic wisdom & knowledge through “Vyakhyan” daily discourse to everybody without any money.

Thus, they truly live a sustainable lifestyle with no investment required for food, shelter and clothing.

They do not own any material possession and travel from one city to another city. The maximum period they stay at one place is during “Chaumasa” i.e during monsoon to prevent injury to any living being.

Thus, sustainability in Jainism also included taking care of our natural eco-system.



***GEN Z says:***

- 1) Reduce – Reuse – Recycle.*
- 2) Distinguish between needs & wants.*
- 3) Adapt minimalism in your life.*



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In today's fast paced world, happiness is a scarce commodity.

The Happiness Tablet shares a refreshing perspective on the tools of happiness and ways to integrate it through Gratitude, Charity, Smile, Meditation, Forgiveness.

Read the compilation of quotes and teachings that Vedika and Raheel have gathered over the past few years to discover invaluable insights and wisdom.

## **VEDIKA SHAH**

Vedika is a dynamic and bubbly student at one of Mumbai's most premier schools. While excelling at her studies, she is passionate about music and has been training in Hindustani classical music for last 8 years.

After completing all levels of Trinity Speech & Drama with distinction she has been mentoring younger students for their exams.

Vedika founded her start up "The Pin code" in 2022. She tries to juggle her time between studies and social causes close to her heart like food drives, hair donation camps and teaching underprivileged children.

Vedika is empathetic & an inspiring example of youth empowerment and creativity.

## **RAHEEL SHAH**

Raheel is a dynamic athletic student of one of Mumbai's prestigious schools.

He is passionate about sports and plays multiple games like Cricket, Football, Table Tennis, Lawn Tennis and Chess to name a few.

His sporting prowess has earned him the esteemed role of House Vice Captain where he is mentoring the younger talent and organizing many events at school. Raheel loves to follow trivia on cricket & is a walking encyclopedia on facts & figures. To unwind Raheel plays the Guitar & exercises.

He is currently pursuing the last level of his Trinity exam and is committed to helping a school in Vana.