

Sure & Pure



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Right procedure of counting beads of rosary



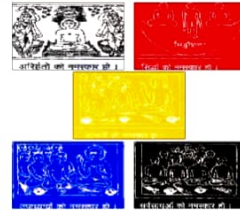
Life-sketch of Saints



Meditation of 24 Tirthankara



Meditation on the feet carved at Sammed Shikhar Ji

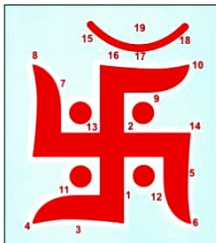


Meditation of Shri Namokara Mantra



Meditation of "Hirim"

Meditation of "Om"



Meditation of Swastika (Fylfot)



Scientific approach & medical treatment



Therapy through Hand-posture

Analysis of impurity caused by death-birth



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PREFACE

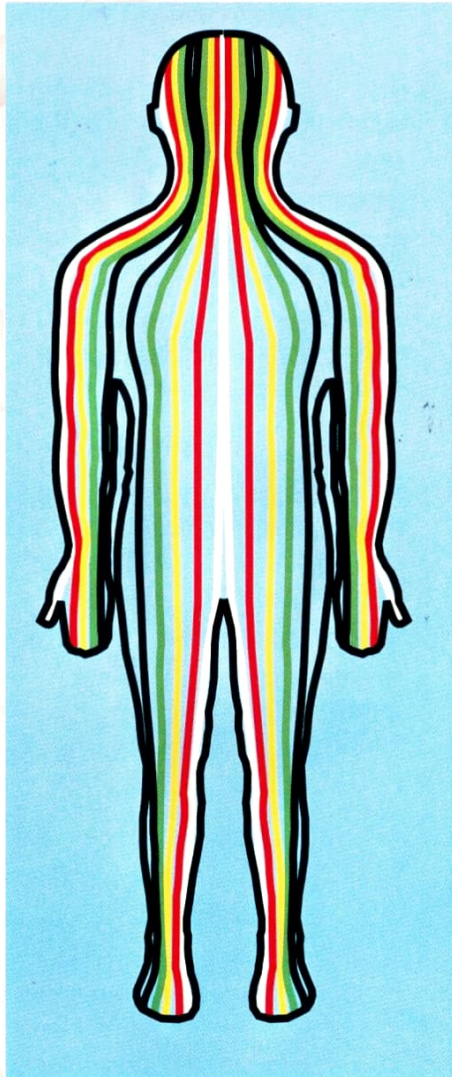
VOLITIONAL EXPRESSION

This book comprises scientific aspect of Prayer (Poojan), meditation (Dhyan), when, why & how.

How to use rosary (count the beads of rosary), matters related to Sutak, Patak (state of impurity due to birth-death) & other related subjects prepared under the auspicious direction, motivation & guidance of **Digamber Jain Muni 108 Shri Bhavsagar Ji Maharaj, the able disciple of National Sant 108 Acharaya Shree Vidhya Sagar Ji Maharaj.**

This book is the result after removing hindrances, studying many granth, discussion & research of many years.

Dr. Premchand Jain
Ganjbasoda (M.P.)



Worship & devotion : Causes diseases destruction

Directions have been given to every living being to worship the Lord Jinendra in the resonant preachings of Lord Jinendra. In this regard there is no distinction of age, gender, affluence - poverty etc. This worship is not only essential but the science also exhibits its importance. There are five colours of our five Supreme Divinities (*Panch parmesthi*) and there is distinctive importance of them. In this connection most adorable Muni Bhavsagar ji, the obedient disciple of most adorable Acharya Shri Vidyasagar Ji had generously told us the scientific basis of worshipping Lord Jinendra which is completely his original thinking and which is in harmony with the canonical milieu. That method is being presented here for the information of all.

From the religious point of view the worshipping is, precisely, the cause of increasing virtue and dissociation of *Karmas*, at the same time it is also helpful in the treatment of bodily diseases. Just as the '*Pranayam*' (breathing exercise) was mostly unknown before 10-15 years but due to one famous *Yogacharya* it is known to the world and people are also getting relief, similarly when we worship adopting method prescribed in Digamber Jain sect with washed (cleansed with hot water) substances then following systems of treatment work : Acupressure, Reiky, *Pranayam*, *Hastmudra* (hands posture) treatment, treatment by music (*Sangeet chikitsa*), Treatment by touch (*Sparsh Chikitsa*), *Abha Mandal Chikitsa* (Halo-treatment), colour-treatment etc. Just as, when, there is lack of some element in the body then that shortage is made good by tying some grains of senugreek and peas etc. in the hand by paper tape by which the disease is cured, similarly when we offer rice taking them in hand then the body gets energy which helps in treating different diseases, similarly the eyes are benefited by offering almond and the coolness is obtained by offering sandal-water, the hemoglobin is increased by applying anointment-water after the anointment of Lord Jinendra and the relief is felt on the points of body where the sandal paste is applied and on applying the sandal-paste on the *Ajñācakra* (a meditational circuit in the forehead, the place of sectarian mark) in the middle of forehead, the brain goes on working efficiently for 24 hours. And in the colour therapy the red colour through saffron generates warmth, the green colour gives peace and happiness, the blue colour gives height to the body, green, blue, black colour are indicators respectively of exultation, causticity and absorbency.

The palmists take several decisions on the basis of colour of the palm, colour of lines etc. Among *Panch Parmesthi* (five supreme divinities) the white colour of *Arihant* (Omniscient), red of *Siddha* (Liberated soul), Yellow of *Acharya* (the head preceptor), blue of *Uppaddhayaya* (Spiritual teacher) and black of *Sadhoo* (saints), these are regarded respectively as the center of knowledge, perception,

purity, bliss and peace. These are made understandable through the simile of crystal, young sun, lustrous sun, flame of a lamp and new (fresh) musk. These are symbols respectively of transparency, purity, radiance, nature of upward motion, pervasiveness and concentration (of mind). Dearth of white colour invites indisposition (illness), of red colour negligence, of yellow colour weakness in knowledge-tissues, of blue colour anger and due to shortage of black colour the resistance power is finished.

The whiteness of the Homeopathic pills is not less mysterious. The corpuscles present in our blood which are called White Blood Corpuscles (W.B.C.) and Red Blood Corpuscles (R.B.C.) are also supplied by worshipping. All colours are present in the body. The balance and combination/coordination of colours also exist in the body. Out of them, the dearth of any colour or their desired proportion is imbalanced, then restlessness and perplexity is generated and the body may also get diseased that is why we use vitamins to make good the shortage of colour in the body. The black colour controls the thyroid glands.

White colour - The white colour is a symbol of purity, sanctity, depurity, abandonment. *Arihant Parmesthi* has made his body sacred and pious by abandoning possessions and destroying four destructive *Karmas*. By expulsion of Nigodia beings (one-sensed beings) out of his body, it becomes supremely pure gross body (*Param Audarika Sharir*) and the blood of Arihant Teerthankara remain white, that is why there is white colour of Arihant in the flag. For this very reason while offering white edible substances (*Naivedya*), rice etc. are offered.

Red colour - When we offer saffron of red colour then sensitiveness, sociability, equality etc. come in our body. The eyes are most sensitive to red colour. The blood of every being remains identical and combined with the attributes of sociability.

Yellow colour - When the sandal and flower of yellow colours are offered then the situation of love, affection and delight is manifested. In the astrology the yellow colour is of the Jupiter Planet and the Jupiter Planet plays important role in religious observances.

Green colour - Green colour is symbol of trust, luminosity of the eye and peace. When we offer cardamom, pistachio nut etc. then we gets peace. The Jina idol is a magnetic field of heavy power which attracts inert and sentient being.

Blue colour - The blue colour is the symbol of fire. There is sharp hitting fire in the blue colour. The thread is fastened for making good the shortage of blue colour which cures the diseases.

Black colour (of saints) - When the candle (lamp) of *Ghee* or camphor is lighted, the blackness (lampblack) which comes out, is the colour of *Saddhoo Parmeshthi*. The black colour is a absorber. The Shrivak should make himself an absorber like a saint, he should absorb anger. If any one develops enmity with him, he should also absorb it. The Shrivak should absorb evils like the sea, like saints. The black colour contains more effect of the heat like the coal. The balance of the body becomes unsteady due to

less or more quantity of these colours. In fact, the disease is nothing but only bodily imbalance.

Advantages of visiting temple -

All old temples have been constructed on the positive centers of energy. These temples are grid of spatial energy. The person goes to temple on foot by which the body becomes 'earth', when he folds his hands, energy wheel of his body starts, bows his head before the idol then the terrestrial and spatial waves rebounded from the idol fall on the brain and bear impact on the meditational circuit situated in the brain which gives peace; the person thinks positively and he begins to experience lightness.

Advantages from worshipping -

Worshipping is a chemical activity. The P. H. value (Measuring of liquid matters) of internal atmosphere of the temple is lessened and P. H. value of the worshipper is influenced. It is an ionizing process which changes the chemistry of the body. This process affects in the treatment of diseases. This very process is also caused to be done by medicines. This process begins on its own in the temple. There are tapering towers (summit/pinnacle) in the temple. The energy waves and sound waves fall on the person being collided with internal level of the summit. These rebounded waves are also helpful in maintaining the natural recurrence of the human body. The body in one way gradually establish adjustment with the internal atmosphere of the temple and in this way, experiences boundless pleasure.

Psychological importance of consecratory installation of Lord idol -

Psychology has proved it that psychological impact is laid of the idol on the nature of the body etc. With whom our faith, fascination is attached, just remembering or touching him our glands are specifically affected. Our body contains many glands with vessels and without vessels. Vesselless glands are immediately affected because about twelve types of chemicals are filled in the pituitary gland of the body. These chemicals come out according to our conduct, views and faith. With which our faith, towards which religion and duty is attached, by giving donation to that or participating in its worshipping, visiting, consecratory installation of Lord idol etc. programmes, the chemicals placed in the glands come out and cause realisation of special delight. Hence from such religious celebrations/occasions the body - mind remain hale and hearty and mental tension is removed, besides, social, financial and spiritual advantages are gained

Scientific approach of Halo -

In the halo (of Teerthankara) three birth of past time, one birth of the present and the three births of future thus total seven births are reflected. Scientists have accepted halo. Scientists recognize that there exists one Electro Dynamic field around every living being but it is not visible to us. The halo is related/associated with life - death, gay, grief and internal auspicious - inauspicious thought activities. Just as a magnetic field created at the place where magnet is placed and attracts iron

particles from all the four directions. Just like that one invisible halo is there in all the living being from one sensed to five sensed. An American scientists of physics Harvard Adalman accepts that precisely our *Karma* determine our future. On this very basis the halo is also related to birth and death. One Russian scientist named Kiroliyen made a High frequency camera in which very sensitive plates were used taking photo by which the rays around a person are also photographed. Therefore, he declared that the halo is related to the life-force. Apart from this there is also halo of vegetables.

The halo is made according to the emotions/feelings being generated in every living being. Just as change occurs in the feeling so as the change takes place in the halo. When any one is filled with cruel thoughts then the bad photo comes out and when he is filled with auspicious feeling then handsome, attractive photo comes out. Each man's halo affects mutually each another. We should keep our mind happy and imbued with auspicious thoughts for leaving good impression on others. Due to these very auspicious - inauspicious thoughts the sinful, virtuous *Karmas* are bounded.

Temple, Jina idol, worship, devotion and counting beads of rosary Chanting 'Mantra' (incantation / mystic words) etc. religious activities are precisely, powerful medium for the creation of the environment all around (Electro Dynamic Field) and of our thoughts. Sinful *Karmas* are not destroyed directly by these activities rather all around atmosphere is changed and from that our thoughts are changed and the *Karmas* are destroyed through the change of thoughts. One English scientist had developed one such Chemical process in the year 1930, through which each others halo could be seen by other person.

Just as the Jainism accepts/asserts matter variforms which comes out from all the matter substances, the scientists have proved it by experiments accepting /asserting rays which comes out from the radio active objects (Alfa, Vita, Gama etc.) Therefore science has not yet grasped the depth of Jainism. Halo is the matter - variforms coming out from matter substances.

Scientific importance of the summit and pinnacle of the temple -

The summit / tapering towers of the temple remains like the pyramid. Such kind of environment is prepared in the pyramid which transforms the negative energy into positive (cosmatic) energy. The positive energy (cosmatic) is collected through the summit. The pyramid also increases mental concentration and resisting power. When devotional textual reading, counting beads of rosary with meditation and enchanting 'Mantra' etc. activities are performed in temples with summit then the sound generated from them being strucked to summit come down being charged with cosmatic energy in the form of echo/reverberation. That reverberation makes our mind speech, body

attentive quieted, diseaseless and depurate. Its reason is that every particle possesses infinite power. We can refine these particles of that sort as we like and can reveal that power to some extent by which all beings are benefited.

The summit/tapering tower remains parasol shaped like the Disc and pinnacle (pitcher) like Dicoter instrument attached with the Disc which collect pure waves of happiness and peace. Hence we can call/tell the summit as the Disc or Antenna of the present scientific age.

Hence, on the basis of the above mentioned facts it is proved that worshipping and devotion, precisely increase your virtues along with you get the advantage of yoga, Breathing - exercise, Rakie, Acupressure, science of posture etc. Therefore, do worship without fail.

For further matter on the subject see next article [“Hidden valuable treasure : in worshipping procedure”](#).

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[Healing Chakra](#)

Hidden valuable treasure : in worshipping procedure

Eulogizing the sacred soul to deplete one's own soul is worshipping. Dissociation of sinful **Karmas** and bondage of virtue/merit take place through worshipping. You have already read the scientific aspect of the worship in the last chapter, "Worship and devotion : Causes diseases destruction; The subject ahead of it is now presented - Most adorable Muni Shri Bhavsagar ji, the obedient disciple of most adorable Acharya Shri Vidyasagar ji Maharaj - had told me several scientific facts about worship which are presented here for the information / benefit of all and sundry through this article.

Offering substances (material to be offered in the worship) is the symbol of dedication towards adorable - when you go to the adorable, you go to them taking some matter substance in the hand to offer him because there is an ethical sentence that one should not go empty handed to the Doctor, Astronomer, Advocate, King, Guru, counsellor / Adviser, etc. because it is symbol of dedication and also in the worldly behaviour when we go to attend marriage ceremony or birthday celebration of some one, we give there sweet, clothes, gift, flower, bouquet, money etc., the receiver and the giver both feel good by this. Similarly when you go on visit to the temple of Lord Jina or near Guru then take rice, almonds, cardamom, clove coconut etc. in the hand according to your financial status because as much nice the worshipping material would be so much good the disposition would be there and if worship is performed with the vessels made of silver etc. is far better but not with the intention to humiliate others and also do not worship with the vessels made of silver if the feeling of ego awakens. Whenever you go to pay homage to the place of pilgrimage then take with you the worshipping material only from your house because subtle living beings and creatures, pebbles and stones etc. impure matter remain in the worshipping material of the market like grain insect (**Tirula**), fly, mosquito etc. other things which cause nastiness in your disposition and the fault is appended.

Prayer with sacred thoughts creates miracles - Scientist Crowing of the Duke University tells that there is less exude of stress - hormones such as. Epinephrine, Narepinephrin etc. in the person performing prayer. These hormones exude from Adrenal glands and produce tension. The tension is removed by performing prayer. The physical health is improved by this and the capacity of the resistance is increased. Dr. Mathew of the Georg town University of Medicine, Washington studied about two hundred times for appraisal / evaluation of the effect of the worship and, precisely on the basis of his study he declares that who perform prayer / worship, they remain less prone to disease and recoup soon after operation and illness. Theirs this capacity is greater than of those who do not perform worship. Asstt.

Professor Grage Jacob of the Harvard Medical School tells - that during worshipping / performing prayers, the waves of the brain are changed. The Alfa waves emanate from the brain during prayer-period. These waves emanate in the state of calmness / quietness of the brain, during this time the activity of creativeness and of learning is increased. In this context the experiment of psychiatrist Dr. Akili of Pennsylvania University is very important. The performers of prayers / worshippers were examined / experimented with the S-P-E-C-T- (Single Photon Imission Catuated Tomography) machine. The “paraital free fatlam contacts” of the brain becomes active during this time and in this region the flow of blood is increased. This region is known for the activeness of creativity. According to Neurologist Teuverga, the source-relation of the brain with the outer world is disconnected during performing prayer to the extent that the brain does not sense any kind of sensation from the body. From this it is known that the mind and the brain become introspective by the prayer and the human consciousness begins to ascend towards the supreme consciousness. The mind and the body is influenced by the prayer / worship. How the effect is laid on the mind is known by psychological experiment and for examining the body, the hormones etc. are studied. Scientist say that by performing prayer the positive change is affected in the mind and the body, the body becomes healthy and the mind being free from perverted thoughts begins to reflect / meditate / think in the positive directions. One well known Yogacharya of the present time has said to one Digamber Muni at Kolahapur that who observes / follow the Digamber Jain religion need not practise Yoga - breath exercise.

Regular worship-adoration saves one from difficulties - The mind remains calm and quiet by worshipping Jinendra Deva regularly and also the possibility becomes less to involve in difficulties. This fact has come to light from the study of an American researcher Sociologist Dr. Christian Smith of University of North Kaishleena situated at Chappel Hill. He found by studying 2478 adolescents (teenagers) that the behaviour of teenagers of religious aptitude remains good. The adolescents who visit temple regularly and regard religion as an important part of their life, they are saved from misbehaving towards others and are saved from involving in difficulties. They are looked with respect in the school and in the family.

One important thing has come to light from this study that in whom the sacrament of worshipping and praying remain from early childhood, the behaviour of those adolescents becomes positive whereas the negative tendency is increased in the adolescents who are devoid of it. The regular worshippers and performers of prayers remain aloof from consuming wine, smoking cigarette and eating meat. In case some times they take these things, due to involving in bad company then they abandon soon because of feeling of self-guilt.

The purpose of worshipping idol -

Although the idol is lifeless nevertheless if the state of possessionlessness is not possible in one's own inner heart even then precisely, the attachmentless nude bodily posture of the idol exists externally. If there is no state of possessionlessness in the inner heart, well then there is no attachment as well, because no attachment - aversion exists in inert matters. The state of possessionlessness also comes in our view even from inert idol and the eyesight is not attracted towards attachment-aversion.

Well, the main moto of worshipping the idol is to meditate the virtues of virtuous personifying the idol through the medium of idol. At the time of worshipping, installing the idol, the worship is not performed by contemplating that this is of metal or stone, it was made at Jaipur and so and so sculptor has made it but it is performed eulogizing the Lord Jinendra that he is possessionless, endowed with many virtues who has destroyed the destructive ***Karma*** etc. or through the medium of idol worship, the conscious virtues are adored, not the inert matter and these very virtues are attributed through the consecratory installation. When the idol of stone is made then there is not the worshipping of stone but which shape of the Lord has come out in that stone by cutting it with chisel and hammer then the virtues were attributed in that by incantations, it is worship of those virtues. That stone has evidently overcome calamity and affliction of chisel-hammer, summer-rain etc. visible like the Lord Jinendra which shows that the venerability, precisely, comes by enduring affliction-calamity, hence, that stone has become adorable by becoming supreme soul. Just as the children are taught number/digit by subtracting-adding small pebbles and words by making point (dot), round lump, staff etc. shapes, similarly the knowledge of the supreme soul is grasped through making idols of metal, stone etc. Hence the idol is worshipped regarding it as a symbol of the Almighty. Just as for the enhancement of knowledge the scripture is composed by arranging words, similarly the false belief and ignorance is removed by observing the idol, performing devotion and worshipping etc. In this Kaliage the religious scriptures and the idol are the powerful means of religious meditation.

The scientific importance of the idol - Just as the knowledge of the internal part of the body is known by taking photo of interior parts by the x-ray machine, the effect of which is clearly seen on the mind and the knowledge of the internal position of the body is clearly known or just as the knowledge of the outer shape is obtained by taking its photo by camera, even in the absence of the person the effect of the photo is seen on the mind similarly, the knowledge of the internal and external form is known from the installed idol. Its effect is laid on the mind/heart. Many types of pictures and statues are made through the medium of handicraft, drawing etc. in houses.

Seeing them our thought activity begins to turn according to them, their memories come to mind or the effect is seen on the mind by seeing the movies film on the T.v./cinema, similarly effect is seen on the mind of the possessionless Digamber idol, seeing it disposition of possessionlessness and aversion from the world begins to take place.

In the modern time the story is depicted through sketches. The sketches cause learning without alphabet and language. The sketche is a type of an idol, hence enlightenment of the self occurs from the idol, is amply proved. It is often seen in the world that if any one applies filth on the installed picture or statue or commits sabotage then related people get angry. They feel that they themselves are being insulted, when insult of the picture becomes the cause of anger and the minds gets agitated then why the peace and pleasure could not be generated by the devotion of the idol ?

Psychologists say that to excite or to change the feelings, the picture / statute is needed. Suppose there are three pictures / photo before a person - one of mother, second of the sister and the third of the wife. When that person sees the photo of the mother then he is filled with the feeling of attachment, affection, honour, dedication etc. If that person sees the photo of the sister then he is filled with the feelings of duty, affection, respect etc., when that very person sees the photo of his wife then he is filled with the feeling of love and loving embracing. Thus seeing the different photos the different effect is laid on the mind and brain of the person, similarly the effect is certainly laid on the mind and brain of the person seeing the idol of Almighty Jinendra Deva. Seeing the Digamber (nude), possessionless, calm complexion, the person is filled with faith, devotion and dedication. If the idol of the Almighty God having similar appearance / shape / form is not installed and one is told to meditate the form of the Almighty, to imagine / highlight his graceful form / image within his thoughts then however great the religiously persevering person may be, he can not raise up the image of the Supreme soul and who can not raise up the image of the Supreme soul, he can not know the substance, quality and mode of the Almighty God. He can not also know the form / nature of his own soul. This fact has been narrated by **Kundkundacharya** himself in the **Samayar** treatise. Hence idol is essential. The mind is extremely fickle. The idol is a powerful means to check the fickleness of the mind and making it concentrated. Besides idol, the scriptural knowledge is also the means for the concentration of mind.

Shubhandracharya Maharaj in his **Jnanarnava** treatise discussing the topic of meditation has shown renunciation of all consumables for whole life (**Yama**), restrictions (**Niyam**), Yoga, contracting the tendencies of mind (**Pratyahar**) retention (**Dharna**) and trance (**Samadhi**) for ascetics for the concentration of mind. The support of the idol has also to be taken for this. The Yogi whose mind has become stable by practising again and again who themselves have become adorable and have themselves taken the form as of

idol they don't need idol but the house-holders whose mind is fickle they need idol. From the behavioural point of view, the body of the omniscient '*Arihant*' is told as the Supreme soul (*Parmatma*). Well, from the substantial point of view an indestructible, formless, shapeless, Supreme conscious soul placed in that body is precisely the *Parmatma* i.e. Supreme Soul. But in place of it the idol is worshipped installing it just as not any shape-size, colour, form of the knowledge come in our view, for attaining this shapeless, formless knowledge a book having shape / form i.e. treatise is needed.

Just as the tune and tone of the music remains invisible but for attaining it the visible two piece drum, '*Sarangi*' (kind of Indian violin) are needed or the sweetness is invisible but for tasting it the visible sugar candy, raw sugar, sugar etc. are needed. Just as there is no existence of the quality without the substance and the religion can not stay without virtuous/religious people, similarly the worship of intangible Almighty God can not be performed without tangible idol. That is, an idol having form is needed for worshipping, adoring and for attaining the virtues of incorporeal, conscious, an indestructible, formless *Parmatma* (supreme soul).

In the present time the personified incarnate Omniscient (*Arihant Deva*) does not exist and also the salvation is not there but certainly there is path of salvation, hence understanding the behavioural and absolute path of salvation, religious meditation and self purity is essential. In such an intricate situation prudent human beings install Jina idol (*Pratima*) by the order of Supreme Soul with due ceremonies as ordained in scriptures.

Even walls hear

The *Shikhar* (tapering tower), *Kalash* (metallic pinnacle) and walls of the temple work as a mobile tower through which their rays make the atmosphere of all the directions nice. An article had appeared in the '*Jinendu*' news paper stating that sounds of about 500 years old were heard through the medium of computer, for example, talks of king - emperors etc. were heard in the Tajmahal etc. forts, similarly the sounds of worship, devotion, ceremonial adoration with kindled lamp (*Arti*) etc. done during thousands of years also get recorded by which each being would have affected, similarly the resonate preaching of *Teerthankaras* could be heard at the places where religious assemblies (*Samavsarn*) were held, of course, if attempt is made seriously.

Hence, it is now clear from the above mentioned subject that how many advantages are there by worshipping. The subject ahead of it can be read in the article "*Worshipping-adoration : Personality's expression*".

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Worshiping-adoration : Personality's expression -

You have already read scientific approach, methodology of treatment of the diseases of the body in the articles 'worship & devotion' : 'Causes diseases Destruction' and 'Hidden valuable treasure' : In 'worshipping procedure'. Subject ahead of it is presented here for the information of all.

Why the ornamental mark is made on the fore head ? The *Tilaka* (ornamental mark) is applied on the fore-head between both the eyebrows and the beginning place of the nose which has been regarded as the place of our reflexion and meditation. It remains active in the stage of both conscious and sub-conscious, it is also called *Ajnachakra* i.e. a meditational circuit in the body. There is a belief (assumption) that if on this point which sprouts thoughts, an ornamental mark is applied of the auspicious and furthering-good-fortune-substances such as saffron, sandal or '*kumkum*' then it becomes pure, genuine and irradiating. As a result the mind is stimulated for going ahead on the pure and true path together with increase in the self-confidence.

There is '*Asi-nari*' (a kind of blood vessel) on one side of the '*Ajñāchakra*' below the right eyebrow which is deterrent of the sins accumulated in the previous birth and on the other side and below the left eyebrow there is '*Varna-nari*' which is destroyer of the faults committed by senses. It seems that the tradition of applying ornamental mark on the forehead must have started with the purpose to make the '*Ajñāchakra*' pure and prudent situated on the confluence of both the vessels.

While adorning with an ornamental mark on the forehead on some auspicious occasion one wishes that my religious, righteous demeanour may remain intact at work. I should perform my every work with justice. Even if we forget this for some time then seeing the *Tilaka* on our forehead or on some others forehead, we are reminded of our resolve which saves us from negative activities for a while. Thus the *Tilaka* is helpful in connecting us with the memory of special occasion. In psychology it is known as 'Law of association'. The person assuming the *Tilaka* transmits the devine feeling in others as well as also within himself. The *Tilaka* protects us cooling our forehead and cheeks the loss of energy.

Scientists are of the opinion that the brain contains a chemical named 'Ceratonin' and 'Vita Endure Phin;' its dearth creates indifference/inactiveness. But on applying *Tilaka* the oozing of these chemicals become balanced and the person becomes filled with enthusiasm. According to the scientific opinion, the thought centre of our knowledge-cords is the centre point of the eyebrow and the forehead. When people apply mind on any work then they feel fatigue (pain) in this very centre. Therefore, when an ornamental mark of sandal is applied on that centre then the knowledge-cords become controlled and active. The mental power is increased and the headache, tension, pain etc. are diminished. The *Tilaka* should always be applied by the ring finger of the right hand.

The usefulness / utility of astrology and science of architecture (of the building) -

Virtually our Jainism gives special importance to *Karma* but there is also specific importance of effort and efficient cause, material cause (i.e. *Upadan*), substance, region, time and volition. Particularly in one sense, the astrology indicates us about the situation of our *Karmas* like the thermometer, knowing it if you now persevere then the lines your fortune and the horoscope could be changed. Once in a symposium of eminent astrologers, the conclusion was given that the person can also change lines of his fortune and the horoscope by his perseverance and effort. Now we discuss about science of architecture. It has been written in the books of architecture that we get residential structure according to our *Karmas*. Just as you are sitting in a room and the fire is burning then you may remove the fire or you withdraw yourself from the fire or should endure the heat of the fire. Such is the situation of structure. The structure gives much trouble to that very person whose sinful *karmas* is on rise and who is weak. Therefore, we should store virtues by performing worshipping etc. religious acts to avoid difficulties.

Effect of the astrology on religious undertakings -

The sunrise gives us message of awakening consciousness, activeness and beginning of our daily routine, contrarily the sunset is the symbol of negligence, idleness, contraction and sleep. Sunrise is verily called as the '*Brahma muhurta*'. Hence all good works are

performed in the morning. Like the sun all *Graha* (i.e. planet) also rise and set whose effect is laid continuously on the animate and on inanimates. Each and every being is affected by the rays of these planets according to his own body, strength of bodily structure and prudence. The being gets pleasure-prosperity and good health from the energy and movement of the planets according to the capacity of the body substance, region, time, volition and rise of virtues. And contrarily the opposite effect also takes place of this energy.

The motion of the planet, colour, place of energy-radiation, time, situation, intensity, sound, whether etc. each of them affect the mind, speech and body of all person differently.

For starting any auspicious work the Jain Acharyas have stated the necessity of auspicious date, day, constellation, auspicious feelings, occasion, time, testimony of five Supreme Souls (*Panch Parmesthi*), an able installator and the purity of the mind, speech and body of the performers.

Professor George Lakh Vaski, the physiologist as well as physicist has written in "Leegrand problems" that the rays coming out from the Sun, Mars etc. all planets and sub-planets certainly have their effect. This effect is so subtle that it is not caught by machine / instruments. Dr. Alexander Canon, a medical scientist writes in his book "The Invisible Influence" that there exist such invisible rays in the Sun that it would be a boon to the mankind if their quality and characteristic could be understood. Dr. F. Preweld tells if the Sun-light is properly used then the health can be stable. Dr. Soni tells that the Sun not only gives energy to the external skin but also gives it to the internal glands which keeps the digestive system healthy. Specialist regard that the effect of the colours of the sunlight is laid on the different parts of the body differently. The rays of yellow colour keep the spleen, lungs and the digestive system strong. The green colour affects the pituitary gland, removes the mental tension, keeps the muscles strong. The sky colour augments the process of '*Chayapchaya*' i.e. loss / gain, reduces the heat of the body. The blue colour awakens the auspicious thoughts of devotion, love and affection. The purple colour controls the sodium and potassium and becomes helpful in the creation of leucocyte blood corpuscles which augments the vitality of life and removes the mental weakness.

Above the red colour of the sun-light remains the infra-red

rays and below the purple light remain the ultra-violet rays which check the generation of organisms, wheresoever they reach no subtle organisms, fungus, insects are generated there. As soon as the sun-sets innumerable organisms begin to generate - black insects, prawns and flying insect etc. are its manifest example. Both the ultra-violet and Infra-red rays become active after 48 minutes of sun-rise and become ineffective before 48 minutes of sun-set. Hence Jain preceptors have directed to worship and to take food after 48 minutes of sun-rise or before 48 minutes of sun-set.

The penieal gland is affected by sun-rise and sun-set. Just after the sun-set, the '*Mailatanin*' coming out from it begins to mix in the blood which causes sleepiness. After the sun-rise its oozing becomes inactive, The *Faileria* microbe becomes active in the night and just after sun-rise disappears. The activeness of this microbe is seen less in the moon light and in abundance from the first day of dark half of lunar month till the 15th day of the dark half. The tide in the sea ebbs and flows due to decrease and increase of the phases of the moon. Similarly affecting the blood circulation in the body, it also makes the person excited and lethargic because there is 70 percent water also in the body. The moon is related with the mind hence more murders, killing and other violent incidents occur on the day of full moon. Therefore, we observe fast, *Ekasan* (taking food only once in a day) on the eighth, fourteenth day of every half of the lunar month, on the day of full moon and the last day of the dark fortnight so that the quantity of the water may become less and we may also be saved from violence by performing worship.

Hence it is proved from all the above-mentioned discussion that there is scientific mystery and effect of astrology etc. in worshipping, hence, you should perform worship and make all people to be acquainted with worshipping.

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The science in undertaking worshipping (Part I)

Today man remembers God when he remains in distress. If man performs the worship etc. meritorious acts well in advance then certainly his earlier bonded Karma shall be dissociated and he shall be binding meritorious Karmas and shall also remain in good health.

Today's man remains forgetful considering delight in the means of physical pleasures such as computer, mobile, car, wealth, property etc.

According to Jainism real pleasure is spiritual bliss. Jainism is fully scientific.

The main object of this article is that man should have trust in the performance of worshipping and dissociating Karmas, should attain self-beneficence and should also induce others to worship. Param Pujya Muni Shri Bhavsagar Ji, the supreme disciple of Acharya Shri Vidyasagar Ji had thrown light on many useful points during discussion related with the subject "The science in undertaking worshipping", on those very points this article is presented -

Scientific approach is hidden in the posture of obeisance -

Our tradition of folding hands in reverence is sufficiently old. The hands are necessarily folded while expressing repentance and begging pardon. Adoration, worship, paying homage, devotion of God and act of supplicating can not, indeed, be possible without folding hands.

Spiritual effect -

The feelings are quieted while sitting with folded palms in the natural state of disposition, the fickleness of the mind is quieted, consciousness is aroused, thought of magnanimity is developed, the heart remains peaceful, we feel goodness, lightness begins to emerge, the hardness of the body begins to soften, pride, ego etc. begin to vanish.

The lustre, verve, strength are increased in our body by which immunity against mental agony and physical diseases is gained. Inner consciousness is developed by keeping the body stable with closed eyes. If it is raised a little by degrees then consciousness begins to form the nature of moving upward. Purity, peace and amiability / tranquility is experienced.

In the posture of adoration both hands are folded slightly opened (like the bud). Great scientific approach/method is hidden in this because when we fold slightly opened hands then the knuckles above the nail of both the fingers touch each other. The blood-vessels connected with the nose remain there, that is why points connected with the nose are regarded there in

Acupressure. Hence when slightly closed hands are folded in adoration then these points are pressed which activate the channel of the spinal cord.

The inhaling and exhaling remains up to the mark and the mind remains intent. When slightly opened hands are folded then both the thumbs touch each other and both the thumbs touch the forefingers turning towards them. On the tip of the thumbs remain points connected with the brain, they are pressed which keeps the mind fresh, it works properly and the functional consciousness, turning aside from the outer world, fixes towards oneself.

Folding slightly opened hands the palm portion touches below the ring finger, there is point connected with the heart which is pressed, hence the heart is filled with faith, devotion and humbleness and works property.

मंदिर तीरथ भटकते, वृद्ध हो गया छैल।

पग की पनही घिस गई, घिसा न मन का मैल॥

मूरत श्री जिनराज की सुखद शान्ति की ज्योत।

एक बार दर्शन करें बार-बार सुख होत॥

*Going astray shrines to shrines, visiting places of pilgrimage,
Shoes worn out, became old, minds filth is still there with rage,
The Jina idol is the light of pleasure and peace,
Visiting once gets pleasure again and again at ease.*

While drawing 'Swastika' (fylfot) on the plate in which substance are to be offered first of all a straight line should be drawn with the ring finger of the right hand.

Acharya Maghnandi Maharaj has ordained to draw / write 'Shri' (Jh) on the plate of anointment in 'Abhishek Path'. The 'Om' (Āj) is 'Beejaksara' (an essenceful mystic & chanting word) representing 'Panch Parmesthi' / supreme souls. It is not proper to erase it after writing. Any provision has not been found uptil now to write 'Beejaksara' on the plate of worship. (Vrata-Vaibhava / Pt. Gulabchandra 'Puspa' Pratishtacharya, Teekamgarh, M.P.)

शुचिः प्रसन्नो गुरु देव भक्तो दृढ व्रती सत्य-दया समेत।

दशः पटुर्बीज पदावधारी जिनेन्द्र पुजासू सर्वे प्रशस्तः॥

Meaning - Who is pure, is happy, is a devotee of Gurudeva, is a firm vow-observer, is possessed with truth and compassion, is skilled in worshipping Lord Jinendra, is expert, is holding 'Beejpada' (essenceful group of words used for infinite knowledge), he is fully laudable.

प्रभु-सुमिरन को आलसी-भोजन को तैयार।
तुलसी ऐसे नरन को बार-बार धिक्कार।।

*Lazy in remembering God but ever ready to take meal,
Fie on such humans again & again, says Tulsi with zeal.*

Psychological effect of the clothes of worshipping -

The yellow colour has been accepted as 'Krimi Raga' (colour made of lac) i.e. just as the colour of turmeric disappears after some time in the sunlight, similarly the attachment with worldly sensual enjoyments may be got rid of soon, hence the yellow colour has been ordained. Three 'Shukla' (white), 'Peet' (yellow) and 'Padam' (Pink) 'Lesya' (coloration) have been regarded as auspicious. The yellow colour is symbol of religious affection between the Guru and the disciple. Hence yellow clothes are suitable for worshipping.

It is mentioned in the 'Atmanushan'-section of the 'Mahabharat' treatise that whose clothes and teeth remain dirty, who eat much, speaks unpleasant, sleeps even after sun-rise, even if he may be Lord Vishnu, the wheel-bearer even then the goddess of wealth abandons him. When the dirtiness is not ordinarily appropriate good in general condition then how can the dirty clothes are proper at the time of worshipping?

Once there was an incident that there was one family consisted of mother-father and four sons. One of the son was of quarrelsome nature. Whenever he used to go out he used to return only after having quarrel with some body. One day his father put on clothes of that quarrelsome son because his own clothes had become wet. When he went to office, he remained full of wrathful feelings on the way to office and in the office itself and had quarrel with one or two persons. As soon as he returned home and sat after changing the clothes, his thought activity began to become pure. In fact, the father was of quieted nature, hence he thought why his thoughts became wrathful? He was immediately reminded that he went to office that day wearing the clothes of his son, perhaps it was the effect of those clothes. With a view to arrive at the correctness of his assumption he again put on the clothes of his that very son. As soon as he put on those clothes his thought activity began to become debase. After changing the clothes his thought activity again became pure. From this experiment he drew the conclusion that the effect of the clothes is necessarily laid on our thoughts. This very

conclusion is drawn from this illustration that the religious activity of giving donation (food donation to saint), performing worship etc. should not be done wearing cloths which we wear while performing other worldly activities. Separate clothes should be kept for religious activities.

Psychology of covering the head -

To put on a turban or a crown, cap or to cover the head with a sheet is an indicative of vigour, allegiance, erudition, benevolence, greatness, sobriety, dutifulness, state of modesty and of established prestige. The decorum, gentlemanliness, honour, learning etc. are increased from that. The temple of God and the kitchen these two are places where the head should not be kept open i.e. it should be kept covered.

The Psychological effect of the Gong -

The gong is a musical instrument causing sound. Its sound is indicative of the evolution of our purity, sensibility, immeasurable faith, thought activity, emotionality and unshakable trust / confidence etc. humane virtues. According to Jainism when 'Namokar Mantra' or 'Shanti Mantra' is carved on the gong then it is called frill. When the auspicious event of birth or omniscience of the promoter of religious ford (Teertha) i.e. Teerthankara happens then the gong - frill begin to struck on their own in the paradises. In all the four auspicious events of Teerthankaras twelve crore and fifty lacs types of sound of gong etc. musical instruments is echoed by all the four groups of celestial beings. This is the reason that auspicious work of offering gong in the Jina temples, abode of deities etc. places of adoration is done by donating gong for getting desired fruits.

The gong is, not strucked in the temple for awakening the Almighty but there are many religious and scientific reasons behind it. Just as hearing the bell (sound) of the fire brigade mind's waves begin to rise that some where the fire must have broken out. There is no knowing what sort of loss to whom must have incurred. Just on ringing/sounding the military drum the blood is rapidly circulated in the brave warriors causing transmission of courage and energy in them. Hearing the sound of drama, village drama, anklet of the dancer the mind is seized by the perverted lust. As soon as the hooter of the factory etc. is strucked many kinds of thoughts begin to emerge in the minds of workers. As soon as the bell of the telephone is rung, memory of many relatives becomes afresh and desire to know much of them is awakened. Hence just as the effect of the phone (call), firebrigade etc. is exerted in the world on each and every person, similarly the effect of the

gong-frill is exerted in the temple, that is why the gong is strucked in the temple.

There is importance of the gong in all the religions of the world. The oldest gong in the world is in Babilon. The gong weighing fifty three tons is in China in which teachings of Mahatma Buddha are carved.

Science of tying red thread (Mauli) -

When 'Panch Kalyanaka' (five auspicious events of Teerthankaras), consecratory installation of Lord idols, great worship / particular procedural worshipping are celebrated / undertaken then at that time, the installator or priest ties a thread of five colours on the right hand uttering mystic words / incantation. That thread of five colours is called 'Mauli', Lachhi (skein), Amti (twist), Rakshasutra (protection thread), Samkalpsutra (resolution thread) or Bandhan (bondage thread).

The mystery of tying that thread is related with the science of astrology in such a way that the planet Moon and Venus are of white colour and for appeasing those planets the Pearl and Diamond which are of white colour are worn. In its place as a symbol the white colour is kept in the thread of five colours. The colour of the Sun and Mars is dark red and for appeasing those Planets the Ruby and coral which are of red colour, are worn. The red colour is kept in the thread of five colours as a symbol of those very jewels. The Saturn is of black colour, Rahu-Ketu (ever pestering enemies / planets) are of wheatish colour. For appearing those planets, the sapphire which is of blue colour and chaeledonyx (Gomed) and 'Lahsuniya' (grey coloured precious stone) which are of wheatish colour are worn, the blue and dust colours are kept in the thread of five colours as a symbol of those stones. The Jupiter is of yellow colour. Its jewel is Pukhraj (topaz) which is of yellow colour. The yellow colour is kept in the thread of five colours as a symbol of that jewel. The Mercury is of green colour, for appeasing it the emerald is worn. The emerald is also green. As a symbol of this very jewel the green colour is kept in the thread of five colours. Thus the five- coloured thread is tied in performing great worship etc. religious undertakings on the right hand as a symbol of appeasing all the nine planets and as a symbol of determination / resolve.

The thread should be kept tying till the time of resolve to sit in the great worship i.e. particular procedural worshipping of Jain idols. After completion of the great worship (Vidhan) it should be kept near the side of prism shaped dugout vessel used for performing 'Havana' (i.e. ceremony in which oblations are offered in the fire) at the time of performing Havana or

should be surrendered in the fire or should be consigned in the river.

Dance - music in worshipping -

Western scientists coming in the spiritual country like India did research and shown (proved) that the germs of diseases are destroyed by the sound of tymbal (huge drum), conch, gong etc. The sound of gong or conch etc. strucked at the velocity of 27 cubic feet per second can destroy vacteria present upto 200 feet distance. The germs of cholera, malaria etc. diseases are destroyed by the sound of conch. That sound has prophylactic capacity for curing epilepsy, swoon and leprosy.


Dr. Wainen of Chicago claims that he has cured 1300 deaf patients till now by the sound of the conch. Poisonous snake-bite cases in Africa are treated by striking the gong. One court of Masco formed a committee of three scientists to investigate into the effect of the sound of the gong. That committee after experiments of 7 days declared that the tuberculosis disease is cured by the sound of the gong. Besides tuberculosis, other physical troubles are also removed and the mind is also developed. It is known that

Anointment & worshipping **(one Scientific Analysis)**

According to a world-fame scientist Albert Ainstein “Science is invalid without religion and the religion is blind without science”. Fortunately many of the Jain doctrines have been tested on the touchstone of science and always proved genuine.

Today's youth who has been fostered in the physical environment of science and luxury does not follow anything blindly but is eager to know the reality. He raises question and argue in every matter. Here by youth I mean that whole class which calls itself as belonging to this generation. This class of youths has raised many meaningful questions from time to time, for example why to worship ? why anointment ? why to worship only in the temple ? why not in the house ? why the main shrine - cell (*Garbhagrah*) is so small while the temple itself is so grand / colossal ? why there is no windows in the main shrine-cell ? why the darkness is maintained in the main shrine-cell ?

These questions have been attempted to be answered by female research scholars of Shri Parashakti Woman College, Koortalam (Tamilnadu). In a exhibition organized in Madras, an attempt has been made



to prove on the basis of scientific facts that the science is as much active also in the field of religion as in other fields.

These female research scholars have proved that there are scientific facts behind all the activities of the temple. Each activity (of the temple) lays clear and straight effect on the body, mind and speech. During their research they found that our temples are the centre of education (learning), science, art, architecture and structural-engineering, and are unfailling source of supreme peace and eternal bliss.

Different and several effect and styles / modes of the construction and shape of the shrine-cell have been described in the canons. There is deep relation between the idol of Lord Jinendra ensconced in the shrine-cell and the shape and measurement of the shrine-cell. Each and every atom of the wind of the main shrine-cell trembles by the maximum gyration or recurrence by the specific relation with the ratio of the main shrine-cell and the shape and size of the main idol. As soon as the mystic words (incantations) are uttered outside the main shrine-cell, the air molecules of the shrine-cell begins to tremble with maximum frequency/amplitude which creates intense sound. For proving this fact on placing one hurted-trembling tuning-fork on a piece of rubber outside the main shrine-cell, the sweet resonance of 'Om' (Å_i) resounds profoundly on its own from the shrine-cell.

For proving the fact that negative ions remains in abundance in the main shrine-cell, the condenser method is used. By this method the female research shcolars proved that the main shrine-cell is a continuous / uninterrupted source of energy. These research scholars measured electric resistence and electric conductive capacity before anointment of the Jina idol and also after the anointment. They found that the resistence is much more before the anointment and the resistence becomes less after the anointment.

The negative ions are increased by anointment, worshipping or uttering mystic words. The excitement of negative ions is helpful in mixing the life-giver oxygen with the hemoglobin. The hemoglobin is that element of the blood in which the oxygen being dissolved, reaches / circulates in each and every part of the body. It has already been proved that in the absence of negative ions even the death can take place. These places of the negative ions are salubrious to heath. The abundance of negative ions are found mostly at sea coasts, near the fountains or at hilly places. That is why our temples are situated at such delightful and meaningful places. In the present day environment when the electric pollution is rampant every where

in much quantity, the scarcity of seacoast is felt at all times which are the source of the negative ions. These very valuable negative ions are produced while anointing the idol with specific materials in the shrine-cell. Sandal etc. are helpful in maintaining the humidity in the atmosphere.

As soon as the mystic words (*Mantra*) are recited outside the main shrine-cell the vibration in the air already exists in the main shrine-cell, begins with maximum energy. After recitation of mystic words, ceremonial adoration with kindled lamp & whisk etc. is done / performed, the air of the shrine-cell which is excited by the energy, comes towards adorers through ceremonial adoration with kindled lamp (Arti), whisks etc. breathing in which is helpful in getting the entry of the oxygen into the hemoglobin. Thus the research scholars came to the conclusion -

- (1) Shrine-cells are ion - resonance-producer / volume - regenerator, hence are helpful in producing resonance of 'Om' (Åj).
- (2) The idol works as the energy reservoir.
- (3) The air of the shrine-cell acts as a medium in the transfer of energy.

This is the reason that the worshipping, adoration, devotion etc. in the temple have been regarded as very important because the energy produced in the temple causes the human beings to march ahead towards pleasure, peace and self-progress. To worship and adore in the shrine-cells specifically constructed, the spiritual power is stimulated, that is why no window is kept in the shrine-cell so that the energy may directly attack on the adorer only through the main door of the shrine-cell and the light is not illuminated in the shrine-cell by electric bulbs because the negative ions are vanished in that light. From this very reason only the lamp of 'Ghee' is lighted in the shrine-cell.

Thus it is proved that the rules and regulation prescribed / ascertained by our ancestors contain very deep meaning. Our culture is not only progenitor of scientific principles but is also unprecedented source of self-elevation. Russian scientist Kalmeniyov and American scientist Dr. Rudolf Kir has proved after several experiments that the incantation contains unprecedented power. One Russian scientist Semyonov D. Kirliyan has developed such High Frequency photography which proves that there is great difference between the rosary of the house and that of the temple. 'Kirliyan photography' which is being used in these days everywhere in research work is proving as a great aid in showing Kirliyan effect. If a hand of any body is photographed by the Kirliyan photography then not only the photo of the hand is photographed but together with it the rays near around it would also be photographed. According to Kirliyan it could be shown

precisely before six months of the actual onset of the disease. Thus the incantation, worshipping, adoration is a complete process of the transformation of the heart.

the Indian culture is the culture which is bestower of peace in the today's world and due to this very reason Maharishi Arvind has to say that “The earth of India is not only a piece of land, it is an unprecedented spiritual power”.

The temple, worshipping, recitation of mystic words / incantation all are unprecedented sources of spiritual peace and self evolution. If we try to understand the secret / mysteries of these means, not following them blindly then perhaps enough could be had from this splendid world of the Almighty Supreme soul filled with love and affection and the life can be made transcendental.

Presented by B. T. Bajabat

(with courtesy of Teerthankara magazine)

Why only the right portion of the body is auspicious

The auspicious effigy emanates from the right hand of Muni and Muni makes posture also from their right hand at the time of going to food-intake. Does writing etc. work precisely with the right hand Muni etc. bestow blessing precisely from the right hand. Shravakas take meal, precisely, with the right hand. The Bharat region is also situated in south (right) direction. The watch also circumambulates from the right side. Shravakas also begin circumambulation of Muni etc. from the right side.

The sun, moon, stars etc. also begin circumambulation of the Meru from the right side. In the phonetics, food, incantation, adoration, letter-writing, studying, learning etc. specific acts worthy to be performed by males are shown to be done in right tone / accent. In the idol of Lord Jinendra the right hand remains on the left hand. In the omen scriptures the moles on the right hand of the males are regarded auspicious. The Acqpressure also takes place by clapping with both the hands. It is made clear from the above mentioned bases that the science is contained in worshipping, hence the worship should necessarily be performed.

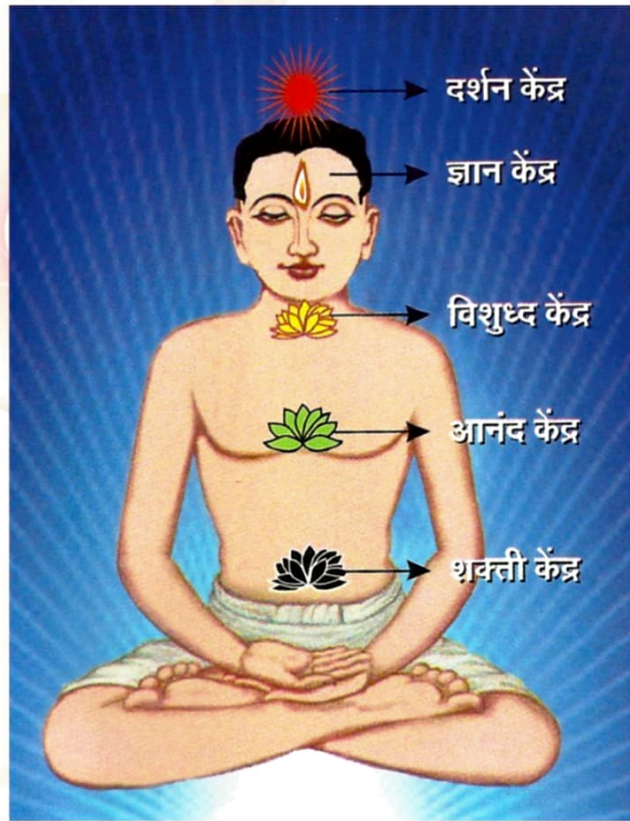
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