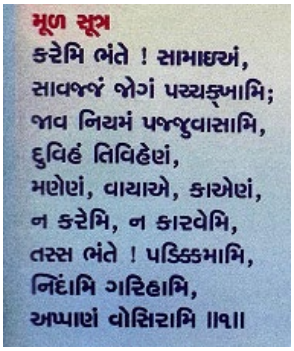
Samayik – Gateway to Liberation by Anop Vora



Our seers composed the Samayik ritual with the aim of developing equanimity towards the ongoing vicissitudes of life. Most of us go through life reacting unconsciously to things, people, and situations. This ritual is structured to put a stop on the resulting incessant dysfunctional sense perceptions, thoughts, and emotions and bring us back close to the Essence, Source, divinity or Atma for at least 48 minutes.

In this article, Anop Vora highlights the significance of the Samayik ritual, emphasizing its role in cultivating equanimity, awareness, and ethical behavior. He outlines the benefits, prerequisites, and process of Samayik, comparing it to meditation. Finally, he stresses the importance of Samayik for spiritual growth and a peaceful life.

To read the full article go to:
https://issuu.com/articles/50031880

Jaya Viyaraaya Sutra: Resolutions of a Spiritual Seeker – Part 1 by Dr. Ramjan Hasaniya

(Translated from Gujarati to English by Kinjal Sanghavi, CA)

Abundant literature of psalms has been composed in the Jain religion. In order to express reverence and awe towards their beloved Lord, many poets have composed poetic prayers in the form of hymns, lyrics, psalms, etc. These prayers express devotees delight for receiving the understanding of the path to liberation. Gratitude towards the one who showed this path is expressed and the strength to walk on this path is asked for. Sutras are an ancient form of this type of psalms literature Jaya Viyaraaya sutra is one such ancient and excellent prayer. This psalm describes what kind of resolution a true Jain aspirant working towards liberation should have.

In this part 1 of the article, Dr. Hasaniya explains the meaning of the first three prayers in the first stanza.

To read the full article go to:
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