

JAINISM = Conquerors of one's appetites

= ca. 500 B.C.E. Mahavira felt Hinduism wasn't disciplined enough .

- 1. Mahavira wanted to break out of the world through asceticism, sacrifices including renouncing the world, casting off fine clothing, pulling hair out and rejecting all bodily feelings, all meant to cleanse the soul.**
- 2. Mahavira felt Karma was the key, so he refined and narrowed Karma into severe spiritual discipline.**
- 3. Try to reach one individual at a time.**
- 4. Teach the 8 karmas:**
 - a. Focus on one's own personal existence, who you are and what your goal in life is.**
 - b. De-emphasized nationality and caste.**
 - c. Emphasized everyone can resolve and persevere.**
 - d. Taught every living thing has intelligence, the power to know.**
 - e. Everyone has some pleasure and some pain in their life. We can live with less pleasure and can endure more pain than we think.**
 - f. Practice these ultimate attitudes, get beyond what is here and now.**
 - g. Everyone has an intuitive ability to look within and follow these karmas.**
 - h. Practice ahimsa = reverence for all of life.**

(Jains see themselves as an extension of and a refinement of Hinduism. Hindus see Jains as a non-conforming sect, as too critical of Hinduism).

For further information see jainnet.com.
