



5 Starter Facts About Jainism

1. Jainism is an ancient Indian religion, teaching a path to liberation and bliss through a life of harmlessness and renunciation. There are ~100,000 Jains in the United States and approximately 4.6 million worldwide.
2. Jainism proclaims all life forms have a soul. As such, Jains are strict vegetarians and live in a way that minimizes their use of the world's resources. Souls are reborn into new bodies until liberation, when they are broken from the cycle of life and death.
3. Jains believe *karma* are manifested in physical particles that are drawn to sinful actions of the soul. They must live by certain vows to rid of these *karma* particles and achieve liberation.
4. In Jainism, the swastika holds different meaning than the connotation assigned by Western culture. The four sections each represent one of the four states of existence: hellish beings, plants/animals, heavenly beings, and humans. From birth until death, humans can pass through these temporary states of being.
5. In Jainism, there are five kinds of knowledge: sensory knowledge, scriptural knowledge, clairvoyance, telepathy, and omniscience.

Learn more at:

<http://www.bbc.co.uk/religion/religions/jainism/>

These five points are not meant to be comprehensive or authoritative. We hope they encourage you to explore this spirituality more deeply and seek out members of this community to learn about their beliefs in action. In understanding our differences we will better understand our common humanity.

June 2018