

# Hinduism and jainism

Religion



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## Hinduism and Jainism of Phoenix Material Four Yogic Paths and Jainism Worksheet . Jnana Yoga Karma Yoga Bhakti Yoga Raja Yoga Jainism

### Explain the Meaning of the Name

Jnana means ' wisdom' or ' discernment'. Jnana yoga is the yoga of true knowledge (Ledgerwood, n. d).

Karma means the totality of all our actions (both mental and physical). It is the yoga of Service or self-transcending action (Ledgerwood, n. d).

Bhakti means ' devotion'. It is the yoga of purity, compassion, selfless love, and humility (Ledgerwood, n. d).

Raja means ' royal' or ' kingly'. It is the yoga of self control and meditation (Ledgerwood, n. d).

Jainism refers to Non- violence (Antiquity of Jainism, n. d).

### Explain the Basic Concepts

Jnana yoga uses intellect as a tool to find the truth about who we are and what we are experiencing which is enhanced by teaching from people who have gained insight (Ledgerwood, n. d).

This yoga helps a yogi to direct all his/ her actions towards God and work selflessly for fellow neighbors (Ledgerwood, n. d).

This yoga helps one with the will and serious intention to merge with God (Ledgerwood, n. d).

This yoga is based on directing one's life force to bring the mind and emotions into a perfect balance so that his/her attention can be focused on Lord directly (Ledgerwood, n. d).

This religion stresses on self effort to achieve salvation. Its basic principle is to treat all living beings equally and with respect (Antiquity of Jainism, n. d).

### Describe the Practices

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Jnana Meditation is practiced by concentrating on the answer to the question, ' Who am I?' to realize the actual self. Direct inquiry and careful study is the form of meditation practices in this yoga (Ledgerwood, n. d).

Karma yoga directs one to serve god and humanity without selfishness, egoism and attachment and thus achieve attunement and unification with God (Ledgerwood, n. d).

In this yoga a person meditates by imagining, thinking and feeling that the Lord is present beside him, pouring unconditional love for him until a direct flow of awareness is created between him and the Lord. This is generally done through rituals and prayers Ledgerwood, n. d).

In this yoga, life force is directed to develop a balance between mind and emotions. There are eight sequential steps – a separation of the five senses from the mind – meditation Ledgerwood, n. d).

Jainism preaches that all human beings should alienate themselves from worldly possessions. Moreover, they preach equal and careful treatment of all living beings by minimizing or eliminating harmful thoughts (Antiquity of Jainism, n. d).

Describe the Goals

Its goal is to become aware of the eternal self (God) and break the bondage to the material world (Ledgerwood, n. d).

Its primary goal is to attain selflessness and become considerate towards humanity (Ledgerwood, n. d).

Its aim is to make one love God with all his/her heart, soul and mind and thus, achieve Nirvana (Ledgerwood, n. d).

By improving one's power of concentration, Raja yoga aims to achieve emotional control over oneself (Ledgerwood, n. d).

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Its aim is to become non-violent, truthful, gain sense control in order to achieve Nirvana (Antiquity of Jainism, n. d).

Hinduism and Jainism are the two of the most important ancient religions of India; Jainism being much older than the Vedic religions of Hindus. Since Jainas and Hindus have been living side by side for the past many centuries, it is obvious that they have influenced each other in many respects but still there exists many differences between them with respect to their concepts and religious beliefs.

The most important difference being that Hindus believe in the existence of god but Jainas don't believe in god instead worships those great ones who have realized their high ideal and attained salvation. Jainism follows three basic principles – non-violence, non-absolutism and non-possession. Jainas believe that man should treat all living beings of the world as his own.

Hinduism stresses the importance of serenity of living beings. According to Hindu's, only god can attain salvation; Jainas believe that salvation is the right of human beings only. There are different ways to attain salvation in Hinduism, for example the four Yogas – Raja Yoga, Karma Yoga, Bhakti Yoga, Jnana Yoga. However, the path of salvation prescribed by Jainism is only one – Ratnatraya Marga, that is, three fold path of Right Belief, Right Knowledge and Right Conduct which is to be simultaneously pursued by all men.

Hinduism is a sacrificial religion where Hindu's consider performance of several sacrifices for different reasons and different durations as very important, including animal sacrifices. Although, Jainas don't believe in sacrifices they promote careful living where no form of life should be harmed. Though the ultimate goal of both Hindus and Jainas is to achieve

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Nirvana or supreme liberation, the path and the number of stages involved in reaching it is absolutely contrasting from one another. Hindus believe in social order and prescribe four stages to reach Nirvana. The Jainas believe that human beings should have no attachment to worldly possessions and follow the prescribed eleven stages to reach Nirvana. Thus it can be concluded that Hinduism and Jainism have different concepts and different religious beliefs (Antiquity of Jainism, n. d).

### References

Antiquity of Jainism (n. d). Jainism and other religions. Retrieved from <http://www.jainworld.com/jainbooks/antiquity/jainorel.htm>

Ledgerwood, G. (n. d). The eight main Yogas. In Yoga world. Retrieved from <http://www.yogaworld.org/yogas.htm>