



5 Facts to Know About: Jainism

1. In Jainism which originated in India, all life has a soul, from bacteria to plants, to animals to humans and since they all have souls they also have the ability to reach nirvana. As such Jains are strict vegetarians and live in a way that minimizes their use of the [world's resources](#) There are approximately 100,000 Jains in the US.
2. Jains do not worship a god or saint, but instead work to attain nirvana (the release of a soul from karmic bondage of rebirth)
3. 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, humans). From birth until death humans can pass through these temporary states of being.
4. In Jainism, there are five kinds of knowledge; sensory knowledge, scriptural knowledge, clairvoyance, telepathy, and omniscience.
5. Jains make five vows of abstinence including Ahimsa (non-violence), Satya (truthfulness), Asteya (no stealing), Aparigraha (non-attachment), and Brahmacharya (chaste living).

Learn more at:

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

<http://www.newworldencyclopedia.org/entry/jainism>

<https://www.britannica.com/topic/jainism>

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

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