

WORDS OF WISDOM

Journey with Bhagwan Mahaveer's Teachings



Ahimsa: Key to Happiness

Words of Wisdom by Bhagwan Mahaveer

1. Indian culture treats the sinner with sympathy and compassion.
2. The ideal of Indian Culture is to take as little as possible and to give as much as possible.
3. Indian philosophy exhorts you to overcome the struggle of life.
4. Indian philosophy enjoins upon us to root out social evils, injustice and exploitation.
5. Adopting the principles of Ahimsa, Aparigraha (non-accumulation) and Anekantvaad (multiple views) are sure way for peaceful life.
6. Right faith, Right Knowledge and Right Action will lead to peaceful life.
7. Greed leads to misery.
8. The practitioner of non-violence has no enemy.
9. Non-violence is for the brave and strong.
10. Non-violence is not a sign of cowardice.
11. Non-violence is the greatest religion, follow it.
12. Non-violence requires self control.
13. Respect for all living beings is non-violence.
14. Non-Violence is the welfare of all living beings.
15. It requires immense courage and strength to be non-violent.
16. Non-violence & kindness to living beings is kindness to oneself.
17. Do not injure, abuse, oppress, enslave, insult, torment, torture, or kill any living being.
18. He who wields the sword is killed by the sword.
19. He who lives by the sword, dies by the sword.

20. No living creature should be killed or enslaved.
21. Don't kill any living beings.
22. Don't kill, don't hurt anyone.
23. Killing or hurting is not natural to the human beings.
24. Don't try to oppress any living beings.
25. Kill not, cause no pain.
26. Hurt no one, life is dear to all living beings.
27. Do not hurt another life, even indirectly, because all are interlinked and feel pain.
28. Live and allow others to live.
29. Hurt no one; life is dear to all living beings.
30. Words have the power to hurt or heal.
31. Anger and hatred cloud our judgements and actions.
32. Anger begets anger.
33. Anger will always impair our judgement.
34. Anger destroys our equanimity.
35. A greedy person remains a sinner, even if he speaks virtuously.
36. He who conquers greed and anger will obtain happiness.
37. Anger, pride, greed, attachments and hatred are our enemies.
38. Anger, pride, greed, attachment and hatred are enemies residing within us.
39. Our ego, anger, hatred, deceit, lust, and attachments prevent peaceful life.
40. Greed and anger will force you to neglect the path of virtue.
41. Anger will disappear just as soon as thoughts of resentment are forgotten.
42. Anger will never disappear so long as thoughts of resentment are nourished in the mind.
43. Don't have hatred for anyone.
44. One should not indulge in speech that provoke hurt and hatred.

45. We should have no enmity or hatred with any living being.
46. Show compassion and sympathy for the afflicted, the unfortunate and the needy.
47. Serving humanity, upholding justice in society, spreading compassion, is the path to lasting legacy.
48. You should love all and hate none.
49. Love leads to more love.
50. A heart overflowing with love for others receives love in abundance from all directions.
51. One who spreads the sweetness of love and compassion, and gives sanctuary to others is a noble person.
52. Compassion to others is compassion to one's own self.
53. There is no better path to liberation than to awaken the innate compassion of our nature.
54. Have compassion towards all living beings.
55. Kindness and compassion are true nature of human beings.
56. The more kindness you spread, the more it comes back to you.
57. Have compassion towards all living beings because hatred leads to destruction.
58. If you have hatred for anyone in your mind, then going to the temple is just a meaningless ritual.
59. Love begets love, hatred generates hatred.
60. Indisciplined mind is our worst enemy.
61. It is better to win over the self than to win over a million enemies.
62. Service to others is true path to peace and social harmony.
63. For peace, it is better to win self than to win over a million enemies.
64. Real peace is beyond material possessions and accumulation.
65. Real peace and happiness are contained in self-contentment.

66. The capacity to get peace and happiness reside within us.
67. Peace and happiness are in our action.
68. Sure path to peace and happiness is winning over our desires.
69. The perfect person is one who breaks off all the fetters of attachment.
70. Universal love is possible only if you are not attached to anything.
71. Resolve to give up attachment to attain peace.
72. Human life is meant to bring peace and happiness to every living being.
73. Honesty and sincerity in life brings inner peace and enhances character.
74. Compassion towards all living beings results in peace and happiness.
75. In happiness and suffering, in joy and grief, we should regard all creatures as we regard our self.
76. We cannot be happy if we make others unhappy.
77. Compassion is the path to happy life.
78. Good people are source of happiness.
79. He who conquers self will obtain happiness.
80. The reason for man's unhappiness are his faults.
81. Happiness and Destiny are controlled by our Actions.
82. We cannot achieve happiness by making others unhappy.
83. A lavish lifestyle does not make one happy.
84. We seek temporary pleasure but neglect lasting happiness.
85. He who conquers self, will attain eternal happiness.
86. Mistakes committed are reasons for a person's unhappiness.
87. A person who overcomes faults can attain true happiness.
88. Our actions are root cause of happiness or unhappiness.
89. Sharing increases the joy of living.
90. The person who corrects his mistakes can attain true happiness.

91. Committing the crime of violence invites discomfort and unhappiness in one's life.
92. All living beings have the same desire for happiness and the same right to happiness.
93. All human beings are equal and alike and have the similar nature and qualities.
94. Serve others to find serenity and happiness in life.
95. In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self.
96. All human beings are unhappy because of their faults, and they can be happy by correcting their faults.
97. Never underestimate your worth and capacity.
98. Be sensitive to the suffering of others.
99. Be responsive to the suffering of others.
100. Serve others and alleviate their suffering.
101. Unwise persons experience only sufferings.
102. The root cause of all suffering is attachment.
103. Enlightened by the light of Truth, the wise escape suffering.
104. Attachment and aversion are the roots of misery and suffering.
105. Goal of our life should be to alleviate pain and suffering of all living beings.
106. The purpose of our actions (sadhana) should be to alleviate the pain and suffering of all living beings.
107. Telling lies is an act of violence.
108. Exploiting others is an act of violence
109. Ignoring the pain and suffering of others is an act of violence
110. Denying education or knowledge to someone is an act of violence.
111. To progress, let go of the past and focus on the present.
112. Our future is shaped by our own deeds.

113. Our future is shaped by our actions in the present.
114. Our future depends on our mutual trust and co-operation.
115. No one can escape the consequence of their actions.
116. All actions have consequences.
117. Charity begins at home.
118. Truth liberates you from suffering.
119. Our heart is a field in which the seeds of good or evil are sown by our action.
120. Only compassionate action makes a person great and not his caste, wealth or power.
121. Before taking any action, ascertain what needs to be done and then proceed.
122. The silence of good people does more harm than the actions of the wicked.
123. Life necessarily involves actions, but actions should be performed without committing sin.
124. Our action should make the world free from fear and ignorance
125. Our actions should make this world a safer place for all living beings.
126. Good actions are our constant companions and guardians in our life.
127. Wealth is not a shield against suffering.
128. Greatness is achieved through virtuous actions.
129. Action without empathy is meaningless.
130. Bliss is a product of our actions and thoughts.
131. No one can escape the effect of their actions.
132. All human beings are miserable due to their own actions.
133. You should always be aware of your behaviour and actions.
134. All your life situations are solely dependent on your actions.
135. Equanimity is essential to face the challenges of life.
136. Desire, hatred, and selfishness disturbs our concentration.

137. We should treat all living beings with equanimity and none with enmity.
138. He who has conquered fear can experience equanimity.
139. The real failure is failure to get up.
140. To fall is not a failure, but to fail to get up is failure.
141. Overthinking will result in failure.
142. He who falls asleep will fail.
143. Failing to understand self is failing to understand others.
144. Religion does not believe in arson and murders.
145. Religion does not promote hatred and animosity.
146. Business should not enter in religion.
147. Business in religion pollutes the religion.
148. Business without ethics and morality is sin.
149. Politics without ethics and morality is sin.
150. Ethics should govern business.
151. Politics in religion corrupts religion.
152. Dharma in politics serves the society.
153. The function of religion is to weave the different links of humanity into a garland.
154. True religion is the realisation of oneness between self and all the living creatures of the world.
155. You are part of the environment so do not harm it.
156. No living beings should be harmed.
157. Doing any harm to any living being is doing harm to oneself.
158. To harm any living being amounts to harming one self as we are all interconnected.
159. Ahimsa means not to harm oneself or another physically, verbally or mentally.
160. Everyone is bound to face the consequences of bad deeds.
161. Good deeds elevate one to great heights.

162. Bad deeds lead one into despair.
163. Communicate in simple words.
164. Words have the power to hurt or heal.
165. A noble person speaks words which are beneficial to all living beings.
166. One should not utter displeasing words as that arouses ill feelings.
167. He who does not understand your silence will probably not understand your words.
168. Treat others as you want others to treat you.
169. A man should treat all creatures as himself.
170. One should treat all creatures in the world as one would like to be treated.
171. Treat others as you would like to be treated.
172. A society that tolerates mistreatment of a section of its own people is a violent society.
173. The excess of wealth is for the society, and you are the custodian for the same.
174. Family welfare should be the top priority.
175. Family's good name should be always maintained.
176. When Family is well, Nation is well.
177. Never cross the rules, regulations and limits of family.
178. None of your thoughts and action should bring shame to your family.
179. Family culture shapes the child.
180. A gentle and civilized individual is product of good family.
181. Responsibility of every individual is to their family, community and the Nation.
182. Cultivate a strong family atmosphere which strengthens the bond of the family.
183. Faith in self is faith in God.
184. Without faith in God, there is fearful silence within your heart.
185. Wound by words takes long to heal.
186. When family is well, everything is well.

187. Every person has the potential to become God (the enlightened one).
188. There is no separate existence of God as He lives in us.
189. The discipline of speech includes abstaining from speaking untruths.
190. People should not become arrogant and egotistical after achieving successes and victories.
191. Success and victories should not generate arrogance, egoism, ostentation as it may lead to fall.
192. You must have a target to become a successful archer.
193. You must strive to succeed.
194. Only those who possess self-discipline and self-confidence can succeed.
195. To succeed, start the practice of self-control with self-discipline and meditation.
196. Meditation is a good method to achieve self-control.
197. The shackles of greed and ego can be removed by Meditation.
198. Meditation is the best way to keep away from all transgressions.
199. Soul is the central point of spiritual discipline.
200. Discipline is the means of achieving fulfilment.
201. True freedom can only be achieved through self-discipline.
202. Greed even for a piece of straw, not to speak of precious things, produces sin.
203. A greedless person will not cheat others.
204. Self-discipline eliminates anger, ego, deceit, lust, and greed.
205. He who has no faith in self, is weak and can never succeed.
206. Faith and Prayer both are invisible, but they make impossible things possible.
207. Blind faith is a dark bottomless pit.
208. Poverty, child labour, and discrimination based on caste or gender are forms of violence.
209. Trust is the power to succeed in human life.

210. Trust in self and others is essential for success in life.
211. Truth is not majority opinion.
212. Truth should be communicated without hurting the feelings of the listener.
213. Enlightened by the light of truth, a wise man rises above the fear of death.
214. Escaping the cycle of death and rebirth should certainly be the goal of every individual.
215. Forgiveness and love lead to more forgiveness and love.
216. Forgiveness and love enhance our inner peace.
217. Knowledge and ethics are the foundations of wisdom.
218. Knowledge is eternal and does not diminish by sharing.
219. Knowledge endows a person with boundless energy and power.
220. Greed generates hatred and jealousy.
221. Majority opinion is not always the truth.
222. Knowledge acquired accompanies you eternally whereas material possessions do not.
223. A greedless person can never be cheated.
224. As long as there are greedy people, cheaters will never starve.
225. Knowledge is eternal.
226. Do not ignore your responsibilities towards your parents, families, sangh, society and the Nation.
227. Man should serve the society.
228. Wealth in your hands is for the service of society, and you are the custodian.
229. Use your wealth to help the needy.
230. Accumulation of wealth robs peace.
231. A person's caste, wealth, or power does not make him great.
232. Our attitude in life should be that all are friends and have no enemies.

233. Wise administrators foster significant social and economic progress in their countries.
234. Travelling a spiritual path does not mean that you can neglect your social responsibilities.
235. Human beings cannot exist without other living beings but other living beings can exist without human beings.
236. A good human being discovers oneness behind the apparent diversity and considers all living beings as one and alike.
237. Seek your own self in every living creature.
238. He who sets fire, burns himself.
239. Self-contentment leads to bliss.
240. A person given to self-study cannot lose.
241. Keep yourself always awake.
242. Awakeness increases wisdom.
243. All external study without the study of the self is useless.
244. The observance of rituals is a means and not an end in itself.
245. We should love all the creatures of the world as we love our self.
246. Rituals should help us in self-realization and self-purification.
247. An enlightened and self-aware person perpetually deflects evil.
248. Over eating constitutes the greatest obstacle to self-control.
249. Over eating generates laziness.
250. Depriving someone of livelihood is a sin.
251. Man lives and dies, rises and falls according to his own good or bad conduct.
252. Trees produce flowers and fruits for others and so should we learn to live for others.
253. He who scatters thorns, can never get a bed of roses.

254. Just as rivers carry sweet water to quench the thirst of others, we should learn to live for others.
255. Dig no ditch for others, for you may likely to fall into it.
256. Rituals without sincerity becomes a burden.
257. As fire keeps everyone at bay, so too an enlightened person keeps evil away.
258. Every living being has equal right to live.
259. Every person has equal right to progress.
260. The essence of life is in generous sharing.
261. Face challenges of life with a smile.
262. Life is a precious gift to live.
263. Relish every moment of your existence.
264. Live and allow others to live.
265. Live and let live, that is the essence of life.
266. Live and let live – is the best Mantra for peace.
267. You must strive to succeed.
268. To avoid stress, do not overthink.
269. To have a meaningful life, have a clear idea what you want to be.
270. The purpose of life extends beyond accumulation of material possessions.
271. Life is an endless cycle of small victories and defeats.
272. Victory lies in not giving up.
273. All life is great, but the human form is the most opportune birth, so don't waste it.
274. A human's life is entirely dependent on the holy resources of this planet.
275. Humans, by virtue of their mind and intelligence, can transcend their life and reach the heights of divinity.
276. Ensure that your life is not a spectacle for others.
277. Devotion is not slavery or surrender to anyone.

278. Don't be slave to power and wealth.
279. Don't accumulate.
280. Don't be proud if you gain, nor be sorry if you lose.
281. Don't be upset when people reject you.
282. Don't visit temple with impure thoughts.
283. Honesty is a very expensive gift, don't expect it from everybody.
284. Sincerity in all your endeavours will result in physical and mental well-being.
285. Human birth is the best opportunity to serve.
286. One should not interrupt others in conversation.
287. One should not indulge in speech conducive to evil.
288. Having evil thoughts about others is violence.
289. Life has meaning beyond material possession.
290. Ensure that you don't become a laughing stock for others.
291. No relationship can exist without respect.
292. To overcome passions is victory for the individual.
293. Penance or prayer will give peace only if we are in tune with our innate good qualities.
294. We should always walk on the rightful path without wasting even a single moment.
295. Devotion is establishment of identification or oneness between the devotee and the deity.
296. The rituals that do not make us humble and pure are useless and are burden upon us.
297. Karma has neither any paper nor any book. Yet it has the account of the whole world.
298. One should never be proud of winning, nor should one be sad about losing.
299. A virtuous person is reliable like a mother and a teacher.

300. If you want to cultivate a good habit, be consistent and focussed.
301. Just as you do not like misery, in the same way others also do not like it.
302. One who maintains constant vigilance over their conduct is like a lily in a pond, untainted by mud.
303. One who neglects or disregards the existence of earth, air, fire, water and vegetation disregards his own existence which is entwined with them.
304. If you want to cultivate a good habit, do it without any reservation, till it is firmly established.
305. It is wise and prudent to avoid conflicts and generate co-operation and comfort to others.
306. The sign of greatness is when there is no gap between practising and preaching.
307. The biggest mistake we make is not understanding our own mistakes.
308. Remember that you are part of environment which you are destroying.
309. The non-vigilant has fear from all directions. But the vigilant has none.
310. There is a lighted candle of spirituality in you. Keep it always lighted.
311. Sin is a kind of mental disease and it needs to be cured.
312. Do not wait until you are old and frail; take care of your soul right now.
313. You are a living being and not merely matter, nor bricks nor stones.
314. Ahimsa should be fundamental in our conduct towards all living beings.
315. There is no use in blaming others for our hardships and sorrows.
316. One who disregards the environment, disregards his own existence.
317. Only when you begin your journey, you can hope to reach the goal.
318. Good things are rejected by people who are blinded by their own ego.
319. One who is unaffected by pleasures or pains is a wise man.
320. Worrying does not solve problems.
321. You should never be the reason behind anybody's distress.

322. A human must try his best to help and save the ones in danger.
323. He who avoids the wrong path, firmly walks on the path of virtue.
324. Pleasure derived from external sources are temporary.
325. What we do to others we do to ourselves as we are all interlinked.
326. People can have many perceptions about an occurrence or incident.
327. We alone are responsible for whatever happens to us.
328. The joy of sharing enhances the pleasure of living.
329. Look before you leap and plan what needs to be done.
330. The philosophical basis of any tradition is wisdom.
331. Building a good habit requires determination.
332. We should always be in a state of awakesness.
333. Practice what you preach. Preach what you practice.
334. We possess the power to free ourselves from miseries.
335. Dharma (ethics) in business enhances business.
336. Going to temple with impure thoughts is fruitless.
337. As you sow, so you reap.
338. Decency is a cultured behavior.
339. Hatred leads to destruction.
340. No relationship survives without respect.
341. Do introspection when people reject you.
342. We are responsible for the quality of our life.
343. Have benevolence towards all living beings.
344. Bad people give you experience.
345. The worst people teach you a lesson.
346. The best people give you memories.
347. Learn to listen and listen to learn.

348. Blessed is he who keeps awake.
349. Never blame anyone in your life.
350. Enjoy good fortune modestly.
351. One should not speak unless it is necessary.
352. The essence of all knowledge is avoiding violence.
353. The days that have departed will never return.
354. Help the needy.
355. Soul is eternal.
356. One must experience life to the fullest.
357. Plan before you act.
358. Neither slander nor indulge in deceit.
359. Hatred leads to destruction.
360. All are equal and alike and have similar desires.
361. Opinion of the majority is not always correct.
362. Open your eyes, wake up and go ahead.
363. You must have a target before you shoot the arrow.
364. Whatever you want to be, you can be.
365. Do what you say, say what you do.

With Best Compliments

N.SUGALCHAND JAIN

SUGAL GROUP



SIYAT HOUSE, 961, POONAMALLEE HIGH ROAD, PURASWALKAM,
CHENNAI, TAMIL NADU - 600084
PH: 044 42153056 044 35220000
WWW.SUGALGROUP.COM