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## The festival of unity, forgiveness and friendship...PARYUSHANA PARVA...

The festival of Jain Paryushan comes to uplift oneself through fasting, meditation, soul-searching, awakening, self study, forgiveness and compassion for all beings. This is the time for introspection, reflection and purification. It is time to improve on your karmas and raise your consciousness towards higher one. the purpose is to stay close to you soul, reflect on your shortcomings, seek forgiveness for wrongdoings, remove internal corruption and stay to live an ethical life. the daily prayers and mediattion allows you to look within and

reflect on the teachings. The ritual of forgiveness taught here is very beautiful.. which could be the key to universal friendship which I liked the most...

The soul cleansing forgiveness prayer...as human beings, it is practically impossible not to make mistakes, but to realize the mistake and ask for forgiveness is the least one can do.. with this thought in the mind, I ask for forgiveness from my true feelings if I have hurt you knowingly or unknowingly by my thoughts, words, actions or gestures, please forgive me One who forgives is forgiven. ... MICHCHAMI DUKKADAM..

The quality of forgiveness may not happen with the sense of obliging or duty or any subtle ego...learn to forgive. Everybody makes mistakes. To err is human, to forgive is divine. When you love unconditionally and forgive unconditionally, you don't accumulate negative karmas. By asking for forgiveness, you experience beautiful feelings of humbleness and egolessness.

*With Divine Guidance for your best life*

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