

Sanlekhana-Santhara (Spiritual Approach to Death)



LIFE & DEATH







- Death is natural, inevitable and transformation from one life-form to another life-form. Death is caused by life-span karma technically known as *Ayusya* Karma.

Baal maran

- Sanklistha
- Sthिताleshya
- Paryavajat

Pandit marana

- Sanklistha
- Sthिताleshya
- Paryavajat

Bal-pandit marana

- Sanklistha
- Sthिताleshya
- Paryavajat



I want this



I do not want this



I hope I keep this secure



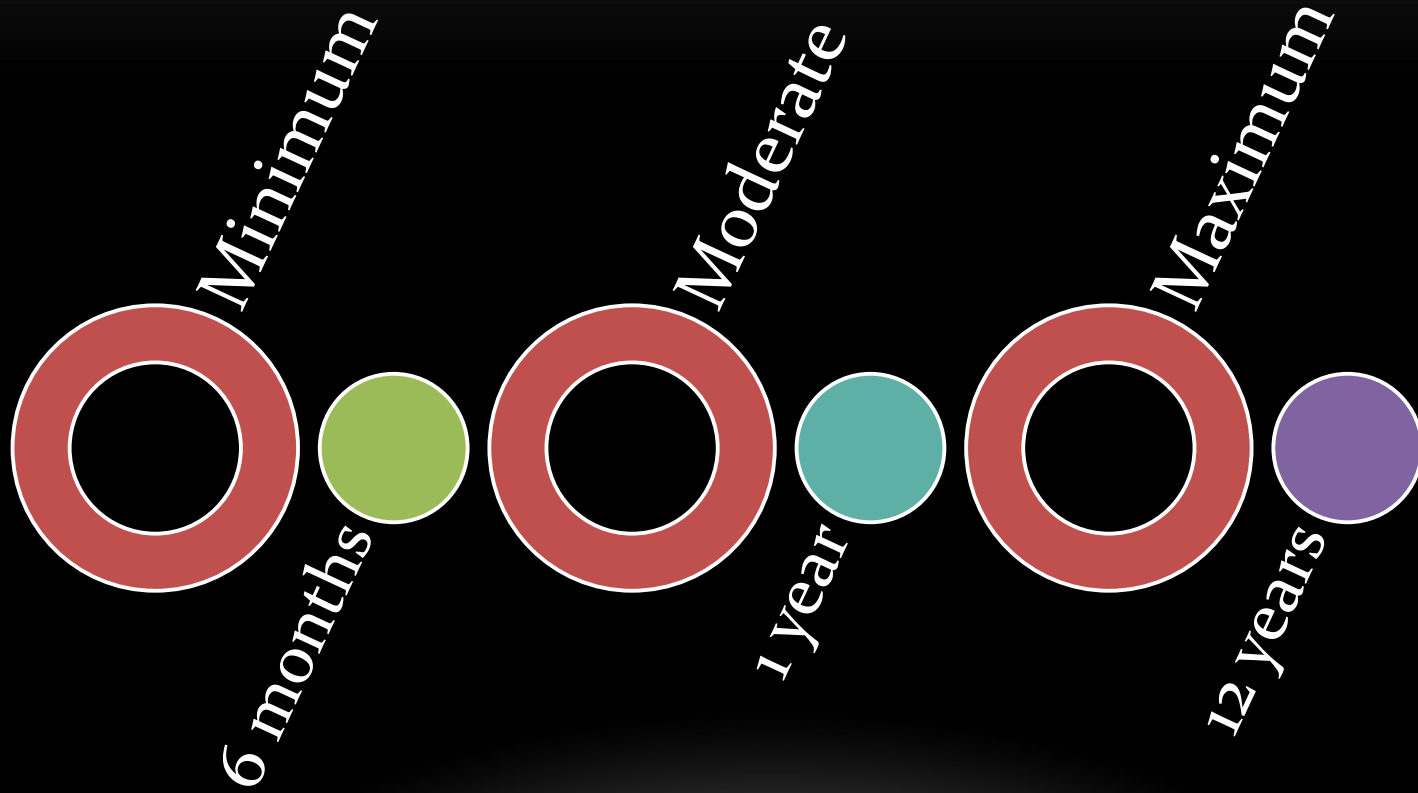
Oh! What is if I have this?

Santhara- Meditation Until Death

SANLEKHANA- PREPARE FOR PEACEFUL DEATH

- **Taken up when body starts decaying**
 - **Prepare for approaching death**
 - **Gradual withdrawal from physical & mental activity**
 - **Process of facing death fearlessly**
 - **Engrossed in more spiritual practice**
 - **Twelve years long practice of self-discipline**
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SANLEKHANA

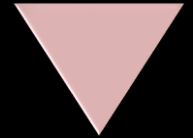
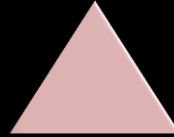
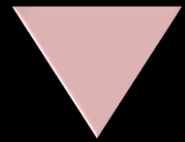


1st 4 years
give up
vikriti

First 6 months of
11th year practice
upavas and bela

• last 6 months of 11th
year practice tela
and chaula (parana
must be achamla)

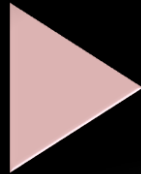
First 6 months of
12th year practice
Continuous
achamla (with
parana of other
fasts need be)



2nd four years
upvasa, bela,
tela...

9-10th year
alternate upavas
with achamla in
parana

Last part of
the 12th year
15 days or
one month
fast



STEPS TO FOLLOW

1. Accept with the permission of Guru.
2. A householder, who accepts this vow with pure mind, gives up the attachment, enmity, and possessiveness
3. Fasting
4. Give forgiveness to everybody and forget any unpleasant situations
5. Confess with a pure heart
6. During the period of this vow one should eliminate from his mind all the grief, fear, regret, affection, hatred, prejudice, passions
7. Engross in the meditation without paying attention to the body.

THREE LEVELS OF SANTHARA

- Give up food (*bhaktapratyakhana*) but take care of the body
- Don't take services or help from others (*inginimaran*)
- Accept meditation state for ever. No caring of the body or external world, self engrossed (*padopagaman*)

Bhaktapratyakhan

Pratikarm

Vyaghat

Avyaghat

Facing danger

Danger attacked

Padopagaman

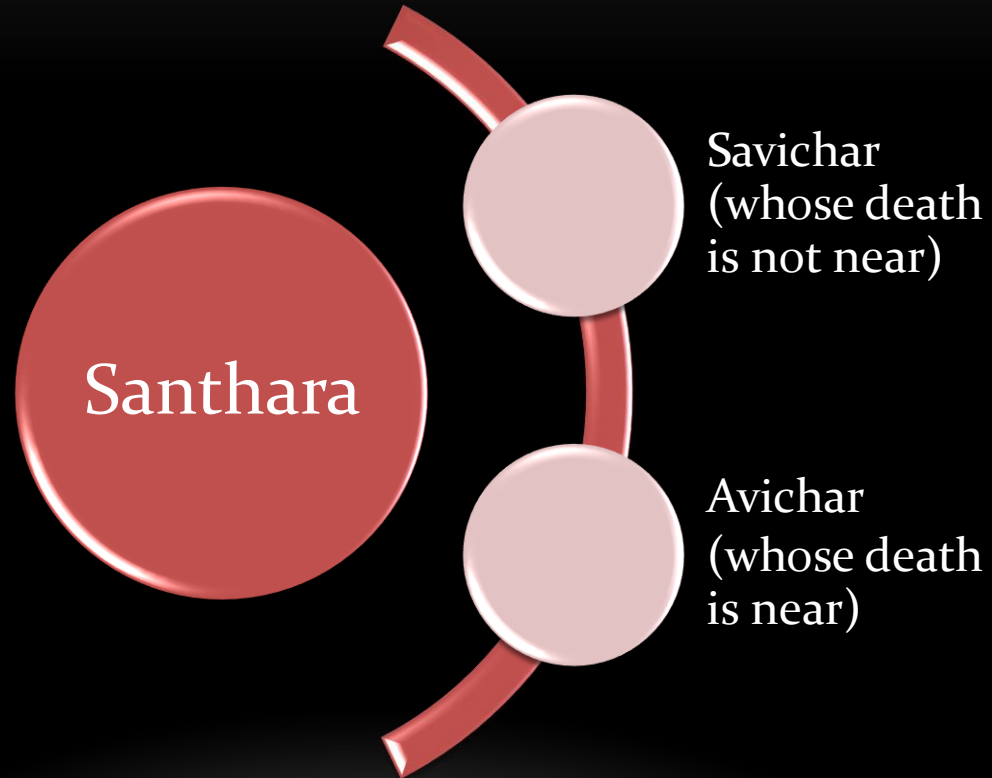
Apratikarm


Vyaghat

Avyaghat

Facing danger

Danger attacked





Anirhari (in
monastery
or
community)



Nirhari (in
solitude)

STEPS TO BE TAKEN CARE OF

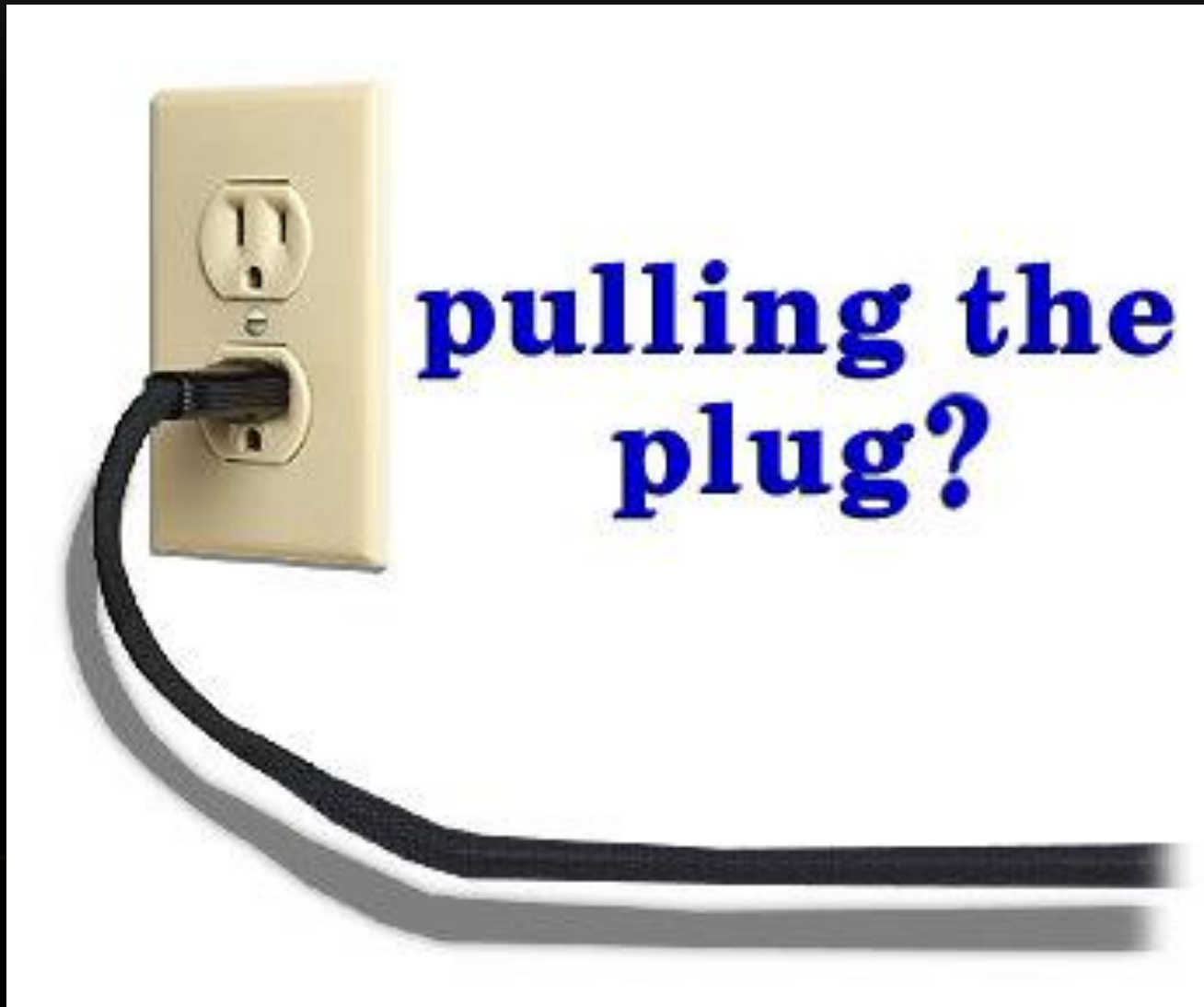
- ② **Passions mild**
 - ② **Engage in self awareness**
 - ② **Asking forgiveness to purify sin**
 - ② **Embarks on a program of detachment to food**
 - ② **Renunciation to all possessions & association**
 - ② **Totally free from worldly concerns**
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CRITERIA FOR ACCEPTING SANTHARA

- **Durabhiksha – a great famine, no means to access acceptable food (Deadly disease)**
- **Jara- old age, aging ailments (body physically declines)**
- **Nihpratikara ruja- a terminal illness where death is eminent**
- **Disease which declines saintly hood**
- **Upadrav of dev, manushya and tiryancha**
 - **Niruddhatar (When death approaches)**
 - **Paramniruddha (when death touches)**
- **An unavoidable calamity (sudden dread-full situation)**
- **No way out (lost in jungle)**

Hospice

PULLING THE PLUG IS NOT KILLING ONE PERSON



ASPIRATION OF EACH JAIN FOLLOWER

- **Samadhi maran:**
 - **Death in a state of meditation, calmness of mind, no regret**

Beware! Do not Aspire

- Heavenly achievements
- Rebirth
- To extend life
- To quick death
- To achieve sensual pleasures not satisfied in this birth

Says Ratnakaranda Shrivakacara

SUICIDE

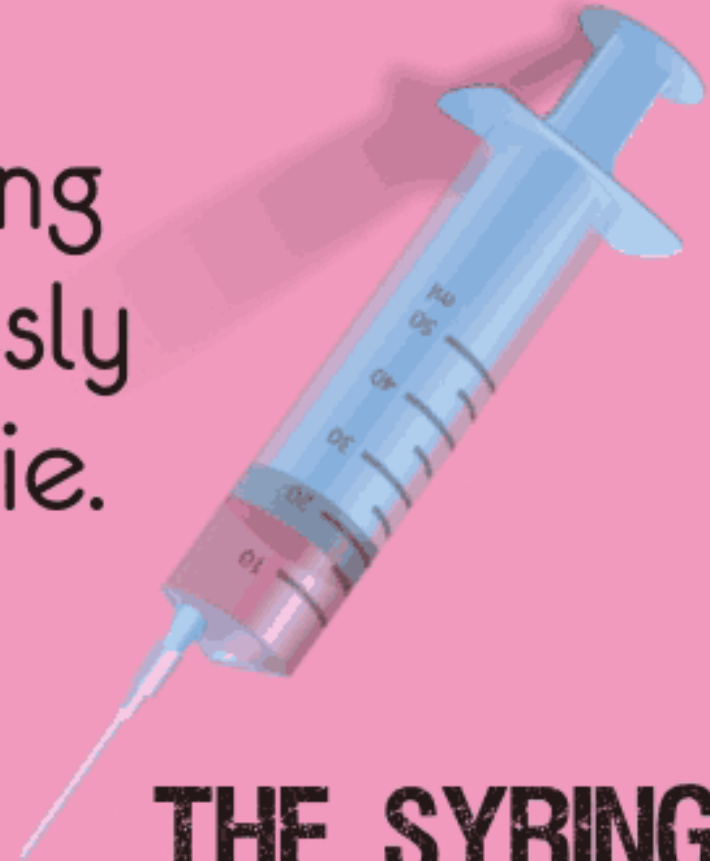
- **Suicide is in a state of disturbed emotion**
- **It is an outcome of failures**
- **Some external means is used to commit it**
- **This is not the case in sanlekhana**
(Tatvarthraj vartik)
- **Bhagawati text mentions about Skandaka**
 - **He was mentally lucid, with full energy**
 - **He abandons food, drink**
 - **He confesses & repents, dies in meditation**

EUTHANASIA

The act of putting to death painlessly or allowing to die.

Also called
Mercy Killing.

www.worpandit.com



**THE SYRINGE
OF DEATH**

EUTHANASIA

- **Try to put an end to a life - Artificial death**
- **Means are some times easy & some times cruel**
- **It is the decision of the other or the self**
 - **No one owns others life**
- **Animals can but not humans (exceptional country) – it depicts the inequality**

DIFFERENCE

Euthanasia

- Right to death
- Artificial
- Running away or avoiding
- Concern for body and pain

Santhara

- Right to peace
- Natural
- Facing death
- Concern for soul and karma

CONSEQUENCE OF DEATH BY SANTHARA

- The immediate consequence is the one of evoking reverence and faith in religion.
- The atmosphere around and about the dead body is the one of good veneration. There is neither sorrow nor mourning.
- The occasion is treated as a religious festival with prayers, spiritual singing and recitation of religious mantras.

SANTHARA AND SANLEKHANA

- Conscious decision
- Spiritual awakening
- Approach to healing karma rather than life
- Challenge emotional baggage
- Challenge physical identity
- Time to make new travel plans