

# The Five Great Vows

Look at the Five Great Vows. Jain monks and nuns make these vows that determine how they live in order that they may strive towards liberation from the cycle of birth and rebirth.

<b>AHIMSA</b>	NON-VIOLENCE AND RESPECT FOR ALL FELLOW CREATURES
<b>SATYA</b>	TELLING THE TRUTH
<b>ASTEYA</b>	NOT STEALING
<b>BRAHMACHARYA</b>	CHASTITY
<b>APARIGRAHA</b>	RENOUNCING POSSESSIONS

**1** Have you come across any of these rules in other religions? Which ones and where?

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**2** Imagine that you live in a community of Jain monks and nuns.  
Write about a day when your vows were tested.

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**3** Now imagine that you are an ordinary Jain.  
Which of the rules would you find hardest to stick to and why?

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**4** It is particularly important that Jains avoid violence in the work that they do. Think of three professions that they could work in and three professions that would not be suitable for them.

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