



# Xavier's Daily

## ➔ Challenge yourself!

*I never ask questions, but always answered. What am I ?*

Answer - A doorbell

## ➔ Spectrum's Corner

### Thought of the Day

*"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle"*

-Albert Einstein

### Word of the Day

*Dross: something regarded as worthless*

*Example: There are bargains if you have the patience to sift through the dross.*



### DID YOU KNOW?

*On this auspicious day, people call each other and say, "Khamat Khamna" which means I'm forgiving you and requesting you to forgive me.*

# खमत खामणा



## WHAT IS MICHCHHĀMI DUKKAḌAṀ?

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[Integrity Club]

A bygone Indian Prakrit dialect phrase, "Michchhāmi DukkaḍaṀ" and the Sanskrit term, "Mithya me duskrtaṃ", means "may all the evil that has been done be in vain".

It is a famous ritual practised by the followers of Jainism for the Pratikramana ritual on the last day of Paryushana called Samvatsari in the Svetambara tradition, and Kshamavani in the Digambara tradition. On a more periodic basis, this phrase is used in Jain monasteries as a part of a monk's or nun's confessional and penitence mantra during the pratikramana ritual, particularly when they are venerating images or murti of Tirthankaras in Jain temples.

This phrase, which is related to a section of Jain monastic code of conduct called the avasyakas, can be interpreted as "may all my improper actions be inconsequential" or in simpler terms, "I ask pardon of all living beings, may all of them pardon me, may I have friendship with all beings and enmity with none".

On this day, one communicates with every person he/she knows and asks for remission. Whether done intentionally or unintentionally, one asks for forgiveness from every known person.

Whenever we are in a difficult situation, we ask God to forgive all our sins and lift us up from the present difficulties. But we often forget to apologise to people, whom we may have hurt with our words and actions. So, on this day, we ask for forgiveness, not only from God, the divine power, but also from people around us, no matter elder or younger, male or female.