

# LESYA

Sphatika Crystal is pure and transparent gem so is the soul also pure and transparent in its original form. If we place near the Sphatika, any color, it acquires that color and radiance. The soul also assumes various forms in accordance with the effect of the various put gals on it. It keeps wandering through various conditions. The Jain dharma gives the name, "Lesya" to the various transformations that the soul undergoes.

The propensity and mental reactions are called lesya. The effect of thinking of the environment and of food falls on the body and the mind, either deeply or lightly. The color of the body also changes in accordance with that effect. The face of an angry man grows red and blood seems to rush out of his eyes. The face of a man who is in despair or dejection grows pail. The brightness of his face fades away. The face assumes different color under the impact of love or infatuation. All these changes take place on account of lesya. The lesya have been properly classified on the basis of the colors that appear or disappear in the face on account of the effect of propensities and thoughts. In Jainism there is a great deal of importance given to lesya. Lesya refers to the state of mind. Our activities reflect the state of our mind. There are 6 types of lesyas.

- 1) Krishna Lesya- Black
- 2) Neel Lesya- Blue
- 3) Kapot lesya- Brown
- 4) Tejo Lesya- Red
- 5) Padma Lesya- Yellow
- 6) Shukla Lesya- White

There are two types of lesya- Dravya lesya and Bhav lesya

Essentially lesya refers to the color of conscious vibrations. Dravya lesya is in fact the atom that constitutes the lesya of a soul and bhav lesya is the state of consciousness that results from dravya lesya. For example, if one has padma lesya it means he has bright yellow atoms in his lesya. These atoms are dravya lesya and because of these yellow atoms he possesses positive and spiritual attributes. This state of consciousness is known as bhav lesya. So, we can say that bhav lesya is the effect of dravya lesya and the state where conscious vibrations are manifested at the physical level. The field of lesya is where our emotions are shaped. The main function of field of lesya is to convert conscious vibrations into the gross form and send them as hormones to the endocrine glands, brain and other parts of the body. The endocrine glands reflect the lesya. Our emotions define our personality. In the field of lesya every signal becomes colourful in accordance with our past and present deeds and kashay. If the inner signal is influenced by anger, the field of kashay will give it the frequency of the color red and the lesya will turn red. So whatever goes in or comes out is colorful. The karma we attract always has some sort of color.

Color plays an important role in an individual's life and has great influences on the conscious and subconscious mind and on a person's emotions. Smell and touch also affect us, but the impact of color is higher.

Color influences not just our present life but also our next life. The color we attract is responsible for our moods, emotions and behavior. For instance, if t present you are thinking about hurting someone, you attract black. The color you have attracted is encoded in the form of karma and sent inside the body, all the way to the conscious substance where it is stored. Eventually this karma will rise and the same black atoms will pass through each field of our body and our emotions will be shaped accordingly. The quality of the emotions will be the same as the quality of the rising karma. If the rising karma is black, the emotions will be harmful. These emotions will be manifested at a physical level, mental level and a verbal plane until we become a negative person. In this way we are negative in the past, present and in the

future as well. It works as feedback mechanism. We get what we feed. It shows that the present is the result of the past and the foundation for the future.

According to the Jain theory of karma, lesya is the coloring of soul, it varies from person to person depending on the psychic states and mental activities behind an action.

**KRISHNA LESYA-** The person in this condition does not show compassion or mercy. Everyone is afraid of them as their anger turns into violence. They always burn with jealousy and have ill-will for everyone. They are filled with animosity and malice and do not believe in religion. This state of mind is always the worst and most dangerous. If anyone dies in this state of mind, they will go to hell.

Krishna lesya is black. It has a stench that is worse than that of a dead dog. This unpleasant smell is situated deep within that person. The taste of Krishna lesya is far bitterer than the taste of Neem. Its touch is infinitely harsher than the touch of a cow's tongue.

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**KAPOT LESYA-** people in this state of mind, always remain sad and gloomy. They find faults in others boast about themselves, become excited over small matters and lack mental balance. If anyone dies in this state of mind, they will be reborn as animal or birds. The taste of kapot lesya is more astringent than unripe mango. The touch of Kapot lesya is worst than that of a sword.

**TEJO LESYA:** red color-people in this state of mind are very careful about their actions and discriminate between good and evil. They know the difference between what is right and what is wrong. They are kind, benevolent and religious and lead a harmonious life. A man who is humble, steadfast, free from deceit and inquisitiveness, well disciplined, restrained, attentive, such a man develops red lesya-Tejo lesya. If anyone dies in this state of mind, they will reborn as human being.

**PADMA LESYA:** yellow color-people in this state of mind, are kind and benevolent and forgive everyone, even their enemies. They observe some austerities and are vigilant in keeping their vows till their last breath. They remain unaffected by joys and sorrows. A man who has but little anger, pride, deceit and greed, whose mind is at ease, who is attentive, and who speaks but little and who is calm, develops padma lesya. A person, who dies in this state of mind, will be reborn in heaven as a celestial being.

**SHUKLA LESYA:** white color-people in this state of mind strictly observe the principles of non-violence, truth, non-stealing, celibacy and non-attachment. They are trustworthy, treat every soul as if it was their own soul and do not have ill feelings even for their enemies. They remain calm even if someone abuses them. A person who abstains from constant thinking about his misery, but engages in meditation, whose mind is at ease, who practices the samities and gupties, who is free from passion develops shukla lesya. A person who die in this state of mind, they will be liberated from the cycle of birth and death. Their state of mind is the purest. The black, blue and grey lesyas are the lowest lesyas, through them the soul is brought into miserable existences of life. The first three lesyas are worst (most harmful), worse (more harmful), and bad (harmful) respectively. They lead the soul on the wrong path or the path of ruin. Neexistence. The last three lesyas are good (auspicious), better (more auspicious) and best (most auspicious) respectively.

A wise man should therefore know the nature of these lesya and he should avoid the bad ones and obtain the good ones.

There are many solutions as there are problems. The body gets sick, therefore sickness is a problem, so man developed a healing technique as a solution to the sickness. Similarly, negative emotions are a problem. Simplest way to purify emotions is through color meditation. This is highly significant technique. Meditating on smooth colors helps to purify emotions. Yellow, red and white are three colors that can purify emotions.

By focusing on the tip of nose along with white color, one can get rid of negative emotions/thoughts.

Colors are very important and dominate the entire emotional system. Colors can cure physical ailments and mental weakness and develop spiritual awareness.

To cure psychological problems, visualize the color of rising sun. Rising sun meditation activates the energy of tejo lesya. This energy helps heal mental weakness and problems.

When somebody has negative emotions, eventually the emotions fall by the wayside, leaving behind the toxins of thought. These toxins bother and inflict pain in terms of physical or mental problems. Finally, the person becomes stressed and unbalanced. If we visualize the word arham in bright white color, it helps cure many physical ailments by cleansing the body of toxins.

When we focus on warm colors (red, yellow and white) and go into deep meditations, our emotions change and it happens naturally. All our negative vibrations get transformed. The vibrations of warm colors prevent the vibrations of attachment from rising, making them powerless. At the same time, the power of detachment becomes active. Red and yellow make the body alert and each cell of the body gets energized.

Thus color meditation helps strengthen the body and mind. It improves memory and intelligence. It purifies the aura and emotions. Also one can heal body, mind and soul. If a person does so, the concept of lesya will become more of a healing therapy than a philosophy.