



**NAMASKÄRA MAHÄMANTRA**

**NAVKAR MANTRA**

**namo arihantänam.**

**namo siddhänam.**

**namo äyariyänam.**

**namo uvajjhäyänam.**

**namo loe savva-sähunam.**

**eso panca-namukkäro,**

**savva-päva-ppanäsano;**

**mangalänam ca savvesim,**

**padhamam havai mangalam.**



## **NAMO ARIHANTÄNAM**

**OBEISANCE TO THE ARIHNATAS - PERFECT SOULS**

I bow to all Arihants (Tirthankars or Jina) who have attained enlightenment by overcoming their inner weaknesses such as anger, ego, deceit, and greed. I bow to those who have attained omniscience in the flesh and teach the road to everlasting life in the liberated state.

## **NAMO SIDDHÄNAM**

**OBEISANCE TO THE SIDDHAS - LIBERATED BODILESS SOULS.**

I bow to all Siddhas (liberated souls) who have attained the state of perfection and immortality. I bow to those who have attained perfect knowledge and liberated their souls of all karmas.

## **NAMO ÄYARIYÄNAM**

**OBEISANCE TO ALL THE ÄCHÄRYAS,**

who are the heads of various Jain congregations. I bow down to those who have experienced self-realisation of their souls through self-control and self-sacrifice.

## **NAMO UVAJJHÄYÄNAM**

**OBEISANCE TO THE UPÄDHYÄYS,**

who are the learned scholars of the Jain scriptures. I bow down to those who understand the true nature of the soul and teach the importance of the spiritual over the material.

## **NAMO LOE SAVVA SÄHUNAM**

**OBEISANCE TO ALL THE SÄDHUS AND SÄDHVIS (ASCETICS) OF THE UNIVERSE.**

I bow down to those who strictly follow the five great vows of conduct and inspire us to live a virtuous eco-friendly life.



## **ESO PANCHA NAMUKKÄRO**

This five folds obeisance mantra

To these five types of great souls, I offer my prayers.

## **SAVVA PÄVAPPANÄSANO**

May such prayer help diminish all my negative vibrations and sins.

## **MANGALÄNAM CHA SAVVESIM**

Amongst all of the auspicious benedictions is the first and foremost of all. Giving this praise is most auspicious.

## **PADHAMAM HAVAI MANGALAM**

Offering this prayer is the foremost.

Auspicious recitations - so auspicious as to bring happiness and bliss.

# **Namaskära Mahämantra Navkar Mantra**