



# NAMASKAR MAHAMANTRA NAVKAR MANTRA



## NAMŌ ARIHANTĀNAM

I bow to the arihants, destroyers of their inner enemies.

## NAMŌ SIDDHĀNAM

I bow to the siddhas, the liberated souls.

## NAMŌ ĀYARIYĀNAM

I bow to the acharyas, the religious leaders.

## NAMŌ UVAJJHĀYĀNAM

I bow to the upadhyays, the religious teachers.

## NAMŌ LŌĒ SAVVA SĀHŪNAM

I bow to all the sadhus and sadhvis, those who have renounced the worldly life and follow a path of simplicity.

## ĒSŌPAÑCHANAMŌKKĀRŌ,

This five-fold bow (mantra)

## SAVVAPĀVAPPANĀSANO

Destroys all sins and obstacles,

## MAṄGALĀ NAM CA SAVVĒSĪM,

And of all auspicious mantras,

## PADAMAMA HAVAĪ MAṄGALAṀ

Is the first and foremost one.

Dayā shānti samatā kshamā, satya, tyāg,  
vairāgya, Hoya mumukshu ghata vishe,  
eha sadāya sujāgya.

The true seeker of eternal peace has seven cardinal virtues, which are compassion, peace, equanimity, forgiveness, truthfulness, renunciation, and non-attachment to worldly relations and objects. These qualities keep one constantly vigilant.

Kashāya-ni upashānta-tā, mātra moksha  
abhilāsha, Bhave khed präni dayā, tyā  
ātmārtha nivāsa.

Where there are no passions like anger, ego, deceit, and greed; where there are no worldly desires; where there is compassion for all living beings; and where the only desire is to liberate the self, there is the abode of self-realization

Rāga, dvesha, ajnāna e, mukhya karma-ni  
grantha, Thāya nivrutti jeha-thi, te ja  
mokshano pantha.

Attachment, hatred, and ignorance are the three principal reasons of the bondage of karma to the soul. The path by which stoppage of karma occurs is the path of liberation.

# DAILY REFLECTIONS

*Promise ourselves to be so strong that nothing can disturb our peace of mind,  
To wish good health, happiness, and prosperity to every person we meet,  
To make all our friends feel that there is something in them,  
To look at the sunny side of everything and make our optimism come true,  
To think only of the best, to work only for the best, and respect only the best,  
To be just as enthusiastic about the success of others as we are about ours,  
To forget the mistakes of the past and press on to the greater achievement of the future,  
To wear a cheerful countenance at all times and give every living creature we meet - a smile,  
To give so much time to the improvement of the self that we have no time to criticise others,  
To be too large for worry, too noble for anger, too strong for fear,  
and too happy to permit the presence of trouble*

**And Above All**

**What we desire for ourselves, to desire for others too,  
What we do not desire for ourselves, to not to desire for others too  
..... This is the essence of Jain Dharma**

