

Navkar Mantra



I open my heart in reverence to the Arihants (Enlightened Beings) who have overcome all forms of greed, anger, deceit, and selfishness, and who, out of deep compassion, have shared with others their insights, awareness and pathways to freedom.

I bow to the Siddhas (Liberated Ones), who are freed from the cycle of rebirth upon becoming one with the Light. I revere the Achäryas (Heads of Religious Order), whose character and living exemplify their teachings. I pay respects to the Upädhyäyas (Masters and True teachers), who stay in the heart of scriptural knowledge and teach its essence.

I honor all the Sädhus (Sages and Saints) in the universe, who seek to practice the Universal Teachings and live in simplicity, innocence and selfless service.

By opening my heart to these five exemplary figures of Universal Consciousness, I cause my unwholesome tendencies to subside and my wholesome qualities to manifest.

Upon offering these reverences with a sincere heart, I am protected from harm and showered with the highest of blessings and benedictions.

Source: Prayer Book





Forgiveness Prayers



“Introspection has reminded me of all my past misdeeds and the feeling of atonement has now made me fold my hands in humility and bow my head to seek forgiveness for all my misdeeds and also to forgive one and all with pure heart”.



*Khamemi savva jive savvejiva khamamtu me
mittime savva bhu-esu veram majjha na kena-i
savve jiva kamma vasa chaudaha raja bhamanta
te me savva khamavi-a majjha vi teha khamanta*

I forgive all beings:
may all beings be willing to forgive me
I am a friend to all life
I have no ill will towards anyone
All living beings, including myself
are suffering and reincarnating
throughout the whole universe
because of clinging to conditions and habits,
the push and pull of karmas;
through mutual forgiveness,
we can bring an end to our suffering.
So again, I declare that I forgive everyone
and may everyone forgive me. *



Whatever wrong I have by thought,
Whatever wrong I have done by word,
Whatever wrong I have done by deed,
I ask for forgiveness

* Source: Light One Candle By Rodenfeld & Chitrabhanu

*Upsargäh kshayam yänti,
Chhidhyante vighna vallayah,
Manah prasanna tämeti,
Puja mäne jineshware*

May all physical difficulties
diminish
May all obstacles get removed
May the mind and heart
become full of joy
By worship of Arihanta.

*Shivmastu Sarva Jagatah,
Par hit niratä bhavantu
bhutaganäha,
Doshäha Prayantu Näsham,
Sarvatra Sukhi bhavatu lokah.*

May the entire universe be
blessed; May all beings
engage in each other's well-
being. May all weakness,
sickness and faults diminish.
May everyone everywhere be
healthy, peaceful and happy
in all respects.