



# Navkar Mantra

*Namo  
Siddhānam*

*Eso  
Pancha  
Namukkāro*

*Savva  
Pāvappanāsano*

*Namo Loe  
Savva  
Sāhunam*

*Namo  
Arihantānam*

*Namo  
Āyariyānam*

*Padhamam  
Havaī  
Mangalam*

*Mangalānam  
cha  
Savvesīm*

*Namo  
Uvajjhāyānam*

The Navkar Mantra is the most important mantra in Jainism and can be recited at any time. While reciting the Navkar Mantra, we are bowing down with respect to **ARIHANTS** (destroyers of their inner enemies and souls who have reached the state of nonattachment towards worldly matters), **SIDDHAS** (liberated souls), **ACHARYAS** (heads of Jain congregations and ascetics), **UPADHYAYAS** (the religious teachers who teach scriptures to Jain ascetics), **SADHUS & SADHVIS** (monks & nuns who have renounced the worldly life and follow a path of simplicity). Collectively, they are called **PANCH PARMESTHI** (five supreme spiritual beings).

In this mantra we worship their **VIRTUES** rather than worshipping any one particular person; therefore, this Mantra is not named after any Tirthankaras, Siddhas, Jain Ascetics etc. When we recite Navkar Mantra, it also reminds us that, we need to aspire to be like them and imbue their virtues within us. This mantra is also called Namaskār or Namokār Mantra because we are bowing down.

Navkar Mantra is considered the most sacred amongst the sacred and can take a person to the pinnacles of spirituality and holiness.

**ONE SHOULD RECITE THE NAVKAR MANTRA AS OFTEN AS POSSIBLE.**

# Meaning and Significance of “Namo” in Navkar Mantra

The most used word in the Navkar Mantra is the word “Namo”.

Namo is a Sanskrit word meaning ‘with utmost respect, honour and admiration.

In relation to Navkar Mantra, the word ‘Namo’ has several meanings and significance, giving us an indication what our feelings and attitude should be when reciting the mantra.

## NAMO MEANS OR SIGNIFIES:

- obeisance – to bow down with utmost respect and reverence. The act of bowing down is to let go of one’s ego (aham) – to also let go of conceit, pride, arrogance, self-admiration, and self-centeredness, which are all linked to ego
- total absence of ego.
- revering the 108 virtues of the Panch Parmeshthi and trying to emulate them. Virtues – Arihants – 12 ; Siddhas – 8 ; Acharyas – 36 ; Upadhyayas – 25 and Sadhus & Sadhvis – 27.
- our minds free from worldly thoughts and desires
- our minds free from any Kashayas – Passions – Anger, Greed, Ego or Deceit.
- to worship with the purest heart – without any raga and dwesh – without attachment and aversion; controlled mind without any Kashayas.
- our attitude should be of humility, gratitude and compassion for all living beings. It is said that when the heart is humble, so too is the hearing, seeing, head, and face; indeed all the limbs and their actions are humbled, even speech. "To be clothed with humility is to be clothed with a prayer garment."

