



Navkar Mantra



ṄAMŌ ARIHANTĀṄAM

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

ṄAMŌ SIDDHĀṄAM

I bow to the siddhas, the liberated souls.

ṄAMŌ ĀYARIYĀṄAM

I bow to the acharyas, the religious leaders.

ṄAMŌ UVAJJHĀYĀṄAM

I bow to the upadhyays, the religious teachers.

ṄAMŌ LŌĒ SAVVA SĀHŪṄAM

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

ĒSŌPAṄCHAṄAMŌKKĀRŌ, SAVVAPĀVAPPAṄĀSANO

MAṄGALĀ ṄAM CA SAVVĒSİM,

PAḌAMAMA HAVAĪ MAṄGALAM

This five-fold bow (mantra) destroys all sins and
obstacles, and of all auspicious mantras,
is the first and foremost one.

The Navkar Mantra encapsulates the core message of Jainism and serves as a universal prayer, transcending boundaries of sect, caste or creed. Its non-sectarian nature and focus on revering qualities make it a profound and unifying mantra for all Jains. Its continued recitation over millennia reflects its profound importance in Jain devotional and spiritual practice.

The Navkar Mantra venerates the qualities and spiritual achievements of the five supreme beings, rather than worshipping particular individuals.

The recitation, *hopefully daily*, of the mantra serves as a reminder of the ultimate goal of life in Jainism: achieving enlightenment and liberation (moksha) by emulating the teachings of the Arihants, Siddhas, Acharyas, Upadhyays and Sadhus/Sadhvis.

Navkar Mantra helps one focus on the virtues of non-violence, truth, humility, and self-discipline and a reminder to imbue these virtues in one's daily life.

