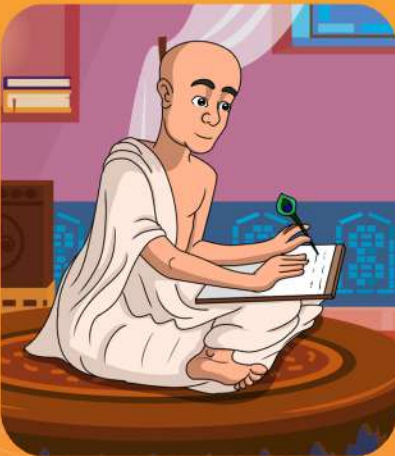


# Lesson 01

## Navkar Mantra



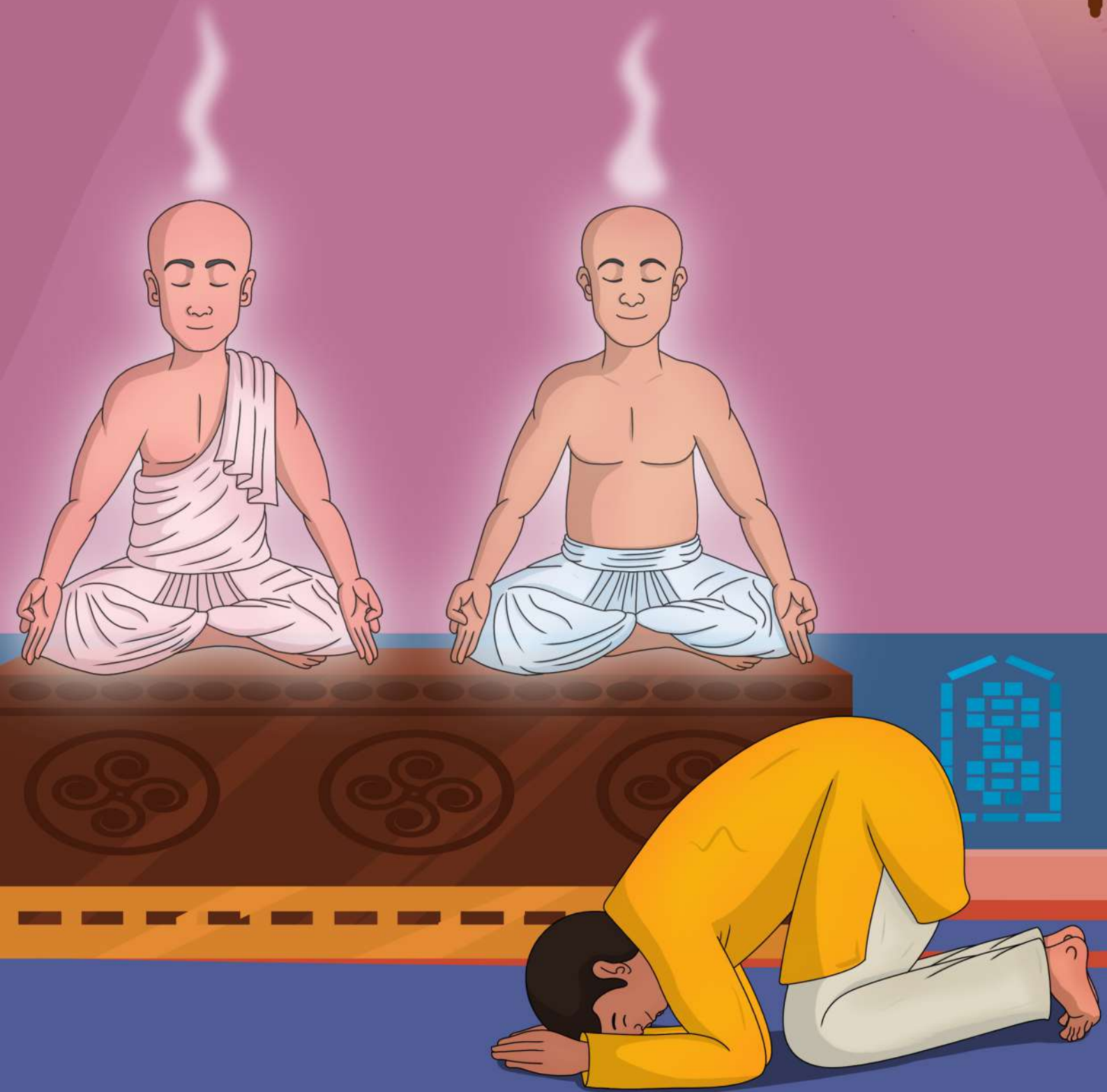
Namo Arihantanam  
Namo Siddhanam  
Namo Ayariyanam  
Namo Uvajjhayanam  
Namo Loe Savva Sahunam  
Eso Panch Namokkaro  
Savva Pavvappanasano  
Mangalanancha Savvesim  
Padhamam Havei Mangalam.



I bow down to my Arihant Bhagwan



I bow down to my Siddha Bhagwan



I bow down to my Guru Acharya



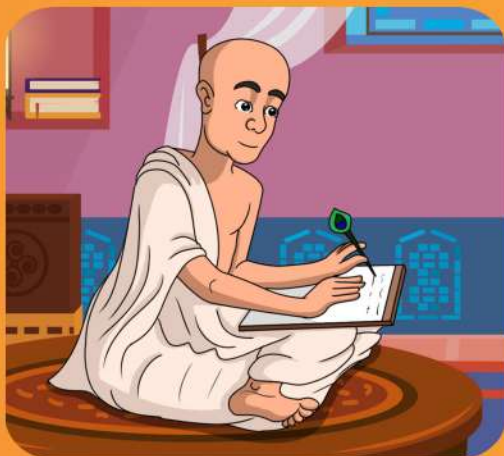
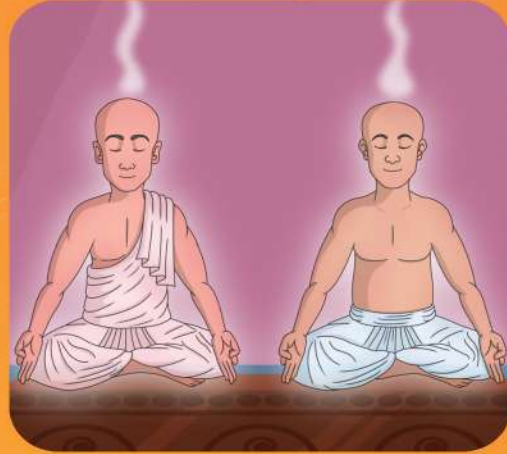
I bow down to my Guru Upadhyay



I bow down to my Guru Sadhus and  
Sadhvis.



These are the five bow down, they will wipe out my sins.



This prayer is the most auspicious.  
Reciting the Navkar Mantra brings  
about good things, peace and  
happiness.



**Rhyme:**

I Will Say The Navkar Mantra  
Everyday

In the morning  
I will pray,  
I'll say the Navkar Mantra everyday.



It makes me happy, if I pray,  
I will say the Navkar Mantra everyday.

