

LESSON 01

JAIN PRAYERS

Teacher: Today we are going to talk about Jain Prayers. There are different prayers for various occasions. Among all of them the "Navkara Mantra" is the most popular prayer.

"Navkara Mantra" is the prayer that shows our respect for those souls who are liberated as well as to those who are on the path to be liberated. The liberated souls of the Jain religion are called Siddhas.

Can any of you recite the Navkara Mantra?

Sejal: Yes, I can say the Navkara Mantra. My mother taught me.

Namo Arihantanam
Namo Siddhanam
Namo Ayariyanam
Namo Uvajjhayanam
Namo Loe Savva Sahunam

Eso Panch Namokkaro
Savva-Pavppanasano
Manglanancha Savvesim
Padhamam Havai Mangalam.

Teacher: Sejal, this is very good. You said it without any mistake. Do you know the meaning of it?

Sejal: No sir.

Teacher: Now, I am going to tell you the meaning of the Navkara Mantra.

Namo Arihantanam	I bow down to Arihanta Bhagwan.
Namo Siddhanam	I bow down to Siddha Bhagwan.
Namo Ayariyanam	I bow down to Acharya.
Namo Uvajjhayanam	I bow down to Upadhyay.
Namo Loe Savva Sahunam	I bow down to all the monks and nuns.
Eso Panch Namokkaro	These five salutations
Savva-Pavppanasano	Are the destroyers of all sins.
Manglanancha Savvesim	Among all auspicious prayers,
Padhamam Havai Mangalam	This one (Navkara Mantra) is the most auspicious.

Teacher: Arihantas, Siddhas, Acharyas, Upadhyayas and sādhus and sādhis are the role models in Jainism. Arihant Bhagwans are free from attachment and hatred and living among us. We do not have any Arihant Bhagwans in our

part of world but they are present in different part of the world called Mahavideh Kshetra. Arihant Bhagwans showed us the path of spiritual uplift. Siddha Bhagwans are liberated from this world and now live in Siddhashila, abode of Siddhas. Aim of all Jains is to be Siddha. To do so we have to follow the path they have lived. Acharya Bhagwans are the head of religious congregations and they teach us the path shown by Arihant Bhagwans. Upadhyay Bhagwans learn the scriptures and teach to Sadhus and Sadhvis. Sadhus Sadhvis are the beginning points of spiritual ride and they spend their time towards uplift of their soul to be Siddhas. From here, they become Upadhyay, Acharya, or Arihant and ultimately Siddha. Therefore, back in our mind we should always think that when will that day come that I can renounce the world be one of them?

Everyday in the morning and before we go to bed, we should recite Navkar Mantra to pay our respect to them and their achievements and to inspire us to live pure life. Navkar Mantra is also recited before any new events or ceremony to admire these five great personalities. We also say this prayer before starting each class.

In same way there is another prayer “**Khamemi Savve Jiva**”, which is also very popular. It is the prayer of forgiveness.

Teacher: Can any one of you recite **Khamemi Savve Jiva**?

Mitesh: Yes, I can because we recite that at night before we go to sleep.

Khämemi Savva Jive, Savve jivä Khamantu **Mae**
Mitti **Mae** Savva bhooesu Veram Majzam Na Kenai

Teacher: Mitesh, do you know the meaning of this prayer?

Mitesh: Yes, sir.

Khämemi Savva Jive means - I forgive all the living beings,
Savve jivä Khamantu **Mae** means - May all the living beings forgive me;
Mitti **Mae** Savva bhooesu means- I have friendship with all living
being,
Veram Majzam Na Kenai means - I have no animosity or hatred
towards anyone.

Teacher: How beautiful the prayer is! We are forgiving everyone who might have done wrong to us. At the same time we are also asking for forgiveness from those to whom we might have harmed. We are letting everybody know that I am your friend and nobody should fear from me because I have no animosity towards anyone.

It extends the hand of friendship towards everybody including those with whom one may not be getting along for whatever reasons.

Children, we all should also make a point to recite this prayer every night before we go to sleep and extend our hands of friendship to all living creatures no matter how small or big they may be. We should also recite this when getting up because during night and in dreams we could have harmed someone.

Teacher: Before we close our class let us recite “Navkar Mantra and **Khamemi Savva Jive**”

Questions:

- 1) What is the most popular Jain prayer?
- 2) Can you recite that prayer?
- 3) Can you give the meaning of the prayer?
- 4) Who are the five role models in Jainism?