

Lesson 01

Morning Prayer



As soon as I get up in the morning, I sit up.



Then I close my eyes.



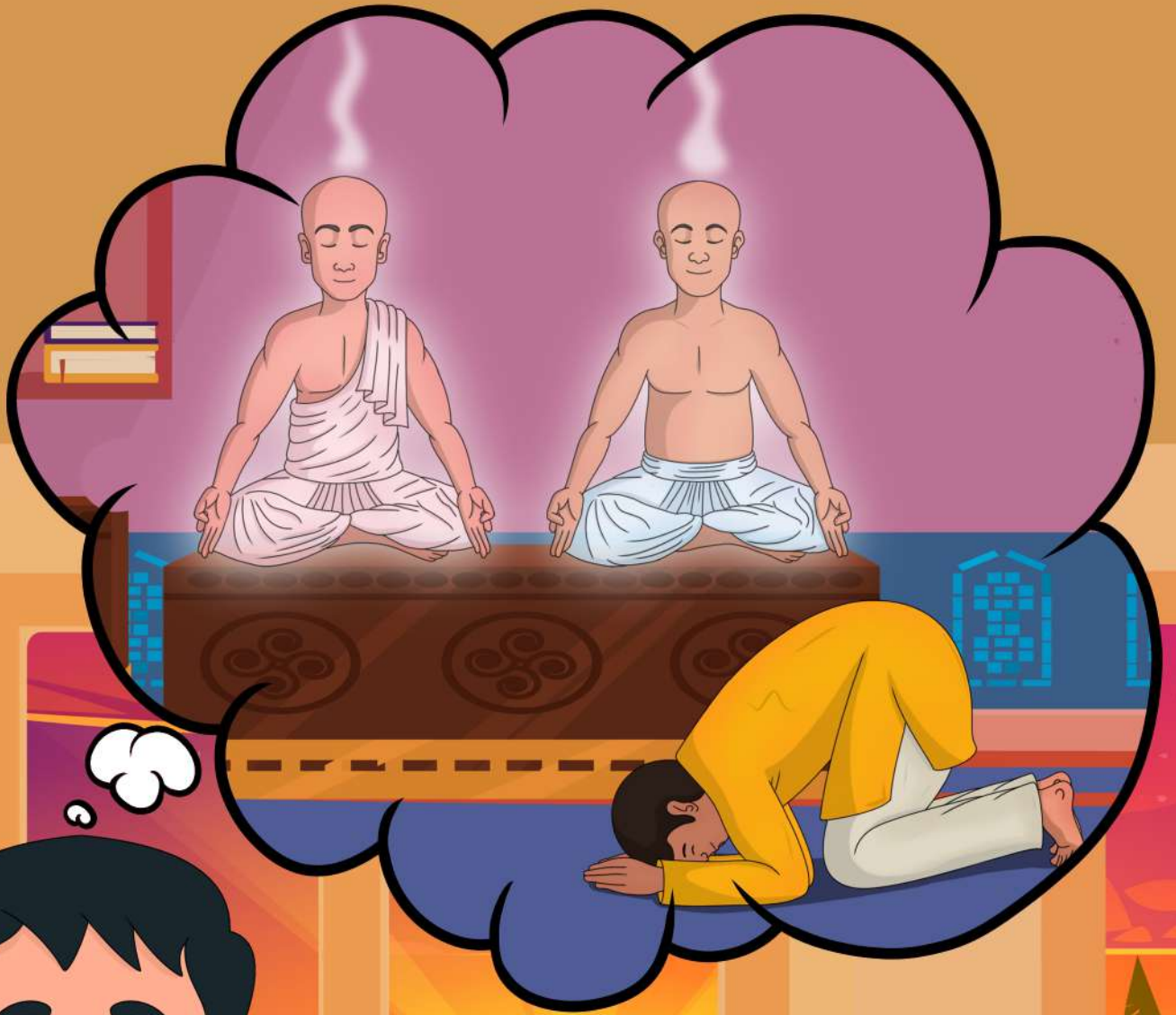
And I say the Navkar
Mantra five times.



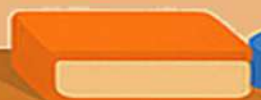
Namo Arihantanam



Namo Siddhanam



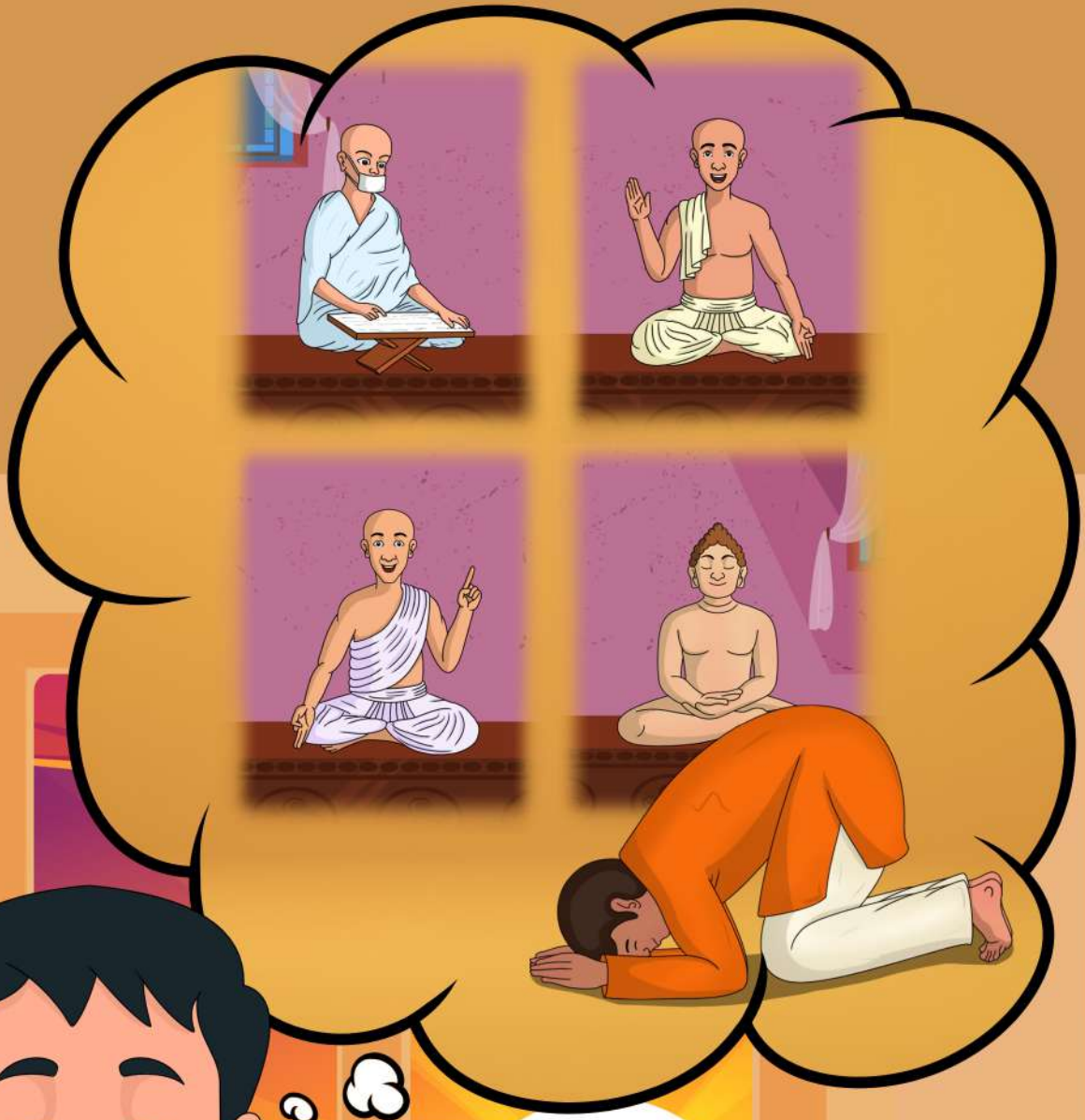
Namo Ayariyanam



Namo Uvajjhayanam



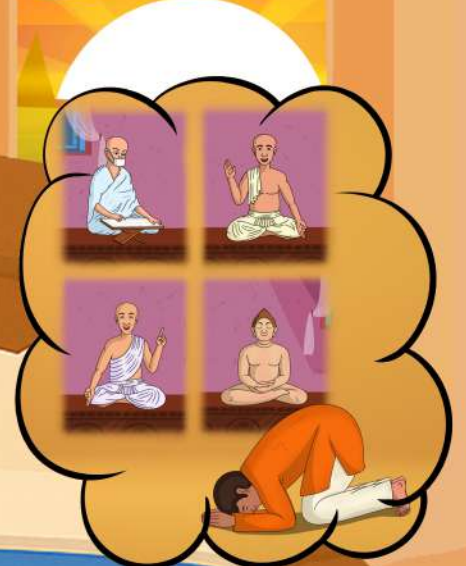
Namo Loe Savvasahunam



I bow down to my Guru
Sadhus and Sadhvis.



Eso Panch Namokkaro Savva
Pava Ppanasano
Mangalanancha Savvesim
Padhamam Havei mangalam



After I pray there are things that I tell myself.



These are important
because they make me a
much better and nicer
person.



I am a Jain. My religion
teaches me to be a better
person.



These are things I tell
myself; I will be nice to
everybody.



I will not hurt anybody.



I will not get angry with anybody.



I will not lie.



I will not insult others.



I will not say bad things to others.



I will not show off.



I will be kind and good to
everybody and everything

