

LESSON 16

EVENING PRAYER

Prayers purify and clean our soul. Prayer could be done in the morning and in the evening or for that matter at any time of a day. The most important prayer in Jainism is the Navkara Mantra. We should say the Navkara Mantra at least five times in the morning while getting up and in the evening before going to bed.

Another prayer or may be called ritual we, as a Jain, must do is called Pratikraman. We say this prayer to remember all the harmful or unwanted things we might have done during day. We also regret and apologize for those acts, words or thoughts, which might have violated Jain Tenants. That reminds us to be more careful.

If we do not get a chance to do Pratikraman then we must say the following before going to sleep, “During whole day today, if I have or if I have asked or encouraged anyone to hurt or harm anyone by physical acts, words or mental thoughts then I ask for forgiveness and I wish my bad karmas will be nullified.”

We also recite Khamemi Savve Jiva Sutra:
Khamemi Savve Jive, Savve Jiva Khamantu Mae
Mitti Mae Savva bhooesu, Veram Majzam Na Kenai

This means:
I ask forgiveness of all living beings,
May all living beings grant me forgiveness,
I am friend of all living beings,
I do not have hostility towards anyone.

We also wish that let all living being live in peace and harmony.

As apart of evening prayer we might also take a vow.