

Meri Bhāvanā (My Contemplations) by Pt. J.K.Mukhatara

Meaning by Shugan C Jain

Jains believe in contemplations to purify their thought, mind and attain beneficence. Jains have a very popular prayer, which is sung or recited either individually or in groups almost daily. Pandit Jugal Kishore Mukhtar had beautifully composed Meri Bhāvanā or my prayer. It has a collection of eleven verses of 4 lines each in simple and easy to understand in Hindi language. These eleven verses can be identified to convey the following suggestions for self as well as others benefits.

Verse No	Content
01	Identify the true nature of auspicious/ supreme beings
02	Nature of the true monks /spiritual leaders
03	Suggestion to myself for self improvement
04	Suggestion to myself for self improvement
05	Suggestion to myself for self improvement
06	Suggestion to myself for self improvement
07	Selflessness
08	Equanimity
09	Prayer/ expectations from others.
10	Prayer/ expectations from others.
11	Benefits of the prayer.

In this prayer we will find our involvement in worldly affairs in a righteous way as well as maintaining a distance from the same so as not to be too involved in them.

*Jisne rāga dveṣa kāmādika jīte saba jaga jāna liyā
Saba jīvo ko Mokṣa mārga kā nisprha ho updeśa diyā
Buddha Vīra Harī Har Bṛhamā yā usko svādhīna kaho
Bhaktibhāva se prerita ho yā citta usī meñ lina raho.*

1

He, who has destroyed or subdued his attachment, aversion, desires and had understood the reality of this universe; who delivers the sermons to everybody about the path of spiritual purification and attaining liberation; who may be called by different names such as Buddha, Vira, Hari, Hara and Brahma or the self/ soul; Imbued with devotion in Him, may this mind be eternally engrossed in Him.

*Viṣayo kī āśā nahi jinake sāmya bhāva dhana rakhate heñ
Nija para ke hita sādhanā me niśa dīn tatpara rahate heñ
Svārtha tyaga ki kathina tapasyā binā kheda jo karate heñ
Ese jñānī sādhu jagat ke dukhañ samuha ko harate heñ.*

2

They, who have overcome the desire for sensual pleasures and maintain the state of equanimity; they are engrossed everyday in the welfare of others as well as their own; they practice the hard penance of selflessness; such knowledgeable ascetics (they) conquer /overcome the pains of mundane worldly existence.

*Rahe sadāsatsaṅga unhī kā dhyāna unhīkā nitya rahe
Unhī jaisī caryā meñ yaha citta sadā anurakta rahe*

Nahī satāu kisi jīva ko jhuta kabhī nahī kahā karūn
Paradhana vanitā para na lubhāuñ santośāmṛta piyā karūn 3

May I always associate with such holy ascetics; may my mind be occupied in their life style; may I never cause pain to any living being nor tell a lie at any time; may I never be attracted towards the wealth or women of others and hence feel contented all the time.

Ahañkāra kā bhāva na rakkhu nahī kisī para krodha karūn
Dekha dusro kī bathī ko kabhi na īrṣā bhāva dharūn
Rahe bhāvanā esī merī sarala satya vyavahāra karūn
Bane jahā taka esa jīvana meñ auro kā upakāra karūn 4

May I never a feeling of ego / pride nor get angry with anyone; May I never feel envious / jealous on seeing the progress of any one; May I develop a balance, straight and simple, fair and honest feeling towards all; may I be good in my behavior towards all to the utmost level of my capabilities.

Maitrī bhāva jagata meñ merā saba jīvo se nitya rahe
Dīna dukhī jīvo para mere ura se Karūṇā stotra bahe
Dūjāna krūra kūmārgarato pera kṣobha nahī mūjha ko āve
Sāmyabhāva rakhūn meñ una para esī parinatīho jāve 5

May I always maintain a feeling of friendship towards all living beings; May the spring of compassion always flow for those who are in pain and are suffering; May I never get angry with those who are bad cruel and wrongly directed people; May I maintain a sense of equanimity while dealing with such persons.

Gūṇi jano ko dekha hṛdaya meñ mere prema umada āve
Bane jahā taka unaki sevā karake yaha mana sūkha pāve
Houn nahi kṛataghna kabhi main dṛoḥa na mere ura āve
Gūṇa grahaṇa kā bhāva rahe nita dṛṣṭi na doṣo para jāve. 6

May my heart overflow with love at the very sight of virtuous people; May I derive pleasure and happiness in serving these people as much as possible; May I never become ungrateful nor feel jealous of any one; May my longing be always for assimilating the virtues of others and never look at their vices.

Koi būrā kaho yā ācchā lakṣami āve yā jāve
Lākho varṣo taka jiuñ yā mṛtyū āja hī ājāve
Athavā koī kaisa bhi bhaya yā lālaca dene āve
To bhī nyāya mārga se merā kabhī na paga digane pāve. 7

Whether people speak good or ill of me or the wealth comes to me or leaves me; whether I live for thousands years or die even today; whether anyone allures me with worldly riches or scares me in any way; I pray that I do not leave the path of just in any of the these situations.

Hokara sūkha meñ magana na fule dūkha meñ kabhi na ghabarāve
Parvata nadi samaṣāna bhayānaka aṭavi se na bhaya khāve
Rahe adola akampa nirantara yaha mana draṭhatara bana jāve

May my mind neither be overwhelmed with happiness on having comforts nor become worried on having pains; May I never be scared of the sight of dangerous mountains, river, pyres in the cremation grounds; May it become calm, composed continuously and become stronger and stronger; May I display / experience tolerance in favorable or unfavorable situations alike.

*Sūkhi rahe saba jīva jagata ke koī kabhī na ghabarāve
Baira pāpa abhimāna coda jaga nitya naye maṅgala gāve
Ghara ghara carca rahe dharma ki dūṣkrata dūṣkara ho jāve
Jnāna caritra unnata kara apnā manūja janma fala saba pāve.* 9

May the happiness be the lot of all and nobody distress never bother anyone; May ever one experience auspicious feelings every day by giving up animosity, sins and pride/ego; May the discussions of religious exist in all households and the inauspicious events be destroyed; My every one realize the highest attainment of life by enhancing their wisdom and conduct.

*īti bhīti vyāpe nahi jaga meṁ vr̥ṣṭi samaya para hūā kare
Dhamaniṣṭha hokara rājā bhi nyāya prāja kā kiyā kare
Roga mari dūrbhikṣa na faile prajā śānti se jiyā kare
Param Ahiṁsā dharma jagata men faila sarvahita kiyā kare* 10

May distress and suffering no longer exist and may it rain on time; May the king be righteously inclined and do justice to all his subjects; May the diseases, epidemics and famine cease to spread and exist; May Ahiṁsā pervade the entire universe and bring benevolence to all'

*Faile prema parapara jaga meṁ moha dura para rahā kare
Apriya kaṭuka kaṭhora sabda nahi koi mūkha se kahā kare
Banakara saba yūga-vira hrdaya se deśonnati rata rahā kare
Vastu svarūpa vicāra khūṣi se saba dūkha saṅkaṭa sahā kare.* 11

May mutual love spread throughout the world and delusion stay at a distance from all; May no one use harsh, bitter and unpleasant words from their mouths; May everyone become the hero of his time and work for the progress of his country; May all understand the true nature of entities / substances and hence become tolerant of all sorts of pains inflicted.