



My Prayers



Jain Society Of Metropolitan Chicago

Ahimsa Paramo Dharma.

Love all and serve all.

Live and help others live.

When there is love, there is life.

Non-violence is the greatest religion.

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My Prayers

With English Transliteration, Meaning
and

A complete guide of how to do

Chaitya Vandan



Published By
Jain Society of Metropolitan Chicago
435 North Route 59, Bartlett, Illinois 60103

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Jai Jinendra.

We are very happy to present this book of prayers, Bhaktigeet and Chaitya-vandan.

Prayer is a mode of communication between devotees and the divine. It is a vehicle to approach the divine with unconditional devotion. Through prayer, we express our respect, gratitude and love for Tirthankars and Pancha Paramesthi. Tirthankars, upon attaining omniscience, devoted their lives to preaching and guiding others on the path towards liberation. Prayers remind us of their teachings and help keep us moving towards that ultimate goal.

Regular recitation of prayers and contemplation of their true meanings help us exercise control on our passions and thereby help us to purify our thoughts and actions. They are a constant reminder that leading our life on the path preached by Tirthankars is the true and the only path to liberation. The human mind naturally orients itself to ideas and emotions through regular repetition. The function of prayer, then, is to bring forth change from within and spiritually uplift our souls. Real prayers originate from within the heart. Recitation of prayers is soothing to heart may be recited by anyone at any time.

In this book, we have included our long established traditional Stutis, small easy-to-learn prayers, bhakti songs in Gujarati, Hindi, and English, various Ārati, Ashta Prakāri Puja and the Chaitya-vandan. We have included transliteration and meaning of all Stutis, Bhaktigeet, Arti and Ashta Prakāri Puja; and meaning of all Chaitya-vandan sutras. As the path to Moksha is threefold, this book offers all three paths--Bhakti- (Prayer), Jnān (meaning of each prayer) and Kriyā (Chaitya-vandan Vidhi).

This book was inspired by our Pāthashālā teachers and students and it is our hope that the students will learn, recite, and sing these prayers; many of which have been revered and recited by generations of holy men and women. We also hope that this book will be helpful to Pāthashālā teachers as well as parents to teach children and sing along with them.

We are very grateful to our dedicated Pāthashālā teachers and volunteers for their constant unconditional support, valuable suggestions and inspiration in compiling this Prayer Book.

If anything presented in this book is contrary to the teachings of the Tirthankar Bhagawān and Jina Ājñā, we ask for forgiveness. Michchhā Mi Dukkadam.

Darshana Shah

•

Dr. Pradip Shah

•

Dr. Mukesh Doshi

Education Secretary

चित्त प्रसन्ने रे पूजन फळ कहयुं रे....

Happiness of the mind is the real fruit of worship

- आनंदघनजी महाराज

प्राप्ता चेत्तव पदयो-भक्तिर्भगवन् ! तदान्यदाप्यं किम्?

तामंतरेण लब्धं, व्यर्थमिदं निखिलमपि भुवनम्

हे ભગવાન ! જો તમારા ચરણકમળની ભક્તિ મને મળી છે, તો આ સંસારમાં
બીજું મેળવવા જેવું છે શું? તે ભક્તિ વિના સંપૂર્ણ ભુવન પણ નિરર્થક છે.

Oh Bhagawän! When I get to worship your lotus feet, what else do I need in
this life? Without your worship / grace entire universe is futile.

- આર્યા પञ्चविंशतिका

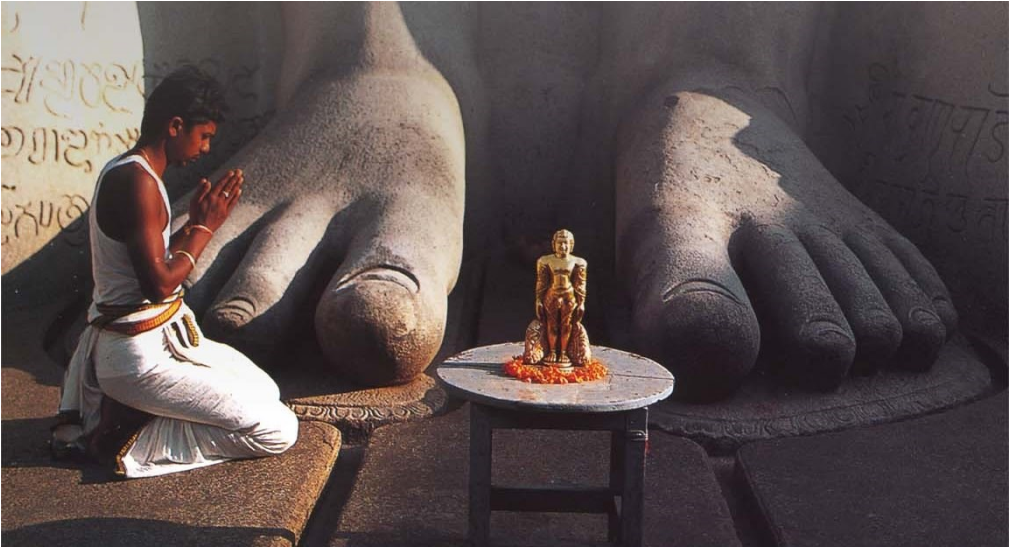


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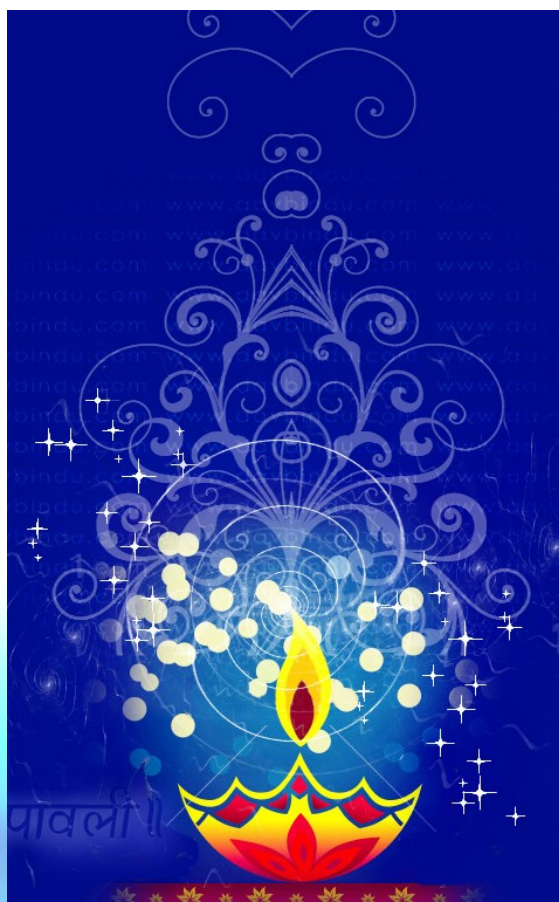
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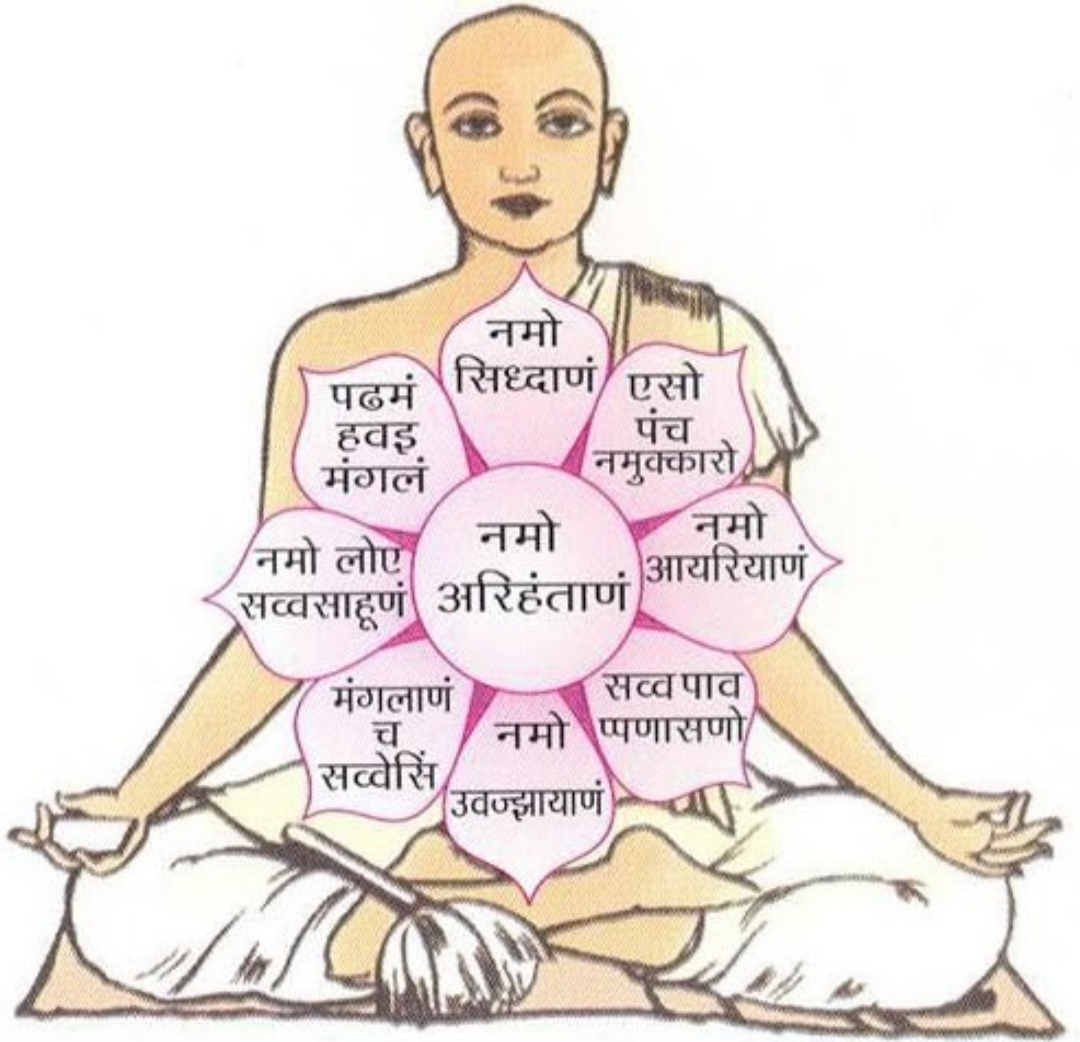




Mangalächaran

मंगलाचरण





1. Namaskära Mahämangal Sutra

नमस्कार महामंगल सूत्रः

नमो अरिहंताणं ।

नमो सिद्धाणं ।

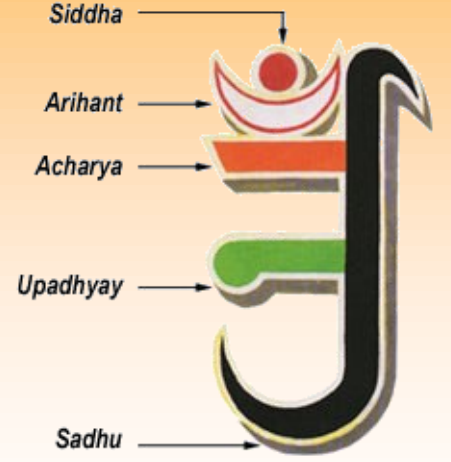
नमो आयरियाणं ।

नमो उवज्झायाणं ।

नमो लोए सव्वसाहूणं ।

एसो पंच नमुक्कारो, सव्वपावप्पणासणो ।

मंगलाणं च सव्वेसिं, पढमं हवइ मंगलं ॥



Namo Arihantānam.

Namo Siddhānam.

Namo Äyariyānam.

Namo Uvajjhāyānam.

Namo loe savva-Sāhunam.

Eso pancha-namukkāro, savva-pāva-ppanāsano;

Mangalānam cha savvesim, padhamam havai mangalam.

I bow down to Arihanta Bhagawān

I bow down to Siddha Bhagawān

I bow down to Ächārya Mahārāj

I bow down to Upādhyāy Mahārāj

I bow down to all Sādhu and Sādhvi Mahārāj

These five-fold obeisance is the destroyer of all sins

Among all auspicious entities, it is the first and the most auspicious.

2. Chattäri Mangalam Sutra - चत्तारि मंगलं सूत्रः

चत्तारि मंगलं, अरिहंता मंगलं,
सिद्धा मंगलं, साहू मंगलं,
केवलिपण्णत्तो धम्मो मंगलं । 1.

चत्तारि लोगुत्तमा, अरिहंता लोगुत्तमा,
सिद्धा लोगुत्तमा, साहू लोगुत्तमा,
केवलिपण्णत्तो धम्मो लोगुत्तमो । 2.

चत्तारि सरणं पवज्जामि, अरिहंते सरणं पवज्जामि,
सिद्धे सरणं पवज्जामि, साहू सरणं पवज्जामि,
केवलि पण्णत्तं धम्मं सरणं पवज्जामि ॥ 3.

Chattäri mangalam, Arihantä mangalam,
Siddhä mangalam, Sähu mangalam,
Kevali pannatto dhammo mangalam. 1.

Chattäri loguttamä, Arihantä loguttamä,
Siddhä loguttamä, Sähu loguttamä,
Kevali pannatto dhammo loguttamo. 2.

Chattäri saranam pavvajjāmi, Arihantä saranam pavvajjāmi,
Siddhä saranam pavvajjāmi, Sähu saranam pavvajjāmi,
Kevali pannatam dhammum saranam pavvajjāmi. 3.



There are four auspicious entities in the universe.

Arihantas are auspicious

Siddhas are auspicious.

Sādhus and Sādhvis are auspicious

The religion explained by the omniscient is auspicious.

There are four supreme entities in the universe.

Arihantas are supreme.

Siddhas are supreme.

Sādhus and Sādhvis are supreme.

The religion explained by the omniscient is supreme.

I take refuge in four entities of the universe.

I take refuge in Arihantas.

I take refuge in Siddhas.

I take refuge in Sādhus and Sādhvis.

I take refuge in the religion explained by the omniscient.

3. Darshanam Devadevasya - दर्शनं देवदेवस्य

दर्शनं देवदेवस्य, दर्शनं पापनाशनम्
दर्शनं स्वर्गं सोपानं, दर्शनं मोक्षसाधनम्

Darshanam deva-devasya, darshanam päpa-nāshanam
Darshanam svarga sopānam, darshanam Moksha-sādhanam

Even the heavenly gods bow down to Tirthankar Bhagawän. Sincere bowing down to Tirthankar Bhagawän destroys all sins. Bowing down to the idol of Tirthankar Bhagawän helps us attain heaven and also Moksha.



4. Jinebhaktir Jinebhaktir - जिनेभक्तिर् जिनेभक्तिर्

जिनेभक्तिर् जिनेभक्तिर्, जिनेभक्तिर् दिने दिने;
सदामेस्तु सदामेस्तु, सदामेस्तु भवे भवे.

Jinebhaktir jinebhaktir, jinebhakir dine dine;
Sadāmestu sadāmestu, sadāmestu bhava bhava.

It is my sincere desire to do Bhakti of Jineshvar Bhagawän and only of Jineshvar Bhagawän, every day in this life and in all my future lives.

5. Mangalam Bhagavāna Viro - मंगलं भगवान वीरो

मंगलं भगवान वीरो, मंगलं गौतम प्रभु
मंगलं स्थूलिभद्राद्या, जैन धर्मोस्तु मंगलं
मंगलं कुन्दकुंदाद्या, जैन धर्मोस्तु मंगलं

Mangalam Bhagavāna Viro, Mangalam Gautama Prabhu
Mangalam Sthūlibhadrādyā, Jaina dharmostu mangalam
Mangalam Kundakundādyā, Jaina dharmostu mangalam

Bhagawān Mahāvīr is auspicious, Ganadhar Gautam Swāmi is auspicious;
Āchārya Sthulibhadra is auspicious, Jain religion is auspicious.
Āchārya Kundakunda is auspicious, Jain religion is auspicious.

6. Omkār Bindu Sanyuktaṁ - ॐकार बिन्दु-संयुक्तं

ॐकार बिन्दु-संयुक्तं, नित्यं ध्यायन्ति योगिनः,
कामदं मोक्षदं चैव, ॐकाराय नमोनमः

Omkār bindu sanyuktaṁ, nityam dhāyayanti yoginh
Kāmdam mokshadam chaiv, Omkārāy namonamh.

An aspirant always meditates on Omkār that fulfills worldly desires and the
desire of Liberation. I bow down to the Omkār.

7. Ajnän Timirändhänäm - अज्ञान-तिमिरान्धानां

अज्ञान-तिमिरान्धानां, ज्ञानांजन-शलाकया;
नेत्रं उन्मिलितं येन, तस्मै श्री गुरुवे नमः

Ajnän-timi-rändhänäm, jñänajan shaläkyä;
Netram unmlitam yen, tasmai Shree Guruve namah

I bow down to the Guru, who has opened my eyes blinded by ignorance
through his wand of knowledge.



8. Anyathä Sharanam – अन्यथा शरणं

अन्यथा शरणं नास्ति, त्वमेव शरणं मम ।

तस्मात् कारुण्य भावेन, रक्ष रक्ष जिनेश्वर ॥

Anyathä sharanam nästi, tvamev sharanam mam;

Tasmät kärunya bhäven, raksh raksh Jineshvar.

O Vitaräga Paramätmä, I do not want to look anywhere for refuge, because I
have sought refuge in you. So, with your compassion, guide me in my spiritual
journey.

9. Arhanto Bhagavanta - अर्हन्तो भगवंत

अर्हन्तो भगवंत इन्द्रमहिताः, सिद्धाश्च सिद्धिस्थिता
 आचार्या जिनशासनोन्नतिकराः, पूज्या उपाध्यायकाः
 श्री सिद्धान्तसुपाठका मुनिवरा, रत्नत्रयाराधकाः
 पंचै ते परमेष्ठिनः प्रतिदिनम्, कुर्वतु वो मंगलम्

Arhanto Bhagavanta indramahitäh, Siddhāshcha siddhisthitā
 Ächäryä jina-shāsanonnatikaräh, pūjyā Upādhyāyakäh
 Shri siddhānta supāthakä Munivarä, ratnatrayä-radhakäh
 Panchai te Paramesthinah pratidinam, kurvantu vo mangalam

The Omniscients, who have been worshipped by heavenly gods; the liberated souls, who are Siddhas; the heads of the religious order, who reinforce the four-fold order established by the Jinas; the revered Upādhyäys, well versed in the scriptures; and the Saints, who are also the followers of the true path of liberation (three jewels); may all these five auspicious entities bestow blessings upon you every day.



10. Ädimam Prthivinatha – आदिमं पृथिवीनाथ

आदिमं पृथिवीनाथ-मादिमं निष्परिग्रहम्।
 आदिमं तीर्थनाथं च, ऋषभस्वामिनं स्तुमः॥

Ädimam prthivinatha-mädimam nisparigraham |
 Ädimam tirthanätham cha, Rsabhasväminam stumah ||

We pray Bhagawän Rishabhadev, who was the first king; who was the first to renounce all his possessions (everything); and who was the first Tirthankar.

11. Tubhyam Namastri - तुभ्यं नमस्त्रि

तुभ्यं नमस्त्रिभुवनार्तिहराय नाथ, तुभ्यं नमः क्षीतितलामलभूषणाय।
तुभ्यं नमस्त्रिजगतः परमेश्वराय, तुभ्यं नमो जिन भवोदधिशोषणाय।।

Tubhyam namastri-bhuvanārti-harāya nātha,
Tubhyam namah kshititalā-mala-bhūshanāya;
Tubhyam namastri-jagatah parameshvarāya,
Tubhyam namo jina bhavadadhi-shoshanāya.

Lord, I bow to you, the eradicator of misery of the three worlds; I bow to you, the adorable ornament on the face of the earth; I bow to you, the Lord of the three worlds; omniscient Lord; I bow to you, the destroyer of the sea of the life cycle.



12. Tikhutto Sutra - तिकखुत्तो सूत्र

तिकखुत्तो: आयाहीणं, पयाहीणं, करेमि, वंदामि, नमंसामि, सक्कारेमि, सम्माणेमि,
कल्लाणं, मंगलं, देवियायं, चेईयायं, पज्जुवा-सामि, मत्थएण वंदामि.

Tikhutto: āyāhinam, payāhinam, karemi, vandāmi,
namam-sāmi, sakkāremi, sammānemi;
kallānam, mangalam, deviyāyam, cheyiyāyam;
pajjuwā-sāmi, maththen vandāmi

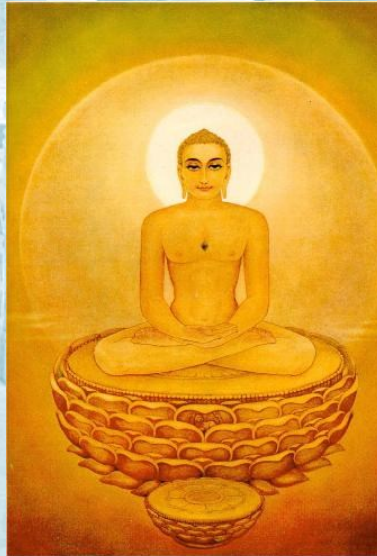
As I turn my hands clockwise three times; I worship, I bow, I respect, and I honor you. You are divine. You are the remover of obstacles. You are like a God. You are an ocean of knowledge. I serve you; I bow my head to my Guru

13. Virah Sarvasuräsurendra - वीरः सर्वसुरासुरेन्द्र

वीरः सर्वसुरासुरेन्द्र-महितो, वीरं बुधाः संश्रिताः
वीरेणाभिहतः स्वकर्म निचयो, वीराय नित्यं नमः।
वीरात् तीर्थमिदं प्रवृत्तमतुलं, वीरस्य घोरं तपो
वीरे श्री धृति कीर्ति कांति निचयः श्री वीर भद्रं दिशः॥

Virah sarva-suräsurendra-mahito, Viram budhäh samshritäh
Virenäbhihatah svakarma nichayo, Viräya nityam namah |
Virät tirthamidam pravrutttamatulam, Virasya ghoram tapo
Vire shri dhrti kirti kanti nichayah, Shri Vira Bhadram dishah ||

All heavenly gods as well as demons worship Lord Mahävir; the learned take refuge in Lord Mahävir; the aggregate of his own karmas has been uprooted by Lord Mahävir; I always bow to Lord Mahävir; this unparalleled Tirtha has been set up by Lord Mahävir; Lord Mahävir's austerities were intense; collections of enlightenment (Shri means wealth, here wealth of knowledge), patience, glory, and grace rest in Mahävir; Oh Lord Mahävir, show me the path to attain bliss.



14. Shivamastu - शिवमस्तु

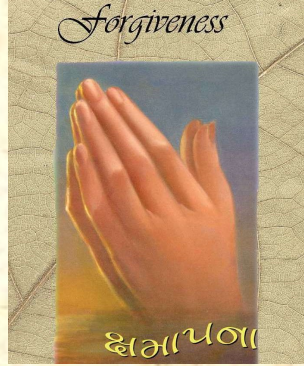
शिवमस्तु सर्वजगतः परहितनिरता भवन्तु भूतगणाः।

दोषाः प्रयांतु नाशं, सर्वत्र सुखीभवतु लोकः॥

Shivamastu sarvajagatah, parahitaniratā bhavantu bhūtaganāḥ |

Doshāḥ prayāntu nāsham, sarvatra sukhibhavatu lokah ||

May the entire universe attain bliss; may all beings be oriented to the welfare of others; let all miseries be eliminated; and may people be happy everywhere.



15. Khāmemi Savvajive - खामेमि सव्वजीवे

खामेमि सव्वजीवे, सव्वे जीवा खमंतु मे।

मिक्खी मे सव्व भूएसु, वेरम् मज्झं न केणइ॥

Khāmemi savvajive, savve jivā khamantu me |

Mitti me savva bhuesu, veram majjham na kenai ||

I forgive all living beings and ask for forgiveness from all living beings. All living beings are my friends and I have no animosity towards anybody. Worship of Jineshvar Bhagawān eradicates all adversities and obstacles, and helps us attain a blissful state.

16. Upasargäh – उपसर्गः

उपसर्गः क्षयं यान्ति, छिद्यन्ते विघ्नवल्लयः।

मनः प्रसन्नतामेति, पूज्यमाने जिनेश्वरे॥

Upasargäh ksayam yānti, chhidyaṇte vighna-vallayah |

Manah prasanna-tāmeti, pūjyamāne jineshvare ||

All the troubles disintegrate, the shackles of obstacles break, the mind achieves a blissful state wherever and whenever the Lord Jineshvars are worshipped.



17. Sarva Mangal - सर्व मंगल

सर्व मंगल मांगल्यम्, सर्व कल्याण कारणम् ।

प्रधानं सर्व धर्माणाम्, जैनं जयति शासनम् ॥

Sarva mangal mānglyam, sarva kalāyan kārnam

Pradhānam sarva dharmānām, Jainam Jayati Shāsanam

Jain Darshan and Jain way of life are most auspicious. They are the cause of ultimate bliss (Moksha). They are the best and the greatest amongst all religious philosophies.

Delwara Temple, Mount Abu, India



Stuti, Bhakti Geet

स्तुति, भक्तिगीत



18. Prabhu Darshan - પ્રભુ દર્શન

પ્રભુ દર્શન સુખ સંપદા, પ્રભુ દર્શન નવનિધ,
પ્રભુ દર્શનથી પામીએ, સકલ પદારથ સિદ્ધ.
ભાવે જિનવર પૂજીએ, ભાવે દીજે દાન,
ભાવે ભાવના ભાવીએ, ભાવે કેવલજ્ઞાન.

Prabhu darshan sukha sampadā, prabhu darshan nava-nidha
Prabhu darshanathi pämiye, sakal padārath siddha.
Bhāve Jinavar poojiye, bhāve dije dān,
Bhāve bhāvanā bhāviye, bhāve keval-jnān

Darshan of Tirthankar Bhagawān with utmost faith is the cause of health, wealth, happiness and success. We should do Darshan of Jineshvar Bhagawān with devotion and donate wholeheartedly. Moreover, we should have a sincere desire to attain Keval-Jnān leading to Moksha

19. Anguthe Amrut - અંગુઠે અમૃત વસે

અંગુઠે અમૃત વસે, લબ્ધિ તણા ભંડાર;
શ્રી ગુરુ ગૌતમ સમરીએ, વાંછિત ફલ દાતાર.

Anguthe amrut vase, labdhi tanā bhandār,
Shree Guru Gautam samariye, vānchhit fal dātār.

O Guru Gautam Swami, you are endowed with divine knowledge. One can learn the divine knowledge by doing Puja of your great toe. Thus, one can attain the ultimate (Moksha) by sincerely praying Guru Gautam Swami.

20. Namaskär Samo Mantra - નમસ્કાર સમો મંત્ર

નમસ્કાર સમો મંત્ર, શત્રુંજય સમો ગિરિ;
વીતરાગ સમો દેવ, ન ભૂતો ન ભવિષ્યતિ.

Namaskär samo mantra, Shatrunjay samo giri;
Vitaräga samo dev, na bhuto na bhavishyati.

There have never been nor there ever be mantra like Navakär, mountain like Shatrunjay and God like Jineshvar Bhagawän.

21. Dekhi Moorti - દેખી મુર્તિ

દેખી મુર્તિ શ્રી પાર્શ્વ જિનની, નેત્ર મારાં કરે છે,
ને હૈયું મારું ફરી ફરી પ્રભુ, ધ્યાન તારું ધરે છે;
આત્મા મારો પ્રભુ તુજ કને, આવવા ઉલ્લસે છે,
આપો એવું બળ હૃદયમાં, માહરી આશ એ છે.

Dekhi moorti Shri Pärshva Jinani, netra märä thare chhe,
Ne haiyu märu fari fari Prabhu, dhyän täru dhare chhe.
Ätmä märo prabhu tuj kane, ävavä ullase chhe,
Äpo evu bal hridayamä, mähari äsh e chhe.

O Pärshvanäth Bhagawän! Your darshan brings divine tranquility, so I constantly meditate upon you. My heart is always anxious to be with you. O Bhagawän, it is my sincere desire to be with you. Please give me strength.

22. Chhe Pratimä - છે પ્રતિમા

છે પ્રતિમા મનોહારિણી દુઃખહરી, શ્રી વીરજિણંદની,
ભક્તોને છે સર્વદા સુખકરી, જાણે ખીલી ચાંદની;
આ પ્રતિમાના ગુણ ભાવ ધરીને, જે માણસો ગાય છે,
પામી સઘળાં સુખ તે જગતમાં, મુક્તિ ભણી જાય છે.

Chhe pratimä manohärini dukhahari, Shri Vir Jinandani,
Bhaktone chhe sarvadä sukhakari, jāne khili chändani;
Ä pratimänä guna bhäv dharine je mänaso gäya chhe,
Pämi saghalä sukha te jagatämä, mukti bhani jäya chhe.

O Mahävir Swami Bhagawän, darshan of your beautiful idol removes all the unhappiness of the devotee and always causes tranquility just like the soothing light of a moon on a full-moon day. Whoever prays to your Pratimä with faith and sincerity, becomes happy and ultimately attains Moksha.



23. Je Drashti - જે દ્રષ્ટિ

જે દ્રષ્ટિ પ્રભુ દર્શન કરે, તે દ્રષ્ટિને પણ ધન્ય છે;
જે જીભ જિનવરને સ્તવે, તે જીભને પણ ધન્ય છે.
પીયે મુઘા વાણી સુધા, તે કર્ણયુગલને ધન્ય છે,
તુજ નામમંત્ર સ્મરણ કરે, તે હૃદયને પણ ધન્ય છે.

Je drashti Prabhu darshan kare, te drashtine pan dhanya chhe,
Je jibha Jinavarane stave, te jibhane pan dhanya chhe;
Piye mudhā vāni sudhā, te karna yugalane dhanya chhe,
Tuj nām mantra smaran kare, te hridayane pan dhanya chhe.

The one, who is fortunate to do Darshan of Jineshvar Bhagawān, his eyes are truly blessed. The one, who is fortunate to sing Stavans in praise of Jineshvar Bhagawān, his speech is truly blessed. The one, who is fortunate to listen to the teachings of Jineshvar Bhagawān, his ears are truly blessed. The one who is fortunate to meditate upon Jineshvar Bhagawān, his heart is truly blessed.





24. Prabhuji Mäharä - પ્રભુજી માહરા

પ્રભુજી માહરા પ્રેમથી નમું, મૂર્તિ તાહરી જોઇને સ્તવું;
અરર ઓ પ્રભુ! પાપ મેં કર્યાં, શું થશે હવે માહરી દશા;
માટે ઓ પ્રભુ! તમને વિનવું, ઉગારજો હવે પ્રભુજી ને સ્તવું;
દિનાનાથજી દુઃખ કાપજો, ભવિક જીવને સુખ આપજો;
આદિનાથજી સ્વામી માહરા, ગુણ ગાઉં છું નિત્ય તાહરા;
શરણ એક છે નાથ તાહરું, જિનપતિ તને વંદના કરું

Prabhuji Mäharä, premthi namu, Murti tähari joi ne stavu;
Aarar O Prabhu! päp me karyä, Su thashe have mähari dashä;
Mäte O Prabhu! tamne vinavu, Ugärajo have Prabhuji ne stavu;
Dinänäthaji, dukh käpajo, Bhavik jivane sukh äpajo;
Ädinäthaji Swämi mäharä, Guna gävu chhu nitya täharä
Sharan ek chhe näth täharu, Jinpati tane vandanä karu.

Oh Bhagawän, I bow down to you with utmost love and devotion and I sing Stavan in your praise with utmost sincerity. I pray to you to please, help me out of miseries and guide me to the path of true happiness. My dear Ädishvar Bhagawän, You are my savior. I always sing Stavan in your praise and bow down to you with reverence.

25. Dayä Sindhu - દયાસિંધુ

દયાસિંધુ,દયાસિંધુ, દયા કરજે દયા કરજે,
મને આ જંજીરોમાંથી, હવે જલ્દી છૂટો કરજે;
નથી આ તાપ સહેવાતો, ભભૂકી કર્મની જ્વાળા,
વરસાવી પ્રેમની ધારા, હૃદયની આગ બુઝવજે.

Dayä sindhu, Daya sindhu, Dayä karje dayä karje,
Mane ä janjiromänthi, Have jaldi chhuto karje;
Nathi ä täp saheväto, Bhabhuki karmani jwälä,
Varsävi premani dhärä, Hridayani äag buzavje.

O Merciful Jineshvar Bhagawän, please guide me on the path of Moksha. I am tired of sufferings, caused by my past karma. Please shower your compassion on me and fulfill my desire to attain Moksha.

26. Saras Shänti - સરસ શાંતિ

સરસ શાંતિ સુધારસ સાગરં, શુચિતરં ગુણરત્ન મહાગરં
ભવિક પંકજ બોધ દિવાકરં, પ્રતિદિનં પ્રણમામિ જિનેશ્વરં

Saras shänti sudhāras sāgaram; Shuchi-taram guna ratna-mahāgaram,
Bhavik pankaj bodh divākaram; Pratidinam pranamāmi Jineshwaram.

O Jineshvar Bhagawän I always bow down to you.

You are the ocean of peace and tranquility, which is like the nectar

You have perfected life by imbibing all the virtues which are like precious jewels. Just as a lotus flower resides in a pond, You reside within the hearts of devotees by giving them divine knowledge

27. He Nāth Mārā - હે નાથ મારા

હે નાથ! મારા નયનમાં મૈત્રી તણા દીવા બળે,
હે નાથ! મારા વદન પર મુદિતા સદાયે સાંપડે,
હે નાથ! મારા હૃદયમાં કરુણા તણા અમૃત વહે,
હે નાથ! મારા જીવનમાં, માધ્યસ્થના ભાવો રહે.

He Nāth! mārā nayanmā maitri tanā deevā bale,
He Nāth! mārā vadan par muditā sadāye sānpade,
He Nāth! mārā hridayamā karunā tanā amruta vahā,
He Nāth! mārā jivanmā mādhyasthanā bhāvo rahe.

O Bhagawān! May the lamps of friendship always kindle within me,
O Bhagawān! May the happiness and success of others bring joy to me,
O Bhagawān! May the nectar of compassion flow from my heart,
O Bhagawān! May there be equanimity in my life all the time.

28. Arihanta Namō - અરિહંત નમો

અરિહંત નમો વળી સિદ્ધ નમો, આચારજ વાચક સાહુ નમો;
દર્શન જ્ઞાન ચારિત્ર નમો, તપ એ સિદ્ધચક્ર સદા પ્રણમો.

Arihanta namo vali Siddha namo, Ächāraj Vāchaka Sāhu namo;
Darshan, jñān chāritra namo, tapa e Siddhachakra sadā pranamo.

In Siddhachakra, Arihanta, Siddha, Ächārya, Upādhyāy, Sādhu, right faith, right knowledge, right conduct and right austerity are the nine supreme entities arranged in circular manner. Worshipping them is a path to Moksha.

29. Dädä Täre Mukha Mudra - દાદા તારી મુખમુદ્રા

દાદા તારી મુખમુદ્રાને અમીય નજરે નિહાળી રહ્યો,
ત્હારા નયનોમાંથી ઝરતું દિવ્ય તેજ હું માણી રહ્યો.
ક્ષણભર આ સંસારની માયા ત્હારી ભક્તિમાં ભૂલી ગયો
તુજ મૂર્તિમાં મસ્ત બનીને આત્મિક આનંદ માણી રહ્યો.

Dädä täri mukha mudrä ne amiya najare nihäli rahyo,
Tärä nayano mänthi zaratu divya tej hu zilli rahyo;
Kshanabhar ä sansar ni mäyä täri bhakti mä bhuli gayo,
Tuj moorti mä mast banine ätmik änanand mäni rahyo.

O Jineshvar Bhagawän, I am not able to move my eyes off your beautiful idol. I can experience the love and compassion flowing through your eyes. This divine moment when I am doing your Bhakti makes me forget the material world and helps me experience the true divine inner happiness.



30. Antarnä Ek - અંતરના એક

અંતરના એક કોડિયામાં દીપ બળે છે આંખો,
જીવનના જ્યોતિર્ધર એને નિશદિન જલતો રાખો;
ઊંચે ઊંચે ઉડવા કાજે પ્રાણ ચાહે છે પાંખો,
તમને ઓળખું નાથ નિરંજન એવી આપો આંખો.

Antarnä ek kodiyaṁā deep bale chhe zānkho,
Jivananā jyotirdhar ene, nishdin jalato rākho;
Unche unche udavā kāje, prān chāhe chhe pānkho,
Tamne olkhu nāth! Niranjan evi āpo ānkho.

O Bhagawān! I continuously and sincerely desire to follow your teachings and attain Keval-Jnān. O Bhagawān! Please bless me, so that I have righteous vision to know you and strive to be like you. Please help me in my journey towards Moksha.

31. Bhavo Bhav Tum - ભવો ભવ તુમ

ભવો ભવ તુમ ચરણોની સેવા, હું તો માંગુ છું દેવાધિદેવા;
સામું જુઓને સેવક જાણી, એવી ઉદયરત્નની વાણી.

Bhavo bhav tum charano ni sevā, hu to māngu chhu devādhi devā
Sāmu juone sevak jāni, evi Udayratnani vāni

Āchārya Udayratna says, O Jineshvar Bhagawān, please grant my wish to be at your service forever.

32. Prabhuji Mein Tuj - પ્રભુજી મેં તુજ

પ્રભુજી મેં તુજ પાલવ પકડ્યો, હવે કદી ના છોડું,
ત્હારા દર્શન કરવા કાજે, નિત્ય સવારે દોડું;
દર્શન દર્શન કરતો પ્રભુજી, આવ્યો ત્હારે દ્વારે,
પાર્શ્વ પ્રભુનું મુખડું જોતાં, આનંદ અતિ ઉભરાયે.

Prabhuji mein tuj pälav pakadyo, have kadi nä chodu,
Tärä darshan karvä käje, nitya saväre dodu;
Darshan darshan karto prabhuji, ävyo täre dwäre,
Parshwa Prabhunu mukhadu jotä, änand ati ubharäye

O Jineshvar Bhagawän, I am very blessed that I have taken refuge
in You. I do Your Darshan very eagerly every morning. O Pärshvanäth
Bhagawän! Your darshan fills my heart with immense joy and happiness.



33. Ävyo Sharane - આવ્યો શરણે

આવ્યો શરણે તમારા જિનવર કરજો, આશ પૂરી અમારી,
નાવ્યો ભવપાર મ્હારો તુમ વિણ જગમાં,સાર લે કોણ મારી;
ગાયો જિનરાજ આજે હરખ અધિકથી, પરમ આનંદકારી,
પાયો તુમ દર્શ નાશે ભવભવ ભ્રમણા, નાથ સર્વે અમારી.

Ävyo sharane tamärä, Jinavar, karjo, äsh puri amäri,
Nävyo bhavapär mhäro, tum vin jagamä, sär le kon märi,
Gäyo Jinräj äje harakh adhikathi, param änadakäri,
Päyo tum darsh näshe bhav bhav bhramanä, näth sarve amäri.

O Jineshvar Bhagawän, I have taken refuge in you. Please fulfill my desire to attain Moksha. How can I end the never-ending cycles of birth and death, if you do not help me?

O Jineshvar Bhagawän, I am very happily singing Stavans in your praise, as it brings the ultimate happiness. I am confident that by doing Your darshan and by following Your teaching, I shall end the endless cycles of birth and death and attain Moksha.



34. Asatyo Mähe - અસત્યો માંહે

અસત્યો માંહેથી પ્રભુ પરમ સત્યે તું લઈ જા;
ઊંડા અંધારેથી પ્રભુ પરમ તેજે તું લઈ જા;
મહામૃત્યુમાંથી અમૃત સમીપે નાથ લઈ જા;
તું હીણો હું છું તો, તુજ દરશના દાન દઈ જા.

Asatyo mähe thi prabhu param satye tu laee jä
Undä andhäre thi prabhu param teje tu laee jä
Mahä mrutyu mäthi, amrut samipe näth laee jä
Tu heeno hu chhu to, tuj darshanä dän daee jä

O Paramätmä, please guide me to the divine truth from a deceitful life.
Please lead me from the darkness of ignorance to the divine light of
knowledge.

O Paramätmä, please help me attain liberation from the endless cycles of birth
and death.

O Paramätmä, please oblige your devotee, by being within my heart and mind.

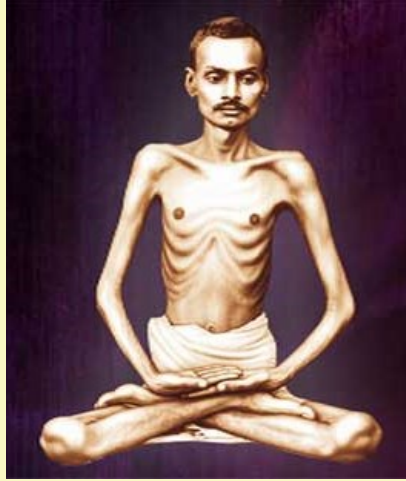


35. Je Swaroop Samajya Vina - જે સ્વરૂપ સમજ્યા વિના

જે સ્વરૂપ સમજ્યા વિના, પામ્યો દુઃખ અનંત;
સમજ્યાવ્યું તે પદ નમું, શ્રી સદ્ગુરુ ભગવંત.

Je swaroop samajyā vinā, pāmyo dukha anant;
Ssamajāvyu te pad namu, Shri Sadguru Bhagavant.

I have suffered infinite miseries because I failed to understand the true nature of the soul. I bow down to the feet of Holy Guru Mahārāj, who has explained the true nature of the soul.



36. Deh Chhatā Jeni Dashā - દેહ છતાં જેની દશા

દેહ છતાં જેની દશા, વર્તે દેહાતીત;
તે જ્ઞાનીના ચરણમાં, વંદન હો અગણિત.

Deh chhatā jeni dashā, varte dehātīt;
Te gnāninā charanmā, ho vandan aganit.

I bow to the feet of the Holy Guru Mahārāj countless number of times. His soul, though it resides within a human body, it is totally free of any attachment to the body and other worldly relations.

37. He Prabhu - હે પ્રભુ

હે પ્રભુ આનંદદાતા, જ્ઞાન હમકો દીજિયે,
શીઘ્ર સારે દુર્ગુણોકો, દૂર હમસે કીજિયે,
લીજિયે હમકો શરણમેં, હમ સદાચારી બને,
શાંતિચાહક, ધર્મરક્ષક, વીર વ્રતધારી બને.

He prabhu ānanda-dātā, jñān hamko dijiye,
Shighra sāre durgunoko, dur hamase kijiye
Lijiye hamako sharaname, ham sadāchāri bane,
Shānti chāhak, dharm rakshak, Vir vratadhāri bane.

O Bhagawān! Please bestow upon me true happiness by giving me true knowledge, so that I can eliminate wrong doings. Please take me in your refuge, so that I can lead a moral and ethical life and I be a peace loving person, who can propagate your teachings and exercise restrain on passions.





38. Shri Shrutadevi Saraswati - श्री श्रुतदेवी सरस्वती

श्री श्रुतदेवी सरस्वती भगवती, हमको वर देना,
जीवनकी बांसुरीमें देवी, श्रद्धा स्वर भर देना
सम्यग् ज्ञानका दीप जलाकर, मनका तिमिर हटाना
ना भूले ना भटके माता, ऐसी राह बताना

Shri Shrutadevi Saraswati, Bhagavati, humko var denä,
Jivan ki bānsuri-mai devi, shraddhä swara bhar denä.
Samyag-jñān-kā dip jalākar manakā timir hatānā,
Nā bhule nā bhatake mātā, aisi rāha batānā.

O Goddess Saraswati! Bestow upon us your blessings. Please help us gain utmost faith (towards the teachings of Tirthankar Bhagawān), just like putting the sweet and soothing sound in a flute. May you kindle the light of true knowledge and thereby remove ignorance from our minds. O Saraswati Mata! Pleases show us the right path of life, so we may never wander aimlessly and never lose sight of our righteous goal.

39. Om Mangalam - ॐ मंगलम्

ॐ मंगलम् ॐकार मंगलम्
आदि मंगलम् आदिनाथ मंगलम्
ॐ मंगलम् ॐकार मंगलम्
शांति मंगलम् शांतिनाथ मंगलम्
ॐ मंगलम् ॐकार मंगलम्
पार्श्व मंगलम् पार्श्वनाथ मंगलम्
ॐ मंगलम् ॐकार मंगलम्
वीर मंगलम् महावीर मंगलम्
ॐ मंगलम् ॐकार मंगलम्
गुरु मंगलम् गुरुदेव मंगलम्
ॐ मंगलम् ॐकार मंगलम्
धर्म मंगलम् जैन धर्म मंगलम्

Om Mangalam Omkär mangalam
Ädi Manglam, Ädinäth mangalam
Om Mangalam Omkär mangalam
Shänti Manglam, Shäntinäth mangalam
Om Mangalam Omkär mangalam
Pärshva Manglam, Pärshvanäth mangalam
Om Mangalam Omkär mangalam
Vira Manglam, Mahävir mangalam
Om Mangalam Omkär mangalam
Guru Manglam, Gurudev mangalam
Om Mangalam Omkär mangalam
Dharma Manglam, Jain Dharma mangalam

40. I'm A Young Jain Shrāvak

(Rhyme: I'm a little teapot)

I'm a young Jain Shrāvak, here me shout,
Go to Pāthashālā, learn what Jain's about,
Prayers and meditation help me out,
I'm a Jain Shrāvak and there's no doubt!



41. Come, Come, Come Jineshvarā

Come, come, come Jineshwarā,
Give me Darshan Simandharā.

Always I do Sevā Pujā,
Love I my Shāsandevā
We all go to Palitanā,
There is Dādā Adishwarā,

Oh God ! Oh God ! Dayāludevā.

42. Want You Children Moksha Meva

A, B, C, D, E, F, G, Ädishwara albeläji

H, I, J, K, L, M, N, Prabhu darshan kä karlo nem

O, P, Q, R, S, T, U, Bhakti kä, karlo nem

U, V, W, X, Y, Z, Sab mil bolo Jai Jai Jai

A, B, C, D, E, F, G, Pälitänämä Ädishwaraji

Palitanani Dholi Dhaja, Navänu karväni kevi majä

H, I, J, K, L, M, N, Girnärmä Räjul Nem

Räjul Nemne atoot prem, Have nä malse evä Rajul Nem

O, P, Q, R, S, T, U, Pävapurimä Mahävir Prabhu

Päväpurini dholi dhajä, Diwäli karväni kevi majä

V, W, X, Y, Z, Jain Dharma par mane chhe preet

Chäre dishämä teni farke dhajä, Bhävnä karväni kevi majä

Yäträ karväni kevi majä, Snätra bhanävaväni kevi majä

I bow down to beautiful idol of Ädishvar Bhagawän.

Please take a vow to do darshan of Jineshvar Bhagawän every day.

Dhvajä on the main temple in Palitana is white. I will be delighted to do Darshan of Ädishvar Bhagawän in Palitana 99 times.

Girnar is famous for Tirthankar Bhagawän Neminäth and his disciple Räjul, who was the first Sädhvi of Neminäth Bhagawän.

Päväpuri is the Nirvana place of Mahävir Swami Bhagawän. The Mahävir Swami Temple of Päväpuri looks beautiful with White Dhvajä. It is a great joy to celebrate Diwali (Mahävir Swami's nirvana day) in Päväpuri.

I love Jain Dharma. It brings a great happiness to sing devotional songs, to do pilgrimage and to do Snätra Puja.

43. Prabhu Täru Geet પ્રભુ તારું ગીત

પ્રભુ તારું ગીત મારે ગાવું છે,
પ્રેમનું અમૃત પીવું છે..... પ્રભુ તારું ગીત

આવે જીવનમાં તડકા ને છાયા, માગું હે પ્રભુ! તારી માયા,
ભક્તિના રસમાં ન્હાવું છે..... પ્રભુ તારું ગીત

ભવસાગરમાં નૈયા ઝુકાવી, ત્યાં તો અચાનક આંધી ચઢી આવી ,
સામે કિનારે મારે જાવું છે..... પ્રભુ તારું ગીત

તું વીતરાગી હું અનુરાગી, તારા ભજનની રટ મને લાગી,
પ્રભુ તારા જેવું મારે થાવું છે..... પ્રભુ તારું ગીત

Prabhu täru geet märe gävu chhe,
Premnu amrut pivu chhe....Prabhu....

Äve jivanmä tadakä ne chhäyä,
Mängu he prabhu! täri mäyä,
Bhaktinä rasmä nhävu chhe....Prabhu....

Bhava sägarmä naiyä jhukävi,
Tyä to achänak ändhi chadi ävi,
Säme kinäre märe jävu chhe....Prabhu....

Tu vitarägi hu anurägi,
Tärä bhajanani rut mane lägi,
Prabhu tärä jevu märe thävu chhe....Prabhu....

Prabhu Tāru Geet - ਪ੍ਰਭੂ ਟਾਰੂ ਗੀਤ

O Bhagawān, I want to sing stavan in your praise,
I want to enjoy the nectar of your love.

Regardless of rain or shine,
I only desire your love,
I want to be engrossed in my devotion to you,

I have launched my boat in the ocean of endless cycles of birth and death,
Even in this stormy ocean,
I have to get to the opposite shore,

You have no attachment; and I am full of attachments,
But now I have become your devotee,
Because I want to become like you.



44. Maitri Bhāvanu - મૈત્રી ભાવનું

મૈત્રી ભાવનું પવિત્ર ઝરણું, મુજ હૈયામાં વહ્યા કરે,
શુભ થાઓ આ સકલ વિશ્વનું, એવી ભાવના નિત્ય રહે...1

ગુણથી ભરેલા ગુણીજન દેખી, હૈયું મારું નૃત્ય કરે,
એ સંતોના ચરણ કમલમાં, મુજ જીવનનું અર્ધ્ય રહે...2

દીન, કુર ને ધર્મ વિહોણા, દેખી દિલમાં દર્દ રહે,
કરુણા ભીની આંખોમાંથી અશ્રુનો શુભ સ્રોત વહે...3

માર્ગ ભૂલેલા જીવન પથિકને માર્ગ ચીંધવા ઉભો રહું,
કરે ઉપેક્ષા એ મારગની તો યે સમતા ચિત્ત ધરું...4

ચિત્રભાનુની ધર્મ ભાવના, હૈયે સહુ માનવ લાવે,
વેર ઝેરના પાપ તજીને મંગલ ગીતો એ ગાવે...5

Maitri bhāvanu pavitra jharanu, muj haiyā mā vahyā kare,
Shubha thāo ā sakal vishava nu, evi bhāvanā nitya rahe.....1

Guna thi bharelā gunijana dekhi, haiyu māru nrutya kare,
E santo nā charan kamal mā, muj jivan nu ardhyā rahe.....2

Din krur ne dharma vionā, dekhi dil mā dard rahe,
Karunā bhini ānkho māthi, ashruno shubh shrot vahe.....3

Mārg bhulela jivan pathik ne, mārg chindhavā ubho rahu,
Kare upekshā e marag ni, to ye samatā chitt dharu.....4

Chitrbhānu ni dharma bhāvanā, haiye sau mānav läve,
Ver jher nā pāp tajine, mangal geeto e gāve.....5

Maitri Bhāvanu - मैत्री भावनुं

May the sacred stream of amity flow forever from my heart
May the universe prosper, this is my cherished desire.....1

May my heart sing in ecstasy at the sight of the virtuous
May my life be an offering at their feet.....2

May my heart bleed at the sight of the wretched, cruel and the poor
May tears of compassion flow from my eyes.....3

May I always be there to guide those who are lost in life.
May I always be patient and compassionate, even if they ignore me.....4

Shree Chitrabhanuji wishes that this divine spirit of compassion be in hearts of
all human kind. Let us forget all animosity, forgive others and sing together the
immortal song of brotherhood.....5



45. Shatrunjay No Dungar - શત્રુંજયનો ડુંગર

શત્રુંજયનો ડુંગર ચઢતાં, બોલો નમો અરિહંતાણં...
તળેટીના દર્શન કરતાં, બોલો નમો સિધ્ધાણં.....
સમવસરણના દર્શન કરતાં, બોલો નમો આચરિયાણં....
આગમ મંદિર દર્શન કરતાં, બોલો નમો ઉવજ્જાયાણં....
ગુરુજીને વંદન કરતાં, બોલો નમો લોચે સવ્વસાહુણં....
ડુંગર ચઢતાં જૈનો બોલે, એસો પંચ નમુક્કારો.....
નવકાર બોલતાં કર્મ ખપાવો, સવ્વ પાવખ્પણાસણો....
નવટુંકજીના દર્શન કરતાં, મંગલાણં ચ સવ્વેસિં....
આદિશ્વરદાદાનું મુખડું જોતાં, પદમં હવઇ મંગલં.....
પાઠશાલાના બાળકો બોલે, જૈનમ્ જયતિ શાસનમ્

Sahtrunjay no dungar chadatä, bolo Namō Arihantānam
Taletinā darshan karatä, bolo Namō Sidhdhānam
Samavasaran nä darshan karatä, bolo Namō Äyariyānam
Ägam mandir darshan karatä, bolo Namō Uvazyānam
Gurujine vandan karatä, bolo Namō Loa Savva Sāhunam
Dungar Chadatä Jaino bole, Eso Panch Namukkāro
Navakär bolatä karma khapävo, Savva Pāvappanāsano
Navatukajinä darshan karatä, Mangalānam cha savvesim
Ädishvara dādānu mukhadu jotä, Padhamam havai mangalam
Päthashälänä Bälako bole, Jainam Jayati Shāsanam

Shatrunjay No Dungar

Recite, Namō Arihantānam, during Yātrā of Mount Shatrunjay

Recite, Namō Siddhānam, at the of foothills Mount Shatrunjay

Recite, Namō Āyariyānam, while doing Darshan of Samavasaran Temple

Recite, Namō uvajjhāyānam, while doing Darshan of Āgam Temple

Recite, Namō Loe Savva-Sāhunam while bowing down to Sādhu Mahārāj and
Sādhvi Mahārāj

Recite, Eso Pancha-Namukkāro, while doing Yātrā of Mt. Shatrunjay

Recite, Savva-Pāva-ppanāsano, as reciting Navakār Mantra can eradicate Karma

Recite, Mangalānam Cha Savvesim, during Yātrā of Nav Tunk

Recite, Padhamam Havai Mangalam, while doing darshan of Ādishvar Dādā

Chicago Pāthashālā kids recite, Jainam Jayati Shāsanam



46. Beauty without Cruelty

Beauty without cruelty

That's the way our life should be (2)

Beauty without cruelty

Our products should be animal free (2)

It' so sad, it's so cruel

When we kill the poor animal (2)

The silkworm for silk, the cow for leather,

The whale for soap and lipstick,

Deer for perfume, elephant for ivory,

What use is such jewelry?

Come on everyone, let's make this world

A better place for you and me (3)

Just be aware, animals you spare

By using other substitute,

Love one love all, is all you have to do,

Says our Mahāvir Prabhu...



B
E
A
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T
Y



WITHOUT CRUELTY

47. Oh Mahävir Prabhu

Oh Mahävir Prabhu! Oh divine!

Forever I shall love you! (2)

You are my joy and my sunshine (2)

Oh my compassionate Prabhu! (2)

Chandkaushik showed anger and bit you so hard

You showed only love with all your heart (2)

That is the power of your meditation (2)

Oh what a divine connection..... Oh Mahävir Prabhu!

You gave Chandanbälä your divine grace (2)

She walked on the path of forgiveness (2)

You grant me a drop from your ocean of love (2)

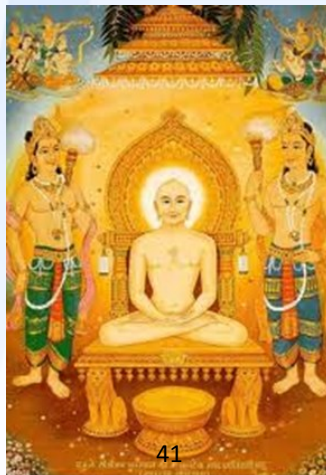
I want to rise above..... Oh Mahävir Prabhu!

Oh Vir Prabhu! You are a true friend of mine (2)

You taught me to love and always be kind (2)

I wish to love the world just like you did (2)

Oh divine I believe (2)..... Oh Mahävir Prabhu!



48. Seven Tattvas

(Rhyme: Itsy Bitsy Spider)

The itsy bitsy karmas around me all about,
Bind to my Soul and bring the passions out,
Stop flowing in and their effect will wane,
And itsy bitsy karmas will not come back again.

When itsy bitsy karmas they slowly shed away
Qualities of Soul will come out and display
Not harming living beings will bring peace and joy,
As I travel through this life only karmas to destroy.

The itsy bitsy karmas around me all about,
Bind to my Soul and bring the Kashāyas out,
Stop flowing in and their effect will wane,
And my pure Soul wouldn't come back into Samsāra life again.



49. Mahāvir Bolo Bolo, Mahāvir Bolo

મહાવીર બોલો બોલો, મહાવીર બોલો,
મહાવીર બોલો તમે, ગૌતમ બોલો,
જૈન શાસનની જય જય બોલો... મહાવીર બોલો...
કરુણા સાગર પ્રભુ મહાવીર બોલો,
દિન દયાલ પ્રભુ મહાવીર બોલો,
જય જય બોલો તમે જય જય બોલમહાવીર બોલો..
પ્રેમસે બોલો બોલો, મહાવીર બોલો,
સૌ સાથ બોલો બોલો મહાવીર બોલો
કર્મને તોડો, બોલો મહાવીર બોલો.. મહાવીર બોલો...

Mahāvir bolo bolo, Mahāvir bolo,
Mahāvir bolo tame, Gautama bolo,
Jain shāsan ni, jay jay bolo... Mahāvir bolo...

Karunā sāgar Prabhu Mahāvir bolo,
Din dayāl Prabhu, Mahāvir bolo,
Jay jay bolo tame, jay jay bolo...Mahāvir bolo

Premse bolo bolo, Mahāvir bolo,
Sau sāth bolo bolo, Mahāvir bolo,
Karma ne todo, bolo Mahāvir bolo... Mahāvir bolo

50. Mummy Meri Pyari Hai - मम्मी मेरी प्यारी है

मम्मी मेरी प्यारी है, खुशीयोंकी फुलवारी है,

मम्मी से नहीं रूठेंगे, सुबह जल्दी उठेंगे,

सुबह मंदिर जायेंगे, प्रभु को शिश झुकायेंगे,

प्रार्थना रोज गायेंगे, धीरे से घंट बजायेंगे,

पाठशाला रोज जायेंगे, गुरुजी हमें सिखायेंगे,

अच्छी अच्छी बातें हसते गाते, हमको बहुत पढ़ना है,

जल्दी आगे बढ़ना है, ना किसीसे लड़ना है,

ना किसीसे झगड़ना है

Mummy meri pyäri hai, khushioki fulwäri hai

Mummy se nahi ruthenge, Subah jaldi Uthenge

Subah mandir jäyenge, prabhuko shish zukäyenge

Prarthanä roj gayenge, dhirese ghanat bajäyenge

Päthashälä roj jäyenge, Guruji hame sikhäyenge

Achhi achhi bäte haste gäte, hamko bahut padhanä hey

Jaldi äge badhanä hai, nä kisise ladanä hai

Nä kisise zagadanä hai

Mummy Meri Pyari Hai - मम्मी मेरी प्यारी है

I love my mom. She brings great joy and happiness. I will never get mad at my mom.

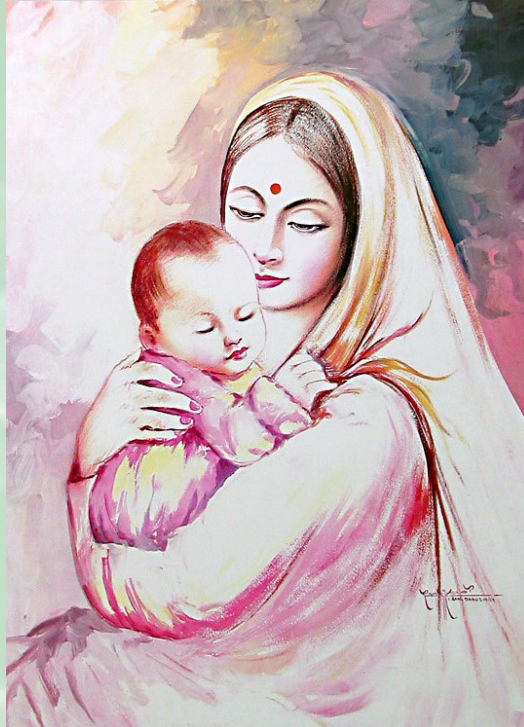
I will wake up early in morning and will go to Deräsar every day. I will do darshan and sing devotional songs (Stavans) in Deräsar and then I will ring the bell.

I will go to Päthashälä regularly because I want to learn teachings of Mahävîr Swami Bhagawân.

Our teachers teach us Jainism with lots of fun and love.

I want to be a good human being.

I do not want to be mad with anybody or fight with anybody.



51. Bolo Thank You - બોલો થેંક્યુ

બોલો થેંક્યુ, બોલો થેંક્યુ, બોલો થેંક્યુ વેરી મચ,
ઉપકાર કર્યા જેણે અમ પર તેથી થેંક્યુ વેરી મચ.....2..

અમ જીવનનું પુષ્પ ખીલવનાર વીર તમને થેંક્યુ તમને થેંક્યુ
થેંક્યુ કહેતાં શીખવ્યું તેથી ડબલ થેંક્યુ

પ્રભુ થેંક્યુ, વીર થેંક્યુ, તમને થેંક્યુ વેરી મચ
ઉપકાર કર્યા જેણે અમ પર તેથી થેંક્યુ વેરી મચ.....2..

મમ્મી પપ્પાના ચરણો ચૂમીને કરીયે થેંક્યુ વેરી મચ
જાતે દુઃખ વેઠીને અમને જીવનનું સુખ આપ્યું

મમ્મી થેંક્યુ ,પપ્પા થેંક્યુ, તમને થેંક્યુ વેરી મચ
ઉપકાર કર્યા જેણે અમ પર તેથી થેંક્યુ વેરી મચ.....2.....



Bolo Thank You

Bolo thank you, bolo thank you

Bolo thank you very much

Upkär karyä jene um par tethi thank you very much....(2)

Um jivannu pushpa khilavanär veer tamne thank you thank you

Thank you kehtä shikhavyu umne tethi double thank you

Prabhu thank you, veer thank you

Tamne thank you very much

Upkär karyä jene um par tethi thank you very much.... Bolo thank

Mummy – pappā nā charno chumine kariye thank you thank you

Jäte dukh vethi ne umne jivannu sukh äpyu

Mummy thank you, Papa thank you

Tamne thank you very much

Upkär karyä jene um par tethi thank you very much.... Bolo thank



We say 'Thank You' to those who have helped you and obliged you.

O Mahävîr Prabhu, you have blossomed my life just as a fragrant flower and therefore we say, 'Thank you, Bhagawân'.

Mom and Dad, you have endured many hardships and miseries, just so that I can have a happy and a comfortable life. Mom and Dad, thank you very much.

Words are not enough to express my gratitude to both of you.

52. Jab Bolo Tab Sach Sach Bolo - जब बोलो तब सच सच बोलो

जब बोलो तब सच सच बोलो, कभी न बातें रच रच बोलो
जब बोलो तब हँसकर बोलो, बातोंमें मिसरी सी घोलो
जब बोलो तब झूककर बोलो, सोच समझकर रूककर बोलो
जब बोलो तब खूलकर बोलो, अपने मन की बातें खोलो
जब बोलो तब हितकर बोलो, मनमें आदर भरकर बोलो
जब बोलो तब कम ही बोलो, बिन अवसर मत मुँह को खोलो
जब बोलो तब मीठा बोलो, कभी ना कुछ भी कडवा बोलो
कभी किसी का भेद न खोलो, घर की बात न बाहर बोलो
द्वेष, कपट रख कभी न बोलो, निंदा, चुगली कभी न बोलो
जब बोलो तब सच सच बोलो



Jab bolo tab sach sach bolo, Kabhi nä bâte rach rach bolo
Jab bolo tab hanskar bolo, Bâto mein misari-si gholo
Jab bolo tab jhook kar bolo, Soch samajh kar rook kar bolo
Jab bolo tab khool kar bolo, apne man ki bâte kholo
Jab bolo tab hitakar bolo, man mein âdar bhar kar bolo
Jab bolo tab kam hi bolo, bin avasar mat muh ko kholo
Jab bolo tab mithâ bolo, kabhi na kuchh bhi kadvâ bolo
Kabhi kisi kâ bhed mat kholo, ghar ki bāt na bahār bolo
Dvesh kapat rakh kabhi na bolo, Nindâ, chugali kabhi na bolo
Jab bolo tab sach sach bolo

Jab Bolo Tab Sach Sach Bolo - जब बोलो तब सच सच बोलो

When you speak - always speak the truth. Never ever lie.

When you speak – always speak with a smile. Your speech should be as sweet
as sugar!

When you speak –bow down and speak with humility. Pause for a moment and
think before you speak.

When you speak – speak honestly and from your heart!

Your speech should be beneficial and respectful to others

When you speak – speak only as little as you need to, and only when necessary.

When you speak – always speak sweetly. Never say anything bitter to hurt
anyone!

Never disclose other people's secrets. Never discuss your family matters with
outsiders!

Your speech should be free of enmity, hatred and deceit.

Your speech should be free from criticism and gossiping!

When you speak - always speak the truth.





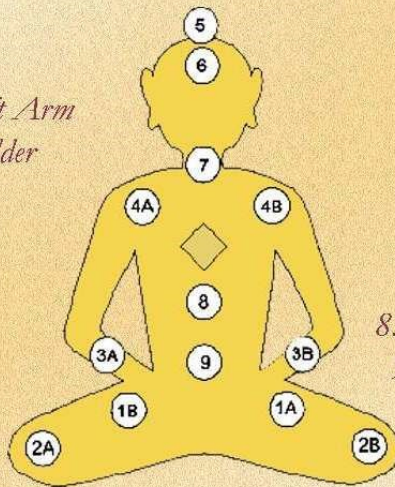
Ashta Prakāri Pujā, Ārati, & Mangal Deevo

अष्टप्रकारी पूजा, आरती, मंगलदीवो

Nav Ang Puja

Places of Puja

1. Right Toe, Left Toe*
2. Right Knee, Left Knee
3. Right Center of Arm, Left Arm
4. Right Shoulder, Left Shoulder
5. Top of Head (center)
6. Center of Forehead
7. Center of Throat
8. Center of Chest
9. Navel



Recitation Mantra

1. Namō Aribhantānam
2. namō Siddhānam
3. Namō Āyariyānam
4. Namō Uvajjhāyānam
5. Namō Loe Savvasāhunam
6. Eso Pancha Namukkāro
7. Savvapāvappanāsano
8. Mangalā Nam Cha Sarve Sim
9. Padhamam Havai Mangalam

53. Ashta Prakäri Pujä - अष्ट प्रकारी पूजा

Recite this mantra before each pujä.

नमोर्हत्-सिद्धा-चार्योपाध्याय-सर्व-साधुभ्यः.

Namorhat-siddhä-chäryopädhyäya-sarva-sädhubhyah.

I bow down to Arihanta Bhagawän, Siddha Bhagawän, Ächärya Mahäräj, Upädhyäy Mahäräj, and all Sädhu and Sädhvi Mahäräj.

1. जल पूजा - Worship with Water

ज्ञान कलश भरी आतमा, समता रस भरपूर,
श्री जिनने नवरावतां, कर्म होये चकचूर.

Jnäna kalasa bhari ätamä, Samatä rasa bharapura,
Sri jinane navarävatä, Karma hoye chakachura.

Let us bathe the idol of *Arihant* with water in the form of equanimity, from the *Kalash* in the form of Knowledge; so that our *Karmas* get destroyed.

जल पूजा जुगते करो, मेल अनादि विनाश,
जल पूजा फल मुज होजो, मागो एम प्रभु पास.

Jala pujä jugate karo, Mela anädi vinäsha,
Jala pujä phala muja hojo, Mägo ema prabhu päś.

By bathing the idol of Jineshvar Bhagawän with devotion we ask; may the impurities of our *Karmas* wash away from our soul.

ॐ ह्रीं श्रीं, परमपुरुषाय, परमेश्वराय, जन्म-जरा-मृत्यु निवारणाय श्रीमते जिनेन्द्राय, जलं
यजामहे स्वाहा ॥

Om Hreem Shreem, Paramapurushäya, Parameshvaräya, Janma-jarä-mrutyu-
niväranäya Shreemate Jinendräya, Jalam Yajämahe Swähä.

2. चंदन पूजा - Worship with Chandan (Sandal-wood paste)

शीतल गुण जेहमां रह्यो, शीतल प्रभु मुख रंग,
आत्म शीतल करवा भणी, पूजो अरिहा अंग.

Shitala guna jehamä rahyo, shitala prabhu mukha ranga,
Ätma shitala karavä bhani, pujo arihä anga.

To attain tranquility in our soul we worship the idol of Arihanta with the
sandalwood paste because Arihanta is the supreme example of tranquility and
his face is also tranquil.

ॐ ह्रीं श्रीं, परमपुरुषाय, परमेश्वराय, जन्म-जरा-मृत्यु निवारणाय श्रीमते जिनेन्द्राय, चंदनम्
यजामहे स्वाहा ॥

Om Hreem Shreem, Paramapurushäya, Parameshvaräya, Janma-jarä-mrutyu-
niväranäya Shreemate Jinendräya, Chandanm Yajämahe Swähä.

3. पुष्प पूजा - Worship with Flowers

सुरभि अखंड कुसुम ग्रही, पूजो गत संताप,
सुमजंतु भव्य ज परे, करीये समकित छाप.

Surabhi akhanda kusuma grahi, pujo gata santäpa,
Sumajantu bhavya ja pare, kariye samakita chhäpa.

By offering fragrant and unbroken flowers to Arihanta we desire to live our life like flower, which provides fragrance and beauty to all.

ॐ ह्रीं श्रीं, परमपुरुषाय, परमेश्वराय, जन्म-जरा-मृत्यु निवारणाय श्रीमते जिनेन्द्राय, पुष्पम्
यजामहे स्वाहा ॥

Om Hreem Shreem, Paramapurushäya, Parameshvaräya, Janma-jarä-mrutyu-
niväranäya Shreemate Jinendräya, Pushpam Yajämahe Swähä

4. धूप पूजा - Worship with Dhoop

ध्यान घटा प्रगटावीये, वाम नयन जिन धूप,
मिच्छत दुर्गन्ध दूर टले, प्रगटे आत्म स्वरूप.

Dhyäna ghatä pragatäviye, väma nayana jina dhupa,
Michchhata durgandha dura tale, pragate ätma svarupa.

Just as the fragrant smoke of the incense goes upwards, we should begin our ever progressive spiritual journey leading to Moksha. Just as the incense removes the unpleasant odor, we should remove false faith (Mithyätva) and realize the true nature of our soul.

ॐ ह्रीं श्रीं, परमपुरुषाय, परमेश्वराय, जन्म-जरा-मृत्यु निवारणाय श्रीमते जिनेन्द्राय, धूपम्
यजामहे स्वाहा ॥

Om Hreem Shreem, Paramapurushäya, Parameshvaräya, Janma-jarä-mrutyu-
niväranäya Shreemate Jinendräya, Dhupam Yajämahe Swähä

5. दीपक पूजा - Worship with Lamp

द्रव्य दीप सु-विवेकथी, करतां दुःख होय फोक,
भाव प्रदीप प्रगट हुए, भासित लोका-लोक.

Dravya dipa su-vivekathi, karatā dukkha hoyā phoka,
Bhāva pradipa pragata hue, bhāsita lokā-loka.

Praying Jineshvar Bhagawān with this lighted lamp we reflect upon that may our soul be enlightened with the ultimate knowledge, Keval jñān, and be free of all miseries.

ॐ ह्रीं श्रीं, परमपुरुषाय, परमेश्वराय, जन्म-जरा-मृत्यु निवारणाय श्रीमते जिनेन्द्राय, दीपम्
यजामहे स्वाहा ॥

Om Hreem Shreem, Paramapurushāya, Parameshvarāya, Janma-jarā-mrutyu-
nivāranāya Shreemate Jinendrāya, Dipakam Yajāmahe Swāhā

6. अक्षत पूजा (स्वस्तिक -साथियो) - Puja with Rice

शुद्ध अखंड अक्षत ग्रही, नन्दावर्त विशाल,
पूरी प्रभु सन्मुख रहो, टाली सकल जंजाल.

Suddha akhanda akshata grahi, nandāvarta vishāla.
Puri prabhu sanmukha raho, tāli sakala janjāla.

The rice grain without the husk does not germinate. So, it symbolizes the last birth. By doing this Pujā we wish to live life in such a way that at the end of this life we will attain liberation.

ॐ ह्रीं श्रीं, परमपुरुषाय, परमेश्वराय, जन्म-जरा-मृत्यु निवारणाय श्रीमते जिनेन्द्राय, अक्षतान्
यजामहे स्वाहा ॥

Om Hreem Shreem, Paramapurushāya, Parameshvarāya, Janma-jarā-mrutyu-
nivāranāya Shreemate Jinendrāya, Akshatān Yajāmahe Swāhā

7. नैवेद्य पूजा - Puja with Sweets

अणाहारी पद में कर्या, विग्गह गइय अनन्त,
दूर करी ते दीजिये, अणाहारी शिव सन्त.

Anähäri pada me karyä, viggaha gaiya ananta,
Dura kari te dijiye, anähäri shiva santa.

In the course of the cycle of birth and death, I have remained hungry many times but that was only momentarily. O! Arihanta! Endow me a state where there is no further desire or need of food (Moksha).

ॐ ह्रीं श्रीं, परमपुरुषाय, परमेश्वराय, जन्म-जरा-मृत्यु निवारणाय श्रीमते जिनेन्द्राय, नैवेद्यम्
यजामहे स्वाहा ॥

Om Hreem Shreem, Paramapurushäya, Parameshvaräya, Janma-jarä-mrutyu-
niväranäya Shreemate Jinendräya Naivedyam Yajämahe Swähä

8. फल पूजा - Puja with Fruit

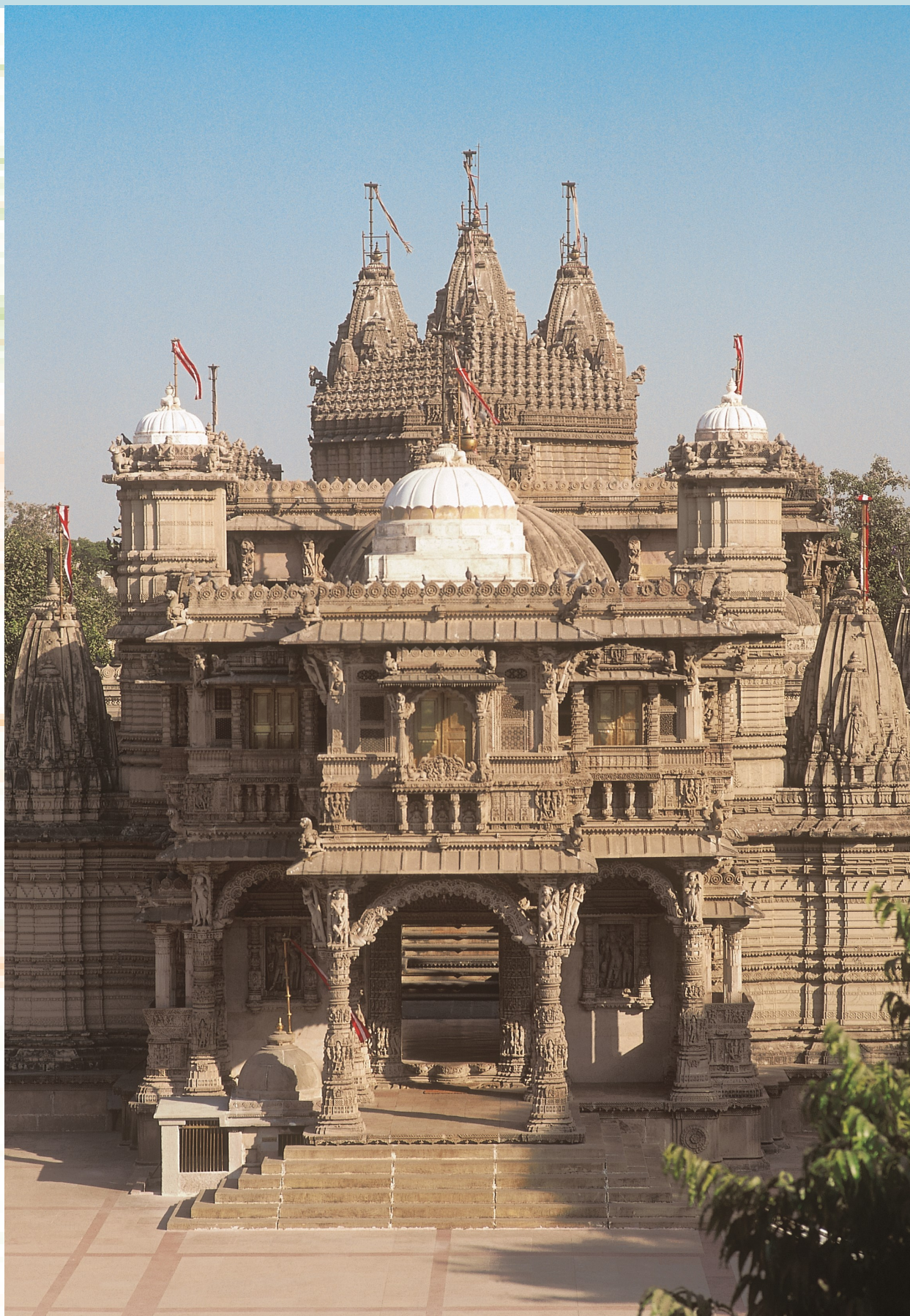
इन्द्रादिक पूजा भणी, फल लावे धरी राग,
पुरुषोत्तम पूजी करी, मागे शिव-फल त्याग.

indrädika pujä bhani, phala läve dhari raga,
purushottama puji kari, mäge shiva-phala tyäga.

Fruit is symbolic of Moksha. Even heavenly gods offer fruits to Jineshvar Bhagawän in Puja. By offering fruits in this Puja, O Bhagawän! I wish for the ultimate fruit, Moksha.

ॐ ह्रीं श्रीं, परमपुरुषाय, परमेश्वराय, जन्म-जरा-मृत्यु निवारणाय श्रीमते जिनेन्द्राय, फलम्
यजामहे स्वाहा ॥

Om Hreem Shreem, Paramapurushäya, Parameshvaräya, Janma-jarä-mrutyu-
niväranäya Shreemate Jinendräya, PhalamYajämahe Swähä



54. Jay Jay Ärati - જય જય આરતી

(Following couplet is usually recited before doing Ärati)

પંચદીવો પ્રગટ કરી જિનવર અંગ સોહાય,
જિન આરતી ઉતારતાં ભવ સંકટ મીટ જાય

Pancha divo pragata kari jinavara anga sohäy

Jina äratı utäratä bhava sankata mit jäy

Ärati - આરતી

જય જય આરતી આદિ જિણંદા, નાભિરાયા મરૂદેવી કો નંદા
પહેલી આરતી પૂજા કીજે, નરભવ પામીને લ્હાવો લીજે
દૂસરી આરતી દીન દયાળા, ધુળેવા મંડપમાં જગ અજુવાળા
તિસરી આરતી ત્રિભુવન દેવા, સુર નર ઇન્દ્ર કરે તોરી સેવા
ચોથી આરતી ચઉગતિ ચૂરે, મનવાંછિત ફલ શિવસુખ પૂરે
પંચમી આરતી પુણ્ય ઉપાયા, મુલચંદે ઋષભ ગુણ ગાયા

Jay Jay äratı Ädi Jinandä, Näbhiräyä Marudevi ko nandä

Paheli äratı pujä kije, Narabhav pämine lhävo lije

Dusari äratı din dayälä, Dhulevä mandapmä jag ajuvälä

Tisri äratı tribhuvan devä, Sur nar indra kare tori sevä

Chothi äratı chaugati chure, Man vänychhit phal shiv sukh pure

Panchami äratı punya upäyä, Mulchande Rushabh guna gäyä

Jay Jay Ärati - જય જય આરતી

This Ärati consisting of five lights done in front of the idol of Jineshvar Bhagawän leads to liberation

Ärati - આરતી

I am very happy to do Ärati of Rishabha Dev Bhagawän, the beloved son of King Nābhi and Queen Maru Devi.

By performing first äрати, we make our human life meaningful.

The second Arati is dedicated to Tirthankar Ädinäth who is merciful to all and whose virtues enlighten entire universe.

The third äрати is to pay obeisance to Tirthankar Bhagawän, who is revered by humans, heavenly Gods, and even by hellish beings,

I desire that with the fourth äрати, I can end wandering in four realms (Human, animal, hell and heaven) and attain eternal happiness in Moksha.

In fifth äрати, poet Mulachand says, by praising the virtues of Bhagavän Ädinäth the worshipper earns punya.



55. Mangal Divo - મંગલ દીવો

(Following couplet is usually recited before doing Mangal Divo)

દિપકસે જિન પૂજતાં આતમ નિર્મલ હોય,
જ્ઞાનદિપક પ્રગટાવવા દિપક તણો રે ઉદ્યોત

Dipakase jina pujaṭā ātam nirmal hoy

Jnān dipak pragatāvavā dipak tano re udyota



Divo Re Divo - દીવો રે દીવો

દીવો રે દીવો પ્રભુ માંગલિક દીવો, આરતી ઉતારણ બહુ ચિરંજીવો.

સોહામણું ઘેર પર્વ દિવાળી, અંબર ખેલે અમરાબાલિ

દિપાળ ભણે એણે કુળ અજુવાળી, ભાવે ભગતે વિઘન નિવારી

દિપાળ ભણે એણે એ કલિકાલે, આરતી ઉતારી રાજા કુમારપાલે

અમ ઘેર મંગલિક તુમ ઘેર મંગલિક, મંગલિક ચતુર્વિધ સંઘને હોજો.

Divo re divo Prabhu manglik divo, Ārati utāran bahu chiranjivo

Sohāmanu gher parva diwāli, Amber khele amrā bāli

Dipāl bhane aene kul ajuvāli, Bhāve bhagate vighan nivāri

Dipāl bhange aene ae kalikāle, Ārati utāri Rājā Kumārpāle

Am gher manglik tum gher manglik, Manglik chaturvidh sanghane hojo

Mangal Divo - મંગલ દીવો

We light this lamp to enlighten ourselves with true knowledge. Prayer to Jineshvar Bhagawän, done with the lighted lamp, will remove the darkness of ignorance from our soul.



Divo Re Divo - દીવો રે દીવો

O Bhagawän! Worshiping you with a lighted lamp is an auspicious occasion. May the one, who performs äratı, be blessed.

Performing äratı is a blissful occasion like Diwäli and heavenly beings are dancing with joy.

Devotees who perform äratı with devotion make their families proud and overcome obstacles.

The poet Dipäl says that in this fifth ärä, king Kumärpäl performed the äratı with deep devotion.

56. Iha Vidhi Mangal - इह विधि मंगल

इह विधि मंगल आरती कीजे, पंच परमपद भज सुख लीजे ... इह विधि
पहली आरती श्री जिनराजा, भवदधि पार उतार जिहाजा... इह विधि
दूसरी आरती सिद्धन केरी, सुमरन करत मिटे भव-फेरी... इह विधि
तीजी आरती सूर मुनिंदा, जनम मरन दुःख दूर करिंदा... इह विधि
चौथी आरती श्री उवझाया, दर्शन देखत पाप पलाया... इह विधि
पांचमी आरती साधु तिहारी, कुमती विनाशन शिव अधिकारी... इह विधि
छठी ग्यारह प्रतिमाधारी, श्रावक वंदो आनंदकारी... इह विधि
सात आरती श्री जिनवानी, ध्यानत सुरग मुक्ति सुखदानी... इह विधि

Iha vidhi mangal äratı kije,
Panch param pada bhaj sukh lije ... Iha vidhi
Pahali äratı shree Jinräjä,
Bhava-dadhi pär utär jihäjä... Iha vidhi
Dusari äratı Siddhana kerı,
sumaran karat mite bhav-feri... Iha vidhi
Tiji äratı sur munindä,
Janam maran dukha dur karindä... Iha vidhi
Chauthi äratı shree Uvajhäyä,
Darshan dekhat päp paläyä... Iha vidhi
pächavi äratı Sädhu tihäri,
Kumati vinäshan shiv adhikäri... Iha vidhi
Chhatthi äratı pratimä-dhäri
Shrävak vando änandkäri... Iha vidhi
Sätami äratı shree Jinväni,
dhyänat surag mukti sukhadäni... Iha vidhi

Iha Vidhi Mangal - इह विधि मंगल

In this äratı we pay respect to Panch-paramesthies; the Arihant, the Siddha, the Ächärya, the Upädhyäy and the Sädhu. We gain ultimate happiness by bowing down to these supreme entities. They help us to remove our ignorance and passions, eliminate our karma and break the ever-going cycle of birth and death. By performing this äratı with our highest devotion, we attain ever-lasting bliss. In this äratı we also sing the praises of shrävaks, who have taken eleven special vows to become Sädhu. In the end we also pay tribute to the Jain scriptures through which we gain true knowledge, faith, and conduct.

57. Shree Saraswati Devi Äratı - श्री सरस्वती देवी आरती

जय जय आरती देवी तमारी, आशा पुरो हे मात अमारी....जय जय
वीणा पुस्तक कर धरनारी, अमने आपो बुद्धि सारी.....जय जय
ज्ञान अनंत हृदय धरनारी, तमने वंदे सहु नरनारी.....जय जय
मात सरस्वती स्तुति तमारी, करतां जगमां जय जयकारी...जय जय ।।

Jai jai äratı devi tamäri, Äshä puro he mäta amäri..... jai jai
Vinä pustaka kara dharanäri, Amane äpo buddhi säri...jai jai
Jnäna ananta hridaya dharanäri, Tamane vande sahu nara-näri...jai jai
Mäta Saraswati stuti tamäri, Karatä jagamä jai jaikäri.....jai jai

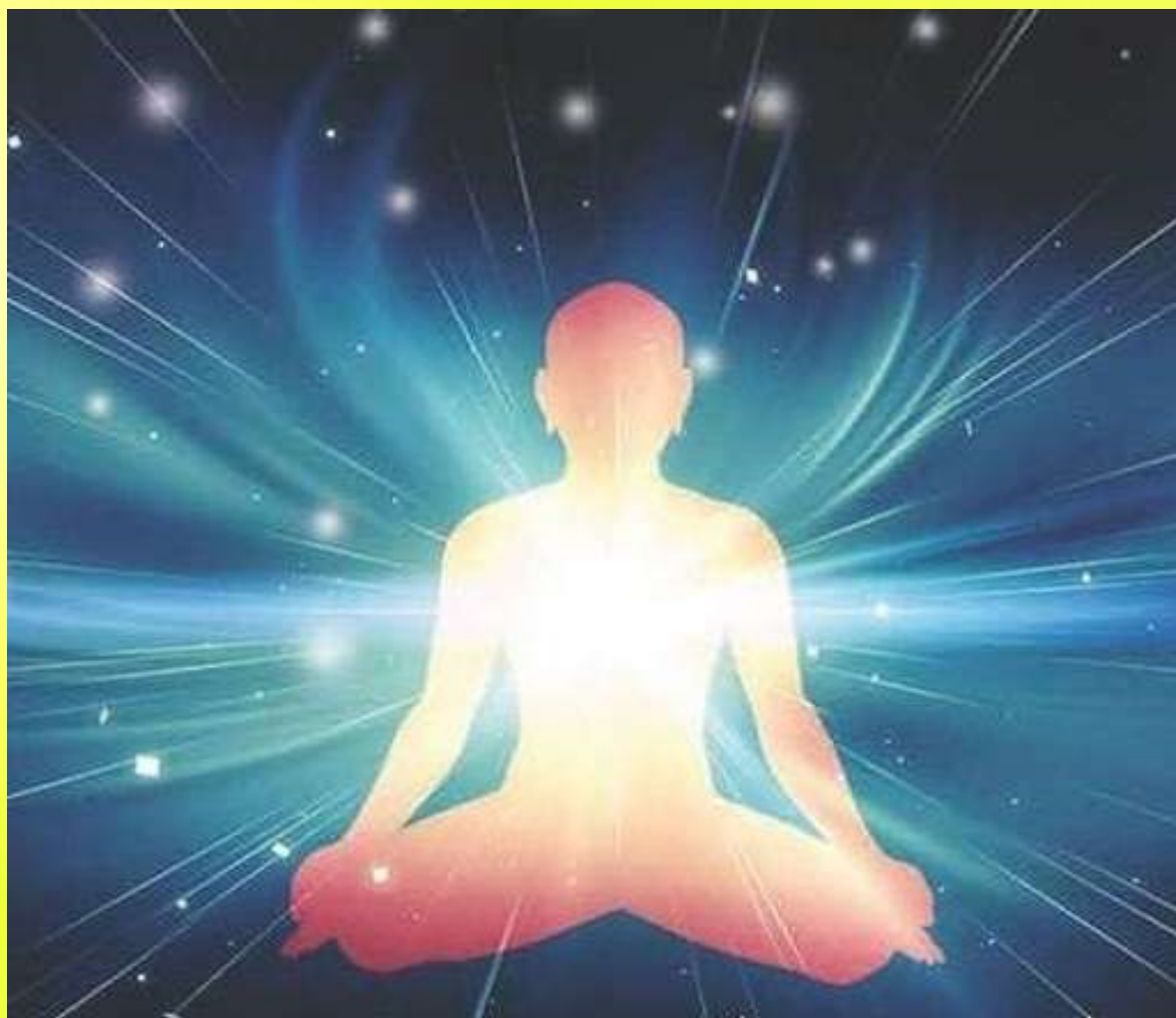
O Saraswati Devi! Holding Vina and a scripture in hands, please fulfill our desire of attaining righteous knowledge. I am doing your Äratı with faith and sincerity.

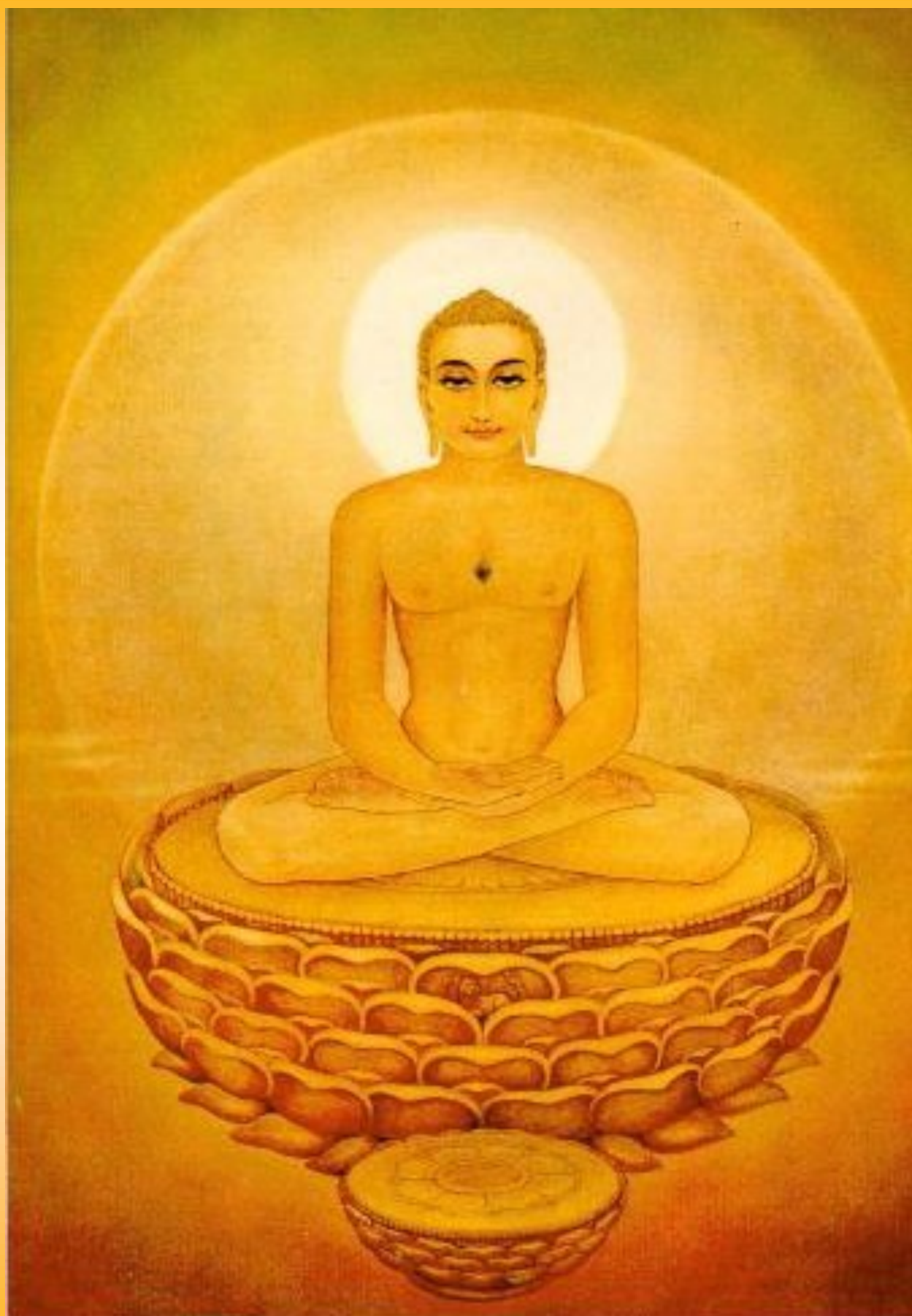
O Devi, as you are an embodiment of knowledge we bow down to you. O Saraswati Mä, we sing songs in your praise. May you prevail in entire universe.



Chaitya Vandan

चैत्यवन्दन





Chaitya-vandan- चैत्यवन्दन



Every spiritual activity should be stated after offering obeisance to Guru Mahäräj by reciting following sutra while bowing down as illustrated in following picture, wherein the five body parts, namely two hands, two knees and the forehead, touch the floor together. Hence it is known as Panchäng Pranipät Sutra.

खमासमण सूत्र

इच्छामि खमा-समणो! वंदितुं, जावणिज्जाए निसीहिआए,
मत्थएण वंदामि

Ichchhämi khamä-samano vandium, jävanijjäe nisihiäe, matthaena vandämi

Oh! Bhagawän! I wish to offer my obeisance to you. I am giving up all sinful activities to the best of my abilities, and I am bowing my head down to you.

(Do Khamasaman three times)

Before starting every spiritual activity we must atone for any intentional or unintentional violence we may have knowingly or unknowingly committed. For that purpose we first recite the Iriyävahiyam Sutra, which narrates the ways in which we may have caused violence.

इरियावहिया सूत्र

इच्छा-कारेण संदिसह भगवन् ! इरियावहियं पडिक्कमामि ?

इच्छं, इच्छामि पडिक्कमिउं

इरियावहियाए, विराहणाए, गमणागमणे, पाण-क्कमणे, बीय-क्कमणे, हरिय-क्कमणे,

ओसा-उत्तिंग-पणग-दग-मट्टी-मक्कडा-संताणा-संकमणे जे मे जीवा विराहिया

एगिंदिया, बेइंदिया, तेइंदिया, चउरिंदिया, पंचिंदिया

अभिहया, वत्तिया, लेसिया, संघाइया, संघट्टिया, परियाविया, किलामिया, उद्धविया,

ठाणाओ ठाणं संकामिया, जीवियाओ ववरोविया, तस्स मिच्छा मि दुक्कडं

ichchhä-kärena sandisaha bhagavan ! iriyāvahiyam padikkamāmi ?

ichchham, ichchhämi padikkamium

iriyāvahiyāe, virāhanāegamanā-gamane, pāna-kkamane, biya-kkamane, hariya-kkamane, osā-uttinga, panaga-daga, matti-makkadā-santānā-sankamane je me

jivā virāhiyā

egindiyā, beimdiyā, teimdiyā, caurindiyā, pancindiyā

abhihayā, vattiyā, lesiyā, sanghāiyā, sanghattiyā, pariyāviyā, kilāmiyā, uddaviyā, thānāo thānam, sankāmiyā, jiviyāo vavaroviyā, tassa michchhä mi dukkadam.

Oh! Guru Mahārāj, please voluntarily give permission to apologize and to repent (to do Pratikraman) for the sins that I may have committed while moving around. (Now Guru Mahārāj will say, “Please do so”)

I accept your permission. Now I want to apologize and to repent (do Pratikraman).

While walking around back and forth, I may have trampled upon living beings, seeds, green vegetation, dew, ant burrows, moss, wet soil and spider webs. Or

I may have distressed one sensed, two sensed, three sensed, four sensed or five sensed living beings or I may have hurt them by kicking, covering them up with dirt, trampling, colliding them with each other, touching them, or by causing trouble to them by distressing them, frightening them, displacing them from one place to another, or killing them.

I therefore, repent and apologize for all these sins that I may have committed.

Now recite following sutra.

तस्स उत्तरी सूत्र

तस्स उत्तरी-करणेणं, पायच्छित्त-करणेणं,
विसोही-करणेणं, विसल्ली-करणेणं, पावाणं कम्माणं निग्घायणद्वाए, ठामि काउस्सग्गं.

tassa uttari-karanenam, päyacchitta-karanenam,
visohi-karanenam, visalli-karanenam, pävänam kammānam, nigghāyanatthāe,
thāmi käussaggam

I now want to absolve all those sins committed by me (as mentioned in previous sutra) by repentance. To purify my soul and to make it free of the pain (caused by practicing religion without right faith, practicing religion just for the show and practicing religion for worldly gains.) and, to completely destroy all the sins committed by me, I shall now perform Käyotsarga.

In order to repent for that, we will now do Käusagga by reciting following Sutra.

अन्नत्थ सूत्र

अन्नत्थ-ऊससिएणं, नीससिएणं, खासिएणं, छीएणं, जंभाइएणं, उड्डुएणं, वाय-निसग्गेणं,
भमलीए, पित्त-मुच्छाए
सुहुमेहिं अंग-संचालेहिं, सुहुमेहिं खेल-संचालेहिं, सुहुमेहिं दिट्ठि-संचालेहिं. एवमाइएहिं आगारेहिं,
अ-भग्गो अ-विराहिओ, हुज्ज मे काउस्सग्गो जाव अरिहंताणं भगवंताणं, नमुक्कारेणं न पारेमि
ताव कायं ठाणेणं मोणेणं ज्ञाणेणं, अप्पाणं वोसिरामि.

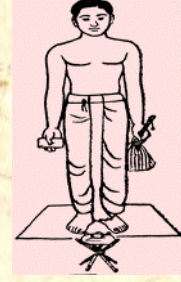
annattha-usasienam, nisasienam, khäsienam, chhienam, jambhäienam,
udduenam,

väya-nisaggenam, bhamalie, pitta-mucchäe suhumehim amga-sancälehim,
suhumehim khela-sancälehim, suhumehim ditthi-sanchälehim
evamäiehim ägärehim, a-bhaggo a-virähio, hujja me käussaggo
jäva arihantānam bhagavantānam, namukkārenam na päremi
täva käyam thānenam monenam jhānenam, appānam vosirāmi.

I shall now engross myself in complete Käyotsarga (meditation) except for breathing in and out, coughing, sneezing, yawning, belching, letting bodily gas out, dizziness or fainting, and subtle movements of body, phlegm, and eyes.

I shall terminate my Käyotsarga by offering obeisance to Arihanta Bhagawän (by saying, “Namo Arihantānam” aloud). Until then I shall not speak, be motionless in the same place, and renounce all other bodily and mental activities.

In Käusagga, we have to stay motionless, except for the above- mentioned exceptions. We can assume either of the following two postures during Kausagga



Now stay focused and mentally recite Navakär Mantra four times or Logassa Sutra.

Conclude Käusagga by saying “Namo Arihantänäm” aloud. Now we recite the Logassa Sutra offering obeisance to all 24 Tirthankars.

लोगस्स सूत्र

लोगस्स उज्जोअ-गरे, धम्म-तित्थ-यरे जिणे.

अरिहंते कित्तइस्सं, चउवीसं पि केवली. 1.

उसभ-मजिअं च वंदे, संभव-मभिणंदणं च सुमइं च.

पउम-प्पहं सुपासं, जिणं च चंद-प्पहं वंदे. 2.

सुविहिं च पुप्फ-दंतं, सीअल-सिज्जंस-वासु-पुज्जं च.

विमल-मणंतं च जिणं, धम्मं संतिं च वंदामि. 3.

कुंथुं अरं च मल्लिं, वंदे मुणि-सुव्वयं नमि-जिणं च.

वंदामि रिद्ध-नेमिं, पासं तह वद्धमाणं च..... 4.

एवं मए अभिथुआ, विहुय-रय-मला पहीण-जर-मरणा.

चउ-वीसं पि जिणवरा, तित्थ-यरा मे पसीयंतु. 5.

कित्ति-य-वंदिय-महिया, जे ए लोगस्स उत्तमा सिद्धा.

आरुग्ग-बोहि-लाभं, समाहि-वर-मुत्तमं-दिंतु. 6.

चंदेसु निम्मल-यरा, आइच्चेसु अहियं पयास-यरा.

सागर-वर-गंभीरा, सिद्धा सिद्धिं मम दिसंतु..... 7.

logassa ujjoa-gare, dhamma-tittha-yare jine. arihante kittaissam, chauvisam pi kevali.....	1.
usabha-majiam cha vande, sambhava-mabhinandanam cha sumaim cha. pauma-ppaham supäsam, jinam cha chanda-ppaham vande.	2.
suvihim cha puppha-dantam, siala-sijjamsa-väsu-pujjam cha. vimala-manantam cha jinam, dhammam santim cha vandämi.	3.
kunthum aram cha mallim, vande muni-suvvayam nami-jinam cha. vandämi rittha-nemim, päsam taha vaddhamänam cha.	4.
evam mae abhithuä, vihuya-rayä-malä pahina-jara-maranä. chau-visam pi jinavarä, tittha-yarä me pasiyantu.	5.
kittiya-vandiya-mahiyä, je e logassa uttamä siddhä. ärugga-bohi-läbham, samähi-vara-muttamam-dintu.	6.
chandesu nimmala-yarä, äichchesu ahiyam payäsa-yarä. sägara-vara-gambhirä, siddhä siddhim mama disantu.....	7.

I eulogize and worship twenty-four Tirthankars of this current descending half phase of the time cycle. They have achieved Keval jñan and the distinction of Arihanta. They enlighten the entire universe and they establish the four fold Jain Sangha.

I offer my obeisance to and bow down to, Bhagawän Shree Rishabhadev, Ajit-Näth, Sambhavnäth, Abhinandan-swämi, Sumatinäth, Padmaprabha-swämi, Supärshvanäth, Chandraprabha-swämi, Suvidhinäth (also known as, 'Pushpadanta swämi'), Shitalnäth, Shreyänsnäth, Väsupujya-swämi, Vimalnäth, Anantnäth, Dharmanäth, Shäntinäth, Kunthunäth, Aranäth, Mallinäth, Munisuvrat swämi, Naminäth, Neminäth, Pärshvanäth, and Mahävir swämi.

Oh! All twenty-four Tirthankars, your souls are free from the bondage of karmic particles, and thus you are free of old age as well as cycles of birth and death. You have propagated the religious order. I praise all of your virtues, offer my obeisance to you, and worship you. Please bestow upon me the sense to attain perfect knowledge (Keval jñān), which shall lead to ultimate liberation.

You have achieved liberation and therefore, you are praised, worshipped and offered obeisance to by the entire universe. Please bestow upon me the right faith (Bodhi), perfect spiritual health, and the highest state of contemplation.

Oh! Tirthankar Bhagawān, you are purer than the full moon, brighter than the sun, and more serene and deeper than the ocean. Oh! Siddha Bhagawān, please bestow upon me the ultimate Siddhārtha (salvation).

Now that we have atoned ourselves, we will begin Chaitya Vandan.

Chaitya Vandan:

First, we seek permission to do Dev Vandan by bowing down while reciting following:

इच्छामि खमा-समणो! वंदितुं, जावणिज्जाए निसीहिआए,
मत्थएण वंदामि.

Ichchhāmi khamā-samano ! vandium, jāvanijjāe nisihiāe, matthaena vandāmi.

Oh! Bhagawān! I wish to offer my obeisance to you. I am giving up all sinful activities to the best of my abilities, and I am bowing my head down to you.

इच्छाकारेण संदिसह भगवन् ! चैत्यवंदन करुं?

Ichchhākārena Sandisaha bhagavan ! Chaitya-vandan Karun?

Bhagawān, with your permission, may I perform Chaitya Vandan (Dev Vandan)?

Since Bhagawän's permission is assumed, we say:

इच्छं.

Ichchham

I accept your permission

Then we recite the following prayer:

सकल कुशलवल्ली, पुष्करावर्त मेघो,
दुरित तिमिर भानु, कल्पवृक्षोपमानः
भवजलनिधि पोत, सर्व संपत्तिहेतु,
स भवतु सततं वः श्रेयसे शान्तिनाथ, श्रेयसे पार्श्वनाथ.

Sakal Kushal Valli, Pushkäravart Megho;

Durita timir Bhänu, Kalpa vriksho pamānah,

Bhavajala nidhi potah, Sarva Sampatti Hetu;

Sa Bhavatu Satatam Vah,

Shreyase Shāntināthah, Shreyase Shreyase Pārshvanāthah.

Oh! Bhagawän Shāntināth! Oh! Bhagawän Pārshvanāth! May you be there for our well-being forever. You are the abode of all happiness. You are like rain in Pushkarāvarta. You are like the sun dispelling the darkness of evils. You are like a desire-yielding tree. You are like a ship for crossing the sea of endless cycles of birth and death. You are the source of all prosperity.

Now we recite any of the Chaitya Vandan Stotras such as follows.

परमेश्वर परमात्मा जगपावक परमिद्ध,
जय जगगुरु देवाधिदेव, मेरे नयन में स्थित...1
अचल अकल अविकार सार करुणारस सिंधु,
जगतिजन आधार एक निष्कारण बंधु...2
गुण अनंत प्रभु ताहरा केमे कह्या ना जाय,
परम प्रभु जिन ध्यानथी चिदानंद सुख थाय...3

Parmeshwar Paramätmä Jagpāvak Paramishta,
Jay Jag Guru Devādhidev Mere Nayanmen Sthit (1)
Achal Akal Avikār Sār Karunāras Sindhu,
Jagati Jan Ādhār Ek Nishkāran Bandhu (2)
Gun Anant Prabhu Tāhrā Keme Kahyā Na Jây,
Paramprabhu Jin Dhyānathi Chidānand Sukh Thây (3)

Oh! Supreme Bhagawän! Oh! Supreme soul! You are the purifier of the world.
You are supremely desirable. You are worshipped even by the heavenly gods.
You are the greatest of the great. You are always there in my thoughts and my
sight.

You are liberated and, thus, always without a body. You are free of passions. You
are the real essence of the sea of compassion. You are the only refuge for and
selfless companion to all worldly beings.

Bhagawän, one can never completely describe your innumerable attributes.
However, by contemplating the supreme omniscient Bhagawän, everlasting bliss
can prevail.

Now recite the following Sutras.

जं किंचि नाम-तित्थं, सग्गे पायालि माणुसे लोए.

जाइं जिण-बिंबाइं, ताइं सव्वाइं वंदामि.

jam kinchi nāma-tittham, sagge pāyāli mānuse loe.

jāim jina-bimbāim, tāim savvāim vandāmi.

I bow down to all places of pilgrimage and to all the idols of Tirthankar Bhagawān present anywhere in the heaven, lower realm of the universe and in the middle section of the universe, commonly known as Manushya Lok.

Now recite the following Sutras.

नमुत्थुणं, अरिहंताणं, भगवंताणं. 1.

आइ-गराणं, तित्थ-यराणं, सयं-संबुद्धाणं. 2.

पुरिसुत्तमाणं, पुरिस-सीहाणं, पुरिस-वर-पुंडरीआणं,
पुरिस-वर-गंध-हत्थीणं. 3.

लोगुत्तमाणं, लोग-नाहाणं, लोग-हिआणं,
लोग-पईवाणं, लोग-पज्जोअ-गराणं. 4.

अभय-दयाणं, चक्खु-दयाणं, मग्ग-दयाणं,
सरण-दयाणं, बोहि-दयाणं. 5.

धम्म-दयाणं, धम्म-देसयाणं, धम्म-नायगाणं,
धम्म-सारहीणं, धम्म-वर-चाउरंत-चक्कवट्ठीणं. 6.

अप्पडिहय-वर-नाण-दंसण-धराणं, वियट्ठ-छउमाणं. 7.

जिणाणं, जावयाणं, तिन्नाणं, तारयाणं, बुद्धाणं,
बोहयाणं, मुत्ताणं, मोअगाणं. 8.

सव्वन्नूणं, सव्व-दरिसीणं, सिव-मयल-मरुअ-मणंत-
मक्खय-मव्वाबाह-मपुणरावित्ति सिद्धिगइ-नामधेयं

ठाणं संपत्ताणं, नमो जिणाणं, जिअ-भयाणं. 9.
जे अ अईया सिद्धा, जे अ भविस्संति-णागए काले.
संपइ अ वट्टमाणा, सव्वे ति-विहेण वंदामि. 10.

- namutthu nam, arihantānam, bhagavantānam. 1.
- āi-garānam, tittha-yarānam, sayam-sambuddhānam. 2.
- purisuttamānam, purisa-sihānam, purisa-vara-
pundariānam, purisa-vara-gandha-hatthinam. 3.
- loguttamānam, loga-nāhānam, loga-hiānam,
loga-paivānam, loga-pajjoa-garānam. 4.
- abhaya-dayānam, chakkhu-dayānam, magga-dayānam,
sarana-dayānam, bohi-dayānam. 5.
- dhamma-dayānam, dhamma-desayānam,
dhamma-nāyagānam, dhamma-sārahinam,
dhamma-vara-chāuranta-chakkavattinam. 6.
- appadihaya-vara-nāna-dansana-dharānam,
viyatta-chaumānam. 7.
- jinānam, jāvayānam, tinnānam, tārayānam, buddhānam,
bohayānam, muttānam, moagānam. 8.
- savvannunam, savva-darisinam, siva-mayala-marua-mananta-makkhaya-
mavvābāha-mapunarāvitti
siddhigai-nāmadheyam thānam sampattānam,
namo jinānam, jia-bhayānam. 9.
- je a aiyā siddhā, je a bhavissanti-nāgae kāle.
sampai a vattamānā, savve ti-vihena vandāmi.



I bow down to you, Arihanta Bhagawän.

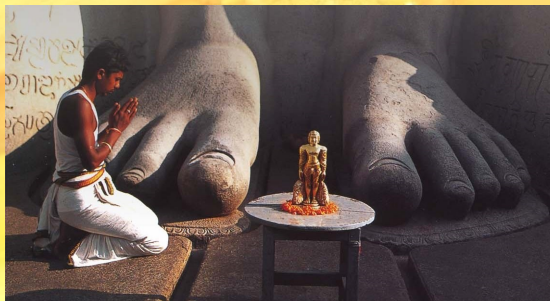
You are the source of true spiritual knowledge and You establish the four-fold Jain Sangha. So, You are called Tirthankar. You attain Keval-jnän on your own without the guidance of a spiritual Guru. You exemplify the best and most fearless human being. You are the most respected supreme entity of the universe. You are the benefactor of the universe. You are like a lamp of knowledge which illuminates and spiritually enlightens the universe. You bestow fearlessness. You bestow true understanding of the nature of the soul and right path leading to liberation. You bestow the ultimate refuge to all living beings. You bestow right faith. You are the preacher and the guide of true religion.

You have ended the cycles of birth and death in all four realms (human, animal, subhuman, and heaven), and you help others do the same. Thus, you are the beholder of the Dharma Chakra and are like the supreme king (known as Chakravarti). You are the beholder of everlasting perfect knowledge (Keval-jnän) and perfect perception. You are free of imperfectness.

You have achieved the status of a Jin (conqueror of four passions viz. anger, ego, deceit, and greed), and You help others achieve the same. You have attained perfect perception, and You help others attain the same. You have attained Moksha, and You help others attain Moksha as well.

I bow down to Tirthankar Bhagawäns, who know and perceive all. Oh! Tirthankar Bhagawän, You have attained Moksha, the abode of everlasting bliss, which is free of sufferings, and from where no one has to return to four realms of life. I bow down to Tirthankar Bhagawäns, the conqueror of all fears.

Oh! Tirthankar Bhagawän, I bow down to you with my thoughts, speech, and body. I bow down to all who have attained Moksha, those who will attain Moksha and those who are Tirthankars at present.



Now recite the following Sutras.

जावंति चेइआइं, उड्ढे अ अहे अ तिरिअ-लोए अ.
सव्वाइं ताइं वंदे, इह संतो तत्थ संताइं.

jāvanti cheiäim, uddhe a ahe a tiria-loe a.
savvāim täim vande, iha santo tattha santāim.

I am bowing down to all the currently existing idols of Jineshvar Bhagawān anywhere in the upper part of the universe, this middle part of the universe and the lower part of the universe.

इच्छामि खमा-समणो! वंदिउं, जावणिज्जाए निसीहिआए, मत्थएण वंदामि

जावंत के वि साहू, भरहेरवय-महा-विदेहे अ.
सव्वेसिं तेसिं पणओ, ति-विहेण ति-दंड-विरयाणं.

jāvanta ke vi sāhu, bharaheravaya-mahā-videhe a.
savvesim tesim panao, ti-vihena ti-danda-virayānam.

Sādhu Mahārāj and Sādhviji Mahārāj do not commit any sinful activities in their thoughts, speech, or bodily actions. They do not cause others to commit sinful activities or praise others who do commit sins. I bow down in my thoughts, by my speech and by my body to all Sādhu Mahārāj and Sādhviji Mahārāj present anywhere in Bharat Kshetra, Airāvat Kshetra, and Mahā Videha Kshetra.

Now we recite Namorhat Sutra, which is a Sanskrit version of Navakār Mantra.

नमोर्हत्-सिद्धा-चार्योपाध्याय-सर्व-साधुभ्यः. 1.
namorhat-siddhā-cāryopādhyāya-sarva-sādhubhyah. 1.

I bow down to Arihanta Bhagawän, Siddha Bhagawän, Ächärya Mahäräj,
Upädhyäy Mahäräj, and all Sädhu and Sädhvi Mahäräj.

*Now is the time for a Stavan, a devotional song in praise of Tirthankar Bhagawän.
Uvasaggaharam Stotra is a Stavan, which is a very significant Mantra in Jainism. Its
importance as a Mantra is second only to Navakär Mantra. This Stotra is an obeisance to
Bhagawän Pärshvanäth.*

उवसग्ग-हरं पासं, पासं वंदामि कम्म-घण-मुक्कं.

विसहर-विस-निन्नासं, मंगल-कल्लाण-आवासं. 1.

विसहर-फुलिंग-मंतं, कंठे धारेइ जो सया मणुओ.

तस्स गह-रोग-मारी, दुट्ठ-जरा जंति उवसामं. 2.

चिट्ठउ दूरे मंतो, तुज्झ पणामो वि बहु-फलो होइ.

नर-तिरिएसु वि जीवा, पावंति न दुक्ख-दोगच्चं. 3.

तुह सम्मत्ते लद्धे, चिंतामणि-कप्प-पायव-ब्भहिए.

पावंति अविग्घेणं, जीवा अयरामरं ठाणं. 4.

इय संथुओ महायस! भत्ति-ब्भर-निब्भरेण हिअएण.

ता देव! दिज्ज बोहिं, भवे भवे पास! जिण-चंद! 5.

uvasagga-haram päsam, päsam vandämi kamma-ghana-mukkam.

visahara-visa-ninnäsam, mangala-kalläna-äväsam. 1.

visahara-phulinga-mantam, kanthe dhärei jo sayä manuo.

tassa gaha-roga-märi, duttha-jarä janti uvasämam. 2.

chitthau dure manto, tujjha panämo vi bahu-phalo hoi.

nara-tiriesu vi jivä, pävanti na dukkha-dogachcham. 3.

tuha sammatte laddhe, chintämani-kappa-päyava-bbhahie.

pävanti avigghenam, jivä ayarämaram thänam. 4.

iya santhuo mahäyasa! bhatti-bbhara-nibbharena hiaena.

tä deva! dijja bohim, bhava bhava päsa! jina-chanda! 5.

Oh! Shree Pärshvanäth Bhagawän, I bow down to you. Even your caretaker Yaksha Pärshva can nullify the unfavorable situations caused by other people and/or other elements. You are free of all karmas. You can nullify the poison of the most poisonous snake. You are the abode of bliss and unending happiness.

By faithfully reciting 'Visahara Fullinga Mantra,' people can cure their misfortunes, chronic illness, plague, and other fatal diseases and febrile illnesses. In addition to reciting this Mantra, even offering our sincere obeisance to you is a cause of a good fortune. Those who offer sincere obeisance to you with deep faith will enjoy a life free from suffering and bad luck in all future human or animal lives.

Attaining right knowledge and right faith, as you preach, is more precious than Chintämani and Kalpa Vruksha. When one attains right knowledge and right faith, one attains Moksha without difficulty, wherein there is no old age or death.

Oh! Universally revered Pärshvanäth Bhagawän, I eulogize you with a heart full of devotion. Oh! Jineshvar Pärshvanäth Bhagawän, I wish for right knowledge, right faith, and right conduct in all my future lives.

Now we will recite the Jay Viyaräya Sutra. In the first half of this Sutra, we wish for several qualities listed in the explanation of this Sutra. We recite this section of the Sutra with folded hands touching the spot on the forehead between two eyebrows as illustrated in following picture. This spot is called Äjnä Chakra, which means 'decision-making circle'.



Now recite the following Sutras.

जय वीयराय!

जय वीयराय! जग-गुरु!, होउ ममं तुह प्पभावओ भयवं!.

भव-निव्वेओ मग्गाणुसारिआ इट्ठफल-सिद्धी. 1.

लोग-विरुद्ध-च्चाओ गुरु-जण-पूआ परत्थ-करणं च.

सुह-गुरु-जोगो तव्वयण-सेवणा आ-भवमखंडा. 2.

वारिज्जइ जइ वि नियाण-बंधणं वीयराय! तुह समये.

तह वि मम हुज्ज सेवा, भवे भवे तुम्ह चलणाणं. 3.

दुक्ख-क्खओ कम्म-क्खओ, समाहि-मरणं च बोहि-लाभो अ.

संपज्जउ मह एअं, तुह नाह! पणाम-करणेणं. 4.

सर्व-मंगल-मांगल्यं, सर्व-कल्याण-कारणम्.

प्रधानं सर्व धर्माणाम्, जैनं जयति शासनम्. 5.

jaya viyaräya! jaga-guru!, hou mamam tuha ppabhävaö bhayavam!.

bhava-nivveo maggänusäriä itthaphala-siddhi. 1.

loga-viruddha-chchäö guru-jana-puä parattha-karanam cha.

suha-guru-jogo tavvayana-sevanä ä-bhavamakhandä. 2.

värijjai jai vi niyäna-bandhanam viyaräya! tuha samaye.

taha vi mama hujja sevä, bhava bhava tumha chalanänam. 3.

dukkha-kkhao kamma-kkhao,

samähi-maranam cha bohi-läbho a.

sampajjau maha eam, tuha näha! panäma-karanenam. 4.

sarva-mangala-mängalyam, sarva-kalyäna-käranam.

pradhänam sarva dharmänäm, jainam jayati shäsanam. 5.

Oh! Vitarāga Paramātmā! Oh! Spiritual preceptor of the universe, through your teachings, incessantly throughout this life and in all future lives, I wish to:

Detach myself from worldly life.

Lead my life on the path of right conduct, as you preached.

Attain salvation.

Lead a life of high morals and ethics.

Be respectful to and take good care of Guru Mahārāj and elderly people.

Be helpful to and of service to others.

Be in close touch with the right spiritual Guru.

Follow the instructions and orders of the Guru.

Oh! Vitarāga Paramātmā, I am aware that your teachings advise against asking anything from you. In spite of this,

I wish to be of service to you at your feet for this life and all my future lives.

Oh! Bhagawān

I bow down to you and further long for:

Freedom from the cycles of birth and death, which cause ultimate unhappiness.

Eradication of my karmas

A peaceful death in perfect equanimity.

Right knowledge, right faith, and right conduct.

Jain Darshan and the Jain way of life are the most auspicious. They are the source of ultimate bliss (Moksha). They are the best and the greatest among all religious philosophies.

We complete this Chaitya Vandan by doing a Kāusagga. For that purpose, we now recite the following Sutra.

अरिहंत-चेइयाणं

अरिहंत-चेइयाणं, करेमि काउस्सग्गं. 1.

वंदण-वत्तिआए, पूअण-वत्तिआए, सक्कार-वत्तिआए,
सम्माण-वत्तिआए, बोहि-लाभ-वत्तिआए, निरुवसग्ग-वत्तिआए. 2.

सद्धाए, मेहाए, धिईए, धारणाए, अणुप्पेहाए वड्ढमाणीए, ठामि काउस्सग्गं. 3.

arihanta-cheiyānam, karemi kāussaggam. 1.

vandana-vattiāe, puana-vattiāe, sakkāra-vattiāe,
sammāna-vattiāe, bohi-lābha-vattiāe,
niruvassagga-vattiāe. 2.

saddhāe, mehāe, dhiie, dhāranāe, anuppehāe vaddhamānie, thāmi
kāussaggam. 3.

Oh! Arihanta Bhagawān, I wish to perform Kāyotsarga to offer my obeisance to you; worship you; express my reverence to you; respect you; attain right knowledge, right faith, and right conduct; and attain salvation.

I am doing this Kāyotsarga with an ever-increasing level of faith, intellect, peaceful mind, determination, and contemplation.

Now we recite the following Sutra.

अन्नत्थ-ऊससिएणं, नीससिएणं, खासिएणं, छीएणं, जंभाइएणं,

उड्डुएणं, वाय-निसग्गेणं, भमलीए, पित्त-मुच्छाए. 1.

सुहुमेहिं अंग-संचालेहिं, सुहुमेहिं खेल-संचालेहिं,

सुहुमेहिं दिट्ठि-संचालेहिं. 2.

एवमाइएहिं आगारेहिं, अ-भग्गो अ-विराहिओ,

हुज्ज मे काउस्सग्गो. 3.

जाव अरिहंताणं भगवंताणं, नमुक्कारेणं न पारेमि. 4.

ताव कायं ठाणेणं मोणेणं ज्ञाणेणं, अप्पाणं वोसिरामि. 5.

annattha-usasienam, nisasienam,
khäsienam, chhienam, jambhäienam,
udduenam, väya-nisaggenam, bhamalie, pitta-muchchhäe. 1.

suhumehim amga-sancälehim, suhumehim khela-sanchälehim, suhumehim
ditthi-sancälehim. 2.

evamäiehim ägärehim, a-bhaggo a-virähio,
hujja me käussaggo. 3.

jäva arihantānam bhagavantānam,
namukkārenam na päremi. 4.

täva käyam thānenam monenam jhānenam,
appānam vosirāmi. 5.

I shall now engross myself in complete Käyotsarga (meditation), except for breathing in and out, coughing, sneezing, yawning, belching, letting bodily gas out, episode of dizziness or fainting, and subtle movements of body, phlegm and eyes.

I shall terminate my Käyotsarga by offering obeisance to Arihanta Bhagawän (by saying “Namo Arihantānam” aloud). Until then I shall not speak or move and renounce all other bodily and mental activities.

Now, recite Navakär Mantra once in your mind and terminate Käusagga by saying ‘Namo Arihantānam’ aloud. Then recite the following prayer:

कल्लाण-कंदं पढमं जिणिंदं, संतिं तओ नेमि-जिणं मुणिंदं.
पासं पयासं सुगुणिकक-ठाणं, भल्लीइ वंदे सिरि-वद्धमाणं.

kallāna-kandam padhamam jinindam,
santim tao nemi-jinam munindam.
pāsam payāsam sugunikka-thānam,
bhattii vande siri-vaddhamānam.

With true devotion, I bow down to the first Tirthankar, Shree Rushabha-dev Bhagawän, who is the source of prosperity; to Shree Shänti-näth Bhagawän; to Shree Nemi-näth Bhagawän, who is like a supreme monk; to Shree Pärshva-näth Bhagawän, who enlightens the universe and is the abode of supreme virtues; and Bhagawän Shree Mahävir-swämi.

Now, bow down while reciting Khamäsamana Sutra

इच्छामि खमा-समणो! वंदितुं, जावणिज्जाए निसीहिआए,
मत्थएण वंदामि.

ichchhämi khamä-samano ! vandium, jävanijjæ nisihiæ, matthaena
vandämi.1.

Oh! Bhagawän! I wish to offer my obeisance to you. I am giving up all sinful activities to the best of my abilities, and I am bowing my head down to you.



Conquer anger by forgiveness, pride by humility, deceit by strait-forwardness and greed by contentment.

Das-vaikālik 8/39

That by which we know the truth, control the restless mind, and purify the soul is called knowledge.

Mulāchār 5/70

**Non-Attachment
(Aprigraha)**

**Non-Violence
(Ahimsa)**

**Multiplicity of Views
(Anekāntvād)**



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