

Namokar Mantra

Namo Arahantanam,

Namo Siddhanam, Namoy Ayiryanam,

Namo Uvajjhayanam,

Namo Loye Savva Sahunam.

णमो अरहंताणं,

णमो सिद्धाणं, णमो आइरियाणं,

णमो उवज्झायाणं,

णमो लोए सव्व साहूणं ।

Salutations to all the Arahantas of the World,

Salutations to all the Siddhas of the World,

Salutations to all the Acharyas of the World,

Salutations to all the Upadhyayas of the World,

Salutations to all the Sadhus of the World.

**Eso Panch Namoyaro,
Savva Pavappanasano,
Manglanancha Savvesim,
Padhamam hoi Manglam.**

**एसो पंच णमोयारो,
सव्व पावप्पणासणो,
मंगलाणं च सव्वेसिं,
पढमं होहि मंगलम् ।**

This Pancha Namaskar Mantra destroys all sins and is the first benediction of all the benedictions. This Mantra destroys delusion, attachment and aversion and leads to right knowledge.

The Arahantas, the Siddhas, the Acharyas, the Upadhyayas and the Sadhus are called the five Parmesties i.e. the five Supremely adored beings. The person who knows these five Parmesties and treads the path shown by them definitely attains real happiness.

Questions :—

1. Recite the Namokar Mantra correctly.
2. Who have been saluted in this Mantra ?
3. What good flows from reciting this Mantra ?
4. Mention the names of five Parmesties.
5. How is real happiness attained ?

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