

Significance of OM



The bijaskhara "om" is used among Jains as well as vedikas, Buddhists and Sikhs. Its significance is described in **Dravya-sangrah** by quoting an ancient prakrit line:

ओं एकाक्षर पञ्चपरमेष्ठिनामादिपम् ।

तत्कथमिति चेत्

अरिहंता असरीरा आयरिया तह उवज्जाया मुणियां ।

om ekaakshara

paJNchaparameshhThinaamaadipam.h.

tatkathamiti cheta

ariha.ntaa asariiraa aayariyaa taha

uvajjhaayaa muNiyaa.n.

"om" one akshara, is made from the initials of the five
parameshThis. It has been said:

"Arihanta, Ashiri (i.e. siddha), Acharya, Upadhyaya, Munis(sadhus)"

Thus "om" is a+a+a+u+m and thus stands for all the five parameshThis.

Obligation (Reason) & Development of Virtue

Arihant	Spiritual Guidance	Right Belief
Siddha	Eternity	Liberation (contentment)
Ächärya	Conduct	Straightforwardness
Upädhyäya	Knowledge	Humility
Sädhu	Assistance	Forgiveness

Shankhäkart – Nandyäkart Jäp

Left Hand

7 8 9

6 1 2

5 4 3

M A S

Right Hand

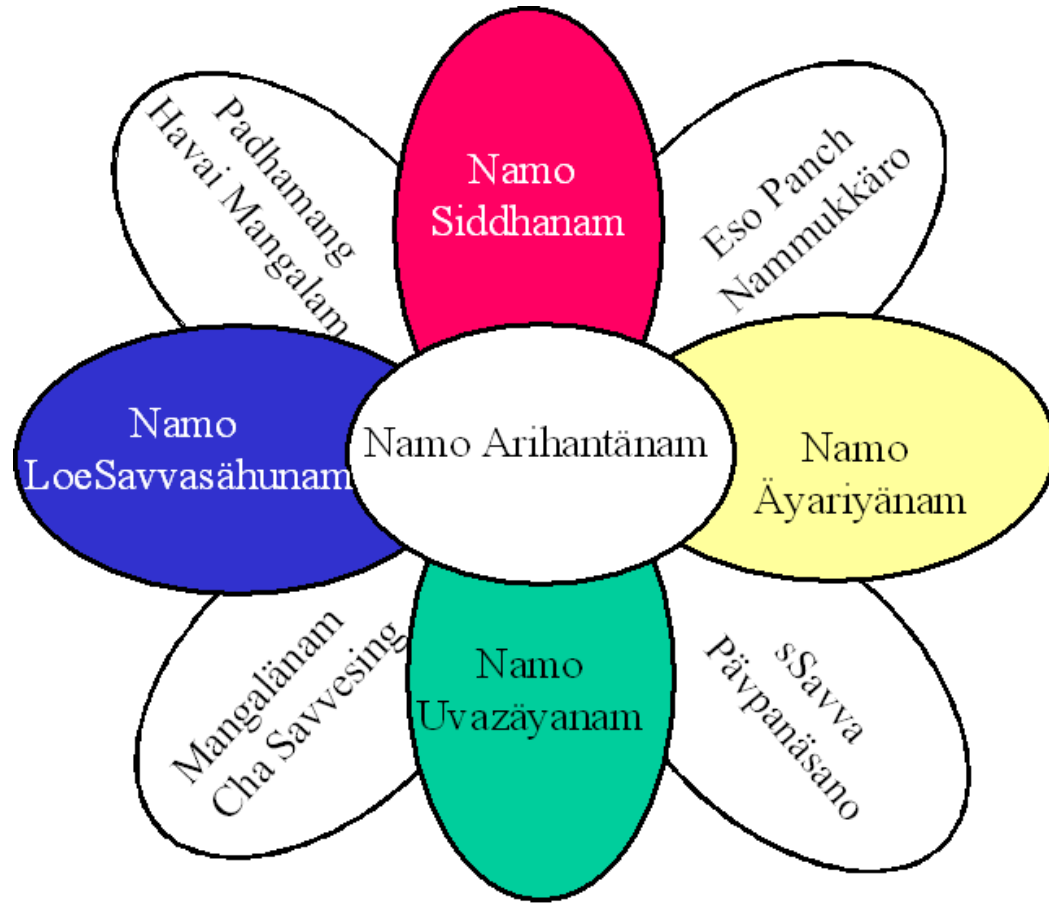
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2 7 6 11

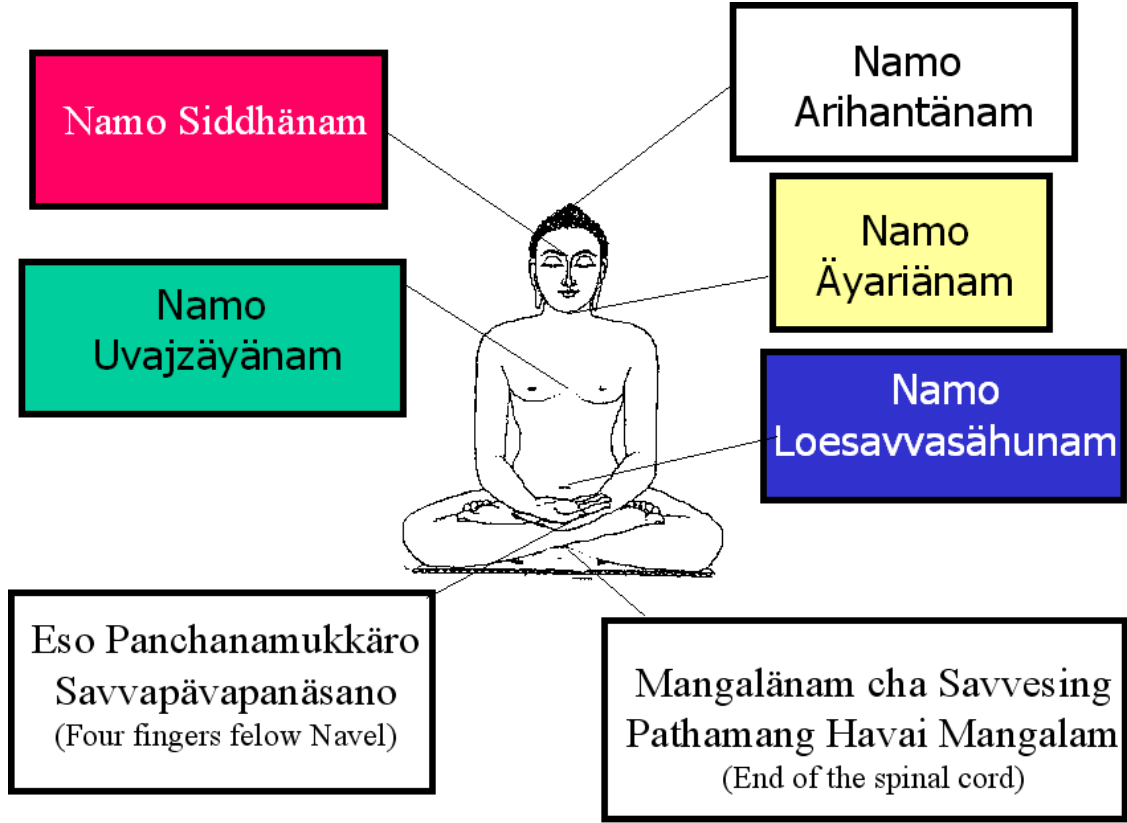
1 8 9 10

S A M T

Meditation concentrating at heart



COLOR MEDITATION WITH *NAMOSKĀR MANTRA*



Navakār Mantra is the most auspicious *Mantra* of *Jainism*. It is recited in the morning, evening and for that matter at any time of the day. While reciting *Navakār Mantra*, we pay our utmost respect to all supreme spiritual people - all *Arihantas*, *Siddhas*, *Āchāryas*, *Upādhyāyas* and *Sādhus & Sādhvies* - who have liberated themselves, are pursuing the path of the liberation and, to those who will liberate themselves in the future, any where in the universe, and whether they are Jain or non-Jain. At the time of recital, we are supposed to remember their virtues and remind ourselves to be like them. This *Mantra* is also called *Namaskār Mantra* or *Namokkār Mantra*. In a way, the *Navakār Mantra* contains the essence of the entire *Jainism*. It points out that if we want to be truly liberated, and for that we would have to give up the worldly life.

We will be using five bright colors in this meditation - white, red, yellow, green and blue:

- Bright white color is for elimination of passions, equanimity, universal friendship, highest level of purity and holiness.
- Bright red color is for awakening of inner energy and developing the will power.
- Bright yellow color is for developing wisdom, pursuing spiritual goals and practicing self-discipline.
- Bright green color is for eradicating karmas, achieving emotional stability and relieving tension.
- Bright blue color is for truth, calmness, religious aspiration and Devotion.

Now Select a sitting posture (*āsana*), select a hand position (*Mudrā*), closed lips, teeth in normal place, eyes are closed softly, spinal cord and neck in a straight line without stiffness, mind calm, no thoughts, all muscles loose.

Now, concentrate at the top of the head, called Center of Knowledge, Jnana Kendra

NAMO ARIHANTANAM: Our utmost respect to all Arihantas

Arihanta is the perfect human being, who has destroyed all inner enemies like anger, ego, deceit and greed; and shows the path of liberation to others

Now, visualize the bright white color like full moon or snow at the center of knowledge

Try to visualize an image of Arihanta (Tirthankar) in bright white color

Now recite - Namu Arihantanam 5 times in your mind.

Now shift the concentration between the eye-brows, called the Center of Intuition- Darshana Kendra. NAMO SIDDHANAM: Our utmost respect to Siddhas. Siddhas are bodyless liberated souls and have attained the *moksha*. Have perfect knowledge, perception and conduct. Have unobstructed bliss and unlimited energy. Now, visualize the bright red color like the color of rising Sun at the Center of Intuition, between the eye-brows..... Visualize - an image of Siddha in bright red color.....Now recite Namu Siddhanam 5 times in your mind.

Now shift the concentration at the throat, called the Center of Purity, Vishuddhi Kendra. NAMO AYARIYANAM: Our utmost respect to all Acharyas. Acharya is our spiritual leader in the absence of a Tirthankar, represents organizational powers, control and discipline. Now visualize the bright yellow color like sun flower or gold at the Center of Purity..... Visualize an image of Acharya in the bright yellow color.....Now recite Namu Ayariyanam 5 times in your mind.

Now, shift the concentration at the center of the chest, called Center of Bliss, Anand Kendra. NAMO UVAJJHAYANAM: Our utmost respect to all Upadhyayas. Upadhyaya has complete knowledge of what our Tirthankars have preached and teaches the same to aspirants, monks and nuns. Now visualize bright green color at the Center of Bliss..... Now visualize an image of Upadhyaya in bright green color..... Now recite Namu Uvajjhayanam 5 times in your mind.

Concentrate at lower abdomen, two inches (four fingers) below the navel, called the Center of Health, Svasthaya Kendra. NAMO LOE SAVVA SAHUNAM: Our utmost respect to all sadhus and sadhvies. Sadhu is a spiritual practitioner. He/She has given up all worldly attachments and has no aversion.... Now visualize the bright blue color like the neck of a peacock, at the Center of Health..... Now visualize an image of sadhu or sadhvi in the bright blue color..... Now recite Namu Loe savva sahunam - 5 times in your mind.