

Exposition Of Pratikramana Sutra

Interpretation and explanation of
Pratikramana stotras in English.

List of sutra

List of sutra in this presentation.

- 31 Devasiam Äloum Sutra
- 32 Säta Läkha Sutra
- 33 Adhära Päpasthänaka Sutra
- ~~34~~ Vandittu sutra (separate presentation)
- 35 Äyaria Uvajjhäe Sutra
- 36 Sua Devayä Stuti
- 37 Kshetra Devatä Stuti Sutra
- 38 Kamala Dala Stuti Sutra
- 39 Namostu Varddhamänäya Sutra
- 40 Vishäla Lochana Sutra

Devasiam Äloum Sutra (31)

Sutra 31 - Pratikraman sutra

Object: Any transgressions {(five ethical codes of conduct (Ächära) and twelve householder vows (bärä vrata)} committed during the day or night brings them to light and ask for forgiveness.

Devasiam Āloum Sutra (31-1)

ICHCHHĀKĀRE'ṆA SANDISAHA BHAGAVAN !

इच्छाकारेण सन्दिहसह भगवन् !

ઈચ્છાકારેણ સન્દિહસહ ભગવન્ ?

DE'VASIAM (RĀIAM) ĀLOU ?

દેવસિઅં (રાઢઅં) આલોઝં ?

દેવસિઅં (રાઈઅં) આલોઊં ?

ICHCHHAM, ĀLOE'MI

इच्छं, आलोएमि

ઈચ્છં, આલોએમિ.

JO ME' DE'VASIO (RĀIO).

જો મે દેવસિઓ (રાઢઓ).

જો મે દેવસિઓ. (રાઈઓ).

Give me your
permission willingly!

So that I can reflect
on any transgressions
I have committed.

(After the preceptor
says yes).

I want to confess
and ask for their
forgiveness.

Sāta Lākha Sutra (32)

Sutra 32 - Forgiveness from all living beings

Object: To ask for forgiveness for any harm done to any living being.

In this sutra, forgiveness or pardon is sought from all the 8.4 million types of living beings, residing in the Universe (triloka).

Sāta Lākha Sutra (32-1)

SĀTA LĀKHA PRUTHVEEKĀYA, SĀTA LĀKHA APKĀYA,
सात लाख पृथ्वीकाय, सात लाख अप्काय,
सात लाख पृथ्वीकाय, सात लाख अप्काय,
SĀTA LĀKHA TEUKĀYA, SĀTA LĀKHA VĀUKĀYA,
सात लाख तेउकाय, सात लाख वाउकाय,
सात लाख तेउकाय, सात लाख वाउकाय,

700,000 earth bodies (dirt, stones etc.),

700,000 water bodies (water, dew; ice etc.),

700,000 fire bodies (light, fire, candle, torch etc.),

700,000 wind bodies (air, small particles etc.),

Sāta Lākha Sutra (32-2)

DASHA LĀKHA PRATYEKA VANASPATI KĀYA,

दश लाख प्रत्येक वनस्पति काय,

दश लाख प्रत्येक वनस्पति काय,

CHAUDA LĀKHA SĀDHĀRANA VANASPATI KĀYA,

चौद लाख साधारण-वनस्पति काय,

चौद लाख साधारण-वनस्पति काय,

1 Million individual (extra ordinary) plant lives
(fruits, flowers, seeds, leaves, roots, etc.),

1.4 Million collective (ordinary) plant lives
(one entity with many lives e.g. figs etc.),

Sāta Lākha Sutra (32-3)

BELĀKHA BEINDRIYA, BE LĀKHA TEINDRIYA,

बे लाख बेइन्द्रिय, बे लाख तेइन्द्रिय,

બે લાખ બેઈન્દ્રિય, બે લાખ તેઈન્દ્રિય

BE LĀKHA CHAURINDRIYA,

बे लाख चउरिन्द्रिय,

બે લાખ ચઉરિન્દ્રિય,

200,000 lives with 2 senses (sea-shells etc.),
200,000 lives with 3 senses (ants, termites etc.),
200,000 lives with 4 senses (spiders, etc.),

Sāta Lākha Sutra (32-4a)

CHĀRA LĀKHA DEVATĀ, CHĀRA LĀKHA NĀRAKEE,
चार लाख देवता, चार लाख नारकी,
चार लाख देवता, चार लाख नारकी,
CHĀRA LĀKHA TIRYANCHA PANCHENDRIYA,
चार लाख तिर्यच पंचेन्द्रिय,
चार लाख तिर्यच-पंचेन्द्रिय,

400,00 celestial lives,

400,00 hellish lives,

400,00 animal lives with five senses,

Sāta Lākha Sutra (32-5)

CHĀUDA LĀKHA MANUSHHYA, EDVAMKĀRE' CHORĀSHEE LĀKHA

चौद लाख मनुष्य, एवंकारे चोराशी लाख

थौद लाज मनुष्य, अेपंडारे, थोराशी लाज

JEEVĀYONIMĀHEE, MĀHARE JEEVE,

जीवायोनिमांही माहरे जीवे

जुवायोनिमांहि माहरे जुवे

1.4 Million human lives.

Of these 84 hundred thousand living beings,

Sāta Lākha Sutra (32-5a)

JE KOI JEEVA HAṆYO HOYA, HAṆĀVYO HOYA,

जे कोइ जीव हण्यो होय, हणाव्यो होय,
जे कोइ ज्ञप, हएयो होय, हएाव्यो होय,

HANĀTĀ PRATYE, ANUMODYO HOYA,

हणतां प्रत्ये अनुमोद्यो होय,
हएतां प्रत्ये अनुमोद्यो होय,

TE SAVI MANA, VACHANA KĀYĀE' KAREE,

ते सवि मन, वचन, कायाए करी
ते सवि मन, वचन कायाए करी-

MICHCHHĀMI DUKKAḌAM.

मिच्छा मि दुक्कडं.

मिच्छा मि दुक्कडं.

if I have hurt or killed,
promoted or
encouraged such acts,
mentally, verbally or
physically

may those sinful deeds
be forgiven and become
fruitless.

Sāta Lākha Sutra (32A)

In this verse why total of only 8.4 Million wombs (yonis) are counted?

There are infinite numbers of wombs present.

However the groups of wombs with similar color, odor, taste, touch and shape are considered as one type.

Thus the numbers of wombs are counted as 8.4 Million.

Sāta Lākha Sutra (32B)

How is the number of species (yonis) determined in each type of living being?

Each specie will have:

5 types of colors

2 types of odors

5 types of tastes

8 types of touches

5 types of shapes

By multiplying all the factors

($5 \times 2 \times 5 \times 8 \times 5 = 2000$) the final number of specie is determined.

Sāta Lākha Sutra (32C)

The scriptures stipulate 4200 species in all having different types of colors, odors, tastes, touches and shapes.

Each of the 4200 species is multiplied by 2000 so as to arrive at the total of 8.4 million species.

Adhāra Pāpasthānaka (33)

Sutra 33 - Forgiveness Sutra

Object: To contemplate and ask forgiveness for 18 categories of sins (Pāpasthānaka).

Adhāra Pāpasthānaka (33-1)

PAHELE PRĀNĀTIPĀTA, BEEJE, MRUSHHĀVĀDA,
पहेले प्राणातिपात, बीजे मृषावाद,
पहेले प्राणातिपात, बीजे मृषावाद,
TREEJE ADATTĀDĀNA, CHOTHE MAITHUNA,
त्रीजे अदत्तादान, चोथे मैथुन,
त्रीजे अदत्तादान, चोथे मैथुन,

First comes killing (prānātipāta or himsā),
second is lying (mrushāvāda),
third is stealing (adattādāna),
fourth is unchastity (abrahma or maithuna),

Adhāra Pāpasthānaka (33-2)

PĀNCHAME PARIGRAHA, CHHAṬṬHE KRODHA,

पांचमे परिग्रह, छठे क्रोध,

पांचमे परिग्रह छठे क्रोध,

SĀTAME MĀNA, ĀṬHAME MĀYĀ

सातमे मान, आठमे माया,

सातमे मान, आठमे माया,

fifth is acquisitiveness (parigraha),

sixth is anger (krodha),

seventh is pride (māna),

eighth is deceit (māyā),

Adhāra Pāpasthānaka (33-3)

NAVAME LOBHA, DASAME RĀGA.

नवमे लोभ, दसमे राग,

नवमे लोभ; दशमे राग,

AGYĀRAME DVESHHA, BĀRAME KALAHA,

अग्यारमे द्वेष, बारमे कलह,

अग्यारमे द्वेष, बारमे कलह,

ninth is greed (lobha)

tenth is attachment (rāga),

eleventh is hatred (dwesha),

twelfth is disputation (kalaha),

Adhāra Pāpasthānaka (33-4)

TERAME ABHYĀKHYĀNA, CHAUDAME PAISHUNYA,

तेरमे अभ्याख्यान, चौदमे पैशुन्य,

तेरमे अभ्याख्यान चौदमे पैशुन्य,

PANDARAME RATI-ARATI, SOLAME PARA-PARIVĀDA,

पंदरमे रति-अरति, सोलमे पर-परिवाद,

पंदरमे रति-अरति सोलमे पर-परिवाद,

thirteenth is false accusation (abhyākhyāna),

fourteenth is backbiting (paishunya),

fifteenth is pleasure-displeasure (rati-arati),

sixteenth is slander (para-parivāda or nindā),

Adhāra Pāpasthānaka (33-5)

SATTARAME MĀYĀ MRUSHHĀVĀDA,

सत्तरमे माया-मृषावाद,

सत्तरमे माया-मृषावाद,

ADHĀRAME, MITHYĀTVASHALYA,

अढारमे मिथ्यात्व-शल्य,

अढारमे मिथ्यात्व-शल्य,

seventeenth is deceitful speech

(māyā-mrushāvada) and

eighteenth is false belief, belief in wrong god,

teacher and religion (mithyātva).

Adhāra Pāpasthānaka (33-6)

E ADHĀRA PĀPASTHĀNAKA MĀHEE,

ए अढार पापस्थानकमांही,

એ અઢાર પાપસ્થાનકમાંહિ,

MĀHARE JEEVE, JE KOI PĀPA, SEVYU HOYA, SEVARĀVYU HOYA,

माहरे जीवे जे कोइ पाप, सेव्युं होय, सेवराव्युं होय,

માહરે જીવે જે કોઈ પાપ સેવ્યું હોય સેવરાવ્યું હોય,

SEVATĀ PRATYE, ANUMODYU HOYA,

સેવતાં પ્રત્યે અનુમોદ્યું હોય,

સેવતાં પ્રત્યે અનુમોદ્યું હોય,

If I have indulged or have promoted or encouraged any such sinful act by others or praised the person who has committed any one of these eighteen categories of sin,

Adhāra Pāpasthānaka (33-7)

TE SAVI MANA VACHANA, KAYĀE KAREE,

ते सवि मन, वचन, कायाए करी,

ते सवि मन, पचन, कायाअे करी,

MICHCHĀMI DUKKADAM.

मिच्छा मि दुक्कडं.

मिच्छा मि दुक्कडम्.

either mentally, verbally or physically,
may those sinful deeds be forgiven and
become fruitless.

Adhāra Pāpasthānaka (33A)

One hundred and eight (108) kinds of activities are enlisted in the Jaina Scriptures, which are harmful to the soul.

3 types of Activity (yoga): (i) in thoughts, (ii) by words or (iii) by physical actions.

3 types of stages of activity: (i) in planning (ii) act of preparation (iii) commencement

3 ways an activity performed : (i) by own self (ii) to get it done by others (iii) to approve

4 passions (kashāya) (i) anger (ii) pride (iii) deceit (iv) greed .

$$3 \times 3 \times 3 \times 4 = 108$$

Adhāra Pāpasthānaka (33B)

The number of violations one may commit under the influence of the 18 categories of sins (Pāpasthānaka) are 1944.

$$108 \times 18 = 1944$$

Vandittu Sutra (34)

See separate
presentation on Sutra 34,
The Vandittu Sutra

Äyaria Uvajjhäe (35)

Sutra 35 - Forgiveness from Guru & Sangha

Object: In this sutra the person regrets violations committed towards the leaders of monastic congregation, ascetic teachers, their disciples and members of their congregation and asks for forgiveness.

Äyaria Uvajjhäe (35-1)

ÄYARIYA UVAJZÄE, SEESE SÄHAMMIE KULA GAṆE A;

आयरिय उवज्झाए, सीसे साहम्मिए कुल गणे अ,
आयरिय उवज्झाए, सीसे साहम्मिअ कुल-गणे अ;

JE ME KEI KASÄYÄ, SAVVE TIVIHENA KHÄMEMI.

जे मे केइ कसाया, सव्वे तिविहेण खामेमि.

जे मे केइ कसाया, सव्वे तिविहेण जाभेमि.

With mind, speech and body,
I beg for forgiveness for violations,
I may have committed due to passions,
towards leaders of monastic congregation,
ascetic teachers, their disciples and
members of their congregation.

Äyaria Uvajjhäe (35-2)

SAVVASSA SAMANA SANGHASSA,

सव्वस्स समण संघस्स,

सव्वस्स समण संघस्स,

BHAGAVAO ANJALIM KARIA SEESE;

भगवओ अंजलिं करिअ-सीसे,

भगवओ अंजलिं करिअ-सीसे;

SAVVAM KHAMĀVAITTĀ, KHAMĀMI SAVVASSA AHAYAM PI.

सव्वं खमावइत्ता, खमामि सव्वस्स अहयं पि.

सव्वं जमावइत्ता, जमामि सव्वस्स अहयं पि.

I respectfully ask for forgiveness from the entire ascetic community for any wrongs, I may have committed to them and forgive them for any wrongs they may have committed onto me.

Äyaria Uvajjhäe (35-3)

SAVVASSA JEEVARĀSISSA,

सवस्स जीव-रासिस्स,

सव्वस्स ज़ुप-रासिस्स,

BHĀVAO DHAMMA NIHIA NIYACHITTO;

भावओ धम्म निहिअ नियचित्तो,

भापओ धम्म निहिअ- नियचित्तो;

SAVVAM KHAMĀVAITTĀ, KHAMĀMI SAVVASSA AHAYAM PI.

सव्वं खमावइत्ता, खमामि सव्वस्स अहयं पि.

सव्वं ञमापइता, ञमामि सव्वस्स अहयं पि.

I respectfully ask for forgiveness from all living beings for any wrongs I may have committed to them and forgive them for any wrongs they may have committed onto me.

Sua Devayä Stuti (36)

Sutra 36 -Prayer to Sarasvati Devi

Object: Hymn of praise to Goddess of Learning Sarasvati Devi

Only prayers are offered to heavenly gods and they are not worshiped, because they are unable to observe any vows or restraints.

Sua Devayä Stuti (36-1)

SUADEVAYÄE KAREMI KÄUSSAGGAM... ANNATTHA.....

सुअदेवयाए करेमि काउस्सगं.... अन्नत्थ....

सुअदेवयाअे करेमि काउस्सगं.... अन्नत्थ....

SUADEVAYÄ BHAGAVAE, NÄNÄVARAÑEEA KAMMA SANGHÄYAM,

सुअदेवया भगवई, नाणावरणीय कम्म संघायं,

सुअदेवया भगवई, नाणावरणीय कम्म संघायं,

TESIM KHAVE'U' SAYAYAM JESIM SUA SÄYARE BHATTEE. 1

तेसिं खवेउ सययं, जेसिं सुअ सायरे भत्ती. १

तेसिं भवेउ सययं, जेसिं सुअ सायरे भत्ती. १

I stand in body-abandonment posture and offer my prayer to Goddess of Learning, Sarasvati Devi. O Goddess of Learning! Destroy the knowledge obscuring Karma (Jnänvarniya) of those men who always worship the Holy Writ, the ocean of right scriptural knowledge.

Kshetra Devatā Stuti (37)

Sutra 37 -Prayer to Kshetra Devatā

Object: Hymn of praise to Guardian Deity
of Space (Kshetra Devatā)

Kshetra Devatā Stuti (37-1)

KHITTADEVAYĀE KAREMI KAUSSAGGAM... ANNATTHA...

खित्तदेवयाए करेमि काउस्सगं... अन्नत्थ०....

भित्तदेवयाअे करेमि काउस्सगं... अन्नत्थ०

JISE' KHITTE' SĀHOO, DANSANA-NĀNEHIM CHARANA SAHIEHIM;

जिसे खित्ते साहू, दंसण-नाणेहिं चरण सहिएहिं,

जिसे भित्ते साहू, दंसण-नाणेहिं चरण सहिएहिं,

SĀHĀNTI MUKKHA.MAGGAM. SĀ DEVEE HARAU DURIĀIM. 1

साहन्ति मुख्ख मगं, सा देवी हरउ दुरिआइं. १

साहन्ति मुक्ख मगं, सा देवी हरउ दुरिआइं. १

I stand in body-abandonment posture and offer my prayer to Guardian Deity of Space.

O Guardian Deity of Space!

Destroy the sins of those monks with right faith, knowledge and conduct, seeking the path of liberation.

Kamala Dala Stuti (38)

Sutra 38 -Prayer to Sarasvati Devi

Object: Hymn of praise to Goddess of Learning.

In this prayer beauty of Sarasvati Devi who is full of prosperity (Bhagavati) is described.

Her eyes are compared to the shape of petal of lotus flower, her face to the shape of lotus flower and her complexion to the middle part of the flower.

Kamala Dala Stuti (38-1)

KAMALA DALA VIPULA NAYANĀ,
कमल दल विपुल नयना,
इमलदल विपुल नयना,
KAMALA MUKHEE KAMALAGARBHA SAMA GAUREE;
कमल मुखी कमलगर्भ सम गौरी,
इमल मुजी इमलगर्भ सम गौरी;

KAMALE STHITĀ BHAGAVATEE,
कमले स्थिता भगवती,
इमले स्थिता भगवती,
DADĀTU SHRUTADEVATĀ SIDDHIM.
ददातु श्रुतदेवता सिद्धिम्.
ददातु श्रुतदेवता सिद्धिम्.

Goddess Sarasvati,
whose eyes have
wide oval shape
like a lotus petal,
face like a
lotus flower,
complexion as fair as
the middle part of the
lotus flower and
sits on the lotus,
grant me the Moksha.

Namostu Varddhamänäya (39)

Sutra 39 - Prayer to Lord Mahävira

Namostu Varddhamänäya Sutra

Shri Vira Jina Stuti

Object: Hymn of Praise of Lord Omniscient recited after completing six essential duties in evening penitential retreat (Devasi Pratikramana).

Namostu Varddhamānāya (39-1)

NAMOSTU VARDHAMĀNĀYA, SPARDHAMĀNĀYA KARMAṆĀ,

नमोस्तु वर्धमानाय, स्पर्धमानाय कर्मणा

नमोस्तु पद्धमानाय, स्पर्धमानाय कर्मणा॥

TAJJAYĀVĀPTA MOKSHĀYA, PAROKSHĀYA KUTEERTHINĀM

तजयावाप्त मोक्षाय, परोक्षाय कुतीर्थिनाम्,

तजयावाप्त-मोक्षाय, परोक्षाय कुतीर्थिनाम्,

I pay my obeisance to Lord Mahāvira,
who, after winning a constant struggle with karmas,
achieved liberation, which is beyond the
vision of wrong believers.

Namostu Varddhamānāya (39-2)

YESHĀM VIKACHĀRAVINDA RĀJYĀ,
येषां विकचारविन्द-राज्या,
येषां विकचारविन्द-राज्या,
JYĀYĀHA KRAMA KAMALĀVALIM DADHATYĀ;
ज्यायः क्रम कमलावलिं दधत्या;
ज्यायः क्रम-कमलावलिं दधत्या;
SADRUSHAERITI SANGATAM PRASHASYAM,
सदृशैरिति संगतं प्रशस्यं,
सदृशैरिति संगतं प्रशस्यं,
KATHITAM SANTU SHIVĀYA TE JINENDRĀHA.
कथितं सन्तु शिवाय ते जिनेन्द्राः
कथितं सन्तु शिवाय ते जिनेन्द्राः

Let the Peaceful
liberators always
be our benefactors.
They have feet, which
are soft like lotus
flowers therefore
when they walk their
feet land on the golden
lotuses created by
heavenly gods.

Namostu Varddhamānāya (39-3)

KASHHĀYATĀPĀRDITA JANTU NIRVRUTIM,
कषायतापार्दित जन्तु-निर्वृतिं,
कषाय-तापार्दित-जन्तु-निर्वृतिं,
KAROTI YO JAENA MUKHĀMBUDODGATAH;
करोति यो जैन मुखाम्बुदोद्गतः,
करोति यो जैन मुजाम्बुदोद्गतः,

SA SHUKRA-MĀSODBHAVA VRUSHHṬI SANNIBHO,
स शुक्रमासोद्भव वृष्टि-सन्निभो,
स शुक्र-मासोद्भव-वृष्टि-सन्निभो,
DADHĀTU TUSHHṬIM MAYI VISTARO GIRĀM.
दधातु तुष्टिं मयि विस्तरो गिराम्.
दधातु तुष्टिं मयि विस्तरो गिराम्.

Let the words of
Lord Jineshwara,
which are like first
torrential rainfall
at the beginning of
monsoon season,
spoken through the
mouth of chief
disciple (gandhara);
bring peace and
tranquility to me.

Namostu Varddhamänäya (39A)

This prayer is recited to show the joy of completing all the six essential duties of evening penitential retreat.

In the first verse the disciple is paying homage to Lord Mahävira who has achieved the ultimate release by his inner strength.

In the second verse to all the Lord Jineshwaras, the benefactors of the entire mankind.

Namostu Varddhamānāya (39B)

The third verse to the Holy Writ, which brings peace and calmness just like the first rains of monsoon season making the earth cool and rich for the cultivation of crops.

Vishāla Lochana (40)

Sutra 40 -Prayer to Lord Jineshwaras

Vishāla Lochana Sutra

Object: Hymn of Praise for Lord Jineshwaras and Holy writ after completing six essential duties in morning penitential retreat (rai Pratikramana).

Vishāla Lochana (40-1)

VISHĀLA LOCHANA DALAM, PRODYAD DANTĀMSHU KESARAM;

विशाल लोचन दलं, प्रोद्यद् दन्तांशु केसरम्,

विशाललोचन-दलं, पोद्यद् दन्तांशु-केसरम्;

PRĀTARVEERA JINENDRASYA, MUKHA PADMAM PUNĀTU VAH 1

प्रातर्वीर जिनेन्द्रस्य, मुख-पद्मं पुनातु वः

१

प्रातर्वीर जिनेन्द्रस्य, मुख-पद्मं पुनातु वः

१

Let Lord Jineshwara be auspicious to all of us,
whose face in the morning resembles an open
lotus flower, wide oval eyes resembling petal of
lotus and the shiny white teeth like the farina.

Vishāla Lochana (40-2)

YESHHĀMABHISHHEKA KARMA KRITVĀ,
येषामभिषेक कर्म कृत्वा,
येषामभिषेक-कर्म कृत्वा,

MATTĀ HARSHHA BHARĀT SUKHAM SURENDRĀH,
मत्ता हर्ष भरात् सुखं सुरेन्द्राः
मत्ता हर्षभरात् सुखं सुरेन्द्राः

TRUNAMAPI GAṆAYANTI NAEVA NĀKAM,
तृणमपि गणयन्ति नैव नाकं,
तृणमपि गणयन्ति नैव नाकं,

PRĀTAH SANTU, SHIVĀYA TE JINENDRĀH.
प्रातः सन्तु शिवाय ते जिनेन्द्राः
प्रातः सन्तु शिवाय ते जिनेन्द्राः

Let all the Lord
Jineswaras be
auspicious to us in
the morning, whose
bathing ceremony
(ablution) performed
by Kings of heavenly
Gods bring them
incomparable joy
than life in heaven.

Vishāla Lochana (40-3)

KALANKA NIRMUKTAMAMUKTA-POORNATAM,
कलंक निर्मुक्त-ममुक्त-पूर्णतं;
कलंक-निर्मुक्त-ममुक्त-पूर्णातं,
KUTARKA RĀHU GRASANAM SADODAYAM;
कुतर्क राहु ग्रसनं सदोदयम्;
कुतर्क-राहु-ग्रसनं सदोदयं;
APOORVACHANDRAM JINACHANDRA BHĀSHHITAM,
अपूर्वचन्द्रं जिनचन्द्र-भाषितं,
अपूर्वचन्द्रं जिनचन्द्र-भाषितं,
DINĀGAME NAUMI BUDHAERNAMASKRITAM.
दिनागमे नौमि बुधैर्नमस्कृतं.
दिनागमे नौमि बुधैर्नमस्कृतं.

I pay my respect
in the morning to
the Holy Writ that
is untainted,
ever perfect,
fully manifested
like a full moon and
whose brightness
cannot ever be
obscured by
any entity.

Vishāla Lochana (40A)

This composition is made up of three verses.

Three verses are in praise of respectively:

Lord Mahāvira;

All the Tirthankaras

The Holy Scriptures.

How to get most benefit.

To get most benefit from the stotra one should recite with :

- (a) Clear pronunciation
- (b) Deep, Inexhaustible, Unbreakable faith

अ॒र्ण॑ऽ आ॒स्थ॒।

अ॒र्णू॑ट, अ॒तू॑ट श्रद्धा॒थी

and with conscientious devotion

अ॒न्तः॑कर॒ण॒थी

towards Arihant's teachings.

How to get most benefit.

To get most benefit from the stotra,
one should recite with

- (c) Ultra pure mind, without even slightest of attachment (rāga) & malice (dwesh) towards any Living beings.

शुद्ध मति

Thank you &
Michhämi Dukaddam

If we have made any mistakes Please
accept our sincere apologies.

Material in this presentation is compiled data, using
"Exposition of Pratikramana stoträs" by Shri Rati Dodhia,
"Shri Sämäyika-Pratikramana sootra" by
Mahasatiji Dharmashilaji and

"Handbook of Pratikramana" by Shri Manu Doshi and
other Jain web sites & books.

Thank you & Michhāmi Dukaddam

Please let us know, if you have any suggestions to improve this presentation or for a copy of the presentation write to

bakulah@yahoo.com

Harshad, Bakula & Maniar family,

Shāshan Viruddha kāi lakhāyu hoy to
man, vachan ane kāyā thi Micchhāmi dukkadam