



The Daily Prayer

One of the most important Jain prayers is the Namaskara Sutra which praises the five great beings of Jainism:
I bow down to those who have reached omniscience in the flesh and teach the road to everlasting life in the liberated state.
I bow down to those who have attained perfect knowledge and liberated their souls of all karma.
I bow down to those who have experienced self-realisation of their souls through self-control and self-sacrifice.
I bow down to those who understand the true nature of soul and teach the importance of the spiritual over the material.
I bow down to those who strictly follow the five great vows of conduct and inspire us to live a virtuous life.
To these five types of great souls I offer my praise.
Such praise will help diminish my sins.
Giving this praise is most auspicious.
So auspicious as to bring happiness and bliss.