

To light one Candle (Folder No. 1155)

Main Title	
Acknowledgement	
Pronunciation Guide	
Contents -----	1
Preface-----	7
Refuge Prayers -----	
Part One : Divya Prakashasya Udghatanam-	
Opening to the Light Divine -----	11
Opening to the Light Divine -----	12
Aum asato ma sad gamaya -----	13
Tvam eva mata cha pita tvam eva -----	14
Aum namo arihantanam -----	16
Aum karam bindu samyuktam -----	18
Aum bhur bhuvah svah -----	19
Arihanto maha devo -----	20
Part Two : Sadguna Jagruti-	
Awakening Four Beautiful Qualities :	
Maitri, Pramoda, Karuna and Madhyestha -----	21
Awakening Four Beautiful Qualities -----	22
I. Maitri or Metta – LovingKindness-----	23
Atmavat sarva bhutesu -----	24
Natthi anudo appam -----	25
Khamemi savva jive -----	26
Mitrasyaham chaksusa -----	27
Sabba papassa akarnam-----	28
II. Pramoda or Mudita – Appreciation -----	29
Ajnana timirandhanam -----	30
Chattari param-angani -----	31
Visnurva tripurantako bhavatu va -----	32
Pramodamasadhya gunaih paresam-----	33
III. Karuna – Compassion -----	34
Ahimsa paramo dharmas tatha -----	35
Na tvaham kamaye rajyam -----	36
Kaham chare kaham chitthe -----	37
Jayam chare jayam chitteh -----	38
Aho jinehim asavajja-----	39
IV. Madhyestha or Upekkha – Equanimity-----	40
Kamathe dharanendre cha-----	42
Uvasamena hane koham-----	43
Namo durvara ragadi-----	44
Ego ham natthi me ko-I -----	45
Part Three : Kshamapana-	
Forgiving Ourselves and Others-----	46
Forgiving Ourselves and Others-----	47
Khami-a Ksshamavi-a ma-I khamaha-----	48
Aham avero homi-----	49
Irya vahiya-e virahana-e gamanagamane -----	51
Metta (karuna, mudita, upekkha) sahagatena chetasa -----	53
Part Four : Atmadarshan – Realizing the Self -----	54
Realizing the Self-----	55

Aum purnam adah purnam idam -----	56
Atmanamatmana vetti-----	57
Siddho'si buddho'si nirnajano'si -----	58
Nainam chihindanti sastrani -----	59
Sabbe sankhara annichchhati -----	60
Part Five : Shivam Shantih –	
Offering Blessing and Peace to the World-----	61
Offering Blessing and Peace to the World-----	62
Sivam astu sarvajagatah -----	63
Santim santi nisantam-----	64
Aum tusti pusti ruddhi vrudhi -----	65
Aum sarvesam svastir bhavatu -----	66
Aum dyauh santir antariksam santih -----	67
Sarve bhavantu sukhinah -----	68
Lokah samastah sukhino bhavantu-----	69
About the Authors -----	70
List of Illustrations	
Anjali Mudra -----	11
Namaskara Yantra – A Visual meditation -----	15
Namaskara Mudra -----	21
Madhyestha Mudra -----	41
Abhaya Mudra-----	46
Dhyana Mudra -----	54
Mangalam Mudra-----	61
Blessing Circle -----	69