

Index

Preface	i
'Essential Rites'	iii
Essentials Items For Pratikraman	vii
- Posture of Khamäsamana	ix
- How to do Käussagga ?	x
- Padilehana of the Muhapatti	xi
- How to perform "Suguru Vandana"?	xviii
- How to perform "Abhuththio"?	xxxii
- How to perform "Jay Viyarai"?	xxxxii
- Posture during 'Pratikraman'	xxxxiii
- Postures during 'Namuththanam'	xxxxiv
- Posture during 'Vanditu'	xxxv
Vidhisahit Chaityavandan	1
VidhiSahit Guruvandana	16
Shri Samvatsary Pratikraman ritual	18
Samvatsari Pratikraman Vidhi	34
Evening Pachchakkhäna	40
Shree Sakalarhat	43
Snatasya Ni Thoy	59, 64,69,74
Atichar ni Gatha	83
Saat Lakha	96
18 Paap Sthaanak	99
Vandittu	104,152,171
Overview of the Atichars	128
Shree Ajitshanti Stavan	243
Shree Bhruhatsanti Stavan	275
Santikaram	288
Procedure to relieve Samayik	292
Pachchakkhäna	312
Bibliography	344