

06 Tassa Uttari Sutra

Käyotsarga -

After requesting forgiveness from all living beings of the universe, the next step is to discipline one-self in order to avoid future sins. This is done via Käyotsarga (motionless body) and introspective meditation on a Jain prayer. This meditation also helps to reduce our Kashāyas which in turn reduces of our past bad karmas.

By reciting Tassa Uttari Sutra, one declares the intension of meditation in motionless posture.

तस्स उत्तरी सूत्र

तस्स उत्तरी-करणेणं, पायच्छित्त-करणेणं,

विसोही-करणेणं, विसल्ली-करणेणं,

पावाणं कम्ममाणं निग्घायणट्ठाए, ठामि काउस्सग्गं.1

Tassa Uttari Sutra:

tassa uttari-karanenam, päyacchitta-karanenam,

visohi-karanenam, visalli-karanenam,

pävānam kammānam,

nigghāyanatthāe, thāmi käussaggam.....1.

Meaning

For the sake of atonement, repentance, purification, removal of obstacles and for uprooting sinful activities, I undertake meditation for certain duration in a motionless meditative posture (Käusagga).