

19 Arihanta-ceiyānam Sutra

Introspection and 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 (meditation in motionless body) and introspection meditating on a Jain prayer. This meditation also helps to get rid of our past bad karmas.

अरिहंत-चेइयाणं सूत्रः

अरिहंत-चेइयाणं, करेमि काउस्सग्गं. 1.

वंदण-वत्तिआए, पूअण-वत्तिआए, सक्कार-वत्तिआए,

सम्मण-वत्तिआए, बोहि-लाभ-वत्तिआए, निरुवसग्ग-वत्तिआए. ... 2.

सद्धाए, मेहाए, धिईए, धारणाए, अणुप्पेहाए वड्ढमाणीए, ठामि काउस्सग्गं. 3.

Arihanta-ceiyānam Sutra:

arihanta-ceiyānam, karemi käussaggam.1.

vandana-vattiäe, puana-vattiäe, sakkära-vattiäe,

sammāna-vattiäe, bohi-lābha-vattiäe,

niruvassagga-vattiäe.....2.

saddhāe, mehāe, dhiie, dhāranāe, anuppehāe vaddhamānie, thāmi käussaggam..3.

Meaning

Oh! Arihant Bhagwān, I wish to undertake Käyotsarga in front of the omniscient Lord's image to bow to you, to worship you, to express my reverence to you, to respect you, to attain the true wisdom and to the removal of my affliction.

I undertake this Käyotsarga with ever increasing level of conviction, intellect, patience, determination and contemplation.