

Serial No. 75

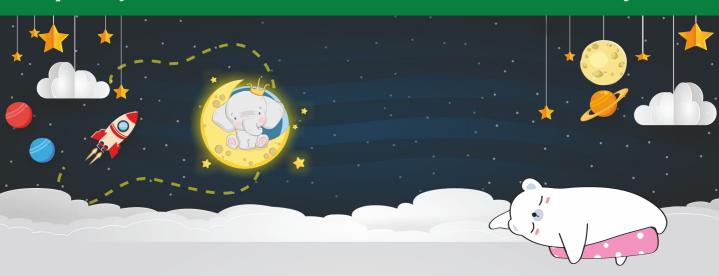


The knowledge of 32 Aagams in your phone





Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb

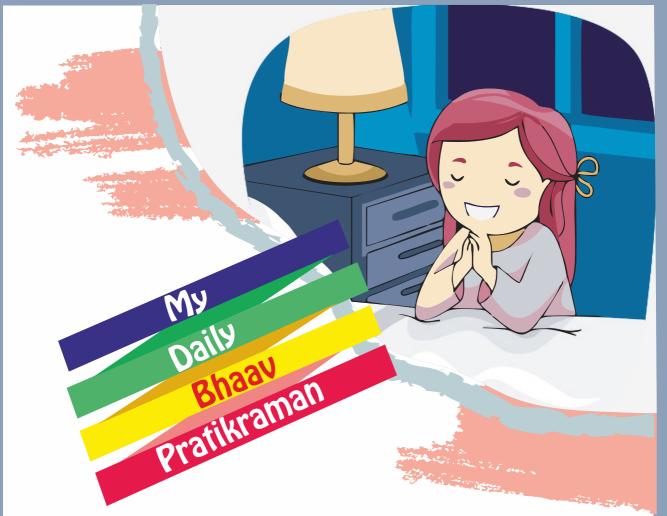


My evening Nityakram

प्रतिदिन कम से कम चौविहार-नवकारशी जैसे छोटे छोटे तप करें और कर्मों की निर्जरा करने का प्रयत्न करे। शाम को प्रतिक्रमण करें, अनुकूलता न हों तो भाव प्रतिक्रमण अवश्य करें जिससे कर्मों की निर्जरा होती है।



Try to do small pachhakhan like Choviyar, Navkarsi everyday. This helps us to shed our karmas. Try to do Pratikraman everyday. If that is not feasible then atleast do bhaav pratikraman which helps us to shed our karma.



We are the brave children of our Parmatma Mahavir. Forgivness comes from within, without any feelings of reward.

o Parmatma! o Gurudev!

Before I go to sleep let me repent for any sin done by me knowingly or unknowingly throughout the day through this prayer...



Today if I have hurt, insulted or cheated any one, please forgive me. If I have disrespected anyone, please forgive me. If I have been angry, jealous or proud, please forgive me. I forgive all souls, let all souls forgive me. I am friendly with everyone and I have no enemy.

May the entire universe attain bliss, may all Living beings be free from sorrow....

Please forgive me

How does a Jain sleep?

"Shravak" is always alert in all his activities, so much so that even in his dreams he avoids committing minutest sins...

Set up time

जल्दी सोने का प्रयत्न करे



Vinay time

Bow down to elders before sleeping

सोने से पहले बड़ो को वंदन करे







Me time

ZZZ

Stay away from social media before bed time सोने से पहले सोश्यल

मिडीया से दूर रहे

Relaxing time

Meditate for sometime

ध्यान करे



Repentance time

Say sorry to all members of the family घर के सभी सदस्यों को सॉरी बोले



Purification time

Recite the words "Khamemi, Michami, Vandami". 'खामेमि, मिच्छामी, वंदामि' का स्मरण करे



Mantra time

Chant 4 logassa sootra before sleeping ४ लोग्ग्स का काउसग्ग् करे