

Navkar Maha-Mantra : Mantra For Awakening And Healing Of Spiritual Power

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ABSTRACT

The Navkar Mantra is one of the few mantras or prayers in the world that makes no reference to any specific higher entity or personality. It establishes the five states of spiritual progression, namely, Arihant, Siddha, Acharya, Upadhyay, and Sadhu/Sadhvis. When reciting the Navkar Mantra, the virtues of the panch-parmeshthi are given more importance than the actual personalities. By excluding divine personalities, the Navkar Mantra aims at progressing one spiritually without ego or attachment to any individual entity. Ultimately, the anecdotes and possibilities of the Navkar Mantra are limitless. Countless stories and myths exist about the secrets of the Navkar Mantra, but these are only secondary to its primary importance. The ultimate goal of the Navkar Mantra is liberation (Moksh) through the sacred path of Ahimsa (non-violence). It is one of those universal and sacred mantras that heals any wound, analyzes the development of self power and determination in an individual and can, destroys sins and many more, which is scientifically proven.

KEYWORDS : Navkar Mantra, Spiritual healing, Self power

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I. INTRODUCTION

The Navkar mantra is the most powerful and profound mantra. This mantra addresses the divine qualities and attainments of all saints, siddhas and sages. Navkar mantra transcends religion, caste and creed. It is general in its appeal and profound in its message. Chanting this mantra regularly with devotion, dedication and sincerity can have a significant cleansing effect on individuals.

Namaskar Mahamantra is the universal and auspicious mantra of Jainism. It is an effective mantra of human unity devoid of communalism. Many other mantras are also prevalent, but this is not a mantra, it is a 'Mahamantra'. This mantra is considered to fulfill all kinds of desires. It is the destroyer of sins, obstacles and the most auspicious of all things. The words in this Mahamantra may be small, but due to the collection of essential meaning from twelve parts, Shrutkevali Acharya Bhadrabahu has described it as having profound meaning.

OBJECTIVES:

1. To study the healing power of Navkar Mantra.
2. To analyze the development of self power and determination in an individual through Navkar mantra
3. To understand how Navkar Mantra creates spiritual consciousness.
4. To study Science and Psychology behind Navkar Mantra.

II. NAVKAR MAHA-MANTRA:

NAMO ARIHANTANAM
NAMO SIDDHANAM
NAMO AYARIYANAM
NAMO UVAJJHAYANAM
NAMO LOE SAVVASAHUNAM
ESO PANCH NAMOKKARO
SAVVA PAVA PAPANASANO
MANGALANANCHA SAVVESIM
PADHAMAM HAVEI MANGALAM

Meaning Of Mantra-

Religious sects aren't specifically identified. A practitioner is only required to bow before five categories of souls with spiritual qualities. In addition to arihants (spiritual victors - those who have conquered themselves by annihilating their passions), siddhas are fully liberated souls, completely free from birth and death cycles, and

acharyas (preceptors), upadhyays (interpreters of spiritual texts), sadhus and sadhvis (ascetics), regardless of their religious affiliation. It is only necessary that they are pure in thought, word, and action. This mantra is a panacea for those seeking moksha.

Namo Arihantanam:

I bow down to all Arihanta (The souls who have escaped all their gati karmas)

Namo Siddhanam:

I bow down to all Siddhas (The completely liberated souls),

Namo Ayriyanam:

I bow down to all Acharyas (The spiritual masters or divine teachers),

Namo Uvajjhayanam:

I bow down to all Upadhyaya (The preceptors),

Namo Loe Savva-sahunam:

I bow down to all the saints and venerated spiritual souls in the world.

Eso Panch Namokaro:

The five kinds of bowing down I did through this mantra

Savva-pavappanasano:

can destroy all my sins

Manglananch Savvesim:

among all the auspicious mantras

Padhamam Havei Mangalam:

This Navkar Mantra is the principal one

Uniqueness and universality of Mantra-

The Navkar mantra does not refer to any particular god or saint. Noble souls who descended on this earth are venerated for their attributes, accomplishments, and characteristics. Their noble lives showed all beings the path to enlightenment. All gods, saints, and sages are venerated and blessed by the navkar mantra. As a rule, Jainism does not recommend requesting favors from Tirthankaras or saints. In this mantra, the advanced spiritual beings are respected and praised for showing the path to the rest of mankind. It seeks the blessings of those noble souls who remind people of their ultimate goal, Nirvana.

Its Agamic name is - **Shri Panch Mangal Mahashruta Skandha.**

Theoretical name is -**Shri Panch Parmeshthi Namaskar Mahamantra.**

Practical name is -**Shri Namaskar Mahamantra.**

Root name is-**Shri Navkar Mantra.**

Short name is- **Asiyausa Namah.**

Sanskrit name is- **Namaskar Mantra.**

Namokar Mantra's Real Aim:

It is not only a cure for all ailments but also an instrument for human emotion purification. Thus it is a means not only for worldly success, health and happiness but also to attain our ultimate goal, Moksha. One who wants to benefit from the Namokar Mahamantra should recite it in mind or aloud without motivation. Favorable or auspicious results happen naturally. There is no doubt that Namokar Mahamantra can solve all problems.

III. Namaskar Mahamantra and Spiritual Consciousness

The discovery of soul is the most important discovery of Indian philosophers, which has made a great revolution in the field of philosophy. The experience of the independent existence of consciousness - this is a great achievement of life.

The second important discovery is - Karma. The discovery of karma has revealed a great truth. Soul and Karma-these two achievements have greatly expanded the field of spirituality. Soul and Karma become void without spirituality. the whole concept and system of spirituality is on this basis that the soul has to be freed from karma. There is a thread of action between the soul and the liberated soul, which pervades all.

1. Bound soul - a soul with karma.

2. Free soul - Karma free soul.

The whole process of becoming a free soul from a bound soul is spirituality. Meditation is the main part of penance, so meditation is the cause of salvation. Mantra chanting is the first role of meditation. There are three main purposes for the prevention of obstructing, disturbing and obstructing deeds related to our soul - Preksha, Anupreksha and Mantra. ' By observation the cover is removed, by anupreksha the illusions are destroyed and by worshipping the mantra, one's inner work is adopted.

It can be said that the power of the intellect is a thousand times greater than the power of the body, the power of wisdom is a million times greater than the power of the soul, which is infinitely greater than the power of the soul, i.e. the spiritual power. The work power that even an ordinary man cannot imagine, those works are easily accomplished by the awakening of spiritual power. That's why those unimaginable works, accomplishments look like miracles to man. Namaskar Mahamantra is an inexhaustible source of spiritual power.

Following are some of its healing powers-

LIBERATOR OF THE SOUL

In order to achieve soul liberation, we need to learn the art of living through Namaskar Mantra. Reciting the Namokar Mantra serves this purpose first and foremost. This mantra provides perfection in all mantras, provides well-being and bliss, and leads to omniscience. Chanting this mantra continuously liberates the soul from life cycles.

DESTROYER OF SINS

Aiso Panch Namahkkaro Savva Paav Panasano

Worshipping all these phrases destroys all sins and obstacles. Lines 6 & 7 of the Namokar Mantra reveal the most important benefit of chanting the Mantra - Bowing down to these five types of beings CORRECTLY leads to the destruction of your sins, your karmas.

PROTECTOR FROM HARM

A few ancient scriptures called 'poorvas' are described as being contained in Namaskar Mantra. Jain faith is based on the Namaskar Mantra, which consists of 14 ancient scriptures. A person who keeps this mantra in their hearts cannot be affected by this samsara.

With benevolent thoughts, this mantra makes the complex ways of the world and the complexity and depth of our scriptures simplified and propitious.

DESTROYER OF FEAR

A verse from the the 'Namaskara Fala Stotra' says chanting of the Mantra removes all fears from the sadhak - It may be transliterated as "Vahi-jala-jalana-takkara-hari-kari-sangama-visahara Bhayaaim, nāsanti takkhanenam jina-avakarappabhavenam". "The Namaskar Mantra immediately removes the fear of disease, water, fire, thief, lion, elephant, war, snake, etc.".

HOLISTIC HEALTH BENEFIT

Chanting the Mantra regularly has proven benefits -

Physical - To energize (tone up) the body

Mental – To remove depression/obstacles/mental blocks.

Spiritual – Attaining siddhi moksha, self development / specific areas of growth (strengthening the inner-personality by projecting positive powers inwards; overcoming negative traits – moksha prapti.)

The Namokar mantra is the basic mantra for healing of mind, body and spirit in a combination of color, breathing, sound and inner body systems.

YOG BENEFITS

The Namokar Mantra guides us through the Eight Steps of Yoga. From the nonviolence of the ethical code or Yama to the bliss of self-realization or Samadhi. The Namokar Mantra is an excellent healer and awakens the kundalini. It can purify and transform the self to completeness. Japa or repetition of the mantra activates the subconscious mind's sleeping powers. With its regular recitation, peace arises in the mind of the seeker and the concealed energy of one's being, gets manifested.

BENEFIT THROUGH SOUND

The Namaskar Mantra has inconceivable power. Sound energy is invested in this Maha Mantra. All the letters are arranged so scientifically that they render their full sound-power to mankind.

Every single letter here is a mantra in itself. There are 35 letters in the five mantra lines and 33 in the auxiliary lines. This 68 letter Maha-mantra is an all-fulfilling, beneficent and eternally enlightening mantra. The Namokar Mahamantra is full of energy. Sound energy that create vibrations is associated with pronunciation, and contemplation is associated with energy. This mantra works like an electrical wave in removing all bodily, mental and spiritual distresses. Having a pure and stable mind, one becomes protected from torments, fear, and evil. The origin of sound and soul is the same, and both are eternal.

BENEFIT THROUGH THE 5 ELEMENTS

The five elements including matter on earth are ingrained in sound. In every atom there are electrically charged sound particles; the only difference is that their shape is contracted. In every particle there are waves, length, vibration and feelings. Through its chanting the mantra controls the five elements in our body. Keeping all 5 elements in balance gives us positive health and well-being. The various lines of the mantra have different elemental effects when chanted -

Namo Arihantanam - very useful in controlling the water element in the body.

Namo siddhanam - can control agni tatva (the element of fire) and rid the individual of ailments caused by this element.

Namo Ayariyanam - controls the diseases caused by akash (space)

Namo uvvjhyanam - will control diseases created by prithvi (earth)

Namo loe savva sahanam - can cure a person from vayu tatva (air).

What is most crucial is that one who uses namokar mantra to mitigate one's suffering should learn the correct way of chanting it. One should learn how to contemplate it. In this the body is made of five elements but only two powers actually operate: they are called surya shakti (fire element) and chandra shakti (water element). One can reach every muscle and pore of the body with these two powers. Namokar Mahamantra is a ladder with which one can reach success in life.

BENEFIT THROUGH THE 9 PLANETS

In addition to subduing astrological mis-influences, the Namokar Mantra protects the planets from abuse and evil spirits. As a result, it enhances happiness, prosperity, and well-being.

Namo Arihantanam – can remove the obstacles created by the chandra (moon) and shukra (venus)

Namo Siddhanam - can remove the barriers created by the planets surya (sun) and mangal (mars).

Namo Ayariyanam has the power to remove obstacles created by the planet Jupiter (brihaspati).

Namo Oovvjhyanam - the recitation can remove obstacles created by the planet mercury. Namu loe savva sahanam can remove obstacles created by shani (saturn) and rahu/ketu.

HEALTH BENEFITS THROUGH COLOR THERAPY

Namokar mantra repetition Visualizing the colors one by one in the midbrow is a healing practice. Meditating on the Agya chakra is very helpful as it can destroy evil. It is well known and proven scientifically that sound, light, and colors have energy. Through meditation and jaap, you can discover the full potential of this mantra.

Namo arihantanam – Any psychic attack is protected by white. There are no diseases in the body, the mind, or the soul that white light cannot eliminate. The body is protected from disease by white blood cells.

Namo Siddhaanam – Red color is an energizer. Stimulates the center that governs the physical body's vitality, particularly the creative, procreative, and restorative processes. Red blood cells multiply and circulation is invigorated by red light.

Namo Aayariyaanam – Yellow stimulates the Solar Plexus and controls digestive processes. It strengthens the nervous system and awakens reasoning facilities. It controls the elimination action on the intestines and liver. Orange assists in the assimilation, distribution, and circulation of body functions.

Namo Uvaujhyanam – Green soothes the nervous system. It tones the body, mind, and soul. It is relaxing, soothing, and healing.

Namu Loye Savva Saahunam – Black is receptive, consumes negativity, and gives strength to fight negativity.

EMOTIONAL CLEANSING

It is not only a cure for all ailments but also an instrument for human emotion purification. Thus it is a means not only for worldly success, health and happiness but also to attain our ultimate goal, moksha. One who wants to benefit from the Namaskar Mahamantra should recite it in mind or aloud without motivation. A favorable or auspicious result happens naturally. There is no doubt that Namokar Mahamantra can solve all problems.

What to do to get relieved of:

Anxiety and Arrogance: Meditate and recite "NAMO LOYE SAVVA SAHUNAM"

Anger : Meditate and recite 'NAMO UVVAJHAYANAM'

Ignorance and Avarice : Meditate and recite NAMO SIDDHANAM

There are many aspects of superiority, excellence and glory and dignity of this Mahamantra, which are displayed in the form of the following emerging trends.

1. Shakti Mantra
2. Karma Destroyer Mantra
3. Upward Speed provider Mantra
4. Universal Mantra
5. Mantra of greatness
6. Magic Mantra
7. Unbeaten Mantra
8. Evil repelling Mantra
9. Auspicious Mantra
10. Health Transforming Mantra

IV. Scientificity of Mahamantra

The meaning of Namaskar Mahamantra is that mental energy which affects our aura and becomes the instrument of filtering our karmas.

The Namaskar Mahamantra is that mental energy, which can attract and influence the manifestations with the gravity of the earth.

The meaning of Namaskar Mahamantra is that mental energy which makes a person alive. The masters of yoga have made subtle discoveries about the body by making the power of life subtle through mantra and meditation. He studied the body with such depth that even today the secrets he discovered are not being revealed through anatomy. Although the doctors of the present day are doing unique treatments with the help of scientific instruments. Current science is able to take 250 photos of different veins and nerves with one photo of an X-ray, but still could not know even a thousandth part of the secrets of the brain, yet on the basis of available scientific discoveries, the meaning and nature of Namaskar Mahamantra, the usefulness of the esoteric secrets of this mantra increases, because until scientists do not try to understand the Mahamantra in perspective, its vastness and grandeur will not be visible. On the basis of some facts, it can be concluded that how scientific is the Mahamantra? The scientists of occult science have revealed the fact that until a man does not make the special centers of his body a magnetic field, does not create an electromagnetic field, the ability of transparency cannot be awakened in him. The basic purpose of all adjustments for the awakening of the consciousness centers and chakras with the Namaskar Mahamantra is to make an electromagnetic field around the body. There is a close relation between life and energy. The more powerful the vital energy, the brighter and more powerful life becomes.

Practicing the rituals of Namaskar Mahamantra is the practice of doing that power. The speed and efficiency of scientific instruments also depend on the basis of subtle electrical power.

According to science, whatever word a human utters, it floats in the atmosphere all over the world. For example- the line of a song or part of a speech which is spoken on any station in the radio, it spreads in the whole atmosphere at the same time and if the source of any country across the seven seas wants, it can broadcast that song through its radio. Can listen to the line or speech. The only requirement is that the radio has the information to set the needle on that frequency. A specific sound vibration is also created by chanting mantras, which immediately mixes with the ether and pervades the atmosphere of the whole world. For example- At the time of sunrise, "Siddha-Mantra" is chanted again and again with a loud voice in one breath while facing the Sun. By this method of pronunciation, a special type of sound vibrations are created and those vibrations reach the sun in a few moments through the ether and return. While returning, the subtle power, brilliance and vital force of the Sun remain present in those vibrations. Which again collides with the body of the seeker and increases the dominance of those qualities in him.

V. Psychology of Namaskar Mantra

Namaskar Mahamantra is a mantra full of unimaginable power. This is the Mahamantra of Jain Vidya. Each stanza of this great mantra gives mental and emotional nourishment to the chanter by tinkling every pore of it. Arhat, Siddha etc. Panch-Vandana or expression of reverence towards Parmeshthi awakens the inner powers. By remembering auspicious souls, the mind becomes pure, there is purification in the ancient instincts, due to which virtue comes in the life of a person. Undoubtedly, there is great self-strength in the devotion done towards the adorable, it works like magic. Hanuman's cobweb, Acharya Mantung's fetters were broken by the power of self-confidence and devotion. Why did this happen ? The solution was found by thinking in the language of spirituality – the one who surrendered, broke the separation with the divine power, established identity with it,

that is, when separation becomes devotion, then the power wakes up automatically. American doctor Rusk said that the patient cannot get well unless he believes in his deity. Theism itself is going to cure all diseases. When dependency surrounds the patient, prayer to the deity acts as a light. The result of prayer is unimaginable. Strong self-belief and prayer to the deity bestows all kinds of auspiciousness. The inner sound emanating from the corner of the heart in strong feelings is successful in accomplishing the greatest task.

According to psychology, there is a motivating element in the background of all these – emotion. There are many elements in our body, which increases strength. In the situation of dominance of emotions, the internal organs of our body start increasing their strength. The adrenal gland secretes so much at that time that even an unwanted, unknown power comes in the man. As a result, a person becomes capable of doing the biggest work. Emotions change the whole functioning of the body. Filled with enthusiasm, a person goes on doing such things, which he had never even imagined. In the state of emotion, the control of intelligence is removed from the mind of a person for some time, in such a state, whatever he does, it can have good results as well as bad consequences. In this way, some impulses elevate a human being to a higher level of prestige, while some impulses take him to the level of an animal.

Effect of Mahamantra on mind-

Psychology believes that the visible actions of the human mind take place in its conscious mind and the invisible actions take place in the unconscious mind. Both these activities of the mind are called attitudes. Each attitude has three aspects-

1. Cognitive,
2. Affective,
3. Functional.

These three aspects of attitude cannot be separated from each other. Whatever knowledge a man has, along with it there is also a feeling of pain and action.

Sensation, perception, memory, imagination and thought-these are the five divisions of the cognitive attitude. Emotions, enthusiasm, permanent feeling and sense-gland of sensitive attitude

Five distinctions have been made of functional attitude – spontaneous action, basic instinct, habit, desired action and character.

By chanting the Namaskar Mahamantra, the cognitive attitude is stimulated, due to which enthusiasm, emotional feeling and character, which are integrally related to it, are stimulated. The idea is that there are two types of nadis in the human brain, which are of knowledge or are of action. These two nadis are related to each other, but the nuclei of both of them are different. The knowledge channels and the knowledge centers of the brain work in the development of human knowledge and the action channels and the activity centers of the human brain work for the growth of his character development. Due to the close relationship between action center and knowledge center, by worshiping, remembering and chanting Namaskar Mahamantra, coordination of knowledge center and action center strengthens the human mind and inspires spiritual development. Conflicts calm down and moral feelings arise, due to which moral rituals are generated by suppression of immoral lusts. The sounds uttered in this Mahamantra generate electricity of both debt and money, due to which the stigma of karma is destroyed. In the achievement of mental concentration, spiritual happiness and self-form, the suspension of Mahamantra is creditable. By worshiping this Mahamantra with devotion, devotion and concentration, the intellect, speech, mind, body all become pure, hence this mantra is a symbol of concentration. He is the father of emotion-purification.

VI. FINDINGS

Chanting of the Namaskar Mahamantra is essential for self-vision, self-communication, self-observation, self-analysis, self-enjoyment, self-awakening, self-refuge, self-qualification manifestation, self-bliss and self-knowledge. Many results of Mahamantra's worship, whether they are internal or external, physical or mental, success in the ascension of the seeker in the form of the following points have meaningful signatures of

1. Purification and illumination of aura.
2. Stimulation or promotion of Taijas Shakti.
3. Protection of a healthy body, healthy mind and healthy thinking.
4. Dehydration of concentrated cums.
5. Mitigation of criminal attitude.
6. Adoption of evil forces.
7. Growth and expansion of feelings of friendship.
8. Sublimation of power.
9. Awakening of insight and wisdom.
10. Upgradation of awareness.
11. Disclosure of self form
12. Opening of spiritual powers.

13. Anger solution and discord prevention. 1
14. Purification of suppressed glands.,
15. Immersion of desires and wishes. Happened
16. Reduction of desires.
17. Change of heart with sophistication.
18. Eruption of infinite power.
19. Balance between intellect and emotion.
20. Impulse control.
21. Piercing of mammary gland.
22. Purification of mind.
23. Stress free life.
24. Assessment of capabilities.
25. Creation of positive thinking.
26. Control over taste.
27. Dedication to justice.
28. Stabilization of mind.
29. Touch of equality.
30. Get the revival of concentration. .

VII. CONCLUSION

Namaskar Mahamantra is the soul of Jainism. This is the mantra for the rise of mankind. A person is an inexhaustible storehouse of supernatural achievements. It is complete in itself and is the revealer of the manifestation of the complete in the other incomplete. It is necessary that there should be harmony of chanting, devotion and meditation in the worship of Mahamantra. Even though Mahamantra originated from words, the purpose of its chanting is to determine the journey from word to word. The mantra remains verbal only until it is realized in the consciousness. When the mantra becomes conscious, the mantra becomes wordless beyond words, mystery remains, inertia is removed. The seeker has to go through many processes of words before the state of words appears. Which starts from gross pronunciation and reaches the subtle process of words. This subtle process creates the role of the word. Another interesting fact about the Navkar Mantra is that the mantra itself is composed of smaller mantras. Every single letter and every line individually is a mantra of its own (e.g. the single line *Ṇamō Arihantāṇam* can be recited alone), the Navkar Mantra can be shortened to various reduced forms¹. The single letter of Om (Aaam) itself is believed to be the shortened form of the Navkar Mantra. Aaam represents the *panch-parmeshthi* (A — Arihant, A — Ashariri (Siddhas), A — Acharya, U — Upadhyay, and M — Muni). Hence this mantra is universal and spiritual in nature.

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