

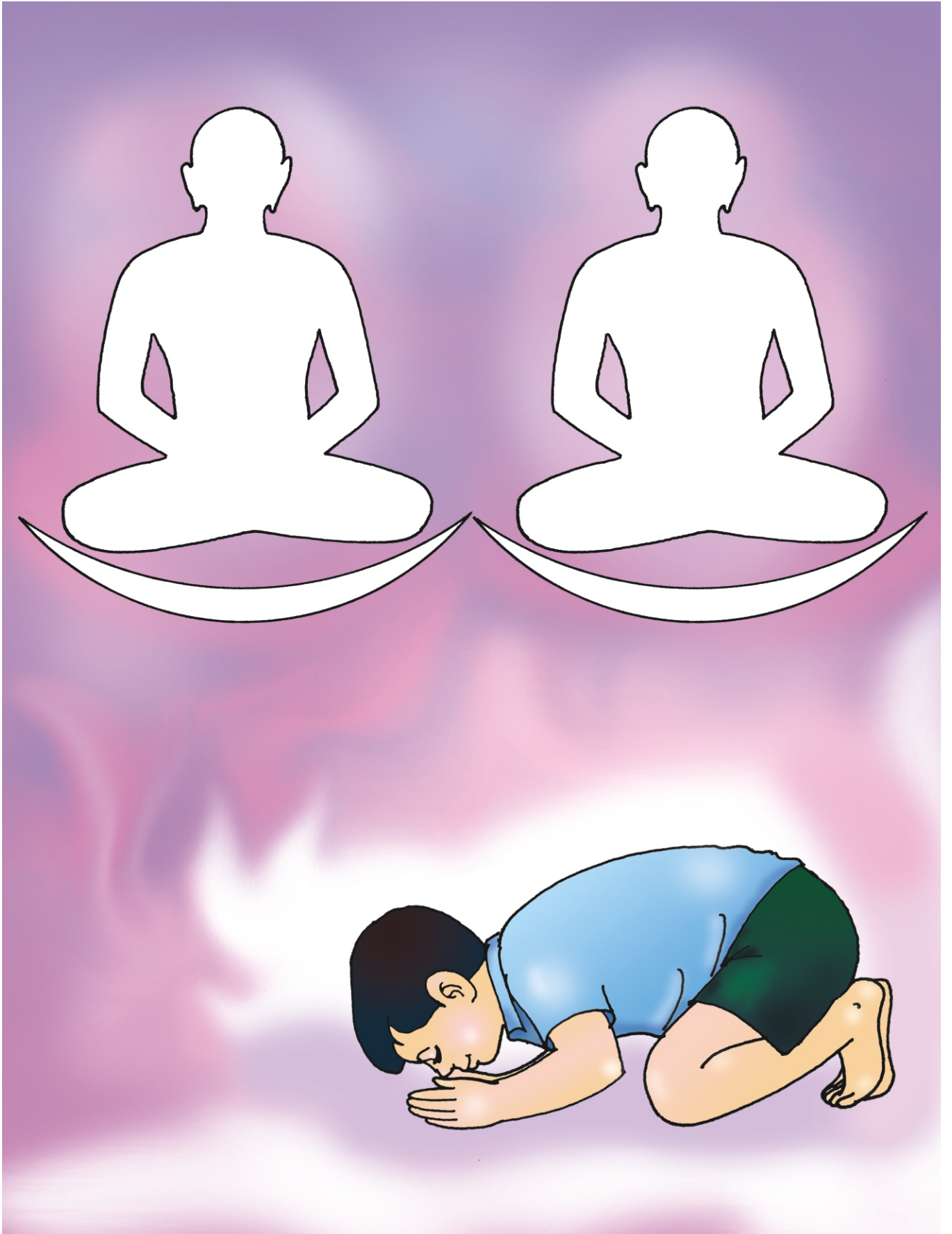


As soon as I get up in the morning, I sit up. Then I close my eyes and say the Navkär mantra five times.

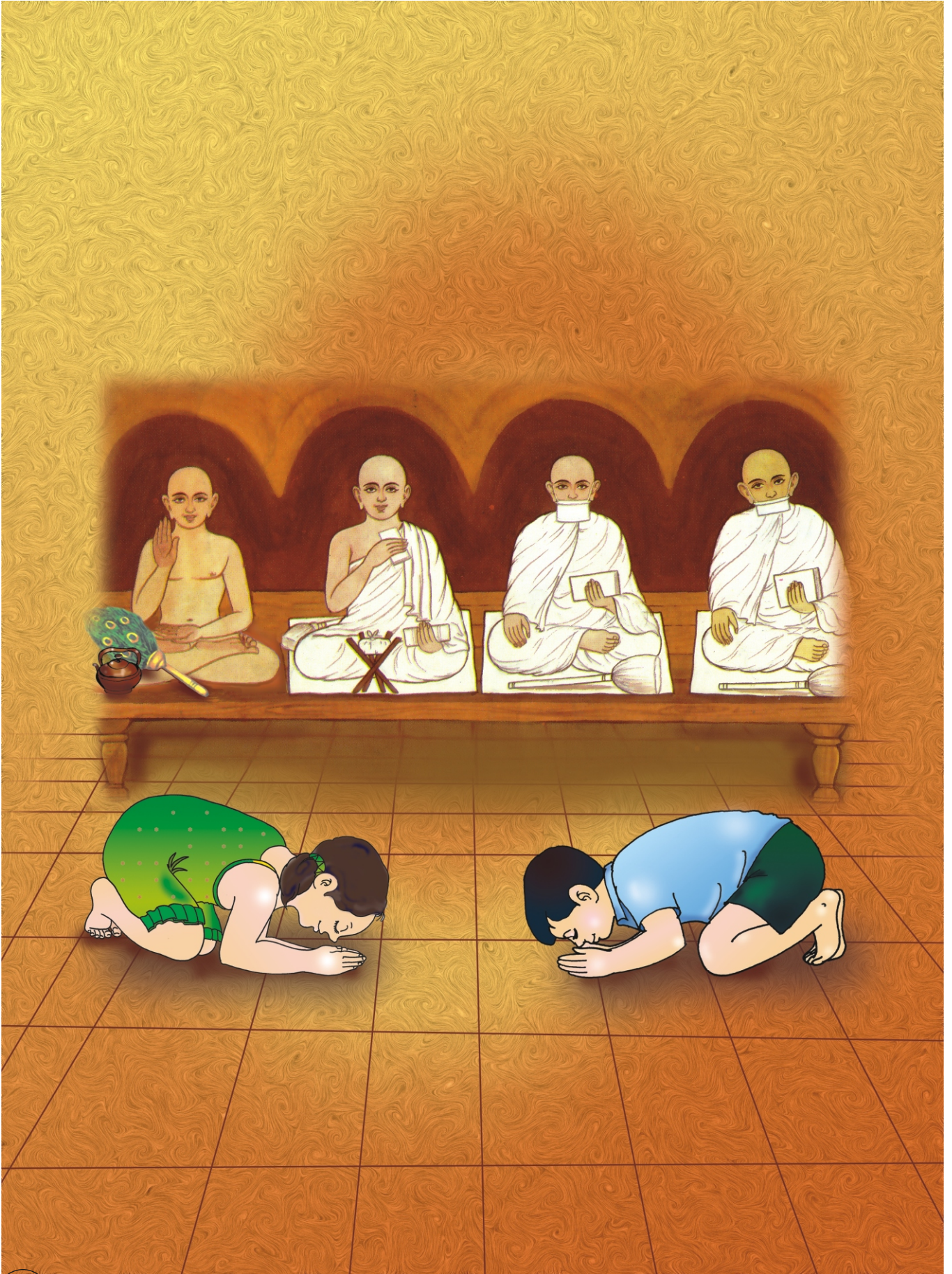










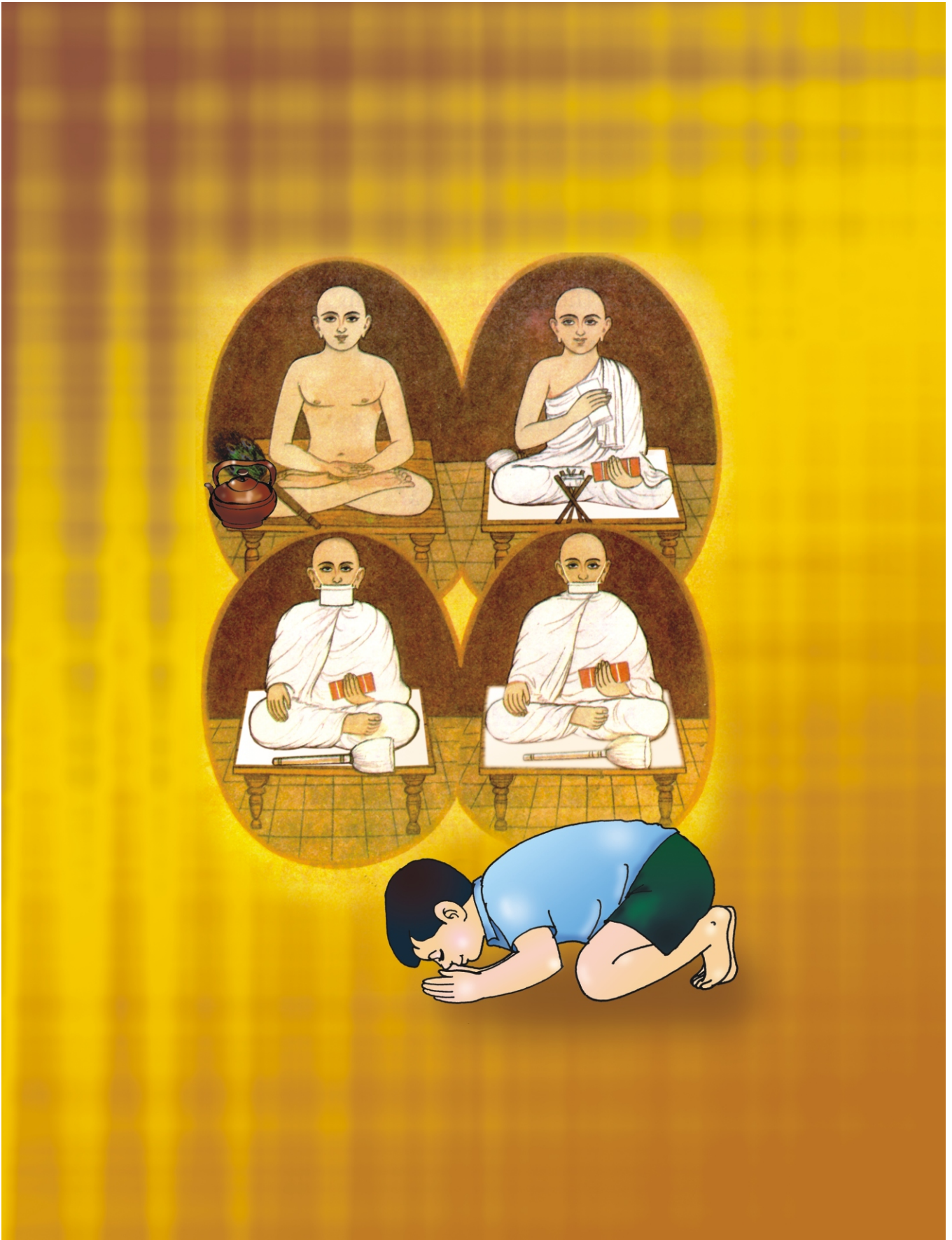




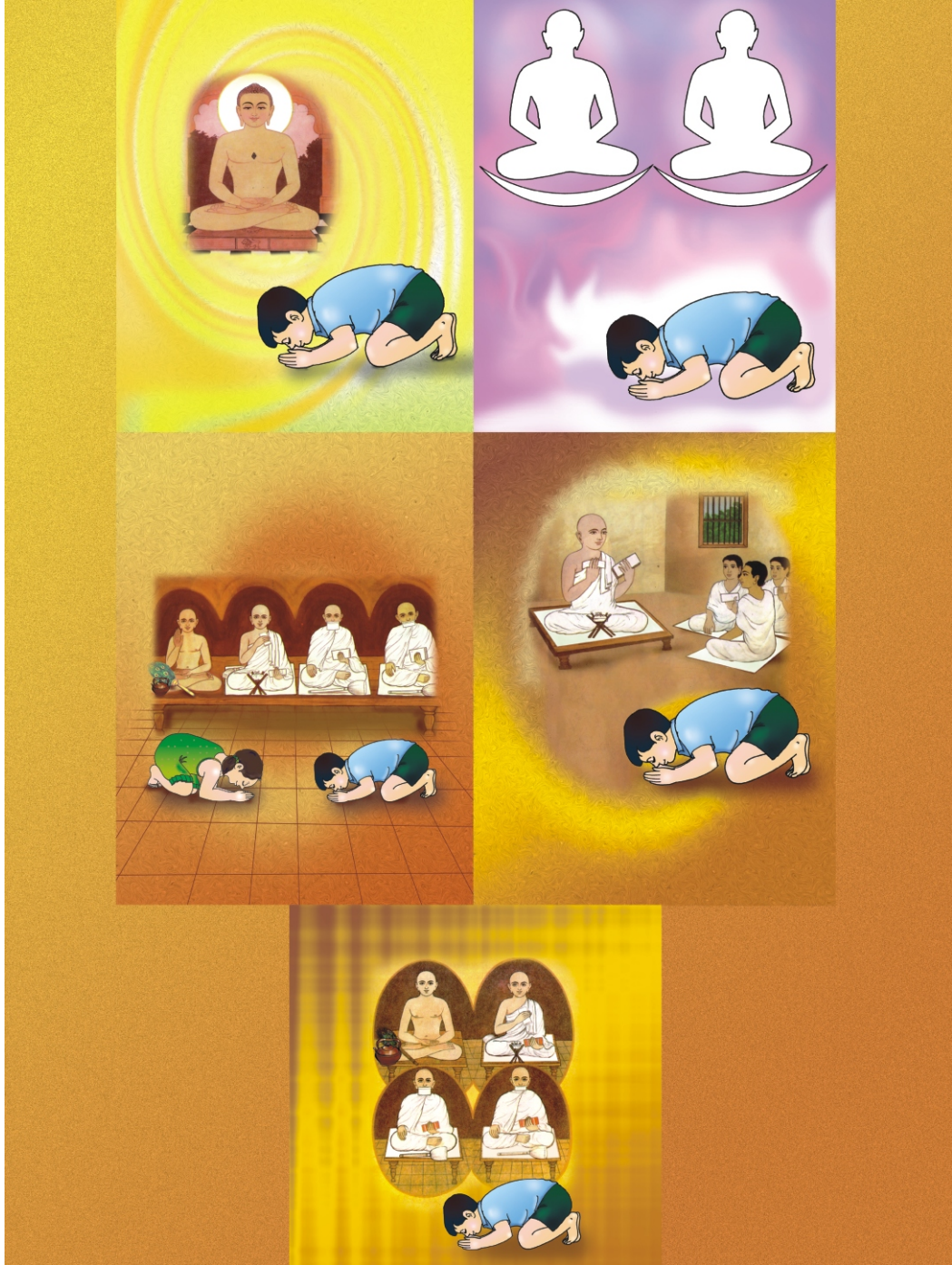


Namo Uvajjhäyānam









Eso Panch Namokkaro

Savva Päva Ppanäsano

Mangalänancha Savvesim

Padhamam Havei Mangalam