

After I pray there are things that I tell myself.  
These are important because they make me  
a much better and nicer person.



I am a Jain. -  
My religion teaches me to be a better person.

These are the things I tell myself:

I will be nice to everybody.

I will not hurt anybody.

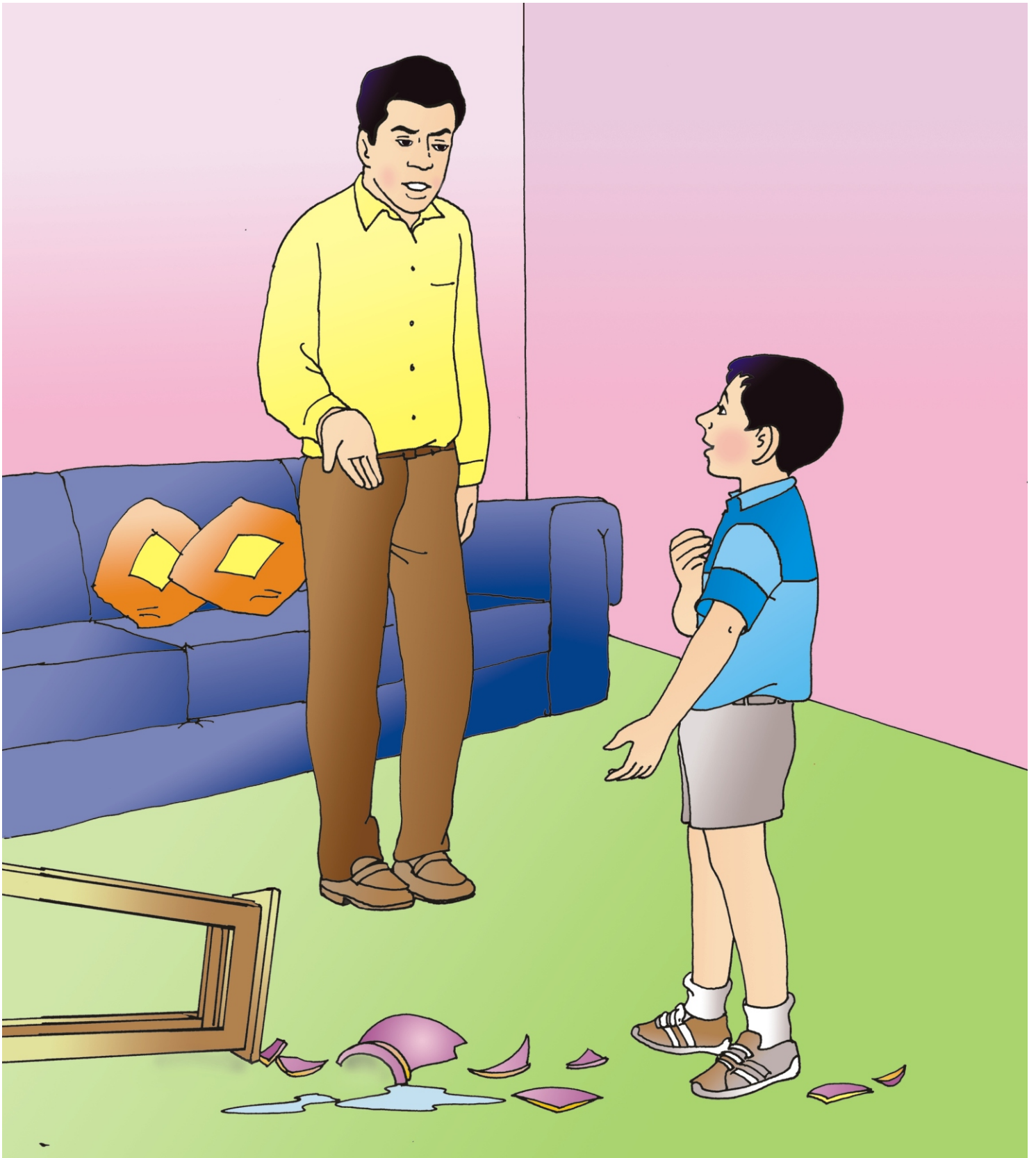




I will not get angry with anybody.



I will not lie.





I will not insult others.

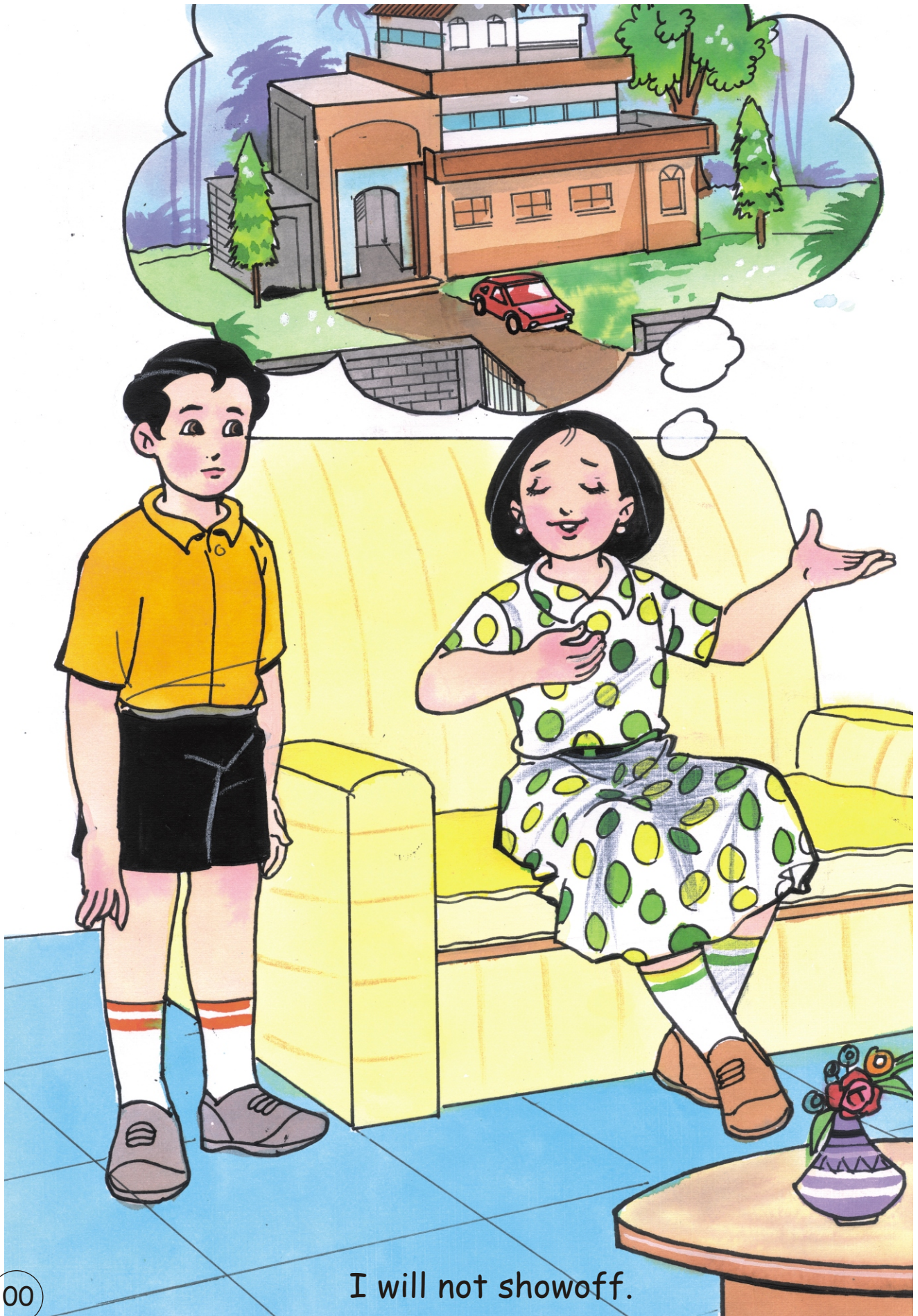




I will not say bad things to others.











I will be kind and good to everybody and everything.