



## What you think, so you become!

In NORTH INDIA MANY PEOPLE HAVE THE  
HABIT OF TELLING A VERSE WHILE BATHING  
"LORD I am a sinner - born out of sin  
- with mind full of sin, & sin all around me  
etc. etc.  
PAPI HAM PAPA JANMA HAM  
PAPATMA PAPA SAMBHAVA  
Even old monks repeat it ~~without~~ while bathing.  
The more you think of PURITY one becomes pure  
17 22 2 SIN one 22 SINNER.

In North India, many people have the habit of telling a verse while bathing:  
"Lord, I am a sinner - born out of sin – with mind full of sin, and sin all around  
me, etc. etc.

PAPI HAM PAPI JANMA

PAPATMA PAPA SAMBHAVA

Even old monks repeat it while bathing.

The more you think of Purity one becomes pure.

The more you think of SIN one becomes Sinner.