

# JAIN FESTIVAL

# MERU TERAS

Meru Teras is the day on which the first Tirthankara, Rushabhdev Bhagwan attained Nirvana (moksha) at Mount Ashtapad together with 10,000 additional Jain ascetics. Rushabhdev, born at the end of the third Ara, was the first Tirthankara of the current Chauvisi – 24 Tirthankaras. He is also known as Adinath ('Adi' means the first or the beginning and 'Nath' means the Lord).

Today, on this auspicious day of Meru Teras, let us reflect on Bhagwan Rushabhdev (Adinath) supreme legacy and remember his life and teachings and what lessons we can learn.

- First King & reformer who taught Art, Commerce and Agriculture (Ashi, Masi and Krishi).
- First Tirthankara in the current Chauvisi.
- First Tirthankara to establish the four-fold Jain Sangh.
- First to propound Ahimsa Dharma, religion of Equanimity, introduced the concept of Soul.
- Impermanence of things, people, and the roles we play. Need to reduce attachment – Aparigaha
- Renunciation – Renounce worldly life and take Diksha
- Giving of alms to ascetics

### RITUAL: AS PER ONE'S CAPACITY.

To observe a cauvihar fast – avoiding both food and water on the day of Meru Teras. Ideally this fast is to be repeated every 13th day of the month for a minimum of 13 months and maximum of 13 years. It is said that if one completes this undertaking, it ensures the destruction of karmas and worldly success in one's current birth.



On this day, Jains try and do at least one 'mala' reciting

**"Om Hrim  
Shree Adinath Parangatay Namah"**