

SHREYANSANATH BHAGWAN



Janma Kalyanak

Maha Vad Baras

“Om Hrim Shri
Shreyansanath
Arhate Namah”

On these day, Jains try & do at
least one 'mala' reciting:

Diksha Kalyanak

Maha Vad Teras

“Om Hrim Shri
Shreyansanath
Nathay Namah”

Shreyansanath Bhagwan murti at Sinhapuri Tirth located in Sarnath, India. Sarnath is famous as four Kalyanaks - Chavan, Jamna, Diksha and Kevaljnana of Shreyansanath Bhagwan took place here. This tirth has an eight cornered ancient stupa (solid dome) 103 feet high and believed to be 2200 years old , built in commemoration of Shreyansanath Bhagwan's four kalyanaks at this place, as per Jain traditions.

It is also stated in Buddhist traditions, that Lord Buddha gave his first sermon at a deer forest in Sarnath to his five disciples.



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The path of spirituality is a path free from contradictions. It is a path of clarity. It is a process of refinement.

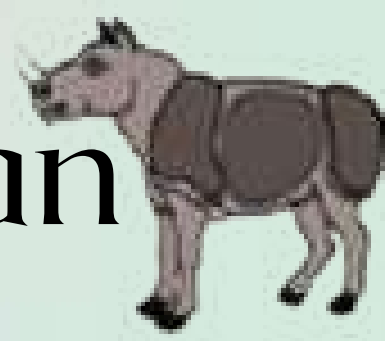
The purpose of religious philosophy is refining emotions. The four establishments of psychology to refine emotions are - suppression, sublimation, voluntary decision, and intellectual decision. And the four establishments of Indian religious philosophy for refining emotions are - self-study, meditation, emotional purity and Tapasya or endurance.

To love and respect all living beings is to be rooted in your
Spirituality

Enlightened leadership is spiritual, if we understand spirituality not as some kind of religious dogma or ideology but as the domain of awareness where we experience values like truth, goodness, beauty, love and compassion, and also intuition, creativity, insight and focused attention.

Acharya Mahapragya

Shreyansanath Bhagwan



Shreyansanath Bhagwan (also known as Sreyamsanatha or Sreyamsa) is the eleventh Tirthankara in the current time cycle.

His parents were King Vishnuraj and Queen Vishnu Devi and born in Sinhapuri (also spelled as Simhapura| Simhapuri), which is a part of Hiranpur, a small locality in Sarnath about 30 kilometres from Varanasi in Uttar Pradesh.

After attaining Samyak Darshan, Shreyansanath took three bhavs to attain Moksha. Prior to his birth as a Tirthankara, he was born as a King Nalinigulm. After serving as a King for many years, he took diksha and acquired the Tirthankara-naam-gotra-karma as result of his great devotion and worship. His next birth was as a celestial being, before being born as Shreyansanath.

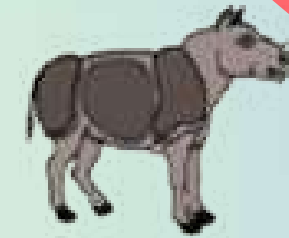
At the time of conception, Queen Vishnu Devi saw 14 divine dreams, indicating that the soul to be born would be a Tirthankara. The pregnancy period was nine months and six days. Following his birth, the 56 Dik Kumaris performed the traditional Janma Kalyanak ceremonies, after which 64 Indras celebrated the birth by taking the baby to Mount Meru and bathe him with 1 crore 60 lakh pots containing water from different oceans.

The name Shreyansanath is based on the Sanskrit word śreyas, meaning 'better, superior, thus conveying a positive moral connotation. His symbol (Lanchan) is rhinoceros and is said to be of golden complexion. Height was 80 bows.

Shreyansanath spent 21 lakh years in his youth and eventually ascended the throne, ruling the kingdom for many years (42 lakh years) before giving up his kingdom to become an ascetic. He gave Varsa Daan of 1 crore 8 lakh gold coins every day for 1 year and then took diksha in the grove called Sahasramravana in Sarnath and became an ascetic. The palanquin carrying Shreyansanath to the grove was named Vimalaprabha and on this occasion was accompanied by one thousand kings. He observed a two day fast and broke his fast with kher (rice pudding) at the house of Kunf Nanda in Siddhatha town.

He attained kevaljnana, just two months after taking diksha, under a type of Ashoka Tree in Sahasramravana grove. He had 76 Gandharas – Chief Gandhara was Gosubha. His first sermon – Deshna was on Nirjara Bhavana – the contemplation of shedding of karma by six external and six internal austerities and doing so with right knowledge and with intention of achieving spiritual elevation. Observing these external and internal austerities involve increasing awareness of the purity of our Soul, as well as highlighting the independency of the soul, to take our mind off the desires.

After a total lifespan of 8400000 years, he achieved nirvana in Sammet Shikhar.



Nirjara Bhavana

Nirjara

Nirjara is the process through which we shed or remove accumulated karmas from the soul, essential for breaking free from the endless cycle of birth and death.

Nirjara is of two kinds:-

Akam Nijara – the automatic eradication of karma particles through their maturation. This process is involuntary, unmotivated and requires no effort.

Sakam Nirjara – the deliberate shedding of karmas by bringing to maturity ahead of their due time by doing penance (austerities /tap) with a goal to eradicate them prematurely. This is voluntary, motivated and requires effort.

Jain scriptures classify the twelve types of penance under two headings – **External - Bahya Tap** and **Internal or Abhyantar Tap**.

Nirjara Bhavana

The contemplation of shedding of karma by six external and six internal austerities and doing so with right knowledge and with intention of achieving spiritual elevation. Observing these external and internal austerities involve increasing awareness of the purity of our Soul, as well as highlighting the independency of the soul, to take our mind off the desires.

External or Bahya Tap

- Anasana - Fasting. Partial or complete fasting for one or more days. Bhäva Anashan is by exercising total control of inner desires. Upaväs means staying close to the soul.
- Unodari - eating less than what is needed for satisfying the appetite
- Vrittisankshep - reducing the number of food-articles and to feel satisfied with a few of them.
- Rasparityag - giving up attachment for tastes.
- Kayaklesh - bearing physical discomfiture.
- Sanlinaya (also referred to as Viviktashayyan) - staying in a forlorn place and occupying the minimum space.

The True Essence of Tapasya

Besides the external penances, internal penances are also very important. To have qualities of letting go, forgiving, simplicity, humility, compassion is true austerity.

Internal or Abhyantar Tap

- Prayashchit - atonement or repentance. To review and introspect one's faults due to one's thoughts, words and action and repent and make atonement for the faults
- Vinay - modesty & humility on one's own part and respect for others. Vinay denotes humbleness, kindness, civility, absence of Ego.
- Vaiyavrutya - selfless service to ascetics, elders and those in need of help.
- Swadhyay - spiritual study - a) Vachana (to read), b) Pruchana (to ask questions), c) Paravartana (to repeat correctly), d) Anupreksha (to reflect - over the meaning of the text), e) Dharmopadesh (to teach) - to teach, discuss spiritual & religious texts. Swadhyay necessary to keep Jain knowledge alive for next generations to come
- Dhyän - meditation. Inauspicious - Artta & Raudra Dhyana | Auspicious - Dharmya & Shukla Dhyana
- Kayotsarga - giving up all the physical and mental activities and staying tuned to soul

