

# Sumatinath Bhagwan



**Nirvan Kalyanak  
Chaitra Sud Nom**  
On this day, Jains try & do at least  
one 'mala' reciting:  
**“Om Hrim  
Shri Sumatinath  
Parangatay Namah”**



**Ekatva Bhavana - solitude of the soul**  
What I call mine in the correct sense of  
the term is only the Soul - it has come  
alone and it will alone leave the body at  
death; it will be alone to enjoy or suffer  
from the fruits of one's good or bad  
actions. Contemplating on such true  
nature of the world is called  
Ekatva Bhavna  
**Soul is eternal -  
everything else is temporary**





# SUMATINATH BHAGWAN

**Sumatinath Bhagwan** is the fifth Tirthankara in the current time cycle. His symbol (lanchan) is Goose and symbolic colour is Gold.

**Parents:** King Megh and Queen Mangaldevi.

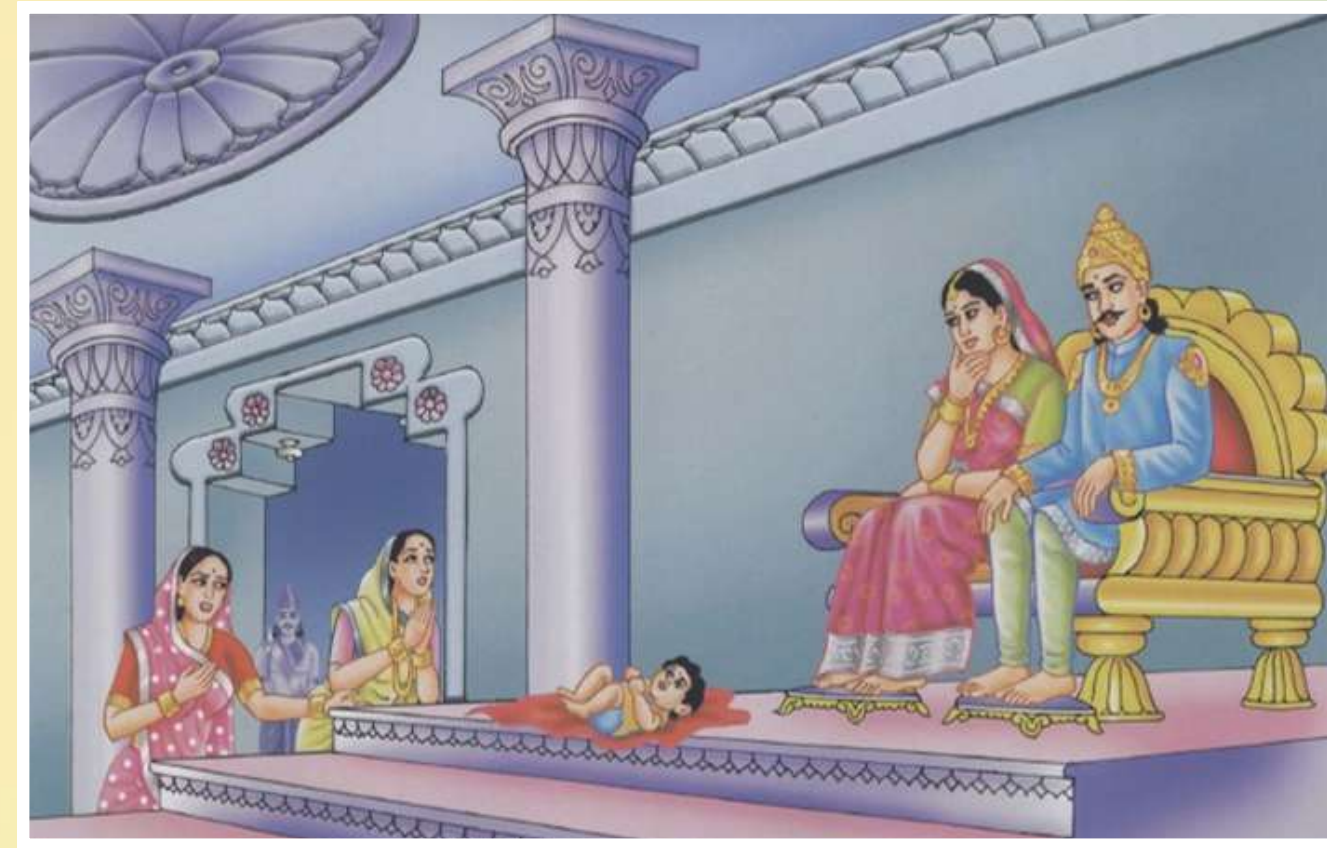
**Born in:** the city of Ayodhya.

After attaining Samyak Darshan, Sumatinath took three bhavs to attain Moksha.

**Birth 1:** As Purushasimha, son of King Vijayasen of Shankhpur town of the Puskalavati Vijay (region) in Purva Mahavideh Kshetra of Jambudweep. As a young Prince, Purushasimha was married to eight princesses. After hearing a discourse by a Jain Acharya, Purushasimha observed strict celibacy, became detached and lived the life of an ascetic. As a result of vigorous penance and higher spiritual practices, he earned the Tirthankara-naam-and-gotra-karma.

**Birth 2:** as a celestial being.

**Birth 3:** as Sumatinath Bhagwan. The following story is associated with why the child born to Queen Mangaldevi was named as Sumatinath – Sumati means intelligence. A trader unexpectedly died, leaving two



wives. Both women claimed the only son as theirs and the dispute was taken to King Megh to resolve. Unfortunately, neither the King or his courtiers could decide upon who the real mother was. The King discussed this with the Queen, who said that she would resolve the dispute, and concluded to defer decision until her son – an extra ordinary virtuous soul was born and grown up. In the meantime, the baby and all assets of the deceased trader would remain in the custody of the King. After listening to this, the real mother immediately reacted and requested for a faster judgement as she was not prepared to be away from her baby, even for a moment. The Queen immediately realised who was the real mother as the other wife was silent. She informed the King and justice was done to the real mother.

Sumatinath eventually succeeded his father and became King. After a long and peaceful reign, he took diksha and became an ascetic. Twenty years after taking diksha, Sumatinath attained Kevaljnana under a Priyangu tree. He had 100 Gandharas and his first sermon (deshna) was on the **Ekatva Bhavna – solitude of the soul**.

He eventually achieved Moksha in Sammet Shikhar.





# EKATVA BHAVANA



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*“Aa maaro aatma eklo chhe, te eklo aavyo chhe, eklo jashe,  
potaanaa karelaa karma eklo bhogavshe, antahkarana thi em  
chintavvu te chothi ekatva bhavana.”*

**Translation:**

**This soul of mine is alone, it has come alone, will go alone, will  
bear the fruits of his deeds alone; to contemplate thus from the  
deep realms of consciousness is the fourth Ekatva bhavana.**

**— Shrimad Rajchandra**

”

What I call mine in the correct sense of the term is only the Soul - it has come alone and it will alone leave the body at death; it will be alone to enjoy or suffer from the fruits of one's good or bad actions. No one else accompanies an individual soul in its course of traversing across millions of embodied existences. The soul transmigrates alone. One has, to act alone for permanent happiness without depending upon others. Therefore, one should be cautious, and stay away from attachment and aversion. Contemplating on such true nature of the world is called Ekatva Bhavana. Ekatva means solitariness / aloneness.

Enlightened souls like Mahavir laid emphasis on the immortal eternal nature of the soul and the ephemeral nature of worldly life. Most of us, instead of focusing on the eternal Soul, tend to focus on the transient - material objects, people, money, and power.

We need to contemplate on the true nature of things - the soul is eternal and everything else including our relationships are temporary. When we become more aware and identify with our Soul and not body, we realise that all living things are same as us - a pure, eternal, blissful soul. Our interactions with others and nature are at a different level and realise we are not alone at all.

# EKATVA BHAVANA

To start this journey, we need to be in solitude and get in touch with our own self.

“Your inner voice is the voice of divinity. To hear it, we need to be solitude, even in crowded places” ... A R Rahman

In this modern life, solitude is often wrongly equated with loneliness and thus avoided. Solitude is a conscious choice to get a better perspective of oneself. Solitude is not withdrawing or going away from others and society, but it is immersing into oneself. Osho, guru and spiritual teacher suggests that how long one needs to be in solitude depends on individuals – citing Mahavir was in solitude for 12.5 years, Buddha for 6 years and Christ only a few days.

“Alone let him regularly mediate in solitude on that which is salutary for his soul, for he who mediates in solitude attains supreme bliss. ... Guru Nanak

“Solitude in a crowd is achieved by the seeker who realises that rather than give up the world, he has to give up all attachment to the world. Only then will he be freed from its clutches.”

“Loneliness expresses the pain of being alone ; Solitude expresses the glory of being alone.”

“The solitariness that appears to be disguised as loneliness in the mind’s eye is in reality a solitude that enlightened souls crave for,” Rajsaubhag Blog.

Peace, knowledge of the self, detachment, termination of passions, elimination of bad karmas and progress on the spiritual path of liberation are possible fruits by focusing within and in contemplation of Ekatva Bhavana.

