



## Abhinandan Bhagwan

### Chavan Kalyanak

Vaishakh Sud Choth

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

**“Om Hrim Shri Abhinandan  
Parmeshthine Namah”**

Abhinandan Bhagwan is the fourth Tirthankara in the current time cycle His parents were King Samvar and Queen Siddharti and was born in the city of Ayodhya Nagri.

After attaining Samyak Darshan, Abhinandan took three bhavs to attain Moksha. Prior to his birth as a Tirthankara, he was first born as King Mahabal and then born as a celestial being. As King Mahabal, although a King, he was simple, generous, and humble person. After ruling for many years, he took diksha. He remained humble and equanimous whether people praised or criticised him. He practised severe penance and meditation and as a result acquired the Tirthankara naam and gotra karma.

Whilst the Queen was pregnant, everyone in the kingdom were happy and elated. Thus, when she gave birth, the child was named Abhinandan, which means bringing happiness. His symbol (lanchan) is ape/monkey. His symbolic colour is gold.

Abhinandan succeeded his father and was King for many years. He eventually renounced the world and became an ascetic. He indulged in rigorous penance and lofty spiritual practices and attained Kevaljanana. His deshna (first sermon) was on Asharan Bhavna which is the absence of any refuge or shelter that can protect us from death and the uncertainties of life.

He attained Moksha at Samet Shikhar.



Acceptance is an art that allows us to flow with life, unburdened by expectations and judgments. It enables us to embrace people and situations as they are, without holding onto unnecessary emotions.

Through acceptance, we find appreciation, motivation, and respect for ourselves and others.

It doesn't mean ignoring imperfections but rather maintaining a stable mind while working towards solutions.

Acceptance liberates us from denial, empowering us to move forward with clarity and focus.

The best kind of action is to serve our fellow beings in the world with humility and without any selfish motive, personal desire, or self-importance. When we do this, we are free from any bondage imposed by karma.

