

# Kunthunath Bhagwan

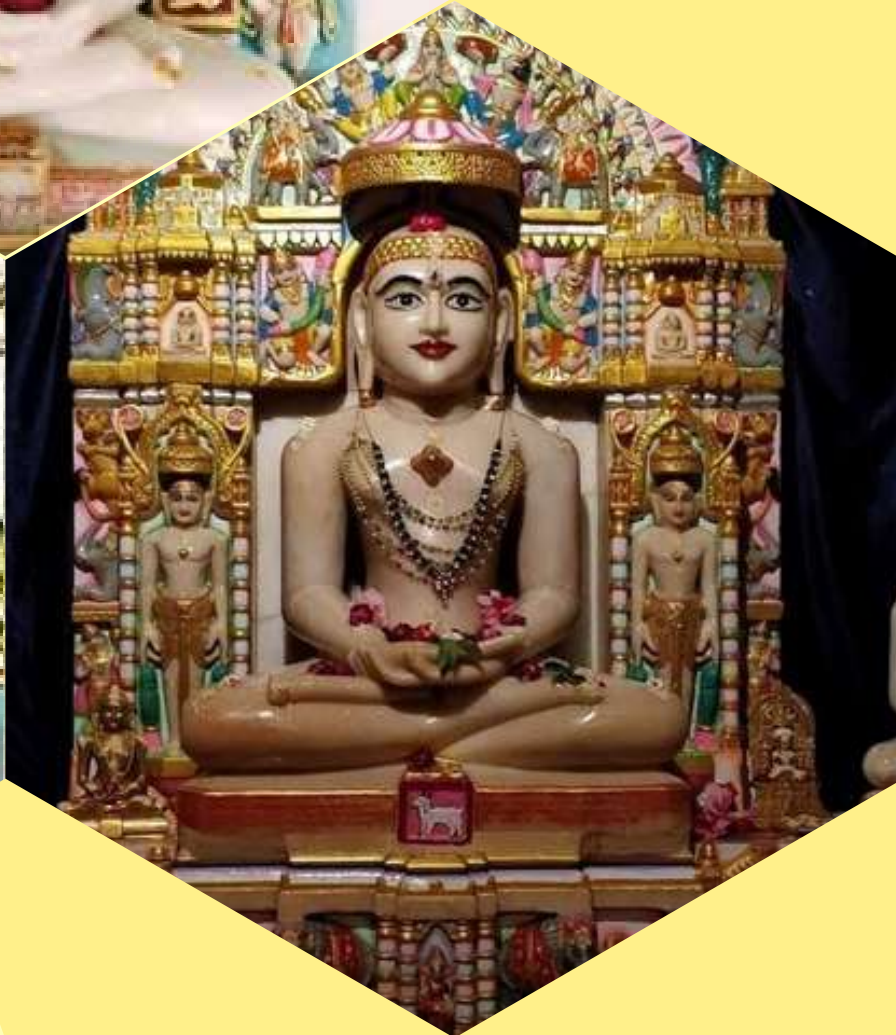
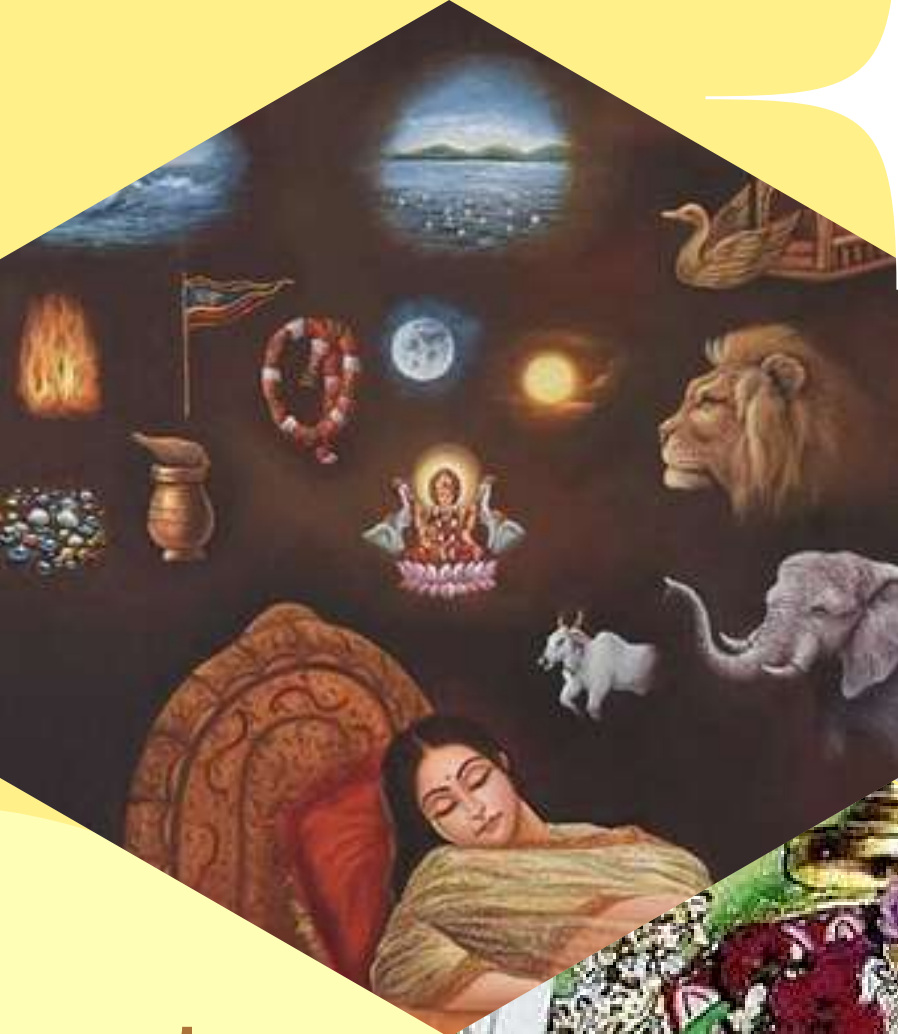
Janma Kalyanak  
Chaitra Vad Chaudas

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

**“Om Hrim Shri Kunthunath  
Arhate Namah”**



BY KISHOR B SHAH



Kunthunath Bhagwan is the Seventeenth Tirthankara and the sixth Chakravarti in the current time cycle. Kunthunath has the distinction of attaining the status of Chakravarti and Tirthankara in his last birth. He was born in the city of Hastinapur and his parents were King Sursen and Queen Shri Devi. His symbol (Lanchan) is Goat and symbolic colour is Gold.

After attaining Samyak Darshan, Kunthunath took three bhavs to attain Moksha. Birth 1: as King Simhavah, In this birth he earned the Tirthankara-naam-gotra karma because of his vigorous penance and pure worship. Birth 2: as a celestial being. Birth 3: as Kunthunath Bhagwan. Queen Shri Devi saw fourteen auspicious dreams, indicating that the baby was destined to be a Tirthankara. The pregnancy period was of nine months and five days. The 56 Dik-Kumaris and 64 Indras came to celebrate the birth ceremonies as per custom. During her pregnancy, Queen Shri Devi saw a heap of gemstones known as Kunthu. The child born was named Kunthunath.

After succeeding his father as King, the disc shaped jewel – cakra – appeared in his armoury, which enabled him to conquer all regions and thus became a Chakravarti – universal emperor. Kunthunath is the sixth Chakravarti of this time cycle

Time passed by and King Kunthunath began to get restless. In his meditations, he witnessed his past lives and realised the reason for his birth and the purpose and goal of his life. He renounced his throne, kingdom, fame, fortune, and everything else and after donating for one year – varsidaan - took Diksha, in Sahasramara jungle outside Hastinapur, to become an ascetic at the age of 71250 years.

After 16 years as an ascetic, Kunthunath attained Kevaljnana under a Tilak tree in Sahasramara jungle. He had 35 Gandharas, and his first sermon – Deshna was on inner purity/ Mann Shudhi

Kunthunath Bhagwan attained nirvana at Samet Shikhar.



# DAILY REFLECTIONS ~ Some Suggestions

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## MONDAY - GRATITUDE

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and create a vision for tomorrow.”

**Today: Be thankful for all that you receive and experience every-day and reflect on who and what made those experiences possible. Give special thanks for the food you eat and for the people you meet.**

## TUESDAY - SIMPLICITY

“Live simply, so others can simply live”.

To simplify is to invite peacefulness in your life. If we dare let go of our possessions and the will to control and dominate, we will cultivate a deeper spirit of peace within us because we can accept the present moment as a gift.

**Today: Think of three ways you can simplify your life and put at least one of them into practice today.**

## WEDNESDAY - HUMILITY

“The seeker after truth should be humbler than the dust. The world crushes the dust under its feet, but the seeker after truth should so humble himself that even the dust could crush him. Only then, and not till then, will he have a glimpse of the truth.”  
.....Mahatma Gandhi

**Today: Gaze up at the stars tonight and remember how small you are, your life is, but a fleeting moment in the vast scale of time and distances of the solar system and the universe.**

## THURSDAY - GENEROSITY

“There is a hidden poverty more pervasive than lack of money. It is the poverty of the heart.”.....Mother Teresa

**Today: Today, find a way to give generously of your time, attention or resources to others.**

## FRIDAY - CO-OPERATION

When we work together, we are stronger than when we work alone.

**Today: is there one significant way that you can cooperate more effectively with the people in your family or workplace, school or community today?**

## SATURDAY - MEDITATION

“Empty yourself of everything, Let the mind rest at peace. The ten thousand things rise and fall while the self watches their return. They grow and flourish and then return to the source. Returning to the source is stillness, which is the way of nature.” .....Lao Tsu, Tao Te Ching

**Today: Meditate. Take some time to sit in stillness, focusing on your breath, letting go of all thoughts.**

## SUNDAY - SILENCE

“God is the friend of silence. See how nature grows in peace; We need silence to be able to touch souls.” .....Mother Teresa

We need silence to express our true selves. Silence is counter cultural and more; it leads us beyond culture, beyond illusion, beyond words, to the truth of peace. In silence, we can no longer deny our basic humanity, our powerlessness, our helplessness. Silence unveils our vulnerable selves.

**Today: Give yourself the gift of silence and solitude**

