

Shitalnath



Bhagwan

Chavan (Conception) Kalyanak

The event when the Tirthankara's atma (soul) departs from its last life, and is conceived in the mother's womb. After the Tirthankara soul is conceived, the mother witness fourteen (as per Shvetambars) auspicious objects in her dreams.

SHITALNATH CHAVAN KALYANAK

Chaitra Vad Chhath

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

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



SIMPLICITY

It is a form of wisdom to know how to remain simple, to merge everything and become peaceful. In this state of consciousness spiritual power is accumulated automatically. To become simple means to become a good example in front of the world.

When we become simple, we see the solution to everything is to remain peaceful and happy in our dealings with everyone. Simplicity creates the state of introversion in which we no longer waste time and energy by going into this and that. This makes us very loyal in our attitude and behaviour. Any unfilled desire does not even arise in us. Any work that we are responsible is done with natural easiness. We are able to create ideas and an atmosphere that makes everyone feel comfortable. It's as if the inner mirror becomes clean and we can see clearly what we have to do.

Simplicity allows us to have courage and faith and it is this that creates success. Simplicity allows us to be more loving towards ourselves and others. And this is what develops self-respect. And by living in a simple way the speciality of each one becomes clear and we can easily see each other's value.

“Simplicity of living, if deliberately chosen, implies a compassionate approach to life. It means that we are choosing to live our daily lives with some degree of conscious appreciation of the condition of the rest of the world.” -Duane Elgin

“That's been one of my mantras—focus and simplicity. Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains.” Steve Jobs

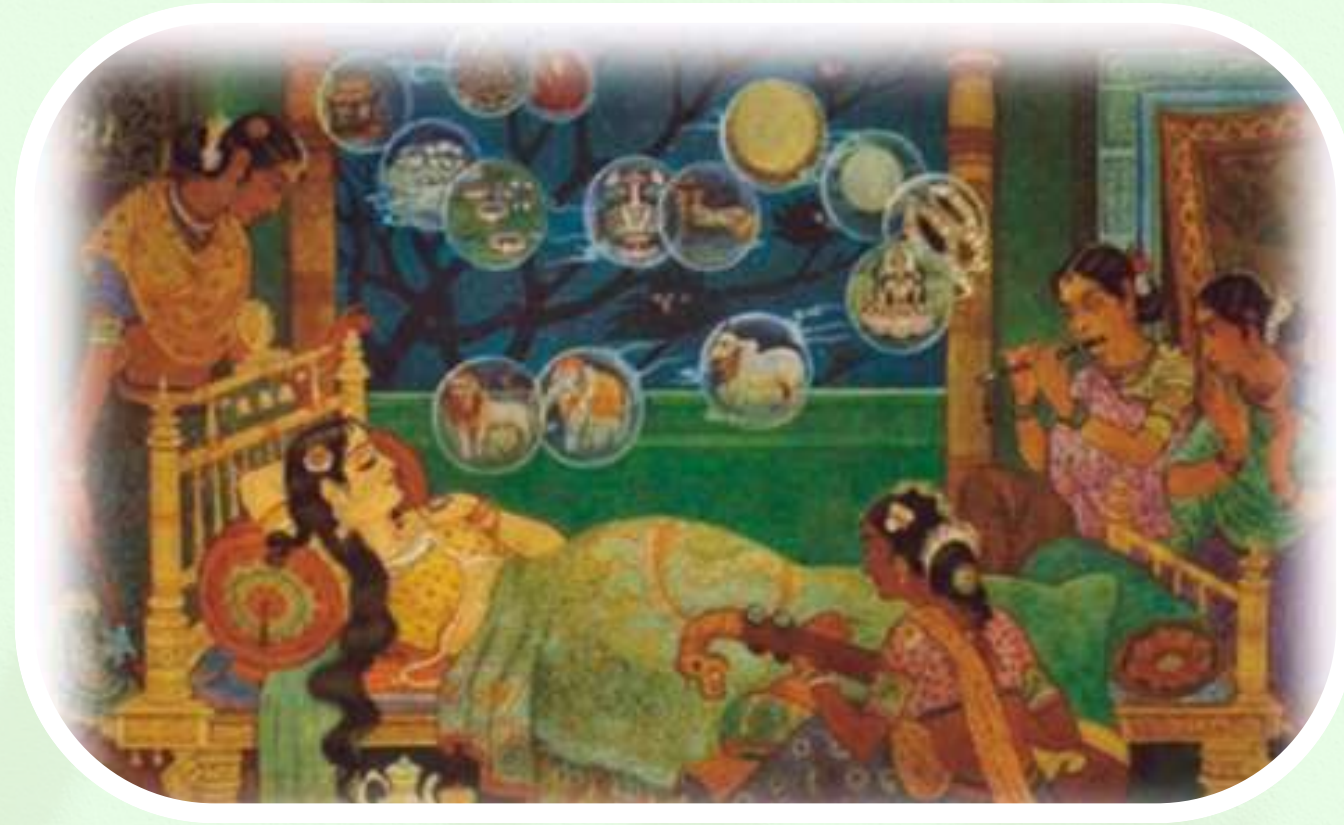
“The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less.” - Socrates

“It's the simple things in life that are the most extraordinary.” - Paulo Coelho

“Be as simple as you can be, you will be astonished to see how uncomplicated and happy your life can become.”- Paramahansa Yogananda

“I believe that a simple and unassuming manner of life is best for everyone, best both for the body and the mind.” And “Make things as simple as possible, but no simpler.”

— Albert Einstein



Shitalnath

Shitalnath Bhagwan in his first birth after attaining Samyak Darshan was as King Padmottar, ruler of Sushima nagri in Purva Videh Kshetra in Pushkarvar Dweep as per Jain Cosmology. The King was highly noble and honourable full of compassion and spiritual minded. He was by nature renunciatory and undertook his responsibilities as ruler diligently but without any enthusiasm. Eventually, he relinquished his Kingdom, 'like a piece of stone' and took diksha under Srastagha Suri. He acquired the Tirthankara-naam-gotra-karma by observing 'Vis Sthanak tap (twenty Sthanaks) – rigorous penances and disciplines

His next birth was as a celestial being in the tenth dimension of heaven as per Jain cosmology. Heaven was full of material pleasures, but internally, he remained totally detached from all the external material happiness and at all times his awareness was focused on the Soul.

After completing his very long lifespan as a celestial being, the soul of King Padmottar descended into the womb of Queen Nanda Devi – wife of King Dradharath of Bhadilpur. At the time of conception, Queen Nanda Devi saw 14 dreams – **Elephant, Bull, Lion, Goddess Lakshmi, Flower garland, Bright full Moon, Sun, Flag, Kalash/Pitcher, Lotus Lake, Milky white sea, Celestial Plane, Pile of gems and Smokeless fire** – each symbolising the quality that the child would possess and indicating the birth of a Tirthankara.

A Tirthankara's soul, even whilst in the mother's womb is said to possess three types of knowledge, namely Matijnana (sensory knowledge), Shrutajnana (scriptural knowledge) and Avadhijnana (clairvoyance knowledge).

During her pregnancy, one day King Dradharath developed acute burning sensation and a high fever. None of the medicines or ointments could relieve his suffering. However, when Queen Nanda touched him, the King got an instant relief, the burning sensation and high fever subsided. They realised that this was due to the greatness of their unborn child and on the birth of their son, named him Sitala (cool, calm). In Sanskrit Sitala is the word for 'cool' and has a positive connotation as it refers to the ideas of appeasement or serenity. Shitalnath after succeeding his father and ruling for many years took diksha.

After only three months as an ascetic, he attained Kevaljnana, and his first sermon (Deshna) was on **Samvara Bhavana – the stoppage of the influx of karmas.**

He eventually achieved nirvana in Sammet Shikhar.

Shitalnath Bhagwan (also known as Sitala, Sitalanatha, Sheetalnath) is the tenth Tirthankara in the current time cycle.



57 practical ways to stop the influx of new karmas

SAMVARA

Samvara can be accomplished by constant practice of the following: -

- Samyaktva - Right Faith
- Vratas - Observance of vows
- Apramad - Awareness or spiritual alertness
- Akashäya - Absence of passions
- Ayoga - Peacefulness of mental, verbal & physical activities



BY KISHOR B SHAH

- ### Five Samitis (Carefulness in our activities)
- Irya Samiti - in Walking
 - Bhasha Samiti - in Speaking
 - Eshana Samiti - in receiving food
 - Adan Nikshepa Samiti - in taking and keeping any items
 - Utsarga Samiti - in Disposing Waste

- ### Three Guptis (Restraints in our activities)
- Mana Gupti - Mind
 - Vachan Gupti - Speech
 - Kaya Gupti - Body
- ### Five Chäritra (Conduct)
- Samayik - To remain in equanimity during our life
 - Chhedo-pasthäpana Chäritra - To live the life of an ascetic
 - Parihära-vishuddhi Chäritra - To follow special types of penance as an ascetic
 - Sukshma-Samparäya Chäritra - To live a life without any Kashäya
 - Yathäkhyäta or Vitaräga Chäritra - Living the life of a Kevali

- ### Ten Yati Dharma (Religious Virtues)
- Kshama - Forgiveness
 - Mardav - Humility
 - Arjav - Straightforwardness
 - Shaucha - Contentment
 - Satya - Truthfulness
 - Sanyam - Self restraint
 - Tap - Austerity
 - Tyag - Renunciation
 - Akinchanya - Non Attachment
 - Brahmacharya - Chasity | Celibacy
- ### Twenty-Two Parishaha-Jaya
- Tolerance or endurance to suffering with equanimity

- ### Twelve Bhävanä (Reflections)
- Anitya Bhävana - Impermanence of everything in the world
 - Asharan Bhävana - No one provides real protection
 - Samsara - Cycle of Birth & Death
 - Ekatva Bhävanä - Solitude of the soul
 - Anyatva Bhävanä - Separateness of soul
 - Ashuchi Bhävanä - Impureness of the body
 - Äsrava Bhävanä - Influx of karma
 - Samvar Bhävanä - Stoppage of influx of karma
 - Nirjarä Bhävanä - Shedding of karma
 - Loka Bhävanä - Transitory of universe
 - Bodhidurlabh Bhävanä - Unattainability of right faith, knowledge, and conduct
 - Dharma Bhävanä - Unattainability of true preceptor, scriptures, and religion