



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

“Om Hrim Shri Sumatinath Parmeshthine Namah”

SUMATINATH CHAVAN KALYANAK

Shravan Sud Bij

KNOW YOUR TIRTHANKARA

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 extraordinary 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.

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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.

