



Softness is one of the great secrets of all spiritual practice. When we become soft, we become like water. We let life come to us.

We trust in its flow, and we allow ourselves to be taken in whichever direction it chooses.

This is true power because it comes from love, and love is the softest thing in the universe, and yet it is the most powerful.

When you soften your attitude to yourself, to others, and to life, you release the natural wisdom that lies within you.

Your body softens, your thoughts soften, and your heart softens.

Through softness, you find clarity and purpose without needing to force anything.

Your life becomes a gentle unfolding rather than a constant battle.

By Richard Rudd

Shitalnath Janma & Diksha Kalyanak

Posh Vad Baras



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

Janma Kalyanak

“Om Hrim Shri Shitalnath Bhagwan Arhate Namah”

Diksha Kalyanak

“Om Hrim Shri Shitalnath Bhagwan Nāthāya Namah”

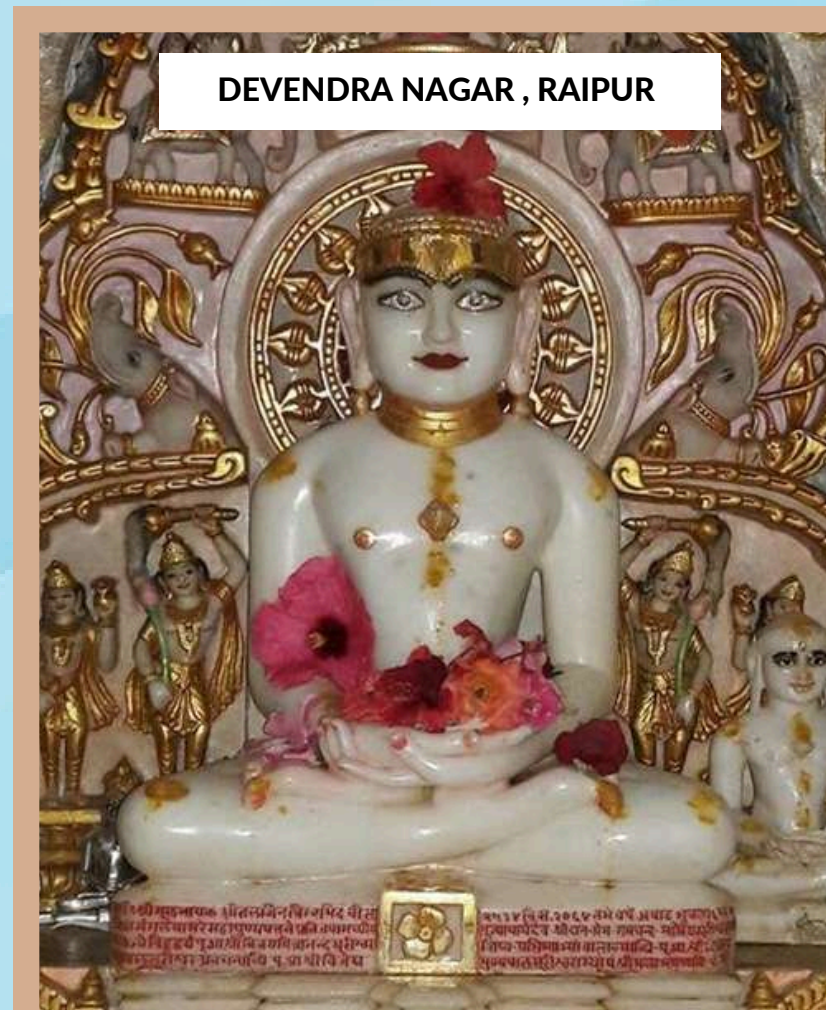
SAMVARA BHAVNA

STOPPING THE INFLUX OF KARMA

The endless cycle of birth and death can only cease with the end of karmic influx. This cycle can only be stopped by turning away from delusions (Mitthatva), attachment (Raag) and Aversion (Dwesh), and becoming absorbed in the nature of the Soul by following the Dharma as was preached by the JINA's. Until the Soul controls its emotions, it can never attain enlightenment.



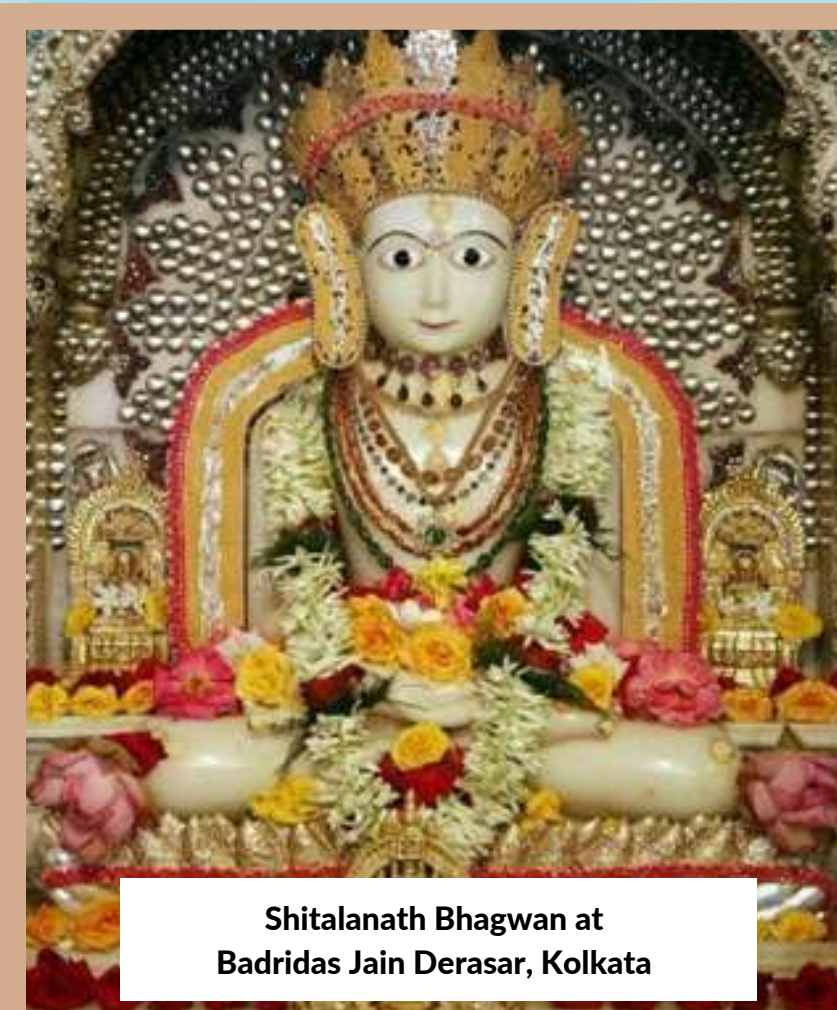
PALITANA



DEVENDRA NAGAR , RAIPUR



BHADILPUR JAIN TIRTH,



Shitalanath Bhagwan at Badridas Jain Derasar, Kolkata

Know Your Tirthankara

Shitalnath Bhagwan (also known as Sitala, Sītanatha, Sheetalnath) is the tenth Tirthankara

Father	King Dradharath
Mother	Queen Nanda
Family / Clan	Ikshvaku
Born In	City of Bhadilpur (also known as Bhadrilapura).
Lanchan (Symbol)	srivatsa meaning the wishing tree (kalpavriksha)
Symbolic Colour	Golden Complexion
After attaining Samyak Darshan, Shitalnath took three bhavs to attain Moksha.	
Birth 1	as King Padmottar, & was highly noble & honourable full of compassion & spiritual minded. Eventually, he rescinded his kingdom and took diksha. He acquired the Tirthankara-naam-gotra-karma by observing 'Vis Sthanak tap (twenty Sthanaks)
Birth 2	As a celestial being
Birth 3	Shitalnath Bhagwan
Height	90 Bows



Panch Kalyanaks

Chavan Klayanak
Chaitra Vad Chhath
Janma Kalyanak
Posh Vad Baras
Diksha Kalyanak
Posh Vad Baras
Kevaljnana Kalyanak
Magsar Sud Chaudas
Nirvan (Moksha) Kalyanak
Chaitra Vad Bij

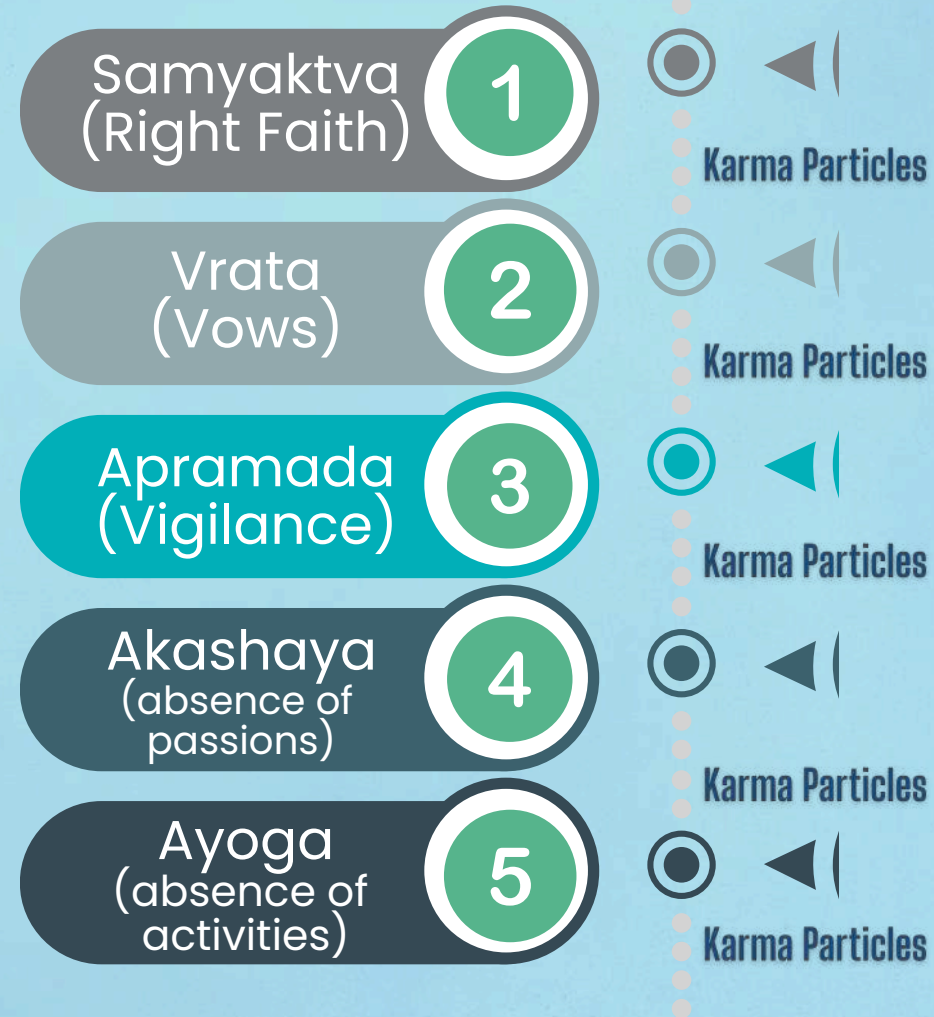
Naming	Sitala (cool, calm)
Diksha Palanquin	Candraprabhā
Place of Diksha	Sahasramravana Grove
Breaking Fast	House of King Punarvasu in the town of Riṣṭapura.
Time as Ascetic	3 months
Place of Kevaljnana	Sahasramravana grove.
Tree	Peepal (fig) tree
Deshna (First Sermon)	Samvara Bhavana – the stoppage of the influx of karmas.
No of Gandharas	81 – Chief Gandhara – Ananda
Yaksha Yakshi	Brahma Asoka
Sangh	Monks – 100000 Nuns 100006 Led by Suvasa Laymen – 200000 Laywomen – 300000
Place of Moksha	Samet Shikhar
No of Ascetics who attained Moksha with Bhagwan	1000
Lifespan	100.000 purvas



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The process that stops the influx of new karma from attaching to the soul is called Samvara.

This process is the opposite of Āsrava.

Asrava means inflow and attachment of karma.

Freedom from attachment, aversion and the practice of vows, carefulness, self-control, observances of ten kinds of dharma, meditation and the removal of the various obstacles, such as hunger, thirst and passions stops the inflow of karma and protects the soul from the impurities of fresh karmas.

Staying free of the four Kashayas (passions) mentioned above can help prevent the inflow of new karmas. Our scriptures give us guidance as to how to prevent or minimise these four Kashayas

How can an ignorant understand stopping of karma (Samvara) without knowing its inflow (asrava)

Imagine a big lake and a floating boat in which many people are sitting. Slowly the boat starts sinking. Water starts entering the boat. Out of fear, people on the boat start yelling, “Stop this incoming water anyway; plug this incoming of water anyhow.”

What we have to realize is that water which is coming in will not stop by mere yelling. Then, how can that be plugged? It is clear that first, the source of incoming of water would have to be found and then it would have to be plugged. Then only, inflow of water will stop entering the boat.

This world is also like a lake. Karma (water) enters the soul (boat). Stopping of that inflow is called ‘samvara’. However, he only can stop the inflow who knows its source because one who does not know the source of influx (asrava), how can he know its stopping (samvara)?

- Sutrakritanga Sutra 1/1/3/10



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



- ### 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