

*Jainism for Kids: Stories, Rituals, and Mindful Living introduces young readers to Jainism through tales of Lord Mahavira, Parshvanatha, and other Tirthankaras, teaching values like non-violence, truth to apply in everyday life.*

## **Jainism for Kids**

By Aryan Jain, Arman Jain and Sulabh Jain PhD

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# Jainism for Kids

Stories, Rituals, and Mindful Living



Aryan Jain, Arman Jain, Sulabh Jain PhD

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## **1. Rishabhanatha (Adinatha)**

Long ago, in a time when people didn't know how to farm or build houses, there was a kind and wise leader named Rishabhanatha. He was known as the first Tirthankara, a special teacher who showed people the right way to live. Rishabhanatha noticed that people were struggling to survive. They didn't know how to grow food, make clothes, or live together peacefully. So, he decided to help them.

Rishabhanatha taught people how to farm, so they could grow their own food. He showed them how to build strong houses to protect themselves from the weather. He also taught them how to live together as a community, sharing and caring for one another. People were very grateful to Rishabhanatha and started calling him Adinatha, which means "the first lord."

But Rishabhanatha's teachings didn't stop there. He also taught people about kindness, honesty, and non-violence. He explained that everyone should respect all living things and live a life of peace. His gentle words and wise advice made him loved by everyone, and his teachings were passed down from generation to generation.

## **2. Ajitanatha**

Ajitanatha was the second Tirthankara, born into a royal family in a beautiful palace. Even though he had everything he could ever want, Ajitanatha was not interested in living a life of luxury. He was more concerned with helping others and finding peace within himself.

As he grew older, Ajitanatha realized that true happiness didn't come from wealth or power. Instead, it came from living a simple life, free from greed and anger. He decided to leave his palace and become a monk, dedicating his life to teaching others how to live peacefully and kindly.

Ajitanatha taught that it was important to control our desires and not be attached to material things. He showed people how to meditate and find calmness in their hearts. By following his teachings, many people found joy and contentment, even if they had very little.

People admired Ajitanatha's strength and determination. They called him Ajita, which means "invincible," because he was strong in his mind and spirit. His life was a shining example of how to live with courage, compassion, and wisdom.



### **3. Sambhavanatha**

Sambhavanatha, the third Tirthankara, was born into a family of warriors. He was known for his bravery and strength, but what made him truly special was his gentle heart. Even as a child, Sambhavanatha was kind to everyone, from the smallest insect to the largest animal.

One day, when Sambhavanatha was still very young, he saw a bird with a broken wing. Instead of ignoring it, he carefully picked up the bird and nursed it back to health. This act of kindness made him realize that all living beings deserve care and respect.

As he grew older, Sambhavanatha decided to spread this message of kindness and non-violence. He became a teacher and traveled from place to place, showing people how to live in harmony with nature and each other. His gentle ways and loving heart touched many lives, and people began to follow his teachings.

Sambhavanatha's message was simple but powerful: "Treat all living things with love and respect." He believed that by doing this, the world would become a peaceful and happy place for everyone.

## **4. Abhinandananatha**

Abhinandananatha was the fourth Tirthankara, born into a noble family. He was a kind and gentle soul who was loved by everyone in his kingdom. Even as a young prince, Abhinandananatha was known for his deep compassion and his desire to help others.

One day, when he was still a child, Abhinandananatha saw a poor farmer struggling to plow his field. The farmer was tired and hungry, but he didn't have enough food for himself or his family. Seeing this, Abhinandananatha couldn't bear to watch the farmer suffer. He quickly brought food and water to the farmer and even helped him plow the field.

As Abhinandananatha grew older, his compassion only deepened. He decided to leave his royal life behind to become a monk, dedicating his life to spreading the message of kindness and non-violence. He taught people that true happiness comes from helping others and living a life of peace and love.

Abhinandananatha's gentle teachings touched many hearts. People admired his kindness and followed his example. They learned that by being kind and compassionate, they could make the world a better place for everyone.

## **5. Sumatinatha**

Sumatinatha, the fifth Tirthankara, was known for his wisdom and calm nature. Born into a royal family, Sumatinatha was a bright and thoughtful child who always sought to understand the world around him. He was known for his ability to solve problems with a clear mind and a gentle heart.

One day, while still a young prince, Sumatinatha noticed that his people were unhappy. There were arguments and disagreements in the kingdom, and no one seemed to know how to make things right. Sumatinatha decided to help. He sat down with the people, listened to their problems, and offered wise advice on how to resolve their conflicts peacefully.

His wisdom brought peace to the kingdom, and people began to look up to him as a great leader. When Sumatinatha grew older, he decided to leave his royal life and become a monk. He dedicated himself to teaching others the importance of wisdom, peace, and understanding.

Sumatinatha taught that wisdom is like a light that guides us through the darkness. By thinking clearly and acting with kindness, we can solve any problem and live a life of peace and happiness. His teachings spread far and wide, and he became known as a beacon of wisdom for all.

## **6. Padmaprabha**

Padmaprabha, the sixth Tirthankara, was born with a special glow, like a lotus flower in full bloom. His name means "lotus light," and just like the beautiful lotus, Padmaprabha was known for bringing beauty and light into the world. From a young age, he showed a deep love for nature and all living beings.

One day, while walking in a garden, Padmaprabha saw a gardener struggling to care for the plants. The gardener was tired and couldn't keep up with the work. Padmaprabha, seeing this, offered to help. He spent the day tending to the plants, making sure they had enough water and sunlight. Under his care, the garden bloomed like never before.

As Padmaprabha grew older, he realized that just as plants need care to grow, people need love and kindness to thrive. He decided to dedicate his life to teaching others how to live in harmony with nature and each other. He became a monk and traveled far and wide, spreading his message of love, care, and respect for all life.

Padmaprabha's gentle nature and bright spirit touched many hearts. People learned from him that by caring for the world around us, we can create a beautiful and peaceful life for everyone.

## **7. Suparshvanatha**

Suparshvanatha, the seventh Tirthankara, was born into a family of great warriors. Despite being trained as a warrior, Suparshvanatha was a kind and peaceful person. He always believed that true strength came from within, and that the most powerful thing a person could do was to be kind and gentle, even in difficult situations.

One day, while Suparshvanatha was still young, a terrible storm struck his kingdom. The strong winds and heavy rain caused damage to many homes and farms. People were scared and didn't know what to do. Suparshvanatha calmly organized a group of people to help rebuild the homes and care for those who were affected by the storm. His calmness and kindness gave people hope and helped them feel safe.

As Suparshvanatha grew older, he decided to become a monk and dedicate his life to teaching others the importance of inner strength and non-violence. He traveled from village to village, spreading the message that true power comes from being peaceful and kind, even in the face of challenges.

People admired Suparshvanatha for his strength of character and his gentle spirit. They learned from him that by staying calm and being kind, they could overcome any difficulty and create a peaceful life for themselves and others.

## **8. Chandraprabha**

Chandraprabha, the eighth Tirthankara, was known for his radiant smile and glowing presence. His name means "moonlight," and just like the soft, soothing light of the moon, Chandraprabha brought comfort and peace to everyone he met.

As a child, Chandraprabha was always cheerful and full of joy. He loved helping others and making them smile. One day, while playing with his friends, Chandraprabha noticed a sad boy sitting alone. The boy had lost his favorite toy and was feeling very upset. Chandraprabha, with his bright smile, approached the boy and offered him his own toy, saying, "Your happiness is more important to me than any toy." The boy's sadness disappeared, and he smiled back at Chandraprabha.

As Chandraprabha grew older, he continued to spread joy and happiness wherever he went. He decided to become a monk and dedicated his life to teaching others the importance of kindness, joy, and compassion. He showed people that by being kind and caring, they could bring light into the lives of others, just like the moon lights up the night sky.

Chandraprabha's teachings were simple but powerful: "Share your joy with others, and the world will become a brighter place." People loved him for his joyful spirit and learned that by being kind and compassionate, they could make the world a happier and more peaceful place.

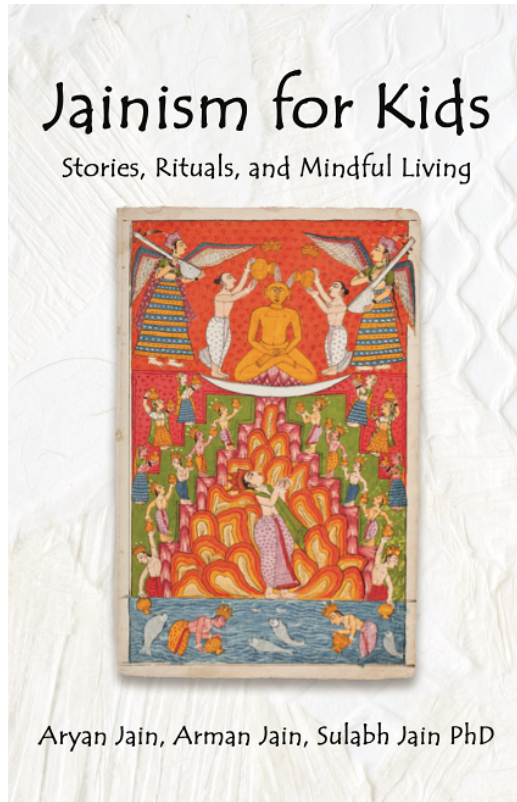
## **9. Suvidhinatha (Pushpadanta)**

Suvidhinatha, also known as Pushpadanta, was the ninth Tirthankara. He was born into a royal family, but unlike other princes, Suvidhinatha was not interested in power or wealth. Instead, he was fascinated by the beauty of nature and the simple things in life.

As a young boy, Suvidhinatha loved spending time in the garden, watching the flowers bloom and listening to the birds sing. He believed that true happiness came from appreciating the simple things in life and living in harmony with nature. One day, while walking in the garden, he saw a gardener struggling to carry a heavy load of flowers. Suvidhinatha quickly ran to help the gardener, showing him a better way to carry the load without getting tired.

As Suvidhinatha grew older, he realized that just as he had helped the gardener, he could help others find a better way to live. He decided to become a monk and dedicated his life to teaching others the importance of simplicity, contentment, and living in harmony with nature. He taught that by appreciating the beauty around us and being content with what we have, we can find true happiness.

Suvidhinatha's gentle teachings inspired many people to live a simple and peaceful life. They learned from him that by being content and living in harmony with nature, they could create a life full of joy and happiness.



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