

April 2026

AKRAM Express





Lord Rushabhdev



Editorial

Friends,

We all know that there are Twenty-Four *Tirthankars* (the absolutely enlightened Lords who can liberate others). But do you know who the very first *Tirthankar* was? It was Lord Rushabhdev, also known as Lord Adinath. The word *Adi* means ‘the beginning’. But what exactly did he begin? What was life like during that era? What teachings did the Lord share with everyone? And who were the members of His family?

In this edition, let us explore some fascinating facts about Lord Rushabhdev. Let us keep Him in our hearts and worship Him with the utmost devotion.

- Dimple Mehta



Akram Express

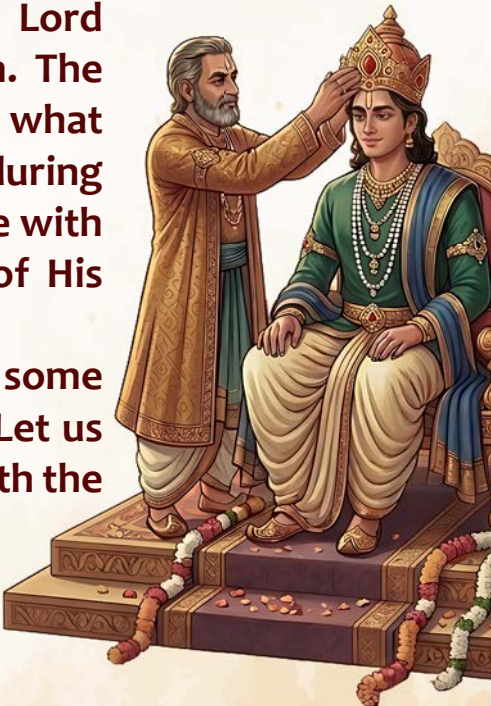
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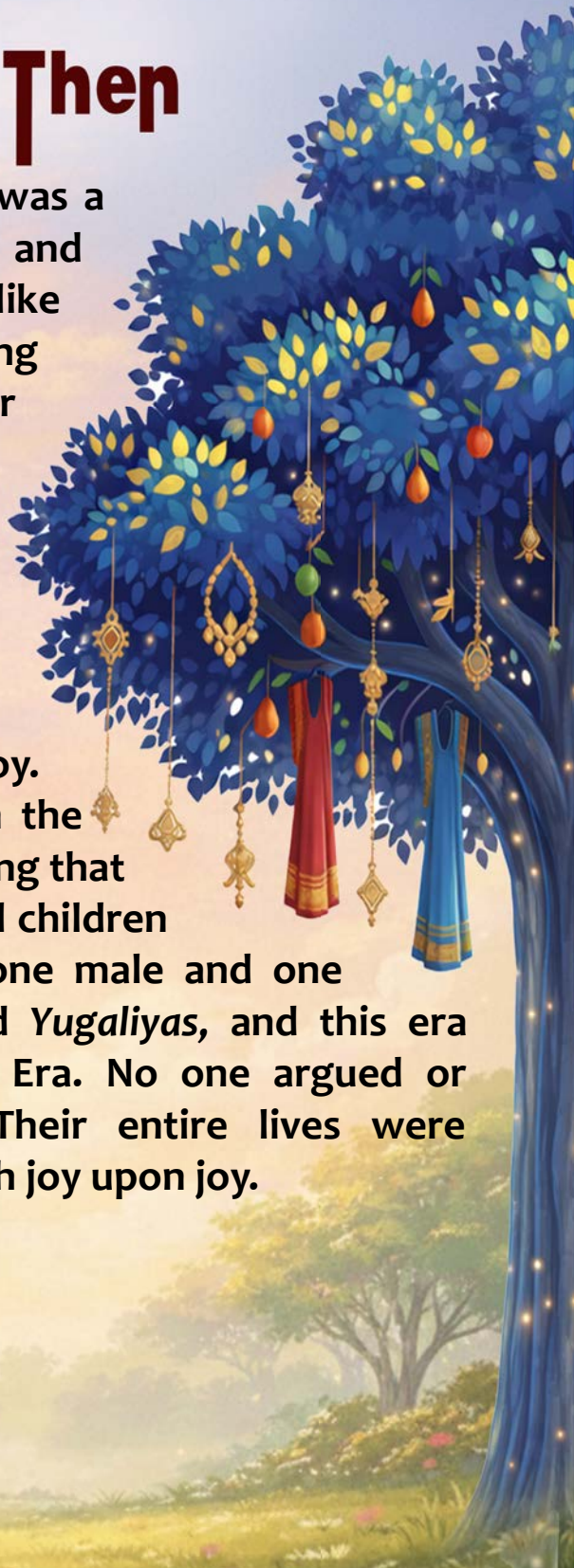
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The Era Back Then

A long, long time ago, there was a golden age. The fruits people ate and the water they drank tasted like sweet nectar and had life-giving properties. If someone wished for something, then all they needed to do was to ask the *Kalpavriksha*, a wish-fulfilling tree, and it would be granted. There was no need to work for it; one simply had to ask for it from the *Kalpavriksha* tree!

Life was easy and full of joy. People wandered freely through the forests, happily enjoying everything that nature provided. In those days, all children were born as a pair of twins, one male and one female. These twins were called *Yugaliyas*, and this era became known as the *Yugaliya* Era. No one argued or fought. Their entire lives were filled with joy upon joy.





It was during this era that the first *Tirthankar* of our time cycle, Lord Rushabhdev, was born to Mother Marudevi. When Mother Marudevi was expecting the Lord, all the celestial deities rejoiced and devoted themselves in her service. They asked her some questions - questions that ordinary people could not answer. But because she was carrying the future *Tirthankar*, Mother Marudevi was able to answer every single question.

All the celestial deities gathered in their celestial vehicles and came to celebrate the Lord's birth. The whole world was filled with happiness and joy. The deities took the Lord to Mount Meru and bathed Him. The Lord's aura was so special and powerful that even the celestial deities did not want to leave Him. They wished to stay with Him day and night, offering their love and devotion. The Lord was raised with great care, love and respect.

When He became a young man, He followed His father's wishes and got married.



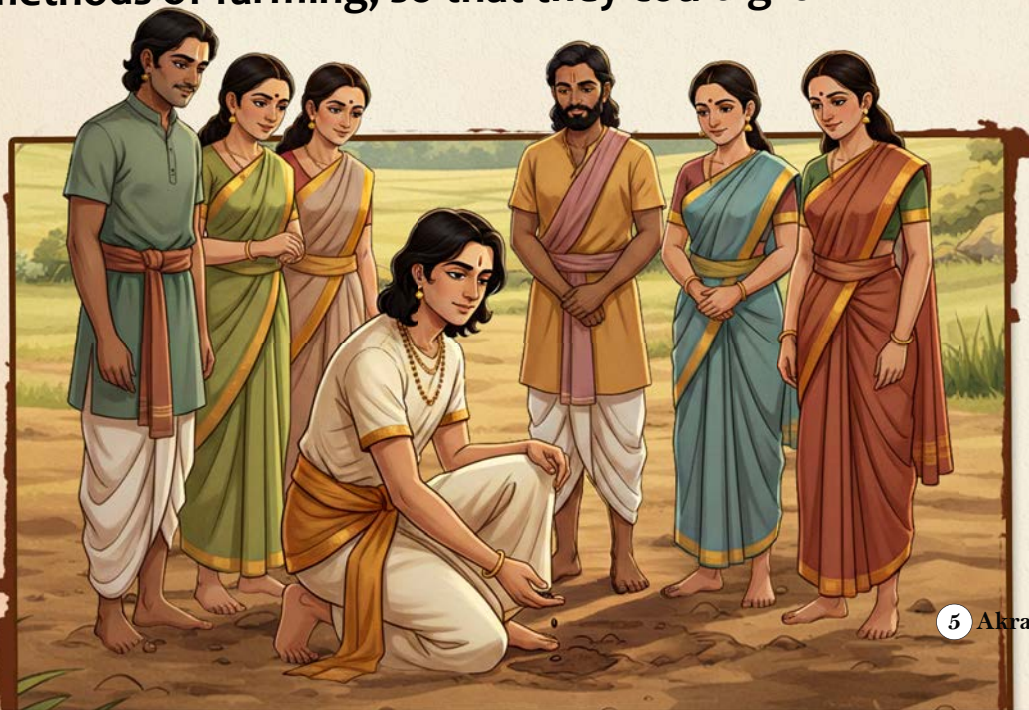


A Change of Era Began



Gradually, the era began to change. The number of *Kalpavriksha* trees decreased. Happiness slowly began to fade too. Eventually, the trees stopped fulfilling people's wishes.

At that time, no one knew how to farm. People turned to Lord Rushabhdev for guidance. He taught them proper methods of farming, so that they could grow their own food.

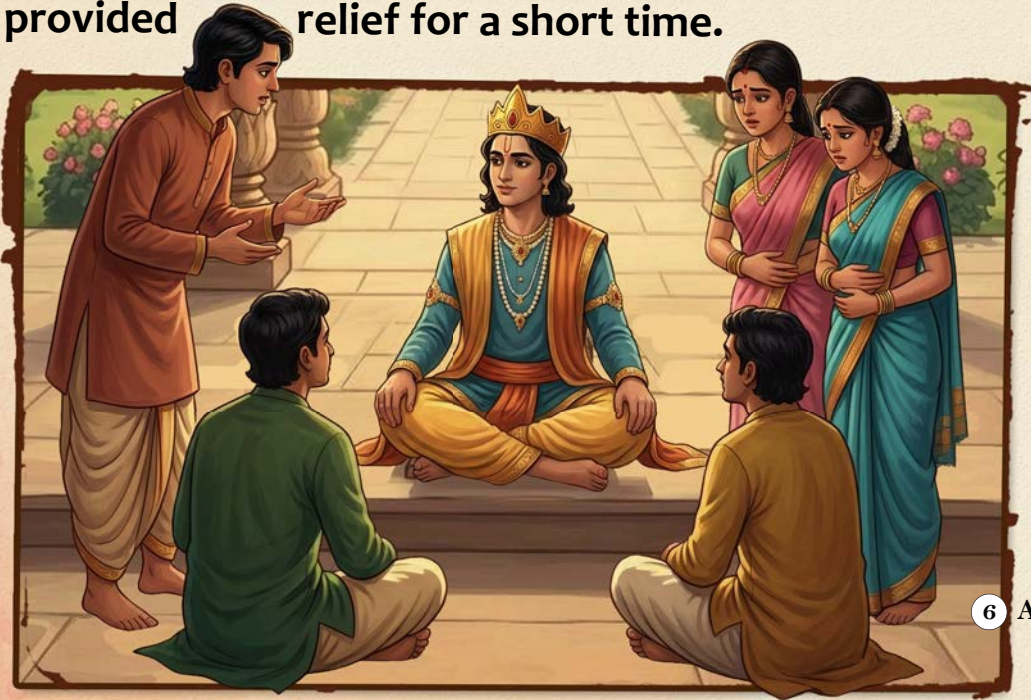


At first, the food grown from farming was eaten raw, and it was hard for people to digest. They returned to Lord Rushabhdev and said, “O Lord, please help us. We are unable to digest the food we grow.”

Crush the grains with your hands, soak them in water and then eat them this way. They will not cause indigestion.



The people followed the Lord's instructions, but after a few days, they again suffered from indigestion. They returned to the Lord with the same problem. Once more, the Lord gave them another solution, which provided relief for a short time.





A few days later, a great storm swept across the land. The branches of the trees swayed in the gusts and knocked against each other. Suddenly, a fire was sparked from the friction. The people had never seen fire before and were terribly frightened.



Thinking they could pick it up, they tried to grab the fire with their hands - but they were badly burned. Crying out in pain, they ran straight to the Lord for help.



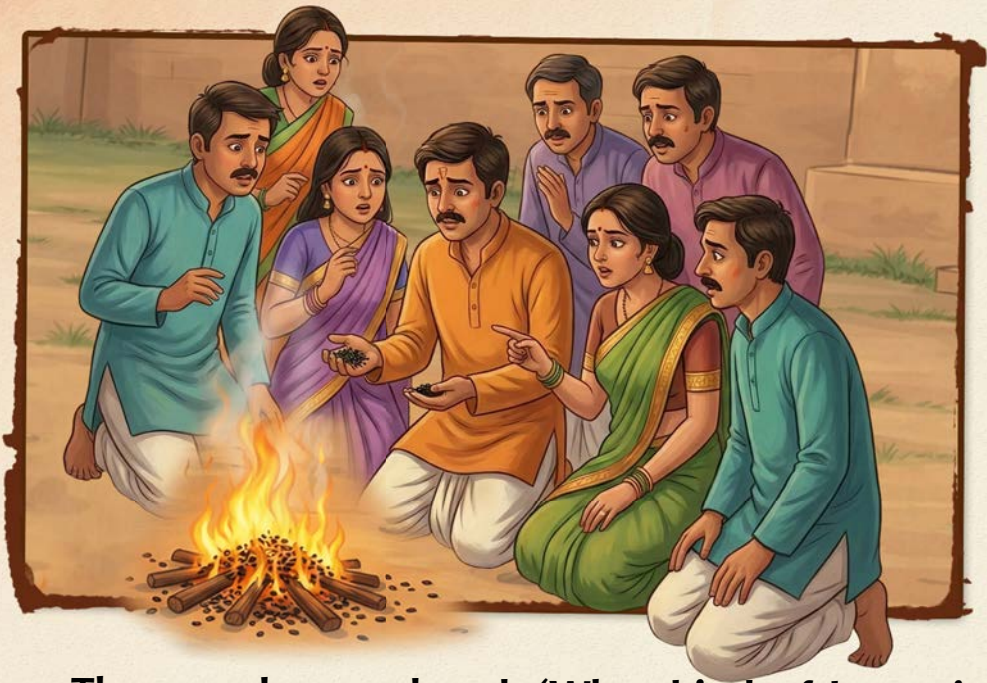
O dear Lord! There is a spirit in the jungle. It is troubling everyone. Please do something about it!

Do not touch it. Clear the grass around it, place some wood over it, and cook the soaked grains on it. Eating cooked grains will not cause indigestion.



The people gathered wood and made a large bonfire. They placed the soaked grains inside and waited for them to cook. But after a while, all the grains were completely burnt.





The people wondered, 'What kind of beast is this that devours everything? No matter how much we give it, it eats all of it. It does not give back anything.' Feeling disappointed, they once again went to the Lord.

The Lord listened carefully to their woes and taught them how to make big pots out of mud. They followed His instructions, cooked their food and, at last, ate to their heart's content.





As they continued making pots and cooking food, a new question arose: where would the pots be kept? The Lord then taught them how to build houses and so people began constructing homes in the jungle.

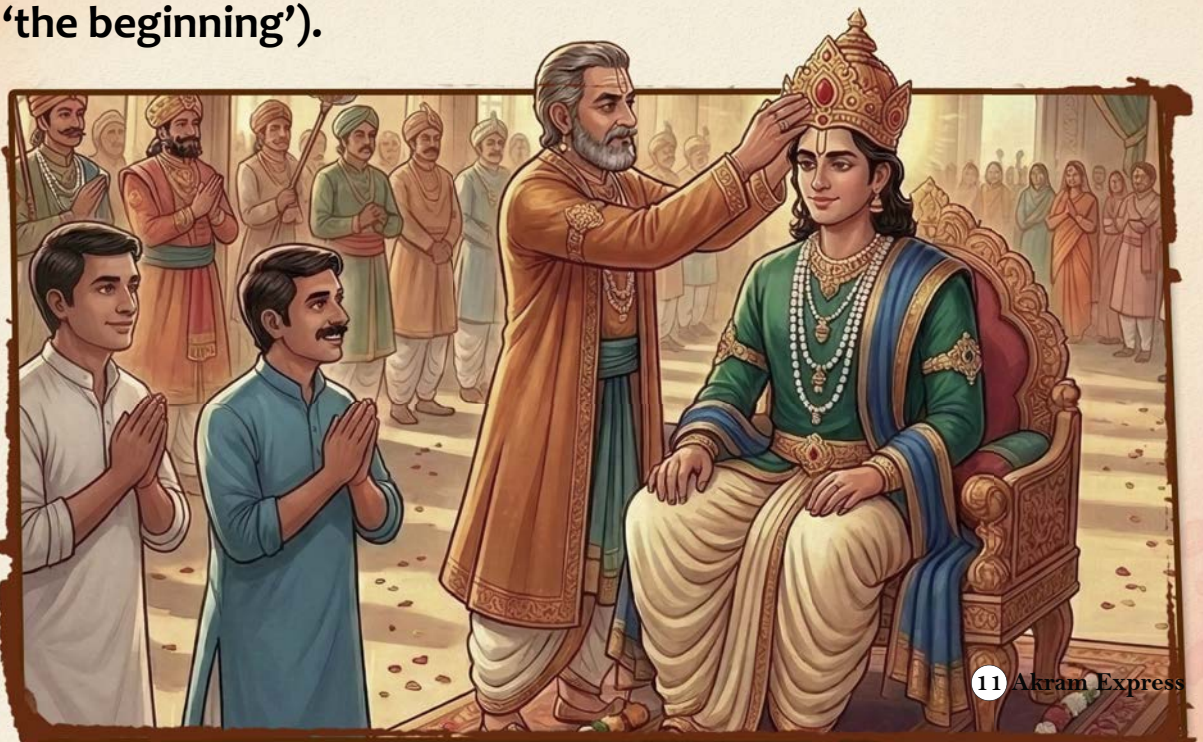
But a bare house did not feel complete. ‘Doesn’t it need some decoration?’ they wondered. The Lord then taught some of them the art of drawing.



After a few days, the Lord taught the people how to make clothes from the bark of trees. Just like this, the Lord taught them many different arts and skills. But one day, He heard that the people had begun to quarrel among themselves.



To end the disputes, the Lord's father, Nabhi Kulkara, appointed Lord Rushabhdev as king. Since he was the very first king, he came to be known as Adinath (Adi meaning 'the beginning').



Until then, people had lived far and wide in different regions. After becoming king, the Lord brought everyone closer together and established a beautiful city. He built large houses and organised communities where people could live happily together.



Lord Rushabhdev also taught people farming with the help of animals from the jungle, like cows, buffalo and horses. He also introduced the idea of bartering (exchanging goods) and helped people set up businesses. He showed them how to make various weapons for the protection of the kingdom.





The Lord also taught His daughters, Brahmi and Sundari, various subjects such as language and mathematics. This marked the beginning of education.

Many years passed and people lived in peace and harmony. Eventually, Lord Rushabhdev entrusted different regions of His kingdom to His sons. He started living a simple and selfless life. After giving generous donations for an entire year, He took *diksha* (initiation into monkhood).



The Sugarcane Juice

Millions of years ago, Lord Rushabdev, the first *Tirthankar* (the absolutely enlightened Lord who can liberate others) of the past cycle of twenty-four *Tirthankars*, took *diksha* in a grand ceremony in the presence of celestial deities. On the same day after taking *diksha*, Lord Rushabhdev also took the vow of observing absolute silence.

When the Lord went to get alms, the villagers welcomed him by piling gold, pearls, and gems at his feet. But the Lord silently moved ahead, finding nothing to eat. After taking *diksha*, more than thirteen months had passed. The Lord had been fasting for four hundred days. Wandering from village to village, one day the Lord arrived in Hastinapur.

It was noon. The Lord set out into the town for alms. People were trailing behind him as he moved ahead.

The people were talking amongst themselves saying, "The Lord isn't taking anything nor is he speaking." The people of the town were offering all sorts of jewels and ornaments to Him.

Prince Shreyanskumar emerged from his palace. The commotion amongst the people reached the Prince's ears. He was overjoyed to see the Lord and bowed down to Him with deep devotion. As he was bowing down, he attained the knowledge of what the Lord would accept as alms.

Immediately, Shreyanskumar offered golden pots full of sugarcane



juice to the Lord. Shreyanskumar requested to the Lord, “Lord, please accept this sugarcane juice.” The Lord extended his palms. Shreyanskumar lovingly served the sugarcane juice to Him. Thus, Shreyanskumar served the Lord his first meal after his long fast.

The energy from the Lord breaking his fast caused five lights to appear in the sky.

There was a reason why Lord Rushabdev did not receive anything in alms that he could eat or drink for thirteen long months...

In a previous life, the Lord had seen a farmer beating his bulls with a stick because they were eating his crops while working. The Lord's heart was disturbed by seeing the innocent animals getting beaten.

In a bid to save the bulls from being beaten for eating the crops, the Lord advised the farmer to tie a piece of cloth around each bull's mouth. The farmer did as he was advised, but at the end of the working day, the farmer forgot to remove the cloth. As a result, the bulls remained without food and water for thirteen hours and groaned profusely.

It was due to the Lord's advice that the bulls were deprived of food and water. As a result of that mistake, the Lord did not receive alms for thirteen months.

Due to the Lord's small mistake, the bulls had to go without food and water for thirteen hours. As a result, in his next birth, the Lord had to endure many obstacles for thirteen months before obtaining his first alms.





Mother Marudevi's Keval Gnan

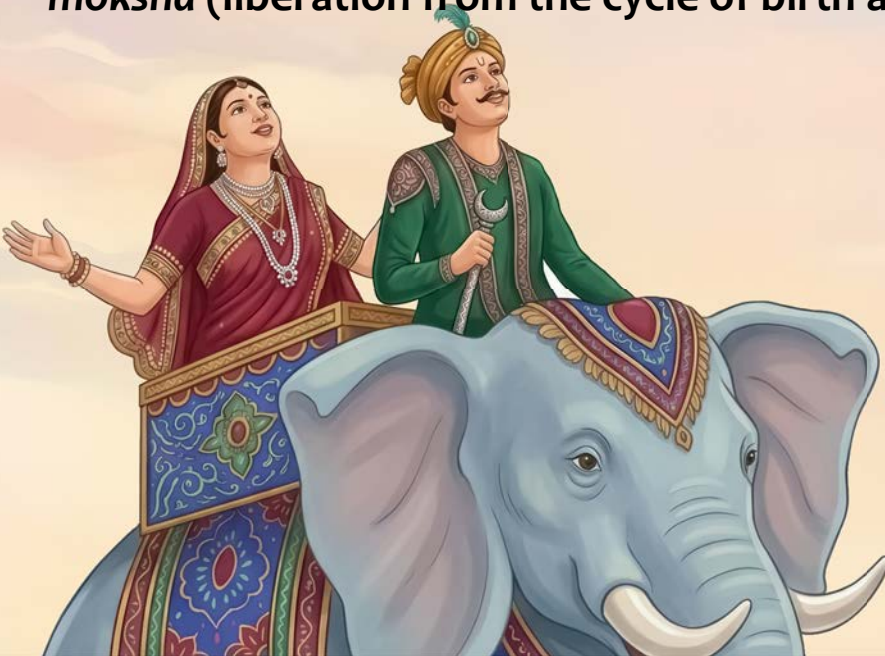


After Lord Rushabhdev renounced the world, Mother Marudevi often cried, remembering her beloved son. She cried so much that a layer formed over her eyes, weakening her vision. She would ask her grandson, King Bharat, to bring her news about the Lord's wellbeing.

One day, King Bharat came with exciting news for Mother Marudevi. He said, "The Lord has attained *Keval Gnan* (state of absolute Knowledge). Let us go and pay our respects to Him."

King Bharat and Mother Marudevi rode an elephant to go to the Lord to seek His blessings. As they drew nearer to the *Samavasaran* (divine congregation), Mother Marudevi heard the joyous celebrations of the celestial deities. On hearing that sound of joy and happiness, she shed tears of joy, which washed away the layers over her eyes. She began to see clearly.

The moment Mother Marudevi saw her son, *Tirthankar* Lord Rushabhdev, she was filled with immense bliss and attained *Keval Gnan*. She took her last breath and attained *moksha* (liberation from the cycle of birth and rebirth).



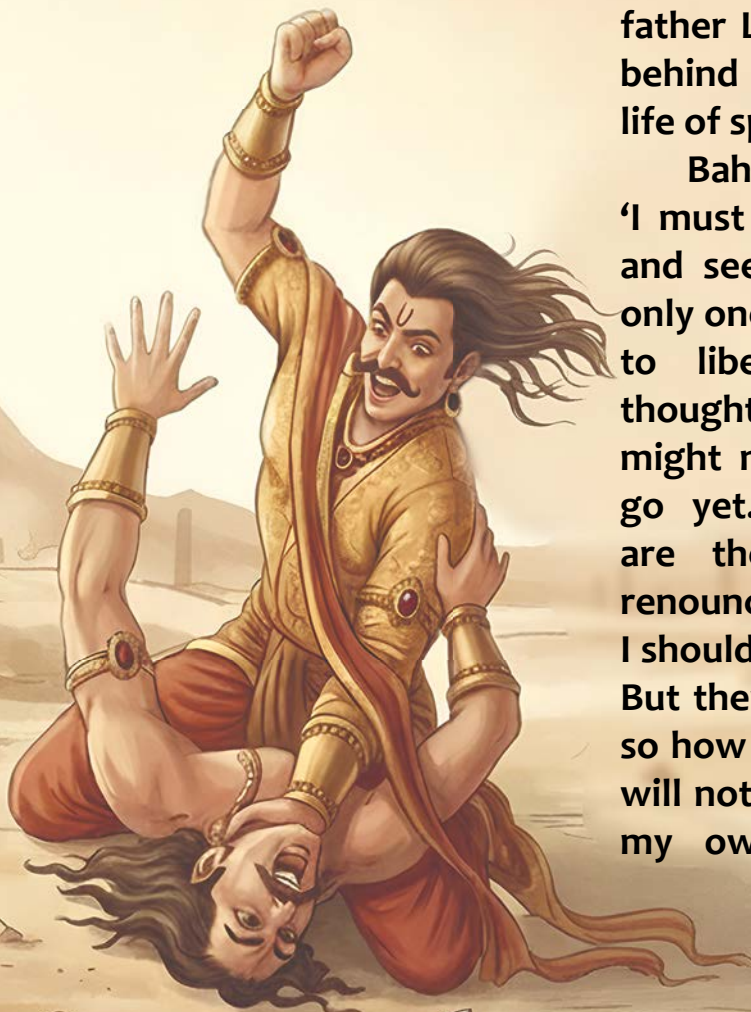
Shri Bahubali's Keval Gnan

Lord Rushabhdev had one hundred sons. Bharat was the eldest and Bahubali was his younger brother. The Lord gave the kingdom of Ayodhya to Bharat and gave the Takshashila region to Bahubali. After the Lord attained *Keval Gnan*, many of his sons and daughters also chose to give up worldly life and follow the path of renunciation.

However, a great war broke out between Bharat and Bahubali as Bharat wanted

to rule over his brother's kingdom. During the battle, there came a moment when Bahubali lifted his hand to strike his elder brother, but then suddenly realised his mistake. Feeling deep regret, Bahubali lowered his hand. Instead of using it to harm his brother, he placed it upon his own head and plucked out his own hair – a sign of renunciation. At that moment, he gave up his kingdom, name, fame and wealth, and joined his father Lord Rushabhdev. He left behind everything and chose a life of spiritual awakening.

Bahubali thought to himself, 'I must go to Lord Rushabhdev and seek his shelter. He is the only one who can truly guide me to liberation.' Then another thought crossed his mind, 'It might not be the right time to go yet. My younger brothers are there and have already renounced the world before me. I should bow down to them first. But they are younger than I am, so how can I bow to them? No, I will not go. I will do penance on my own and gain the right



Knowledge myself.'

Thus, Bahubali began doing deep and intense penance. His body became thin and brittle. His hair grew long and birds and animals from the jungle often came and caused him trouble. But Bahubali didn't move, not even a little. He silently continued meditating, resisting pain, and neither ate nor drank anything. His determination was strong and unshaken.

His body, which was once built as strong as an elephant, completely withered away. His eyes, once as big and bright as

that of a bumblebee, sank deep into his face. His strong body had now become like a cage of bones, and his moon-like beauty completely faded away.

This went on for twelve long months. But still, he could not attain the right Knowledge.

Lord Rushabhdev heard that Bahubali had been doing severe penance for twelve months, yet he still had not gained the right Knowledge. The Lord wondered why this was so. Then He realised the reason - Bahubali had given up everything except his pride. If he could let go of his pride, then he would surely attain the right Knowledge.

At that time, there were two female monks near the Lord. They were called Brahma and Sundari. They were Lord Rushabhdev's daughters and Bahubali's sisters. The Lord said



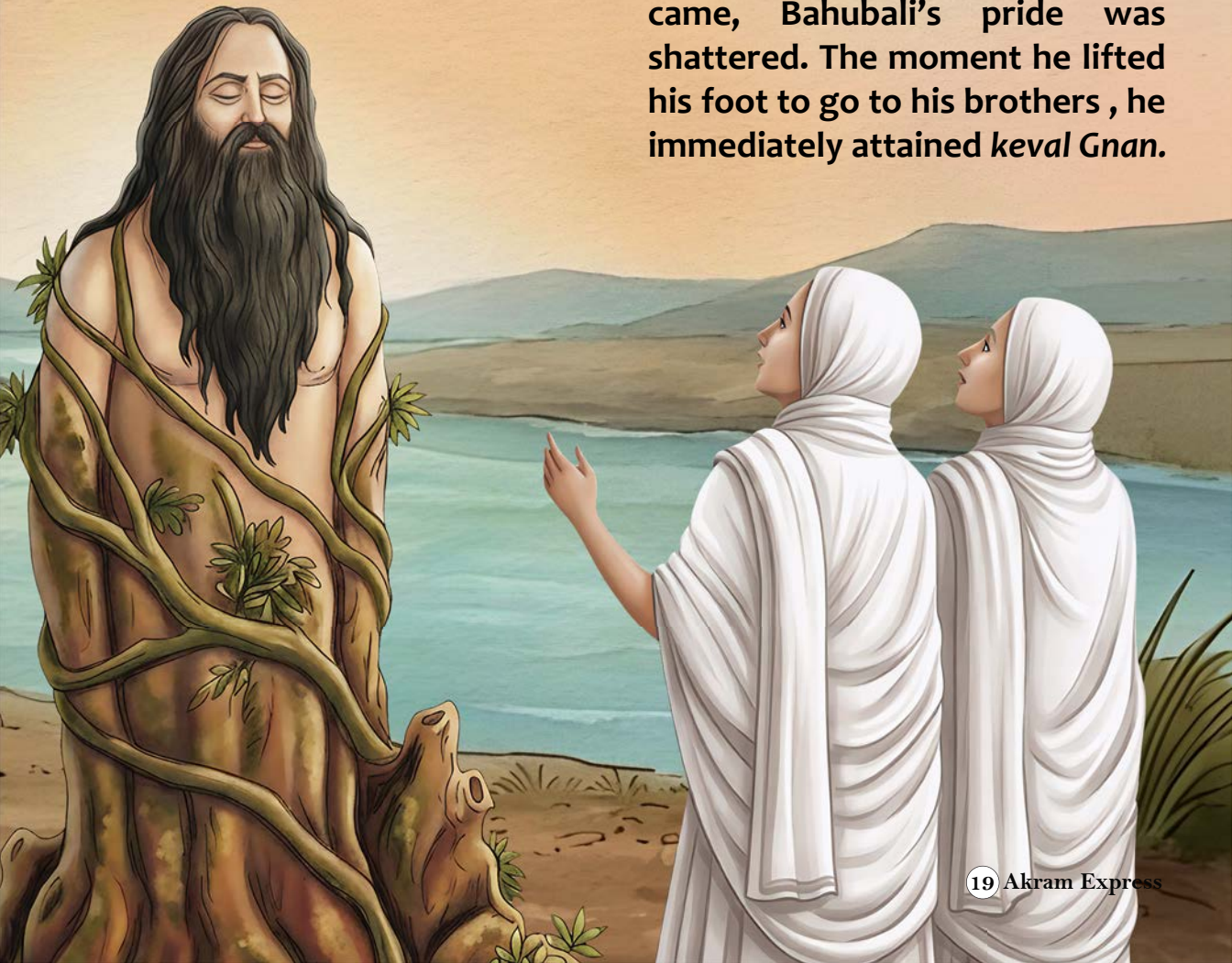
to them, “Go and visit Bahubali. Help him to let go of his pride. That is what is stopping him from achieving true Knowledge.”

They bowed before the Lord and replied, “Yes, Lord, we will do as you say,” and left to meet Bahubali. When they saw his great devotion and deep penance, they were filled with respect. They bowed down to their brother and softly said, “O dear Brother, come down from the ‘elephant’. You will receive everything you are seeking.” After saying this, the two sisters left.

Bahubali thought, ‘There is no elephant here! I am standing on the ground doing my penance, I am not on any elephant. But my sisters never lie. So, what could they mean by “come down from the elephant”?’

He thought deeply and then suddenly he understood, ‘Pride is the elephant that I am sitting on. It is stopping me from gaining true Knowledge and becoming a *Gnani* (the One with Knowledge of the Self). I must go to my brothers, bow down to them and ask for forgiveness.’

As soon as this thought came, Bahubali’s pride was shattered. The moment he lifted his foot to go to his brothers, he immediately attained *keval Gnan*.



King Bharat's Keval Gnan



King Bharat managed his kingdom very well. He regularly met Lord Rushabhdev and followed his instructions.

There was no limit to King Bharat's wealth and luxury. He had piles of money and a huge treasure of gems. Throughout his kingdom, there were many dining halls. Anyone who was hungry could stop at any hall and eat freely. No one was ever turned away.

People who were satisfied blessed the King in return.

Similarly, there were many schools and fitness centers throughout the kingdom.

People often said, "There are no people as lucky and as happy as the people of King Bharat's kingdom." No one was fairer than King Bharat. Everyone praised him.

King Bharat built many grand and beautiful palaces, each with detailed and delicate designs. Among them, the Mirror Palace was the most stunning. The palace had mirrors in every direction. The walls were made of mirrors and the doors and windows were made of glass. Anyone who saw the palace was amazed by its beauty. King Bharat often visited the Mirror Palace. He took showers surrounded by mirrors and slept on a bed made of mirrors. When the palace was lit up, it shone dazzlingly bright.

One day, after taking a shower, King Bharat wore beautiful clothes and ornaments. He looked at his reflection in the largest mirror of the palace.

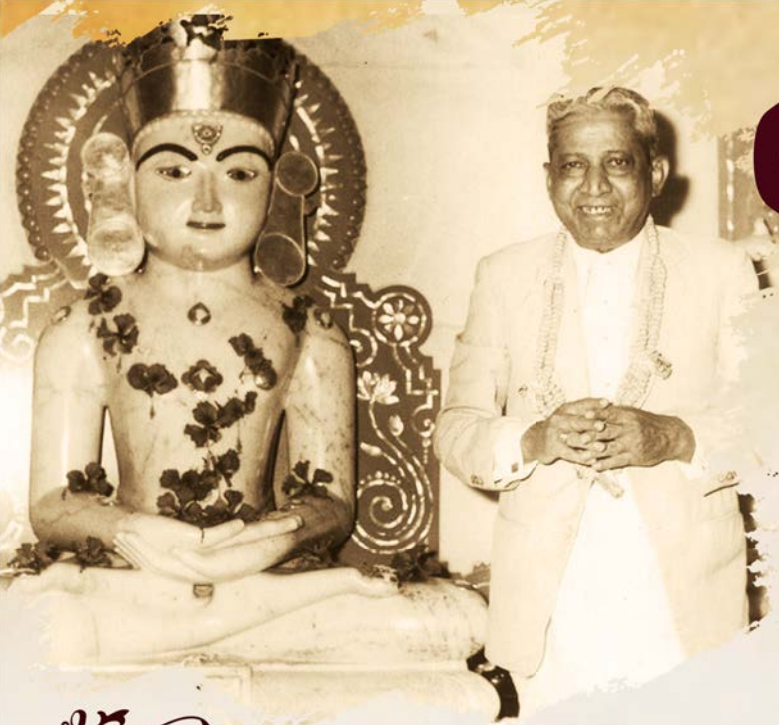
While looking at himself, his eyes fell on one of his fingers. He thought, 'Why does this finger look dull?' Then he noticed that the ring on that finger was missing. Without the ring, the finger did not look as attractive. This made him think, 'Is beauty only because of ornaments? Is there no real beauty?' He decided to check further. How would the rest of his body look without ornaments? He removed his crown, earrings, amulets and belt. He took off all his jewellery and accessories and

looked at himself in the mirror. His appearance had completely changed.

King Bharat realised, 'I was so foolish to believe in this false appearance. My beauty was only because of these external things! What is my true identity? I lost my awareness because of this false appearance.' He went into deep thought and realised, 'Ornaments are here today and gone tomorrow. The body, too, will perish. So, what is the truth?'

As he kept contemplating, a connection was established with the Lord. His heart began to purify, and upon becoming completely pure, King Bharat attained *Keval Gnan*.





Gnanis Say...

Lord Rushabhdev's eldest son, Bharat, was a *chakravarti* (the emperor of six continents). He ruled his kingdom by following all the teachings of Lord Rushabhdev. Dada Bhagwan has said that King Bharat had received *Akram Vignan* (stepless path to Self-realisation) from Lord Rushabhdev. Even during his reign as king, he always remembered, 'I am a pure Soul.'

In the scriptures, a distinction is made between *Kramik Gnan* (a traditional step-by-step path of spiritual progress) and *Akram Gnan* (a stepless, direct path to Self-realisation). *Kramik Gnan* means climbing up step-by-step, while *Akram Gnan* means going up in an elevator.

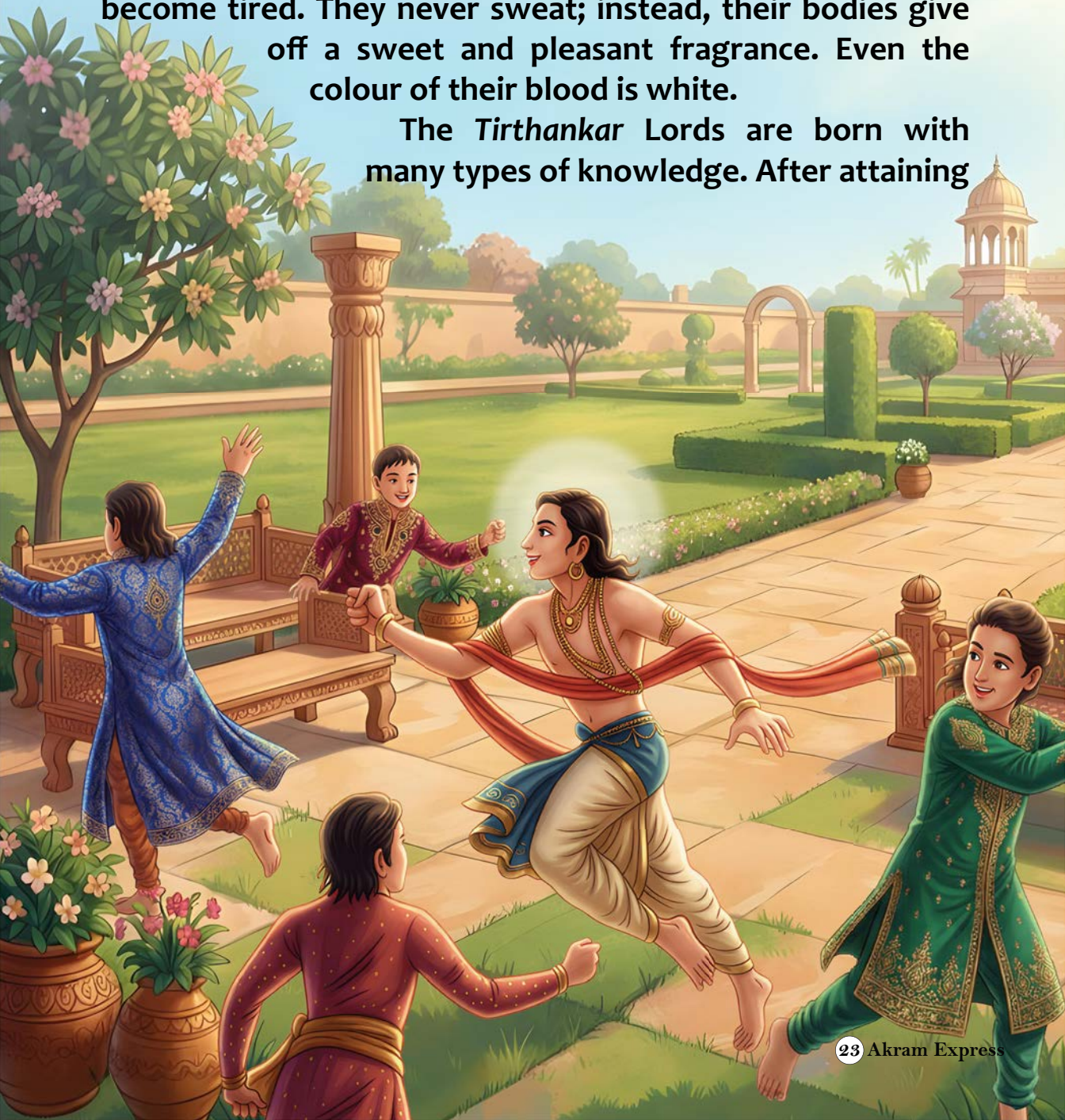
Kramik Gnan means to proceed by gradually reducing one's attachment and abhorrence (*raag-dwesh*), as well as anger, pride, deceit, and greed (*kashay*), and then attaining Self-realisation. Whereas, in the *Akram path*, the internal Self-realisation manifests first, and then one has to clear up everything external later. In the current era, Dada Bhagwan is the guiding light of *Akram Vignan*.



About the Tirthankar Lords

During childhood, *Tirthankar* Lords are surrounded by celestial deities who take the form of children to play with them. These celestial beings do this to make sure that the *Tirthankar* Lords are never influenced by bad company. No matter how long they play, the *Tirthankar* Lords never become tired. They never sweat; instead, their bodies give off a sweet and pleasant fragrance. Even the colour of their blood is white.

The *Tirthankar* Lords are born with many types of knowledge. After attaining



Keval Gnan, they can see and understand the entire universe while remaining in a state of endless bliss.

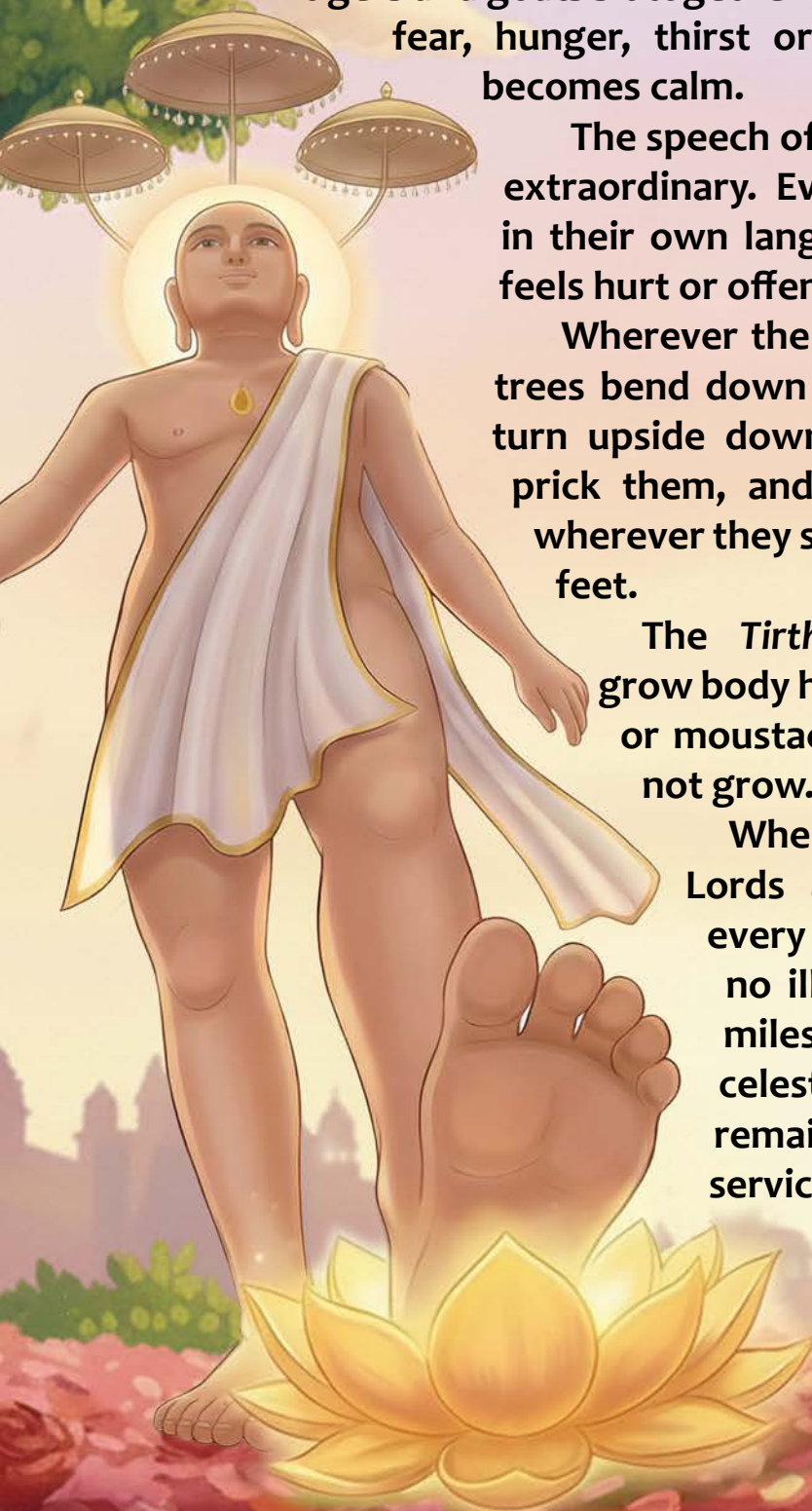
When the *Tirthankar* Lords give their *deshna* (liberating speech given by the fully enlightened One) after attaining *Keval Gnan*, animals such as lions, rabbits, tigers and goats sit together peacefully. They feel no fear, hunger, thirst or tiredness. Everything becomes calm.

The speech of the *Tirthankar* Lords is extraordinary. Everyone understands it in their own language and no one ever feels hurt or offended by it.

Wherever the *Tirthankar* Lords walk, trees bend down to offer shade, thorns turn upside down so that they do not prick them, and lotus flowers appear wherever they set foot, to protect their feet.

The *Tirthankar* Lords do not grow body hair. They have no beard or moustache. Their nails also do not grow.

Wherever the *Tirthankar* Lords are present, fruits of every season grow. There are no illnesses or diseases for miles around. Countless celestial gods and goddesses remain constantly in their service.



After searching everywhere, Aaloo finally finds Chilly at home, and he asks Aaloo, "Why are you supporting Koko?" Aaloo reminds Chilly of his singing days during his childhood, a time when she used to enjoy singing a lot. What is Aaloo trying to say? Chilly will tell us what happened next.

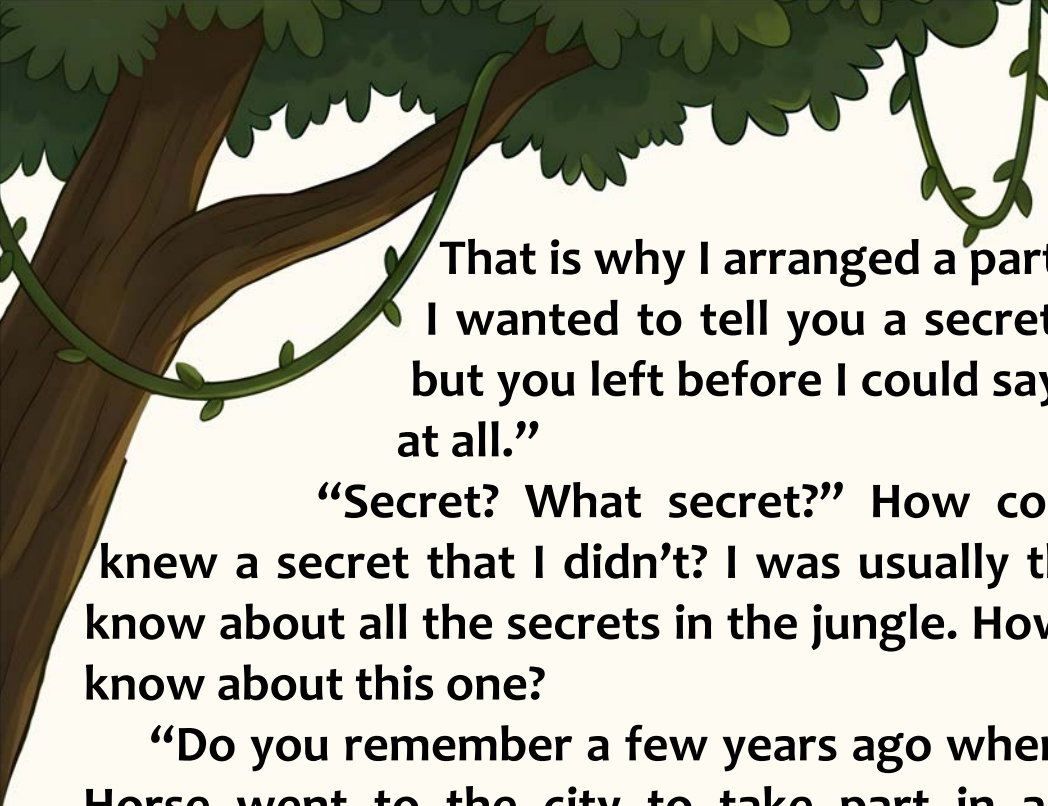


To read the Aaloo-Chilly stories all together...
Click Here : <https://dbf.adalaj.org/cnyyYHKc>

Aaloo said everything in one breath and I was listening carefully, "In the heat of the competition, you forgot something very important – how much you love to sing! Do you know why you lost? It wasn't because of me or Koko. You lost because you forgot the joy of singing. All you could think about was, 'How can I defeat Koko? How can I win?' While going on about Koko again and again, you were no longer singing for the love of it – you were singing only to beat Koko."

"I knew you were feeling upset and burning inside.





That is why I arranged a party for you. I wanted to tell you a secret that day, but you left before I could say anything at all.”

“Secret? What secret?” How come Aaloo knew a secret that I didn’t? I was usually the first to know about all the secrets in the jungle. How did I not know about this one?

“Do you remember a few years ago when Taco the Horse went to the city to take part in a race? He watched lots of racecourse videos on ViewTube and became determined to join one himself,” said Aaloo. I looked at him a bit puzzled. Aaloo continued, “You know, a racecourse is a place where horses run to see who’s the fastest.”

I poked Aaloo with my beak and said, “How is this a secret? Everyone in the jungle knows about this. Taco lost the race and came back home. After that, he used to run around in circles near the edge of the jungle.”



Parsley told me that Taco would start running the moment he saw anyone nearby. That's no secret."

Aaloo shook his head and said, "No, Chilly, except for me, no one knows the real secret. Let me tell you. When Taco went to the city, he joined the racecourse and began practicing really hard. During his training, he met Brownny, another horse, and they became best friends. They stayed together all the time and would often joke with each other. 'Just watch, it will be me that wins the race!' they would say to each other."

"The day of the big race finally arrived. Both Brownny and Taco didn't sleep at all the night before. Taco couldn't wait to take part in his first race, while Brownny



was determined to win. In the morning, they got ready and trotted to the racecourse. Do you know what happened next?”

I already knew, but I still asked, pretending I didn't know, “What happened then?”

Aaloo sighed and said, “Brownny won and Taco lost.”

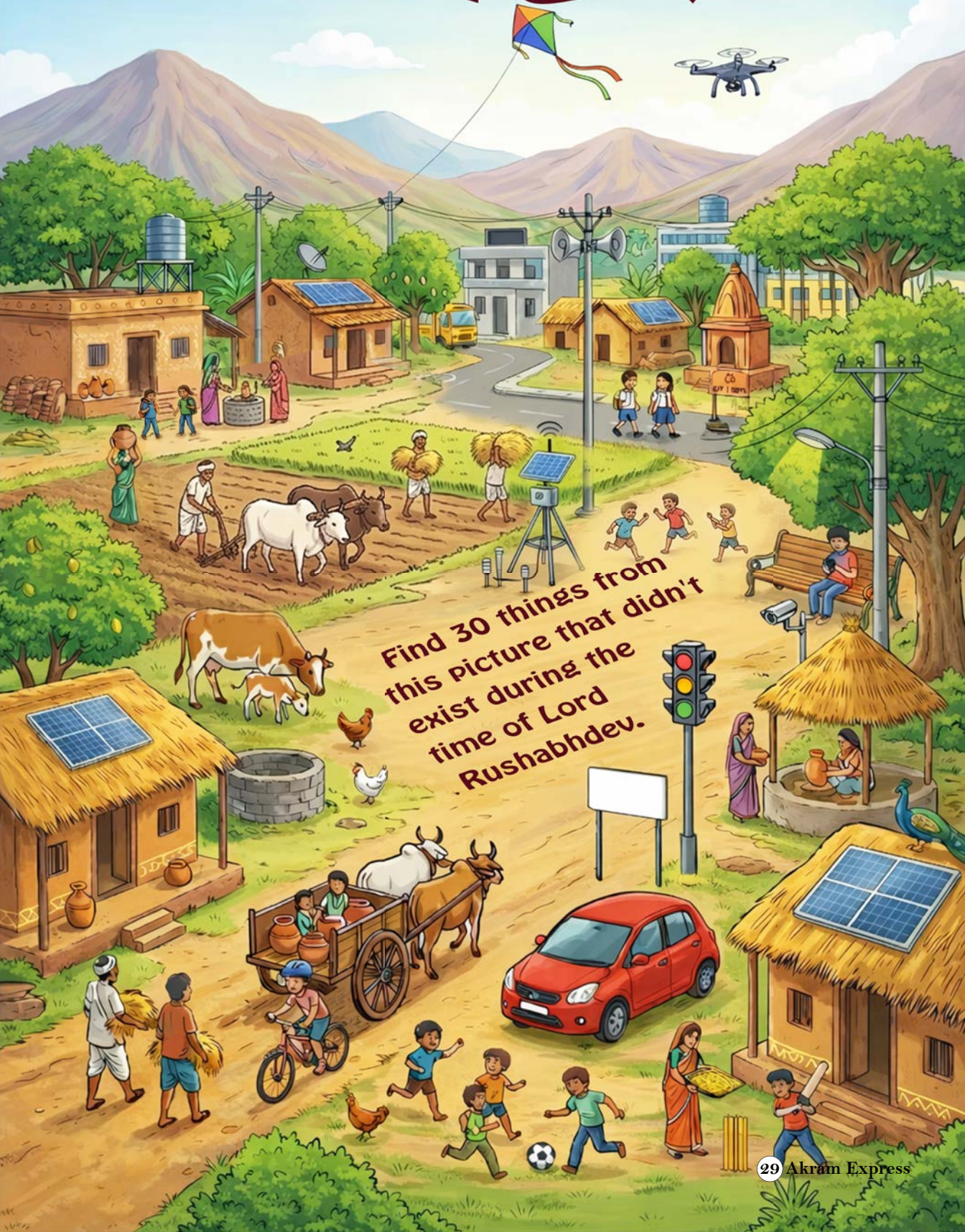
I replied, “Oh, Aaloo, everyone knows that. What's the secret in that?”

Aaloo looked down sadly and whispered, “Chilly, Taco didn't just lose the race that day – he also lost his best friend!”



**What?! How did Taco lose his best friend?
What could have happened during the race?**

Let's play...



Find 30 things from
this picture that didn't
exist during the
time of Lord
Rushabhdev.

Let's play...

Find the items below in this picture.



Summer camp

For Kids Sanskar Sinchan Shibir 2026



4 to 7 Yrs.			8 to 12 Yrs.	
Center	Date	Contact No.	Date	Contact No.
Sim city	5 April	9313665562	19 April	9313665562
Ahmedabad	18, 19 April	8160628473	22, 25 and 26 April	9904427029
Amreli	-	-	26 April	9408898792
Anand	-	-	3 May	7359529067
Baroda	19 April	9712981515	26 April	9998008435
Bharuch	-	-	26 April	8320710688
Bhavnagar	19 April	9409467181	3 May	9558860259
Bhuj	19 April	9429297223	6 May	9537286855
Dhoraji	-	-	3 May	8238714972
Gandhidham	-	-	19 April	9428310787
Jamnagar	19 April	9723147318	3 May	9879551518
Junagath	-	-	10 May	8360143009
Mehsana	12 April	8469264605	26 April	9427650382
Morbi	29 March	9725199144	26 April	9978633035
Mumbai	Borivali & Mulund 11 April Ghatkopar 12 April	8652890066	12 April	9867989202
Rajkot	26 April	8849043362	3 May	7779023726
Surat	29 March	9725198454	15 March	9574008498
Veraval	3 April	8980483683	8 May	9712191887
Valsad	-	-	26 April	9714909994

1. To participate in the summer camp, it is required to register at your nearest center. The registration fee will be non-refundable.
2. Registration will be conducted according to the dates scheduled for different sections based on the child's/youth's age and standard. Registration will close 5 days prior to the date of the respective summer camp. After that, a late fee will be charged for registration.
3. For the Simandhar City Summer Camp, in-person registration can be done at the 'Store of Happiness' in the Trimandir complex between 5:00 PM and 6:30 PM, up to 5 days prior to the respective summer camp. This registration will begin on March 22nd. Contact number: +91 9313665562

Just as Shri Rishabhdev Bhagwan
once was, Shri Simandhar Swami
Bhagwan is present and living
today...

To catch a glimpse of Him, click on
the link below.

And... and... and...
on April 11th, check this same link
to see just how vast Mahavideh
Kshetra truly is!!!
Don't forget to watch...

<https://dbf.adalaj.org/VeVKQjJn>

