

LOOK N LEARN

Vol No. 13 • Issue No. 09 • Mumbai • September 2022 • Price : Rs 5/- (Multilingual Monthly)

The World Compassion Conference

LIVE 



Soham - What is WCC?.

Arham - Soham, It's The World Compassion Conference...

Soham - What is it about? Who is organising it? and above all what is it for?

Arham - Soham, This conference is led by animals, against Human race.

Soham - Why? What did we do?

Arham - Let us listen from them.

Soham - How can we hear animals? And do animals talk? What do they have to say? Do they have any feelings? They are just animals!

Arham - Soham aren't the animals looking sad to you?

Soham - Not exactly? why will they be sad?

Arham - Soham, we have to be compassionate enough to hear them, to know their feelings and understand what they want to tell us? "Savva Jeev Mamah jiv sam" All jivs (living beings) are like us, they have the same feelings as we do and even they feel the pain as we do.

Soham - Is that so? I wasn't aware of it.

सोहम - WCC क्या है?

अर्हम - WCC यानि विश्व करुणा सम्मेलन।

सोहम - यह किस बारे में है? इसका आयोजन कौन कर रहा है और सबसे बढ़कर यह किस लिए है?

अर्हम - WCC का नेतृत्व तिर्यच गति के जीवों के द्वारा किया जा रहा है, मानव जाति के खीलाफ।

सोहम - क्यों? हमने क्या किया?

अर्हम - आओ, उन्ही से सुने।

सोहम - हम पशु-पक्षीओं को कैसे सुन सकते हैं? क्या वह भी कुछ कहना चाहते हैं? क्या उनमें संवेदनशीलता होती है? वह तो सिर्फ प्राणी है।



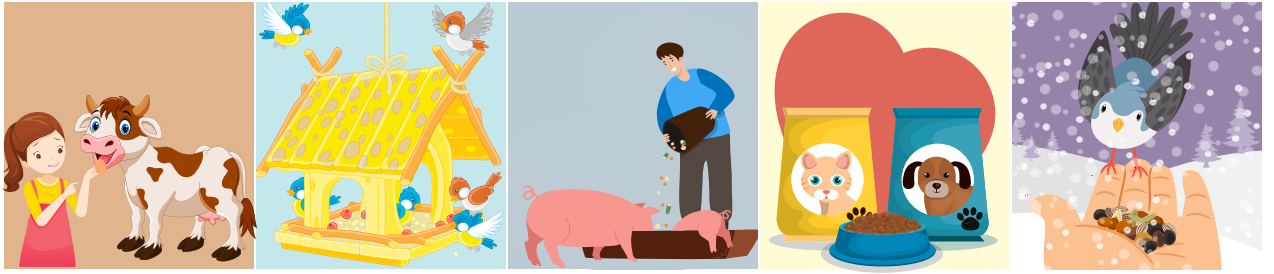
अर्हम - सोहम आपको पशु-पक्षी उदास नहीं लगते?

सोहम - नहीं तो? वे दुखी क्यों होंगे?

अर्हम - हमे इतना करुणावन बनना है की हम पशु पक्षीओं को सुन सके और उनके दर्द को महसूस कर सके। 'सव्वा जीव मम जीव सम' सब जीव मेरे जीवके समान है। छोटा या बड़ा, हर जीव संवेदनशील होता है, उसे भी दर्द होता है।

सोहम - क्या ऐसा है? मुझे इसकी जानकारी नहीं थी।

- Arham - Aren't we are children of Parmatma, shouldn't we be like him?
- Soham - Yes of course we should be.
- Arham - Then why aren't we as compassionate as him? If we try to gain atleast some amount of his compassion, the world will be a better place for all jivs to live in.
- Soham - I guess all jivs around us are already happy. We feed them, we give them a place to live. What else will Tiryanch jivs want?
- Arham - Soham see carefully, Is this a happy life or slavery?
- Soham - Slavery?
- Arham - I agree that we are not capable enough to understand their language, but can't we try to understand what they feel?
- Soham - What does that mean? Why to be alert? Why is someone frequently being disturbed? What is the cause? What is the cure?
- Arham - How about putting yourself in their place and understanding their feelings.



- अर्हम - क्या हम परमात्मा के बच्चे, उनके अनुयाई नहीं है? क्या हमें उनके जैसा नहीं होना चाहिए?
- सोहम - हा, बिल्कुल हमें परमात्मा जैसा ही होना चाहिए।
- अर्हम - तो फिर हम परमात्मा जैसे करुणावान क्यों नहीं है? अगर हमारे में उनकी करुणा के कुछ अंश भी आ जाए, तो यह दुनिया सभी जीवों के लिए सुखदाई बन जायेगी।
- सोहम - मेरे ख्याल में सभी जीव खुश ही है। हम उन्हें खाना देते है, हम उन्हें रहने की जगह देते है। तिर्यच जीवों को क्या चाहिए?
- अर्हम - सोहम, ध्यान से देखो, क्या यह खुशी का जीवन जी रहे है, की गुलामी का।
- सोहम - गुलामी का।
- अर्हम - हाँ, गुलामिका, मैं सहमत हूँ की हम उनकी भाषा नहीं समझ सकते, लेकिन क्या हम इतने निर्दयी है की उनकी भावनाओं को भी नजर अंदाज कर दे?
- सोहम - इसका क्या मतलब है? सतर्क क्यों रहें? किसी को बार-बार परेशान क्यों किया जा रहा है? कारण क्या है? इलाज क्या है?
- अर्हम - अपने आप को उनके स्थान पर रखने और उनकी भावनाओं को समझने के बारे में क्या ख्याल हैं?

Arham - Let us see what all jiv have to tell us...

Birds - Soham, what If you were kept locked in a room all the time?



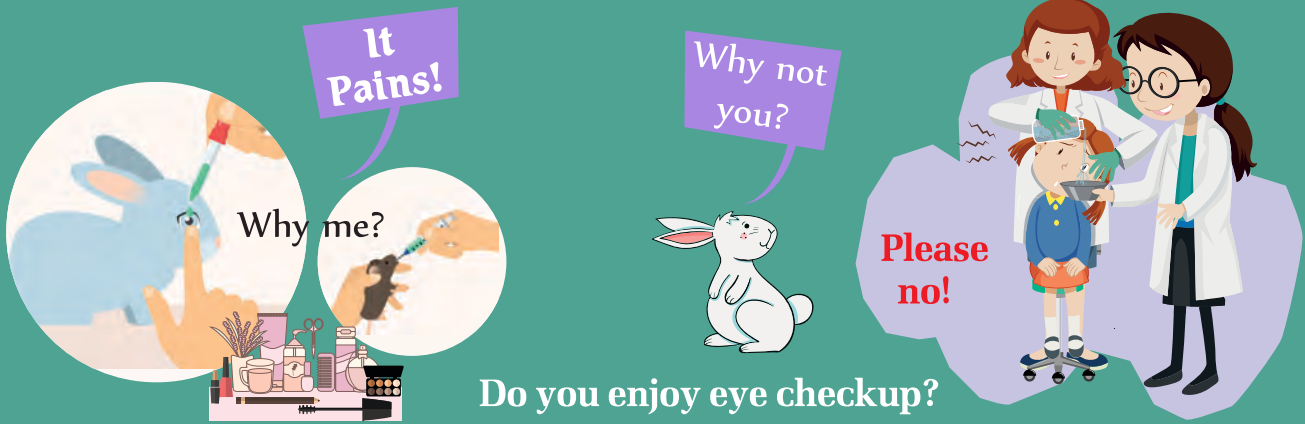
Dog - Soham, what if a belt is tied around your neck and you are dragged along?



Elephant - Soham, what if you have to drag heavy loads all day long?



Rabbit - Soham, what if dangerous chemicals are tested on you, put in your eyes and on your skin, to check if the cosmetics are human safe?



Horse - Soham, what If someone takes a rides on you?



Bull - Soham, what if you are tied to a cart and forced to drag heavy loads?



Camel - Soham, what if you have to walk miles in scorching heat with loads on back without food and water?



Why me?

Try to control your quench for food & water for sometime



Can you tolerate thirst?



Flower - Soham, what if someone plucks your ear?



Why me?

Do you enjoy this?



No not me!



Donkey - Soham, what if you have to carry heavy loads on your back?

Why me?

Heavy!



Do you like it?
NO!



I am tired



Cat - Soham, what if you are chased?

Do you like it?

NO!

You often pull me by my tail...
Isn't it painful for me?

Why
me?

Why not
you?



Birds - Soham, what happens if your finger is cut with a knife/blade,
Does it pain you?

You enjoy flying kites? It's threads kills us...

No not me!

Remember we
never hurt you!

Marine animals - Ocean is our home and you pollute it... your garbage kills us
We never pollute your home, then why do you?

Why my
home

Why
me?

I am
tired

Arham- More over let us see what all these tiny jiv have to tell us...

Fire bodied beings-

You light candles,
camp fire, burst crackers
etc and hurt me.

Air bodied beings-


You keep fan, AC, light etc ON
when not in use and
thus you hurt me.

Water bodied beings-
You waste me so much.

Earth bodied beings-
You make castles on beach, you make
ornaments using me etc and you hurt me.

Plant beings-

You waste food, pluck my branches, flowers and thereby hurt me



If I was really this BIG,
You would get
scared of me,
wouldn't you?



You steal
away all
my honey



Can you please
stop using
mosquito
repellent sprays &
coils..



Can you please
stop using
anti insect bats?
It gives us
untolerable pain!



Do not use
pesticides
to kill us



Why are
you always
irritated
with me?

Can you please look
down and walk to save our lives!



I want to live
FEAR - FREE

I ask you
for a small gift
Your
GENTLENESS !

SIMPLE
ROAR
SOME

A tiny hairline
fracture gives you
so much pain,
JUST THINK...

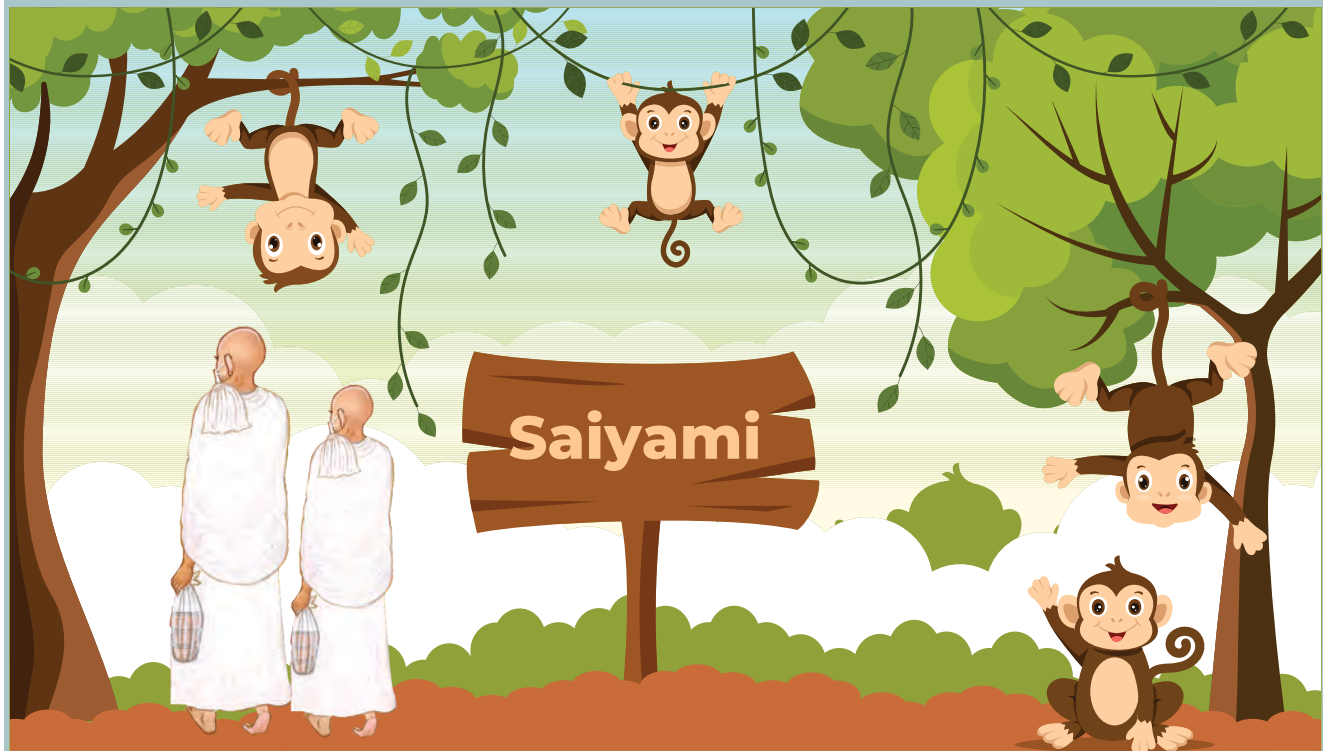
If your huge feet stamps
on our hair-like limbs...
Imagine the pain
we feel!

Will you gift me
abhaydaan?
I STAY HERE

IMAGINE,
how scared we feel
each moment you are
walking carelessly!

Will you be
my FRIEND too?
Please
BE GENTLE !

Please
spot me
& SAVE
my life!



Saiyami's
are our **BEST FRIENDS**
because they never hurt us
Will **YOU** also be our
BEST FRIEND?

संयमी हैं हमारे सबसे अच्छे दोस्त
क्योंकि... उन्होंने हमें कभी चोट नहीं
पहुँचाई क्या आप भी हमारे
सबसे अच्छे दोस्त बनेंगे ?

We have heard that
YOU are Saiyami's **FRIEND**,
Can you also promise that you will
NOT HURT US ?

हमने सुना है की आप संयमी के दोस्त हो,
क्या आप हमसे यह वादा कर सकते हैं
की आप हमें चोट नहीं पहुँचाएंगे ?



Soham - Please stop! Please stop. I have understood the meaning of...

सोहम - नहीं बस करो! बस करो! मैं 'सव्वा जीव मम जीव सम' का मतलब समझ गया हूँ...



"Savva Jeev Mamah Jeev sam"

All living beings are like me, all feel the same pain and same happiness as I do. Today I promise to be as compassionate as Parmatma Mahavir. I will try to give saata (comfort) to all living beings and live a life by following the principles of Abhaydaan and Ahimsa.

Soham - I bow down to Pujya Sadhu-Sadhviiji, they live such an ecofriendly life giving abhaydaan to all jiv, but I am not capable of taking Diksha right now. Is there any other way to give Abhaydaan to all jiv like Pujya Sadhu- Sadhviiji

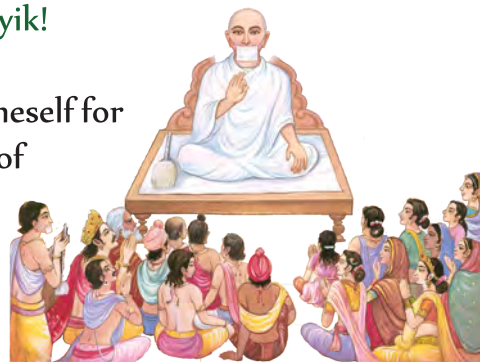
Arham - Soham, yes ofcourse there is a way... **Samayik!**

Soham - Samayik?

Arham - Yes, Samayik is being in equanimity with oneself for 48 minutes, which also means 48 minutes of ecofriendliness with all jiv.

Soham - Will you please explain?

Arham - Let's hear from all jiv...



सोहम - सभी जीव मेरे जैसे है। सभी जीवों को मेरे जैसा ही दर्द और सुख का अनुभव होता है। आज मैं परमात्मा महावीर के समान दयालु होने का वादा करता हूँ। मैं अभयदान और अहिंसा के सिद्धांतों का पालन करते हुए सभी जीवों को शांता देने का प्रयत्न करूँगा। मैं पूज्य साधु-साध्वीजी को नमन करता हूँ, वे सभी जीवों को अभयदान देकर ऐसा पर्यावरण हितैषी जीवन जीते हैं। लेकिन मैं अभी दिक्षा लेने में सक्षम नहीं हूँ, क्या पूज्य साधु-साध्वीजी की तरह सभी जीवों को अभयदान देने का कोई और तरीका है?

अर्हम - सोहम, हाँ एक रास्ता है... **सामायिक!**

सोहम - सामायिक?

अर्हम - हाँ, सामायिक यानि ४८ मिनट के लिए स्वयं के साथ समभाव में रहना, जिसका अर्थ है सभी जीवों के साथ ४८ मिनट की मित्रता।

सोहम - क्या तुम और समझाओगे?

अर्हम - आओ, सुनते है सभी जीव से...



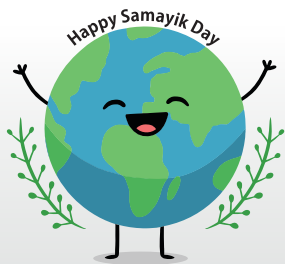
SAMAYIK is a...

LIFE SAVING
OFFER

For all....



Earth saver for 48 minutes...

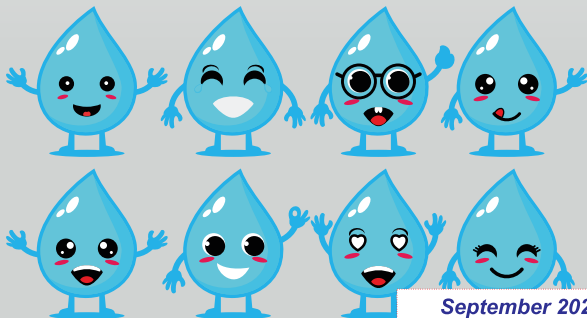


When in samayik, one won't pollute
the earth, hence
Samayik makes the earth happy...



Water saver for 48 minutes...

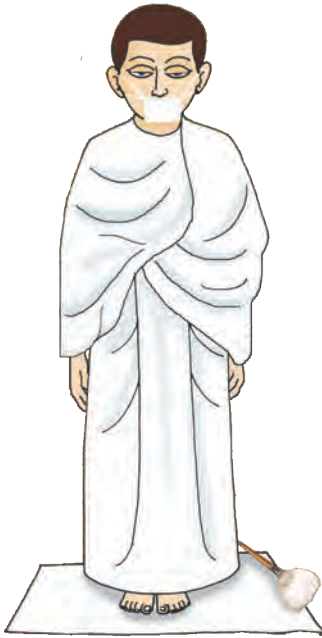
When in samayik, one won't use water nor will consume it, thereby giving
Abhaydaan to Apkaay jiv.



Samayik makes me happy
No hit no hurt!

Helps control **Global Warming** too.

-Gurubhakt Mehta Parivar



A world of Compassion for 48 minutes...

When in Samayik, one does not even eat food. Being in Samayik means **Abhaydaan** to all 6 kaay jiv.

I PRACTISE PENANCE IN SAMAYIK

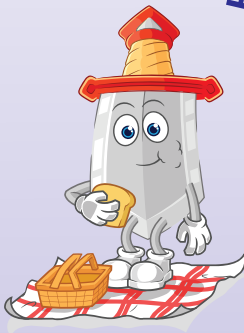
It saves all living being.

Samayik makes all living beings happy...



NO FOOD=NO STOVE

ABHAYDAAN TO FIRE AND WATER BODIED BEINGS



NO CHOPPING

**ABHAYDAAN TO PLANT
BODIED BEINGS**

NO CUTLERY

**ABHAYDAAN TO WATER
BODIED BEINGS**

NO APPLIANCE

**ABHAYDAAN TO AIR
BODIED BEINGS**

A DETACHMENT Zone for 48 minutes

When in Samayik, one lives moments of DETACHMENT, one lives an ECO FRIENDLY life. One has no desires, no needs, no Parigraha, no consumption of any material hence we practise Mahavrat - 48 minutes of Aparigraha

An ENERGY SAVER for 48 minutes- When in Samayik, one doesn't use any natural resources nor electricity thus we give Abhaydaan to 6 kay jiv.

An FUEL SAVER saver for 48 minutes- A Fuel Saver - One does not use any vehicles hence fuel saver and also helps in pollution control.

An NO E-WASTE ZONE for 48 minutes- In Samayik we don't use any gadgets which leads to NO E-WASTE and hence NO GLOBAL WARMING.

A Gadget free zone for 48 minutes...

THAT MEANS AN HAPPY-HAPPY 48 MINUTES FOR ALL!



-Gurubhakt Kolkata

A fearless world for 48 minutes...

When in Samayik, one will stay at one place,
avoid unnecessary walking, hence Samayik is a
LIFE SAVER FOR ALL JIV

It saves smallest living being.

Samayik makes all living beings happy...



HAPPY TIME

As Soham is in Samayik,
he won't do us any harm



Soham - I pledge to do as many Samayik as I can and give Abhaydaan to all jiv and bind a universal friendship with all jiv.

Benefits of Samayik



- Increases our faith in Dev, Guru and Dharma.
- Samayik controls our desires and senses.
- It increases our goodluck, which brings happiness.
- It brings anger under control, helps to shed Karmas.
- Develops friendship with all worldly beings.
- Imbibes qualities of forgiveness, politeness, simplicity & satisfaction.

So kids, since now you know the benefits of Samayik, you too must be excited to do it and experience it yourself, isn't?

Whenever we go for an outing we make so many preparations. Right? Likewise when we want to sit for Samayik we need to make few preparations. We need to have Samayik Upkaran with us.



Material-

- ♦ White wool ♦ Fabric glue ♦ Scissor ♦ Light colour cloth strip 4-1½ inch long

Method-

1. Cut the wool in strands approx 10" long. We need approx 150-200 such strands
2. Fold the wool strands into half as shown.
3. Tie a nod on the folded strands, at 1" distance.
4. Fold the cloth strip in to ½ and wrap it around the wool. Stick all the 3 open sides.
5. Use fabric glue to stick the cloth cap to wool.



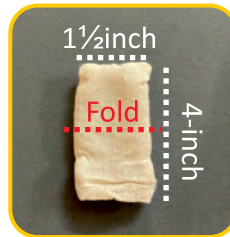
Step - 1



Step - 2



Step - 3



Step - 4



Step - 5



MUHAPATTI

An upkaran to protect air bodied beings
Universal friendship is my goal...



Material- ♦ White cloth ♦ Scissor ♦ Thick white thread to tie

Method-

1. Cut the cloth 21 fingers long in width and 16 fingers in height.
2. Fold the cloth 8 times as shown in figures 2,3 &4.
3. Tie a nod on the thread and attach it to the inner layer of Muhapatti and again give a last and final fold to Muhapatti.

Step-1

This is 4 fingers measurement

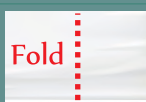


Step-5



Tie the thread

Step-4



Again
Fold into half

Step-3



Fold into half

Step-2



Fold into half



MALA

An upkaran to connect with PARAMATMA
Divine connection is my goal...



Material- ♦ Beads(Cotton/Tulsi/Rudraksh/Wood) ♦ Scissor ♦ Thread ♦ Thin Wool ♦ Needle

Method-

1. Cut 20-30 wool strands 2" long, fold them into half and tie a nod with thread on it.
2. Use needle to insert 28 beads in the thread.
3. Then pass the needle through the 1st bead(its called-MERU) back and tighten the thread...
4. Pass the needle through the woolen cap and fix the mala with a nod. Your divine Mala of 27 beads is ready. You can also make 108 mala using 109 beads as 1 bead acts as MERU.

Step-1



Step-2



Step-3



Step-4



Instead of being selfish and cruel...
Having an Heart which is full of Compassion
is **Courage**, not weakness

Let us develop... **An UNCOMMON VISION** about our **COMMON HABITS**

What did you learn from this edition and what will you implement
in your life... keep a record of it in the following table.



My alertness

A worksheet with a brown bear illustration at the top. Below the title is a list of seven horizontal lines, each preceded by a small square checkbox. The background is decorated with stars and floral patterns.



My Confession

A worksheet with a pink background. It features a series of horizontal lines for writing. At the bottom right, there is an illustration of a fox and three small hearts.



Notes

A worksheet with a white background. It features a blue speech bubble with the word "Notes" inside, and a cartoon panda illustration. Below the speech bubble is a large yellow rectangular area with horizontal dotted lines for writing.



TOP PRIORITIES For Jatra

A worksheet with a blue background and white polka dots. It features a white rectangular area with horizontal lines for writing. At the top left, there is an illustration of a rabbit and a red exclamation mark.



TO DO LIST

A worksheet with a white background. It features a series of horizontal bars for writing, each preceded by a small heart icon. At the top, there are two cartoon rabbit illustrations.



Helping Goals

A worksheet with a yellow background and red polka dots. It features a white rectangular area with horizontal lines for writing. At the top right, there is a cartoon rabbit illustration.

-Gurubhakt Kothari Parivar, Ghatkopar



In Sanidhya of
Rashtrasant Param Gurudev
Shree Namramuni Maharaj Saheb

Once
 a
 year!



Jivdaya Utsav -
Compassion Mahotsav and
Mahaprabhavak Shree Uvassagaharam Stotra
Sarva Sankalp Siddhi Jaap Sadhana

25th September 2022 | Sunday | 8:30am
SPM Aarogyadham, Punadi, Kutch

Join with your friends and family!



Join LIVE

f **▶** <https://live.parasdham.org> **📺** **zoom** **ID: 208 108 1008 | Passcode: 108**

Printed, Published and Owned by Ashok R. Sheth, Printed at : Accurate Graphics Pvt. Ltd.,
 15-A, Samrat Silk Mill Compound, L.B.S Marg, Vikhroli (W), Mumbai - 400 079.
 Published from 5, Munisuvrat Ashish CHS. Ltd. 3rd flr, Kama Lane, opp SNTD College,
 Ghatkopar (W), Mumbai - 86. Editor : Ashok R. Sheth