

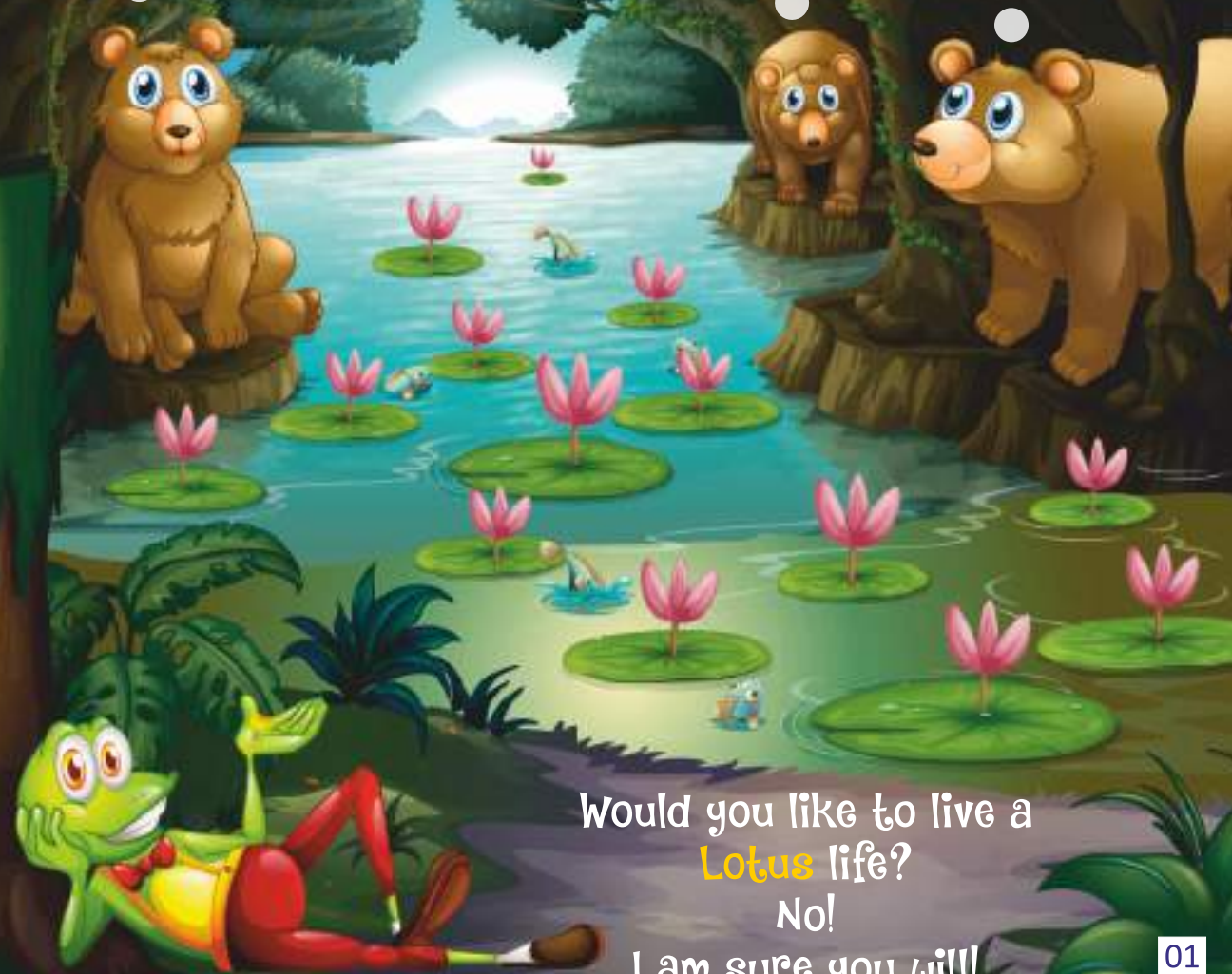
LOOK N LEARN

Vol No. 14 • Issue No. 01 • Mumbai • January 2022 • Price : Rs 5/- (Multilingual Monthly)

What a life
Lotus has!

Yes poor
creature!

It lives in
dirtiest
of water!



Would you like to live a
Lotus life?

No!

I am sure you will!

What is a lotus life?

Lotus blooms and flourishes amongst the adversities and learns to focus on the sunshine. Lotus can inspire us in many ways. Come, let's find out.

🌸 Lotus flower grows in deep muddy water far away from the sun. But sooner or later, the lotus struggles and reaches the light, becoming the most beautiful and pure flower ever. Its roots are in the dirtiest of waters still it produces the most beautiful flower.

🌸 This delicate flower emerges from shallow, murky water without a speck of mud on it.

🌸 The lotus grows and thrives in unlikely conditions. It is the flower's tendency to retract into water at night and emerge again in the sun next day.

🌸 As the lotus bud grows and matures into a flower, it doesn't look back into despair at its surroundings. Instead, the plant uses them to its advantage.



Wow! I can learn many things from this beautiful flower....



What is that can you share with me?....

➔ Just like the Lotus, we inspite of being in the dirtiest water of Sansar can become pure and reach our ultimate destination that is Moksh.

➔ Just as the Lotus keeps itself detached from the speck of mud inspite of being surrounded by sludge, we too inspite of being in sansar can keep ourselves detached till we are capable of taking Saiyam.

➔ The quality of Lotus to emerge back inspite of thriving in unlikely conditions... inspires us to emerge strong when we are caught in conflicts, hardships, suffering and unfavorable circumstances. Let us focus on the sunshine as the Lotus instead of pushing ourselves into more grief.

➔ Just as the Lotus doesn't look back at into its despair... We can also stop complaining about the circumstances, stop worrying, stop grieving about the past and start using the bitter experiences as an advantage. Let us show gratitude for what we have instead of grieving over the things we lack.



Children, if we slowdown a little, we have many lessons to learn from mother nature. But we are always in hustle - bustle, always in hurry hence we miss out on the small but important blessings. So, let's be alert and start learning from each and every small thing around us. It is not that only we humans possess virtues, but the small plants and animals around us also possess virtues which are worth learning. So come let us acknowledge their qualities and see what can we learn from them.

Here in this and next edition of your very own Look N Learn Magazine you will receive calender filled with virtues for the new year 2022. Let us all celebrate this new year by showing Compassion and Gratitude towards all living beings. Let us be friendly towards all and imbibe their virtues. Do not forget to attend the fun filling activities given on the next page of each month. Let us start this new year in a fun filling way!



Nature and creatures teach us the value of determination as well as resolution.

Nature and creatures are our teachers who inspire, motivate and enlighten us. Nature manifests its edifying self to us at different points of our journey from childhood to adulthood. Kids we can learn the following qualities from them...

Leopard

The ability to be patient. Keeping your cool and waiting patiently.

Donkey

Never shirks work. It Does not mind the season and remains fully satisfied and self-contented all the time.

Peacock

They are melodious and teach us how to speak politely and sweetly with all. They are well organised and teach us how to keep our self clean, neat and well organised. They never feel proud of their beauty and they stay humble.

Tortoise

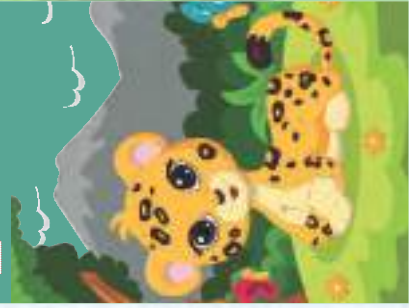
A tortoise is slow and steady. It teaches us to slow down a little in our hustle & bustle. It also teaches us to control our 5 senses & go back to our own self (Aatma), like it goes back in its own shell.

Cat

A Cat teaches us to be curious. Curiosity boosts achievements. It can expand our empathy. Curiosity leads the person to knowledge. Curiosity is the engine of achievements and it is the fuel for discovery.

Tree

A tree teaches us to give unconditionally with out expecting anything in return. It gives us shade, food, oxygen, medicines and much more.



I learn the quality of... Working hard - Never give up

The ants are my most cherished animal in terms of what you can learn from their behavior. The ant is an epitome of a collaborative effort. They work together, never leave anyone behind and never let a workload tilt towards one side. We can learn to value each other's effort and work together rather than contending against one another. Have you ever noticed an ant? You will never see an ant tired or taking rest. An ant is always busy, active, persistent, energetic and working hard.

Do you know my Qualities?

Persistent

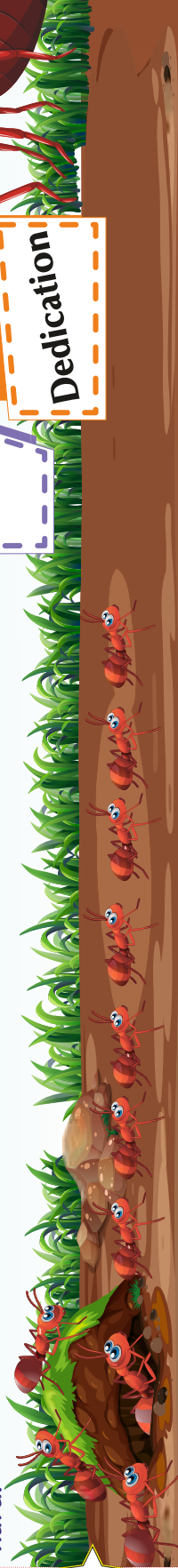
Active

Hard working

Dedication

Important dates -
14 - No kite day
26 - Republic day

Ant



SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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■ - Aatham, ■ - Pakhi, ■ - Imp. dates



Dharmaruchi Anagar



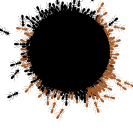
3 Brahmin brothers lived in city called Champaa with their wives named Naagshri, Bhootshri and Yashshri. One day it was Naagshri's turn for cooking. She wanted to show that her cooking was best among others. She cooked gourd as the seasonal vegetable. When the cooking was over she took a drop of the curry and tasted it, it was bitter like poison. Naagshri thought, When everybody will taste this poisonous food they will make fun of my cooking. She thought of discarding the vegetable and cook something else. During that period Aacharya Dharmagosh had come to Champaa city with his disciples. He had a disciple called Dharmaruchi who observed rigorous austerities. He was observing a month long fast.

That was the day of Dharmaruchi's breaking the month long fast. He took permission from his Guru and set out to take Gochari. In the process he arrived at Naagshri's house. In order to cover her fault she put all the discarded vegetable of bitter gourd in the ascetic's bowl. Ascetic Dharmaruchi returned to upashray. He showed the collected alms to his Guru. Guru found smell of the curry repulsive. He said to Dharmaruchi that : "Find a suitable place and dispose it carefully. Following the command of his Guru, Dharmaruchi went to an isolated spot and finding a suitable place he put just a drop of the curry on the ground. The smell of the curry attracted thousands of ants. When some of the ants consumed that curry they died at once.

Dharmaruchi trembled when he saw this. He thought - 'When just one drop of this vegetable can kill so many ants, what will happen if I throw all this on the ground!. I will be responsible for an act of great violence.' Accordingly, ascetic Dharmaruchi did not mind Naagshri's fault. He thought that the safest place to discard the curry, where not a single jiv will die, was his own stomach. Therefore, He ate all the vegetable and saved lives of numerous living beings.

The bitter and poisonous curry caused great pain in his body. Though the pain was intolerable he endured it with equanimity. As a result ascetic Dharmaruchi was reborn as a Dev. The soul of ascetic Dharmaruchi descended from Dev lok and was born as a human being. He shed all his karmas and became

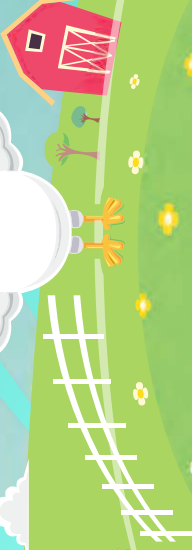
Siddha.



I learn the quality of... **Early to bed and early to rise**

A rooster begins his day as early as the sun rises with a...
'cock-a-doodle-doo'. It sleeps early as well. It also teaches us how
live together with all in and be happy.

I too will sleep early and hence wakeup early each day and
feel fresh and happy, No matter whatever difficulties I face each
day, I pledge to remain happy.



Important dates -

05 - Vasant Panchami

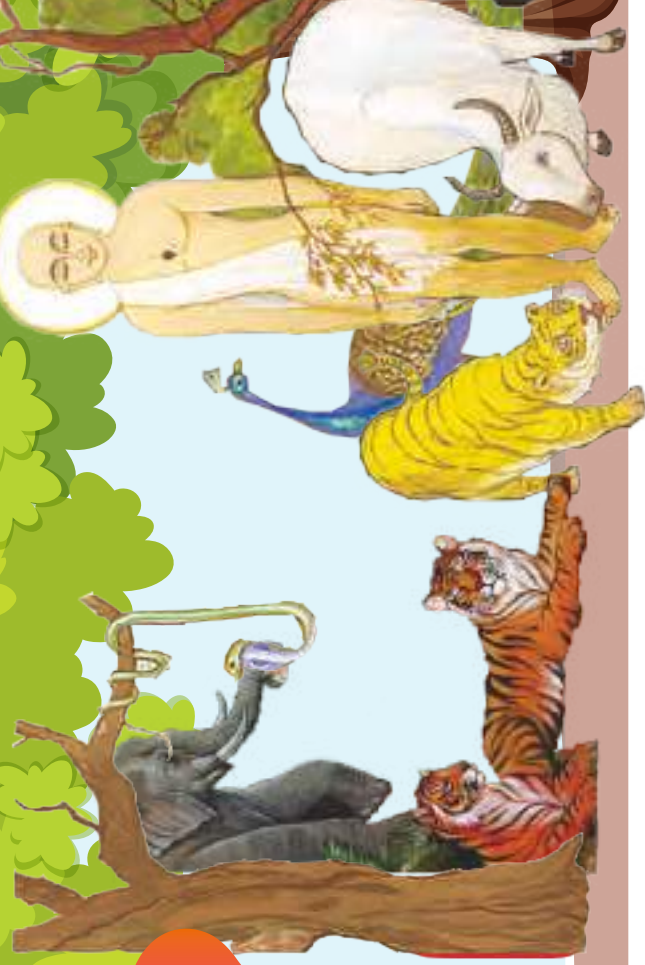
"All birds find shelter during a rain,
but the eagle avoids the rain by flying
above the clouds. Problems are
common, but your attitude to
face it makes all the
difference."



Birds

SUN	MON	TUE	WED	THU	FRI	SAT
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27	28					

DID YOU KNOW?



Parmatma Ajitnath became an ascetic in his youth and went into remote and dense forests for his meditation and penance. Kids, do you know his compassionate nature and the intensity of his noble practices casted a pacifying influence on all animals in the forest. All the animals like lion, cow, wolf, deer, snake, mongoose etc. forgot their internal enmity in Parmatma's divine vibrations and came together and experienced peace and compassion.

March 2022

I learn the quality to... **Stay loyal and be courageous**

A dog is a very loyal and faithful animal. It is also fearless and courageous.

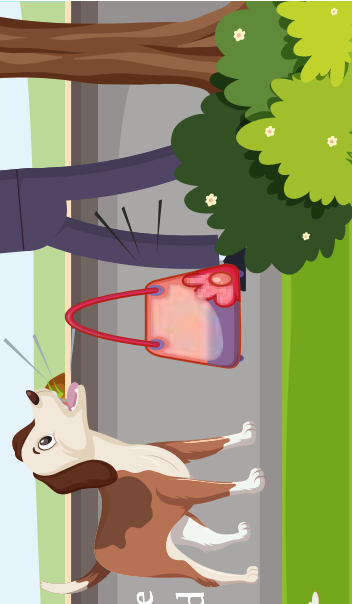
We too can learn to love unconditionally like the dog and respect all.

We too can learn to love unconditionally like the dog and respect all.

Important dates -

18 - No hit no hurt day
(Say no to Holi and give
AbhayaDaan to all 6 Kaay Jiv)

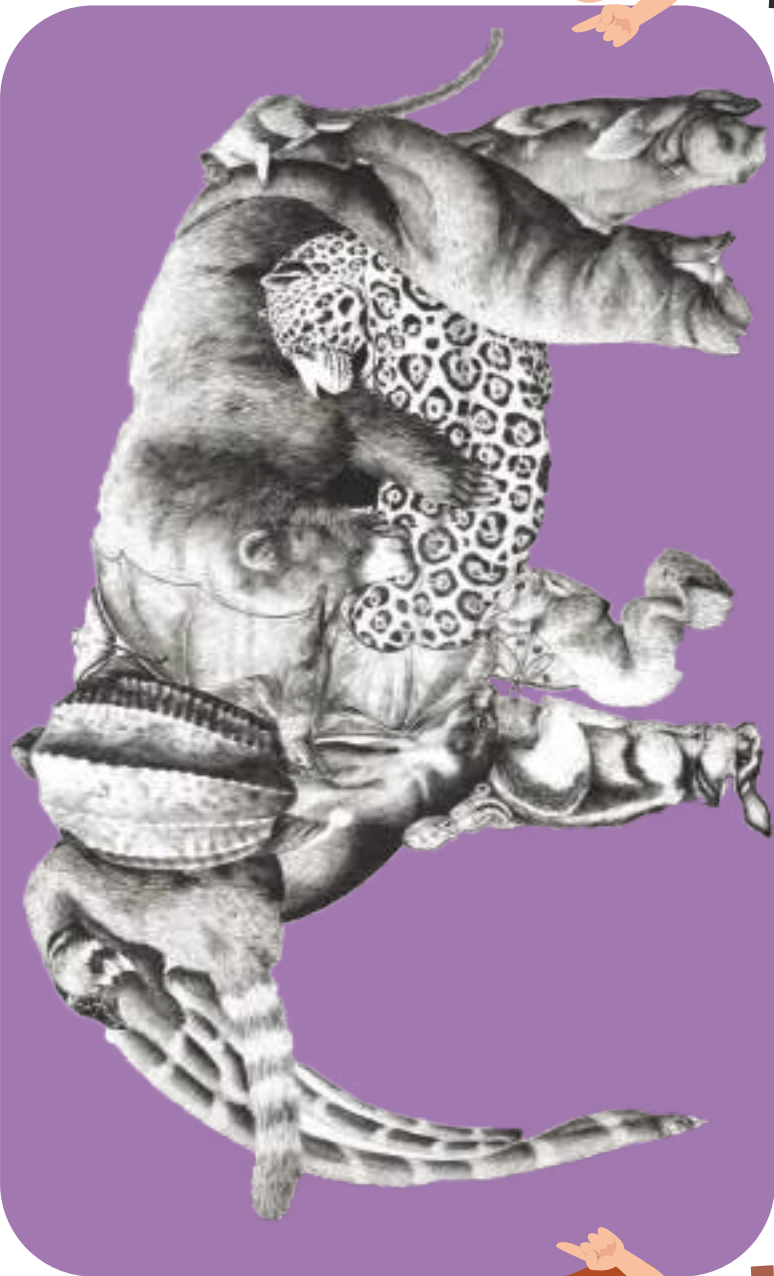
Dog



SUN	MON	TUE	WED	THU	FRI	SAT
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Fun filled game for all - Who is right?

I am
right



I am
right



A game to be played in groups. Firstly give everyone a pen and a paper to write. Secondly show everyone this picture for few minutes and then ask them to write as to what they saw in the picture. After 5 minutes discuss the answer. Few will write they saw an elephant, few will say they saw an bat, turtle, snake, bear, butterfly or an octopus etc. In that case who is right? all are right isn't it? **This is a principle of Jainism called "Anekāntavād" - many sidedness.** It teaches us to view many aspects of the same situation, thereby allowing us to easily accept... others can be right too. It teaches us to accept others opinions and views. It teaches us to accept others opinions and views. Being an Anekantvadi stops us from indulging in unnecessary arguments or conflicts. So try to imbibe this quality in you. Do teach everyone this principle of Jainism. And the one who has written highest names of different animals is the winner.

April
2022

I learn the quality of... **To eat before the sun sets and follow the principles of Aparigraha**

Mostly many birds do not eat at night. Birds never overeat or accumulate food. I too will follow Parmatma's agna and do choviyar i.e not eat after sunset. I too can do Unodari Tapp by eating less then my hunger. This keeps me healthy and also makes my willpower strong. Like birds I too shall not accumulate unnecessary things. I will donate extra toys, books, clothes and footwear to needy. This way I also follow Parmatma's agna of 'Aprigraha'.



Important dates -

07 - Aayambil oli starts

13 - Bhagwan Mahavir Swami

Janma Kalyanak

15 - Aayambil oli ends



Birds

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

■ - Aatham, ■ - Pakhi, ■ - Imp. dates



Story - Meghrath Raja

King Meghrath was a compassionate ruler. One day a bird, trembling with fear, fell in his lap and uttered in a choking human voice, "Save me, O king! Give me your protection!" The compassionate king comforted the bird and took it under his protection. The bird was followed by an eagle who too spoke in a human language, "O king! This pigeon is my food, give it to me." The king tried to explain, "It has taken refuge under me, and so I am duty bound to protect it. But the eagle paid no heed to King. King Meghrath at last said, "As long as I exist, I will not give you the pigeon.

The eagle insisted, "If you will not leave it, I may die of hunger." The king said, "I will cut out flesh from my body equivalent to the weight of this little bird and give it to you." The eagle agreed to this proposal and the king put the pigeon in one pan of balance and in the other started putting pieces of flesh cut out from his own body.

Surprisingly, the weight of the pigeon continued to increase as the king went on putting his flesh in the weighing scale. At last, when the pieces of flesh were not enough, the king got up from his throne and sat on the weighing scale himself. Suddenly there was a flash of divine light and a celestial god appeared.

Devloks devs addressed the king, "Meghrath! Lord Indra was praising your compassion and courage. So we came to test the same. Please forgive us." The devs healed all wounds of King Meghrath instantly and left for their abode.

True compassion not only means feeling other's pain but also taking action to help relieve it. Can we ever be a part of hurting any living being?



May
2022

I learn the quality of... **Team work and the ability to turn an adverse situation into happiness in everyone's life.**

A bee has the ability to change nectar into honey. A beehive symbolises the efforts of teamwork. It teaches us to adapt in all situations and work together with our friends, family members. We can help others in their adverse situations and spread happiness all around.

January 2022

14

LOOK N LEARN



Important dates -

- 03 - Akshay Tritiya
- 10 - Bhagwan Mahavir swami
- Kevalgnan Kalyanak
- 31 - National Smile Day



Honey
bee

	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

- Aatham,
 - Pakhi,
 - Imp. dates

(Activity - Maze) Team work



Note: Reach your goal with teamwork. As you drop on red column go to start. Try to imbibe team work qualities In you through the game



Birds live an ecofriendly life thus preserving our ecosystem. A bird never wastes food or water and there by they give Abhaydaan to 6 kaay jiv. They build there nests from waste material like dry grass, wire, ropes etc which is discarded by us. I too can learn the art of zero waste by not wasting food, water. I can also save trees by not wasting paper- books and thereby follow the principle of Ahimsa

Important dates -

- 05 - Environment day
- 19 - Fathers Day
- 22 - Adra Nakshatra
(Say no to Mangoes)



Birds

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

■ - Aatham, ■ - Pakhi, ■ - Imp. dates

Story Time



Art of talking

Two parrots Mithu and Titu lived on a huge tree. Both later went to stay as pets in different families.

The family with whom Mithu stayed was modest. All spoke softly and respectfully with each other.



Speak sweetly



Consequently, he came across this beautiful house where Titu was a pet. The King thought of resting there for a while, but as soon as he entered the house, Titu started to speak harshly. The King was so upset that he left immediately.

The king had just walked a little far when he saw a small house where Mithu stayed.

On seeing the king, Mithu welcomed him with greetings of “Jai Jinendra” and “Welocme O great King”. This pleased the king so much that he gifted the owner of Mithu with a lovely present.

Children, if we speak polite and gentle words all will be pleasant around us. But if we misbehave or use a foul language, we will thereby hurt others.



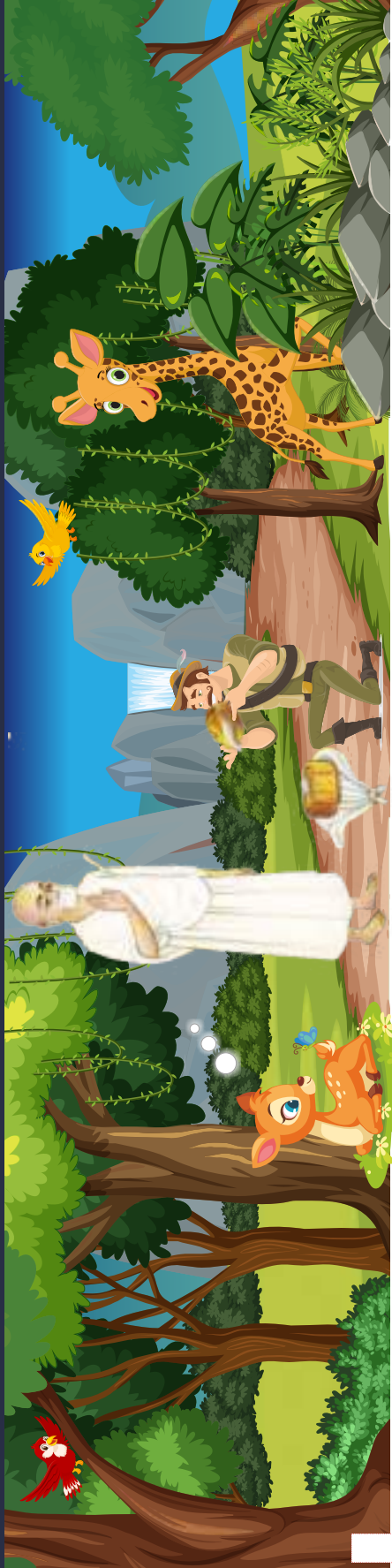
Story time: Anumodna



Once upon a time, Sadhu Bhagwant by the name of Baldev stayed back at a jungle for few days during one of his vihar to do Dhyan Sadhna. He had a majestic appearance and his radiant face expressed peace and happiness. His pure aura had made the entire ambience of jungle pleasing and calm (tranquil). Such relaxed and spiritual vibrations attracted all birds and animals near him.

Few days later many woodcutters came to the same jungle to collect woods. One baby deer who always had concern about Muni Bhagwant's Gochri, took him to the woodcutters so that he can get Gochri from them.





One of the woodcutters, offered Gochri with utmost reverence to Muni Bhagwant and felt blessed. On seeing this, deer considered itself less fortunate as it could not do this scared act of giving alms to Sadhu Bhagwant, but at the same time it rejoiced at the opportunity that the woodcutter got.

Suddenly a very strong wind started blowing and a huge branch of a tree fell on all three of them and hit them hard taking away their lives. Do you want to know where were they reborn? All three took rebirth as a Dev in 5th Devlok.

Children, this story tells us to do 'Anumodna', that is praise whole heartedly the good deeds of others even if we are not capable of doing it.



In Sanidhya of Rashttrasant Param Gurudev Shree Namramuni Maharajsaheb

9 Mumukshus express their ardent desire to embark on the path of Jain Diksha,

श्री भागवती जैन दीक्षा महोत्सव

20th
FEB 2022

आत्मयात्रा
दीक्षा महोत्सव



मुमुक्षु श्री पायलबेन पनपारिया

(Age : 22 yr.) B.com

माता-पिता: श्री इम्पलबेन महेशभाई पनपारिया
मुंबई (मातृभूमि: कच्छ)



मुमुक्षु श्री प्रियंकाबेन पारेख

(Age : 32 yr.) B.com

माता-पिता: श्री सोनलबेन बकुलभाई पारेख
आकोला (मातृभूमि: माळिया हाटीना, गुजरात)



मुमुक्षु श्री जिनलबेन शेट

(Age : 23 yr.) B.Sc. Psychology

honours with Economics and Political Science
माता-पिता: श्री जिज्ञाबेन आशितभाई शेट
कोलकत्ता (मातृभूमि: जामनगर)



मुमुक्षु श्री हेतालीबेन दोशी

(Age : 26 yr.) B.A.

माता-पिता: श्री रुपाबेन हिमांशुभाई दोशी
कोलकत्ता (मातृभूमि: राजकोट)



मुमुक्षु श्री देवांशीबेन भायाणी

(Age : 21 yr.) HSC

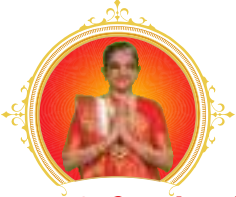
माता-पिता: श्री पारुलबेन दिलेशभाई भायाणी
मुंबई (मातृभूमि: लाठी-सौराष्ट्र)



मुमुक्षु श्री निधीबेन शाह

(Age : 31 yr.) BBA

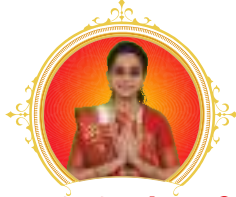
माता-पिता: श्री रीनाबेन नितीनभाई शाह
राजकोट (मातृभूमि: राजकोट)



मुमुक्षु श्री निशाबेन दोशी

(Age : 52 yr.) B.Com

माता-पिता: श्री मंजुलाबेन शशीकांतभाई संघवी
सासु-ससरा: श्री लताबेन कमलकांतभाई दोशी
आकोला (मातृभूमि: टंकारा-मोरबी)



मुमुक्षु श्री रीयाबेन दडिया

(Age : 19 yr.) 2nd year B.A.

माता-पिता: श्री दर्शनाबेन कल्पेशभाई दडिया
घाटकोपर (मातृभूमि: जामनगर)



मुमुक्षु श्री भव्यभाई दोशी

(Age : 22 yr.) HSC

माता-पिता: श्री निशाबेन मनिषभाई दोशी
आकोला (मातृभूमि: टंकारा-मोरबी)

-Gurubhakt Vatsal Kothari

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