

# LOOK N LEARN

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## TAPP the inner Strength



Can we initiate this inward journey of self control? 01



Suneet : Jai Jinendra Manav, Where had you been for so many days?

Manav : Jai Jinendra I was busy in seva for Tapotsav.

Sudha : Tapotsav? What is Tapotsav?

Manav : **Tapp+Utsav= Tapotsav,**

Tapp means penance. Utsav means celebration. Tapotsav means, celebration of penance, celebration of Tapp dharm. It is an opportunity to do anumodna of Tapp dharm.

Sudha : What is the need for celebration?

Manav : This celebration gives us the opportunity to do anumodna of Tapp dharm and instils in us the seeds so that we too can do Tapp in future...

Sudha : Is that so...

Manav : Yes Sudha

Suneet : Can you please tell us more about this historic Tapp?

**Dhanya che... Dhanya che... Dhanya che...**

Manav : Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb's shishya... Pujya Shree Param Pavitramuni Maharaj Saheb did LAGHU SINHNISHKREEDIT TAPP at a young age of 28 years. Param Gurudev has bestowed the title of Tapp Kesari Pujya Shree Param Pavitramuni Maharaj Saheb and His PARNA utsav was celebrated as Tapotsav.



Sudha : What do you do in LAGHU SINHNISHKREEDIT TAPP? I haven't heard about this before.

Manav : Yes you are right, Sudha a new page is inscribed in the glorious history of Jin Shashan!

LAGHU SINHNISHKREEDIT TAPP is a rigorous penance which resembles the gait of a lion. just as a lion walks few steps ahead and then carefully withdraws one step backward before going ahead again, a sadhak practices penance in a similar manner through a series of fasts.



Wow  
Great  
Excellent  
Anumodna

Dhanya che...

Dhanya che...

Dhanya che...

Manav: The series of LAGHU SINHNISHKREEDIT TAPP is as follows...



Dhanya che...

Dhanya che...



This forward-backward system of fasts continues in an ascending order till 9 fasts and then the same way in a descending order

Dhanya che... Dhanya che... Dhanya che...

Sudha : Anumodna! Anumodna! At such a young age when all youngsters are engrossed in worldly pleasures, Tapp Kesari Pujya Shree Param Pavitramuni Maharaj saheb engrossed himself in aatma sadhana.

**Dhanya che... Dhanya che... Dhanya che...**

Suneet : Manav, Tapp Kesari Muni did 154 days fast in 187 days that means merely he had 33 days of parna throughout the Tapp.

Manav : Yes Suneet, you are right. And in these 154 days he had no carbs, no vitamins, no proteins, no food but only boiled water and that too only during the day from sunrise to sunset.

**Dhanya che... Dhanya che... Dhanya che...**



NO



PROTIENS!



NO

CARBS!

NO



FOOD!



Suneet : Manav, has anyone done this Tapp before?

Manav : Yes Suneet, Our 19<sup>th</sup> Tirthankar Parmatma shree Mallinath Bhagwan in his previous incarnation had done this Tapp along with his 7 friends. Also, in the time of Parmatma Mahavir swami, one of the queens of Shrenik Maharaja named queen Mahakali had taken Diksha and done this same Tapp.

Sudha : That's great!

## Dhanya che... Dhanya che... Dhanya che...

Suneet : But Manav, why do people do such rigorous Tapp?

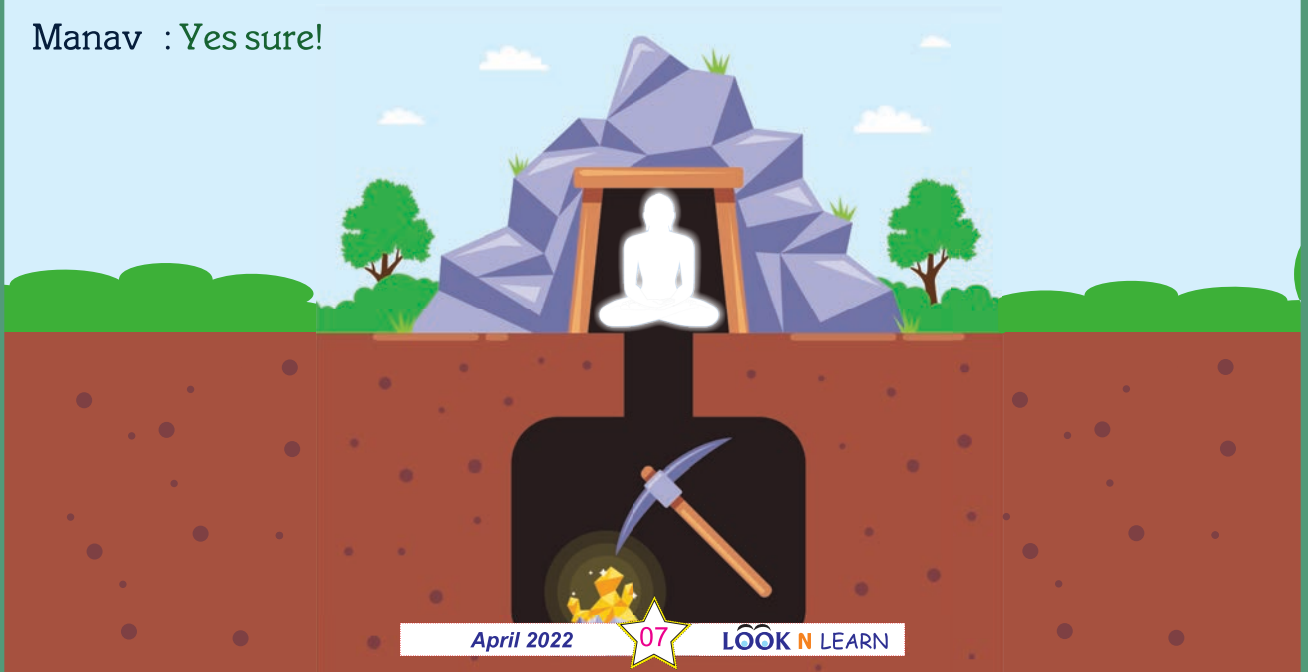
Manav : Just as gold needs to be processed at high temperature to be purified of impurities, our soul needs penance to be purified of vices like anger, ego, jealousy. Penance is a process to purify ones soul.

Sudha : But it is so difficult to do such rigorous Tapp. Does that mean we won't be able to purify our soul?

Manav : Our Look N Learn didi has taught us 12 types of Tapp. Fasting is one of them. Parmatma Mahavir says that all 12 types of Tapp will help us in shedding our karmas. So if one is not able to fast one can do other Tapp which are equally powerful.

Sudha : Oh that's great! can you please tell us about 12 types of Tapp and its benefits?

Manav : Yes sure!



Manav : There are 2 categories of Tapp - External Tapp and Internal Tapp.  
Further there are 6 types of External Tapp and 6 types of Internal Tapp.

Sudha : Can you please explain me more about External and Internal Tapp.

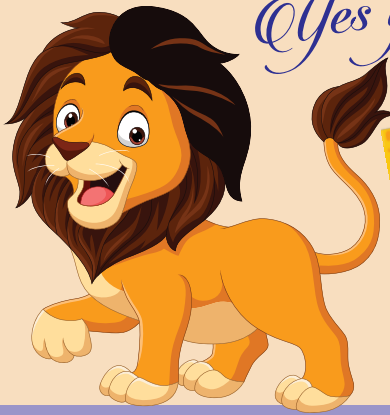
Manav : 6 types of External Tapp are as follows...



## 1. Anshan

To avoid/consume food for only set period of time Eg: To do Navkarsi, Chauviyar, Ekasana, Beasana, Upvaas, Chaath (2 Upvaas), Attham (3 Upvaas), Upvaas, Athai(8 Upvaas), Maskhaman (30Upvaas), Ayambil etc.

*Yes you too can do it!*



**HEAR ME  
ROAR!!**

Or do Laghu  
Sinhnishkredit

Tapp like...

Tapp Kesari Pujya

Shree Param

Pavitramuni

Maharaj saheb.

## 2. Unodari

To control our frequent eating habits  
and to eat less than our hunger.

Sudha : I can do Unodari Tapp. It's easy.

I will also inspire my friends to do.





### 3. Vruti Sankshep

To accumulate less than what we need and to control our mind.

Sudha : Is controlling our desires, of accumulation of things, Tapp?

Manav : Yes Sudha, to be content with what we have is also a penance.



### 4. Ras Parityag

To control and sacrifice food items that savour the taste buds.

Manav : We can try to avoid our favorite food items for few days in a week, month or a year.



Suneet : I will not eat ice cream for 15 days in a month.

Sudha : I will eat chocolates for only 2 days in a month.



Manav : Wow that's great. By doing these Tapp even we can shed our karma like Tapp Kesari Pujya Shree Param Pavitramuni Maharaj Saheb.

Suneet : What else can be done to do Ras Parityag Tapp?

Manav : We can completely or partially avoid Vigai either everyday or for pre decided time period. We can atleast try to avoid 1 vigay per day and hence form a habit of Ras Parityag Tapp. Isn't that easy to do?

Suneet : Yes that's so easy to do.

Manav : Let us say no to vigai and Maha vigai (Products like butter, honey, hard drinks are called Maha vigai)...





Say no to Curd



Say no to Sugar



Say no to Ghee



Say no to Jaggery



Say no to Vigai



Say no to Milk and Milk Products

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sugar	Oil	Jaggery	Milk	Curd	Ghee	Butter

Manav : Use the above table to do vigai tyaag everyday.

Sudha : Yes this is very helpful.

Say **NO** to Comforts



## 5. Kaya Kalesh

To control attachment towards our body by willingly exerting it or by inviting small troubles thus increasing our tolerance power.

Sudha : To give trouble to our ownself? Why?

Manav : Sudha, from years our Jain saints have been doing Kaya Kalesh Tapp to shed their karmas. By willingly giving trouble to our body or having a control over our attachments towards our body and staying in equanimity in the time of discomfort or pain leads to purification of our soul and shedding of our karmas thus reminding us the materialistic world is temporary.

Suneet : And how can we do that?

Manav : There are many ways to do that... For example:

Say **YES**  
to  
discomforts

01. Switch off the fan/AC for sometime when it's too hot.
02. Sleep on floor instead of your bed.
03. Sit on floor instead of sitting on chair/sofa.
04. Instead of using a vehicle go walking for small distance.
05. Avoid bathing for \_\_\_\_ days and give abhaydaan to Aap Kaay(water beings) Jiv.
06. Stand in sun for 10 - 15 mins to meditate.
07. Instead of eating food as soon as you are hungry, wait and tolerate your hunger for some time and later eat your food peacefully.
08. Tolerate your thirst.
09. Avoid wearing a warmer when its too cold for sometime.
10. Try to stand on one leg for sometime.

Manav : By doing Kaya Kalesh Tapp we can feel that the body and soul are different and as Parmatma said... **Koham, Soham!**

Suneet : What does Koham, Soham mean?

Manav : Koham means Who am I? and Soham means I am a soul.



## 6. Pratisanlinta

To meditate in a lonely place. and try to control our senses and mind from distraction



Suneet : To do fasting, Atthai, Maskshaman etc is difficult but instead to do these different types of Tapp is so easy.

Manav : Exactly Suneet we can try doing these Tapp as much as possible and inspire others to do as well .

## 1. Prayaschit

To accept all the mistakes that are done by us knowingly or unknowingly in the presence of Param Gurudev, and thereafter accept whatever aalochana we get.

Sudha : What kind of mistakes? and is accepting our mistake a type of Tapp?

Manav : Any type of mistake no matter big or small... say Michami Dukkdam, I am sorry!

- ★ Accepting your mistake is Tapp.
- ★ Speaking truth is Tapp.
- ★ Giving respect to others is Tapp .
- ★ Having no jealousy is Tapp.
- ★ Contentment is Tapp.
- ★ Being Compassionate is Tapp.
- ★ Being always helpful is Tapp.
- ★ Simplicity is Tapp .
- ★ Controlling your desires/senses is Tapp.
- ★ Keeping your wishes under control is Tapp.



## 2. Vinay

In Jain dharma, Vinay is a type of Tapp. To be modest towards Guru and elders and to obey them is Vinay. Along with living things we should also show respect towards non living things.

Manav : Vinay means to give respect. Respect to all living beings and non living things as well.

Sudha : How should we respect non living things?

Suneet : In fact, how do we disrespect them?

Manav : We can respect non living things in many ways...



Showing respect  
towards  
**NON LIVING**  
things

Showing respect  
towards  
**LIVING**  
things

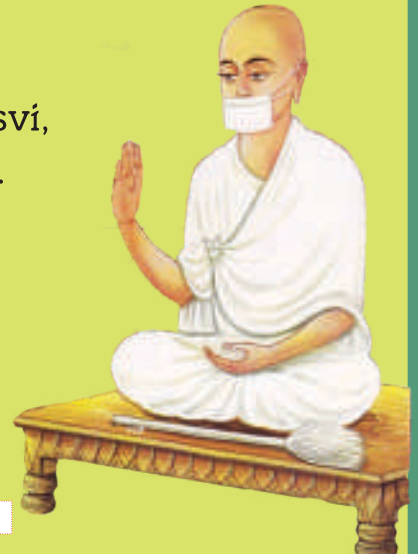
- Do not throw your books.
- Keep your things in proper place.
- Clean up your room.
- Remove your shoes in shoe rack.
- Do not show dislike towards food.
- Keep your mind calm while eating.
- Switch off all gadgets while eating.
- Do not litter on roads.
- Wind up your bed on your own.
- Do not jump in a puddle of water.
- Do not throw wrappers on floor.
- Do not bang doors/windows.
- Do not waste food.
- Take others things with permission.
- Keep & pick objects in a very soft respectable manner.

- Do not enjoy disturbing someone.
- Don't stamp on grass/grains on road
- Do not trouble your mom.
- Do not bang your feet while walking.
- Do not disturb sleeping animals/birds.
- Don't disturb friends while studying.
- Do not burst crackers.
- Do not fly kites, it's thread hurts birds.
- Do not throw tantrums at elders.
- Do not pluck flowers/leaves.
- Do not throw things when you are angry.
- Talk politely with community helpers.
- Do not scare small insects or birds.
- Always talk softly and politely.
- Don't play loud music loud/TV & disturb others.

### 3. Vaivach

To serve sadhu-sadhviji, tapasvi,  
sick, old and elderly people.

To be helpful to all is Tapp.



## 4. Swadhyay

To read religious books, to do Kanthastha, to do revision of learned Gatha or Sootra, to write religious stories, to ask queries, and to memorize verses.



## 5. Dhyan

To concentrate and focus on one particular subject is Dhyan.



## 6. Karyotsarg

To experience that body and soul are different is Karyotsarg

# Mantra and Meditation is one type of Medicine!

THE  
POWER  
is in  
YOU

Pasam  
Pasam  
Vandami

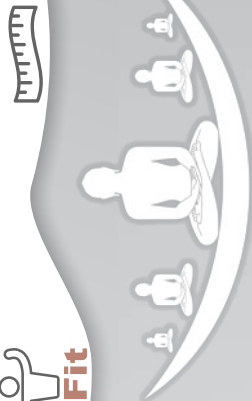
Santi  
Santi  
Kare Loe



Arham

Arham Arham

Arham Arham



#Fit

#Weight



#Tolerance



#Nutrition



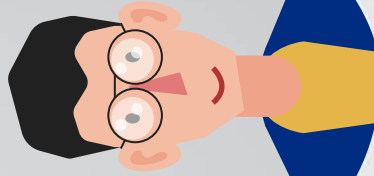
#Lifestyle



#Balance



# TAPP THE INNER Strength



Sheds all  
Karmas

Connects  
with  
Paramatma

Helps to  
bind  
Tirthankar  
Naam gotra  
karma

Leads to  
Satisfaction

Stabilises  
mind  
& body

Controls  
attachment  
of body

Controls  
taste buds

Controls  
mind

Improves  
digestion &  
filters blood

Controls eating  
habits, and  
removes  
toxins

## Benefits of doing Tapp

# HEALTHY

Manav : Do you know our Bhaav, our thinking pattern... plays an important role besides the actions we do.

Sudha : What does that mean?

Manav : Suppose... your friends are going for any activity to feed poor and needy children... but you have fever and severe body ache hence you are unable to go! At that time instead of getting upset and cursing your health, if you wish good for them and feel that you are with them, then even your infinite bad karmas will get destroyed. Parmatma says there are 3 ways to bind good karma that are... (Karvu) to do it your yourself, (Karavvu) inspire others to do good deeds and (Anumodna) praise/show ahobhav/feel good about good deeds done by others.

I will explain this with help of an story...

Once there were two friends. One was Varun Nag Natva. He was a jain and he knew about jainism. One day, both of them had gone on a war...

Story  
Time!



Have you ever gained anything by fighting?  
Does fighting help you achieve something good?

We only loose by fighting ...

We loose Peace...

We loose Friends...

We loose Trust...

We loose Faith !



They were badly injured by arrows.

VarunNagNatva realised that he had very little time left and that he would die any moment. He pulled out the arrows from his body and bowed down to Paramatma facing North - East direction and accepted "Santhara"







His friend saw him doing all these religious actions. He did not know what to do and how to do? He saw his friend engage in religious actions and...

Suneet : What happens next?

He prayed to Parmatma with folded hands... O parmatma! My life span will end at any time like my friend... But I don't know what my friend is doing. I don't even know what is he saying...

Even then I wish to do what he is doing. So Bless me as you bless my friend.



And do you know what happened next?



Varun Nag Natva had accepted Santhara. He had repented for his sins, and had asked for forgiveness from all, hence he was born in sadd gati, i.e. Dev gati.

While his friend had done nothing due to lack of knowledge. But he had inclined to be like him and felt what he was doing was right and so he too was born in sadgati! His thoughts became his destiny.

**Your thoughts become your destiny!**

**Jainism has explained...**

**If we wish good for all we get sadgati.**

**If we have negative thoughts for anyone we acquire Durgati.**

I too will bind good karma like Pujya Tapp Kesari Muni

## LET ME DO ANUMODNA!



Manav : Sudha Can you do **Laghu Sinhnishkreedit Tapp**?

Sudha : It's very difficult!

Manav : But how about if you can still bind good karmas similar as **Tapp Kesari Pujya Shree Param Pavitramuni Maharajsaheb** without doing the Tapp?

Sudha : How is that possible?

Manav : This story from our Aagam books reveals to us a great secret of anumodna (an expression of happiness and appreciation for some other person's greatness and deed).

In this story we have seen that just by doing anumodna a person can bind such good karmas that his next birth is in Dev gati. So why should we miss this golden opportunity of doing anumodna...

Sudha : But whose anumodna and why?

Manav : Anumodna of Tapotsav and Tapp Kesari Pujya Shree Param Pavitramuni Maharajsaheb's, Laghu Sinhnishkreedit Tapasaya.

Sudha : How will we do anumodna?

Manav : You can explain and tell about Laghu Sinhnishkreedit Tapp with extreme ahobhaav to your friends, relatives and people around you in glory of Tapp Kesari Pujya Shree Param Pavitramuni Maharajsaheb.

This way we too will bind good karmas and we too will have the capacity to do similar penance in future. So kids are you all ready to bind good karma by doing anumodna? so come on move ahead and tell yourself someday I will also try doing this Maha Tapp!

In Param Sharan of  
**Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb**

## Let us do Anumodna...

*Blessed are all the ascetic souls who are shedding their Karmas this summer with tough penance*



**Puja Shree Param Saumyaji Mahasatiji**

For continuous 260+ days of  
Aayambil Tapp i.e no oil, no spices,  
no fruits, no vegetables.



**Puja Shree Param Divyataji Mahasatiji**

For continuous 178 + days of  
Aayambil Tapp i.e no oil, no spices,  
no fruits, no vegetables.



**Puja Shree Param Satvikaji Mahasatiji**

For continuous 93+ days without  
consuming single drop of water in this  
scorching heat.



**Puja Shree Param Vishuddhiji Mahasatiji**

For Maskhaman, 30 days of fasting on only  
boiled water (from sunrise to sunset) from  
the day of accepting Diksha.

### Aayambil oli Parva 2022

**Starts: 7/4/2022 and Ends:15/4/2022**

**Parmatma Mahavir Janma Kalyanak**

**On: 13/4/2022**



# Glimpse of Tapotsav



## Patrika Aalekhan



## PARNA

