

# LOOK N LEARN

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*Can you imagine a*  
**ZERO WASTE**  
*life?*

**Eco  
Friendly!**

**Who can  
Live  
such a life?**



**An Eco friendly life means to take  
a big step towards...**

*Moksh!*



Our Pujya Sadhu-Sadhviji do rigorous sadhana to enhance their journey towards Moksh. Let us understand what is their daily routine after Diksha and try to follow their path and experience the purity of Sadhu Jivan. Let us take small Pachchkhan(vows) to experience divinity.

(Try to choose all or any one pachchkhan given on the next pages)

# Abhaydaan - Tapp



Sadhu-Sadhvijs avoid touching Sachet water there by giving Abhaydaan to Aapkaay jiv.

I can also give Abhaydaan to Aapkaay jiv...

- I can avoid bath on Tithi days.
- I can drink boiled water.
- I can avoid boat rides.



Sadhu-Sadhvijs do Tapp/Penance to shed their karma.

I can also try to do small Tapp like...

- Ayambil, Upvaas, Ekasana, Beasana, Chauvihaar, Navkarsi etc.
- I can do Dravya Tapp.

Consume fix number of dravyas...

e.g. Today, I will consume 10 items in a day.

How many?

1



2



3



4



5



6



# Swadhayay - Sambhaav Tapp

#LET US DO IT



Sadhu-Sadhvi do Dhyana-Sadhana. They stay in Samayik for the rest of their life.

I can also do Samvar Tapp (take small pachchkhan through out the day).

- I can do Kanthastha of Sootras/Aagam gathas.
- I can try to do Samayik-Pratikraman-Paushad on Tithi days.

White Color symbolizes Purity. Sadhu-Sadhvi's wear simple white clothes through out their life.

I can also give up fancy attractive clothes for few days in a week.

- I can set a limit on the number of dresses I wear in a day.
- I can set a limit for the number of dresses I buy in a year/month.



# Gochari



Sadhu-Sadhviiji bring Gochari and eat in Patra.

I can try to control my taste bud by...

I will willingly eat home made food. Before eating food I will raise the plate and offer the food to Sadhu-Sadhviiji.

I can also take Musthi (Fist) Pachkkhan through out the day.



## How to do Mushti (fist) Pachkkhan?

Just before eating anything, say "**Namo Arihantanam**" and do the action of opening your fist once. Once you have finished eating do the action of closing your fist once and say "**Namo Siddhanam**" indicating your bhaav of chovyihaar till the next meal or till when you feel like eating again. Follow the same process every time before eating anything.



# SAIYAM



## Vihar - Tyaag



Sadhu-Sadhviji's do vihar to go from one place to another and avoid vehicles.

*I can also try to do Kayakalesh Tapp.*

(Kaya means body and Kalesh means to bear pain)

- As far as possible I will avoid wearing shoes.
- I will walk and avoid vehicles for short distance.



Sadhu-Sadhviji's avoid Vihar in Chomasa to give abhaydaan to 6 kaay Jiv.

*I will avoid going out unnecessarily.*

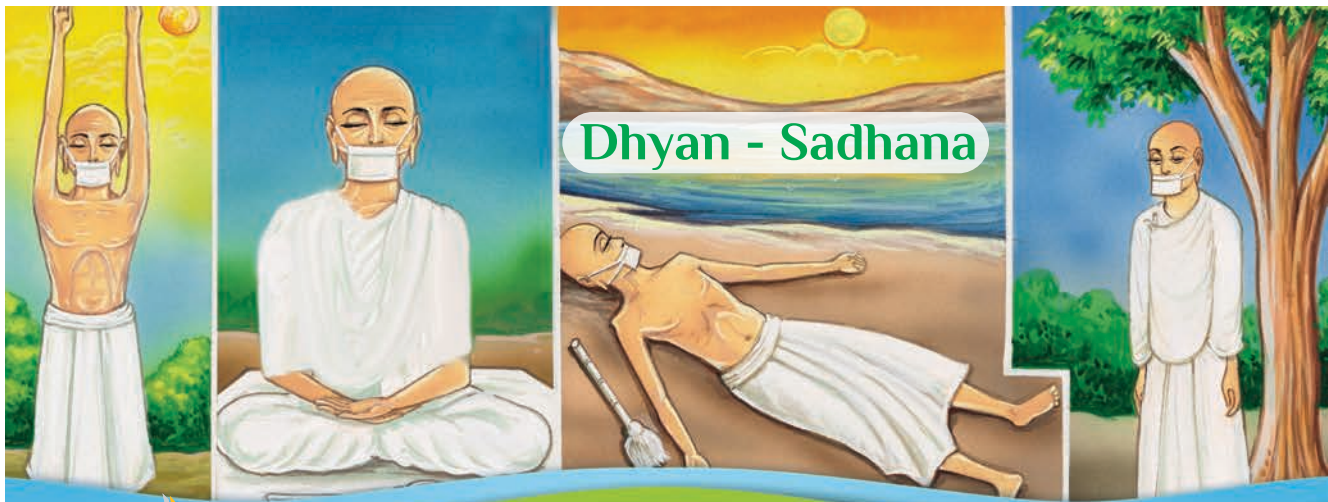
I can set a limit on my visit to the following place .

- Malls - \_\_\_\_\_ days a month
- Multiplex - \_\_\_\_\_ days a month
- Hotel - \_\_\_\_\_ days a month
- Picnics - \_\_\_\_\_ days a month

Instead we can go to old age homes, orphanages and spend quality time with them and try to spread happiness in their lives.



# I CAN DO



## Dhyan - Sadhana

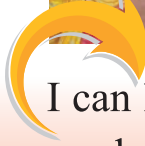
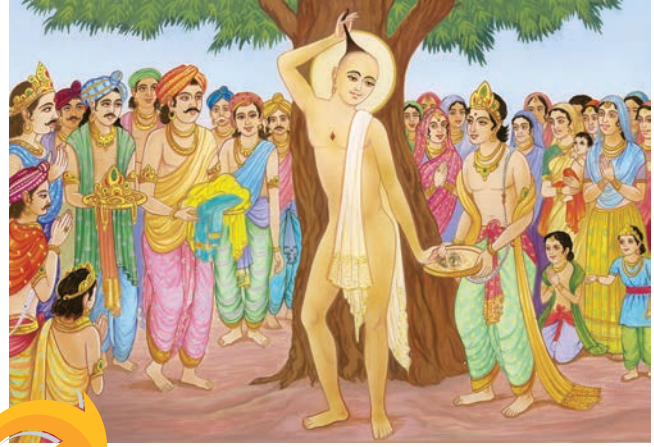
Sadhu-Sadhviji's give up all worldly affairs and comforts of life for Dhyan-Tapp-Sadhana.

*I can also try to avoid the following...*

- I can give up gadgets or surfing on net for \_\_\_\_\_ hours in a day.
- I can try to sit on floor instead of chair/sofa for sometime in a day or avoid sleeping on bed for a day or two as per my choice.
- I can meditate for \_\_\_\_\_ minutes/ \_\_\_\_\_ hours in a day.
- I can do jaap of “Shubh Thao Aa Sakal Vishwa Nu” and thereby pray for the happiness of all.
- I will do Kausaag after waking up and try to keep 'Maun' in morning hours.
- I will greet everyone at home with Jai Jinendra in the morning.
- I will do **Karr Darshan** everyday.  
First thing in the morning...  
I will see Siddhasheela on my hands and bow down to 24 Tirthankar Bhagwan.



# Sadhu-Sadhviji's do Loch.



I can limit my usage of fancy products like...

Hair sprays

Hair gels

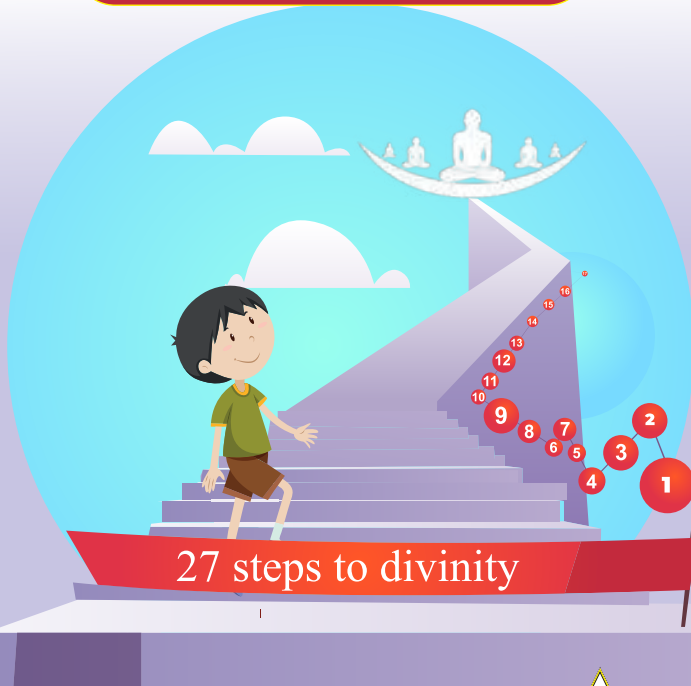
Shampoo

Hair dryer

Comb/Brush

etc. for \_\_\_\_ days in a month.

## 27 STEPS TO DIVINITY



Let us follow Shravak dharma of highest form!

We can also try to follow 27 divine steps for spiritual upliftment and move ahead in our journey from...

**SHRAVAK TO SADHAK...**

**AND**

**SADHAK TO SIDDHA!**



# Observance of 5 greater vows



1 Non violence



2 To speak truth



3 Non Stealing



4 Control over senses



5 Non possession

Non violence

Truth

Non stealing

Control over 5 senses

Non possession

- I will not hurt any living being

- I will always speak truth

- I will ask before taking other's belongings

- I will keep my 5 senses under control

- I will not accumulate things



Anger

I will try to stay calm

Pride

I will stay humble

Deceit

I will be honest

Greed

I will be satisfied with what I have



## I will practice equanimity

I will maintain Equanimity

even if  
Desirable  
sweet voice



or  
Undesirable  
harsh voice



## I will maintain Equanimity



even if  
Desirable  
sight



or  
Undesirable  
sight

## I will maintain Equanimity



even if  
Desirable  
smell



or  
Undesirable  
smell

## I will maintain Equanimity



even if  
Desirable  
taste



or  
Undesirable  
taste

## I will maintain Equanimity



even if  
Desirable  
touch



or  
Undesirable  
touch





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### Faith

I will keep true faith in Dev, Guru and Dharma



16

### Forgive

I will forgive and forget



17

### Sahansheelta

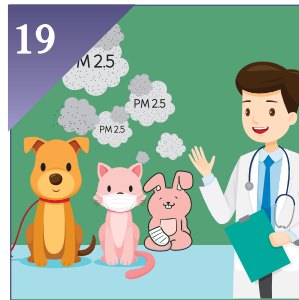
I will try to tolerate with sambhaav



18

### Compassion

I will be compassionate towards all jiv



19

### Care

I will show care and sympathy towards all



20

### Art of thinking

I will divert my mind to positive and pious thoughts



21

### Art of talking

I will speak respectfully with all



22

### Art of action

I will be helpful to all and will try to give comfort to others



23

### Cheating

I will not cheat

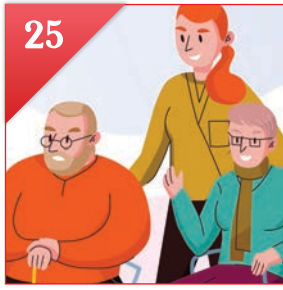
Cheaters never win and winners never cheat



24

### Cooperation

Cooperation is the key to success



### Vinay

I will be respectful to living as well as non living beings



### Patience

I will wait calmly in the face of frustration or adversity



### Vaiyavach

I will do seva of Pujya Sant-Satiji



Param Gurudev! I may not be able to take Diksha as of now, but I can surely imbibe the above Virtues...



With the inspiration of Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb, Look N Learn children at Parasdham Ghatkopar displayed a model cum activity of Samavasaran which is the best example of divine love, unity, teamwork, friendship, bhakti and seva. While didis explained the elements of the Samavasaran, kids did pradakshina and offered their bhaav to Paramatma.



Oh Parmatma! with divine bhakti in our heart... we will soon come to Samavasaran!



# Let us be more compassionate towards all 6 kaay jiv



All are my friends,  
I live in peace with  
all, I have no  
enmity with anyone



Parmatma says that even a pinch of Pruthvi kaay(earth bodied beings), Aap kaay(water bodied beings), Teu kaay(fire bodied beings), Vaayu kaay(air bodied beings) and Vanaspati kaay(plant bodied beings) has infinite jiv. So let us celebrate “Universal friendship day” everyday and there by give abhaydaan to all jiv.

To give abhaydaan to Pruthvikaay jiv I can do the following...

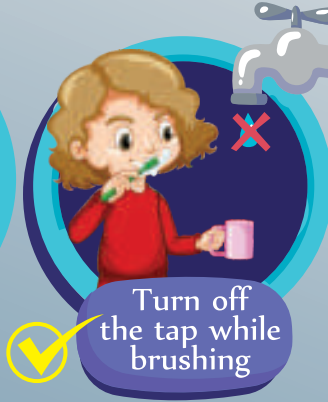


-  I will not play in sand or make sand castles for \_\_\_ days in a month.
-  I will not wear gold, silver or diamond jewellery for \_\_\_ days in a month.

To give abhaydaan to Aapkaay jiv  
I can do the following...



**DON'T WASTE ME...  
COUNT EVERY DROP THAT YOU USE!**



To give abhaydaan to Teukaay jiv I can do the following...



**Our Happiness should not  
be at the cost of others pain!**

- 🕯️ I will not burst crackers. ✓
- 🕯️ I will not light holi fire. ✓
- 🕯️ I will not burn camp fire. ✓
- 🕯️ I will not reheat food again before eating. ✓
- 🕯️ I will not light diya on Diwali. ✓
- 🕯️ I will not light candles on birthday. ✓



To give abhaydaan to Vaayukaay jiv

I can do the following...



Will switch off fan while not in use

Will not clap hands







Will wear Muhapatti

or cover mouth with a handkerchief before talking



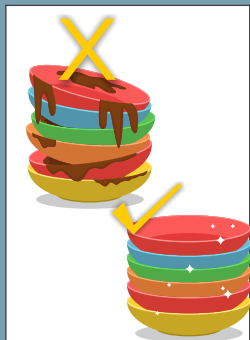
To give abhaydaan to Vanaspatikaay jiv I can do the following...



-  Avoid underground vegetables because they have infinite jiv.
-  Avoid eating fruits and vegetables which have many seeds.
-  Avoid consuming any type of vegetables on days of Tithi.
-  Never waste food in the plate.
-  Do not show dislike towards food and respect your food.
-  Do not pluck flowers and leaves.



YES I CAN DO THIS!



Besides we should also...

Stop wearing pearl  
and shell jewellery



Look down and walk...



Stop using pesticides



Stop hurting them...



Stop caging them...



Stop scaring them...



What fun does it  
bring to you in scaring me?



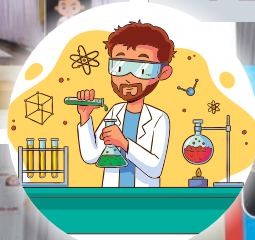


# Glimpses of... **Chakh Le...!** **Aahar Science Food feast**

An extraordinary exhibition on Aayambil theme was organised with Pujya Gurudev's divine blessings and under the guidance of Param Mahasitijis at Rajkot, Royal Park Upashray. Over 3000 people from all communities visited the exhibition which was inaugurated by Deputy Mayor Darshitaben Shah.

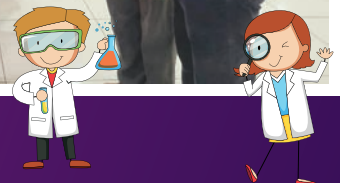


## AAYAMBIL EXPRESS



## CURIOSITY CORNER

## GAME ZONE



# LIVE TASTING WORKSHOP



# AAYAMBIL EXPRESS



Jain Simley  
Jain Muskaan  
Jain Masti & much more



Ayambil  
**FOOD**  
can  
also be  
**FUN**



# HEAT STROKE

Too hot to handle...



Dear Sun,

Please go to **Settings > Display > Brightness!** and reduce it... Too hot to handle!  
I am feeling...



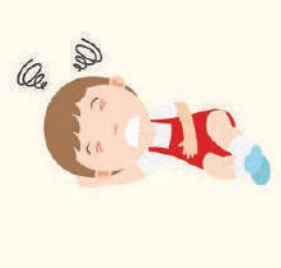
Rapid heat burns



Too much sweating



Dizziness & Headache



Unconsciousness

Dear Son, I have not changed any settings, please go to your settings and...

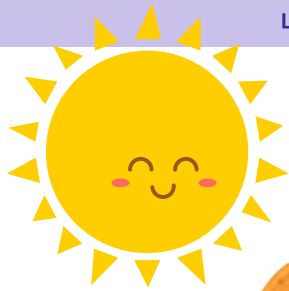
- ☀️ Disable the cutting of trees option
- ☀️ Reduce Carbon emission levels
- ☀️ Reduce concrete jungles
- ☀️ Use less water

Basically switch to **Human mode** from **Auto mode**. Live a life that is inspired from Pujya Sadhu-Sadhviji, that is an...

*Eco friendly life* and save the planet.



- Gurubhakt Mehta Parivar



As you feel thirsty...  
so do we!



In this scorching heat can you keep bowls filled with  
**achet water**  
in your balcony, window sill or compound for us?

You can also make one...

DIY water feeder from  
oil container...



Please smooth  
the edges of  
tin before  
hanging

DIY shelter from  
milk can...

UPCYCLE

