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A note from the Editor:

We thank you for your interest in Look n Learn Magazine!

LOOK N LEARN
MAGAZINE

This fortnight magazine works on building a strong, positive, compassionate and a successful individual! Please contact us for your valuable feedback, gifting this magazine, any complaints, suggestions or change of address.

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Did you Know?

Janma Kalyanak

ઈન્દ્ર દેવ પરમાત્માનો જન્મોત્સવ શા માટે મનાવે છે?

પરમાત્માના સદ્ગુણો જગતનાં દરેક જીવોમાં પ્રગટે, તેમના જેવા બનવાની પ્રેરણા મળે અને એક દિવસ આપણે પણ તીર્થંકરના, વીરના વારસદાર બનીએ અને “તિન્નાણં તારયાણં” એટલે પ્રભુ તર્યા અને આપણને પણ તારશે એ અહોભાવ આપણામાં પણ પ્રગટ થાય એ હેતુથી જન્મોત્સવ મનાવામાં આવે છે.

Why does Indradev celebrate Parmatma's birthday?

Indradev celebrates Parmatma's birthday to inspire every living being to imbibe the divine virtues and qualities that Parmatma possesses and aspires that one day we too shall become like Him. He salutes this characteristic of “Tinnanam Tarayanam” which means Parmatma has crossed this ocean of worldly suffering and one day we too shall sail through... with His grace! He celebrates with the utmost feeling of gratitude and reverence.

प्यारे बच्चों,
आप अपना
जन्मदिन नए सालमें
कैसे मनाएँगे?



Dear children,
New Year has
arrived, How will
you celebrate your
birthday this year?



जन्मदिन मनाना



Birthday Celebration



हम परमात्मा के बालक हैं
और हमें अपना जन्मदिन विशेष रूप
से मनाना चाहिए।

जो सिर्फ अपनी क्षणिक खुशीयों के
बारे में सोचता है, वह स्वार्थी होते हैं। पशु-
प्राणी भी ऐसा ही जीवन जीते हैं।

मनुष्य तो वो होते हैं, जो दूसरों के
सुख का विचार करते हैं और जो भी अपने
पास है, उसमें से कुछ हिस्सा दूसरों को
बाँटते हैं।

हमें दुःखी लोगों के चेहरों पर
खुशीयाँ लानी चाहिए और
बेसहारा लोगों की मदद करनी चाहिए

We are Parmatma's children
and there should be uniqueness in
the way we would celebrate our
birthday.

Those who live and think of
only their own happiness are selfish
and this happiness is momentary.
Birds and animals live a life of
momentary happiness.

As human beings we must think
about the happiness of others. We
must share a part of our happiness
with others.

**We should bring a
smile on someone's face
and help the less privileged!**

साधारण बालक अपने स्वार्थ के बाहर सोच ही नहीं सकता है।
An ordinary Child is unable to think beyond his selfishness.

He is only excited about the gifts he will receive!

वह उस सोच में रहता है कि उसे क्या-क्या उपहार मिलेंगे।

He is enthusiastic about his party venue and arrangements.

वह पार्टी की सारी व्यवस्था करने में उत्साही रहता है।

He thinks about how to make all the arrangements?

वह उस सोच में रहता है कि पूरी व्यवस्था कैसे करे?

What will the return gifts be, what kind food will be served?

वह भोजन के मेनु और दोस्तों को वह क्या उपहार में दे इसी बारे में सोचता है।

He is thinking about the guest list and whom will he invite?

वह सोचता है कि, कौन कौन से दोस्त को आमंत्रित करे?

परमात्मा का बालक इनके अलावा और बहुत कुछ अच्छा सोचता है।
Parmatma's Child thinks about certain other things as well!



परमात्मा का बालक अपने जन्मदिन पर असहाय, गरीब और दुःखी लोगों को अपने हाथों से भोजन करवाने की कामना करता है।

Parmatma's child on his birthday feeds the helpless, poor and needy with his own hands.

वह अनाथाश्रम और वृद्धाश्रम में रहनेवाले बालक और बुजुर्गों के साथ समय व्यतीत कर खुशीयाँ देने की योजना बनाता है।

He plans to spend quality time with the children of orphanage and elderly people at an old age home.



उनके साथ अपने जन्मदिन पर मिठाईयाँ बाँटता है।

He distributes sweets on his birthday.

उन्हें बहुत सारी दैनिक जीवन में उपयोगी वस्तु दूधपेस्ट, ब्रश, नैपकिन, टॉवेल इ. गिफ्टस् देकर एक विशेष संतोष की अनुभूति करता है।

He also gifts them things that are useful to them in their day to day life like toothpaste, toothbrush, napkins, towels etc.



परमात्मा का बालक जन्मदिन पर उपाश्रय में जाकर गुरुदेव के दर्शन करता है।

Parmatma's child goes to upashray on his birthday for Dev Guru's darshan.

परमात्मा का बालक अपने जितने वर्ष हुए, उतने लोगों को नमस्कार महामंत्र सिखाने की भावना रखता है।

Parmatma's child decides to teach Namaskar mantra to that many people as his number of years.



परमात्मा का बालक अपने जन्मदिन पर, साधारण जीवन से वंचित बच्चों की मदद करके परमार्थ का कार्य करता है।

Parmatma's child celebrates his birthday with children who are deprived of the basic necessities of life. He spreads joy and happiness by helping them.

No Food!



No Home!



No Money!



No Clothes!



No Medicines!

No Education!



तो बच्चो, अब बताओ, आप क्या बनना पसंद करेंगे?

निःस्वार्थ या स्वार्थी

So children, tell us what would you like to become?

Selfless or Selfish

Why are you in
a cage?

Because I speak!

જે રહે મૌન
તેને મળે મુક્તી

બિનજરૂરી બોલશો તો કરમોની કેજમાં ફસાશો



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10th January 2020

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LOOK n LEARN

The Envelope



Little talk with little hearts

One day, in Look n Learn Jain Gyan Dham, Didi thought of an experiment with the children. She requested all children to bring few empty envelopes along with them in their next class.

Didi : Dear children did you all bring empty envelopes with you today?

Soham : Yes didi we have the envelopes with us.

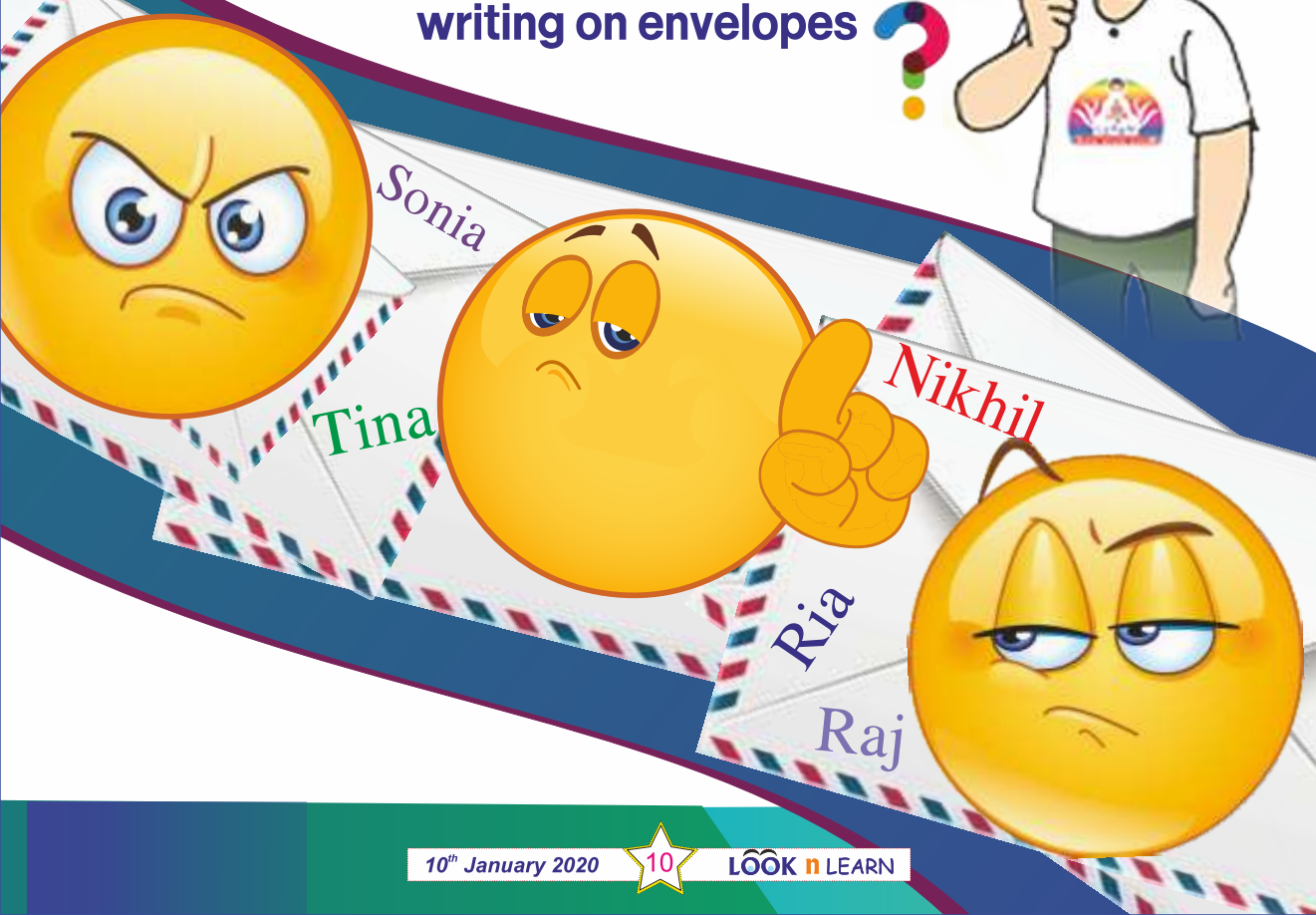
Prati : But didi we are very curious to know what are we going to do with them today.

Didi : Children, first we will meditate for 10 minutes. During meditation we will recall about all the people in our life for whom we have hold grudges. Let us think of the bitter experiences we have had, someone we don't like or someone who hurt us.

Children were little anxious about why did didi want them to do so...As per didis instructions, all the kid meditated and they recalled all the people of their life..

Didi : Now, kids open your envelopes and write each person's name for whom you hold the grudges.

All the children started writing on envelopes



Few childrens wrote in 2 envelopes, few filled 4-5 and few filled 8 - 10 envelopes as per the number of people.

Prerna : What's next didi? What are we suppose to do with these envelopes?

Didi : Now kids you have to carry these envelopes with you where ever you go, all the time till your next Look n Learn class.



Children started carrying the envelopes along with them...

During studies



While playing

While eating



While sleeping

In a day or two, children started complaining about how difficult it was to carry envelopes with them all the time. In their next LnL class they were eager to get rid of that burden.



Didi : Children, how was your experience of these 7 days? Each child shared their experience. How difficult it was for them to carry those envelopes!

If in 7 days these envelopes became a burden, then think about how much burden you are carrying on your mind and soul everyday of the person for whom you hold grudges! Because of these grudges we bind many negative karmas.

So learn to Forgive and Forget!

**All the kids learnt
a lifetime lesson!**

At the beginning of new year, let's clean our souls from the grudges. Let us start the new year with a pure heart and a clean mind!



આગમ ગાથા



ઐમે ઐ સમણા મુત્તા, જે લીઐ સન્ઠિં સાહુણૌ;
વિહંગમા વ પુષ્કેસુ, દાણ ભત્તેસણા રચા ॥

અર્થ

ભ્રમર જેમ વૃક્ષના ફુલોમાંથી મર્યાદિત માત્રામાં રસ ચૂસે છે અને પોતાના આત્માને તૃપ્ત કરે છે તેમ સાધુઓ અકષ્ટદાયક વૃત્તિથી ગ્રહસ્થ દ્વારા અપાતી નિર્દોષ ગોચરી વ્હોરાવે છે.

Just like a bee satisfies itself by sucking limited nectar from the flowers grown on a tree, a Jain saint as per their core nature takes food and alms offerings from common householders only to the extent required without causing any inconvenience to them.

A UNIQUE BIRTHDAY PARTY

Circle the good actions.

celebrated her in a very unique style this year. got up early and touched the of all her to seek their blessings. went to the and performed as homage to . had kept her on the mode so that no one gets disturbed. listened to the Mangalik by mahasatiji with complete attention and faith. then gave biscuits and milk to the in her building. had invited children from an at her place. Before lunch cut her which had no as it hurts the teu kaay jeevas. served the orphanage kids jain food along with . After lunch and the kids played for sometime and then did Bhakti too. gave all the kids as returns gifts. In this manner brought on the faces of those orphanage children.

Key: Esha Birthday Feet Elders Silent Cake
 Upashray vandana puppies sadhu sadhvijis
 mobile phone games No Candle Sweets
 Smiles LNL Magazines Orphanage for lunch

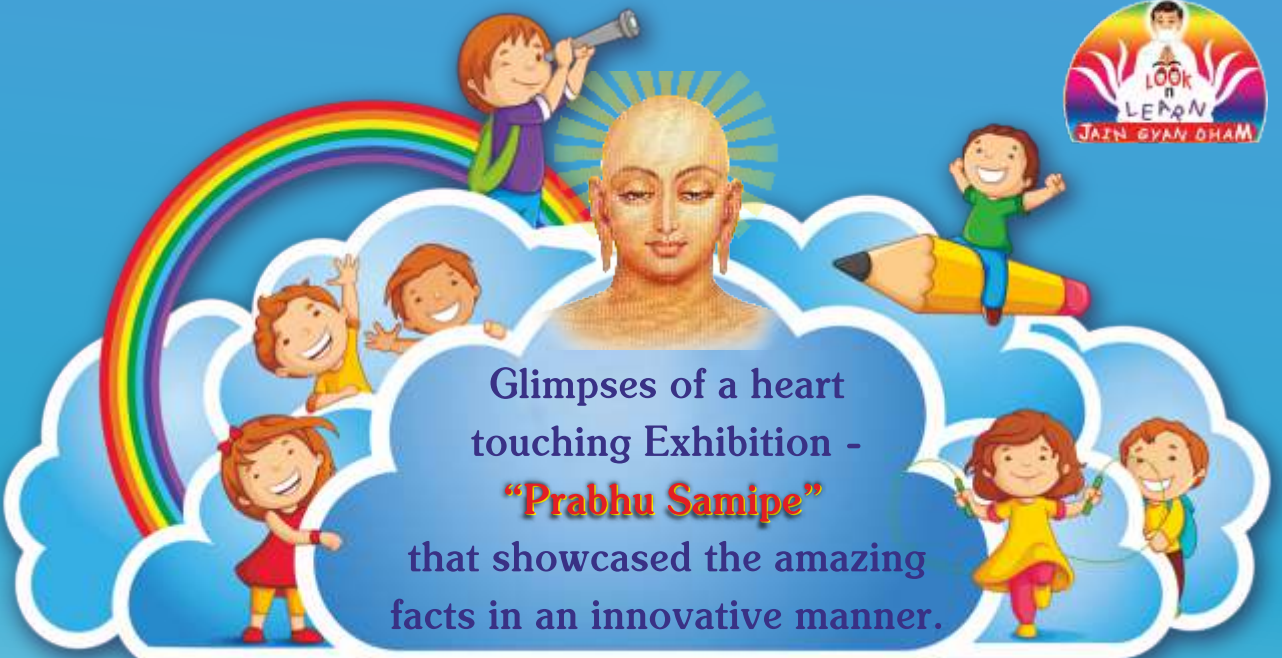
A UNIQUE BIRTHDAY PARTY

Children are you inspired to celebrate your birthday in a special unique way. Dear kids what actions of Esha inspired you the most? Write them...



Esha got up early and touched the feet of all her elders to seek their blessings.

How would you like to celebrate your birthday write it down



Look n Learn Jain Gyan Dham Junagadh



GAME
ZONE

10th January 2020

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LOOK n LEARN



Look n Learn Jain Gyan Dham Rajkot



10th January 2020

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LOOK n LEARN

New Year, New Resolutions, New Goals!

Underline what you like to do or the characteristics you have.

2020

I am good at...

Kanthastha
Reading
Sharing
Concentrating
Helping
Listening



I enjoy...

Dhyan
Talking
Maun
Movies

My Weaknesses are...

Tolerance
Anger
Giving up
Stealing

I like to learn sootra by...

Writing
Seeing
Reading
Listening

I'd like to be better at...

Being friendly
Organising
Being stubborn
Being polite

**BELIEVING
IS
ACHIEVING**

I care about...

My Behavior
My soul
My family
My appearance
My spiritual activities
Jin shashan

My friends would describe me as...?



Mind Palace! Technique to Memorise

Kanthastha Time!

Dear Friends!!! सामायिक तो learn करवीज पडशे...

Didi says...

You need to do Kanthastha to make Parmatma our first Priority. So...

Let's Start

Lesson - 2 Guruvandan Sootra

- | | |
|------------|---|
| Tikkhuto | - Thrice |
| तिक्खुत्तो | - त्रण वार |
| Aayahinam | - With folded palms, start from right side & rotate |
| आयाहिणं | - जमणी तरफथी शरु करीने |
| Payahinam | - Move hands in a circular motion clockwise. |
| पयाहिणं | - जमणी तरफ वळती प्रदक्षिणा करीने |
| Vandami | - I admire you. |
| वंदामि | - स्तुति अथवा वंदन करुं छुं। |
| Namamsami | - I bow down, folding five parts of my body. |
| नमंसामि | - पचांग (पांचे अंगे) नमावी नमस्कार करुं छुं। |
| Sakkaremi | - I respect you. |
| सक्कारेमि | - सत्कार करुं छुं। |
| Sammanemi | - I honour you. |
| सम्माणेमि | - विशेष सम्मान आपुं छुं। |



Let's learn by tracing...

तिक्खुत्तो
आयाहिणं
पयाहिणं
वंदामि
नमंसामि
सक्कारेमि
सम्माणेमि



PARAM JANMOTSAV

દરેક વ્યક્તિ પોતાના સગા-સ્વજનોનો જન્મોત્સવ હર્ષોલ્લાસથી મનાવતા હોય છે. જેને પરમ કલ્યાણકારી દેવગુરુ પોતાના લાગે તે સર્વે, પરમ ગુરુદેવશ્રી નમ્રમુની મહારાજસાહેબના 50th જન્મોત્સવના અવસરે જન્મોત્સવને ગુણોત્સવ રૂપે પોતાના આવાસમાં ભાવ અને ભક્તિથી ઉજવશે. કોઈપણ ઉત્સવની જેમ, અહીંયા પણ સૂર અને સંગીતની પ્રેરણા હશે, પણ તે સર્વમા એક અનેરી દિવ્યતા પ્રસરતી હશે. સાથે, દેવી જ દિવ્ય રીટર્ન ગિફ્ટ પણ હશે, ક્યારેક સાહિત્યની ગિફ્ટ, તો ક્યારેક બોધ પ્રવચનોની ગિફ્ટ એમના જન્મોત્સવને મનાવવા ગુરુભક્તો યશાશક્તિ પ્રમાણે કોઈને કોઈ માનવતાના કાર્ય પણ કરશે. આવો, આપણે પણ આ જન્મોત્સવ ઉજવવાનો અનન્ય લાભ લઈને કોઈના અંતરમાં આપણા પરમ ગુરુદેવશ્રીના ગુરુત્વને જન્મ આપીએ!

આપણા પરમ ગુરુદેવશ્રીનો જન્મ અન્ય માટે ગુણોનો જન્મોત્સવ બનાવવાની પ્રેરણા



ઘરે ઘરે
જન્મનો ઉત્સવ

Make your Guru's birth a celebration of his virtues in numerous hearts!

Every individual enthusiastically celebrates the birth of his near and dear ones. For those who consider Dev - Guru close to their hearts and a part of their homes, hearts and family, rejoice in making Param Gurudev Shree Namramuni Maharaj Saheb's birth a celebration of his divine qualities. Like any celebration, there will be activities and interactions, discussions and music, but all with a divine touch. Also there will be prabhavna of his virtues, satsang that help them gain true vision. Gifts of his priceless literature and return gifts of his Param Kalyankari Bodh pravachans! Be a part of this celebration and give birth to your Guru's existence in someone's hearts.