

करुणा

अप्रतिबंध

अवीनाशी

अगुरुलघु

अरूपी

अफासे

अगंधे

संतोष

अवर्णी

अरसे

अमर

सौम्य

नम्र

सरल

शुद्ध

I am a Pure Soul

LOOK N LEARN
CHILDREN'S JAIN
MAGAZINE



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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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प्रथम

The First ever!

Did you Know

बच्चों क्या आप जानते हैं कि हमारे प्रथम तीर्थंकर श्री ऋषभदेव परमात्माने अपने काल में सर्व प्रथम विवाह प्रथा का प्रारंभ किया? वे अपने युग के प्रथम राजा थे। उन्होंने अपने राज्य के लोगों की रुची अनुसार उन्हें प्रथम असी (स्याही-लेखनों), मसि (व्यापार) और कृषि (खेतीवाड़ी) का ज्ञान दिया।

इस काल के वे प्रथम तीर्थंकर थे जिन्होंने स्वयं लोच करके दीक्षा ग्रहण की ओर वर्षादान दिया।


Kids, did you know that Parmatma Shree Rushabhdev Bhagwan was our first Tirthankar. He was coronated to become the first king of this age. Looking at the needs of the times and society He established the social system of Asi (swordsmanship for protection), Masi (writing skills) and Krushi (agriculture) to enable the house holders to sustain themselves.

He was the first to renounce the world and take Diksha and give away his wealth (Varshidaan) in this period.






My Experiments


 **Aim: To know who am I ?**
में कौन हूँ?


I am a Soul!
में आत्मा हूँ



 आत्मा को किसने बनाया?
आत्मा को किसीने नहीं बनाया। यह अनादि अनंत है।


 Who made the soul?
No one has made the soul. it exists since time exists.

 आत्मा कितने समय तक जीवित रहेगा?
आत्मा शाश्वत है।

 How long does the soul stay alive?
The soul can never die, it is permanent.



 मृत्यु के बाद आत्मा कहाँ जायेगा?
जब शरीर का मृत्यु होता है, तो आत्मा अपने कर्मों
के अनुसार चार गति में से किसी भी गती में जन्म लेती है।

 Where does the soul go after death?
When the body dies, the soul takes birth in
one of the four gatis according to the karmas.



जब आत्मा ८ कर्मों को क्षय करके संपूर्ण मुक्त होती है तब अपने शुद्ध स्वरूप में प्रवेश कर सिद्धशीला पर बिराजीत होती है।

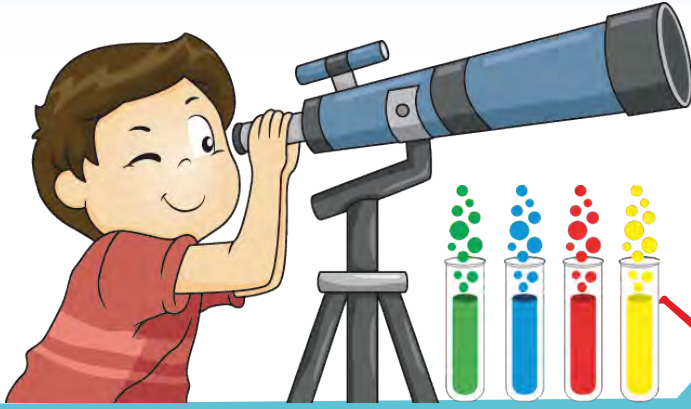
When the soul completely destroys 8 karma,
it reaches the Siddhashila in its purest form.

क्या आत्मा दिखती है?

आत्मा दिखती नहीं क्योंकि वह अरूपी है।

Can we see the soul ?

We cannot see the soul because it doesn't have any form.



Let's experience Soul



बहुत सारी चीजे ऐसी होती है, जिसे हम देख नहीं सकते परंतु अनुभव से महसूस कर सकते है।

🌡 जैसे हवा... हम हवा को देख नहीं सकते है लेकिन हम उसे अनुभव कर सकते है।

🌡 जैसे, इलेक्ट्रिसिटी दिखती नहीं परंतु उसे स्पर्श करते है जब कभी करंट लगता है।

There are so many things which we cannot see, but can feel it with our experiences, Like...

🌡 We cannot see air, but we can feel it.

🌡 We cannot see electricity, but we can feel its current.

आत्मा का आकार कैसा है?

आत्मा का कोई आकार नहीं वह लचीला है, वह शरीर के अनुसार बदल सकता है। आत्मा अपने कर्मों के अनुसार छोटा या बड़ा शरीर धारण करती है। छोटा शरीर हो तो आत्मा के संकुचित हो जाते है और बड़ा शरीर हो तो वह जाते है। जैसे चीटी और हाथी...



What is the shape of the soul?

Soul takes the shape of the body. It is flexible. It is as big as the size of the body. For Example: the size of the soul of an elephant will be as big as its body and the size of the soul of an ant will be as small as its body.



आत्मा का वजन कितना है?

What is the weight of the soul?



आत्मा अगुरुलघु गुण से संपन्न होती है। मतलब ना भारी, ना हल्का। आत्मा का कोई वजन नहीं होता है।



The soul exists in the state of weightlessness. The soul has no weight. It is called Agurulaghu, that means, neither heavy nor light.



जैसे फुला हुआ गुब्बारा और बिना फुले हुए गुब्बारे का वजन एक ही होता है।

Like a balloon, with air or without air weighs the same.

आत्मा जब शरीर से बाहर निकलता है तो उसे देख नहीं सकते।

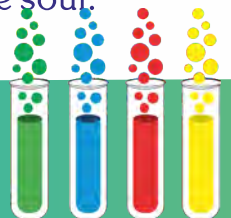
जैसे, बंद कमरे में से संगीत की आवाज कमरे से बाहर जाती है।

आत्मा अप्रतिहत गती वाला है। कोई भी दरवाजे, पृथ्वी, पर्वत जैसे कोई भी पदार्थ उसका अवरोध नहीं कर सकते हैं।

The soul is not visible when it leaves the body.

Sound can travel out of a closed room and we can hear the music even if the doors are closed. Doors,

closed rooms or mountains cannot obstruct the movement of the soul.



आत्मा का रंग कैसा है? What is the colour of the soul?



आत्मा अवर्णी है।
Soul is
colourless



आत्मा का सुगंध कैसा है?
आत्मा असुगंधी है।

How does it smell ?
Soul is odourless.



आत्मा का गुण धर्म अनुभूति है।

जैसे शक्कर के स्वाद के लिए शक्कर को चखना पड़ेगा। वैसे ही आत्मा को अनुभव के लिए, आत्मा को महेसूस करना पड़ेगा।

अनंत ज्ञान, अनंत दर्शन, अनंत शक्ति और अनंत परमानंद यह आत्मा के गुण हैं। क्रोध, अहंकार, लालच, आसक्ति इत्यादी की वजह से हमारी आत्मा अशुद्ध होती है।

Feel the soul

One needs to taste the sugar to know its taste, no words can explain the taste of sugar. Similarly the soul needs to be experienced, one needs to realize and feel the soul.

Infinite Knowledge(Gyan), Infinite Perception(Darshan), Infinite Energy(Virya), Infinite Bliss(Sukh) are the qualities of the soul. Our Aatma becomes impure due to our anger, ego, greed, attachment etc...



कार्योत्सर्ग याने क्या?

काया याने शरीर और उत्सर्ग याने छोडना। शरीर और आत्मा अलग हैं इसकी अनभूती करना यह कार्योत्सर्ग हैं।

What is Karyotsarg?

Kaya means body and utsarg means to leave it. To feel that soul and body are different is called Karyotsarg.

आलोचना यानि क्या?

आत्मा को शुद्ध करने के लिए हमें क्या करना चाहिए?
How To Purify The Soul ?

What is Aalochana?

आत्मा को शुद्ध करने के लिए हमें आलोचना करना आवश्यक है। अपनी की हुई भुलों का गुरुदेव के पास जाकर स्वीकार करना उसे आलोचना कहते हैं।

We can purify our soul by Aalochana. To accept our mistakes in front of our Guru is called Aalochana

प्रायश्चित्त याने क्या?

What is Prayaschit?

अपनी की हुई भूलों की याचना करना, जिम्मेदारी लेना और गलतियों के लिए सजा स्वीकार करना उसे प्रायश्चित्त कहते हैं।

To seek forgiveness, take responsibility and accept the punishment for the mistakes is Prayaschit.



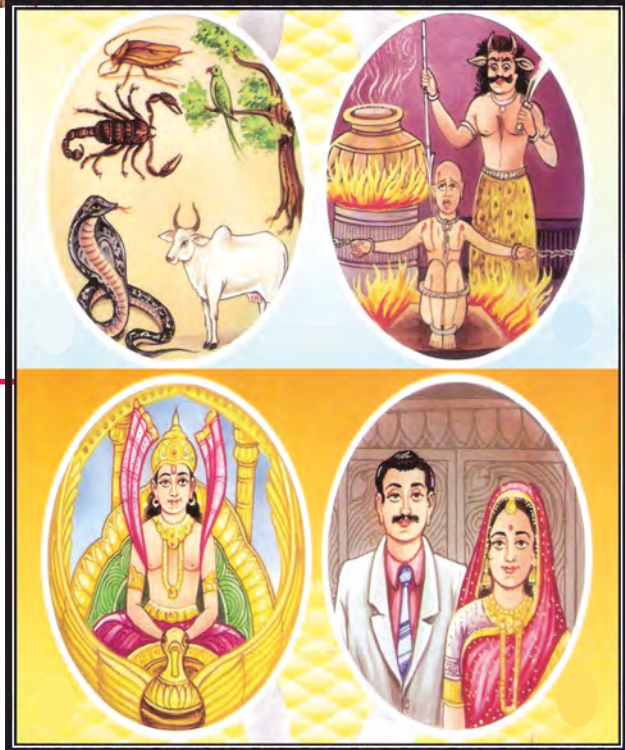
What is the relation between Karma and the Soul?

The gold in the mines exists in its impure state and hence we cannot see its true luster. This ore is processed to remove the impurities to derive pure shining gold.

Similarly, our soul is covered with layers of vices. When they are removed, the infinite knowledge of the soul begins to shine.



The form of gold can change to a bangle or a ring or a chain but the core product i.e gold does not change, only the form changes!



Similarly, according to the bondage of karmas, we may attain Manushya gati, Dev gati, Tiryanch gati or Narak gati but in each case the soul remains constant. The form of the soul changes but the soul does not.

Activity

Colour the Soul which shows

Good Virtues

-Gurubhakt Mehta Parivar



Let's Play and Pray together

Today's Niyam

I will seek Forgiveness from family members before going to bed

Benefits of this Niyam:
We destroy Karma.

I will recall all my actions of the day, think about the people whom I dealt with and ask for forgiveness with joined hands and clear my mind.

Please
Forgive
me



tumble®

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25th January 2020

09

LOOK n LEARN

Have you ever thought?

What we are
SOUL

What we think
BODY

SOUL

SOUL

Our Soul is Permanent

Our Body is Temporary

आगम गाथा

वयं च विंतिं लब्ध्वामी, न य कोई उवहम्मई;
अह्वागडेसु रीवन्तै, पुष्केसु भमरा जहा ।।

अर्थ

साधुओ कोई जीवननी विराधना न थाय तेम गोचरी,
पाणी, आहार ग्रहण करे छे. ग्रहस्था पोताना माटे
बनावेला सात्वीक भोजन माथीज साधुने आहार
व्होरावे छे.

A Jain ascetic gathers alms from the house of householder, from the food that they have prepared for their consumption. In this way they abide by the rules of non-violence i.e. not deliberately hurting any living being specifically to meet their needs.

-Gurubhakt Mehta Parivaar



Mind Palace! Technique to Memorise Kanthastha Time!

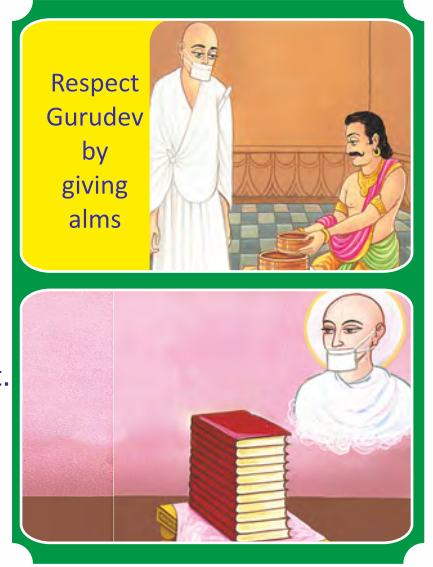
Dear Friends!!! सामायिक तो learn करवीज पडशे...

Didi says...

You need to do Kanthastha to talk to Parmatma
whenever you need to. So... Let's Start

Lesson - 2 Guruvandan Sootra

- | | |
|----------------------------------|---|
| Kallanam
कल्लाणं | - You are the benefactor.
- हे गुरुदेव! आप कल्याण रूप छो। |
| Mangalam
मंगलं | - You are auspicious.
- आप मंगलरूप छो। |
| Devayam
देवयं | - You are religious deity.
- धर्मदेव रूप छो। |
| Cheyam
चेइयं | - Having supreme knowledge.
- आप ज्ञानवंत छो। |
| Pajjuvasami
पज्जुवासामि | - I worship you from the bottom of my heart.
- हुं आपनी मन-वचन-काया ए सेवा करं छुं। |
| Matthen Vandami
मत्थएण वंदामि | - I bow down my head and worship you.
- मस्तक नमावीने वंदन करं छुं।
(पाठना अंते बोलाय छे) |



Let's learn by tracing...

कल्लाणं

मंगलं

देवयं

चेइयं

पज्जुवासामि

मत्थएण वंदामि





It Matters!



Once upon a time, in a stormy sea, thousands of fish reached the coast and were on the verge of dying.

Sunil just happened to reach there to play with Rohan and his mother. He saw the fishes and pitied them. He could not see the fishes suffer. He thought 'It is important to save the life of fishes rather than playing here'.

So without a second thought he picked one fish and went towards the sea and put the fish again into the sea.



He picked the other fish went towards the sea and put the fish again into the sea. It went on... And then Rohan came there –

Rohan : Why are you working so hard?

There are thousands of fishes and you would be tired saving their lives and why are you wasting your playtime?

Let's enjoy our picnic.

It does not bother us!

Sunil started increasing his speed.



Sunil (in the strong voice) : It bothers them a lot, Rohan! I can't be so selfish. If I don't do this, fishes are going to die. Seeing this Rohan also joins Sunil to save the fishes.

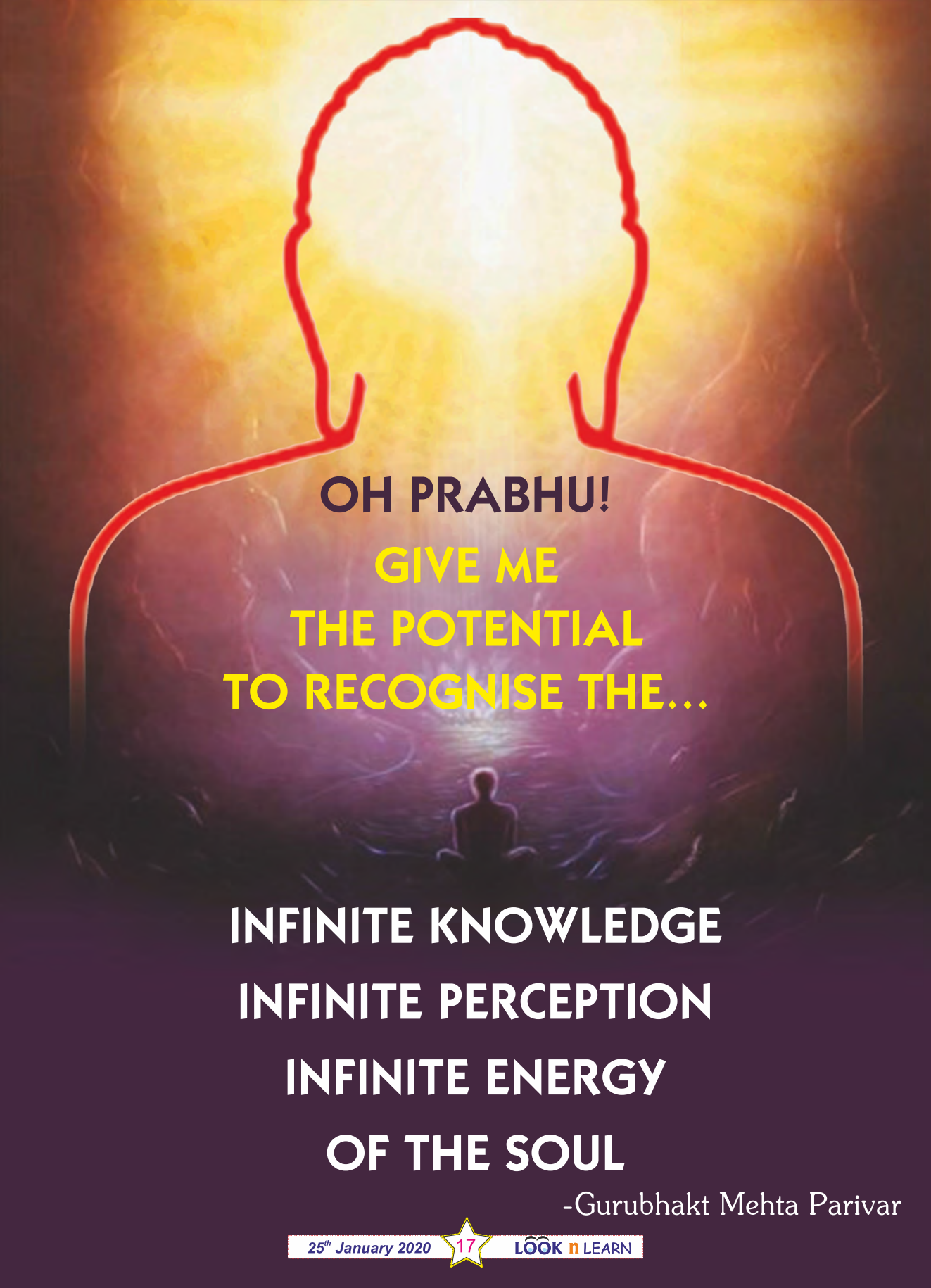


Seeing Sunil's compassion, mom was very happy and her eyes were filled with tears. She also felt proud of her son.

Giving a little hand to someone may not affect us but that may mean a lot to others! So always keep helping!

Let's be always helpful!





OH PRABHU!
GIVE ME
THE POTENTIAL
TO RECOGNISE THE...

INFINITE KNOWLEDGE
INFINITE PERCEPTION
INFINITE ENERGY
OF THE SOUL

-Gurubhakt Mehta Parivar

Australia : “Shubh Thao aa Sakal Vishwanu”

A unique approach for subsiding the furious Australian fire....

Let's recite 2 stanza's of a very well known stotra of Jainism that is “ Shree Bhaktamar Stotra”. In grace of our 1st Tirthankar Parmatma, Shree Rhushabhdev Bhagwan.

This stotra is believed to be extremely powerful for controlling this kind of forest fire. Let's pray... May this fire calm down, May their sufferings settle down.

“तुभ्यं नमस्त्रिभुवनार्तिहराय नाथा।”

“Tubhyam Namastribhuvanartiharaya Natha”

O Parmatma! You have the potential to set the universe free from miseries! I bow down in utmost reverence.



“तुभ्यं नमः क्षितिबलामलमूषगाय।”

“Tubhyam Namah Kshititalamalabhushanaya”

O Bhagwant! I bow down to Your impeccable virtues which are the most supreme in this universe.

“तुभ्यं नमस्त्रिदुगतःपरमेश्वराय”

“Tubhyam Namastri Jagatah Parameshvaraya”

O Supreme Lord of Tribhuvan – the three realms. I offer my devotion with utmost respect.



“तुभ्यं नमो जिन । भवोद्धधि शोषणाय।”
“Tubhyam Namō Jina! Bhavodadhi Shoshanaya”



Hey Jineshwar Parmatma! Only Your blessings and Your refuge can terminate my infinite wanderings and cycles of rebirth. O Parmatma! I offer my salutations at your feet!

“कल्पांतकाल - पवनोद्धत - वह्निकल्पं”
“Kalpantakala – Pavanoddhata – Vahnikalpam”

O Jineshwar! Even the devastating wildfire advancing with strong winds.

“दावानलं ज्वलितमुज्ज्वलमुत्सफुलिंगम्”
“Davanalam Jvalita Mujjavala
Mutsphulingam!”

Furious flames emitting sparkles that are sky touching.

“विश्वं जिघत्सुमिव सम्मुखमापतन्नं”
“Vishvam Jighatsumiva
Sammukhamapatanatam”

A stupendous fire that can engulf and destroy the world.

“त्वन्नामकीर्तनजलं शमयत्यशेषम्”
“Tvannamakirtanajalam
Shamayatyashesham”

Can be extinguished in no time, O Lord! By the soothing and calming remembrance of Your glorious name!

We appeal everyone to recite this stotra for peace and welfare of these animals.

With the inspiration of Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb, Arham Yuva Seva Group has been involved in various socio-economic welfare activity for past many years and have been able to provide a platform for carrying out life-changing experiences for many



Paramdham Ashram, Valkas



Along with 170+ kids various activities like blanket distribution, games, dance along with music were performed to imbibe the qualities of humanity in them followed with lunch.