

2020

# LOOK N LEARN CHILDREN'S JAIN MAGAZINE

25<sup>th</sup> February 2020 | Every Fortnight | English, Hindi & Gujarati

## A Mystical Mantra by Param Gurudev Shree!

મને જે આવડે  
છે એજ  
examમાં આવશે...  
અને જે examમાં  
આવશે, તે મને  
આવડે છે...

*Special Examination tips!*

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## A note from the Editor:



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

LOOK N LEARN  
Children's Jain  
MAGAZINE

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# Did You Know

हमारे दूसरे तीर्थंकर परमात्मा श्री अजित नाथ स्वामि हैं। क्या आप जानते हैं उनका नाम अजित क्यों रखा गया?

माता के गर्भ प्रभाव से पिता राजा जितशत्रु का पराक्रम-प्रभाव अद्वितीय रूप में बढ़ने लगा। दुर्दान्त शत्रु भी आकर उनके सामने झुकने लगे। लोग कहते, “राजा जितशत्रु तो आज संसार में अजेय चौद्धा हैं। उन्हें कोई जीत नहीं सकता, वे अजित हैं”। पुत्र जन्मोत्सव के समय इसी प्रभाव का स्मरण कर राजा ने पुत्र का नाम अजित कुमार रखा।

Our 2<sup>nd</sup> Tirthankar is Shree Ajitnath Swami. Do you know the speciality of his name?

When baby Parmatma was in the mother's womb, the influence of the father, King Jitshatru enhanced to an extent that even the enemy kingdoms sought and negotiated friendly treaties with him. It became a common practice to say "King Jitshatru is invincible (Ajit). With this in mind, the king named the new born as Ajit Kumar.



आपको मालूम है, हमारा जन्म कहाँ कहाँ हो सकता है?  
Do you know which different places we might take birth?

# Tatva Vibhag तिथी Tithi

प्यारे बच्चों, जब हमारा मनुष्य भव पुर्ण हो जाता है तब क्या हमारा मनुष्य गति में ही पुनर्जन्म होता है? भगवान् कहते हैं के हमारा अंत नहीं होता, परंतु हमारे कर्मों के अनुसार हमारा अगला जन्म होता है।

Dear kids, when we die, does everything get over or do we get rebirth? Bhagwan says, depending on our karmas, we get our next birth.



## देव गति - Dev Gati

अगर हम तप-त्याग करे, दीक्षा लेके आत्मा की विशुद्धी करे, सच्चे श्रावक बने, दया-करुणा रखे, परमार्थ के कार्य करे, समभाव से दुःख सहन करे तो हमे देव गति मिलती है।

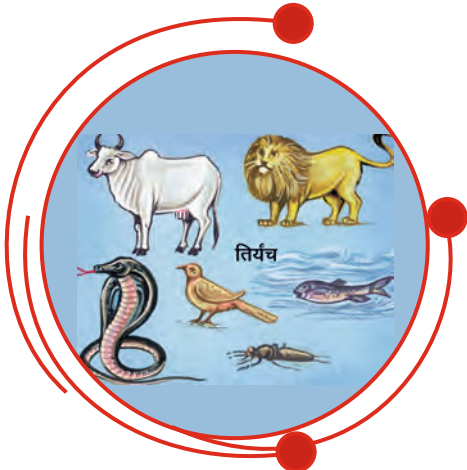
If we are kind, compassionate, practise penance, tolerate the discomforts, take diksha to purify our soul, follow the rituals of a shravak, then we are born as a celestial being.



## मनुष्य गति - Manushya Gati

अगर हम क्षमा, नम्रता, संतोष, सरलता, विनय, विवेक, दया और करुणा जैसे गुण आत्मसात करे, पाप करने से डरे और बचने का प्रयत्न करे तो हमे मनुष्य गति मिलती है।

If we nurture good qualities like forgiveness, satisfaction, simplicity, modesty, kindness and compassion in us then we are born as a human being. He who is afraid of sins is born as a human.



## तिर्यच गति - Tiryanch Gati

अगर हम झूठ बोले, चोरी करे, छल-कपट करे किसीको ठगे, इर्ष्या व अभिमान करे, गुस्सा करे, लालच करे, खाने-पीने के शोक रखे तो हमें तिर्यच गति मिलती है।

If we speak lies, rob, cheat, make fun of others, get angry, get greedy, then we get birth as an animal. It could in any form from an insect to a wild animal or a reptile.



## नरक गति - Narak Gati

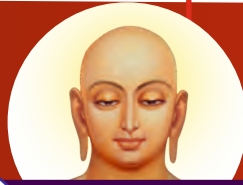
अगर हम हिंसा करे, मांसाहार करे, दूसरों को दुःख पहुँचाये, हमें मिली हुई इन्द्रियाँ और मन, वचन, काया का गलत उपयोग करे तो हमें नरक गति मिलती है।

If we indulge in violence, eat non-vegetarian food, hurt others, or use our senses, our mind, our speech, our body for wrong deeds, then we get birth in hell (narak).

## 2 types of Gati



1  
सद्गति गति  
Sadgati



1) सद्गति गति  
Sadgati

## गति के २ प्रकार हैं

2  
दुर्गति गति  
Durgati



जिस गति में हमें परमात्मा, परमात्मा का शासन, परमात्मा का धर्म और देवगुरु मिलते हैं, वह है सद्गति जैसे देव और मनुष्य गति उसमें भी मनुष्य गति सर्वश्रेष्ठ है, क्योंकि मनुष्य भव में हम तप, त्याग और साधना द्वारा अपने कर्मों की निर्जरा करके सिद्ध बन सकते हैं।

The birth in which we get Parmatma, His regime, His dharma, and dev and guru, one is born in a good state of existence( gati). He may be born as a human or a celestial being, out of which human birth is better as he can engage into spiritual practices to shed his karma and attain liberation.

## 2) दुर्गति गति Durgati

जिस गति में देव, गुरु और धर्म का शरण और अनुशासन नहीं मिलता, वह है दुर्गति। जैसे नरक और तिर्यच गति।

The birth in which we don't get the support of dev, guru and dharma is durgati like narak and tiryanch gati.



क्या आपको पता है, हमारे अगले जन्म की गति कौन-से दिन निश्चित होती है?

**Do you know on which day our next birth is decided ?**

हमारी आत्मा तिथी के दिनों में जैसे आठम, पूनम और अमावस्या को ज्यादा कंपन अनुभव करती है। इन दिनों में हम जैसी प्रवृत्ति करे, जैसे भाव करे, जैसे कार्य करे वैसे हमारे कर्म बंधते है और इन्ही दिनों में हमारा अगला जन्म निश्चित होता है।

Our soul experiences more vibrations on the tithi days like aatham (8<sup>th</sup> day of every fortnight), chaudas (14<sup>th</sup> day of every fortnight) compared to normal days. The kind of acts we do and the kind of thoughts we perceive on these days decides our karma as well as our next birth.



# तिथी के दिनों में क्या करना चाहिए और क्या नहीं करना चाहिए?

## The do's and don'ts for a tithi day



दाल-अनाज (कठोळ)  
खा सकते हैं  
(हरी सब्जियाँ न खाये)  
Eat pulses and lentils  
(Don't eat green  
vegetables)



लडाई या मारपीठ  
न करे  
Don't fight



जितना बन सके उतना  
मौन करे  
Try to be in silence  
as much as possible  
(maun)



नाटक या सिनेमा  
न देखे  
Don't watch movies  
or dramas



गरीब और भूखों को  
खाना दे  
Donate food to the  
hungry and poor



रात्रि भोजन न करे  
Don't eat at night



स्वाध्याय करें  
Read a religious  
book



बुरे शब्दों का उपयोग  
ना करे  
Do not use  
bad words



देव-गुरुदेव के  
दर्शन करे  
Go for Dev-Guru  
darshan



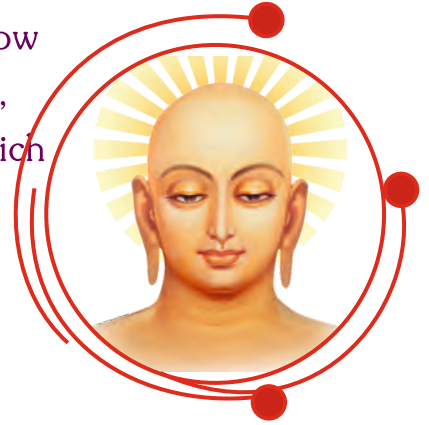
रेस्टोरन्ट/हॉटेल में  
न खाये  
Don't eat out in  
a restaurant

तिथी पालने से क्या लाभ मिलता है?

What are the benefits of following Tithi ?

तिथी का पालन करना यह परमात्मा की आज्ञा है। परमात्मा की आज्ञा का पालन करने से ऐसे पुण्य का बंध होता है के जिससे सद्गति की प्राप्ति होती है और परमात्मा के धर्म की अनुकूलता मिलती है।

It is Parmatma's Aagna to follow tithi. By following His instructions, we bind good karmas because of which our chances for a good birth increases and we will be blessed with his dharma in future.



शाकभाजी, कंदमूल और कठोळ में क्या फरक है?

What is the difference between vegetables, underground roots and pulses?



- ▶ कंदमूल में सुई के अग्रभाग जितने टुकड में भी अरबो जीव है, There are infinite micro-organisms in underground roots. Even a morsel on tip of a needle will have infinite!
- ▶ उसी तरह सब्जी में भी असंख्यात जीव है। Vegetables have uncountable micro-organisms.
- ▶ जबकी कठोळ के एक दाने में एक जीव है और उन्हें हम गिन सकते है। Pulses have micro-organisms that are countable.

क्या दुर्गति में जाना अच्छा लगता है? तो फिर क्या हम कंदमूल खा सकते है? आप ही निर्णय करो!

Do we like to go in dur gati? No? Then should we eat kandmul? You have to decide that!







# Think???



Do you like to go in bad Gati?

We want our next birth in good gati. then, is it right to eat underground roots?

We have to decide our path and make the right choice!



**Alert Bell**  
March 2020

Lets follow Tithi

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						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					

Auspicious days

- - Aatham
- - Pakhi
- - No Holi Day!
- - Aayambil oli starts

Check your Past  
and  
Think for Future.

तो केहवुं नहीं पडे के धर्म करो



# Mind Palace!

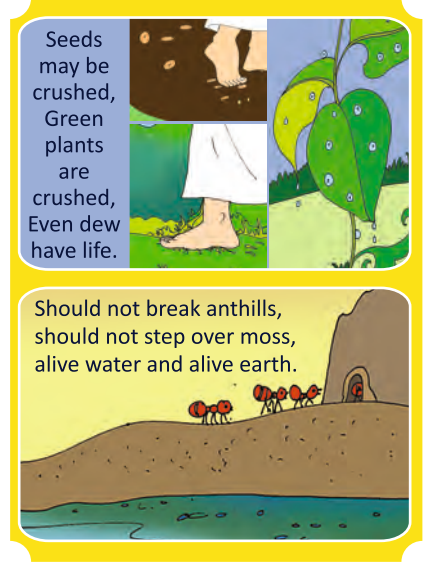
## Kanthastha Time!

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

Didi says... You need Parmatma's word in your mind and heart so you can remember it, review it and implement it right when you need it. So... Let's Start

### Lesson - 3 Iriyavahiyam Sootra

- Beeyakkamane - I may have crushed the seeds  
बीयक्कमणे - (सचित्त) बीज कचर्या होय
- Hariyakkamane - I may have crushed green plants  
हरियक्कमणे - लीली वनस्पति कचरी होय
- Osa - Dew  
ओसा - ओस, झाकळ, ठार
- Utting - The ant hills  
उत्तिंग - कीडीयारां वगरे जीवो ना दर
- Panag - The moss of five colours  
पणग - पंचवर्णी लील, फूग, शेवाळ
- Dag - The live water  
दग - सचेत्त पाणी
- Mattee - The live earth  
मट्टी - सचेत्त माटी



### Let's learn by tracing...

बीयक्कमणे

हरियक्कमणे

ओसा

उत्तिंग

पणग

दग

मट्टी



# The Appreciate Family Tree



-Gurubhakt Mehta Parivaar

Hello kids! Parmatma says, the more you see the goodness in others, more the virtues you imbibe! Stick photos of your family members and write one good quality below each.

# Let's Play and Pray together

## Today's Niyam

Give food to needy people

Benefits of this Niyam

You will get blessings from them.

You will bind punya in your punya bank.

In future you never beg food.



tumble®

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Mob : 9768077759 / 7977045129

*The results you see  
will highly depend on your*



*Discipline in life*

*Consistency is  
the key to success*



## LET'S FLY HIGH

## Little Talk with Little Hearts



Mr. Sanghvi was travelling in a plane. Soon the plane took off successfully. After flying high, due to some technical problem the plane started to shake vigorously. All the passengers started screaming in fear. What will happen now? Will we land alive? Everyone was nervous.

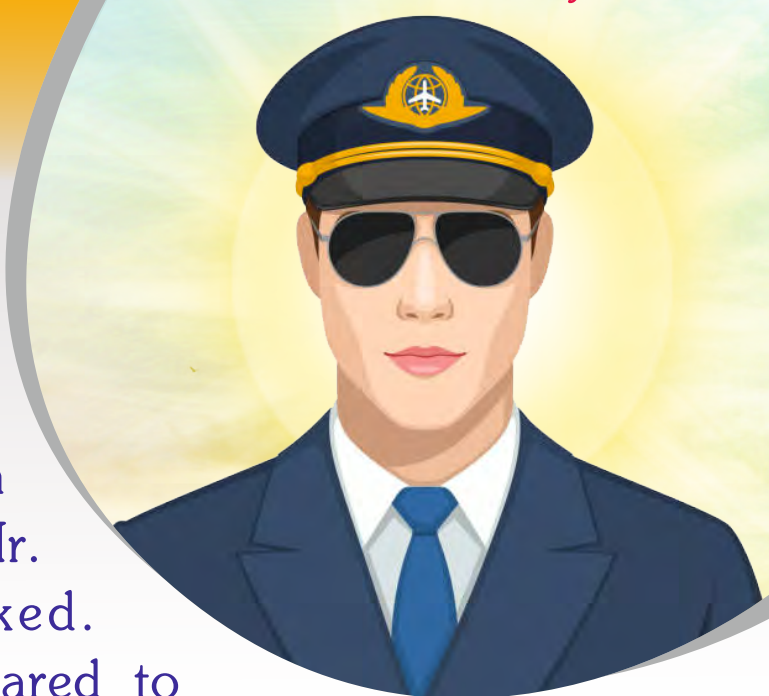


Mr. Sanghvi went near Ria and asked, "Few minutes ago when everyone was in a chaos and panicking why were you so calm and peaceful? Don't you fear death?"

Little girl Ria said, "My father is the pilot of this plane and I know that he will never put me trouble! I have full faith on my father."

At that time, a small girl Ria was very calm and unaffected from situation. Seeing this Mr. Sanghvi was shocked. Why the girl isn't scared to die? Didn't she listen to the announcement?

Soon the technical problem was solved and all were safe.



Similarly,

Let's make Parmatma the Pilot of our life!

He is our Guiding light. He will always protect us. Let's keep immense faith like that little girl had in her father and trust him. This trust will bring peace, equanimity, stability in our lives all phases of our life and all circumstances.

Let's embark on his flight and reach our ultimate destination Moksh.



**The  
Pilot  
of my  
Life**

**PARMATMA**



**S**afely,  
Securely and  
soon.

Happy  
Holi

How safe are the  
colours we use?



Green colour obtained from copper sulphate can cause allergy in eyes or even temporary blindness. Silver is obtained from aluminum bromide known as carcinogenic. Red is obtained from mercury sulphite may cause skin cancer.

Purple is obtained from chromium iodide which may cause bronchial asthma or other forms of allergy. Powdered glass is been added to shiny colors. Black oxide may cause renal.

When we ignite holi fire, when we throw water balloons or by playing with colors we hurt earthbeings(pruthvikaay), waterbeings(aapkaay), firebeings(teukaay), airbeings(vayukaay), plantsbeings(vanaspatikaay) and traskaay-jivas(animals and birds kingdom).





# ABHAYDAAN!

Pruthvikaay  
(land beings)

Aapkaay  
(water beings)

Teukaay  
(fire beings)

Vayukaay  
(air beings)

Vanaspatikaay  
(plant beings)



This Holi  
let's burn  
our vices like...

- ❖ Greed
- ❖ Theft
- ❖ Fear
- ❖ Ego
- ❖ Jealous
- ❖ Lies

Let's play  
this Holi  
with  
colours of...

Compassion

Happiness

Kindness

I will not  
hurt anyone

Care

Peace



# Success in 2020 Exam

Points to  
keep in  
mind  
during  
exam  
days



Meditate,  
Relax and  
stay calm ...  
Be like a turtle  
at ease in  
your shell



I can do it!



Go to bed early and  
sleep well



Wear  
comfortable  
clothes



Chant Shree  
Namaskar  
Mantra  
before  
starting  
the exam  
paper



Eat a healthy  
breakfast  
before appearing  
for exams



Prepare all  
your stuff and  
your bag  
the night  
before



Do not  
mess with  
other's and  
waste your  
energy



Write answers neatly  
and erase worries  
completely



Attempt  
all the  
questions



Review your  
answersheet  
and make  
sure all the  
questions  
are answered



Concentrate  
on paper and  
be positive

Follow all directions  
Read each question  
and answer  
them  
carefully



Plan something  
fun to do  
after your  
board exams

## आगम गाथा

कहं चरे कहं चिष्टे,  
कह मासे कहं सभे  
कहं भुंगंतो भासंतो,  
पावकम्मं न बंधई ॥



### अर्थ

साधुओअे/ संयमी आत्माओअे केवी रीते चालवुं, केवी रीते उभा रहेवुं, केवी रीते बेसवुं, केवी रीते सुवुं, केवी रीते भोजन करवुं, अने केवी रीते बोलवुं के जेथी कर्म (अशुभ कर्म) बंध न थाय.

To avoid binding negative (ashubh) karmas, there are some defined ways to walk, stand, sit, sleep, eat and talk for all the Jain ascetics and those yearning to be on the path of sainthood.

