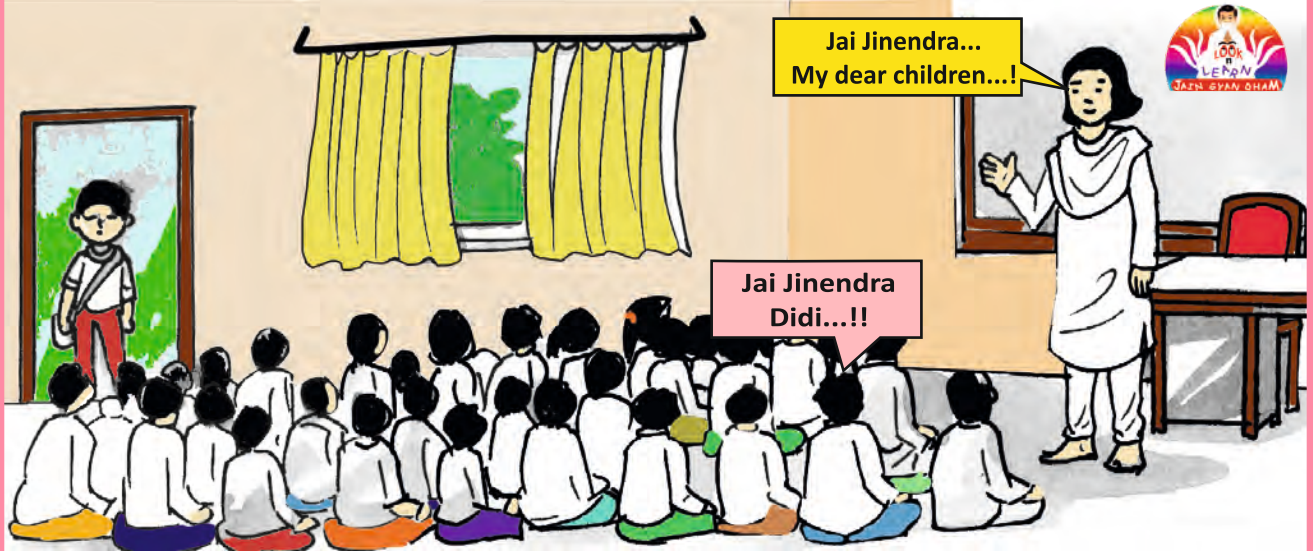


# LOOK N LEARN CHILDREN'S JAIN MAGAZINE

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

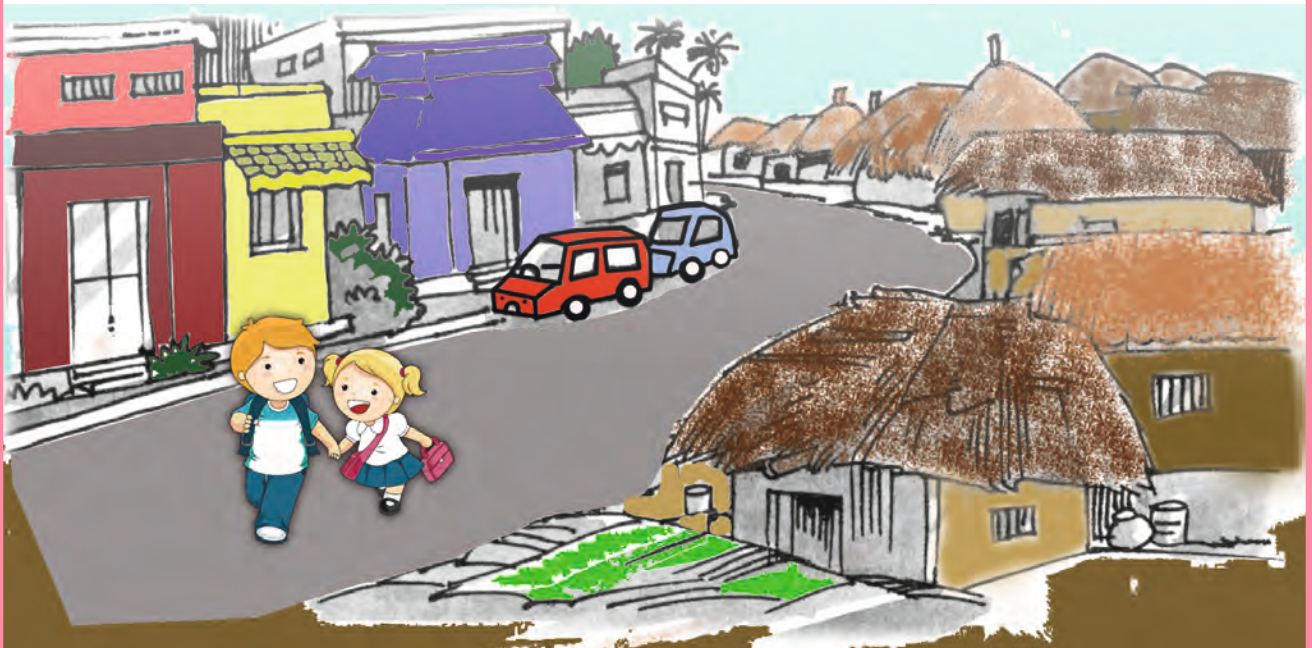
IF YOU CAN'T GO OUTSIDE, GO INSIDE!

"SHUBH THAO AA  
SAKAL VISHWA NU"



**Prati** : Didi, yesterday when I was passing through a street I saw a row of beautiful bungalows of rich people on one side of the road and a row of small huts on the other side. Didi, One has grand bungalow and the other a small hut... why this difference ?

**Didi** : This is due to their Karmas. Parmatma says one gets everything in life according to his own Karma. This difference of lifestyle is due to one of the Karma, it is known as ... '**Vedniya Karma.**'





- Preet** : Vedniya Karma is the third type of Ghati Karma, isn't it Didi?
- Didi** : Yes, Preet! Vedniya Karma is one which is responsible for the feelings of pleasure and pain in our lives.
- Kunali** : It means the reason of our happiness and sadness is Vedniya Karma?
- Didi** : Yes, Kunali! Vedniya Karma are of two type,

### Shaata Vedniya Karma



### Ashaata Vedniya Karma



- Prati** : Didi, what will we get due to the effect of Shaata Vedniya Karma?
- Didi** : We will get peace, pleasure, good health, happy family and all comforts.
- Kunali** : And what will we get by Ashaata Vedniya Karma?
- Didi** : We will get unhappiness and discomforts.
- Preet** : Now I understand, my sister has the effect of Shaata Vedniya Karma. Hence, she lives in a bungalow while her servant has Ashaata Vedniya Karma. So he has to live in a hut.
- Didi** : Right Preet..!
- Prati** : Though Jay and Vijay are brothers, Jay is very quite and Vijay is disturbed.
- Didi** : Because Jay is enjoying Shaata Vedniya Karma and Vijay is under the effect of Ashaata Vedniya Karma.



**Prati** : Didi, My neighbour always remains sick even though he eats only hygienic food whereas my helpers like watchman and milkman are more healthy and rarely fall sick. I wonder why?



**Nutritious food**



**Our helpers**



**Simple Food**

**Didi** : Because, he is under the effect of Ashaata Vedniya Karma and our helpers are enjoying the effect of Shaata Vedniya Karma.

**Kunali** : Didi why do we see in some family, members are happy and in some family people are always shouting at each other?



**Happy Family**



**Sad Family**

**Didi** : Because Kunali, few families are enjoying the effect of Shaata Vedniya Karma while few are under the effect of Ashaata Vedniya Karma.





Prati

: Didi, I have seen some people have everything in their life: house, car, helpers, money and people who love and care for them where as...

There are some who lack even the basic necessities of food, shelter and clothes. Why is there a wide gap? Is this also because of Vedniya karma?

Didi : Yes, Children! Vedniya Karma is compared to a knife with a layer of honey on it. What will be the consequence if one tries to eat the honey?

Preet : The sharpness of knife will injure the tongue, right?

Didi : Right! Similarly Vedniya Karma plays a dual role. First it makes you happy with the taste of honey and then comes the suffering and pain. Vedniya Karma gives both: happiness and pain, as when one is engrossed in worldly pleasures one forgets to do the right things for the upliftment of the soul.



**Didi :** There are 10 reasons for the bondage of Shaata Vedniya Karma...



### 1: Dedication towards Dharma

**Sheetal :** I always follow the instructions given by my Param Gurudev.

**Nehal :** I attend Look n Learn class, our didi teaches us the preachings of Parmatma Mahavir. I try to implement those principles in my day to day life.

### Obeying Guru Agnaa is Bhakti





## 2: By respecting elders...

**Ronak** : Dadaji, do you want to go to upashray? Come, I will drop you..!

**Dadaji** : But, you have to go to Reshma's Birthday Party...!

**Ronak** : Doesn't matter Dadaji, I will go there a little late...!

### Being Humble makes you Lovable



## 3: By forgiving...

**Aditya** : Sorry aunty, I broke your vase while I was playing.

**Aunty** : Don't worry... Aditya, It could have been broken by me also... Don't get upset...!

**Aditya** : Does It means you have forgiven me?

**Aunty** : Yes of course!

### God bless you



#### 4: By Having faith in Religion...

**Sonil** : Why are you not eating potato and onion ? What's wrong in it?

**Reena** : It is mentioned in our Jain religion, that eating potatoes and onions causes death of infinite jiv.

**Sonil** : Religious books are for old people, We don't have to believe in it.

**Reena** : No Sonil this is said by Parmatma and is written in Aagam and also proved by scientists.



#### 5: By serving Sadhu - Sadhviji...

To serve selflessly is to serve Parmatma

**Shweta** : We must offer gochari to Sadhu Sadhviji with utmost reverence and gratitude.

**Nehal** : Serving Sadhu-Sadhviji is called Supatra daan. By doing Supatra daan we bind good Karmas.





## 6: By having mercy and compassion

**Pankaj** : Let me kick this dog and teach him a lesson, why is he barking and disturbing me!.

**Chintan** : Pankaj! What are you doing? We can't hurt any living being.

**Pankaj** : But the dog is so annoying!

**Chintan** : Just as you get hurt, they also feel pain. Will you like it if someone hits you? All living beings have the same feelings as you have! Our Parmatma says that we should follow Ahimsa and love all!



## 7: By giving Donations

**Dhruv** : Jyoti, where are you taking this money?

**Jyoti** : I am going to donate my pocket money to the needy.

**Dhruv** : But you wanted to buy an I-phone from that money... Right?

**Jyoti** : No I am happy and satisfied with my old phone. This money will be useful for others.



## 8: By serving sick people

**Rima** : Sheena, let's go for a movie...

**Sheena** : No... Rima, I am going to hostel... Sohan is not well, he has fever... I want to serve him and take care of him.

**Service gives more satisfaction than enjoyment.**



## 9: By conquering over passions...

Control your Greed and Desires!

**Bhavita** : Sohali, I have seen a new dresses in the Mall... Let's buy it...!

**Sohali** : Bhavita, we have so many new dresses and some of them we haven't even worn once... Then, why to buy a new one...?







Good appearance  
and healthy body



Good food



Good mind... Good thinking...



Good friends and family

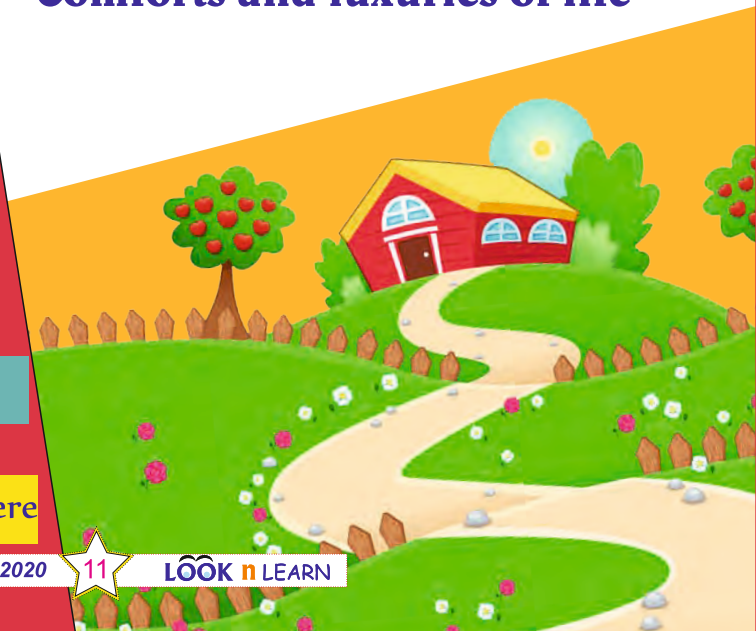
Good clean and hygienic atmosphere

# Benefits of Shaata Vedniya Karma.

Didi : Shaata Vedniya Karma gives...



**Comforts and luxuries of life**



## Reasons for the bondage of Ahsaata Vedniya Karma :

(1) By disrespecting Guru.



(2) By insulting the elders.



(3) By torturing others.



(4) By making someone cry, by hurting or by harming living beings



(5) By frightening someone.



(6) By caging the birds & animals.



**I will  
keep  
right  
attitude  
with  
everyone**



## How to shed with Ashaata Vedniya Karma ?



(1) By being Compassionate.



(2) By behaving well.



(3) By consoling others



(4) By making someone happy



(5) By serving the one who practices Penance.



(6) By serving Sadhu-Sadhviji.

**I will  
keep  
right  
attitude  
with  
everyone**

# Let's change Ashaata Vedniya Karma

## Shaata Vedniya Activity Wheel

**Arugg Bohilabham**  
Oh Parmatma  
I have true faith  
in You, please bless us  
with good health,  
peaceful mind  
and soul

**Uvassagaharam Passam  
Passam Vandami**  
I bow down to  
Parshwanath Bhagwan  
who is free from  
all Karma

**Khamemi Sava Jiva**  
I forgive all living  
beings, keeping no  
grudges for anyone  
in my heart

**Shubb Tho Aa Sakal  
Vishwa Nu**  
I pray for the  
wellbeing of the whole  
Universe

**Tassa Michami Dukdam**  
I seek forgiveness from  
all living beings  
"I am Sorry"

**Santi Santi Kare Loe**  
Hey Shantinath Parmatma  
let good health &  
peace prevail in  
Universe

**Punya  
Wheel**

**faith**

**hope**

**pray**

Spin the wheel of the Punya and chant the Mantra where the arrow stops and get the positive vibrations.

**“Shubh thao aa sakal vishwa nu”**



**Why don't we follow the foot steps of Parmatma without learning a lesson?**

**Vinay :** Hi Vivek! Nice to see you after a long time. How are you? How are your parents.

**Vivek :** Hi Vinay! All is well but my mother is not well. She has many health issues. There are no positive results even after medications.

**Vinay :** My father who is a doctor by profession says that food habits in Jainism, which are preached by our Parmatma are recently proved to be healthy by the scientists. I am a student of Look n Learn Jain Gyan Dham. There they teach us what to eat, where to eat, how to eat and what is not good to eat.



## **Did you Know?**



After 12½ year long period of extreme spiritual practices Shraman Bhagwan Mahavir had acquired the ultimate perception (Keval Darshan) and ultimate knowledge (Keval Gnan). After His enlightenment the remaining 30 years of His life were devoted to the welfare of the world.





Vivek : Wow! our Parmatma Mahavir is a Super Scientist. He had divine knowledge 2600 years back which is scientifically proven today.



Vinay : We should always have boiled and filtered water because there are innumerable jiv in every drop of water and even doctors suggest to have boiled water during any infection or disease because it is free from all impurities and diseases...

Vivek : Yes, my mother was told to have boiled water when she was suffering with stomach infection.

Vinay : Jainism believes in Chouvihar i.e. having dinner before sunset. Many bacteria develop on food after sunset. Even doctors are nowadays suggesting for early dinner for the proper digestion of food and to avoid gastric problems.



Vivek : Wow! I will tell my mother to cook food early so that we can have our dinner before sunset thereby I will also follow Parmatma's agna .



Vinay : Jainism recommends us to have pulses and green vegetables. We should not have vegetables grown under the ground like onion, potato, garlic... etc because there are infinite minute organisms in them. Nowadays even doctors suggest their patients to avoid having junk food, readymade packaged food, or restaurant food which is mostly stale.



Vivek : Oh! Now I will never go to hotels or any other restaurants which serve us Non-vegetarian food.

Now onwards I promise that I will always celebrate my birthday with healthy home made food.

Vinay : Do you have any idea how viruses spread ?



Vivek : Oh no! I just don't know how these viruses are spreading so fast all over the world. Oh God! Corona, the contagious virus has spread epidemically throughout the world. It is virus transmitted from animals to humans. Our Parmatma says to show Compassion towards all living beings.



Vinay : Our Parmatma strictly instructs us to have only vegetarian food. All worldwide doctors are prescribing vegetarian food for long and healthy life.

Vivek : Wow, It's great! Jainism is totally based on scientific principles.

Vinay : Our Jainism says that even while talking we should not hurt vayukaay jiv i.e. micro organisms in air so we should wear a muhapatti while talking.



Vivek : Oh! Now I understand why everyone is wearing masks on their faces. These masks prevent the viruses to enter our body from nose and mouth.



Let's wear a **MUHAPATTI** instead of a **Mask!**

isn't it?





Vinay : It's Asaata Vedniya Karma that we all are facing now a days. Let us pray for speedy and healthy recovery of people suffering with infection. Let's chant for the wellbeing of all...

**“Shubh thao aa sakal vishwa nu”.**



To save the Apakaay jiv we should not bath in waterfall, swimming pool and water park.



## Today's Niyam Drink boiled water for 1 week

We should not sit in boat or steamer because as the boat moves the micro organisms will die. Then is it wise to enjoy boating and hurting micro organisms?

No..... No.... No



We should not take Steam bath, Sauna bath, Jacuzzi or use bath tub because knowinlgy or unknowingly we hurt Aapkaay Jiv.



## Our Jain Aagams have solution for this Corona Virus.

It is a kind request to all of you. If you wish for good health...for your family and yourself, do recite the 46<sup>th</sup> gatha of Shree Bhaktaman Stootra for 27 times everyday.

### भक्तामर गाथा

उद्भूत-भीषण-जलोदर-भार-भुग्नाः,  
शोच्यां दशामुपगताश्च्युत-जीविताशाः।  
त्वत्पाद-पंकज-रजोमृत-दिग्ध-देहा,  
मर्त्या भवन्ति मकरध्वज-तुल्यरूपाः॥



**STOP CORONA**

This maha mantra is the terminator of all illness and helps to enhance good health.

**See the results for yourself**