

LOOK N LEARN CHILDREN'S JAIN MAGAZINE

10th October 2020 Every Fortnight English, Hindi & Gujarati

*How can you be Compassionate more often?
Think about it!*





The earlier incarnation of our 16th Tirthankar Shree Shantinath Bhagwan indicates Him taking the path of discipline that led Him towards the purification of soul, many births before.

As a result of this upliftment during his previous incarnations he was born as Meghrath, the son of king Dhanrath of Pundarikin town in Purva Mahavideh Kshetra.

King Dhanrath gave the responsibilities of the kingdom to King Meghrath and became an ascetic.

King Meghrath was a benevolent and religious ruler. He was Compassionate and protected all living beings. Being a Kshatriya and a warrior He had the chivalry to sacrifice all He had in order to protect those in trouble.

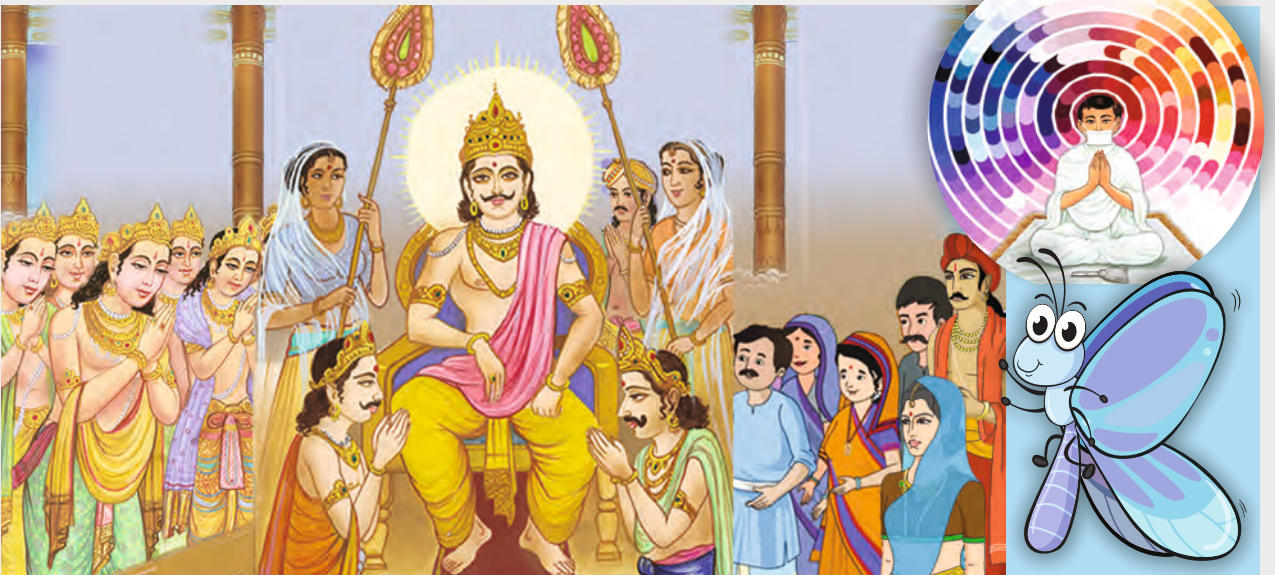
-Gurubhakt Mehta Parivar

Today let's hear more about our 16th Tirthankar Shree Shantinath Bhagwan and learn to be more Compassionate as He was!



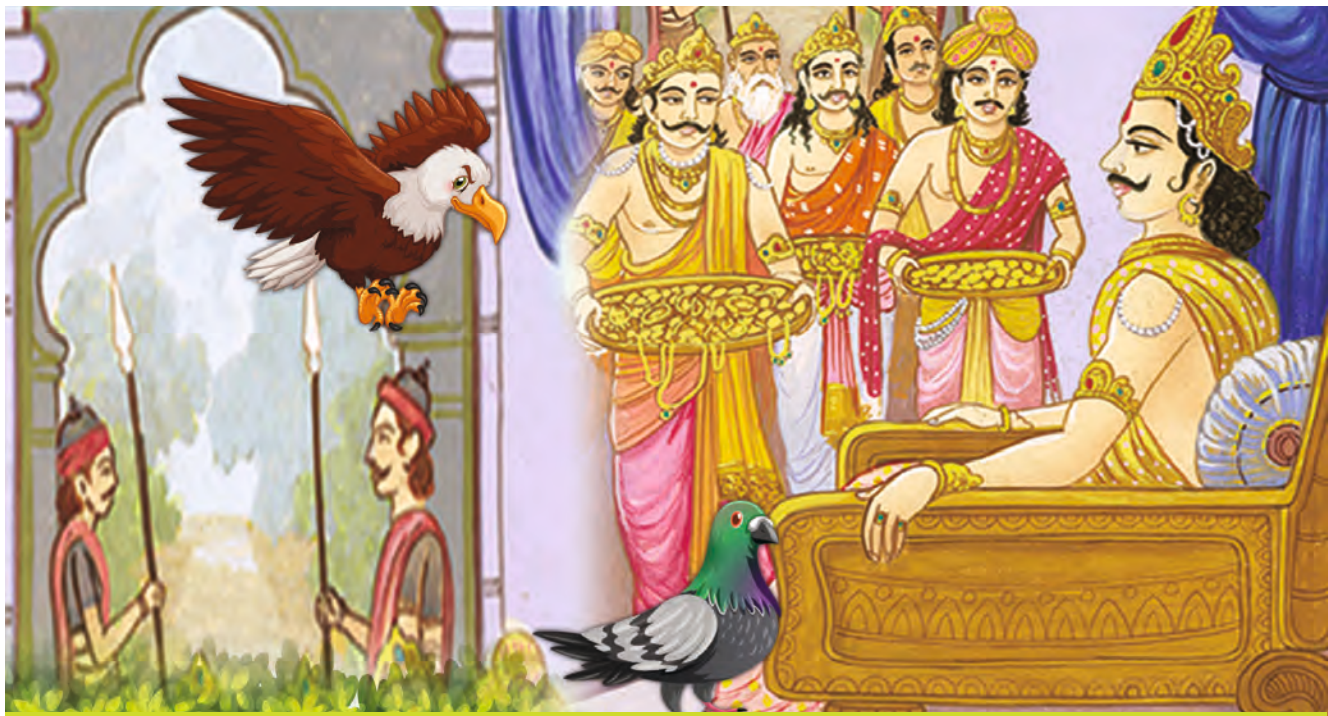


Our 16th Tirthankar Shree Shantinath Bhagwan in his 10th incarnation was born as King Meghrath. Meghrath was a benevolent and religious ruler. His heart was filled with Compassion towards all living beings. He even took the 12 vows of a Shravak.



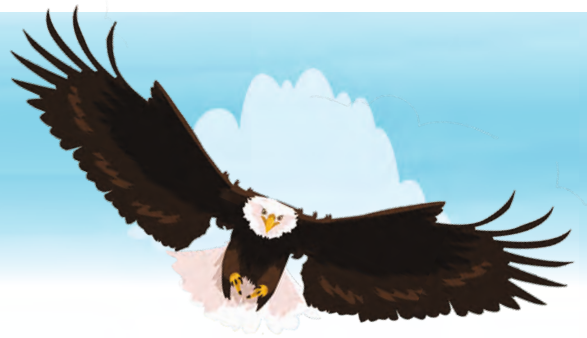
“Mittee Me Savvabhoesu”

I am friendly towards all living beings and I have no enmity



Once a scared pigeon trembling with fear flew to him and requested "Kindly save me, Please protect me". Just then a hawk flew there and said... Hey king, handover that pigeon to me. It is my food.

(The Compassionate king comforted the bird and took it under his protection)



He said... "It is my duty to save and protect a life who seeks my refuge. Kindly do not eat this pigeon only to satisfy your taste buds"



Many times we also behave wrong and throw tantrums to satisfy our taste bud don't we?



Have you ever chased insects for fun?



YES



NO

All living beings have the same feelings of pain and pleasure as we do. By harassing them, by hurting them or by giving them pain we bind Ashubh karma. We should treat all living beings with Kindness and Compassion. We should take care of the smallest living being possible. There are so many ways to give Abhaydaan which you can follow...

Are you following any of them?

Avoid Pesticides

Be careful while closing doors and windows

Always look down and walk

Do not walk on green grass

Avoid plucking flowers

Do not waste food or water

Do not burst crackers

Do not make sand castles



King said “It is sinful to kill or hurt someone. I request you to change your decision”.

Kids have you hurt anyone?
If yes...
Then just close your eyes and seek
Forgiveness
from them!



The hawk said... “I am hungry and this flesh is my food”.

Everyone loves to eat, but the one who understands the art of eating is called a true Jain. A true Jain doesn't eat everything, everywhere & at all times. We all need food to survive, but a True Jain always keeps in mind that he eats to live, he doesn't live to eat. He is always careful about these points... before eating he prays and offers food to Sant-Satiji



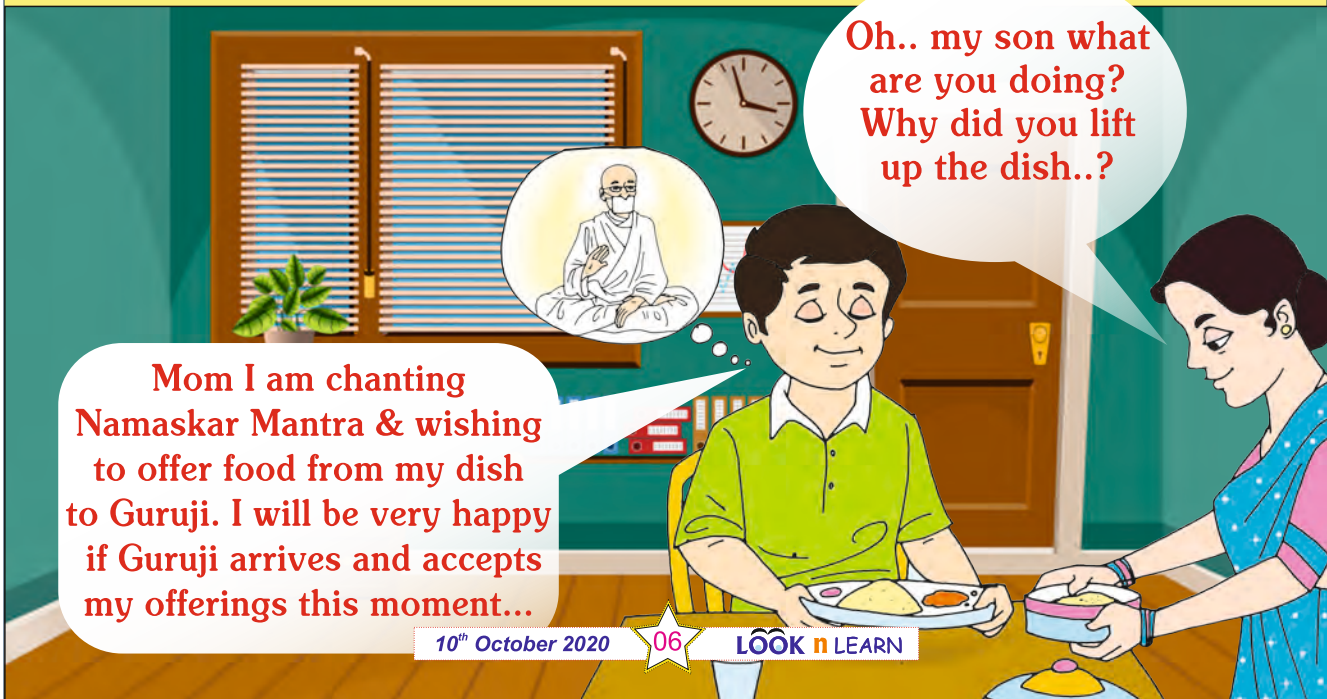
Oh.. my son what are you doing?
Why did you lift up the dish..?

Mom I am chanting Namaskar Mantra & wishing to offer food from my dish to Guruji. I will be very happy if Guruji arrives and accepts my offerings this moment...

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LOOK n LEARN





A Jain always...

On days of Tithi, he avoids consuming leafy vegetables because they have innumerable micro-organisms

He sits and eats food in one place.
He observes Maun (silence) while eating



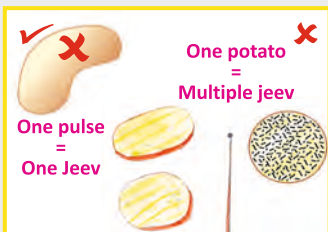
He never eats while lying down / watching TV

He does not eat at roadside stalls & hotels which serves both vegetarian & non-vegetarian food



He consumes food 48 minutes before sunset (Chauvihar) & 48 minutes after sunrise (Navkarshi)

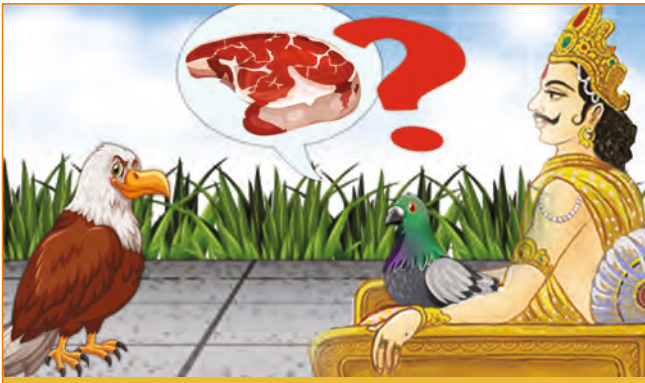
He avoids underground vegetables as it contains infinite micro-organisms



On Tithi it is appropriate to consume pulses as
1 pulse = 1 Jiv

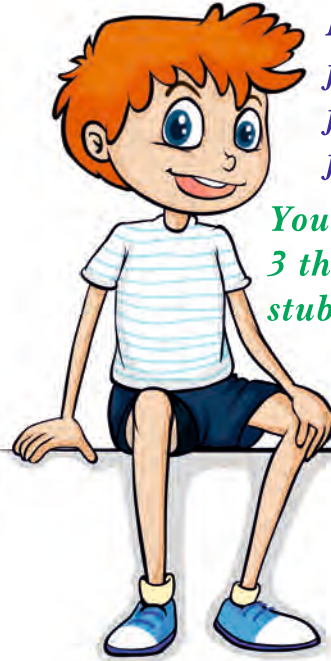
He always shares food with his brother, sister, maid & animals-birds around him like cow, dog, sparrow etc





The king says, you need flesh. I shall provide you with my flesh which will be equal to the weight of the pigeon. The hawk agrees to this condition. The king asks his courtier to bring the weighing scale.

Kid's have you ever been stubborn like the hawk and forced your parents for anything?



*May be for toys?
for new mobile?
for new clothes?
for going out?*

*You can write down
3 things you were
stubborn for...*

On one side of the weighing scale stood the pigeon and on the other side King Meghrath cut open his leg with a knife, removed the flesh from his thighs placing it on the weighing scale.



The pleasure he derived from saving a pigeon was far more than the physical pain he was going through.

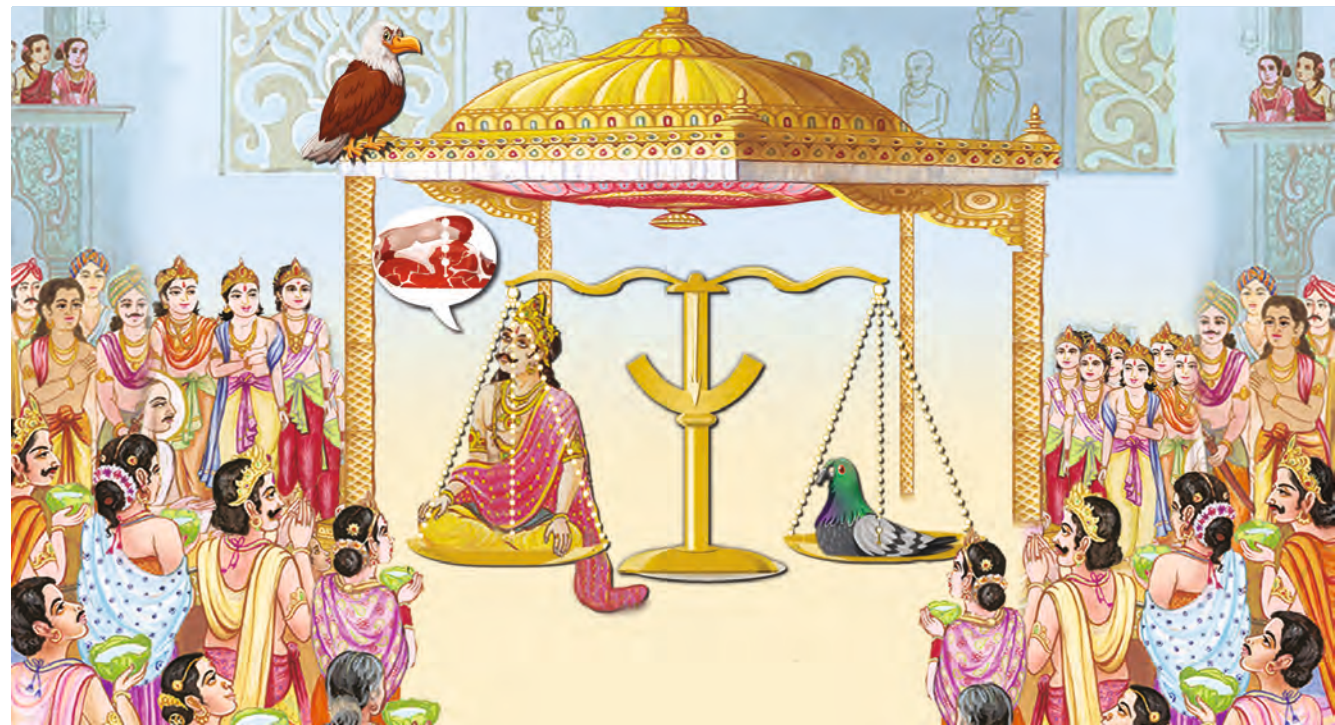


However the pigeon was getting heavier and heavier. The amount of flesh needed to equal the weight of the pigeon kept increasing.



Have you ever experienced the pleasure gained by helping, saving others... Let's always be helpful to someone or the other...





At last the king himself set on the other side of the scale and he said to the hawk... “O hawk! now you can eat me and satisfy your hunger”. It was an incredible sight where a king was giving up his life to save a pigeon.

Suddenly hawk and pigeon both disappeared and in their place two celestial beings appeared and they apologized to the king for their mistake. They told king Meghath that they had come to test his level of Compassion as he was being praised even by Lord Indra dev himself. “Please forgive us”. The devs filled Meghath’s wounds instantaneously and left for his abode.





The environment at the palace was filled with echoes of praises for the king. What an epitome of compassion!



Disturbed by the miseries of the mundane life, he took Diksha and earned the **Tirthankar Naam Gotra Karma**, due to his increasing purity in meditation in the face of many afflictions.

Completing his age he reincarnated in the Sarvarthsiddha Devlok.



From Devlok, the being that was Meghrath descended into the womb of queen Achira, wife of king Vishvasen of Hastinapur.



There was a great storm in the Hastinapur village. There were heavy rains and many other calamities. An epidemic followed these calamities and hundreds of people started dying every day.

On the 13th day of dark half of the month of Jyeshtha, Queen Achira gave birth to the great and glorious son. The birth of Queen Achira's son removed all the miseries and calamities and the new born was named Shanti Kumar(Shanti - Peace), **Our 16th Tirthankar Shree Shantinath Bhagwan.**



King Vishvasen gave the kingdom to Shantinath Bhagwan and became an ascetic. After a long and peaceful reign, Shantinath Bhagwan realised that the moment for His renunciation was approaching.

Shree Shantinath Bhagwan went into the Sahasramravan and became an ascetic, commenced his practices. He attained omniscience under a Nandi tree. He came to Sametshikhar after a long period of wandering and propagating true religion. There, alongwith nine hundred other ascetics, he observed a month long fast then started his final meditation. On the thirteenth day of the dark half of the month of Jyeshtha, Bhagavan Shantinath attained Nirvana.



Let's be like our 16th Tirthankar Shree Shantinath Bhagwan. Let's be Compassionate not only to humans but also towards all animals, birds and smallest living beings and make this world a better place to live in.



Kindness is free, Sprinkle it everywhere!

Show Kindness to birds



Show Kindness to elders



Care for animals



Lend a helping hand

Helping someone makes your day!

I learn to be Kind and gentle with all. I show Compassion towards all living beings. I am Parmatma's child, and so I keep these things in mind...



I hold the door open for someone



I share my things with my friends and siblings



I donate clothes & necessary thing to the needy



I offer food to someone in need today



I spend quality time with my family



I inspire and help my friends with studies



I offer elders a place to sit in train



I help to keep my surroundings clean



I feed birds and animals everyday



I help someone with a chore



I donate a Smile everyday



I gather up toys and other things after playing



I help an elder to cross the road



I gift stationery and books to the needy



I spend quality time with my Grandparents

1

Today , try to do any 3 Acts of kindness

Three horizontal dashed lines for writing.

2

How did it make you feel write it down

A large dashed rectangular box for writing.

Kindness

How did it make others feel?

A large dashed rectangular box for writing.

Write 3 kind words about others

Three horizontal dashed lines for writing.

4



My Mood



Check your mood today throughout the day every hour and put an tick or an cross on the image. Put ✓ for an happy emotion and X for an unhappy emotion.

C
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u
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E
m
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t
i
o
n
s

angry Confused excited happy proud

depressed shocked Kind sad nervous shy worried



ROTI MAHA ABHIYAAN

અર્હમ યુવા સેવા ગ્રુપનું એક ઐતિહાસિક

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રાજકોટ, જુનાગઢ, ગોંડલ,

વડોદરા, ભાવનગર, અમદાવાદ,

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Inspired by Rashtrasant Param Gurudev **Shree Namramuni Maharaj Saheb**

Arham Yuva Seva Group

Lockdown Initiatives

COVID 19 RELIEF WORK



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10th October 2020



LOOK n LEARN

રાષ્ટ્રસંત પરમ ગુરુદેવ શ્રી નમ્રમુનિ મહારાજ સાહેબની પ્રેરણાથી
કોરોના દર્દીઓ માટે સેવા અને સ્વસ્થતાનું કેન્દ્ર બન્યું છે

હે પ્રભુ! પારસધામમાં પામે સહુ સ્વસ્થતા એ જ
તુજ ચરણમાં છે અમારી અંતર આસ્થા !



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PAWANDHAM
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PARASDHAM

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દર્દીઓ

કોરોનામુક્ત થઇ
ઘરે પાછા ફર્યા છે !

PAWANDHAM

877



પ્રભુ નેમનાથની
 પાવનભૂમિ
 ગિરનારની ગોદમાં

તપસમ્રાટ પૂજ્ય ગુરુદેવ શ્રી રતિલાલજી મહારાજ સાહેબના સુશિષ્ય

રાષ્ટ્રસંત પરમ ગુરુદેવ
 શ્રી નમ્રમુનિ મહારાજ સાહેબની સાંનિધ્યે



GLOBAL ONLINE

One Jain આયોજિત

પર્વાધિરાજ પર્યુષણ મહાપર્વ આરાધના અવસરે

દેશ-પરદેશના 125 શ્રી સ્થાનકવાસી જૈન સંઘોનું અને

જૈન જાગૃતિ સેન્ટર, જૈન સોશયલ ગ્રુપ અને જૈનમ ગ્રુપનું અભૂતપૂર્વ જોડાણ

પ્રતિદિન અઠી લાખથી વધુ ભાવિકો ગુરુજ્ઞાન વાણીથી બોધિત થયાં

પૂજ્ય શ્રી પરમ મહાસતીજીઓ દ્વારા વિદેશના સમયાનુસાર પ્રતિદિન 8-8 સેશન્સ

એક સાથે એક સમયે લાખો ભાવિકોએ કરી સામુહિક પ્રતિક્રમણની આરાધના

એક સાથે 70,000 થી વધુ ભાવિકોએ શ્રાવક દીક્ષા અંગિકાર કરી

1000 થી વધુ અઠ્ઠાઈ, નવાઈ, માસક્ષમણ જેવી મોટી તપસ્યા થઈ



ગુજરાતના મુખ્ય મંત્રી
 માનનીય શ્રી વિજયભાઈ રૂપાણીએ
 આ વિશ્વવ્યાપી આયોજન માટે
 પરમ ગુરુદેવને અભિનંદન પાઠવ્યા



ધર્મવત્સલા
 શ્રી બીનાબેન અજયભાઈ શેઠ
 અષ્ટ દિવસના
 સંઘપતિ બની ધન્ય બન્યાં