

LOOK N LEARN

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While going out



While eating



While sleeping



My
Teddy
My
World



While playing



While sleeping



While studying



वस्तु परिग्रह नहीं है,
वस्तुओं पर की आसक्ति परिग्रह है!



Story Time

Be Happy with what you have!

बहुत सालों पहले आदित्य नाम का एक युवा व्यापारी था। उसके पास सुंदर घर, मनोहर गाड़ी और प्यारा परिवार था। वह अपने व्यापार में भी प्रगतिशील था। अपने बच्चों के साथ खेलता, अच्छे से भोजन करता और चैन की नींद सोता।



एक रात उसे सपना आया कि उसके परदादा ने घर के पिछे एक पेड़ के पास सोने के सिक्को का थैला जमीन में छिपाया है। अगली सुबह जब नींद खुली तो उसने जो सपने में देखा था वह याद आया।

Many years ago, there lived a young businessman named Aditya. He had a lovely house, a beautiful car, a loving family and a growing business. He was satisfied in his life, he played with his children, ate well and slept well. One night he had a dream. He dreamt that his great grandfather had buried a treasure of gold coins under a tree in the backyard of his house. Next morning when he woke up he recalled his dream of previous night.



अब उसका पूरा ध्यान उस छिपे हुए धन की खोज में था और वह धन को पाने के लिए व्याकुल था। अब ना वह ठीक से खाना खाता, ना व्यापार में ध्यान दे पाता था, ना बच्चों के साथ खेलने में आनंद आता और ना ही उसे नींद आती। बस उसे सोने के सिक्के का वह खजाना चाहिए था।

अब आदित्य ने घर के पिछे, पेड़ के पास खुदाई शुरू की। खूब गहराई तक खुदाई की पर कुछ न मिला। फिर उसने ईधर-उधर सभी जगह खुदाई कर डाली पर हाथ में मिट्टी के सिवाय कुछ नहीं आया।

Now his mind was obsessed with the thought of finding the hidden treasure. Now, he wasn't able to eat properly, work or play happily with kids or even sleep properly. Now, he was only thinking of getting that treasure of gold coins. He started to dig his courtyard but he did not find anything except mud.

जरूरत से ज्यादा चीजों की इच्छा करना यानी मुसीबत को सामने से बुलाने जैसा है। एक बार जीवन में लालच का बीज बो जाए तो सारी शांति भंग हो जाती है।

Developing greed for more materialistic things means calling for more problems in life. Once you sow the seeds of greed, then you end up losing all the peace in your life.

संतुष्टता से जीवन में खुशियाँ आती है।
संतुष्टता जीवन की बहमूल्य पूंजी है।
जो पाया उसमें संतोष करना चाहिए।

Self contentment brings
happiness. Satisfaction is the
greatest wealth one can have. One
should stay grounded and calm.





उसके दिन का चैन और रातों की नींद उड़ गई। उसकी तबीयत बिगड़ने लगी। व्यापार में नुकसान होने लगा। बच्चों, लालच का कोई अंत नहीं है। खुश रहने की कला आपके पास जो है उससे संतुष्ट होना है। हमारी अपनी अच्छी सोच, अच्छे संस्कार, जीवन में संतुष्टता ही असली खजाना है।

He started having sleepless nights resulting in ill health and loss in business. Kids, greed has no end. The art of being happy is to be satisfied with what you have. Our own thoughts, virtues and satisfaction are our greatest treasure.

Let's take a vow...
of limiting our consumption/accumulation of various things.





Song....

Titli

(tune: <https://youtu.be/LKx2Xq7NmpQ>)

तितली उडी, उडती चली, बच्चों को वह कहती चली... (२)

अगर तुम्हें बनना हे भगवान (२)

बढ़ाने होंगे तुम्हे गुड लक, कम करने होंगे तुम्हे बॅड लक!

करने पापों को डिफ्यूझ, तुम जो कभी करते नही युझ!

उसके लेकर व्रत पच्क्खान... बन सकते हो तुम भगवान!!

तितली उडी, उडती चली, बच्चों को वह कहती चली... (२)

खाने की चिजों की कर लो लिमिट, साबुन शैम्पू की कर लो लिमिट...

नहाने के पानी की कर लो लिमिट, कपड़े, शुझ की कर लो लिमिट...

टॉय्झ और गेम्स की कर लो लिमिट,

उसके लेकर व्रत पच्क्खान, बन सकते हो तुम भगवान!!

तितली उडी, उडती चली, बच्चों को वह कहती चली... (२)

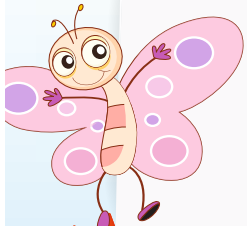
दिशाओं की कर लो लिमिट, वेहिकल्स की भी कर लो लिमिट...

शॉपिंग मॉल की कर लो लिमिट, सिनेमा हॉल्स की कर लो लिमिट...

हॉटेल में जाने की कर लो लिमिट, रिसोर्ट्स में जाने की कर लो लिमिट...

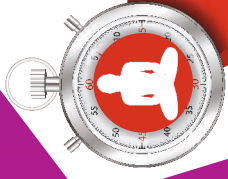
उसके लेकर व्रत पच्क्खान, बन सकते हो तुम भगवान!!

Song written and composed by-
Manishadidi Amit Mehta
LnL Pawandham-Kandivali



I Can...

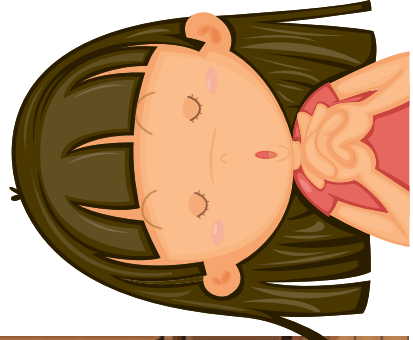
1. I can limit myself from purchasing new clothes.
2. I can limit myself to wearing one pair of clothes for one day.



Let's
Limit!



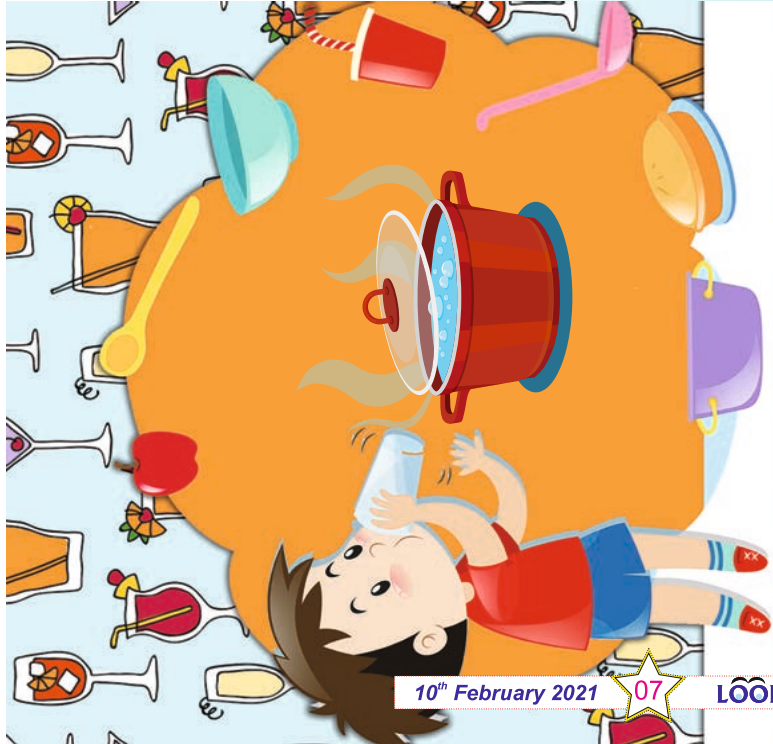
Please
bless me so...



I Will!

1. I will control my taste buds & eat home made food
2. I will do Unodari tapp that is... I will eat less than my appetite.



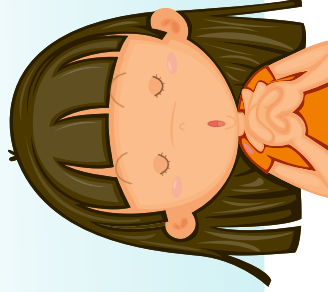


I Can...

1. I can give Abhaydaan to water beings (Apkaay jiv)
2. I can consume boiled water for one day.

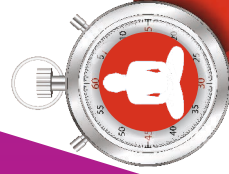


*Please
bless me so...*



I Will!

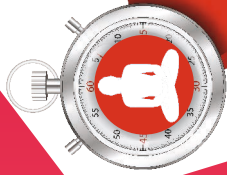
1. I will limit my upbhog paribhog (tooth paste, shampoo etc.) possessions.
2. I will avoid using these possessions for one day.



*Let's
Limit!*

I Can...

- 1. I can not waste water while bathing and washing utensils.*
- 2. I can refrain myself from bathing for one day.*



*Let's
Limit!*

I Will!

- 1. I will learn and share my knowledge with others.*
- 2. I will teach a non-jain friend Namaskar Mantra.*

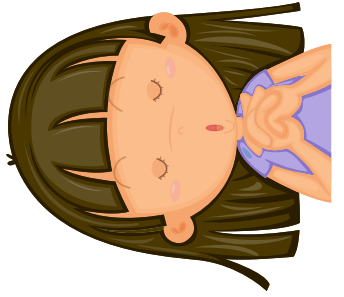


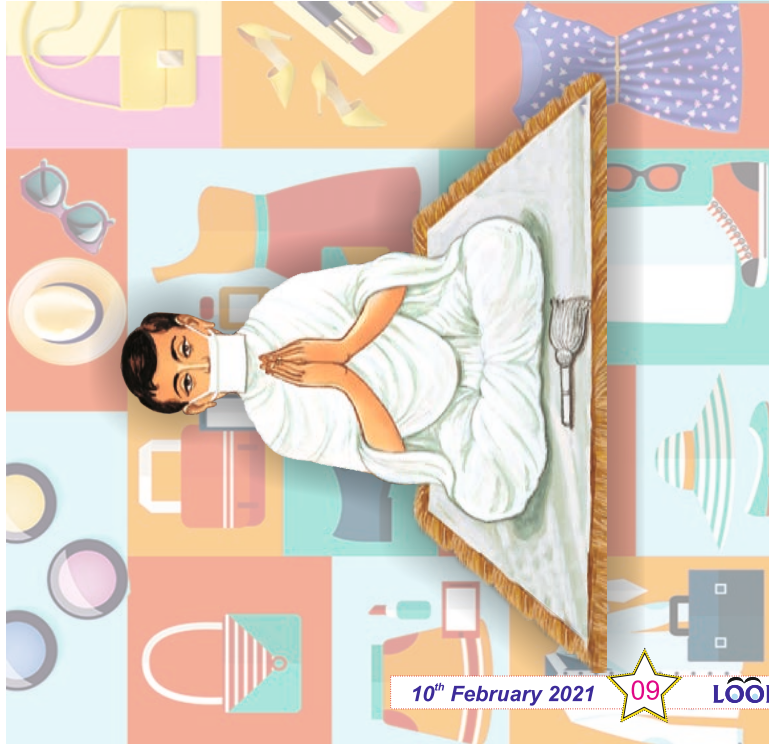
Feeling

Science



*Please
bless me so...*





I Can...

1. I can limit my desires.
2. I can wear sadhu vesh for one day.

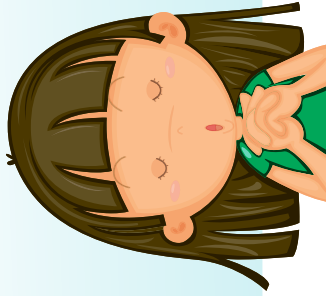


I Will!

1. I will limit myself of movement in various directions.
2. I will not use vehicle for one day.



Please bless me so...



I Can...

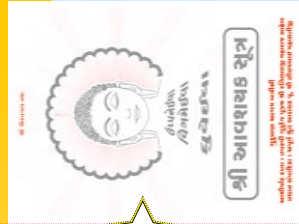
- 1. I can respect my teachers and elders.*
- 2. I can read the Aagam and show respect towards Parmatma.*



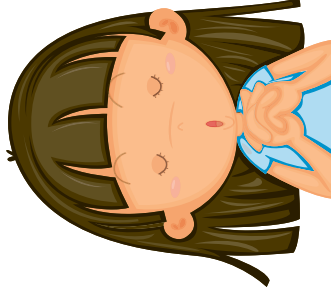
*Let's
Limit!*

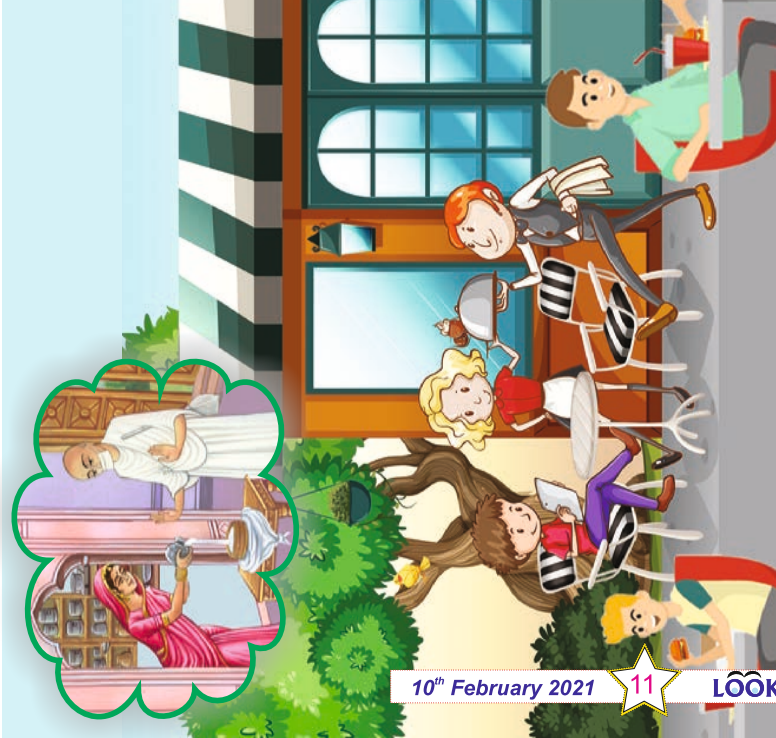
I Will!

- 1. I will refrain myself from going to cinema halls.*
- 2. I will introspect myself by doing meditation.*



*Please
bless me so...*



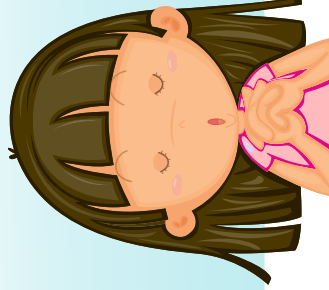


I Can...

- 1. I can avoid eating in restaurants.*
- 2. I can eat food by taking alms for one day.*



Please bless me so...



I Will!

- 1. I will avoid purchasing unnecessary items from shopping malls.*
- 2. I will give Samayik upkaran as a gift to my friends.*



A small sacrifice today...

"आज का छोटा त्याग बनेगा कल का महा त्याग"

Today I will share my things with all

MON



Today I will wear only 1 pair of shoes

TUE



Today I will try to eat less than 20 items in a day

WED



Today I will avoid shopping

THU



Today I will use only 2 pens for writing

FRI



Today I will avoid wearing my favorite dress

SAT



Today I will avoid eating my favorite food

SUN



-Gurubhakt Mehta Parivar

Write **P** for **Parigraha** and **A** for **Aparigraha** in the boxes given below

Let us try to bring **Aparigraha** into our lives...

1	Ajay will give 2 Rs. to needy every day	
2	Parth gave 2 biscuits packets to watchman	
3	Rekha has bought 5 dresses for herself	
4	Rajvi has given her 4 toys to needy	
5	Meena wants 3 new bags for her school	
6	Aakash will buy 5 crayons boxes for himself	
7	Mahek will not go shopping today	
8	Reeva has 50 accessories in her wardrobe & wants to buy more	
9	Tej gave chocolates to sweeper	
10	Sneh did shopping for his cousins	
11	Miraj demanded 3 pair of glares for himself	
12	Vicky bought video games for neighbours child	
13	Shreena donated favourite sweets to her maid	
14	Tirth has 10 pair of shoes in his shoe rack	
15	Raj willingly gave his favourite shoes to gate keepers child	
16	Dharmi shared her favourite new dress to her cousin	

Let us follow Parmatma's aagna...

जो बोल की जितनी मर्यादा की हो, लेकिन अनजाने में वह मर्यादा से ज्यादा उपयोग किया हो तो वह अतिचार है। लेकिन जान बुझ कर मर्यादा का पालन नहीं किया तो वह अनाचार है।



निवर्तुं છું
I refrain from



ખેત વત્થુપ્પમાણાઈક્કમે

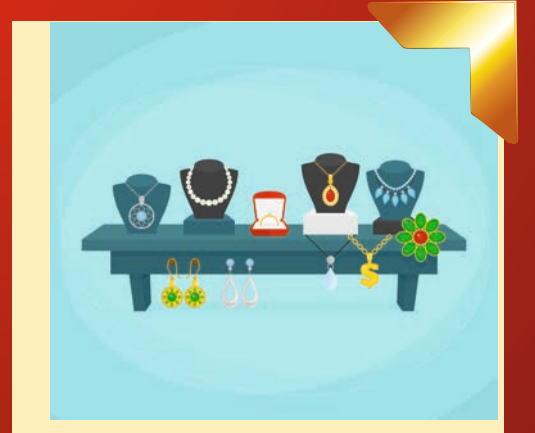
- ખેતર આદિ ખુદ્દી અને ઘર આદિ ઢાંકી જમીનની મર્યાદાનું ઉદ્ધંધન કર્યું હોય

Khètt vatthu-

ppamaañaaikkamè

- Having crossed the set limit of possessing open and covered areas.

નિવર્તું છું
I refrain from



હિરાણ સુવાણ પ્પમાણાઈક્કમે

- ચાંદી અને સોનાની મર્યાદાનું ઉદ્ધંધન કર્યું હોય

Hirañña suvañña

ppamaañaaikkamè

- Having crossed the set limit of possessing silver and gold



નિવર્તું છું
I refrain from



ધન ધાન્ય ખપમાણાઈકકમે - રોકડ નાણું તથા અનાજની મર્યાદાનું ઉલ્લંઘન કર્યું હોય

Dhan Dhanya

ppamaañaaikkamè - Having crossed the set limit of possessing cash and food grains.



દુપદ ચઉપ્પદ ખપમાણાઈકકમે - મનુષ્ય, પક્ષી આદિ બે પગા અને પશુ આદિ ચોપગાની મર્યાદાનું ઉલ્લંઘન કર્યું હોય

Dupað chauppað

ppamaañaaikkamè - Having crossed the set limit of possessing bipeds, birds and quadrupeds



નિવર્તું છું
I refrain from

નિવર્તું છું
I refrain from



કુવિય પ્પમાશાઈક્કમે - ઘર વખરીની વસ્તુની મર્યાદાનું ઉલ્લંઘન કર્યું હોય

Kuviya ppamaa- ñaaikkamè -Having crossed the set limit of possessing household goods

એવા પરિગ્રહ વિષે આજના દિવસ સંબંધી કોઈ પણ પાપ દોષ લાગ્યો હોય તો અરિહંત, અનંતા સિદ્ધ કેવળી ભગવાનની સાક્ષીએ તસ્સ મિચ્છામિ દુક્કંડં.

Today, if I may have indulged in any of the said sinful faults related to the Parighara, I beg forgiveness before infinite Siddhas that my sins may be forgiven.



CONSTRUCTION WORKS



Simplicity leads to Happiness!

There were many laborers working in a construction site. Childrens living close by used to come and play at the site. Their favorite pastime was playing a game called 'Train- train'. And this continued for days....




One child would take on the role of an engine and the rest of the children would hold his shirt and play the role of bogeys.

One of the laborers child often joined them to play. An engineer would observe them playing everyday

He noticed that the laborer's son would hold a small green flag in his hand and always take the role of a guard.





One day, the engineer went up to him and asked, “Son, don't you feel like playing the role of an engine or a bogey”?

The boy's reply left him speechless!

He stated softly, “Sir, the children will not allow me to take any other role nor play with me as I don't have clean clothes to wear nor I am clean and tidy.”



Engineer: Son, why don't you ask your parents to buy you a new pair of clothes, so that you can be one with the other kids?



No sir, I am happy with what I have. I also do not want to pressurize my parents for such small things. I am happy keeping my distance and playing with them. I have no wish to play the role of an engine nor a bogey”.



The engineer's eyes started watering. He was overwhelmed with the boy's answer



There are always two sides to a situation. This small child could have gone to his parents and cried, put his foot down and stubbornly could have asked his parents to buy him a new shirt. But he had accepted the situation and tried his best to remain cheerful and happy.

*Life can be thorns or roses...
It is how one looks at it.*



*You make a life
of what
you have,
not what
you're missing.*

There will be many times in our life when our wishes will go unfulfilled, but instead of complaining let us learn to be thankful for all the things we have.

परिग्रह की मर्यादा करने से होनेवाले लाभ

१. वस्तु, व्यक्ति के प्रति आसक्ति, ममत्वभाव कम होता है।
२. जीव संतोषी बनता है।
३. वस्तु या व्यक्ति के लिए माया, कपट या झगडा टलेगा।
४. धीरे- धीरे संपूर्ण अपरिग्रही भी बन सकते है।





My Pledge

हे परमात्मा!

आपके समक्ष किये हुए परिग्रह का प्रायश्चित्त करता हूँ।

‘तस्स मिच्छामि दुक्कडम्’

हे परमात्मा!

अपरिग्रह व्रत की ऐसी समझ देकर आपने मुझ पर अनंत उपकार किया है।

अपरिग्रह व्रत की ये प्रतिज्ञा लेकर मैं कितने सारे दुर्भाग्यो से बच जाऊँगा।

जैसे जैसे मेरी लोभ वृत्ति घटती जाएगी,

वैसे मेरी अनंत दृष्टि खीलती जाएगी।

Thank You Parmatma!

आपने मुझे परिग्रह से होनेवाली दुर्गति की ओर जाते हुए रोक दिया।