

LOOK N LEARN MAGAZINE

10th September 2019 Every Fortnight | English, Hindi & Gujarati

Daan

Sheel

Tap

Bhaav

Jain



जैन वह है जो जिनवाणी का पालन करता है। तीर्थंकर परमात्मा के वचनों को जिनवाणी कहते हैं। केवलज्ञान प्रगट होने के बाद तीर्थंकर परमात्मा समवसरण में जो देशना देते हैं उसे जिनवाणी कहते हैं। मोक्ष जाने का रास्ता यानि जिनवाणी। एक-एक शब्द जो अनंत जीवों के मोक्ष का कारण बनता है वह है जिनवाणी।

A jain always follows Jinvani! Teachings given by Tirthankar Parmatma is called Jinvani. After attaining Kevalgnan, deshna (discourse) given by Parmatma in Samavasaran is Jinvani! The ultimate way to attain Moksh is Jinvani! Every word of Jinvani leads to Liberation!



Jinvani जिनवाणी



7 ways for 7 days

Would you like to be

Successful

Let's fill in the 7 secret of success.

Good Manners

It is the best investment anyone can make anywhere and any time. You will be appreciated.

Good Grooming

Making ourselves presentable to look at and to be with.

Good Humour

Making others smile or laugh
It always brings people closer to you.

Good Sense

Acts as tool for right judgment.

Good Habits

If you do everything on time and cultivate good habits, no one can stop you from achieving success.

Good Outlook

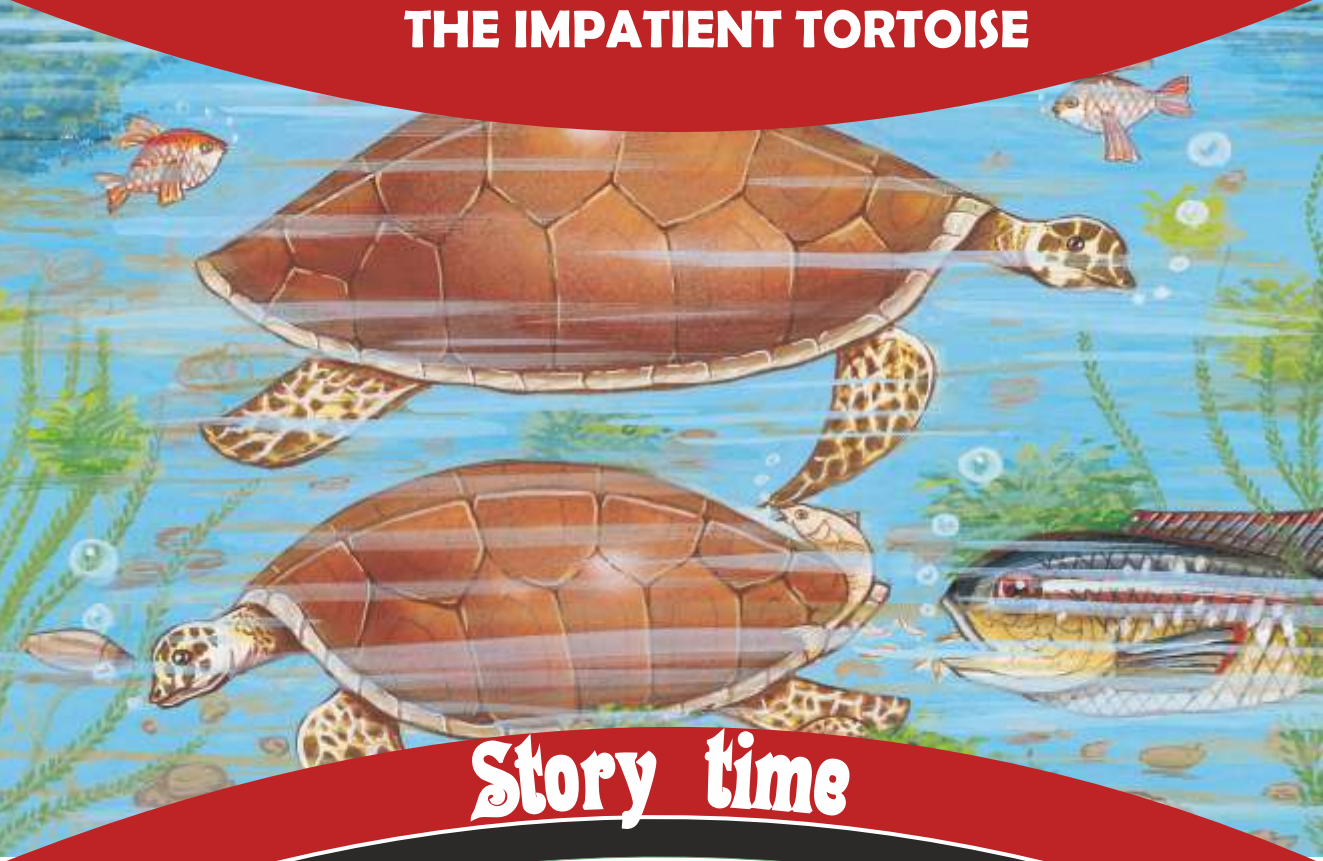
Have optimism and enthusiasm. Both are signs of a healthy mind and an affirmative personality.

Good Thoughts

Positive thinking and readiness to act in right direction can bring success.

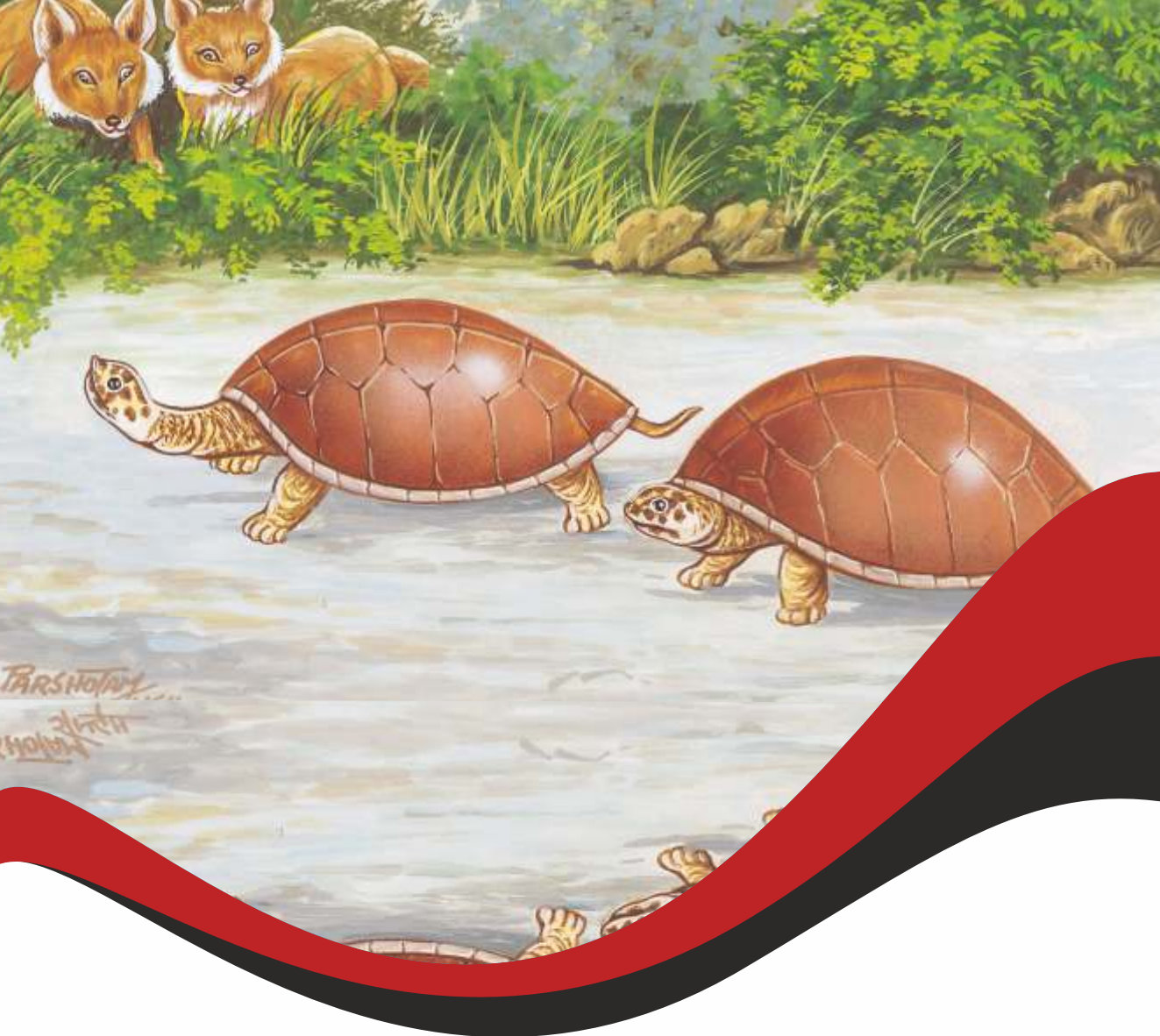
A Jain knows how to control his Indriyas

THE IMPATIENT TORTOISE



Story time

There once was a beautiful lake, where lived two tortoises named... Chantu and Buntu. They were best of friends. Bantu, however, bragged about his strengths and appearance. Tired of hearing him boast, Chantu said lets get out of the lake and take a walk in the forest.



While walking, Chantu, who was smarter than Bantu, had warned that if we see a wild fox around, we should get inside our shells till the fox moved away. Chantu kept ignoring what Bantu said and flaunted his walk in the forest.

While going ahead, they saw fox coming their way. As discussed they immediately went inside the shell. After a while when they felt no movement around them, Bantu impatiently took his left leg out of his shell, to see whether the fox is still there. The intelligent fox smirked and instantly ate his leg.





Bantu was patiently in his shell, waiting for this crisis to pass. Now Chantu was dying in pain and wanted to come out quickly. So he took out his other leg, and the fox ate his other leg too! This way the fox ate Chantu. He lost his life due to impatience.

Those who have control over themselves live happily. Self control leads to a satisfying and happy life.



The most significant Mantra of jains



⌚ NAMASKAR MANTRA ⌚

दिए गए सूत्र के
शब्दों में "मात्रा" लगाएँ

नम अरहतण

नमो अरिहंताण

नम सद्धण

नम अचरयण

नम उवज्झयण

नम लागे सत्त्वसहण

एस पच नमक्कर

सत्त्व पवप्पणसण

मगलण च सत्त्वस

पठम हवइ मगल

जमो अरिहंताणं, जमो सिद्धाणं, जमो अचरियाणं,
जमो उवज्झयाणां, जमो लागे सत्त्व साहणे,
एसो पच जमोक्करो, सत्त्व पाव पपासणा,
मंगलाणं च सत्त्वसिं, पठमं हवइ मंगलं

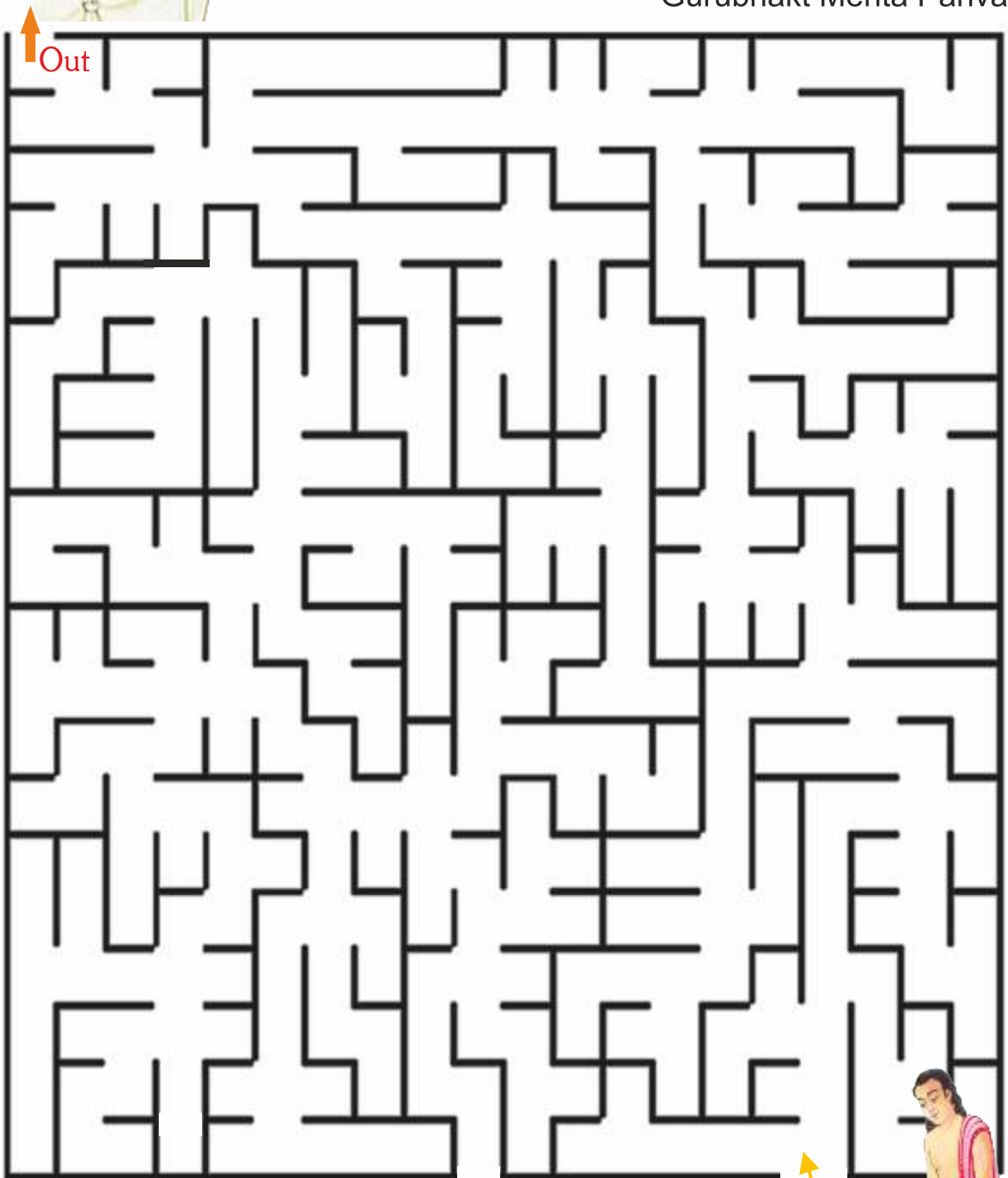
Answers :





Offering done with Best wishes (Vohravani Sadbhavana)

- Gurubhakt Mehta Parivar

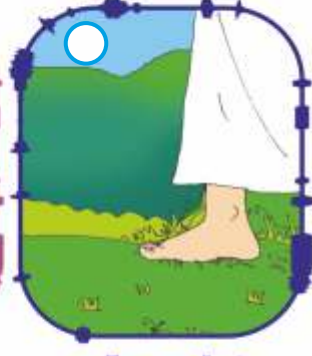
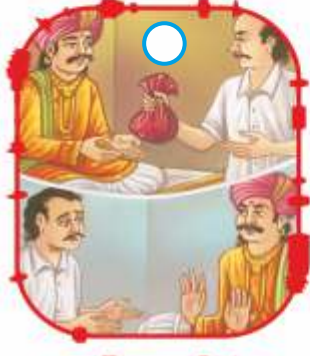


Let's help Sangam Goval to find his way to offer
Kheer to Pujya Sadhu and do Supatra Daan.



✗ Cross out what a Jain will not do

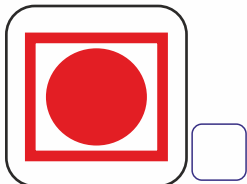
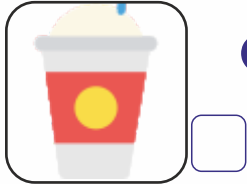
✓ Tick the actions which a Jain will do



A Jain knows what to eat and what not to eat!

✓ Put a tick on the items which you can have and

✗ Cross on which you cannot have



Oh, Hurray! I am a vegetarian!
All Jains are vegetarian.

I don't eat after sunset.

I pray before I eat.



This means that we only eat vegetarian food.
Look at the pulses and vegetables that I eat.

A JAIN TRYIES TO KEEP CONTROL ON HIS BHAAV

Ashubh Bhaav

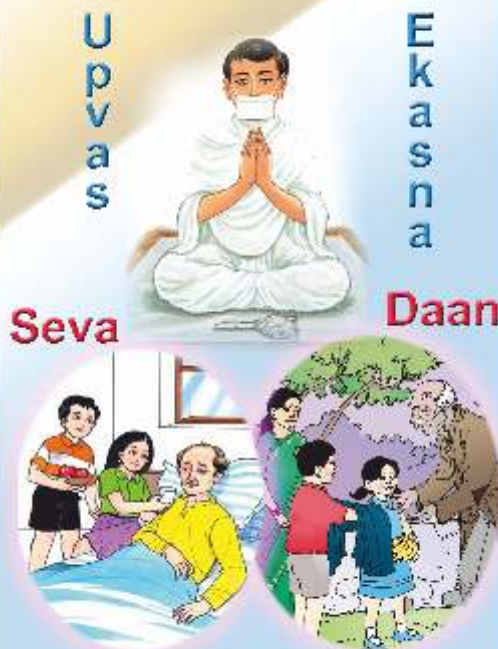


Shuddh Bhaav

To be like Parmatma !!!



Shubh Bhaav



While using Gadgets I will keep the following things in Mind



I will not

TYPE

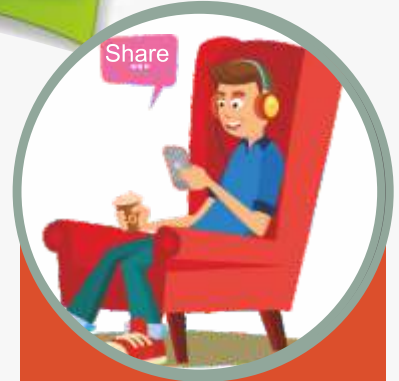
bad or wrong words that hurt others



I will not

LIKE

wrong posts or encourage wrong posts



I will not

SHARE

wrong posts or wrong content

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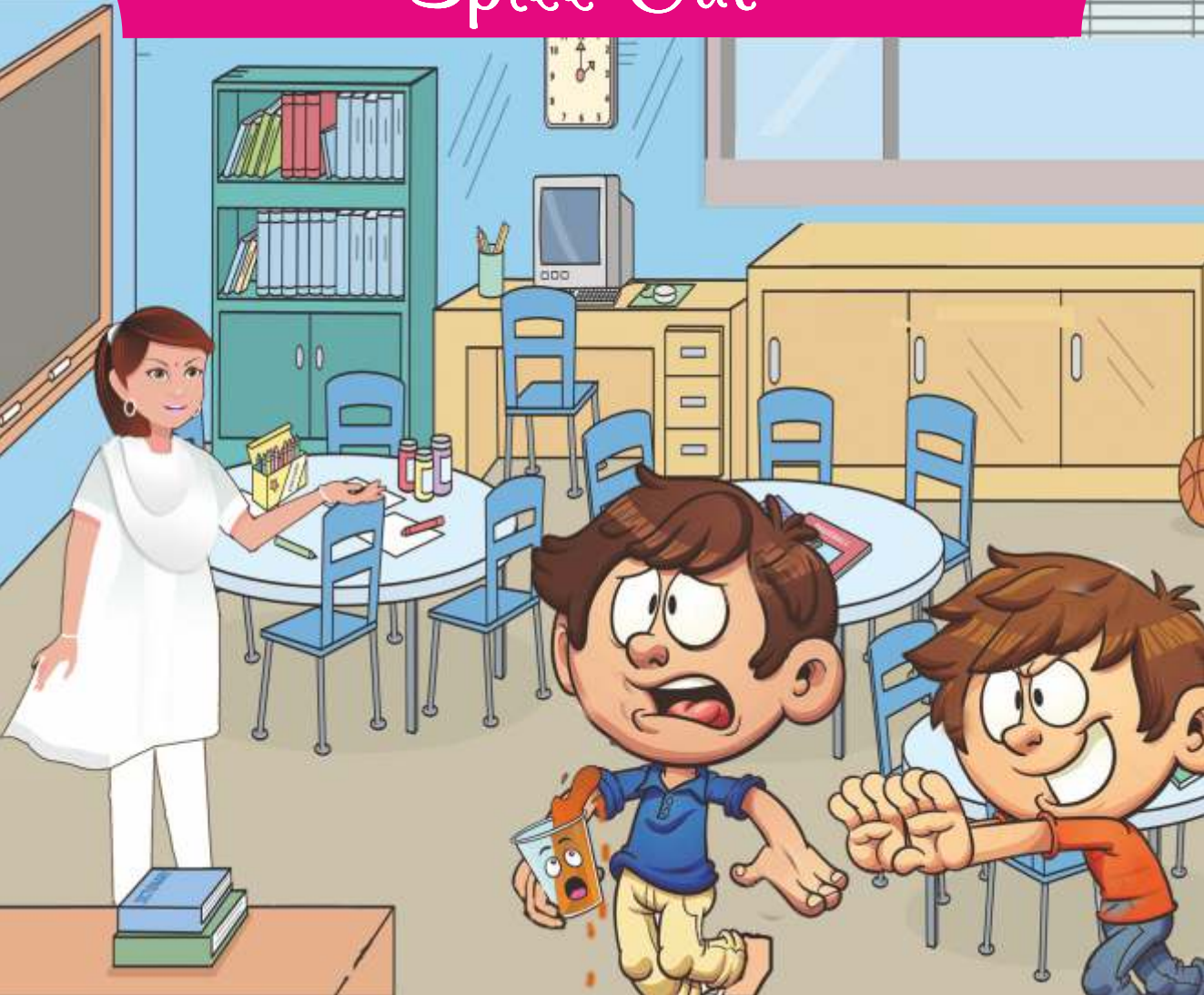
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LOOK n LEARN

THINK
POSITIVE
OPPORTUNITY
COMES

Spill Out



Sohan was very angry on Rohit, as he had pushed him and his juice had spilled on the floor

Seeing Sohan getting angry... Didi asked him..

Didi : Sohan why did you spill the juice on the floor?

Sohan : Just because someone bumped into me didi.

Didi: Wrong answer Sohan... you spilled the juice because there was juice in your glass, but what if you had milk in your glass? You would have spilled milk... so why should we get angry?



Whatever is inside the glass will spill out... If your glass was empty then nothing would have spilled out! Similarly kids..

Whenever an unfavorable situation arrives in our life... we all need to be alert, whatever is inside us will only spill out. So lets ask ourselves...“What’s inside us”? Is our heart filled with love, compassion, mercy etc. or is it filled with hatred, anger, jealousy etc?



Kids,

Lets fill ourselves with Love, Mercy, Honesty, Compassion, Happiness, Gratitude, Hummanity, Care, Help Loyalty, Tolerance, Grace, Respect, Forgiveness...

“Seva is the Master Key to Success”

Yes,
I am always Helpful.
Are you?



Create your own short story related to picture!



Straighten your **teeth** with Invisible **Aligners**

Treatable cases

Invisible aligners can be used to treat a range of moderate to severe teeth straightening issues such as:



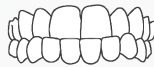
Gapped Teeth



Crossbite



Overbite



Underbite



Overcrowding



Openbite

Any many other different conditions

Advantages of Invisible **Aligners**

- › Transforms smiles without braces
- › Easily removable
- › Freedom to eat anything
- › Suitable for all age groups

FOR APPOINTMENT CONTACT : 022-26568019



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LOOK n LEARN

A true Jain always knows about what is in his control and what is not in his control!



Things Outside my Control

Other People's Action



Other People's Word

Other People's Play



Other People's Mistakes

Things

I CAN CONTROL



☞ My Word

☞ My Action

☞ My Ideas

☞ My Play

☞ My Effort

☞ My Mistakes

☞ My Behavior

Other People's Ideas



Other People's Feelings



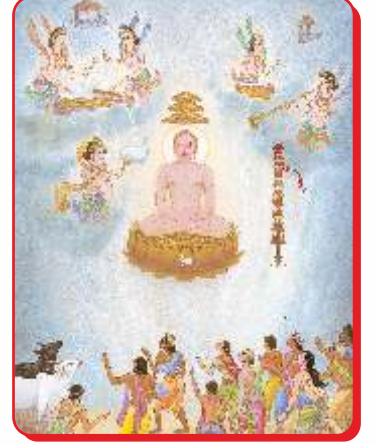
Other People's Behavior

भक्तामर गाथा

गम्भीर-तार-रव-पूरित-दिग्विभाग, रत्रैलोक्य-लोक-शुभ-सङ्गम भूतिदक्षः।
 सद्धर्मराज जय घोषण-घोषकः सन्, रवे दुन्दुभिर्ध्वनति ते यशसः प्रवादी॥३२॥

अर्थ

गम्भीर और उच्च शब्द से दिशाओं को गुञ्जायमान करने वाला, तीन लोक के जीवों को शुभ विभूति प्राप्त कराने में समर्थ और समीचीन जैन धर्म के स्वामी की जय घोषणा करने वाला दुन्दुभि वाद्य आपके यश का गान करता हुआ आकाश में शब्द करता है।



शब्दार्थ



गम्भीर	: गम्भीर	घोषक	: घोषित करने वाला
तार-रव-पूरित	: उच्च शब्द से	सन्	: हुआ
दिग्विभाग	: दिशाओं को	रवे	: आकाश में
त्रैलोक्य	: तीन लोक के	दुन्दुभिर्	: दुन्दुभि वाद्य
लोक	: जीवों को	ध्वनति	: शब्द करता है
शुभ	: शुभ	ते	: आपके
संगम	: समागम की	यशसः	: यश को
भूति-विभूति	: देने में	प्रवादी	: सब और कोलाहल करता
सद्धर्म-राज	: तीर्थंकर देव को		
जय-घोषण	: जय घोषणा को		

देव दुंदुभी प्रतिहार्य काव्य