

Baal Arpanam

LOOK N LEARN
Children's
MAGAZINE

25th September 2019

Every Fortnight

English, Hindi & Gujarati

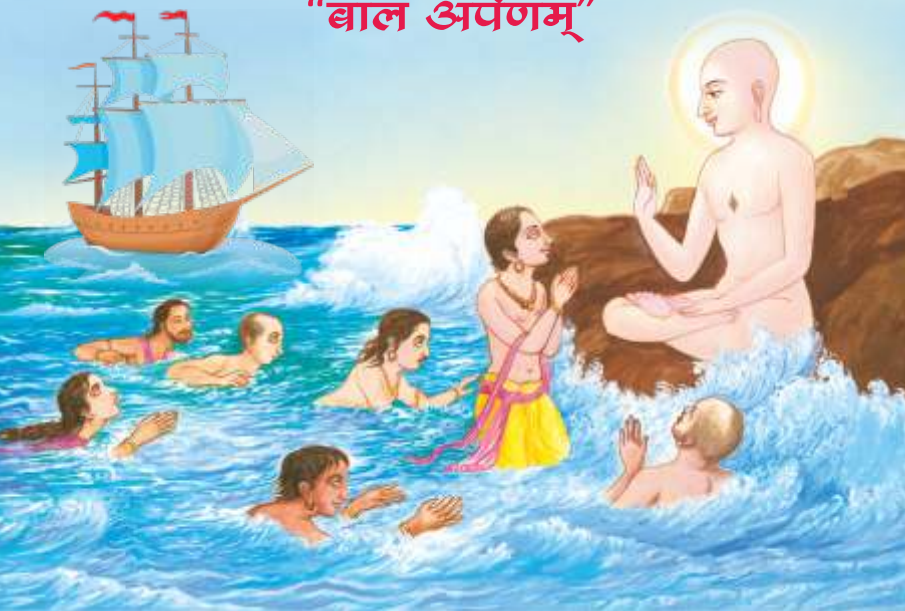
અફાટ દરિયાની વચ્ચે વાવાઝોડામાં તમારી નાવ અટકી જાય, ડૂબવાની તૈયારી હોય અને ત્યારે જ કોઈ હાથ પકડનારો મળી જાય. જે તમને તારી લે! એવા તારકના ઋણનો બદલો તમે કેવી રીતે વાળી શકો?

અમ પ્રભુએ કહ્યું છે કે, ગુરુનુ ઋણ ભવોભવ સુધી ઉત્કૃષ્ટ સેવા ભક્તિ કરીને પળ ચુકવી શકાતું નથી।

જેને કશું જોતું નથી, એવા તારણહારને આપણે શું આપી શકીએ બસ ગુરુની પ્રસન્નતા જેમાં હોય એજ શિષ્યની અર્પણતાની દિશા હોય અને જેવા મારા ગુરુ, એવો હું બની જાવ, એનાથી શ્રેષ્ઠ ગીફ્ટ ગુરુ માટે હોતી જ નથી।

રાષ્ટ્રસંત પૂજ્ય ગુરુદેવશ્રીના ૨૦૨૦ સાલમાં સુવર્ણ જન્મોત્સવ નિમિત્તે,
સમગ્ર બાલ ભક્ત પરિવાર તરફથી સાધના ગિફ્ટ દાટે

“બાલ અર્પણમ્”





દશા અને દિશા
બદલાવતો અવસર

બાલ

અર્પણમ

ચિંતનથી ચરમ સુધીની
પરમ યાત્રા

Please fill up your details

From

Name: _____

Add : _____

Pim : _____

Country: _____

State : _____

Mob : _____

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E-mail : _____



Registration Guidelines

આ દુર્લભ મુનશ્ચભવની અમૂલ્ય
ક્ષણોને સાધના આરાધનામય
બનાવવાનો આપને સંકલ્પ કરીએ!

- ◆ At least 1 committed sadhana has to be selected. Begin your journey of Ahobhaav and start entering the log of your sadhana date wise daily in the Baal Arpanam booklet.
- ◆ Keep Baal Arpanam magazine with you throughout the year. You can take out its print and encourage your friends to do the sadhana as well.
- ◆ You have to send your filled up book to us which is mandatory without which your sadhana will not be counted.
- ◆ All Sadhanas can be done during any time of the day, and need not necessarily be observed at the same time daily. A Baal Sadhak needs to choose one/more/all Sadhanas and follow that for the entire year delicately.
- ◆ Kindly send us your copy of Baal Arpanam book to avail exciting prices. Do send us your books till 10th September 2020 on the following address with your picture. **Do send Page No: 3 filled up with your personal details.**

Address :- Look n Learn Magazine, Parasdham, Tilak Rd, Vallabh
baug Lane, Ghatkopar (E), Mumbai-77

Contact No :- 022-21027676

Email ID :- jainmagazine9@gmail.com

Parmatma Mahavir said to Gautam Swami... *Hey Goyma, Samayam Goyam Ma Pamay* "Hey aatman, donot waste even a single moment in laziness. Do not waste your Amulya Manushya Bhav as well as your valuable time!

Samayam Arpanam : For divine connection
Arpanam your precious time.

Vandana Arpanam : For Dev-Guru-Dharma connection
Arpanam your Ahobhav.

Maitri Arpanam : For all living beings equanimity connection
Arpanam your Forgiveness.

Maun Arpanam : For Peaceful connection
Arpanam your Silence.

Dhyan Arpanam : For Inner self connection
Arpanam Self Devotion
Introspection.

Jaap Arpanam : For continuos connection
Arpanam your Concentration





How to Begin “Baal Arpanam” Sadhana

Niyam: Kindly ✓
everyday on
the sadhana
once done

Samayam - Arpanam

Daily 15 mins Arpanam



Vandana - Arpanam

Daily 9 Vandana Arpanam



Maitri Bhavna - Arpanam

Chant “Mitti Mein Savva Bhuesu” 27 times



Maun - Arpanam

Daily 10 mins Maun Arpanam



Dhyan - Arpanam

Daily 10 mins Dhyaan Arpanam



Jap Sadhana - Arpanam

Daily chant 1 Logassa or 4 Namaskar Mantra



October 2019

Arpanam	01	02	03	04	05	06	07	08	09	10	11	12	13
Samayam													
Vandana													
Maitri													
Maun													
Dhyan													
Jaap													

Arpanam	14	15	16	17	18	19	20	21	22	23	24	25	26
Samayam													
Vandana													
Maitri													
Maun													
Dhyan													
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Arpanam	27	28	29	30	31
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November 2019

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Maitri					
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25th September 2019

Vandana

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December 2019

Arpanam	01	02	03	04	05	06	07	08	09	10	11	12	13
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25th September 2019

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Maun



Arpanam

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February 2020

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Samayam													
Vandana													
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April 2020

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Jaap													
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Maitri													
Maun													
Dhyan													
Jaap													

Let's do it!



Maun

Arpanam

August 2020

Arpanam	01	02	03	04	05	06	07	08	09	10	11	12	13
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Maitri													
Maun													
Dhyan													
Jaap													

Dhyan



Arpanam

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September 2020

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LOOK n LEARN

"Hey Aatman!

Where is Prabhu Mahavir ?

Every time you feel
inspired to do something
for your soul,
you have the presence
of **Bhagwan Mahavir** in you.

Every time you go close to your inner self,
You are proving to be **the real Mahavir.**

Total record of your sadhana

Baal Arpanam	
Total Samayam Arpanam:	
Total Vandana Arpanam:	
Total Maitry Arpanam:	
Total hours Maun Arpanam:	
Total hours Dhyam Arpanam:	
Total hours Jaap Arpanam:	





**True selflessness is not when
you do Dharma, but when you do
something for Dharma**

Let's Arpanam