

# LOOK N LEARN

## CHILDREN'S JAIN MAGAZINE

25<sup>th</sup> November 2019 Every Fortnight | English, Hindi & Gujarati

# Virtues

Trust

Care

Sharing

Respect

Brave

Compassion

Discipline

Politeness

Friendship

Honesty

Faith

Patience

Courage

Page 02 : Subscription details

Page 03 : Amazing facts

Page 04 : Tatva Vibhag

Page 08 : Secret to success

Page 10 : Panch Parmesthi Game board

Page 12 : Aagam Gatha

Page 13 : Little talks with little hearts

Page 16 : Let's play and pray together

Page 17 : Yes I am Vinayi

Page 19 : Mind Palace!

Page 20 : Bhaktamar



### A note from the Editor:



We thank you for your interest in Look n Learn Magazine!

LOOK N LEARN  
Children's  
MAGAZINE

This fortnight magazine works on building a strong, positive, compassionate and a successful individual! Please contact us for your valuable feedback, gifting this magazine, any complaints, suggestions or change of address.

Subscription for 10 years: India - 1,000/-  
Abroad - 5,000/-



Kindly send cheque/draft/cash along with your...

Name, Address, Contact no. and Email id on...



#### Postal Address

Look n Learn Magazine  
Parasdham, Vallabh Baug Lane, Tilak Road,  
Ghatkopar (E), Mumbai - 400 077.

Contact : 022 - 21027676

Cheque or Draft : Arham Yuva Group  
E-mail : jainmagazine9@gmail.com

Cheque or Draft:  
Arham Yuva Group

Parasdham  
Vallabh Baug Lane, Tilak Road,  
Ghatkopar (E), Mumbai - 77

Subscription for 10 years  
India : Rs. 1000/-  
Abroad : Rs. 5000/-



## Did you Know



जिस भव में तीर्थंकर प्रकृति का बंध हुआ है उससे तीसरे भव में तीर्थंकर प्रकृति के सत्वयुक्त जीवों के मोक्ष जाने का नियम हैं।

बच्चों, क्या आप जानते हो कोई भी आत्मा परमात्मा बन सकती है। हम और आप भी परमात्मा बन सकते हैं।

एक सामान्य आत्मा की भाँति जन्म धारण कर विशिष्ट तप-ध्यान-समभाव आदि की साधना द्वारा तीर्थंकर पद प्राप्त कर सकते हैं।

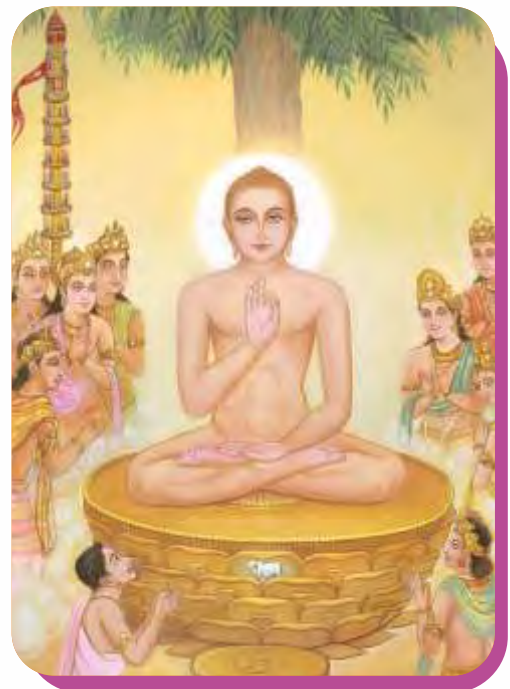
तीर्थंकर मनुष्य जाति के ही नहीं परंतु सर्व जीव मात्र के परम हितैषी, कल्याण इच्छुक और उनके कल्याण हेतु धर्म मार्ग का प्रवचन करनेवाले वीतराग पुरुष होते हैं।

The soul attains Moksh not later than the 3<sup>rd</sup> birth followed by the birth in which the soul has made its destination as a Tirthankar.

Children, are you aware that each and every soul can become Tirthankar. Even you and me can become one.

One takes birth as a normal human being and then by meditation, fasting, humbleness and devotion any soul can attain the stature of a Tirthankar.

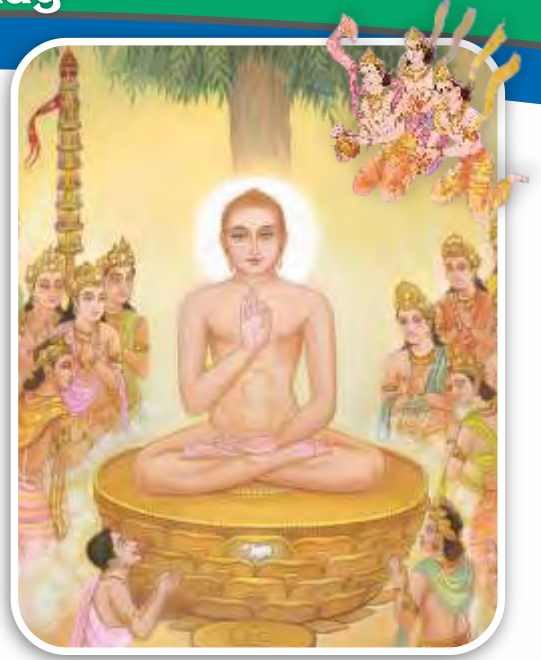
A Tirthankar is a detached soul and is benevolent towards not only the human race but each and every living thing that exists.





जय जिनेंद्र बच्चों!  
क्या आपको पता है, हम जय जिनेंद्र  
कहकर अभिवादन क्यों करते हैं?

Jai Jinendra Kids!  
Do you all know why we greet  
others with Jai Jinendra?



जय जिनेंद्र शब्द का अर्थ क्या है?  
जय जिनेंद्र याने क्या?

What is the meaning of the word Jai Jinendra?  
or What does Jai Jinendra mean?

जय - जय जयकार

Jai - Jai jaikar (cheers)

जिन - जिनेश्वर भगवान

Jin - Jineshwar Bhagwan

इन्द्र - देवों के राजा

Indra - king of all Devs

देवों के राजा इन्द्र जिन्हें नमस्कार करते हैं,  
ऐसे जिनेश्वर भगवान का जय जयकार हो।

We bow down to Jineshwar Bhagwan, the one who has  
conquered all the vices. The leader and the king of the celestial  
beings also bows down to Him with utmost reverence.

## जिनेश्वर भगवान किसे कहते हैं?

- जिन्होंने अपनी इंद्रियों को जीत लिया है।
- जिन्हें किसीके प्रति राग और द्वेष नहीं है।
- तीर्थंकर और सिद्ध परमात्मा याने जिनेश्वर भगवान।

## Who is called Jineshwar Bhagwan?

- One who has total control over all his senses.
- One who has no attachment or hatred towards anyone.
- Arihant and Siddha Bhagwan are the Jineshwar Bhagwan.

## जय जिनेंद्र किसे कहना चाहिए?

- अपने से बड़े, अपने से छोटे, अपने मित्रों को और रिश्तेदारों को जय जिनेंद्र कहना चाहिए।
- लेकिन अगर रास्तों में हमें साधु-साध्वीजी दिखें तो क्या हम उन्हें जय जिनेंद्र कह सकते हैं?
- नहीं... उन्हें दोनों हाथ जोड़के, मस्तक झुकाकर नम्र भाव से मत्थाएण वंदामि केहके अभिवादन किया जाता है।



## To whom can we greet “Jai Jinendra?”

- To our elders and younger ones, to our family and friends.
- Can we say “Jai Jinendra” to Sadhu-Sadhvijis?
- No... We should join our hands, bow down our head and respectfully greet them by saying “Matthana Vandami”

## जय जिनेंद्र कहने से क्या लाभ होता है?

- हजारों वर्षों तक देवलोक के देव बनने का पुण्य मिलता है।
- अहंकार और क्रोध जैसे दुर्गुण दूर होते हैं। नम्रता और सरलता जैसे गुण हमारे अंदर में प्रगट होते हैं। हमारी (Aura) ओरा शुद्ध होती है।
- आत्मविश्वास और स्मरणशक्ति की वृद्धि होती है।

## Benefits of saying Jai Jinendra

- When we bow down to the virtues of the supreme, we begin to attain their qualities, as a result our memory sharpens, our confidence increases.
- Our aura purifies inviting success in whatever we do.
- We bind karmas for birth in a good state of existence/sadgati.

**By Greeting Jai Jinendra we bind “Bhadra Punya Karma”**  
because of which we get enough luck... to acquire Jain  
dharm in the next birth.



Jai Jinendra



Jai Jinendra



अगले भव/जनम में जैन धर्म मिले  
ऐसे भद्र पुण्य कर्म का बंध होता है।

## जय जिनेंद्र कब कब कह सकते हैं? When can we say Jai Jinendra?

- सुबह उठते ही मम्मी-पप्पा को जय-जिनेंद्र केहके दिन की शुरुआत करनी चाहिए।
- स्कूल में जाते समय, घर से बाहर निकलते वक्त, किसीका फोन आये तो, रास्ते में कोई मित्र या परिवारजन, संगे- संबंधी मिले तब उन्हें जय-जिनेंद्र कहना चाहिए।
- रात को सोते समय मम्मी- पप्पा, दादा-दादी, नाना-नानी और सबको जय-जिनेंद्र केहके सोना चाहिए।
- Start your day by greeting your parents with Jai-Jinendra.
- While leaving for school or going out of the house, when starting a conversation over the phone, when you meet someone on the road any friend or family member, you should greet them all with a Jai-Jinendra.
- Before sleeping, always say Jai-Jinendra to your grandparents, parents, and all other family members.

Greet after coming from school



Start your conversation on phone by saying Jai Jinendra



Greet your friends when you meet them



Greet community helpers by saying Jai Jinendra





जब आप परीक्षा देने जाते हो, तब मम्मी-पप्पा के पैर छुते हो? आपको पता है, अगर आप मम्मी की आँख से आँख मिलाकर, झुककर, मम्मी के दाहिने पैर के अंगुठे को छुकर जय-जिनेंद्र कहेंगे तो क्या होगा?

**यही सफलता का राज है।**

जब आप इस तरह से मम्मी को जय-जिनेंद्र कहेंगे, तो मम्मी के आँखों में से निकलते इलेक्ट्रो मैग्नेटिक वेव्स, आपके पूर्ण शरीर को सकारात्मक ऊर्जा से भर देंगे। और मम्मी के प्यार भरे हाथों के स्पर्श से आपका हृदय प्रेम और करुणा से भर जायेगा। और फिर आपका डर, तनाव और नकारात्मकता दूर होकर आपका आत्मविकास बढ़ेगा। जिससे आपको हर क्षेत्र में सफलता मिलेगी।



आपको पता है, महाभारत में दुर्योधन और युधिष्ठिर चचेरे भाई थे। दोनों के पास राज-पाट, सुख-शांति थी। लेकिन युधिष्ठिर

बड़े होके धर्मराज के नाम जाने गये। और

दुर्योधन सबके तिरस्कार के पात्र बने। ऐसा क्यों हुआ पता है आपको?

युधिष्ठिर को सतत अपनी माँ के आँखों में से बेहता प्रेम और सकारात्मक ऊर्जा मिली। लेकिन, दुर्योधन की माँ गांधारीने अपनी आँखों पर पट्टी बांधी थी, इसलिए उन्हें उनका प्रेम और सकारात्मक ऊर्जा नहीं मिली।

**तो अब हम हर रोज मम्मी -पप्पी को पैर छुकर जय-जिनेंद्र कहेंगे ना?**



# Secret Key to Success



Do you bow down and touch the feet of your parents when you are going for your exams? Do you know what happens when you look into your mother's eyes, then bow down and touch her right toe and say Jai-Jinendra?

**That is the secret key to success.**

When you bow down in the above manner, the electro-magnetic rays emitted from her eyes fills up your entire body with positive vibes. Moreover her loving touch fills your heart with love and modesty which in turn removes all the stress and fear within you and leads you to the path of success.

In Mahabharat, Yudhishtira and Duryodhan were cousins. They both had all the amenities , kingdom wealth and success at their doorstep but still Yudhishtira grew up and was respected as Dharmaraj, on the contrary the later was always criticized by all. Do you know why ? Yudhishtira was lucky to always get the positive energy from the ray's flowing from his mother's eyes but as Gandhari, Duryodhan's mother had tied a cloth around her eyes, Duryodhan could not get this positivity.

Now do you all understand the importance of bowing down and seeking the blessings from your parents.

**Hopefully, now all of you will bow down and say Jai- Jinendra to your parents, every morning.**



# Panch Parmesthi Game Board

How to play:

You need 5 players, 5 dice, and 5 spindles to play.

All the 5 Players throw the dice together. If the players gets 4 on his dice then he has to first chant the 4<sup>th</sup> padd that is “Namo Uvajhayanam” and then move 4 steps ahead on the game board. If he chants the padd wrong then he losses the turn. The one who reaches the Moksh first wins the game.

The white colour represents Arihant - The enlightened beings



The Red colour represents Siddha - The Liberated souls



The Yellow colour represents Acharya - The Spiritual Leaders



The Green colour represents Upadhyay - The spiritual teacher



The colours also signifies 5 vows

1. Nonviolence
2. Truth
3. Non stealing
4. Celebacy
5. Non possession

The Dark blue colour represents Sadhu-Sadhvi The spiritual Practioner



# Game Board



Let's attain a place in Panch Parmesthi

Moksh	Moksh	Moksh	Moksh	Moksh
10	10	10	10	10
9	9	9	9	9
8	8	8	8	8
7	7	7	7	7
6	6	6	6	6
5	5	5	5	5
4	4	4	4	4
3	3	3	3	3
2	2	2	2	2
1	1	1	1	1
Start	Start	Start	Start	Start



## આગમ ગાથા



ધમ્મો મંગલ મુક્કિઠં, અહિંસા સંજમો તલો;  
દૈવાવિ તં ભમંસંતિ, જરસ ધમ્મે સયામણો । ।



### અર્થ

અહિંસા, સંચમ અને તપરૂપી ધર્મ ઉત્કૃષ્ટ મંગલ છે જેમનું મન સદા ધર્મમાં રહે છે તેઓને દેવો પણ નમસ્કાર કરે છે.

Jain religion which is adorned by jewels like non-violence, sayam (renunciation) and austerity is extremely auspicious. Even the celestial Gods bow down to those whose mind is always engrossed in these religious thoughts.





## Little talks with little hearts

Everyone loves music. It makes everyone happy. Betty the monkey liked to play guitar and sing. It was Betty's favorite activity. He was very good at it. He wrote his own songs and played for family and friends. Daffy the elephant also loved to hear his songs and music.



One day Betty climbed a tree and reached the highest branch. Suddenly the branch broke! Betty tumbled down with speed and hit his arm on a large stone. “Ouch! Ouch! I can't move my arm!! I think one of my bones is broken.”

He went to see his doctor. After careful examination, the doctor told him that he had damaged his bone.



Betty was very sad. If his arm hurt, how would he play music? How would he write songs? His world suddenly crashed in front of him.



Daffy was sad too for her brother but didn't know how to bring a smile on his face. She gave him all the support she could.







Betty became very frustrated with himself. He threw his guitar away in a dustbin, “Why should I keep it? What is the use now?”

Daffy saw what her brother had done. She went out and got the guitar. “Can you teach me to play?” Betty said “Yes”

So Betty taught Daffy all that he knew and she learned to play like a superstar. Betty was very happy. This cheered him up. Now he had a best friend who shared similar interests.. They became the best team. He wrote songs and composed music. She played the music beautifully. This made Betty smile again.



**Do  
more  
of what  
makes  
others  
happy.**



Never stop doing little things for others.  
Sometimes little things can have a huge... big  
impact on others lives.



## Let's play and Pray together

Niyam : I will try to avoid looking in mirror for 1 day

### Benefits of this Niyam

- \* Our attachment towards our body will decrease.
- \* My Ego will decrease.

Dear kids, Sometimes a smallest step in the right direction ends up being the biggest step of our life. Let's inspire others also to take this Niyam.. try to encourage atleast 2 of your friends to follow this Niyam!



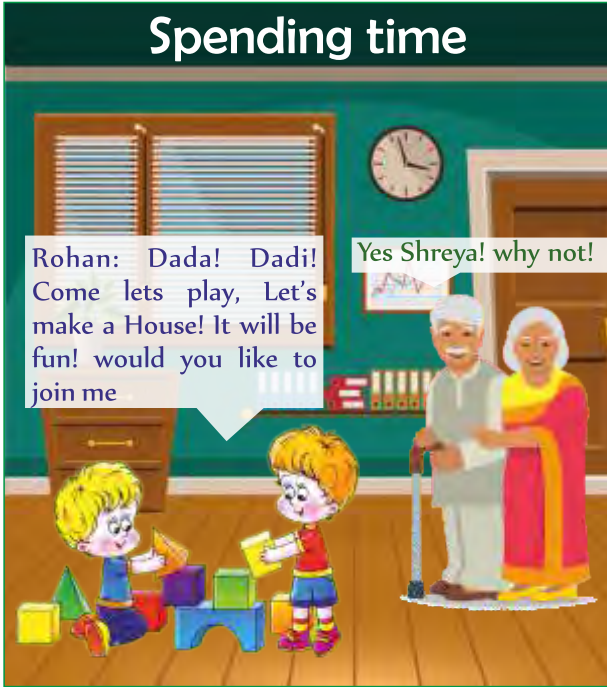


# What is Vinay?

Vinay is spending quality time with my grandparents.

Rohan and Shreya are always being helpful to their grandparents are you?

## Spending time



## Caring about their needs



## Medical care

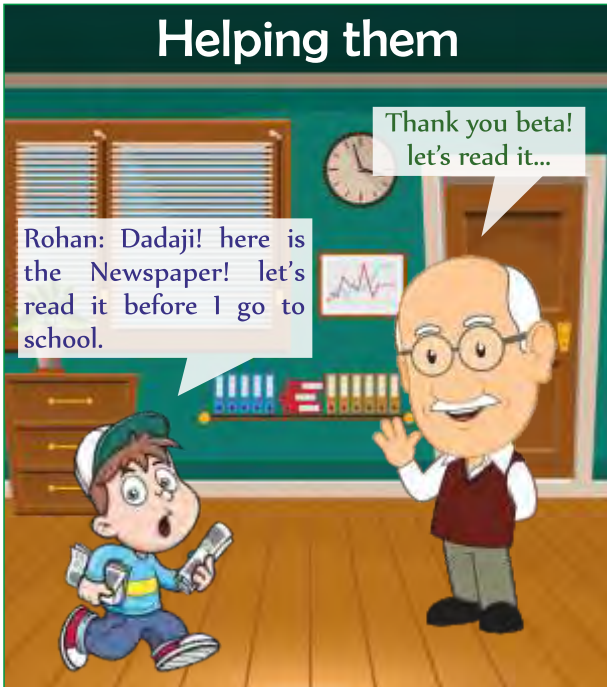


## Make them feel special!



Vinay is always being helpful to them,  
Vinay is taking care about them and loving them.

## Helping them



## Helping them





# Mind Palace! Technique to Memorize

Kanthastha Time!

Dear Friends!!! सामायिक तो learn करवीज पडशे...

Didi says...

You need to do Kanthastha to develop the Virtues of our soul and to become like Parmatma. So... Let's Start

## Lesson - 1 Namaskar Sootra

नमो अरिहंताणं अरिहंत भगवंतो ने नमस्कार हो।

**Namo Arihantanam** I bow down to all Arihants.

नमो सिद्धाणं सिद्ध भगवंतो ने नमस्कार हो।

**Namo Siddhanam** I bow down to all Siddhas.

नमो आयरियाणं आचार्य भगवंतो ने नमस्कार हो।

**Namo Ayariyanam** I bow down to all Aacharyas.

नमो उवज्झायाणं उपाध्याय भगवंतो ने नमस्कार हो।

**Namo Uvajjhayanam** I bow down to all Upadhyays.

नमो लोए सव्व साहूणं लोक मां रहेला सर्व साधु भगवंतो ने नमस्कार हो।

**Namo Loe Savva Sahunam** I bow down to all the Saints in the Universe.



Let's learn by tracing...

नमो अरिहंताणं

नमो सिद्धाणं

नमो आयरियाणं

नमो उवज्झायाणं

नमो लोए सव्व साहूणं







LnL Parasdham,  
Ghatkopar

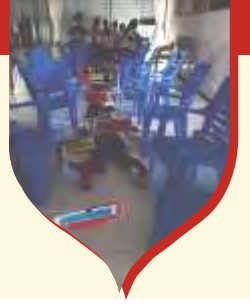
*Glimpses of  
"Divine  
Diwali  
Fest"*

— ❖ —  
**Surgical strike  
against  
karmas**



## Dhanteras - Dhanya Teras

Children said "No to crackers" and they diffused 8 karmas through this fun filled activity.

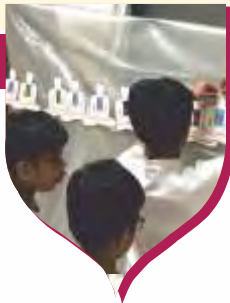
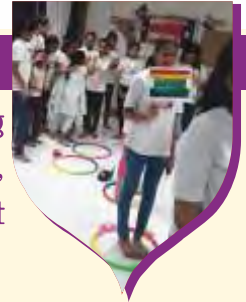


## Kali chaudas - Ruperi Chaudas

Children passed through tunnel in Godohika aasan to diffuse bad vices like anger, ego, hatred, jealous, steal etc.

## Diwali - Nirvan Kalyanak

Different countries flags along with Jain flag were placed. Children had to pick up Gnan, Darshan, Charitra and Taap flags and hoist them to complete the mission successfully.



## Nutan Varsh Abhinandan

Children made nutan varsh abhinandan toran from jumbled letters and stuck them on soul cutouts to spread happiness.



## Gyan Panchami

Children did Gnan poojan and jaap sadhna of "Om Namō Nadassa" 9 times or 27 times and felt divinity and blessings by Saraswati Devi.

Param Mahasatiji blessed the Look n Learn children through a live session from Kolkata on Gyan Panchami