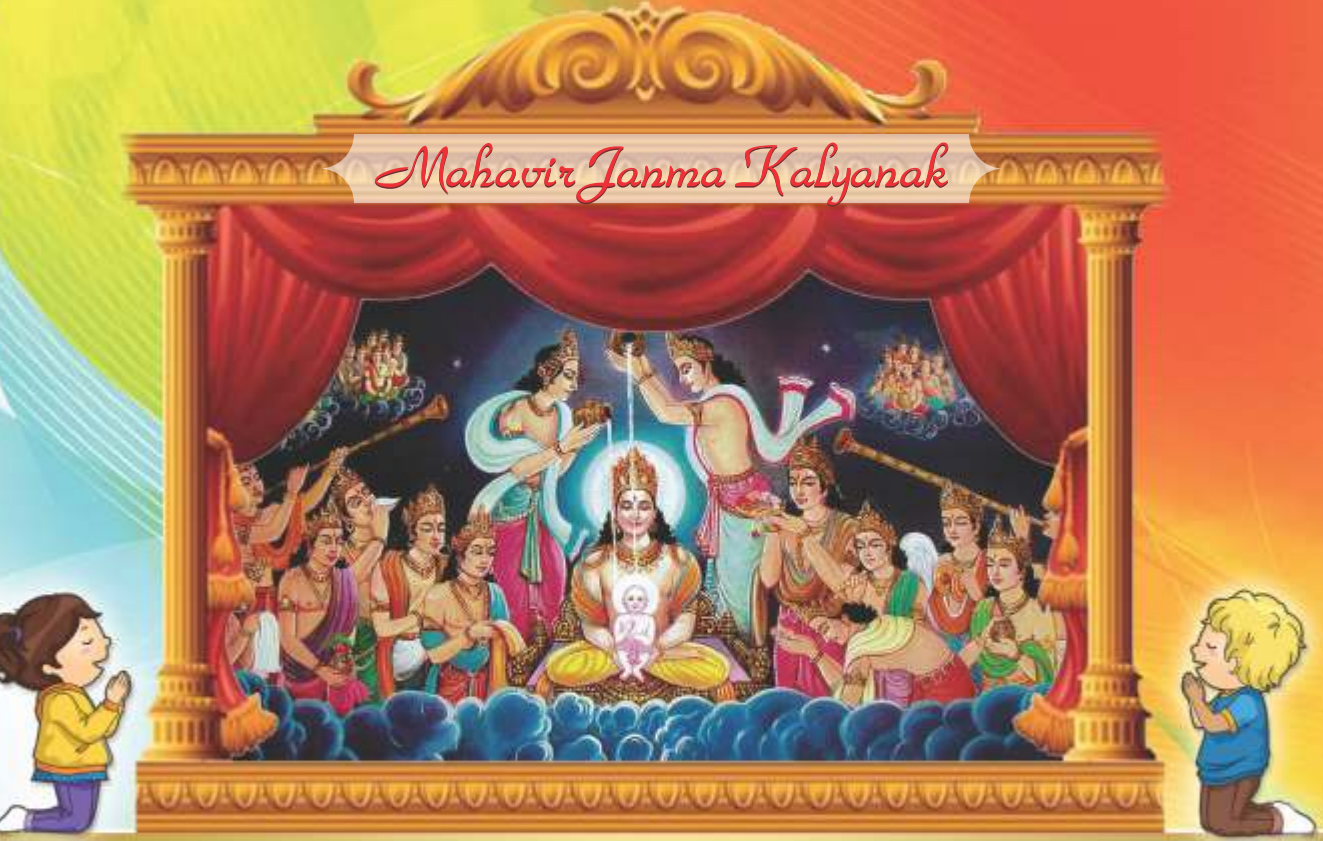


# LOOK N LEARN CHILDREN'S JAIN MAGAZINE

10<sup>th</sup> April 2019 Every Fortnight | English, Hindi & Gujarati

## Mahavir Janma Kalyanak



Start: 11-4-19

Prayambil Oli

End: 19-4-19

# આયંબિલ...

જૈનધર્મ પ્રમાણે, આયંબિલ ઓળી તપનો તહેવાર છે. એ નવ દિવસનો હોય છે, એ વર્ષમાં બે વખત આવે છે. એક ચૈત્ર મહિનામાં અને એક આસો મહિનામાં ! સુદ સાતમથી શરૂ થાય અને પૂનમ સુધી ચાલે. આ તપમાં આખા દિવસમાં ફક્ત એક જ વખત જમવાનું હોય અને તે પણ એકદમ સાદું ભોજન... એટલે કે બાફેલાં કઠોળ અને કોરી રોટલી. બીજા કોઈ પણ જાતનાં મસાલા, સાકર, દૂધ, તેલ, માખણ, ફળો કે શાકભાજી ન ખવાય. ઘણાં એક દિવસ એક જ અનાજમાંથી બનાવેલી વસ્તુઓ ખાઈને પણ કરે...!

આ તપને “નવપદ” પણ કહેવાય છે કેમકે એના નવ દિવસમાં પ્રથમ પાંચ દિવસ પંચ પરમેષ્ઠિ અને પછી જ્ઞાન, દર્શન, ચારિત્ર અને તપની સાધના કરવાની હોય છે. આયંબિલની ઓળી શરીરના સ્વાસ્થ્ય માટે પણ શ્રેષ્ઠ છે.

આયંબિલનો મુખ્ય હેતુ... તમારા સ્વાદ ઉપર નિયંત્રણ કરવાનો છે.

According to Jainism, **Aayambil Oli** is a special festival of penance. It lasts for nine days. It comes twice a year in Chaitra and Ashwin...! It starts from the 7<sup>th</sup> day of the bright fortnight and lasts up to the full moon day. It is observed by taking only one meal a day of very plain and simple food i.e. boiled pulses and plain roti. (without any spices sugar, milk, oil, butter, fruits or vegetables). It can also be restricted to only one kind of food grain per day.

It is observed to meditate upon panch Parmesthi, Gnan, Darshan, Charitra and Tap which are collectively known as **Navpad**. Aayambil oli is best for health.

**The main aim of this oli is to control your desire over your taste.**



**A Jain performs Aayambil to salute these  
9 supreme posts of universe.**

देव तत्त्व

गुरु तत्त्व

धर्म तत्त्व



अरिहंत  
सिद्ध



आचार्य  
उपाध्याय  
साधु / साध्वीजी



सम्यक् ज्ञान  
सम्यक् दर्शन  
सम्यक् चारित्र  
सम्यक् तप

**परमात्मा ने कहा है की...**

भोजन का ज्यादा स्वाद लिए बिना सहजता से,  
किसी भी आसक्ति बिना अपने आप को स्वस्थ रखने के  
लिए जो भोजन ग्रहण किया जाए उसे...

आगम में आयंबिल कहते हैं।  
आयंबिल शब्द का अर्थ है “अनासक्ति”



“आपणो भावा माटे जववानुं नथी, पण जववा माटे भावानुं छे”.

“We must eat to live and not live to eat”

## 9 days of Aayambil Oli means Aaradhna of Nine Pad

पहला पद...



First Pad...

“नमो अरिहंताणं”

“हे अरिहंत परमात्मा! आहार के प्रति मेरी  
आसक्ति कम हो ऐसी कृपा बरसाओ”

“Namo Arihantanam”

“Oh Arihant Parmatma! please  
bless me so that I can reduce my  
attachment towards food .

दूसरा पद...



Second Pad...

“नमो सिद्धाणं”

“हे सिद्ध परमात्मा! मेरा जीवन निष्पाप  
और निस्वार्थ बने ऐसी कृपा बरसाओ.”

“Namo Siddhanam”

“Oh Siddha Parmatma! please bless  
me so that I can live sinless and selfless  
life.”

तीसरा पद...



Third Pad...

“नमो आचरियाणं”

“हे आचार्य भगवंत! स्व पर नियंत्रण रखु  
ऐसी कृपा बरसाओ..”

“Namo Aayariyanam”

“Oh Aacharya Bhagwant! please  
bless me so that I can control myself.”



# Aayambil helps us to achieve control on our senses

“नमो उवज्झायाणं”

“हे उपाध्याय भगवंत! मेरे अंदर का ज्ञान प्रगट हो ऐसी कृपा बरसाओ”

“Namo Uvajzayanam”

“Oh Upadhyay Bhagwant! please bless me so that Right Knowledge emerges from within.”

चौथा पद...



Fourth Pad:

“नमो लोए सव्व साहूणं”

“हे साधु भगवंत! मैं मोक्ष मार्ग के लिए पुरुषार्थ करूं ऐसी कृपा बरसाओ”

“Namo Loe Savva Sahunam”

“Oh Sadhu Bhagwant! please bless me so that I strive hard to follow the path of Moksh.”

पांचवां पद...



Fifth pad...

“नमो नाणस्स”

“हे परमात्मा! आप जैसा सम्यक् ज्ञान प्रगट हो ऐसी कृपा बरसाओ”

“Namo Nannass...”

“Oh Parmatma! please bless me so that I acquire Right knowledge like you.”

छठा पद...



Sixth Pad

# Aayambil-A festival to gain victory over your taste buds

सातवाँ पद...



Seventh Pad...

“नमो दंसणस्स”

“हे परमात्मा! आपके जैसा सम्यक् दर्शन प्रगट हो ऐसी कृपा बरसाओ”

“Namo Dansanass”

“Oh Parmatma! please bless me so that I get Right Vision like you.”

आठवाँ पद...



Eight Pad...

“नमो चरितस्स”

“हे परमात्मा! आप के जैसे सदगुण प्रगट हो ऐसी कृपा बरसाओ”

“Namo Charitassa”

“Oh Parmatma! please bless me so that I get Virtues like you.”

नववाँ पद...



Ninth Pad...

“नमो तवस्स”

“हे परमात्मा! आप के जैसा तपस्वी बनूं ऐसी कृपा बरसाओ”

“Namo Tavass”

“Oh Parmatma! please bless me so that I become an ascetic like you.”

## Activity

# Circle Jai Mahavir...



Lets chant Parmatma's name to...

- ❖ To build Self Confidence
- ❖ Develope the Virtues of our soul
- ❖ To develope deep Faith in Parmatma
- ❖ To experience that Parmatma is with you
- ❖ To seek guidance through the maze of life
- ❖ To be fearless and compassionate life Him





Mahavir Janma Kalyanak  
17 - 4 - 19

## Festivals of the Jains

મહાવીર જયંતિ જૈનોનો મુખ્ય તહેવાર છે. આ ભગવાન મહાવીરનો જન્મદિવસ છે. આપણે આ તહેવારને ખૂબજ ભક્તિભાવ થી ઉજવીએ છીએ.

જૈન અને હિન્દુ કેલેન્ડર પ્રમાણે મહાવીર જયંતિ ચૈત્ર સુદ તેરસનાં આવે છે.

Mahavir Jayanti is one of the main festivals of Jains. This is the birth anniversary of our Bhagwan Mahavir. We celebrate this festival with great devotion.

According to Jain and Hindu Lunar Calendar Mahavir janma kalyanak falls on the 13<sup>th</sup> day of the bright half of the month of Chaitra.



## આપણાં ભગવાન વિશે થોડુંક જાણીએ

જન્મ સ્થળ :	ક્ષત્રિય કુંડ	પત્ની :	યશોદા
દીક્ષા :	ક્ષત્રિય કુંડ	પુત્રી :	પ્રિયદર્શના
કેવળજ્ઞાન :	જાંબિયા ગામની બહાર ઋજુવાલિકા નદીના કિનારે.	ગણધર :	૧૧
નિર્વાણ :	પાવાપુરી (દિવાળી)	સાધુ :	૧૪,૦૦૦
આયુષ્ય :	૭૨ વર્ષ	સાધ્વીજી :	૩૬,૦૦૦
પિતા :	રાજા સિધ્ધાર્થ	શ્રાવક :	૧,૫૬,૦૦૦
માતા :	રાણી ત્રિશલા	શ્રાવિકા :	૩,૧૮,૦૦૦
		પ્રથમ શિષ્ય :	ગૌતમ સ્વામી અને

**મહાવીર જયંતિને શ્રેષ્ઠ રીતે ઉજવવા માટે આપણે એમનાં સિદ્ધાંતોને  
અમલમાં મૂકી એમનાં જેવા બનવાનો પ્રયત્ન કરવો જોઈએ.**

### The brief biography of our Bhawan is

Birth place :	Kshatriya Kund	Wife :	Yashoda
Diksha :	Kshatriya Kund	Daughter :	Priyadarshana
Keval Gyan :	Nr Rujuvalika River of Jambiya Village	Gandhar :	11
Nirvan :	Pavapuri (Diwali)	Sadhu :	14,000
Life Span :	72 years.	Sadhaviji :	36,000
Father :	King Siddharath	Shravak :	1,56,000
Mother :	Queen Trishala	Shravika :	3,18,000
Brother :	Nandivardhan	First disciples :	Gautam Swami & Chandanbala

**The best way to celebrate Mahavir Jayanti is to follow the principles of Bhagwan Mahavir and to try our best to become like him...!**

## आयंबिल के लाभ Benefits of Hayambil...

| अपनी आंतरिक शक्ति बढ़ती है  
Our inner strength increases

| मन शांत होता है  
We become Peaceful

| अपने मन पर संयम आता है  
Facilitates control of the mind.

| अंतराय कर्म के क्षय से जीवन की बाधाएँ दूर हो जाती हैं  
Reduces obstracles in life as Antray Karma is shed

| उच्च गोत्र कर्म का बंध होता है  
One can binds Unch Gotra Karma

| निकचित कर्मों का क्षय होता है  
Helps to shed Nikachit Karma



## मानसिक लाभ Mental Benefits



| संकल्प शक्ति बढ़ती है  
It improves our will power

| क्रोध को दश में करने से मन सहज और शांतिपूर्ण बनता है

| Helps to control anger which in turn keeps the mind relaxed and peaceful

| मन शुभ भाव में रहता है

| It helps the mind to be in "Shubh Bhaav"

| मन और शरीर की तत्त्वम्यता बढ़ती है

| Helps us to maintain harmony between body and mind



- \* शक्कर के त्याग से मधुमेह को नियंत्रित करता है

Elimination of sugar controls Diabetes



- \* नमक का अभाव ब्लडप्रेसर को कम करता है

Elimination of salt lowers blood pressure



- \* पाचन शक्ति बेहतर होती है

It improves digestion



- \* घी और तेल का त्याग कोलस्ट्रॉल संतुलित करता है

Refraining from ghee and oil improves Cholesterol



- \* शरीर स्वस्थ तंदुरुस्त और स्फूर्तिवाला बनता है

It makes our body fit, healthy and active



- \* शरीर को डिटॉक्सीफाय करता है

Detoxifies the body

आयंबिल कौन कर सकता है?

## Who can do Ayambil?

आयंबिल सभी कर सकते हैं छोटे, बड़े, जैन, अजैन ई....

Aayambil can be done by all young, old,  
Jain, Non - Jain etc...



- \* आयंबिल से अंतराय कर्मों का क्षय होता है।
- \* अजैन भी इस साधना को विश्वास और श्रद्धा से करते हैं।
- \* धार्मिक और स्वास्थ्य की द्रष्टि से यह सबसे श्रेष्ठ तप है।
- \* Aayambil is the best aaradhna to shed Antaray Karma.
- \* Not only Jain's but also Non-Jain's perform this penance with faith.
- \* From the religious and health point of view it is the best Tap.



LOOK N LEARN  
MAGAZINE



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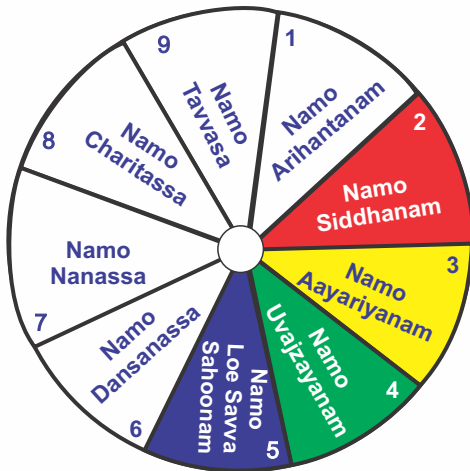
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Aayambil Oli = Control over Taste = Control over Mind.



## Aayambil Aaradhna

Rohan knows what to eat  
and what not to eat during  
Aayambil oli.  
Do you know?

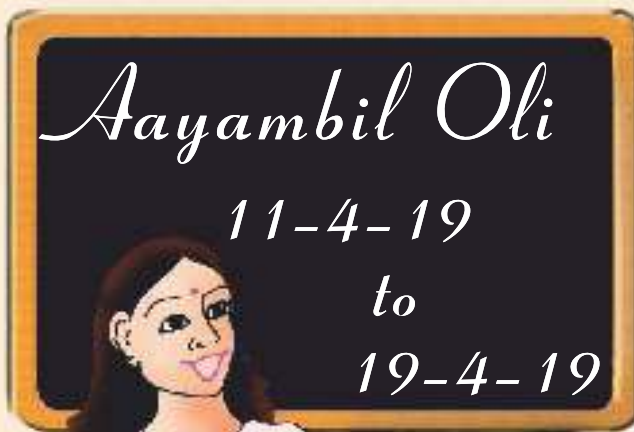


☒ Tick on the food items listed below which you can have in Aayambil



# I Can do Much!

- Didi : Kids do you know that we have Aayambil oli coming soon
- Rohan : Yes Didi I know as my grandmother and mother always do 9 Aayambil during this oli.
- Didi : Kids how many of you are going to do Aayambil?
- Sonal : Didi I wish to do Aayambil
- Didi : Very good Sonal, doing Aayambil sheds your many karmas and also leads you to good health!
- Rohan : Didi I too wish to do Aayambil but I am not able to do as I have exams coming, then... Won't I be able to shed my karmas?



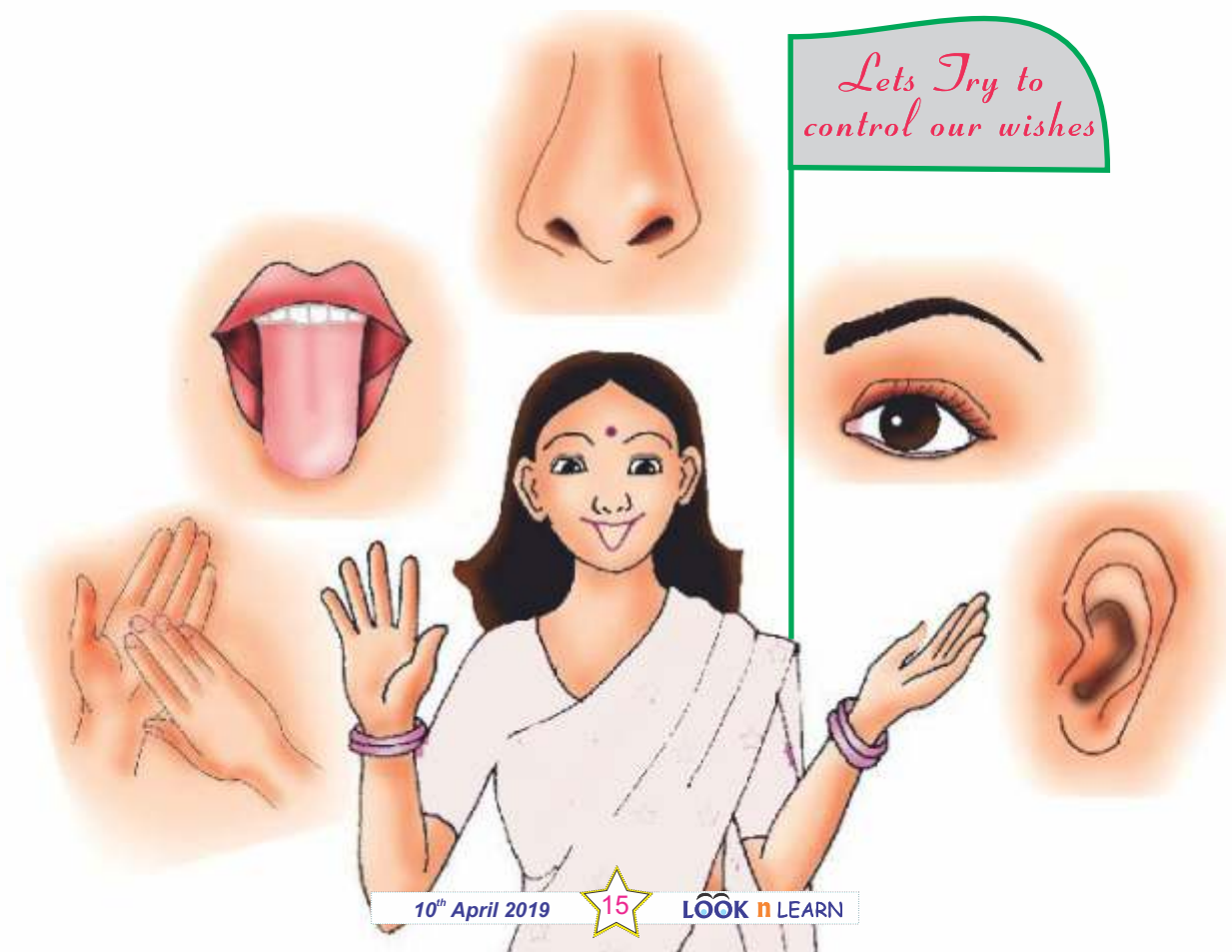
*Karvu  
Karavuu  
and  
Anumodavu*

Didi : Dear Rohan, your Shubh bhaav of doing Aayambil will also let you shed your karmas. Besides you should also try to do Samayik and Pratikraman, drink bolied water for these 9 days and inspire others to do Aayambil. Kids if due to some reason you cannot do Aayambil tap then you can also do these 12 tap which are very easy to follow and shed your karmas.

Rohan : Didi what are these 12 tap?

Didi : Dear Rohan, our Parmatma says that tap is a Process! A Process of purifying our soul. By doing various tap we have to control our indriyas... our wishes. So kids lets learn about these tap and try to follow them all in your day to day life or at least during Aayambil oli.

Rohan : Didi I will certainly follow them and ask my friends to follow as well.



# 12 Types of Tap



I will do Navkarshi  
and Chauviyar for 9 days  
and do **Anshan tap**

I will eat less than  
my regular diet and  
do **Unodari tap**

I will avoid eating  
delicious tasty food and  
do **Vrutisankshep tap**

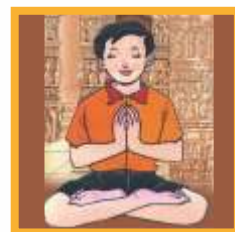
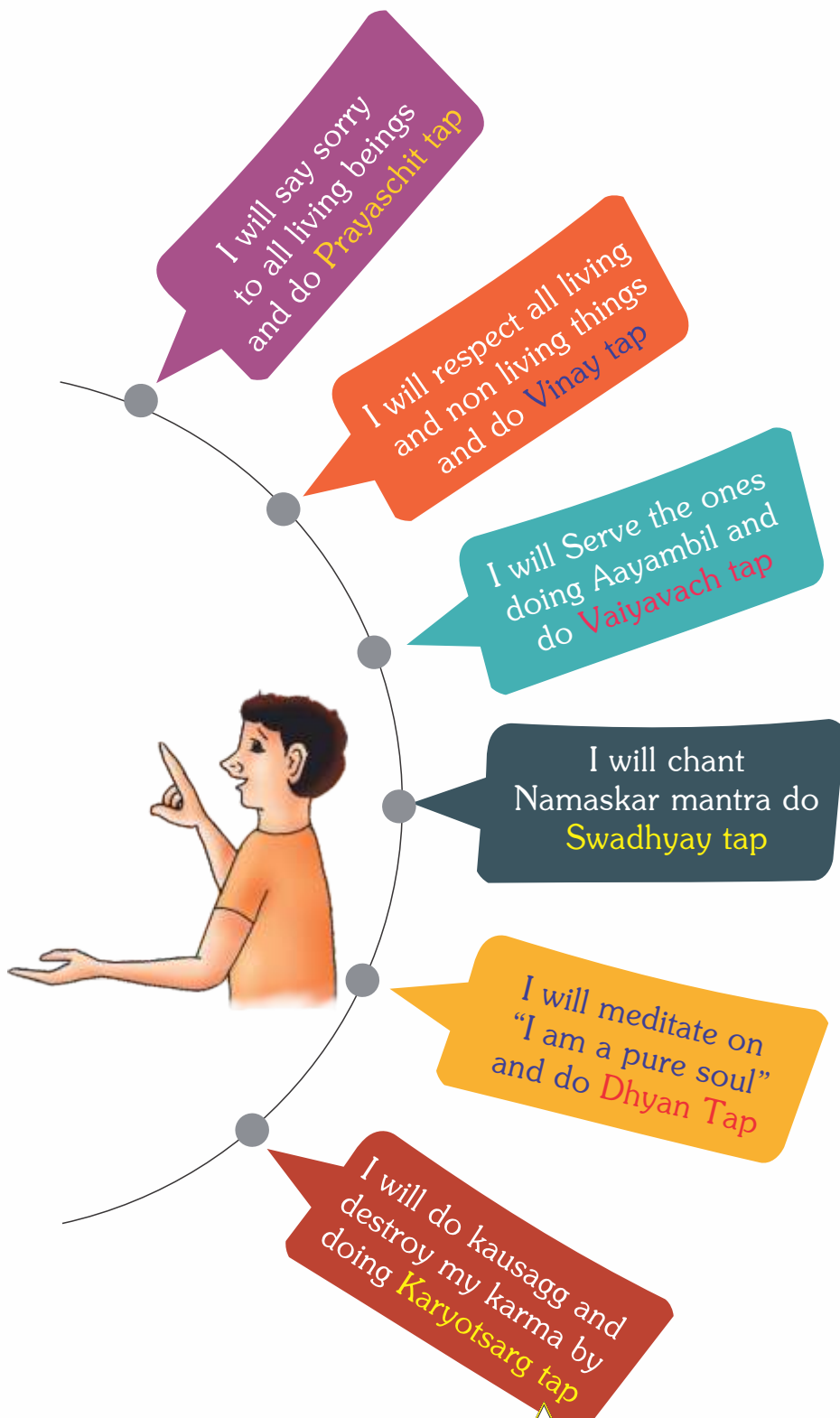
I will eat what is  
served for Aayambil and  
do **Rasparityag tap**

I will not use AC  
and do **Kayakalesh tap**

I will use mobile  
for limited time and  
do **Pratisanlinta tap**







# We have Aayambil Oli

17<sup>th</sup> -04 -2019  
Mahavir  
Jayanti

I want to plan my Activities...

Because I want Sad Gati...

Tick mark the box on whichever activity you will do

Activities	11/4	12/4	13/4	14/4	15/4	16/4	17/4	18/4	19/4
1 I have not eaten green vegetables.									
2 I have not eaten outside food.									
3 I have fed a poor & hungry person.									
4 I haven't seen a movie.									
5 I have not watched T.V.									
6 I went for Gurudarshan.									
7 I did Chauvihaar.									
8 I kept MAUN for 10 mins.									
9 I have controlled my Anger.									
10 I bowed down to my elders.									
11 I have done three Vandanas.									
12 I have not had shower bath.									
13 I haven't lied today.									
I have scored									
Stars. Keep it up. You can continue these activities for the whole year.									

પૂજ્ય ગુરુદેવ શ્રી તથા સર્વ સંત સતીજીઓને વિહારની શુભેચ્છા!  
શ્રી જિનશાસનના વારસદાર સુરવ શાતામયી રહે આપનો વિહાર...  
પરમાત્માને કરીએ અમે પોકાર, જૈન ધર્મનો હોજો સદા જયજયકાર!



હે સુર્યદેવતા, વિહારમાં થોડા ઓછા તપજો એવી શુભ ભાવના!

- Gurubhakt Mehta Parivar





हे धरती माँ विहारना  
 मार्गमां खाडा टेकराथी  
 पूज्य साधु संतोने बचावजो  
 एवी... अंतरनी प्रार्थना!  
 हे विघ्नहर्ता, विहारना  
 पथमां आवता जता...  
 वाहनथी रक्षा करजो,  
 एवी सद्भावना!



हे परम परमात्मा!!  
 अमारा पूज्य गुरुदेव तथा  
 सर्व साधु भगवंतोनु  
 विहारमां आरोग्य-  
 स्वास्थ्य सुखशातामयी  
 रहे तेवी भावना भावु छुं!