

CHILDREN'S JAIN MAGAZINE

(English, Gujarati & Hindi)

EVERY FORTNIGHT

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Appreciating Moon



Appreciating Moon

Once a little Moth was flitting through the forest bumping into trees. When she realised that the moon was missing, she cried frantically

“Ow, ow, ouch!” The moon is missing!”

Moth was in such a tizzy that she bumped right into a bear.

“Ow, ouch!” grumbled bear.

“You just smacked me in the eye!”

“I am sorry,” said Moth,

“But the moon is missing!”



The bear looked around and grumbled “It is rather dark,”

He wasn't happy to be awakened.

The moth was worried and said “How will we ever find our way without the moonlight?”

Bear scratched his huge head with his huge paw, and said

“You are right! We must get help!” And they both began their search for help. The moon went flitting about, bumping from tree to tree.

It wasn't long before they bumped into deer's house.



“May be Deer can help us!”

suggested Moth as she flitted in worry.
Bear stuck his giant head in the giant hole
and yelled, **“Get up you lazy deer !”**



Bear's giant voice made the earth shake, which shook deer right out of his den. Deer bumped right into bear, yawned sleepily and then scratched his behind. “What's all the hullabaloo? Can't a deer get some sleep?” Moth flitted around deer's head in circles till he was dizzy, and said “The Moon is missing! How will we ever find our way without the moonlight?”

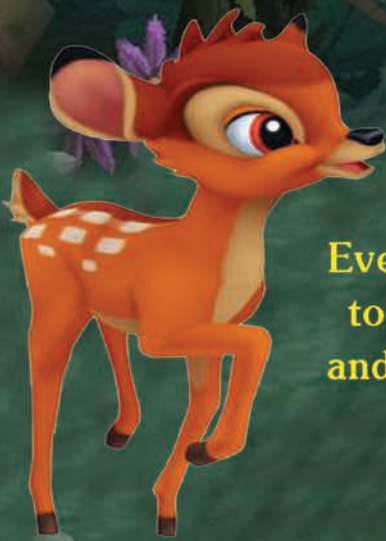
Deer burped, “Excuse me.” He looked up in the sky and looked stumped. The moon wasn't anywhere to be seen. “You are right! Moon is missing. Well there's nothing we can do about it in the dark. I'm going back to get my beauty sleep.” deer tried to sneak back into sleep. Bear grabbed him by the scruff of his mangy neck, and said “Not so fast deer! We need your help!” “But what can I do?” said Deer. “You can sing to the moon” said Bear.

“Yes that always makes the moon shine.” Moth flitted about frantically...

“Hurry, it is getting darker!
Let's go!”



Wait... “Why a Moon would go missing?”
Maybe it went missing for a reason.”



Everyone looked up to the tree branch and spotted an Owl.



Moth stood still, “Why?” for what reason
“Maybe she felt unseen,” suggested Bear.
“I forgot to sing to hear,” admitted deer.
“May be if we appreciate the moon, It will shine its light
upon us again!” said Moth & It got so excited that she
bumped right into deer’s snout. He sneezed it right off!
“Let's go appreciate Moon,” suggested Bear.
“But where do we go to find her? At hilltop” said Moth
“That's where I go to serenade her.” said deer.
So Moth, Bear, deer and Owl rushed to the nearest hilltop
& began to Appreciate the Moon.





“We love the way you light our way!”

“Dear, lovely Moon because of you we can easily find our food.”



“We like the way you guide us from season to season. We always know what to do in the dark because of you Moon”



Everyone turned to deer. It was his turn to appreciate Moon. Deer paced back and forth then started to sing. He sang all night long and all the animals of the forest came to hear deer's gratitude song, and they all joined in. The sound was so beautiful and filled with so much love and joy that the next night Moon woke up and just had to see who was singing. As it peeked down on earth, it appeared in the sky as a crescent. All the animals of the forest cheered!

From that day on all the animals of the forest took time during their waning to appreciate Moon, It always received their gratitude in its open crescent arms. That's the end of the story.



Do you know kids where had the moon gone? It was a no moon day so nobody was able to see the moon.

A no moon day is just as same as the period or time of our life when we are sad, when nothing right is going around in our life. But as gratitude song cleared away all the darkness of night & moon appeared, similarly by showing gratitude towards Dev, Guru and Dharma, by appreciating the blessings that we receive from them and also by praising our religion all our bad Karmas shed & a new crescent moon arises in our life in the form of happiness.

So, dear kids always remember that we should have full trust & faith in our Dev, Guru & Dharma, no matter how dull or bright our days are.



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Ashok R. Sheth (Publisher)

Help Sheru find his own shadow



Special Tips for our Board Exams Students...

**Come on dear, it's a leap year,
Exams are near, but have no fear,
Tips are here, follow them with cheer...**

Dear kids,

Do you feel Nervous, Anxiety, Fear or Low Self Esteem during exams...

No worries!

Have full faith in your self and your Dev and Guru...

A secret mantra given to you
all kids from our Pujya Gurudev

મને જે આવડે છે
एज examમાં આવશે...
अने જે examમાં આવશે,
ते मने आवडे છે...





Points to keep in mind during exam days



1

Prepare all your stuff and your bag the night before



2

Go to bed early and sleep well



3

Eat a healthy breakfast before appearing for exams

4

Wear comfortable clothes



5

Meditate, Relax & calm yourself... Be like a turtle at ease in your own shell



6

Chant Shree Namaskar Mantra before starting the exam paper



7

Concentrate on your paper & be positive



8

Follow all directions Read each question & answer them carefully



9

Write answers neatly and erase worries completely



10

Move on if you do not know the answer but don't write it wrong



11

Review your answersheet & make sure all the questions are answered



12

Plan something fun to do after your board exams



Ideal Shravak



*You know kids who is an
Ideal Shravak?
श्रावक कैसे होते है ?*

One who has true faith in his religion and one who follows the foot step of his Parmatma is called an ideal Shravak.

Dear kids, taking Diksha is not easy, but experiencing Diksha jeevan for one day is not difficult either. So, come on let's see how we can experience Diksha Jeevan for one day.

जो पाप से डरे वह हैं सच्चे श्रावक, पाप होने पर अफसोस करे वह हैं सच्चे श्रावक,
“पाप न करे” एसा प्रयास करे वह हे सच्चा श्रावक...

*What is 10th vow?
दशमं व्रत यानी क्या ?*

1

Experiencing Sadhu Jeevan for 1 day is called 10th vow
संयम जीवन का अहेरास करना है दशमं व्रत।
एक पूरा दिन उपाश्रय में साधु-साध्वीजी के जैसे रहना है दशमं व्रत।

2

To do aradhana of Gnan Pad, Darshan Pad,
Charitra Pad is called 10th vow
ज्ञान पद, दर्शन पद, चारित्र पद की आराधना है दशमं व्रत।

3

To meet one's own self is 10th vow
आत्म की अनुभूति करना है दशमं व्रत।

What things you need for 10th Vrat

व्रत पालन में किस चीजों की आवश्यकता है?



Simple clothes to be worn
but white clothes are best
सफेद सौम्य वस्त्र
पहनने चाहिए



Aasan, Mala, Muhapati,
Guchho & Religious books
for Swadhyay
आसन, माला, मुहपत्ती,
गुच्छा और
स्वाध्याय के लिए पुस्तक



Tiffin box or Patra
for Gochari
खाना खाने के लिए
पात्रा या टिफिन बॉक्स

*What things one has to keep in mind
while doing this Urat.*

व्रत के पालन दरम्यान ध्यान में रखने वाली बातें



If possible one should
do Ayambil or Upvaas

आयंबिल या उपवास करना सर्व श्रेष्ठ है

If not then, one should atleast
do Ekasana or Beasana

इस व्रत के दरम्यान एकासना
या तो बीयासना करना चाहिए



Avoid consuming sachet
living things

सचेत आहार का त्याग करना चाहिए



X

X

Achet eg. Mobile, Jewellery
should not be used

अचेत वस्तु जैसे के मोबाइल,
गहनो का त्याग करना चाहिए



Drink only Boiled water
उबला हुआ पानी पीना चाहिए

Activity throughout the day when one is in this Vrat व्रत की दिन चर्या



To bring gochari for one self & others who are doing this Vrat
दया व्रत करनेवाले के लिए
गोचरी लाने जाना



To wipe floor with Guchchoo and sit on Aasan
जमीन पोंज कर आसन
बिछाकर बैठना



To do kausagga of Iriyavahiyam Vrat after bringing Gochari
गोचरी लाने के बाद इरियावहियं
का काउस्सग करना



To do Mala, Dhyana, Jaap, read religious books, hear discourse from Sadhu-Sadhviji
दिन भर में माला, ध्यान, धर्मकथा
का पठन, व्याख्यान का श्रवण करना,
साधु-साध्वीजी को वंदन करना

Why should one do this Urat

यह व्रत क्यों करना चाहिए?

1

To experience how Puja Sadhu-Sadhaviji spend their life span happily in Saiyam
साधु साध्वीजी संयम जीवन कैसे व्यतित करते हैं
उसका अनुभव लेने के लिए

To connect with one's own self and
to disconnect with sansar
स्व से connect और संसार से
Disconnect होने के लिए

2

3

To avoid 5 ashrav
पांच आश्रव (पाप, पुण्य, निर्जरा, संवर, मोक्ष)
को रोकने के लिए

To move ahead one step from
Sansar to Saiyam
संसार से संयम की और पहला
कदम उठाने के लिए

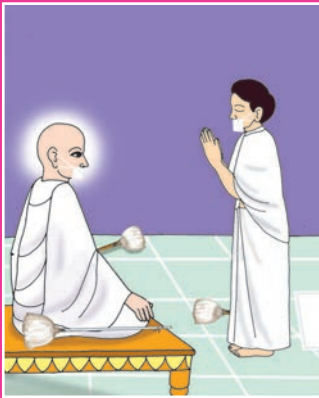
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5

To imbibe qualities like Daya, Tolerance, Love,
Mercy, Compassion etc in one's self
खुद में क्षमा, दया, सरलता जैसे अच्छे गुणों
का बीजारोपण करने के लिए

How and when one can do 10th Vrat?

व्रत कब और कैसे किया जाता है?



नजदीक के धर्म स्थानक में स्थित गुरुदेव या साधु-साध्वीजी के पास पच्चक्खवाण लेने चाहिए क्योंकि पच्चक्खवाण के साथ पूज्य गुरुदेव हमपे अपनी भाव कृपा और साधना शक्ति भी देते है, जो हमारे व्रत पालन में साहायक रूप बनती हैं। साधु-साध्वीजी की आज्ञा अनुसार यह व्रत पालन करना चाहिए।

One Should go to nearest Upashray and take Pachkkhan from Pujya Gurudev or Sadhu Sadhviji, because while taking pachkkhan from them, they shower their blessings and positive vibrations on us which help us to complete our vrat with ease. We should do vrat as per their guidance. This vrat starts from sunrise and ends at sunset and vice - versa.

Benefits of doing this Urat

व्रत से होने वाले फायदे

1

One get's priviledge to be in Parmatma's or Gurudev's Agna and Sanidhya
परमात्मा या गुरुदेव की आज्ञा में रहने का अवसर मिलता है

One accumulates good karmas due to all religious activties done like Samayik, Pratikraman, Taap etc
धर्म के प्रति अहोभाव बढ़ता है। धार्मिक क्रिया जैसे सामायिक, प्रतिक्रमण या तप का लाभ होता है, आश्रव के पाप से बचते हैं

2

3

Kaya kalesh Taap is done during this vow & also one avoids Parigraha, limits his usage of Sansari things
काया कलेश तप होता है, परिग्रह का त्याग होता है, संवर का लाभ होता है और व्रत का पालन होता है

One learns to adjust in all conditions and also controls his desires and taste buds
परिस्थितियों के साथ समन्वय करने का अवसर मिलता है, इच्छाओं और स्वाद पर नियंत्रण होता है

4

5

One Sows the seeds of Saiyam
संयम के संस्कार का बीजारोपण होता है

Dear kids do you know which inner bad qualities did our Parmatma conquered?
 And what were the good qualities of our Parmatma which are worth gaining...
 Figure out the quotes from the jumbled words & obtain the answers to your question.



















Result of Positive Thinking...

Bright and promising life

Better Health and Inner Peace

Success and Happiness

Confident and Energetic

Honest and Respectful

Kind and Good at Heart

Blessed by Parmatma & Gurudev

Strong and Brave

Always calm and motivated