

LOOK N LEARN
CHILDREN'S JAIN
MAGAZINE

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Compassion



करुणा क्या है? करुणा यानि क्या?

करुणा यानि हररोज किसी को किसी भी तरह से मदद करने के भाव होना। किसी को मदद करने से हमारे अंदर आत्मीक connection होता है।

करुणा कौन कर सकता है?

जिसके हृदय में क्षमाभाव हो, सरलता हो नम्रता हो वही करुणा निधान बन सकता है! जिसके हृदय में करुणा के भाव प्रगट होते हैं उन्हें सद्गुणों की प्राप्ति होती है। सद्गुणोंकी प्राप्तिसे आत्मा की शुद्धि होती है। आत्मा की शुद्धि से सिद्धी की प्राप्ति होती है और सिद्धी से सिद्ध बन सकते हैं।



Grow with

Compassion!

Care for those
who are hurt

C



Smile
always

Open your
heart to
help someone

O



Sympathize
with others

Make time to
listen to someone
in sorrow

M



Include
the
leftouts

Pass on the
kindness
to others

P



Offer help
to someone

Action speaks
louder than words

A



Necessary for
peaceful world



Self check...



How can I be
Compassionate
more often?
Think over that..





When were you last.....



When were you last Compassionate?



When were you last Caring?



When were you last Gentle?



When were you last Supportive?



When were you last Content?



When were you last Kind?

There was a beautiful city called Champaa. Three Brahmin brothers lived in that city with their wives. The names of their wives were Naag-Shri, Bhoot-Shri and Yash Shri.



One day it was Naag - Shri's turn for cooking. She cooked a lot of dishes. She wanted to show that her cooking was best among the three families. She cooked gourd as the seasonal vegetable. In haste of cooking she forgot to taste the vegetable. When the cooking was over she took a drop of the curry and tasted it, it was bitter like poison.

Naag-Shri thought : What should I do now? When everybody will taste this poisonous food they will make fun of my cooking. She thought of discarding the vegetable and cook something else. During that period Acharya Dharmaghosh had come to Champaa city with his group of disciples. He had a disciple called Dharmaruchi who observed rigorous austerities. He was observing a month long fast.

That was the day of Dharmaruchi's breaking the month long fast. He took permission from his Guru and set out to take Gochari. In the process he arrived at Naag - Shri's house. When she saw the ascetic entering her courtyard, Naag-Shri felt a hidden pleasure.

In order to cover her fault she put all the discarded vegetable of bitter gourd in the ascetic's bowl. Thinking that the quantity of food was enough for him, ascetic Dharmaruchi returned to upashray. Dharmaruchi showed the collected alms to his Guru Aachaarya Dharmaghosh. The Guru found smell of the curry repulsive. Guru said to Dharmaruchi that : "If you eat this curry you will certainly die. Therefore, find a

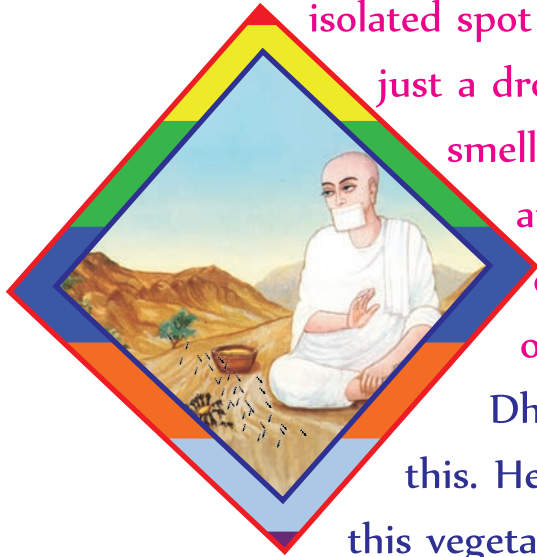
suitable place and dispose it carefully. Collect fresh and faultless alms and then eat."



A true Sishya

always obeys his Guru!

Following the command of his Guru, Dharmaruchi went to an isolated spot and finding a suitable place he put just a drop of the curry on the ground. The smell of the curry attracted thousands of ants. When some of the ants consumed that curry they died at once.



Dharmaruchi trembled when he saw this. He thought - 'When just one drop of this vegetable can kill so many ants, what will happen if I throw all this on the ground!. I will be responsible for an act of great violence.' Accordingly, ascetic Dharmaruchi did not mind Naag - Shri's fault. He thought that the safest place to discard the curry, where not a single jiv will die, was his own stomach. Therefore, He ate all the vegetable and saved lives of numerous living beings.

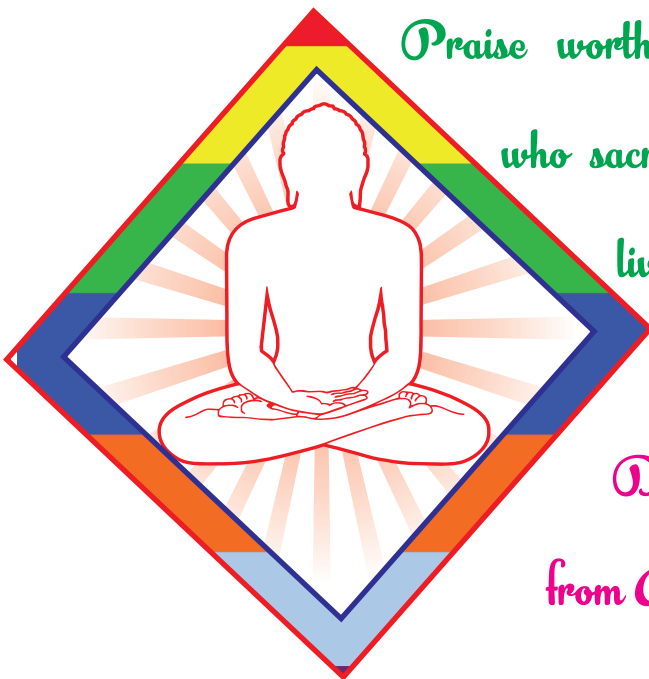
*Jain Sadhus are always
Compassionate! They do not
look at faults of others, and do
not hesitate to sacrifice their
life for observing Ahimsa*



The bitter and poisonous curry caused great pain in his body. Though the pain was intolerable he endured it with equanimity. He atoned all the sins committed during life time, bowed down to his Guru and embraced equanimous death. As a result ascetic Dharmaruchi was reborn as a Dev.



The soul of ascetic Dharmaruchi descended from Dev lok and was born as a human being. He shed all his karmas and became Siddha.



Praise worthy are such excellent Jain sages who sacrifice their lives for protecting living beings and attain liberation.

(The story of ascetic

Dharmaruchi has been derived

from Gnaataa Dharma Kathaa

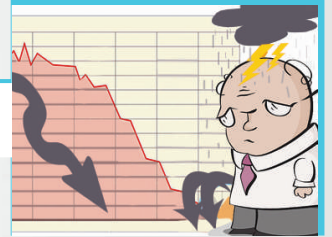
Sootra.)

You are probably practising Compassion if...

If you can sit quietly after bad news...



If in financial set back you remain calm...



If you can see others happy without a tinge of jealousy..



If you can see happily eat whatever is served in plate...

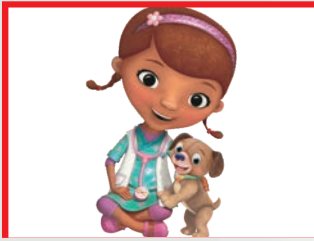


If you can unconditionally love everyone around you...



If you can find contentment just where you are you...





If you feel
blessed every moment...



If you visit orphans
and spend time with them...



Donate medicines, clothes,
books & food to the needy...



If you spend time at old
age home with the sick...



Extent support to
the one who needs ...



Create awareness
through posters & banners ...

COMPASSION



The angry snake
Chandakaushik
harmed Parmatma
Mahavir but, did
Parmatma get
angry?

NO!

**Compassion
overflowed from**

Parmatmas

eyes...

What **oozed** out

was not red blood
as Parmatma was

filled with **Love,**

Forgiveness

and **Compassion**



Miraj Gala

Lnl has been a very good experience for Miraj in nurturing his life. It has helped him in many ways regarding manners. jeevdaya n respect for elders. There was a phase of 2 months in his 4 yrs time span..when he used to cry when coming for lnl.

But I never discouraged him and nor did the didis stopped trying to make him comfortable in all ways.

Miraj has learnt his Samayik and does nice stuti of Logass which we all love to hear. Miraj is a soft spoken n obedient child who sometimes reminds me not to shout but speak softly. Thank you Pujya Gurudev for having lnl n his didis who care for his Soul.



Anika Shah

Our first session was a parent-child orientation, and the session began with the lesson on the joy of offering food to Saadhuji and Saadhviji who come to our door step for Gochari.

One day in the following week we got this opportunity and saw a sadhviji entering our house with her divinity. I was skeptical, that she might cry like in the past but this time she had completely changed. She offered the sadhviji with full bhaav and was happy like never before. With this teaching of LNL, I could see my child blossom in to ocean of goodness. For this I would like to thank Pujya Gurudev and LNL for enlightening Anika's spiritual feelings .





Purvi Gala

My daughter Purvi has completely changed after joining Inl. At Inl... Purvi got motivated to come regularly because of creative teaching styles of didis, Purvi has become more disciplined. Her ego and jealousy has become less than before.

Thank you Pujya Gurudev, Didis and sirs for helping my daughter Purvi to become a positive and a humble person.



LOOK N LEARN CHILDREN'S JAIN MAGAZINE

Please contact us for your valuable feedbacks, complains, suggestions, or any change of address on...

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Let me gift this box of virtues to my Parmatma!



Pick up Good Qualities from the basket and write in each gift box!

Selfish
Ego
Share

Hurt
Generous
Supportive

Patience
Humanity
Lies

Greed
Empathy
Acceptance

Anger
Respect
Kind

Picture Puzzle

On the adjacent page you have a Puzzle of the coverpage ,

- 1] Cut the puzzle according to the shape ,
- 2] Stick them on a hard paper
- 3] Essemble the puzzle
- 4] Write below that after seeing the cover page of this eddition what do you feel! Send us your feedbacks with your name and photo.

The best answer will be published in the next eddition!

Your thoughts...



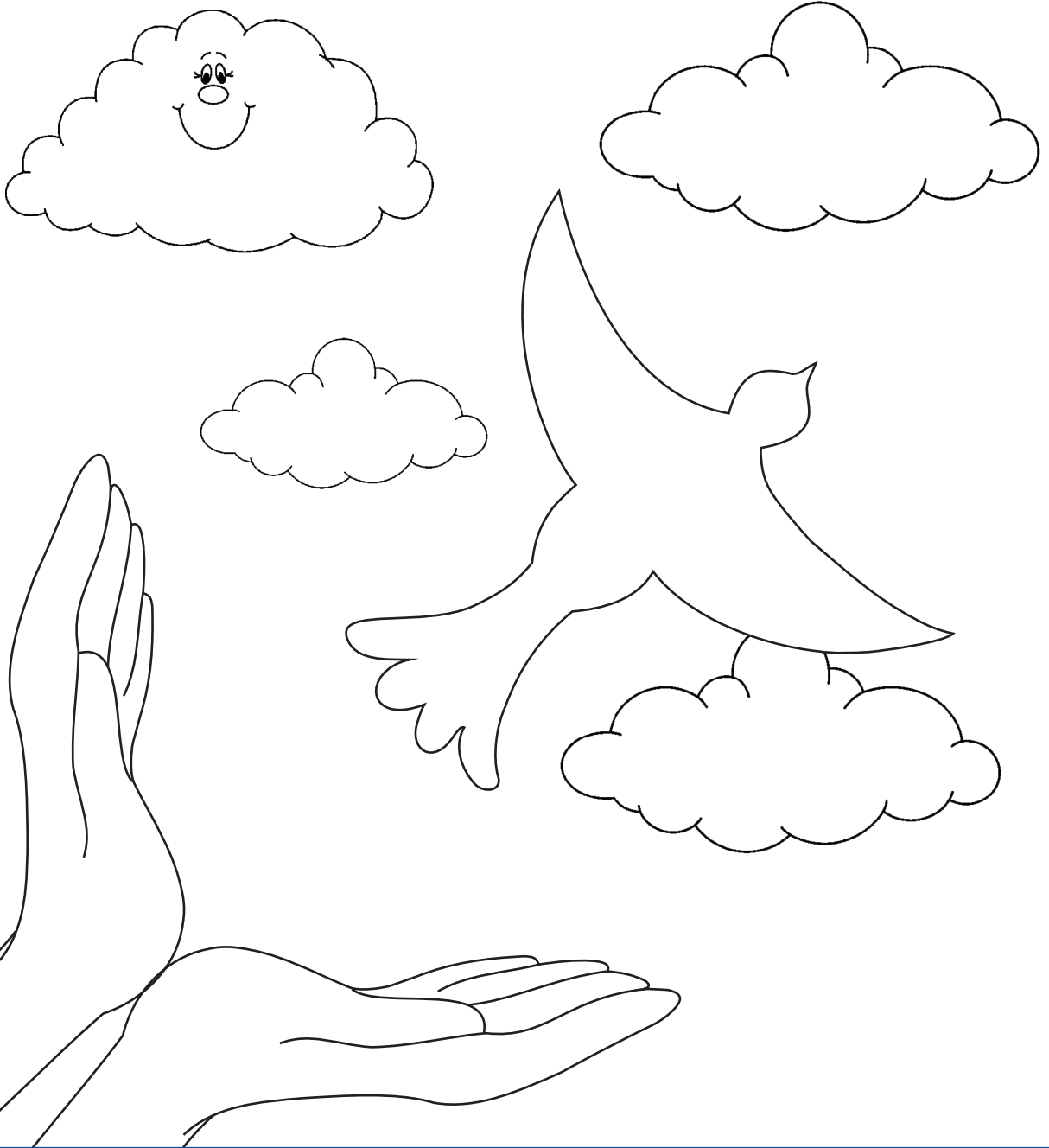
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Lets try!



A COMPASSIONATE WORLD BEGINS WITH YOU!



Colour the picture and give appropriate Slogan.

Yes this is Compassion!



गौरववंतो

अमारो भायाणी परिवार

अक साथे त्रण त्रण पेढी संयमना मार्ग.

राष्ट्रसंत पूज्य गुरुदेव श्री नम्रमुनि महाराज साहेब

राष्ट्रसंत पूज्य गुरुदेव श्रीना संसारी पक्षे मातुश्री

पूज्य श्री प्रबोधिकाबाध मडासतीज

राष्ट्रसंत पूज्य गुरुदेव श्रीना संसारी पक्षे कैबा

पूज्य श्री निर्मणाबाध मडासतीज

अने हवे...

राष्ट्रसंत पूज्य गुरुदेव श्रीना संसारी पक्षे मोटाभाधनी सुपुत्री

मुमुक्षु श्री विरांशीबेन दिवेशभाध भायाणी

अक साथे त्रण-त्रण पेढी... वधारशे जिन शासननुं गौरव !!

धन्य बन्या अमे,

धन्य बन्यो भायाणी परिवार !!



सौजन्य : मातु श्री कुंदनबेन अटुकभाध भायाणी परिवार