

LOOK N LEARN

CHILDREN'S JAIN MAGAZINE

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Samayik



SAMAYIK

Samayik is the path to become like Parmatma, because through Samayik our vices are converted into virtues.

"Samayik" means to keep away from sinful activities and practice equanimity.

परमात्मा बनवानो रस्तो सामायिकथी शरु थाय छे. कारणके सामायिकथी आपणां अवगुणो दूर थाय छे अने गुणो प्रगट थाय छे।

"सामायिक" एटले पापनो त्याग करी समभावनी साधना करवी।



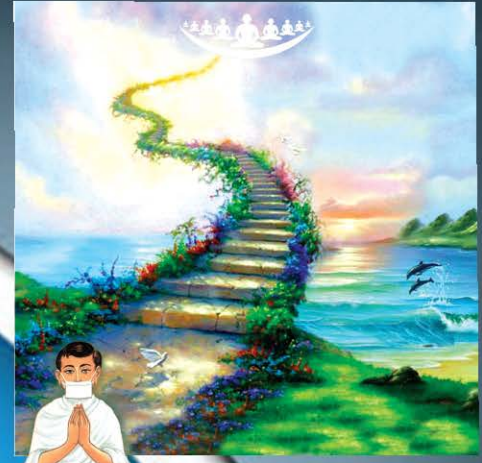
Jainism is the religion which shows the path, to become like Parmatma.

Any one who is determined to purify his soul and is on the path to become like Parmatma. And once when he completely purifies his soul he becomes Parmatma .

According to Jainism there is no superpower required for the post of Parmatma, This is the speciality of Jainism and once whose soul becomes free from all vices, immediately he becomes Parmatma .

જૈનધર્મ એક એવો ધર્મ છે જેમાં બતાવ્યું છે કે પરમાત્મા બનવાની કોઈની મોનોપોલી નથી... કોઈપણ વ્યક્તિ જ્યારે સંકલ્પ કરે છે કે મારે આત્માને શુદ્ધ કરવો છે ત્યારે તે પરમાત્મા બનવાની દિશામાં આગલ વધવા લાગે છે અને જ્યારે તેનો આત્મા સંપૂર્ણ શુદ્ધ થઈ જાય છે ત્યારે તે પરમાત્મા બની જાય છે।

પરમાત્મા એ કોઈ સુપર પાવર કે સુપર પર્સનાલીટી નથી પણ જેણે પોતાના આત્માને દોષ રહિત બનાવી દીધો... નિર્મલ બનાવી દીધો... તે જ પરમાત્મા છે...! અને આ જ આપણાં જૈનધર્મની વિશિષ્ટતા છે...!



Why "Samayik" is necessary?

To take out time from various worldly activities and spend time to purify and to experience our soul is known as "Samayik".

સંસારના કાર્યોમાંથી સમય કાઢી આત્માને શુદ્ધ કરવા અને અનુભવવા માટે જે સાધના કરીએ તેને "સામાયિક" કહેવાય.

To express our dedication towards our Parmatma.
પરમાત્માની ભક્તિ કરવા માટે...

To keep ourselves away from violence and make our soul progress towards non-violence.

હિંસાથી દૂર રહેવા માટે અને અહિંસાની નજીક જવા માટે...!

Samayik reduces worldly attachment
and leads towards salvation.

To remove our vices and
to enlighten our virtues...!

અવગુણોને દૂર કરવા અને
ગુણોને પ્રાપ્ત કરવા...!



To practice being
like Parmatma...

પરમાત્મા જેવા બનવાનો
પ્રયત્ન કરવા માટે...



To forget about our
worries and tension...!

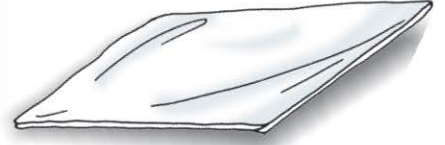
ચિંતા અને ટેન્શન દૂર કરવા...!



What Upkarans are necessary during Samayik ?

Aasan

To sit during Samayik



Muhpatte

To be worn on our face during Samayik



Pachedi (Khes)

Clothes to be worn during Samayik



Cholpatto

Clothes to be worn during Samayik



Muhpatte - to protect lives of minute bacteria and germs,
in air for modesty and to protect our books from our spit...!



Guchchho

To protect small jiv

Rosary

To chant Namsakar Mantra
or any other Mantra



Thavni

To keep religious books.
Generally it is made
up of wood

Religious books

To read and to do Swadhyay





Aasti & Nasti

आस्ति अने नास्ति



Aasti & Nasti are good friends. Once on a Sunday. Nasti comes to Aasti's place with a plan to have a cup of coffee at coffee shop and watch movie...

Nasti was very excited to reach the theatre on time so she loses her patience and shouts from outside...
Hello..! Aasti where are you?
But she did not receive any reply from Aasti!



[In a hurry Nasti went inside the house to call Aasti...]

Aasti was goes Samayik in her room'. (She was in Namothunam mudra). So she did not reply Nasti's call. she stayed in Sambhav and concentrated on her Samayik.

Nasti : Hey! Aasti what are you doing ?
(Aasti did not reply her and continued doing her rituals.. Nasti took a book and started reading... after 5 minutes Aasti finished her Samayik).

Aasti : Now, tell me what you want to say ?

Nasti : First, you tell me.. that what are you doing all this ?



Aasti : Oh! It's 'Samayik'!

Nasti : What...? Are you mad? Saamayik is meant for our Grand parents as they have no other activities to do.. We are in 21st century.

How can we sit for one hour without any rhyme or reason ?



Aasti : No..! We are Jains and Samayik is the best sadhana in Jainism. As in nursery, first we have to learn A.B.C.D.... Samayik is the first step for every sadhna.

Nasti : But why..? why we have to do Samayik ? What will we get out of it?





Even my granny advises me for that, but truly speaking... I don't have any Knowledge about that, how can I develop interest in that ?

If I ask to my dadi.. she tells me that this is our religious procedure and you get peace. But I am not satisfied with her answer. So I neglect her...

Aasti : You are right.. Even I have discussed like this with my Gurudev. But he then explained it so nicely. He showed me the reason behind it and cleared my vision. He explained the benefits of samayik and its aim so properly that it got fit into my mind..



Now.. whenever I get time, I feel like doing samayik.! Through this sadhana even my nature has changed... I feel peaceful and satisfied. I feel connected to my own self.



Nasti : What did Pujya Gurudev explained ?

Aasti : First of all, He said, "Rushabdev Parmatma and Parmatma Mahavir were like us only..."
But they had cleaned all vices like attachment, anger, ego, jealousy, etc. from their soul.



They purified their soul and became "Siddha". Their soul was also like our soul, but after the purification of their soul they were capable to be like Parmatma..!



Nasti : Wow..! It means if we purify our soul then we will also become Parmatma
Aasti: Absolutely right..! When we decrease the level of vices and desire to zero, we become Parmatma.

When vices are removed our soul enlightens with its virtues..!



Samayik is the path to become Parmatma, because through Samayik our vices are converted into virtues.

Nasti: Hmm.. If any one explains like this, then only one will be interested..!! Only saying will not effect any one..! o.k.. What did Pujya Gurudev say next??




Aasti: Then He said.. One who takes Diksha will stay in samayik for 24 hours, but we who are in sansaar and cannot take diksha have to do it whenever we get time and at least once in a day..!!



Nasti: Aasti ! I am very happy to know that even I am capable of becoming Parmatma. Yes..! I will try my best..! Now, with these feelings I will do Samayik daily. For that, will you please tell me more ?





Aasti: Sure.. why not? I will tell you everything, step by step as explained by my Gurudev..! I will teach you all sutras and will tell you about upkaran's that you need for Samayik and how to use them.

After doing Samayik feel your ownself that how much peaceful you are, how your vibrations get positive, how a protective layer surrounds you , how much satisfied are you and how much positive energy you get.

Nasti: Oh! All these from one samayik? Is it a magic?



Aasti : No.. It's all scientific !

Nasti : o.k. Now tell me all about it so that I can perform it with meaning

Aasti : Sure come lets perform Samayik

Nasti instead of going out to watch movie sits with Aasti and performs Samayik.



सामायिक के ३२ दोष होते हैं।



१०
मन के

१०
वचन के

१२
काया के

एक शुद्ध सामायिक करने से करोडो वर्षों के देवगति का आयुष्य बंध होता है।

Time for
Samayik is of
2 Ghadee
which is equal to
48 Minutes

A Samayik
can
only be
performed
by Humans

About



Samayik

It destroys
past karmas &
restricts the
bondage of
new bad
Karmas

Tiryanch
can perform in
rare cases.

Samayik
protects us
from
Narak Gati &
Tiryanch Gati

Do's and don'ts during saamayik.

સામાયિકમાં શું કરાય અને શું ન કરાય?

Do's



Think about the virtues
of soul.

આત્માના ગુણોનું ચિંતન કરવું.



You can concentrate on
Tirthankar Parmatma.

તીર્થંકર પરમાત્માનું ધ્યાન કરવું.



You can read Aagam or
any religious books.

આગમ અથવા ધાર્મિક
પુસ્તકો વંચાય.

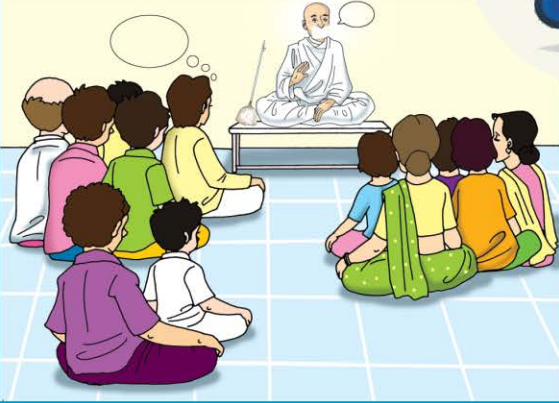
You should sit properly
keeping your back
straight and maintaining a
proper posture

सभ्यताथी बेसवुं जोईए.



You can recite rosary
of Namaskar mantra or
24 Tirthankars names.

नमस्कार मंत्र तथा २४ तीर्थकरोंनां
नाम स्मरण नी माळा कराथ.



You can listen to
sermons of Pujya Gurudev.

पूज्य गुरुदेवनुं
व्याख्यान संभळाथ.

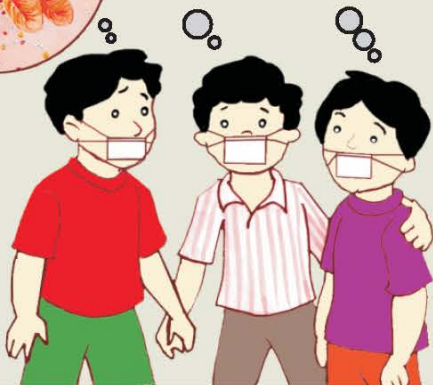


You can learn
religious lessons.

धर्मनो पाठ शीखी शकाथ.

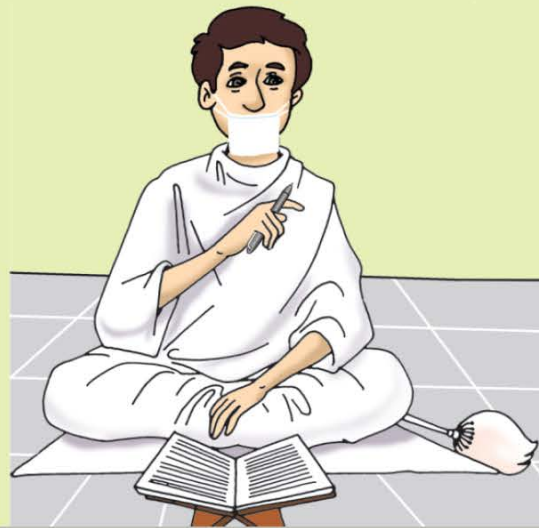
You can discuss
religious stories...!

धार्मिक कथा कथाय



You can write the sutra
to by heart them

सुत्र कंठस्थ करवीने करी सकाय



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Answers of Activity...

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Leshya
Sudoku



4	5	6	2	1	3
3	1	2	5	4	6
5	4	3	1	6	2
6	2	1	3	5	4
2	6	5	4	3	1
1	3	4	6	2	5

You cannot speak impolite words or use foul language. You cannot insult anyone.



खराब के अविनयी शब्दो न बोलाय. कोईनुं अपमान न कराय.

You cannot declare shocking news.

कोईने घास्को पडे तैवुं न बोलाय.



DON'TS

You cannot think or feel proud about your beauty, knowledge, wealth, strength or ability..!

पोतानां रुपनो, ज्ञाननो, संपत्तिनो, शक्तिनो के कलानो विचार न कराय.



You can't get angry or think about attachment and hatred.

राग, द्वेष के गुस्सो न कराय.



You cannot think about your school, exams or results..!

स्कूलना, परिक्षानां के परिणामनां विचार न कराय...!





You can't stretch your hands and legs without any reason.

कारण बगर हाथ पग
लांबा कराच नहीं



You cannot run from here to there.

आम तेम दौडादोडी न कराच



You cannot think about any sinful activities..

कोईपण जातना पापनो
विचार न कराच.



You can't remove dirt from your body.

शरीरनो मेल न उताराच



You cannot fight with anyone.

कोईनी साथे लडाई न कराच.

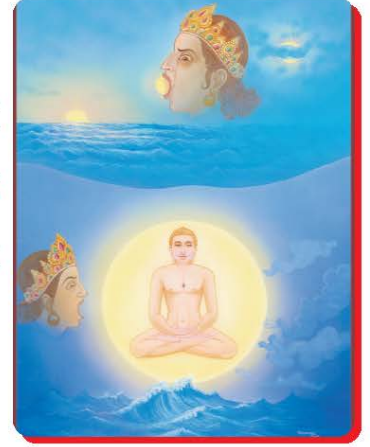
भक्तामर गाथा

नित्योदयं दलितमोहमहान्धकारं, गम्यं न राहुवदनस्य न वारिदानाम्।
 विभ्राजते तव मुखवाब्जमनल्प कान्ति, विद्योतयज्जगदपूर्व - शशाङ्कबिम्बम् ॥१८॥

अर्थ

हमेशा उदित रहनेवाला, मोहरूपी अंधकार को नष्ट करनेवाला जिसे न तो राहु ग्रह कर सकता है, न ही मेघ आच्छादित कर सकते हैं, अत्याधिक कान्तिमान, जगत को प्रकाशित करने वाला आपका मुखकमल रूप अपूर्व चन्द्रमण्डल शोभित होता है।

शब्दार्थ



नित्योदयं	: नित्य उदित रहनेवाले	विभ्राजते	: सुशोभित हो रहा है
दलित	: नष्ट करना	तव	: आपका
मोह महान्धकारं	: मोहरूपी महान्धकार को	मुखवाब्जम	: मुख कमल
गम्यं	: ग्रह	अनल्प कान्ति	: अत्याधिक कान्ति से युक्त
न	: नहि	विद्योतयत	: प्रकाशित करता हुआ
राहु वदनस्य	: राहु के मुख के द्वारा	जगद	: जगत को
न	: नहि	अपूर्व	: अद्वितीय चंद्र के बिंब के समान
वारिदानाम्	: मेघ आच्छादित	शशाङ्कबिम्बम्	



स्तम्भक काव्य