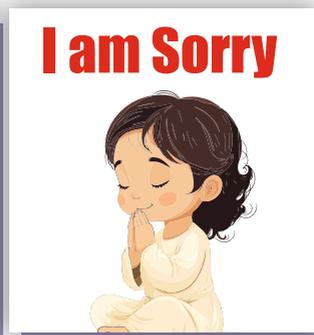


Kids, have you ever wondered... Does Parmatma love you? Does He know who you are? Does He listen to your prayers? Do you sometimes wish you could see Him, talk to Him, or feel Him close to you?

Parmatma's love is always around us –



***In
Truth,***

***In
Kindness,***

***In
Prayer,***

***In
Forgiveness.***

But sometimes, little hearts wonder... “How do I know He loves me?” and He know me? This is the story of one such little girl - Arha, One night, Arha found her answer in a beautiful dream..



Arha's Dream!

One night, little Arha was fast asleep. In her dream, she saw a bright light - calm, pure and full of peace. It was Parmatma. Filled with joy and awe, she bowed down and asked..."



Arha : "Parmatma, I love You, I know You... Do You know me? Where will I find You? How can I see You? If I need You, where shall I go to meet You?"

Parmatma : "Yes, Arha I know you, and I am always with you.

Arha : "But how to feel it?" Please tell me, Parmatma!

Parmatma : Dear child, you will find Me in your own heart.

Arha's eyes shone.





Parmatma: When you speak the truth, I am there.
When you forgive, I am there.
When you show kindness, I am there.
Whenever you pray with love, I am right
beside you.”



Speak the truth, be kind, forgive too,
Pray with love -
Parmatma's always with you!

Arha felt her heart glow. She said, **“Thank you Parmatma,** I will try every day to be like You!”.

When Arha woke up, she was so happy and peaceful. She carried Parmatma's words in her heart, ready to live each day with truth, kindness, and prayer.

She was all ready to share her joy with all.



“When I Felt Parmatma Close to Me”

Write or draw one moment when you felt Parmatma was close to you - may be when you prayed, forgave, helped, or shared with someone.”

Instructions for kids:

Think of a moment when you felt Parmatma close to you. Inside the heart given on next page, write or draw that moment.

Example:

“I felt Parmatma close when I said sorry to my friend.” etc

Or:

Draw yourself helping, praying, or forgiving.

Color and decorate the heart to make it full of love.

Or:

Inside the big heart, draw little icons -



-FOR PRAYER,



-FOR HELPING,



-FOR FORGIVING,



-FOR SHARING,



-FOR KINDNESS.



Each time you feel Parmatma’s presence, add one icon to your heart. See how quickly your heart fills up with love and goodness!”

Activity:
I know Parmatma is always with me



Parmatma, I want to walk on Your path and be like You.

Think
Pure

Be like Parmatma-
Always think good of everyone.



Every morning, chant one good thought for all:
"Shubh Thao Aa Sakal Vishva Nu."

Speak
Politely

Be like Parmatma-
Always speak words that are
soft and full of truth.



Say kind words at least 5 times a day – like
"Thank you," "Sorry," and "Please."

Think Pure

Be like Parmatma-
Always be Compassionate



Do one act of kindness –
Like giving water to birds, helping all and sharing

Everyday Family activity:

Forgiveness circle

**Sit with your family, hold hands, and say together
“Micchami Dukkadam”**



You can also - Everyone can share what happened during the day - the good moments and the mistakes. Take guidance from elders, seek forgiveness from anyone you may have hurt - **say together “Micchami Dukkadam”**, and **say “thank you”** to all who helped you. End the day with gratitude and sleep with a peaceful mind.

Path to Parmatma

Let us move from our day-to-day activities toward Sadhana,
Let's us Practice Daan, Sheel, Tapp & Bhaav.
And through all the 4 pillars find your way to 'Parmatma.'



DAAN

SHEEL



TAPP

BHAAV



Walking on Parmatma's Footsteps



Have you ever seen road signals while travelling?

Have you ever come across a speed breaker?

Why are speed breakers placed on the road?

Because they remind us to slow down where it is important - near schools, hospitals, or busy crossings - so that no one gets hurt. In the same way, Parmatma has given us signals and speed breakers in life. Let us learn from them...



When you feel angry- Stop, slow down, and stay calm.

Write a line about when you often feel this way and why?



When you feel greedy- Slow down and share instead.

Write a line about when you often feel this way and why?



When you feel proud- Stop and be humble.

Write a line about when you often feel this way and why?



When you feel jealous- Slow down and be happy for others.

Write a line about when you often feel this way and why?

Walking on Parmatma's Footsteps



When you feel ego rising- Take a U-turn towards humility.
Write a line about when you often feel this way and why?



When you feel like cheating- Stop and speak the truth.
Write a line about when you often feel this way and why?



When you feel too possessive- Pause Keep only what you need.
Write a line about when you often feel this way and why?



When misunderstandings happen- Listen, Forgive and reconnect.
Write a line about when you often feel this way and why?



When you feel like gossiping- Stay silent and peaceful.
Write a line about when you often feel this way and why?



When laziness takes over- Wake up and act on time.
Write a line about when you often feel this way and why?



Just like traffic rules keep us safe on the road,
Parmatma's values keep our soul
safe on the journey of life.



Speed Boosters that Bring us Closer to Parmatma

1-Forgiveness

Seek forgiveness from all - for mistakes done knowingly or unknowingly - and forgive others too. This makes your soul shine brighter, just like Parmatma.

2-Gratitude

Be thankful to Parmatma, Gurudev, parents, and teachers for all their love, guidance, and blessings. Gratitude fills us with joy and connects us to Parmatma's grace.

On this Festival of Forgiveness, let's open our hearts - seek forgiveness from everyone and forgive everyone with love.

Activity:

Here's a little card for you - write a name on it and one thing you wish to be forgiven for.

Say "Sorry" with whenever you make a mistake.

Forgive your friends, siblings, and classmates instead of fighting.

Write down one mistake you want to let go of.

At the end of Paryushan, say "**Micchami Dukkadam**" to family and friends.

"Tassa Micchami Dukkadam"

I am Sorry!



More ways to experience Parmatma's presence

The more I live like Parmatma, the more I feel His love in my heart."

GAME

YES YOU KNOW ME!?"

Each time you do a good deed (help, share, forgive), Look in the sky and say aloud:

**"PARMATMA,
YES YOU KNOW ME!
& YOU ARE WITH ME!**

And feel His silent
"Yes" in your heart.



Parmatma Jar

Every night, write one thing you did that Parmatma would like (like truth, kindness, prayer).

Put it in a jar. At the end of year, open and see how many times you felt His love!

Kids Daily Morning-Day Tasks



MONDAY:
Eat after Sunrises



TUESDAY:
Do Kar Darshan



WEDNESDAY:
Say Jai Jinendra to all



THURSDAY:
Sadd bhavana-offer food to ascetics



FRIDAY:
Feed Birds & Animals



SATURDAY:
Learn Sutra/Do Swadhyay

In the morning, decide how many Dravya you will consume that day - for example, "Today I will take 25 dravya" and follow it.



SUNDAY:
Do Dravya Tapp

Kids Daily Evening-Night Tasks



MONDAY:
Eat before Sunsets



TUESDAY:
Take Maun for at least 5 mins



WEDNESDAY:
Help in keeping the home neat



THURSDAY:
Chant "Arham" 27 times



FRIDAY:
Power down devices
an hour before sleeping

"Prabhu,
I want to sleep in your Lap"



SATURDAY:
Before sleeping, write with
your finger on your pillow...



SUNDAY:
Say "Appanam Vosirami" before sleeping

MEET The BAAL PRABHU

An opportunity for the purification our mistakes."



BAAL ALOCHANA VIDHI

27th August 2025

Wednesday 3.00pm to 5.00pm



Hey Prabhu!

I confess...

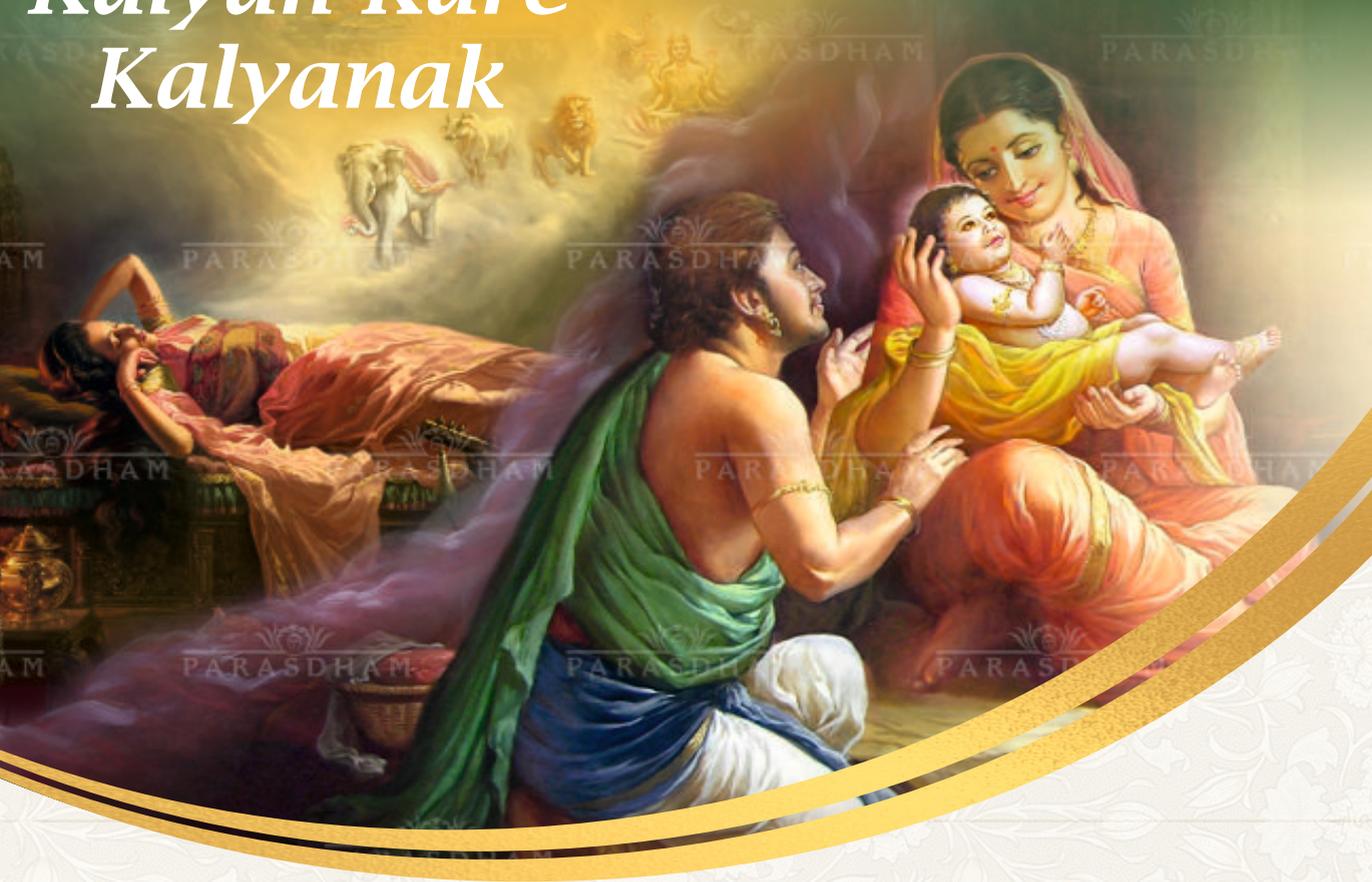
It was my big big mistake!

I'm SORRY Prabhu!

Please FORGIVE ME!



Kalyan Kare Kalyanak



Parmatma Mahavir Janmotsav

24th August 2025, Sunday

Why search for Him with a
telescope?

This Mahavir Janmotsav, let's
celebrate Parmatma's birthday by
discovering Him within ourselves!

