



Didi : Kids why are you late for your class?

Soham : Didi we had an extra lecture at school so we all are late.

Manav : Didi, I had school and class assignments to be complete.

Didi : You're all filled with school, classes and activities... but when will you take a moment for your own self?

When will you give time to your soul? It's great to dream of becoming a doctor, engineer or teacher. But children, have you ever dreamt of becoming like Parmatma? Doing something - even small - that brings you nearer to His purity?

Bhaav : Didi, how do we do that?

Didi : By walking on His footsteps in our small ways.

Kids : (together) But Didi... we hardly get any time!

Manav : Didi, I have school, classes, homework and assignments.

Shreya : I go for classical dance class three times a week.

Arha : I attend extra maths classes, and Soham goes to music class and didi



then we also get tired!

Vinay: Didi, apart from studies we have so many extra-curricular activities. That's why it becomes difficult to sit for long Sadhana or Tapp.

Didi : Yes children, what you say is true. You all have such packed schedules.

Arham : What should we do? We also want to follow the path of Parmatma.

Didi : Absolutely, Arham. When there is a will, there is always a way. Don't feel disheartened. We will surely find a beautiful solution.

Pooja : Really, Didi? How is that possible?

Didi : Children, we will bring the **Power of 2** into your lives! **This New Year 2026**, we shall begin a new habit - 2 minutes of sadhana every time we get a chance. Small efforts each day will create big magic within us.

Soham: (surprised) Power of 2?! Didi, what is this Power of 2?

Didi : Kids throughout your day, you get small breaks - tiny gaps of 2-2 minutes. Tell me, do you get such moments...

Pooja : Yes didi we surely get...

Didi : So we shall start to benefit from them! Let us first find out them...

Places where we can get 2-minute gaps



During water break



While standing in a queue



While waiting for the next task



When waiting for your friend



During travel to tuition



When electricity goes off



Before going to sleep



After waking up



During recess after your tiffin



While waiting at the door to open



In between study breaks



When mobile/laptop/TV is loading

This **NEW YEAR**, just begin –
and you'll be pleasantly surprised to find more and more productive
2-minute moments unfolding every day!!



While waiting for school bus



While sitting in the car



In the lift



Before a class starts



After a class gets over



While the teacher takes attendance

Arham : Didi, we do get these small breaks! It's surprising how much time we actually have when we stay alert and use every moment wisely. That way, our whole day becomes productive.”

Didi : Yes, that's right. We will use the power of these **2 minutes** for tiny Sadhana. If we can't do long Tapp or long Dhyan, doing a little is always better than doing nothing! Slowly these small actions will connect you to your soul and to Parmatma's path.

Pooja : Didi, how can we do Sadhana in just 2 minutes?

Didi : Before starting for Sadhana firstly, we look for these few simple habits that will help you **save more time** and use it wisely for study, play, and Sadhana...



Avoid unnecessary long phone calls
-So your study time doesn't get disturbed.



Stop unnecessary social media scrolling/reduce gadget time
-So you don't lose track of time.



Cut down playing time by 10 minutes
-So you can complete other important tasks.



Keep your school bag ready at night
-So your mornings become faster.



Organize your study table, Keep your room neat
-So you don't waste time searching for things.



Follow a simple timetable
-So you know exactly what to do and when.



Do one task at a time
-So you finish quicker without confusion.



Avoid arguments and distractions, Stay calm
-So your focus doesn't break.



Eat meals on time

-So your routine stays smooth and steady.



Keep your uniform and shoes ready in one place

-So you don't panic in the morning.



Finish small tasks immediately

-So they don't take extra time later.



Fix a limited TV/cartoon time

-So it doesn't stretch too long.



Use travel time to revise or read

-So you make the most of every minute.



Take short breaks but return on time

-So your study flow continues.



Sleep early

-So you wake up fresh without feeling tired.



Choose clothes or stationery quickly

-So you don't waste time deciding.



Stick to one game or toy

-So you don't waste time switching again and again.



Listen the first time to parents/teachers

-So no time goes in repeating instructions.



Avoid long gossip or chit-chat

-So your tasks finish on time.



Finish meals without watching TV

-So you eat faster and get back to work.



Finish homework on time

-So it doesn't pile up and stress you later.



Wake up a little earlier

-So you don't rush and can start your day calmly.

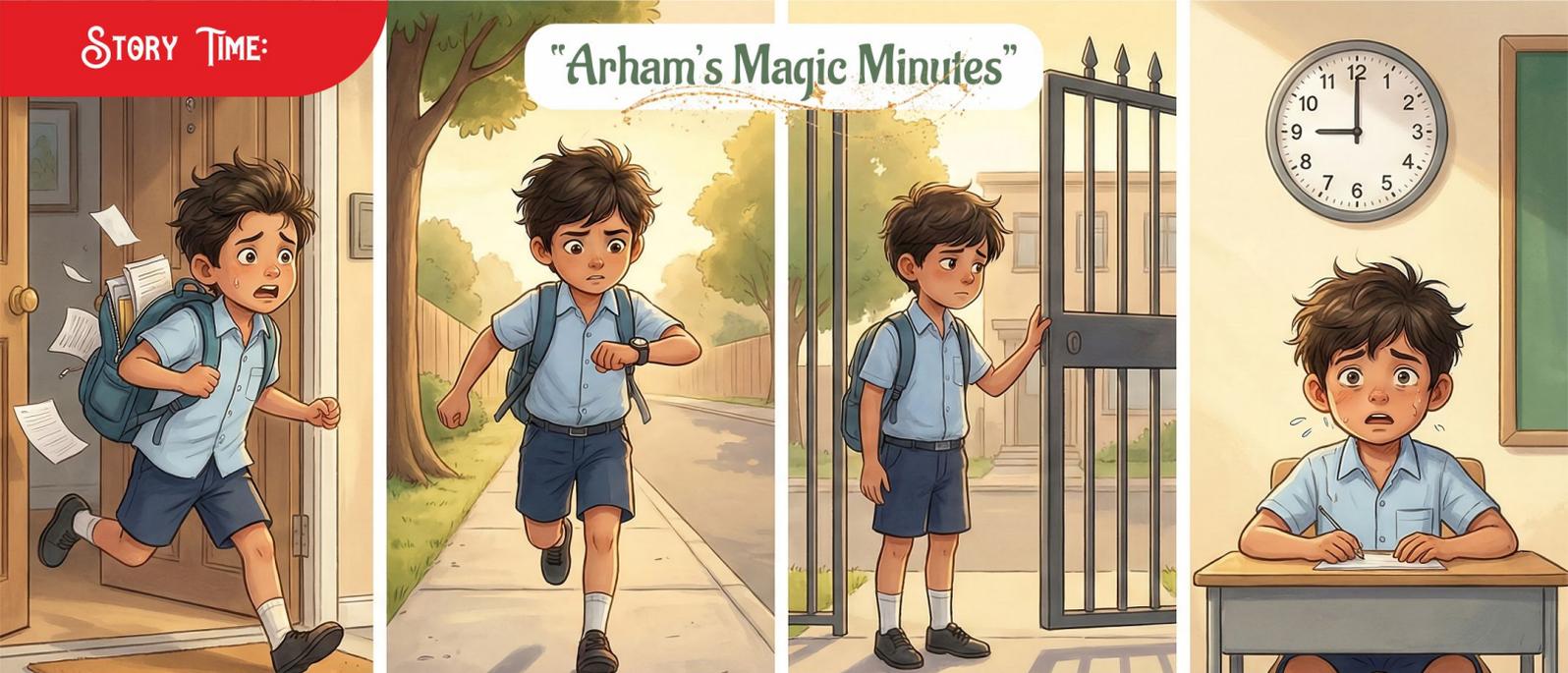


Ask for help in studies or tasks

-So you don't waste time struggling alone.

**Find your
own
ways...**

"Arham's Magic Minutes"



Arham was a bright and cheerful boy, but there was one problem he never had enough time. Every day he rushed to school, forgot his homework, misplaced his pencil box, and reached late for dance class.

Whenever Didi in the Jain Pathshala asked him to do a small Sadhana, Arham always replied: "Didi, I want to but I don't get time!"



Didi smiled gently, "Arham, everyone gets the same 24 hours. Some use them well, some waste them without noticing." Arham thought for a moment. "Then how do I use mine properly?" Didi said, "Let me give you a gift."



She handed him a small, empty glass bottle. Arham looked confused.

Arham : Didi, what is this?"

Didi: "This is your **Magic Minutes** bottle," Didi said softly. "Every time you save even a small

minute, you are put a tiny pebble inside this bottle."

Arham took the bottle home. The next Morning - Arham woke up 10



minutes earlier. He put **Pebble 1!** in the jar. He kept his uniform and shoes ready without his mother reminding him - **Pebble 2!** He packed his bag at night and didn't waste time searching for his notebook -

Pebble 3! He didn't watch TV while eating, so he finished faster - **Pebble 4.**

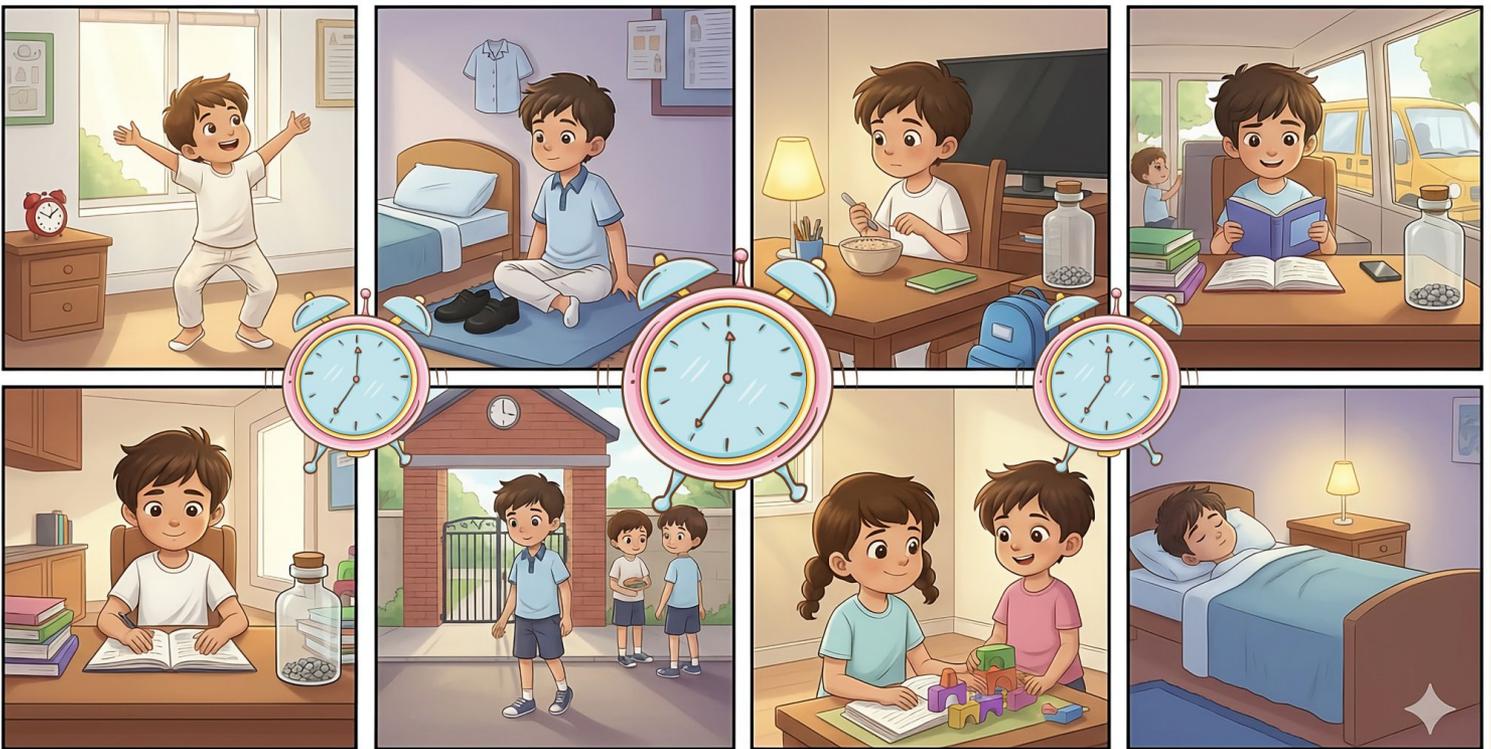
While waiting for his school van, he chanted Namaskar Mantra once - **Pebble**

5! During travel, he revised one chapter instead of scrolling the phone -

Pebble 6! Throughout the day, he kept finding...

"Magic Minutes" – Small moments that he used wisely instead of wasting.

He organised his table, He finished homework on time, He avoided



long gossip with friends, He didn't argue with his sister, He slept early without complaining, **Pebbles...Pebbles... Pebbles!**

By night, Arham noticed that his glass bottle was already half full. A Few Days Later...



Arham ran to Didi with a bright smile. “Didi! My bottle is full!” Didi smiled, “What did you put inside? Real stones?” Arham replied proudly, “No Didi... I filled it with **TIME!** I saved so many minutes every day that I finally got time to do Sadhana, homework, play & everything.” Didi blessed him lovingly.



“When we respect time, time blesses us back.” From that day on, all the children from **Look N Learn Jain Gyan Dham** started keeping a “**Magic Minutes Jar**”, their lives began to fill with peace, discipline, and time for Parmatma.



**“When we save small minutes,
we gain big moments
That’s the power of
Magical 2 Minutes.**”

Arham: Didi, we now understand! Even with our busy lives, we can still keep purifying our soul with the **Power of 2 Minutes**.

Didi : Yes children... the only thing that matters is your Shubh and Shudh Bhaav (your pure intensions). Let us now learn about the 2-Minute Sadhanas that you can do anytime & anywhere. Let **New Year 2026** be the year of mindful minutes. Together, we pledge to use every spare **2- minutes** for sadhana and soul purification.



Minutes to Magic: The 2-2 minutes Sadhana!



Pause and sit in
Maun(silence)
for **2** minutes



Pause at the door
before leaving, Say
"He Parmatma Be with me!"
and leave the home



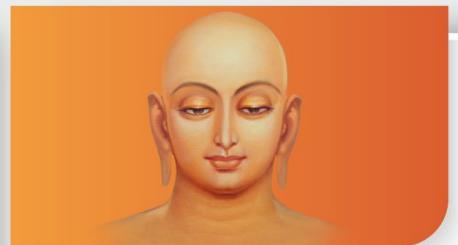
Pause before switching on the
fan & look out for any
bird or insect around to
follow Ahimsa



Pause before leaving any room
and switch off the light/fans
if not in use
(Abhaydaan To 6 Kaay Jlv)



Pause before getting out of
bed in morning and do
Kar Darshan



Pause and say
Tvamev Sacham Nishkam
– He Parmatma you are right

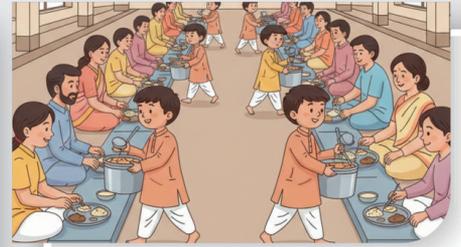




Pause and bow down in North-East direction to **Arihant Parmatma**



Pause & accept the mistakes done knowingly/ unknowingly – **Prayaschit**



Pause if you get a chance, serve a tapasvi – **Vaiyavach**



Pause before you speak to elders, be Modest – **Vinay**



Pause and recall any Gatha/Sutra/any religious story – **Swadhyay**



Pause and stop all subtle body movements for 2 minutes – **Karyotsarg**



Pause and sit in simple 2-minute **Dhyan** (eyes closed, calm breath)



Pause and do **Anumodna** of the Tapasvi



Pause before eating food & wish to serve Pujya Sadhu-Sadhviji – **Sadd Bhavna**





Pause and perform
Vandana by
"Tikkhuto" 3/9 times



Pause and look at the sky,
bow down and say
"Namō Siddhanam"



Pause and Chant "**Arham**"
7/9/27 times
slowly and mindfully



Pause while shopping
& buy less than what you
need and control your wishes—
Vrutti sankshep Tapp



Pause and meditate in a
lonely place and try to
control your 5 senses—
Pratisallinta Tapp



Pause before eating &
eat less than your hunger—
Unodari Tapp



Pause while at Hotel/Party
and try to avoid
your favorite food item—
Ras Parityag Tapp



Pause for a while and give the
body a little discomfort
to reduce attachment—
Kayakalesh Tapp



Pause and practice 2 minutes
of **Samvar** by stopping all
negative thoughts





Pause and stand in hot sun for 2 minutes remove shoes if possible – **Kayakalesh Tapp**



Pause before eating, **open** a fist of your hand & say "Namo Arihantanam" – **Mushti (fist) Pachkkhan**



Pause after completing meal, **close** a fist of your hand & say "Namo Siddhanam" – **Mushti (fist) Pachkkhan**



Pause and Chant **Namaskar Mantra** 1/3/9/27 times with full focus and devotion



Pause and do 2 minutes of **Tratak** – gently stare at one point



Pause before drinking water for 2 minutes when thirsty, then drink mindfully



Pause, think and say **Koham-Soham**, My body & soul are different



Pause before eating for 2 minutes when hungry, then eat mindfully



While walking Pause for 2 minutes! look down for any insect and walk carefully – **Irya Samiti**





Pause and Chant
'Pasam Pasam Vandami'
 7/9/27 times with devotion



Pause and think pure, positive
 thoughts for someone for
 2 minutes- **Shubh Bhavana**



Pause and say
Khamemi Savve Jiva -
 I forgive all living beings



Pause and give someone a
 genuine **Smile** as a
 form of kindness



While entering a room, Pause
 & gently greet someone with
'Jai Jinendra' with respect



While talking Pause and
 speak softly and politely for
 the next 2 minutes - **Vani Vinay**



Pause and express
Gratitude for 3things/
 blessings you have right now



Pause and
Forgive someone
 you are upset with



Pause and chant
**"Shubh Thao Aa Sakal
 Vishwa Nu"** 7/9/27 times





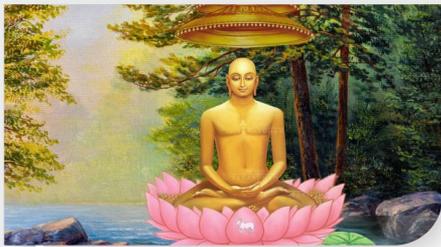
Pause and say
Mitti Me Savva Bhosesu -
 I am on friendly
 terms with everyone



Pause and **Thank** any
 5 people in your mind -
Gratitude



Pause and repeat
"I am a pure soul."
 for 2 minutes



Pause and recall one quality
 of a **Tirthankar Parmatma**
 (e.g., forgiveness, fearlessness)



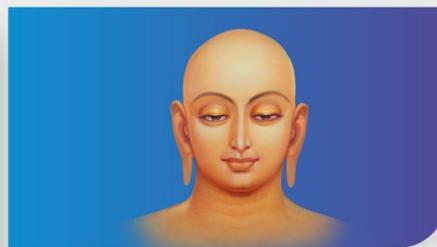
Pause and think of **1 habit**
 you want to reduce
 and take a 2-minute vow



Pause and practice
 slow, deep breathing-
Pranayam



Pause and say a soft
Repentance for any
 mistake you made today



Pause and visualise
Tirthankar Parmatma
 on your eyes for 2 minutes



Pause and take a 2-minute
 vow to protect small
 insects/creatures today





Pause and do a 2-minute visualization of your soul as a **Siddha**



If you find any bird/animal/insect around you Pause and chant "**Abhay ho**" 7/9/27



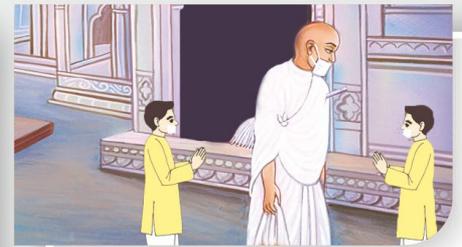
Pause and say **Savve Jiva Khamantu Me** - May all souls forgive me



Pause while Lifting/keeping your belongings slowly without making any noise- **Achet No Vivek**



Pause and keep a handkerchief/hand on your mouth before talking for 2 minutes- **Uttarasan**



Pause if you see Sadhu-Sadhviji on the way and say **Mathen Vandami Anjalikaran**



Pause and say **Shubh Thas Aa Sakal Vishwa Nu** if you see ambulance/ or any living being in pain say



Pause and reply everyone by saying "**Ji**"



Pause and avoid disturbing anyone engaged in **religious practices**





If anyone is chopping any fruit/vegetables Pause and say
"Abhay ho" 7/9/27



After coming home
 Pause and say
"Iriyavahiyam Sutra"



At night before sleeping
 Pause and say
"Michami Dukkdam" to all



Pause and ensure you don't distract those who are **studying**



Pause and say
Veram Majjham Na Kenai -
 I hold no hatred or animosity toward any soul



Pause and write Parmatma's name or the Namaskar Mantra/Arham in a small diary that you carry.



Pause and chant on a rosary or count on your fingers



Carry an Anupurvi to chant/write whenever you get a moment to pause



Carry & read/learn sutra from a small Kanthastha book/PDF, learning 2-2 words of a sutra in your free time.**





While **taking bath**, Pause & say... He Parmatma, when will I learn that I am more than just this body?



When you notice someone's good qualities, Pause & say...
Namō Siddhanam
– I bow to the pure souls.



When you feel scared...
Pause & say... "**Namō Jinanam, Jiya Bhyanam**– I bow to the Jinas, who protect all from fear.



"Before lying, pause for 2 minutes... and choose to **Speak the truth.**"



When you **score great marks**...
Pause & say... "He Parmatma!
I again and again bow to
Your infinite knowledge.



When you **feel lonely**... pause & say... "He Parmatma, in this world where I feel alone, You are my safest place.



When free, just Pause & say...
"Ichhami, Khamemi, Vandami".



While waiting for anyone pause & say... He Parmatma, when will I learn to need less and feel more peaceful inside?"



When I feel sad, Pause & say...
'Tithayara me Pasiyantu' – He Tirthankar Parmatma aap mara par Prasaana thao.



Arham : Didi! We never knew we could do so much in just **2 minutes**.

Today we understand the **Power of 2 Minutes**. its simply...



Minutes to Magic!

Didi : Yes children... even 2 minutes done with utmost Bhaav and Shraddha becomes a beautiful step towards inner purity. let me also tell you...

How to follow small Sadhanas in different – different simple ways...

✓	Try to practice as many small sadhanas as you can throughout the day.
✓	Every morning, choose 1–2 sadhanas and follow them the entire day.
✓	Next day, either continue the same sadhanas or pick new ones to keep yourself inspired.
✓	Save this E Book so you can explore different sadhanas daily and avoid monotony while gaining maximum benefit.
✓	Share these ideas with your family and friends so everyone can grow together.
✓	Create your own small, meaningful ways to practice sadhana that suit your routine and lifestyle.
✓	Set gentle reminders on your phone to pause and reconnect with your chosen sadhana.
✓	Attach a small visual cue - like a sticky note, bracelet, or wallpaper- to nudge you during the day.
✓	Use small waiting moments (lift, line, travel) to repeat your chosen mantra or sadhana.
✓	End your day with a quick reflection on how your sadhana helped you stay mindful

All Kids : Thank you Didi! From today we will follow the **Power of 2** and **create Magic in our lives!**



Write Below Your 5  *Minutes to Magic* Sadhanas

1

2

3

4

5

Your Best  *Minutes to Magic* Was...?
pls write 1-2 lines:

Colour the "PEACE METER"

1. How did you feel after doing the Sadhana?
2. Look at your cute Calmness Thermometer!
3. Close your eyes... take a slow magic breath.
4. Now open your eyes and choose your level:

Happy

Calm

Very Calm

Super Peaceful

5. Point to your level and colour it with your favourite colour!
6. If you reach Super Peaceful, appreciate yourself and continue being so!

