

Inspired by Rashtrasant Param Gurudev
Shree Namramuni Maharaj Saheb

LOOK N LEARN CHILDREN'S JAIN MAGAZINE



104 Page by page, Wisdom for every age!

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Buy Right, Shine Bright!

A Toy Market



Children, you are all familiar with toy markets, aren't you? You probably visit them once in a while maybe every few months and each visit feels exciting!

Colorful shops, delicious chocolates, fun games, soft toys, dolls, cars, puzzles, and so many attractive things instantly catch your attention.

When you enter a toy market, what usually happens? First, you look around with excitement. Then, you choose the toys or treats you like, you give money.

And in return, you bring home something that makes you happy! Sometimes there are even special discounts, festive offers, or free gifts too!



So in a toy market, You give something and you receive something in return. But children, have you noticed what sometimes happens there?

You may feel tempted to buy more and more even things you do not truly need. You may start insisting on certain toys. You may become upset if you do not get what you want. You may even cry, complain, or behave stubbornly with your parents.

Many such times, we loose control on our self & instead of wisely choosing, your mind may simply keep saying...



"I want more... I want more!"

It's not physical but it's Real!



Now children, imagine this...

Just like the toy market, there is another market that you visit far more often.

In fact, you visit it every single day sometimes many times a day!

Surprising, isn't it?

The strange part is most of us don't even realize that we are visiting it! This market is not in a mall, not on a busy street, not filled with toys or games,

Yet... it truly exists!

It is called... **The Emotion Market!**

What do you buy here?



And there...



**You choose
which emotion to “buy.”**

Yes! Through your thoughts, words, reactions, and actions, you keep choosing emotions throughout the day.

When someone praises you, do you buy happiness?

When someone upsets you, do you buy anger?

When someone does better than you,
do you buy jealousy or inspiration?

And just like the toy market. In this market too, every purchase comes with a return! But here's the difference... In the Emotion Market, whatever emotion you buy often brings a “free reward” along with it...

In the Emotion Market too, many times we lose control over our mind...



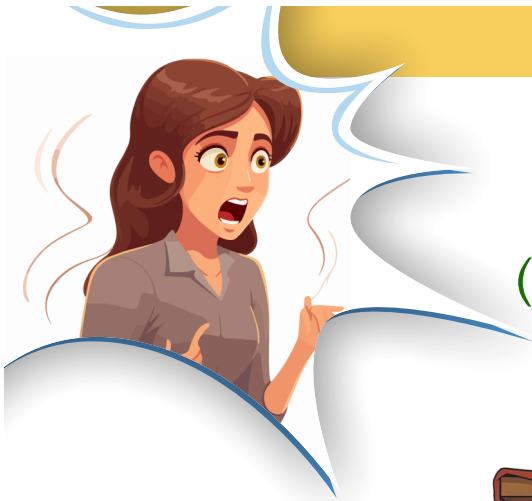
“I want more... I want more!”

In the Emotion Market too, many times we lose control over our mind. For eg. When anger rises, we may feel like becoming even more and more angry we may want to...



Put a tick in the box that matches your response &

Let's find out what are you buying in your Emotion Market every day?



When mother scolds you
(She corrects you for your mistake)

But,
you may
shout back,
argue or feel upset
and you end up
buying...



The Emotion Market!



 **Vices says**

✗ Purchase: **Buy ANGER**



FREE GIFTS

You Get: Headache **FREE**,
Guilt **FREE**,
Sadness **FREE**.



Parmatma says,

✓ Purchase: **Buy Calmness**



BEST OFFER

You Get: Peace **FREE**,
Respect **FREE**,
Better habits **FREE**.

Accept your mistake... politely say,
"I am sorry, I will correct it."





When your friend comes first!

Your friend scores higher or wins in sport..

You may
compare
yourself...
feel unhappy...
or wish they had
not won...



**The Emotion
Market!**



 **Vices says**

✗ Purchase: Buy Jealousy



FREE GIFTS

You Get: Unhappiness **FREE**,
Comparison **FREE**,
Restlessness **FREE**.



Parmatma says,



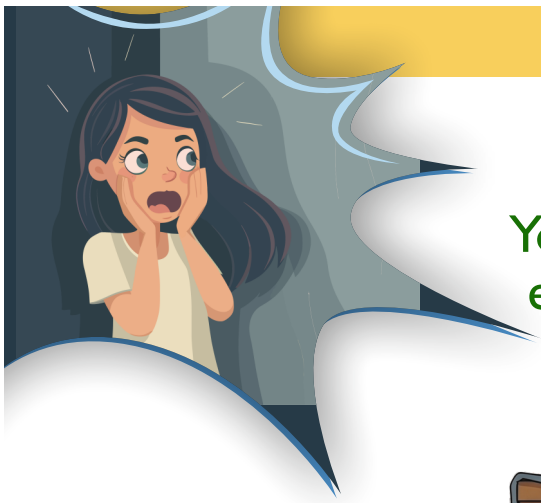
✓ Purchase: Buy Appreciation



BEST OFFER

You Get: Friendship **FREE**,
Motivation **FREE**,
Happiness **FREE**.

**Celebrate their success... appreciate their effort... and
say, "Well done! I am happy for you & I will work hard next time..."**



When you feel Fearful

You may fear dark or feel scared before exams... nervous while speaking... or afraid when things feel difficult...

You may do wrong or avoid trying... doubt yourself... or keep worrying...



The Emotion Market!



😬 Vices says

✗ Purchase: **Buy Fear**



FREE GIFTS

You Get: Inner weakness **FREE**,
Missed opportunities **FREE**,
Lack of confidence **FREE**.



Parmatma says,

✓ Purchase: **Buy Courage**



BEST OFFER

You Get: Strength **FREE**,
Confidence **FREE**,
Growth **FREE**.

Believe in yourself... stay brave... and say,
"I will try with courage. Parmatma is with me."



When someone hurts you!

A friend may be rude...
someone may insult you...
or things may feel unfair...

You may
hold grudges...
plan revenge...
or keep negative
thoughts...



**The Emotion
Market!**



 Vices says

✗ Purchase: **Buy Hatred**



FREE GIFTS

You Get: Anger & Pain **FREE**,
Heavy heart **FREE**
Broken friendships **FREE**



Parmatma says,



✓ Purchase: **Buy Forgiveness**



BEST OFFER

You Get: Peace **FREE**,
Inner strength **FREE**,
Healthy friendships **FREE**,

Let go... choose peace... and say,
"I forgive you Tassa Michhami Dukdam!"



When things do not go your way

You may lose a game...
not get what you want...
or face disappointment...

You may
lose a game...
not get what
you want...
or face
disappointment...



**The Emotion
Market!**



😞 Vices says

✗ Purchase: **Buy Sadness**



FREE GIFTS

You Get: Low energy **FREE**,
Negative thoughts **FREE**,
Lack of confidence **FREE**.



Parmatma says,

✓ Purchase: **Buy Hope**



BEST OFFER

You Get: Happiness **FREE**,
Hope **FREE**,
Strength **FREE**.

Stay positive and say,
"This too shall pass. I will try again."



When you make a Mistake!
You may fear punishment...
feel pressured... or
want to escape trouble...

You may hide
the truth...
blame
others...
or create
excuses...



**The Emotion
Market!**



 Vices says

✗ Purchase: **Buy Lies**



FREE GIFTS

You Get: Distrust **FREE**,
Fear of being caught **FREE**
Guilt & Weak character **FREE**



Parmatma says,

✓ Purchase: **Buy Truth**



BEST OFFER

You Get: Trust **FREE**,
Respect **FREE**,
Strong character **FREE**.

Be honest, accept responsibility and say...
"I made a mistake, and I will correct it."

EMOTION MARKET

- FOR ALL AGES!

Hey kids, many times we unknowingly keep visiting the Emotion Market. Not because we truly want to but because we forget to stay aware.

We often lose our power to tolerate. We forget that we are the wise, strong, and peaceful children of our Param Gurudev and then, for small little incidents...

- 
- When someone teases us...
 - When we lose a game...
 - When someone gets more than us...
 - Or when someone points out our mistakes...



Emotional
Market

Instead of staying calm and balanced, we quickly “**BUY**” revenge, frustration, greed, anger, or hurt ego. Without even realizing it, we enter **The Emotion Market...** we come back carrying some negative emotions like stress, sadness, anger, jealousy and confusion in our mind.

But children... Is this truly a wise market to visit? No... because every wrong emotional purchase slowly takes away our peace and happiness. Instead... we can :



When someone teases us...

“It’s okay... I choose to stay calm.”

When we lose a game...

“That’s alright... I will learn and try again.”

When someone gets more than us...

“I am happy with what I have.”

When someone points out our mistakes...

“Thank you... this is a learning point for me.”

1-It's okay... I choose to stay calm.



2- That's alright... I will learn and try again.



Can we?

3-I am happy with what I have.



4- Thank you... this is a learning point for me.



These examples are just a few simple reminders to help us recognize what we often buy in **The Emotion Market** every day. They teach us that lack of awareness can make us choose harmful emotions...

But mindfulness, tolerance, and Param Gurudev's preachings can guide us toward better choices. So before buying any emotion, pause and ask:

"Am I choosing what my Param Gurudev would want for me?"

Will I buy revenge... or forgiveness?

Will I buy frustration... or learning?

Will I buy greed... or contentment?

Will I buy hurt ego... or self-growth?

Children, The Emotion Market is real... But wise children do not buy every emotion they see.



- ✓ They stay aware.
- ✓ They stay strong.
- ✓ They stay in Equanimity.



Because when we remember who we truly are...

We stop buying Pain... and start choosing Peace.

THE MAGIC MIRROR



One morning, Aarav was getting ready for school when his grandmother gifted him a beautiful little mirror with a golden frame.

“This is not an ordinary mirror,” Dadi said with a smile.

“It is the Magic Mirror of Emotions.”

Aarav looked confused. “Magic mirror? What does it do?”

Dadi replied, “Whenever something happens in your day, this mirror will show you what emotion you are choosing.

Aarav was curious and excited. He carefully placed the mirror in his school bag.



At school, Aarav's best friend Vihaan scored the highest marks in class. For a moment, Aarav felt jealous.

He quickly looked into the Magic Mirror... and paused!
What did he see?

The mirror showed Aarav's sad face filled with jealousy, sadness, and unhappy thoughts.

He did not like it at all. Suddenly, Dadi's loving words echoed in his mind... "We are Parmatma's children... And have you ever seen Parmatma sad, jealous, or disturbed in any picture or idol?"



Aarav thought for a moment...

"No... Parmatma always looks peaceful, calm, and smiling." Then Aarav asked himself,

"If I am Parmatma's child... shouldn't I also try to reflect that peace?"
He immediately stepped back from the Jealousy Stall.



“I do not want to buy this emotion,” he said firmly. The mirror instantly changed... Kids do you remember?

Buy Appreciation & Get friendship, motivation, and happiness FREE!

Aarav smiled warmly at Vihaan and said,

“Congratulations, Vihaan! You did wonderfully. I am happy for you... and I will work hard too!”

Then Aarav looked into the mirror once again... This time... He saw his own smiling face... peaceful, bright, and happy. And in that moment, Aarav realized that when we choose the right emotion, We do not just change our reaction... We change ourselves.

So just learn to choose the right emotion!



Inspired By Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb

A Glimpse of Look N Learn Jain Gyan Dham Malad Center's "Devotion Unplugged" - A Divine Bhakti Sandhya



In today's stressful world, Look N Learn Malad Center's "Devotion Unplugged" offered a divine evening of peace and spiritual joy. With 300+ devotees and inspiring youth participation, the event beautifully reflected the growing spiritual connection among the younger generation.

The evening began with a soulful Namaskar Mantra dance by Look N Learn students, followed by Shri Agambhai Shah's uplifting bhakti melodies that filled hearts with devotion. Respected dignitaries and Look N Learn head didi appreciated the dedicated efforts of the didis. Children were honored for their achievements and commitment, while mothers shared heartfelt experiences of Look N Learn's positive impact on their families.



Inspired by the guidance of
Rashtrasant Shree Namramuni Maharaj Saheb



Uvasaggaharam Paasam Paasam Vandami
5,65,65,656 Mantra Jaap



Kids from 100+ centres
of Look N Learn Jain
Gyan Dham across India
& abroad have become
Mini Mantra Saadhaks!

Aho Jin Shashanam!
5,00,00,000+



In just 3 months, (Over 5 Crore+) Mantra chants completed!

With immense joy and devotion in their hearts, young disciples along with their families, friends, and students from various schools and colleges are joining this Mantra Sadhana and spreading divine devotion and positivity everywhere.



If you too wish to celebrate
KIDS Mantrotsav
at your residence,
Contact: +9186574 84478