



# Welcome Parvadhiraaj Paryushan

Samarpanta

Sukh



Sadhana



Samadhi



# 85

Siddhi



Shanti



Seva



Shraddha

# पर्युषण महापर्व



आत्मा को शुद्ध बनाने का अवसर है पर्युषण, क्षमा मांगने का अवसर है पर्युषण, आत्मा को कर्म रहीत करने का अवसर है पर्युषण, सर्व जीवों से मैत्री भाव रखने का अवसर है पर्युषण।

पर्युषण इन्हीं दिनों में क्यों ?

चातुर्मास का ४९ वा दिन ही संवत्सरी कहलाता है, क्यों ?

बच्चों! क्या आप जानते हो ? ? ?

ऐसा इसलिए क्योंकि इन दिनों में एक electromagnetic field अपने आस पास में बन जाता है, जो आपके हृदय में जबरजस्त असर करता है। हृदय में स्पंदन करवाता है जिससे धर्म-ध्यान, तप साधना करने का मन होता है... गुरुवाणी, जिनवाणी सुनने की इच्छा होती है और हमारे भावों को सही दिशा मिलती है। अधर्मी भी धर्मी बन जाता है। एक बार जो इस field में आ जाए उसका परिवर्तन करना नहीं पड़ता, सहजता से हो जाता है। इसलिये पर्युषण में सबसे ज्यादा लोग धर्मस्थान में आते हैं और धर्म-ध्यान करते हैं।

So come on kids, let's all pray and welcome our Parvadhiraaj Paryushan with a small prayer...

“ हे पर्वाधिराज! मैं आपका स्वागत शुद्ध और उल्लासित मन से करता हूँ। आपके चरणों में बंधन करते हुए मेरी भावपूर्वक प्रार्थना है कि आप मेरे हृदय से क्रोध, लालच, मोह, इच्छा और तृष्णा का क्षय करें।

हे पर्वाधिराज! मेरे आत्मा को शुद्ध बनाइये। Anger, selfishness, stubbornness, greediness, jealousy and attachment जैसी bad deeds निकाल कर, good deeds को मेरे हृदय में entry दीजिये और मुझे divinity का अनुभव कराएँ। आप हमारे दिल में बिराज कर हमारे अंदर Right vision और Right knowledge प्रगट करें।”

- By Mehta Parivar

# श्रावक के ५ अभिगम

(निम्नलिखित का एक दुसरे से सही मिलाप करें)

१) सचेत का त्याग

सचेत चीजे धर्म स्थानक में न ले जाना।

उदा: शाक-भाजी



२) अचेत का विवेक

जीसमें हमारा मन भटके एसी वस्तुओं में विवेक रखना।

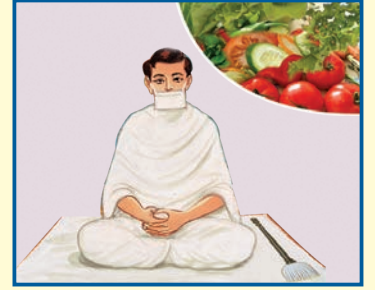
उदा: छत्री, चप्पल



३) अंजलीकरण

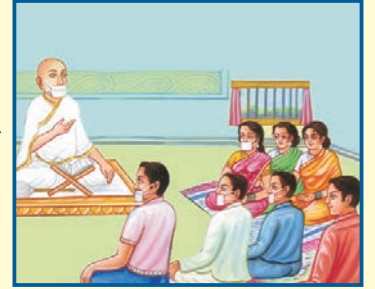
साधु-साध्वीजी को देखकर हाथ जोडना, अहोभाव

प्रगट करना।



४) उत्तरासन

उत्तरासन अर्थात मुहपत्ति। वायुकाय की रक्षा हेत गुरु के समक्ष मुहपत्ति पहनना।



५) मन की एकाग्रता

गुरु या साधु-साध्वीजी के सिवा दुसरी तरफ

ध्यान देना।



# Paryushan Mahaparva



**हे भंते!**

**आजका पावन दिन, पावन प्रभात...**

**आज के दिन मेरा तन और मन आपके चरण में और शरण में समर्पित हो,  
मैं आपकी ऊँगली पकडके दिन बीताऊँ ऐसी कृपा करना!!!**

**मैं जिसके साथ रहता हूँ, वह सब भावि के भगवान हैं एसा मानके  
सबके साथ प्यार से रहूँ, ऐसी कृपा करना!!!**

**हे परमात्मा! मुझे मालुम हैं की मुझमें बहुतसी खामीयाँ हैं लेकिन  
इस पर्युषण महापर्व की शरुआत में अपनी खामीयाँ दूर करने की कोशिश करूंगा।  
मैं अपने जीवन में छोटे-छोटे नियमों का पालन करूंगा  
और यह नियम मुझे आप जेसा बनने की प्रेरणा करेंगे।**

**DAY  
1**

**मैं अपना चेहरा अपने परमात्मा और  
गुरुदेव की तरह हमेशा हँसता हुआ रखूंगा।  
जिंदगी में किसी भी परिस्थितीओं का सामना  
खुशी से पोजिटिव रहकर करूंगा।**

**I will always keep smiling like my PARMATMA  
and like my GURUDEV.**

**I will try to face all the situations  
of my life positively and happily.**



DAY  
2

मैं किसी को भी उल्टा जवाब नहीं दूँगा।  
मैं सभी के साथ नम्रतापूर्ण व्यवहार रखूँगा।  
मैं अपने गुस्से पर काबू रखूँगा।

I will not back answer anyone.  
I will be polite and respectful towards everyone.  
I will try to control my anger.



DAY  
3

मैं अपने जीवन में सेवा धर्म  
का अनुकरण करूँगा।  
सेवा सफलता और प्रगति की सीढ़ी हैं।  
मैं किसी भी भेदभाव के बिना सबकी सेवा करूँगा।

I will inculcate "SEVA" in my life... Which is  
a key to success!!! I will help everyone  
without any distinction...



DAY  
4

मैं अपनी चीजें सबके साथ बाटूँगा।  
मैं हर रोज कम से कम १५ मिनट  
अपने परिवार के साथ समय बिताऊँगा।

I will learn to share my belongings with everyone.  
Every day I will spend 15 minutes with my family  
members and will have quality conversation with  
them by sharing my feelings.



DAY  
5

# Mahavir Janmotsav

## Divine & Auspicious 14 Dreams



On the fifth day of Paryushan Maha Parva, we celebrate "Mahavir Janmotsav".

All Tirthankar's mother get 14 auspicious dreams before the birth of Parmatma. All the 14 dreams have their various significances. Similarly, Trishala Mata (Bhagwan Mahavir's mother) also got 14 divine and auspicious dreams.

These dreams indicated that Trishala Mata will give birth to a bright child and the child will gain wealth, pleasure and happiness all around.

**Kids!!!** do you know? If we memorise these 14 auspicious dreams what will we get?

When we memorise these dreams we will learn the qualities hidden in them. Then we should try to imbibe them in us, try to bring its wonderful reflection in our personality with such pure bhaav that one day I will also become like Parmatma.

So kids...

What are you waiting for, let's memorise and colour these 14 auspicious dreams...

Do you know, when Bhagwan Mahavir was in her mother's womb, she had 14 dreams.



## “BULL” (RUSHABH)

### The First Dream

The first dream of Trishala Mata was the “BULL (RUSHABH)”.

The bull was noble and grand. It had fine, bright and soft hair on its body.

Its horns were sharp.

This dream indicated that the child would be highly religious and a great spiritual teacher to all. He would help to inculcate good values in the minds of the people.

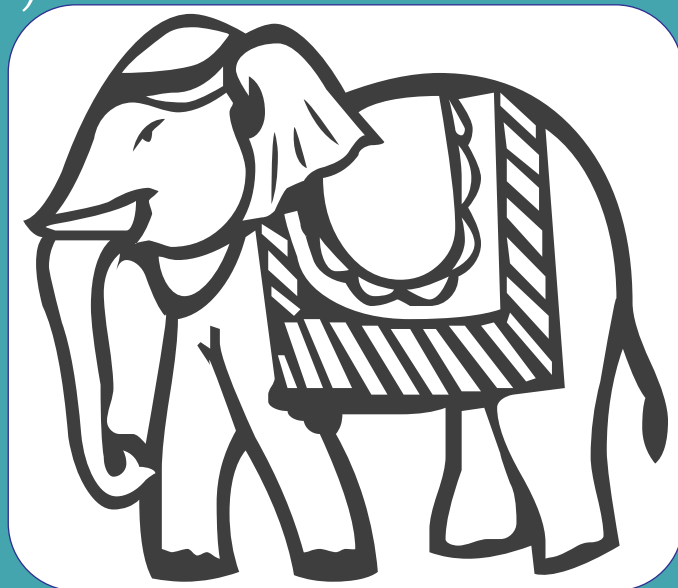
## “ELEPHANT” (ERAVAT)

### The Second Dream

The second dream of Trishala Mata was the “ELEPHANT (ERAVAT)”. It was a pious Elephant. It indicated that the child will have extra ordinary character.

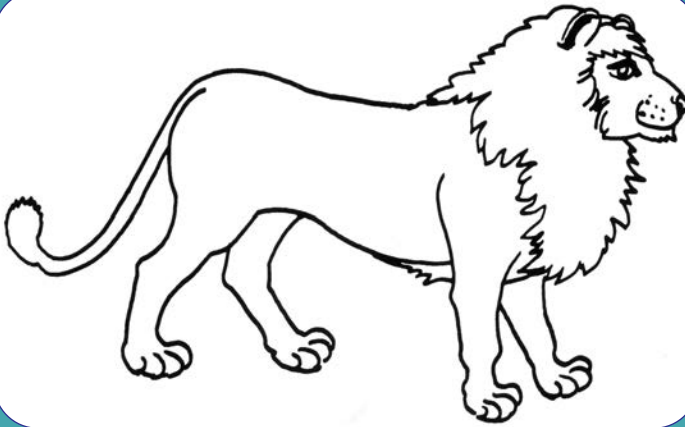
Its four tusks indicates that he would guide the spiritual chariot of 4 components.

Sadhu, Sadhvi, Shravak and Shravika



# “LION” (Sinha)

## The Third Dream



The third dream of Trishala Mata was the “LION (SINHA)”. She saw a magnificent lion descending towards her and entering her mouth. This dream indicated that the child would be as powerful and strong as the lion. He would be fearless, almighty and capable of ruling the world.

# “GODDESS OF WEALTH” (LAXMI DEVI)

## The Fourth Dream

The fourth dream of Trishala Mata was the “GODDESS OF WEALTH (LAXMI DEVI)”.

Goddess Laxmi is the goddess of wealth, prosperity and power. She was seated on a lotus.

She wore many rows of pearls interlaced with emeralds and a garland of gold.

A pair of earrings hung over her shoulders with dazzling beauty. This dream indicated that her son would enjoy great wealth and splendor. He would be a Tirthankar, the supreme benefactor of all.



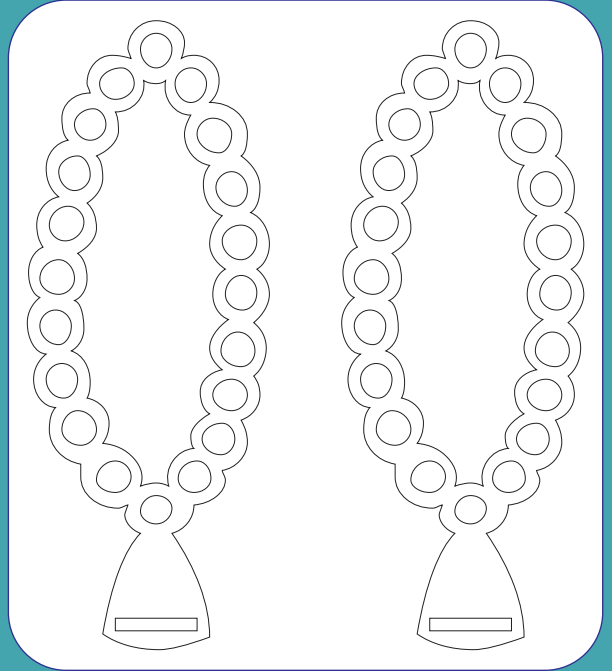


# “GARLAND” (PUSHPA MALA)

## The Fifth Dream

The fifth dream of Trishala Mata was “GARLAND (PUSHPA MALA)”.

A pair of beautiful garlands were descending from the sky. The whole universe was filled with their fragrance. This dream indicated that the fragrance of her son's teachings would spread throughout the universe and all will respect him.



# “MOON” (CHANDRA)

## The Sixth Dream

The Sixth Dream of Trishala Mata was the "FULL MOON (CHANDRA)".

It was an auspicious sight.

The moon was at its full glory.

This dream indicated that the child would have a great physical structure.

He would help lessen the suffering of all living beings.

He would bring peace to the world.



## “SUN” (SURYA)

### The Seventh Dream

The seventh dream of Trishala Mata was the “SUN (SURYA)”. The sun was shining to destroy the darkness. It was as bright as the flames of a forest fire. The sun rose and ended the evil activities of the creatures that thrived during the night. This dream indicated that her son would have supreme knowledge and would dispel darkness of delusions. His teachings would destroy anger, greed, ego and pride from the lives of all living beings.

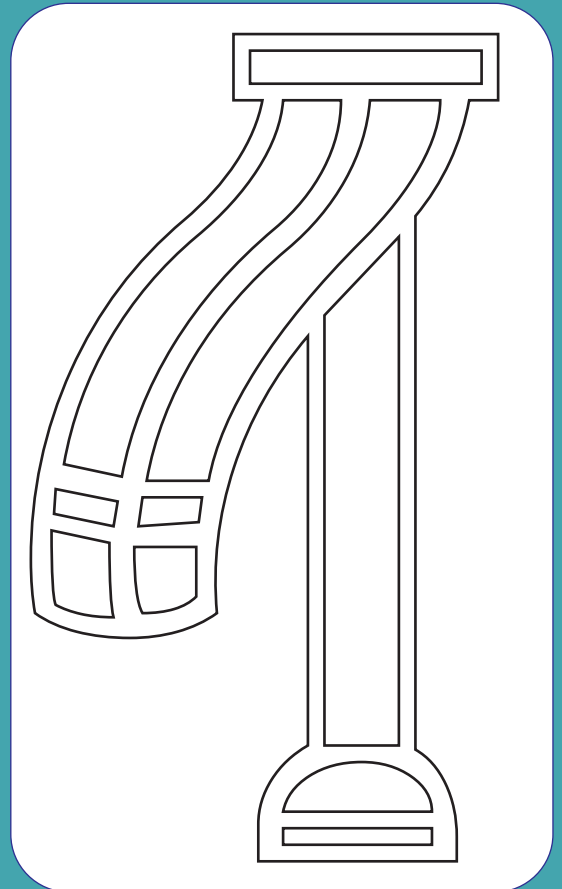
## “FLAG” (DHWAJ)

### The Eighth Dream

The eighth dream of Trishala Mata was the “FLAG (DHWAJ)”. A large Flag was waving on a golden pole. The flag fluttered softly and auspiciously in the gentle breeze and attracted everyone's attention.

This dream indicated that her son would carry the banner of the religion.

He would reinstate the religious order throughout the universe.



## “VASE” (KHUMBH)

### The Ninth Dream

The ninth dream of Trishala Mata was the “VASE (KHUMBH)”. It was a golden vase filled with clear water.

It was bright, magnificent and beautiful vase. It was decorated with a garland. This dream indicated that her son would be perfect in all virtues and would be full of compassion towards all living beings. He would be a supreme religious personality.



## “LOTUS LAKE” (PADMA SAROVAR)

### The Tenth Dream

The tenth dream of Trishala Mata was the “LOTUS LAKE (PADMA SAROVAR)”.

Thousands of Lotus were floating in a lake, and they all bloomed and opened at the touch of the sun’s rays. The lotus had a very sweet fragrance. This dream indicated that, her son would be beyond worldly attachment. He would help liberate all living beings.



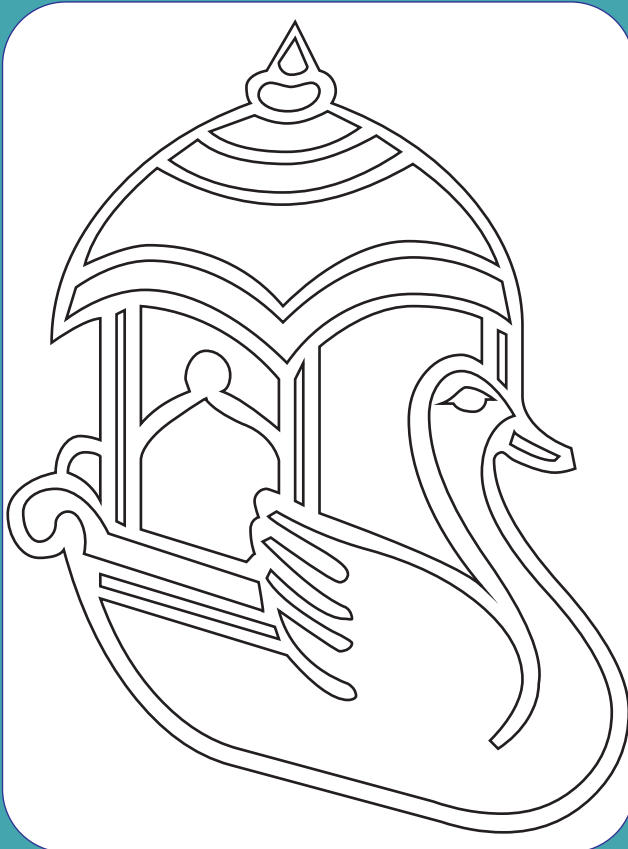
# “OCEAN” (KSHIRSAGAR)

## The Eleventh Dream

The eleventh dream of Trishala Mata was the “OCEAN (KSHIRSAGAR)”.

The water of the ocean rose in all directions to great heights with turbulent motion. The wind blew and created waves. This dream indicated that her son would have a serene and a pleasant personality.

He would achieve infinite perception and knowledge and would escape from the worldly life, which is the ocean of birth and death. This would lead his soul to Moksha (Liberation).



# “CELESTIAL PLANE” (DEV VIMAN)

## The Twelfth Dream

The twelfth dream of Trishala Mata was the “CELESTIAL PLANE (DEV VIMAN)”.

The plane resounded the celestial music.

It was saturated with pleasant and spiritual aroma of incense. This dream indicated that all the celestial beings in heaven would respect, honour, and salute her son’s spiritual teachings.

# “HEAP OF JEWELS” (RATNA RASHI)

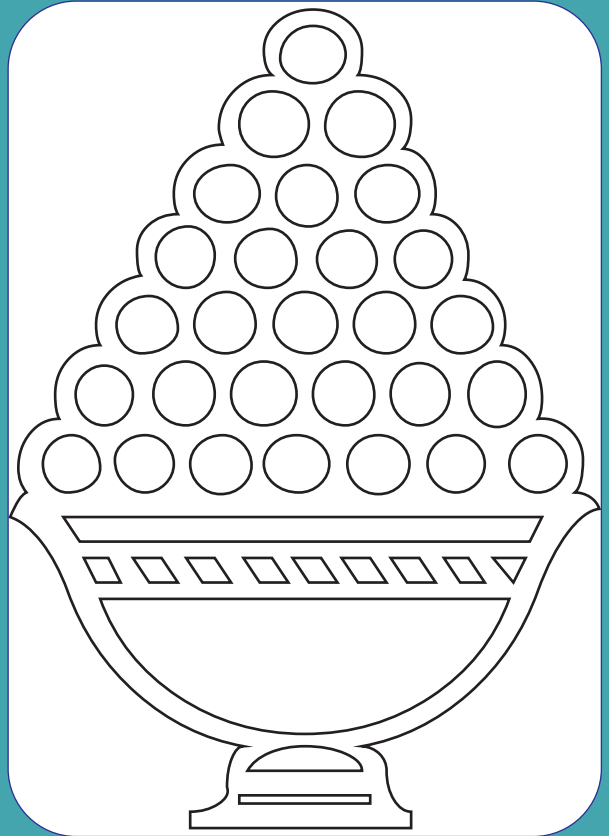
## The Thirteenth Dream

The thirteenth dream of Trishala Mata was the “HEAP OF JEWELS (RATNA RASHI)”.

It was a mixture of all types of gems and precious stones.

These jewels were heaped over the earth and illuminated the entire sky.

This dream indicated that her son would have infinite virtues and wisdom and he would attain the supreme spirit.



# “SMOKELESS FIRE” (NIRDHUM AGNI)

## The Fourteenth Dream

The fourteenth dream of Trishala Mata was the “SMOKELESS FIRE (NIRDHUM AGNI)”.

The fire burned with great intensity, but there was no smoke. This dream

indicated that her son would reform and restore the religious order.

He would remove blind faith and orthodox rituals. Further more, he would burn, destroy his karmas and attain salvation.



DAY  
6

विनय धर्म का मूल है।  
मैं सभी जीव, अजीव वस्तुओं  
का विनय रखूँगा।  
विनय से ज्ञान प्रगट होता है।

“VINAY” is the root of my religion.

I will respect all living and non-living things.

Knowledge increases with Vinay.



DAY  
7

मैं प्रेम, दया और क्षमा की  
कला को अपनाऊँगा।  
मैं किसी को हानी नहीं पहुँचाऊँगा  
और मैं कभी हठ नहीं करूँगा।

I will learn the art of Love, Living and Leaving.

I will not hurt any living being.

I will not be stubborn and will learn  
the art of let go.

## डिवाईन अनुभोदना!!!

- ★ ज्ञानीओना ज्ञाननी...
- ★ दानवीरोना दाननी...
- ★ तपस्वीओनी तप साधनानी...
- ★ भावनामय भाविकोना भावनी...
- ★ आत्मा परमात्मा बने तेवा भावनी...
- ★ जंगमतीर्थ रूप साधु-साध्वीजीना चारित्र्य पालननी...



# क्षमापना



सो बार क्षमा माँगु, सो बार हाथ जोड़ुं,  
ओ मेरे भाई-बहनों, मैं आज क्षमा माँगु।

मैं पश्चातापित हूँ, अपने कटु वचनों से... (२)  
कोइ गलती की हो मैंने, इन बारह मासो में,  
मुझको रे क्षमा करना, मैं आज विनंती करूँ।

तेरे दिलको दुभाया हो, जाने अनजाने में... (२)  
कोइ झुल्म किया मैंने, इन बारह मासो में,  
ओ मेरे साथी बंधु, माफी हजार माँगु।

जीवों को खमाया हैं, संवत्सरी के दिन में... (२)  
अपराध मिताने को, प्रतिक्रमण किया मैंने,  
तुजको भी खमाउ रे! मैं प्यार तेरा माँगु।


करो माफ,  
रखो दिल को साफ  
*Confession*

सबसे पहली श्रमा  
अपने देव-गुरु-धर्म से माँगे।  
जो मैंने इस भव में या  
किसी भव में जाने-अनजाने में  
देव-गुरु-धर्म की निंदा की हो,  
अशातना की हो, अविनय या  
अविवेक किया हो तो  
मन-वचन-काया से  
मिच्छामी दुक्कडम्




Above all I first  
ask for forgiveness  
from my Dev-Guru-Dharma.  
In this birth or in any birth,  
if knowingly or unknowingly,  
I have disrespected them or  
not followed their aagna  
then I say  
Michchami Dukkadam  
from the bottom of my heart.






Wide Range of Baby Products



The Online Baby Station



www.wonderkidsindia.com  
022 66801234 / 9768077759



## Alert Bell



**Pakhi**  
13<sup>th</sup> September



**Aatham**  
21<sup>st</sup> September

मोक्ष की ४ दिवारों में वही प्रवेश कर सकता है...  
जो अपनी ४ दिवारों को तोड़ सकता है...  
वे ४ दिवारें हैं  
**क्रोध, लोभ, मोह और अहंकार!!!**



# Michchami Dukkadam

**Learn to Love without condition...**

**Talk without bad intention...**

**Give without any reason...**

**And most of all,**

**Care for people  
without  
any expectation...**



**Nano che sansar,  
Bhulo thai che apar,  
Karo amari kshama  
no swikaar...  
Michchami Dukkadam!!!**

**To,**

-----

**From,**

-----

# ACTIVITY TIME - SHRAVAK MAZE

Start

1 I will not hurt anybody

2 I will not tell a lie today

3 I will not steal anything

4 I will watch T.V. only for 2 hours

5 I will only use 5 pair of clothes

6 I will not go out of the city

7 I will not waste water

8 I will use mobile only for 2 hours

9 I will do 8 Samayik in a year

10 I will read a religious book

11 I will do chauvihar for 1 hour

12 I will help somebody

End

# Symbol of Jain Dharma

