

॥एवं ह्यलु जंबू! समणेणं भगवया महावीरेणं जाव संपत्तेणं
सत्तमस्स अंगस्स उवासगदसाणं दस अज्झायणा पणत्ता तं जहा॥
आर्य सुधर्मस्वामी ए कहं
हे जंबू! श्रमण भगवान महावीर स्वामी ए सातमां अंग
श्री ऊपासकदशांग सूत्र ना दस अध्ययन कहया छे,
ते आ प्रमाणे छे...

Baal Shravak



Baal Shravika



I am one of the tirth,
I stay in Sansar but I follow
religion whole-heartedly, I abide
by the 12 rules called 'Vrat',
"Shree Upasak Dasang Sootra"
will tell you more about me...

Tell me... Tell me...

Who am I?

Yes I am a "Shravak"



Dear Kids, Parmatma Mahavir had 10 respectful disciples who had not taken Diksha, but followed Parmatma's religion while staying in Sansar, like we all do. They were 10 Shravaks in Bhagwan Mahavir's era. Do you know how were they? They were humble & respectful. They had immovable faith on Bhagwan's words. They trusted Bhagwan more than anyone else. They practiced his teachings even while staying in Sansar & also had very good qualities like Honesty, Compassion, Selflessness, Love, Humility, Loyalty, etc.

They were prosperous & wealthy. They distributed equal amounts of their income in business, savings & monthly household needs. Additionally, they always contributed a portion of their wealth for serving others. Their houses always had a place of religious worship called the Paushadhshala where they practiced their daily rituals. When they entered this holy place, they disconnected from all worldly thoughts & focused entirely on connecting with Parmatma and thus, vibrations of this room were extremely pure & divine. They never forgot the path of truth & wisdom even in amidst of so much luxury & wealth. They always yearned to follow Parmatma's footsteps & become like him.

- 01) Anand Shravak
- 02) Kamdev Shravak
- 03) Chulnipita Shravak
- 04) Suradev Shravak
- 05) Chullashatak Shravak
- 06) Kundakaulik Shravak
- 07) Shakdalputra Shravak
- 08) Mahashatak Shravak
- 09) Nandinipita Shravak
- 10) Shalhipita Shravak

Who is a True Shravak?

॥ जयं चरे जयं चिठे, जयं भासे जयं सए
जयं भूजंतो भासंतो, पाव कम्म न बंधइ ॥

जो व्यक्ति यत्नापूर्वक चले, खडे रहे, बैठे, सोए, भोजन करे, बोले उस व्यक्ति का पाप कर्म बंध नहीं होता है। क्रिया करते समय यह सोचे कि मेरे इस कार्य से किसी को hurt तो नहीं हुआ है ना? सच्चा श्रावक अपना हर एक कार्य जत्नापूर्वक करता है। सच्चे श्रावक के पास Art of Jainism की Secret Key है जो उन्हें मोक्ष मंजिल तक ले जाती है। आओ बच्चों हम भी यह Secret Key जाने और परमपद की प्राप्ति करें।



ART OF
THINKING

- १) हमें positive सोचना चाहिए।
- २) मेने कहा वो ही सही है, दूसरे गलत है एसी सोच नहीं होनी चाहिए।
- ३) हमें सभी के opinions को स्वीकार करना चाहिए।
- ४) सभी के विचारों का आदर करना चाहिए। यह भी सच है, वो भी सच हो सकता है।
- ५) जैनदर्शन का श्रेष्ठ सिद्धांत यानी अनेकांत दर्शन।

A-B-C-D-E-F-G

अरिहंत मेरे
जिनवरजी...

H-I-J-K-L-M-N

हम बनेंगे
सच्चे जैन...

O-P-Q-R-S-T

हम बनेंगे
ओनेस्टजी...

U-V-W-X-Y-Z

नमस्कार मंत्र
सबका हेड...



શ્રાવક-શ્રાવિકા ના ૩ મનોરથ

The 3 prayers (Manoraths) which Shravak-Shravikas should recite everyday

અહો ભગવંત! ઉ દિવસ
વ્યારે આવશે જ્યારે હું
આરંભ, પરિગ્રહ નો ત્યાગ
કરી શ્રાવકના ૧૨ વ્રત
અંગીકાર કરીશ।
તે દિવસ મારો ધન્ય થશે।

O Parmatma! I wait for the day when my urge to gather wealth and possessions will die down and I too shall adopt the auspicious 12 vows of a Shravak!

O Parmatma! I long for the day when I will be able to accept the 5 vows of a Sadhu and take Diksha!

અહો ભગવંત!
ઉ દિવસ વ્યારે આવશે
જ્યારે હું પંચ મહાવ્રત
ધારી નિર્ગ્રંથ સાધુ
બનીશ। તે દિવસ મારો
ધન્ય થશે।

અહો ભગવંત! ઉ દિવસ
વ્યારે આવશે જ્યારે હું
અંતિમ સમયે આલોચના
કરી સમાધિ પૂર્વક
સંધારો કરી મૃત્યુ ને પામીશ।
તે દિવસ મારો ધન્ય થશે।

O Parmatma! When will the day come when I will accept the vows of Santhara (Meditational Death) in my last breath and achieve eternal peace of mind!

- Gurubhakt Mehta Parivar



ART OF WALKING

Whenever we walk, we unknowingly kill and hurt millions of living beings through our actions.

For eg. we jump in puddles, stamp on sand and soil, crush leaves & flowers, step on small insects like ants, worms, etc. by mistake. But we are not aware of these.

So how do we prevent these bad actions?

Whenever we walk, we can walk carefully. Instead of laughing and giggling while walking, instead of walking carelessly, we can be a little more careful by looking on the road and try not to step on any living being. But unfortunately, even with care, we can't prevent harm or hurt to others. So every night, before going to bed, we should recite the Iriyavahiyam Sootra. This Sootra is a prayer where we ask for forgiveness for having hurt/harmed any living being while walking and moving around.



A true Shravak avoids all restaurants and hotels which serve both vegetarian and non-vegetarian food, because many times, the utensils used to cook are same for both. He never feels like visiting pubs and discotheques, bars and hukkah parlours, because he believes that these wrong activities bring negativity in his thoughts & life. And when thoughts become impure, we bind Karmas which are the cause of bad Gati (future birth). He prefers engaging in activities which improve his thoughts and help him bind good Karmas, to destroy all his bad Karmas and take him to Moksh, like helping someone in need, spending time with orphan kids, going to Look N Learn, going to Dharma Kshetra for Dev-Guru's Darshan, etc.

ART OF EATING

Everyone loves to eat, but the one who understands the art of eating is called a true Jain. A true Jain doesn't eat everything, everywhere & at all times. We all need food to survive, but a Shravak/Shravika always keeps in mind that he eats to live, he doesn't live to eat.

He is always careful about these points...



He consumes food 48 minutes before sunset (Chauviar) & 48 minutes after sunrise (Navkarshi)



He does not eat at roadside stalls & hotels which serves both vegetarian & non-vegetarian food



He tries to avoid underground vegetables as far as possible, because they have infinite micro-organisms



On days of Tithi, he avoids consuming leafy vegetables because they have innumerable micro-organisms



She never eats while lying down / watching TV



He sits and eats food in one place. He keeps Maun (silence) while eating



She always shares food with his brother, sister, maid & animals, birds around him like Cow, Dog, Sparrow etc



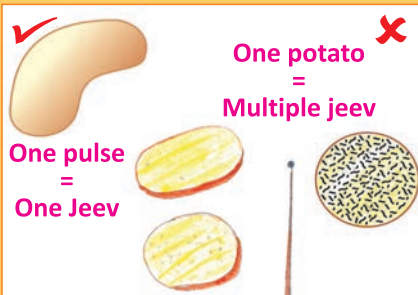
He never uses any products, chocolates, cakes, toothpaste, etc. which contain eggs, animal bones, teeth, liver, skin, etc



He eats fruits after removing the seeds & keeps it aside for 48 minutes, so that it becomes non-living



He tries to avoid eating sprouts, brinjals, mushroom, etc. which have several seeds in a single fruit or vegetable



On Tithi it is appropriate to consume pulses as 1 pulse = 1 Jeev



He is careful while buying anything & checks green dot on the package

He never eats stale or leftover food on the next day

He always uses boiled water for drinking

*Kids...
Do you know???*

જ્યારે શ્રાવક Non-veg Shop પાસે થી પસાર થાય ત્યારે
ભાવના ભાવે, હે પરમાત્મા મને આપનું શરણ મળ્યું
પરંતુ તે જીવોને પણ તમારું શરણ મળે
તેવી શુભ અને શુદ્ધ ભાવના હોજો!

ART OF DRESSING

It is necessary to cover our body, but, we should never harm other living beings for our luxury. That's why, it is very important for us to choose what materials we wear. Materials like silk, leather, fur, etc. are made by mass violence. Thousands of animals are killed everyday to satisfy our needs for such materials. Their skin is ripped off while they are still alive & they are subjected to a lot of cruelty. Should we wear someone's skin made from so much cruelty for our own happiness? Isn't that very selfish? Would we like it if someone did that for us?

We would never like it, so we should never encourage such industries.

BOYCOTTING THEM, NOT WEARING
SUCH MATERIALS IS THE BEST WAY
TO LEND OUR SUPPORT TO THESE
VOICELESS ANIMALS...

X



X



X



ART OF SPEAKING

શ્રાવક ની ભાષા ના આઠ બોલ...

પહલે બોલે થોડું બોલે, જરુર પૂરતુ બીજે બોલે, ત્રીજે બોલે
મીઠું બોલે, ચતુર્થાઈથી ચોથે બોલે, અહંકાર રહિત પાંચમે
બોલે, મર્મકારી નહીં છઠ્ઠે બોલે, સાતમે બોલે સૂઝ તળાં,
ન્યાયથી બોલે છે, આઠમે બોલે સર્વ જીવને હિતકારી ભાષા
બોલે, આઠ બોલનું ધ્યાન રાખી, સાચો શ્રાવક બોલે છે।



बच्चो कभी ऐसा हुआ है कि रात को आपको बुरे सपने आते हो, आप कभी डर जाते हो, क्या किसी को bed-wetting की problem है? किसी को निंद मे बोलने की समस्या है? हा हैं तो चलो आज हम इसका solution नीकालते हैं।

ART OF SLEEPING

Chant

चत्ताहि शरणं पवज्जामि,
अरिहंते शरणं पवज्जामि,
सिद्धे शरणं पवज्जामि,
साहू शरणं पवज्जामि,
केवली पन्नतं धम्मं शरणं
पवज्जामि।

2

1

सोने से
पहले ७ बार
अर्हम का
ध्यान करना
चाहिए।

3

सोने से पहले पूरा एक पेज
अपना favourite मंत्र लीखीए
जैसे की नमसकार मंत्र...
यह करने से बुरे विचार बंध हो
जाते हैं, एकाग्रता बढ़ती है और
बुरे सपने आने बंध हो जाएँगे।

S
O
L
U
T
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O
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“SHRAYAK” IS ALWAYS
ALERT IN ALL HIS ACTIVITIES,
SO MUCH SO THAT EVEN
IN HIS DREAMS HE AVOIDS
COMMITTING MINUTEST SINS...

ART OF HAPPINESS



Come on kids now you have to decide and put a (✓ or ✕)
on the following pictures and decide what activities
a Shrivak does/does not do...





ART OF FRIENDSHIP (KALYAN MITRA)



२ मित्र भेगा थाय
तो शुं बोले?

Hi! Hello, how are you?

धर्म संस्कारी होय तो जय जिनेन्द्र बोले! पण महावीर स्वामी ना समय ना श्रावको केवा हता? तेमना मित्रो केवा हता?

महावीर स्वामी ना समय ना मित्रो ने कल्याण मित्र कहेवाय। कल्याण मित्र एटले आत्माना कल्याण करवा वाळा। तेओ हमेशानी माटे मोक्ष मार्गनी प्रेरणा करवा वाळा हता।

जेमनी मित्रताथी आपणा जीवनमां धर्म वधे ए ज साचो मित्र कहेवाय! जेना कारणे आपणा जीवनमां धर्म घटे अने अधर्म वधे ए क्यारे पण योग्य मित्र न कहेवाय।

जे आपण ने पाप ना मार्ग पर लई जाय ते क्यारेय कल्याण मित्र न होय शके। जेने मळवाथी राग द्वेष उत्पन्न थई जाय तो तेने पहेली वार ज मळीने बीजीवारमां ब्रेक मारी देवुं जोईए। तो चेक करता रहेजो बाळको आपणा सर्व मित्रो कल्याण मित्रो छे के नहीं???

मारा मित्र प्रत्ये मारो धर्म शुं छे? मारुं कर्तव्य शुं छे ?

आपणा हमेशा एवा भाव होवा जोईए के जे धर्म मने मळयुं, जे सत्य मने समजायुं, जे सारा संस्कार मने मळया... ए बधुं ज मारा मित्र ने पण मळे... एने पण जैन धर्मनो बोध मळे ए ज मारी फरज छे...

जो मारा मित्र ने नमस्कार मंत्र न आवडतो होय तो मने एने सिखवाडवुं जोईए... ए ज मारी खरी मित्रता छे!

ART OF SATISFACTION




- १) सभी जीवों की रक्षा करना
- २) हमेशा सच्ची बातें बोलना
- ३) हमेशा पूछकर वस्तु लेना
- ४) ५ इंद्रियों का सदुपयोग करना
- ५) इच्छा अपनी कम करना
- ६) बिना काम के नहीं आना जाना
- ७) सीधा सादा जीवन जीना
- ८) कोई अनर्थ का काम न करना
- ९) नित्य ऊठकर सामायिक करना
- १०) जीवन में भयाना रहना
- ११) हो सके तो पौषध करना
- १२) गुरु भगवंत को व्होशना


ART OF POSITIVITY


- 1) Whenever a Shravak steps out of the house, he puts his right leg first and says "Bhagwan, aap maara sathe rehjo!"
- 2) During exams, a baal shravak says "Bhagwan, maru gnan pragtaavjo!"
- 3) Whenever he safely reaches home, he says, "Bhagwan, kyare hu tara ghare aavu...? Evi krupa karo!"

POSITIVE
ATTITUDE





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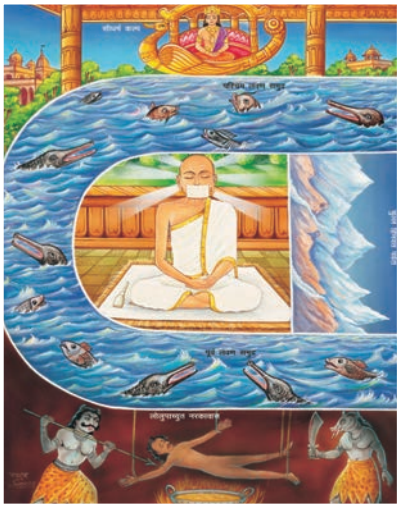
ANAND SHRAVAK



Once upon a time, there lived a king named Jitshatru in the city of Vanijya. There was a rich householder named Anand in the same city. He was so rich that he had 4 million gold coins, an equal amount of cash, an equal amount already invested in business, lots of jewellery and many other assets. He also owned 40,000 cows. He was highly respected by the king as well as the people of the town.

One day, Parmatma Mahavir visited this town and gave a sermon. After listening to His sermon, Anand decided to accept the twelve vows of a householder. Anand observed these vows for fourteen years and then decided to renounce worldly affairs. So he talked to his children, handed over all his businesses and family responsibilities to them. He was going to spend rest of his life in penance and meditation.

After some time, he attained Avadhignan (clairvoyance) due to austerities, pure mental state, and the resulting purity of his soul. It just so happened that Parmatma Mahavir and his disciples were in town at this time. One day, while Gautam Swami (one of Parmatma Mahavir's disciples) went to get alms (food), he overheard people talking about Anand's poor health and that Anand had attained Avadhignan. So, Gautam-swami decided to visit Anand. When Gautam Swami arrived, Anand offered his salutation lying in bed. He told Gautam Swami about his Avadhignan and that he could visualize up to the twelfth Devlok (heaven or celestial abode). Gautam Swami told Anand that although such knowledge was possible for a householder to attain, it could not be possible to see that far. He told Anand that he should repent for telling a lie. Anand was puzzled because he was telling the truth. He did not want to disobey his spiritual teacher but at the same time, he thought it was not fair to repent for telling the truth. So, he respectfully asked Gautam-swami, "Guruji, is it necessary to repent even when someone is telling the truth?" Gautam-swami said, "No." Gautam Swami still did not believe Anand, so he went back to Parmatma Mahavir to get advice.



Gautam Swami told Parmatma Mahavir about his conversation with Anand. Mahavir Swami said, "Gautam, Anand is right. He has attained such Avadhignan and he can see that far. How could a knowledgeable person like you make such a mistake? You are the one who should ask for his forgiveness." Gautam-swami realized his mistake and immediately went to Anand to apologize and ask for forgiveness. Anand was very happy that Parmatma Mahavir took the side of truth and not that of his first disciple, Gautam-swami. He was also happy that even a great monk like Gautam-swami, came back to ask for forgiveness. He felt very strongly about his religion and the monks who follow it. Anand fasted until death and was reborn as a heavenly being in Saudharma Devlok (a heavenly region). After the completion of that heavenly life he will be reborn as a human in Mahavideh Kshetra and would attain liberation from there.

Key Message: One should be polite and have respect for others.



Answer the following questions

Key Message



1. How many vows did Anand Shravak accept & for how many years?
A. _____
2. Which gnan did Anand Shravak attain ?
A. _____
3. Who was the first disciple of Bhagwan Mahavir ?
A. _____
4. Why did Gautam Swami go second time to Anand Shravak's place ?
A. _____
5. Where did Anand Shravak take birth after his death ?
A. _____
6. How much wealth did Anand Shravak possess?
A. _____
7. Which city did Anand Shravak live in ?
A. _____
8. Till which Devlok could Anand Shravak see in Avadhignan ?
A. _____

1. 12 vows & 14 years, 2. Avadhi Gnan, 3. Gautam Swami, 4. To apologize, 5. Saudharma Devlok, 6. 40,000 cows, 7. Vanijya, 8. 12th Devlok

ART OF STUDYING

Choose the
Right option ✓



- 1) Shravak follows [Jeevdaya / Ajeevdaya]
- 2) Shravak is always [Dependant / Independant]
- 3) Shravaks Vrat is called [Mahavrat / Anuvrat]
- 4) Shravak observes [6 / 5] Abhigam while going for darshan in Upashray
- 5) There are [3 steps / 4 steps] of shravak dharma
- 6) Upasakdasang Sootra describes Parmatma Mahavir's [10 / 11] Shravak
- 7) Shravak offers [Gnan Daan / Supatra Daan] to Pujya Sadhu-Sadhviji
- 8) Parmatma Mahavir gave best Samayik award to [Punya Shravak / Shankh Shravak]
- 9) One who follow's Shravaks 12 vrat sincerely resides in (Devlok/Narak) Next birth.
- 10) Shravak should perform [1 time / 2time] Pratikraman daily
- 11) Shravak everyday prays for [Shiksha / Diksha]
- 12) Shravak contributes part of his savings for [Entertainment / Donation]
- 13) Shravak greets everyone by saying [Hi! whatsapp / Jai jinendra]
- 14) Nandmaniyar (Frog) is an example of [Manushya / Tiryanch] Shravak
- 15) Shravak's minimum Samayik is for [38 minute / 48 minute]



ART OF STUDYING

*Choose the
Right option* ✓



- 16) Shravak always avoid [15 types / 17 types] business
- 17) Shravak's residence is in [16 Rajlok / 14 Rajlok]
- 18) A girl or lady in Jin Shashan is called [Shravak / Shravika]
- 19) Before meals Shravak always raises dish for [Supatra Daan / Abhay Daan]
- 20) To know about Shravak in detail I should read [Bhagwati / Upasakdasang] Sootra
- 21) Shravak prays for [3 / 2] Manorath daily
- 22) Shravak's Jain Scriptures are called (Aagams / Vedas)
- 23) Shravak has control over his [5 senses / 3senses]
- 24) Shravak should Practice (6 /7) Avashyaks
- 25) Shravak shares his tiffin with (Veg / Non-veg) friends
- 26) Shravak (Plays with / Respects) upkaran of Samayik
- 27) Shravak has [True / False] faith in Dev, Guru and Dharma
- 28) Shravak Says (Mathen Vandami / Dharmalabh) to Pujya Sadhu Sadhviji's
- 29) Chandkaushik (Snake) is an example of [Tiryanch / Manushya] Shravak
- 30) Shravak wears [Cholpatto and Khes / Jeans and T-shirt] during Samayik



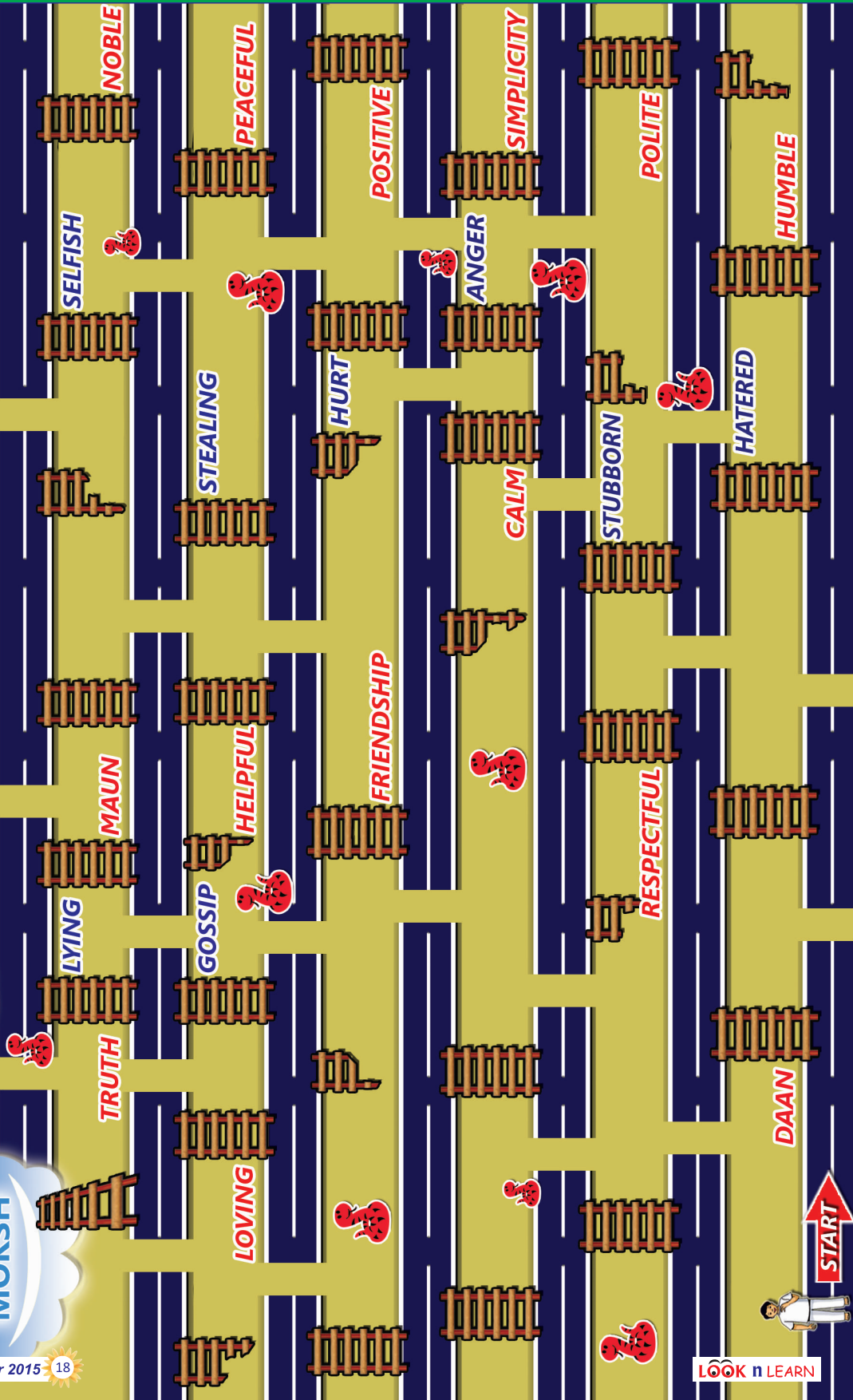
ART OF ACHIEVING GOOD DEEDS

Reach Moksh by climbing Positive Ladders

MOKSH

10th November 2015 18

LOOK n LEARN





- Nysa Doshi (Chennai)

ART OF UNIVERSAL FRIENDSHIP

7 lakh of earth bodied beings,



7 lakh of water bodied beings,



7 lakh of fire bodied beings,



7 lakh of air bodied beings,

10 lakh of pratyek plant bodied beings (individual life forms),

14 lakh of Sadharan plant bodied beings (clustered life forms),

2 lakh of two sensed beings,



2 lakh of three sensed beings,

2 lakh of four sensed beings,

4 lakh of inferal beings,



4 lakh of divine beings,

4 lakh of five sensed animals,

14 lakh of human beings



84 lakh total Jeevayoni Jeev

If I have, while moving around, sitting, standing, knowingly or unknowingly, killed, pierced, tormented these 84 lac Jeevayoni Jeev then I beg forgiveness before infinite Siddha that may all my fault be undone.