

# LOOK N LEARN

CHILDREN'S JAIN

# MAGAZINE

25<sup>th</sup> March 2017 | Every Fortnight | English, Hindi & Gujarati



## Aayambil

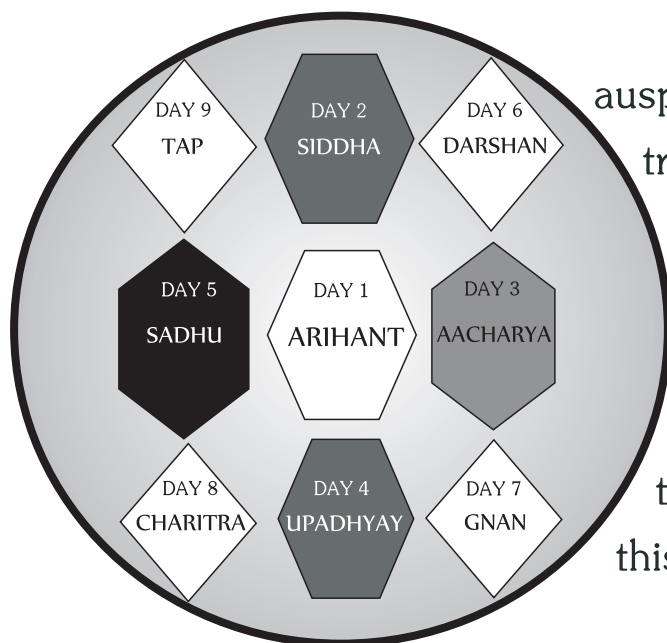
*'Food is the fuel of my body'*



*'Sadhana is the fuel of my soul.'*

# Aayambil Oli... A Golden Opportunity !

## 2<sup>nd</sup> April 2017 to 10<sup>th</sup> April 2017



Aayambil Oli is a very auspicious festival as per the Jain tradition. It comes twice a year. It is a nine day festival, which signifies the importance of the Navpad. They hold immense importance and significance for the soul who wish to be free from this endless cycle of birth and death.

They are :

Dev Tatva : Arihant Parmatma,  
Siddha Parmatma

Guru Tatva : Acharyaji,  
Upadhyayji,  
Sadhu - Sadhviji,

DharmaTatva : Samyak Darshan (Right Vision),  
Samyak Gnan (Right Knowledge),  
Samyak Charitra (Right Conduct) and  
Samyak Tap (Right Penance).



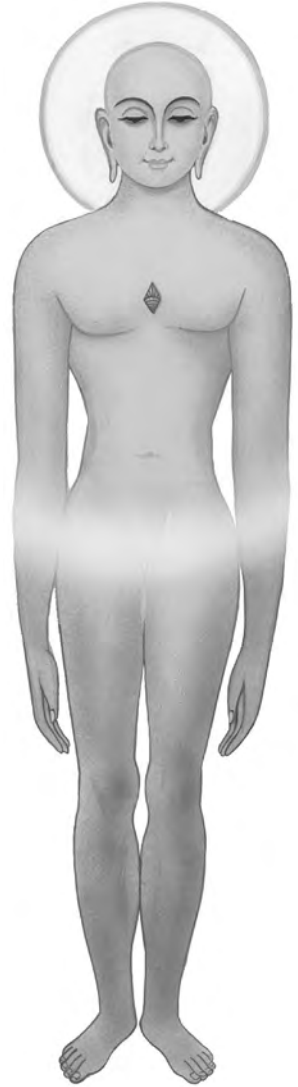
Parmatma Mahavir has shown true and unconditional devotion to these nine elements....  
A gateway to liberation of the Soul.

Aaradhaks perform this penance to instill the virtue of detachment towards food.

Aayambil tap embraces the virtue of detachment...it destroy the desire of our taste buds, food detachment makes the soul pure.

Parmatma Mahavir was aware that when Satvik food items are consumed, a seeker's mind becomes calm. His excessive desires and infinite thoughts get a break. He is thus able to introspect and go deep within and know the right identity.

Parmatma has also shown the immense importance of this penance as a cure to incurable diseases. The reason is that Aayambil Tap is a destroyer of our Karma.



*'Aayambil tap is the most pious of all Penance'*

### **Agushmaan Bhava**

A Blessing For A Lifetime Of Good Health Is Born With Your Baby  
Preserve Your Baby's Umbilical Cord Stem Cells At Birth  
Now At Just ₹9990\*

 LifeCell™



☎ Call 1800 419 5555 | ✉ SMS 'LIFECCELL' TO 53456 | 🌐 www.lifecell.in

\*Terms & Conditions Apply

# Benefits of AAYAMBIL

## BENEFITS

1 Elimination...  
Sugar & salt controls diabetes  
& blood pressure

4 Balances...  
The digestive system

2 Improves ...  
Health and cures skin disease  
like vitiligo

5 Improves...  
Kidney functioning and  
respiratory disease

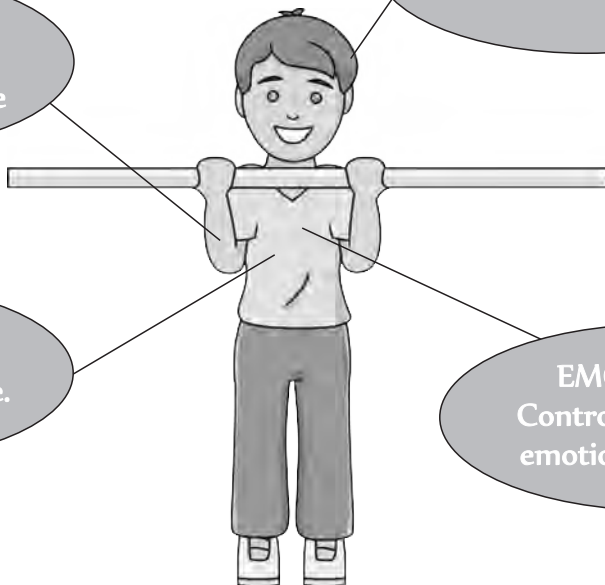
3 Improves...  
Cholesterol related ailments

**PHYSICALLY**  
Makes our body  
fit, healthy and active

**MENTALLY**  
It improves will power

**SPIRITUALLY**  
Makes our soul pure.

**EMOTIONALLY**  
Controls our negative  
emotions and actions



# AAAYAMBIL TAP



Aayambil is a penance that helps gain victory over the taste buds.

It is consuming food without oil, milk, ghee, curd, sugar, jaggery & spices except salt and pepper.

*Aayambil cleanses the body and the mind and makes one healthy.*

आयंबिल का आहार...  
आरोग्य के लिए सुखाकार...



चार गतिमां भ्रमण करतां करतां,  
परमात्मा महावीरअे राजा सिध्दार्थ अने  
राणी त्रिशलाना सुपुत्र तरीके जन्म लीधो।



माता त्रिशलाए १४ स्वप्न जोया हतां। तीर्थकरनी  
माता ने ज १४ स्वप्न आवे छे।

परमात्मा जन्मथीज त्रण ज्ञानना धारक होय  
छे। मतिज्ञान, श्रुतज्ञान अने अवधिज्ञान।



देवाधि देव इन्द्रदेवे मेरु पर्वत उपर परमात्मानो  
अभिषेक कर्यो त्यारे परमात्माए पगना अंगुठाथी मेरु  
पर्वत ने हलावीने वीरता देखवाडी हती।

एकवार तेओ मित्रो साथे रमतां हता अने एक सांप जोयो। बधां मित्रो डरने कारणे भागी गयां पण परमात्माए डर्या वगर धीरेथी सांपने उपाडी एक झाडनी पासे मूकी दीधो।



इन्द्रदेवने वर्धमाननी परीक्षा करवानुं मन थयुं। तेमणे मित्र बनी परमात्माने स्वभा उपर बेसाडी दीधा अने विकराळ स्वरूप लई लीधुं। परमात्माए मुष्टि प्रहार कर्या अने इन्द्रदेव शांत थई गया अने क्षमा मांगी।

परमात्मा पासे संसारना सर्व सुख हता। राज्य, संपत्ति बधुंज हतुं। परंतु परमात्माने परम सुखनी अभिलाषा हती। तेमणे माता पिताना स्वर्गवास बाद मोटा भाई नंदीवर्धन नी आज्ञा लई दीक्षा अंगीकार करी।



परमात्माअे एक वर्ष सुधी रोज एक लाख सोनामहोर नुं दान कर्युं।

परमात्माअे पंच मुष्टि लोच करी संयम पंथनो स्वीकार कर्यो।

सर्व सुख सगळडताओनो त्याग करी परमात्माऐ वन विहार कर्यो विहार करतां करतां घणां उपसर्गो आट्या परमात्माऐ तेने शांतिथी सहन कर्या



पावापुरीनां, ऋजुवालिका नदीना किनारे, झाड नीचे गोदोहिका आसानमां ध्यानस्थ अवस्थामां प्रभु ने केवलज्ञान थयुं!

समवसरणमां परमात्मानी वाणी सांभळी घणां जीवोऐ कर्मक्षय करी परम पदनी प्राप्ति करी।



७२ वर्षमां परमात्मा महावीर कार्तिक अमावस्यनी मध्य रात्रीऐ ८ कर्मोनो क्षय करी मोक्ष मार्गना पथिक बन्या।





TIME

## AAAYAMBIL TAP

Let's know more about AAYAMBIL

(1)  
How many times does Aayambil oli come in one year?

(2)  
Which are the 2 months for Aayambil aaradhna?

(3)  
Which type of tyag we do by doing Aayambil?

(4)  
Name a tap which can be done only in manushya bhav.

(5)  
What should we not eat in Aayambil?

(6)  
Which karma do we shed by doing Aayambil?

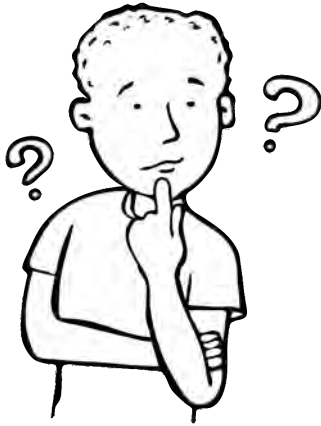
(7)  
Which gati can be avoided by doing Aayambil?

“One Aayambil a week keeps us healthy ”

ANSWERS :  
1] Two times, 2] Aaso and Chaitra months, 3] Rasparityag,  
4] Aayambil, 5] Vigai, fruits, vegetables 6] Antrai Karma,  
7] 100 billion years of Narak



Find the right words from the clues given behind



S	A	D	H	V	I	I	A	U
K	R	S	S	A	D	H	U	P
S	I	D	D	H	A	C	B	A
C	H	A	R	I	T	R	A	D
D	A	R	S	H	A	N	W	H
Z	N	Y	G	N	A	N	K	Y
U	T	A	P	S	R	Q	P	A
A	A	C	H	A	R	Y	A	Y

### Clues

- 1) A Female in Saiyam path
- 2) Who studies and makes other study and understand our Parmatmas vani
- 3) Which is already inside us
- 4) Symbolises character
- 5) In Namaskar Mahamantra we worship them in second place
- 6) It indicates right vision
- 7) They are of two types- Bahya , Abhyantar
- 8) He indicates 3 rd pad of Namaskar Mahamantra
- 9) In Namaskar Mahamantra we worship them in fifth place
- 10) In Namotthunam Stotra we worship them in second place

Answer : 1) Sadhvi, 2) Upadhyay, 3) Gnan, 4) Charitra, 5) Siddha, 6) Darshan, 7) Tap, 8) Acharya, 9) Sadhu, 10) Arihant

# Exam fear ?

## Types of exam fear

How much  
percentage  
will I score

Will I  
pass

Will the  
paper  
be easy



Due to fear you will certainly forget what you had studied. You should have faith that Parmatma is with you and you will do your best

Always remember 2 Slogans

जेटलुं मने आवडे छे, तेटलुंज परिक्षामां  
आववानुं छे!

जेटलुं परिक्षामां आववानुं छे, अेटलुं मने  
आवडेज छे.

WonderKids  
Wide Range of Baby Products

MES  
WonderKids  
The Online Baby Station

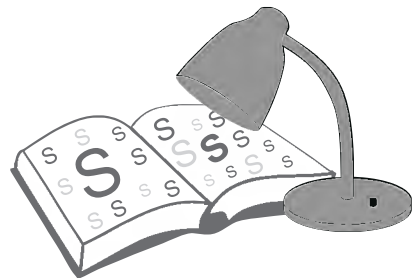
www.wonderkidsindia.com  
022 66801234 / 9768077759

जमीन के अंदर उतरे हुए जड़ों को  
उखाडकर जैसे मैदान साफ किया  
जाता है, वैसे जन्म जन्म की  
आहार संज्ञा को तोडकर  
अनाहारक पद प्राप्त करने की  
आराधना यानि आर्यंबिल तप।

# Build Your Vocabulary!!!

# Dictionary

## The Silent S



**S - Siddha**

Siddha Bhagwan lives in Siddha Kshetra



**S - Sadhu Sadhvi**

One who takes dikhsa



**S - Swadhyay**

Studying religious books



**S - Samayik**

To stay in Sambhav is Samayik

Find out and make a list of more Divine words starting with letter "S"



Samvar

---



---



---



---



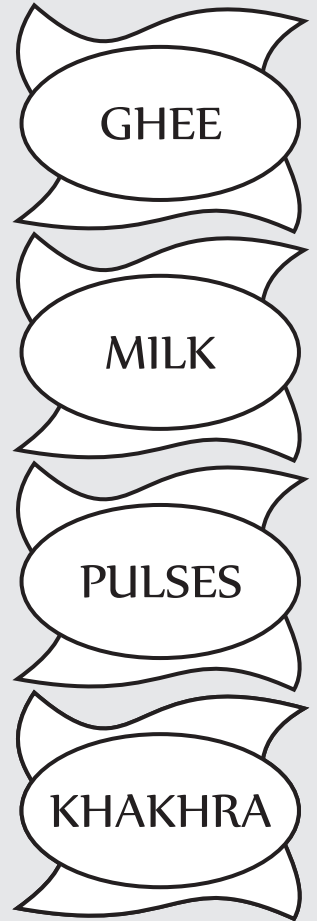
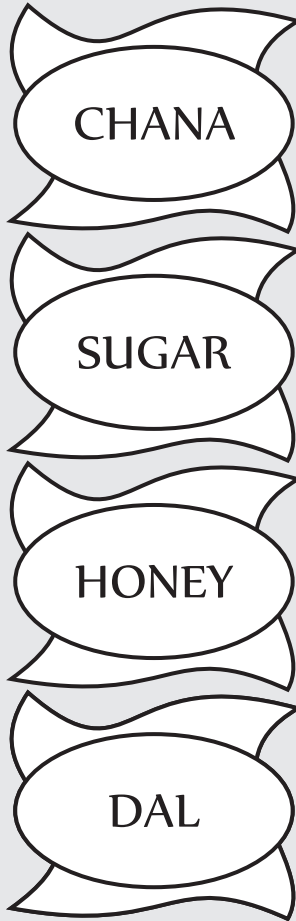
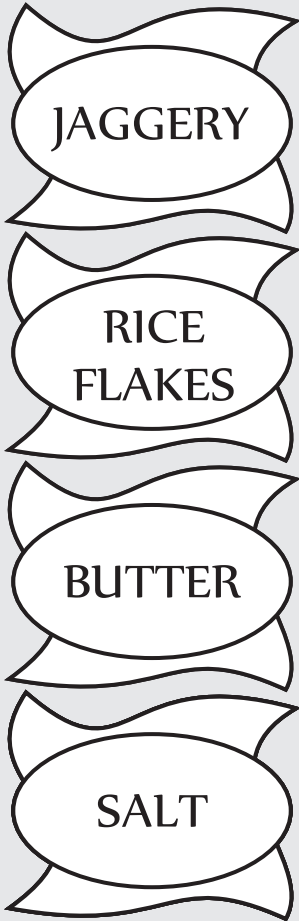
---



---

# Aayambil

## SPOT THE VIGAY



If I am unable to do aayambil tap  
I will do tyag of one vigay per day.

Wed - \_\_\_\_\_

Mon - \_\_\_\_\_

Thur - \_\_\_\_\_

Tue - \_\_\_\_\_

Fri - \_\_\_\_\_

Wed - \_\_\_\_\_

Sat - \_\_\_\_\_

Thur - \_\_\_\_\_

Sun - \_\_\_\_\_

Fri - \_\_\_\_\_

# APPRECIATING OTHERS

One day trees were talking to each other as they were all friends and saying the good qualities they were having in each others.



Coconut tree :

Hi Teak! You are so strong and your wood is the best. You are so helpful by giving wood, people can make their house and furniture.

Teak tree :

No coconut....see Mango tree, he gives so nice, sweet and tasty fruits. It is also everybody's favorite



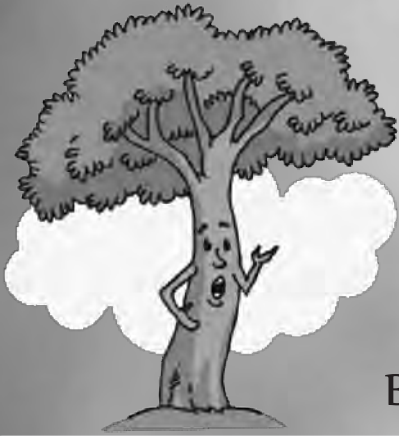
Mango tree:

Champak tree is also beautiful. Its flowers have sweet smell and are so beautiful. Honey bees come to you to make honey. People like you and so they keep you in their home and garden.



Champak tree:

Yes! you are right mango...but even Babul tree is helpful. People make use of its branch.



Babul tree:

People only use me to make furniture. But see Peepal tree, it allows so many birds to build nests and gives shade to people.



Peepal tree:

But coconut tree gives everything to others, its fruits, its leaves, its branches ... everything is useful. He is so tall, straight and smart.



**MORAL**

Do not compare yourself with others, Be satisfied with what you have and what you are. See good qualities in others, appreciate them and try to develop them.

# VINAY VARSH EXHIBITION

Look n Learn Jain Gyan Dham-Ghatkopar

Look n Learn Jain Gyan Dham Parasdham, Ghatkopar center had organized an Vinay Varsh exhibition on 11<sup>th</sup> & 12<sup>th</sup> February 2017.

With the blessings of Rashtrasant Pujya Gurudev Shree Namramuni Maharaj Saheb and hard work of all didi's and kids, the exhibition was a great success with several people attending it and gaining knowledge of our Parmatma's vani. Kids themselves took the responsibility of





explaining the topics like Vinay and Karma with charts, 3D projects, practical live demonstration, games etc.

As look n learn is celebrating Vinay Varsh, kids at paradham also celebrated the same in a unique way, by doing Charan Pooja of their parents and grandparents as well. The whole atmosphere was filled with vinay... Respect and joy from within. Last but not the least all kids enjoyed art n craft activities along with lucky draw coupons. Special prizes were also allotted to kids.



# आयंबिल अंतराय तोड़ने का सर्वश्रेष्ठ मार्ग हैं

## Rahul and Priyal

Priyal : Mom, don't prepare my lunch box, instead of that give me boiled pulses and plain roti without ghee...

Mom : But why? why you want to eat such kind of food? You never liked it.

Rahul : And mom please don't give me any of my favorite items in my lunch box. I can't do Aayambil like didi but I will not eat any items which I like the most.

Priyal : I have learnt from my friend Rajvi that controlling your taste bud is a type of Penance and it is called "Rasparityag." If we practice it, our bad Karmas can be destroyed...



This festival depicts the sacrifice of our sense of tongue in two ways ie. Taste and Speech!

‘त्याग करो स्वादतो, मिठास लावो शब्दोमां’

स्वाचामां वघारे जंक स्वाशो तो पेट बगडशे,  
बोलचामां कडवा बोल बोलशो तो भव बगडशे.



*Come on Kids, lets try and overcome our senses*



If you cannot perform Aayambil aaradhna what else can you do? You can take 1 niyam per day in this 9 days festival.

You can...

- ▶ Give Daan/donations in Aayambil shala
- ▶ Eat Aayambil food once in a day
- ▶ Inspire others to do Aayambil
- ▶ Serve the Aayambil aaradhaks
- ▶ Chant mala of 9 pad For 9 days
- ▶ Do tap like Navkarshi, Chauvihar, Maun etc..
- ▶ Avoid eating tasty food or junk food
- ▶ Eat whatever is cooked at home
- ▶ Do seva of Aayambil aaradhaks

***Lets do it !***

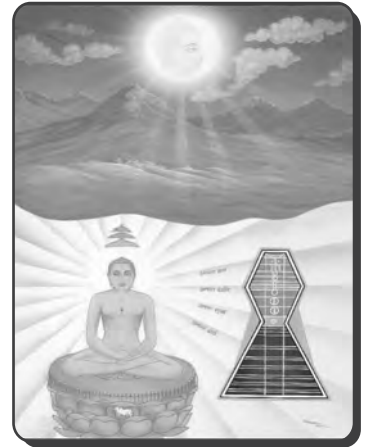
# भक्त्यामर गाथा

सम्पूर्णमण्डल शशाङ्ककलाकलाप, शुभा गुणस्त्रिभुवनं तव लंघयन्ति॥

ये संश्रितास् त्रिजगदीश्वर नाथमेकं, कस्तान् निवारयति संचरतो यथेष्टम्॥१४॥

## अर्थ

पूर्ण चन्द्र की कलाओं के समान उज्ज्वल आपके गुण, तीनों लोको में व्याप्त हैं क्योंकि जो अद्वितीय त्रिजगत् के भी नाथ के आश्रित हैं उन्हें इच्छानुसार घुमते हुए कौन रोक सकता है? कोई नहीं।



## शब्दार्थ

सम्पूर्णमण्डल : पूर्णमा

शशाङ्क : चंद्रमा

कला : कलाओं के

कलाप : समान

शुभा : उज्ज्वल

गुणा : गुण

स्त्रिभुवनं : तीनों लोको में

तव : आपके

लंघयन्ति : व्याप्त करते हैं।

ये : जिन्होंने.

संश्रितास् : आश्रित होना

त्रिजगदीश्वर : त्रिजगत् के ईश्वर

नाथमेकं : एक ही नाथ

कस्तान् : कौन उन्हें

निवारयति : रोक सकता है

संचरतो : घुमते हुए

यथेष्टम् : इच्छानुसार



आधि-व्याधि-नाशक लक्ष्मी-प्रदायक