

LETS COLOR OUR SOUL WITH  
GOOD HABITS

# LOOK N LEARN MAGAZINE

CHILDREN'S JAIN

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



# Habits

## Good

## Bad



Have you got  
the treasure  
of Good habits?

Let's board on the train of  
Good habits and reach the  
destination of Good Character



Parmatma Mahavir says that we all have immense knowledge and we with that also have gems of good habits like...

## Honesty and Respect!

Wake up early in the morning.  
Don't you want to see the beauty of the rising sun ?



Pray every morning and every night.  
In the morning when you get up remember Parmatma and ask "What you have to do today?"  
In the night when you go to sleep remember Parmatma and say Sorry to all living beings.

Have bath with very little water.  
In water there are jivas.  
More you use water, more jivas will get hurt.



In the morning when you get up remember Parmatma and ask....  
"What you have to do today?"

Take your meals at proper time.

If you don't have meal in time,  
your digestive system gets disturbed.



Reach school in time.

One who knows the  
value of time knows  
the value of life.



Do your home work regularly.

Your regular studies will help you to do well  
in the studies.



In the night when you go to sleep remember Parmatma and say..... "What you have done today?"

Do your work independently.

Be self-dependent !

You can do all your work on your own !



Throw the garbage in the dustbin.

Neatness & cleanliness are the birthplace of pure & healthy atmosphere.



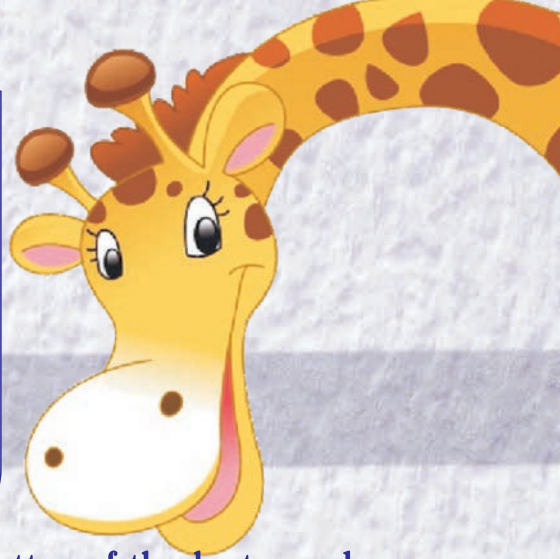
Go to bed in time so that

you can get up early in the morning.



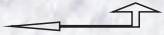
# Reconnect the Divine Words:

Soul	Aastha	Tirthankar
Leshya	Kausagga	Rosary
Aatma	Aaradhak	Helpful
Manglik	Vandana	Aadhyatma
Aayambil	Yantra	Labh
Kalyanmitra	Gurudev	Aagam
Arihant	Anumodna	



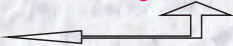
\* The last letter of the first word & first letter of the last word are same.

01 **SouL** \_\_\_\_\_



11 \_\_\_\_\_

02 **LeshyA** \_\_\_\_\_



12 \_\_\_\_\_

03 **AatmA** \_\_\_\_\_

13 \_\_\_\_\_

04 \_\_\_\_\_

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20 \_\_\_\_\_



# Story Time

## The Unsatisfied Crow

Didi : Can you please tell us why the colour of crow is Black?

Didi : Ok kids! let's listen to this story.

Once upon a time there lived one crow. He was very fair, as white as milk . Then do you know kids, how he felt? What he always kept thinking?

He always kept thinking about how can he look more and more beautiful than others. Where should he go to beautify himself ? Who could help him to make him more beautiful?



One fine day he heard of a great magician. He visited him with a thought that he will make him more beautiful. He asked him to change his white colour into another beautiful colour.

Magician angrily said..."Come with me, So many colors are there choose any colour and I will change you. Just jump 3 times and your colour will change.



Crow started jumping and dancing happily. "Now my wish will be fulfilled and my colour will be altogether different .

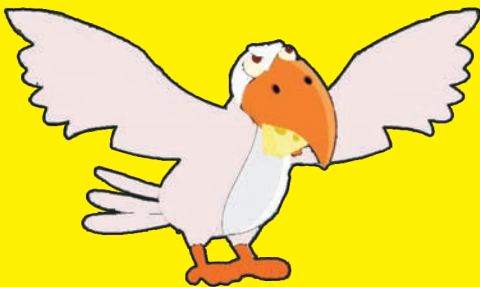


Hmmm! Which colour shall I choose?

He thought yellow color is pretty of all...He started thinking about yellow color.



Flower is yellow...  
Corn farm is yellow...  
Lunch box of Bunty is yellow...  
Dress of Munni is yellow.  
Yes, yellow color is most beautiful.





So the crow jumped into the yellow colour pot 3 times and then slowly, gradually he turned into yellow !!! He started dancing and singing... I am so beautiful....la..la..la...



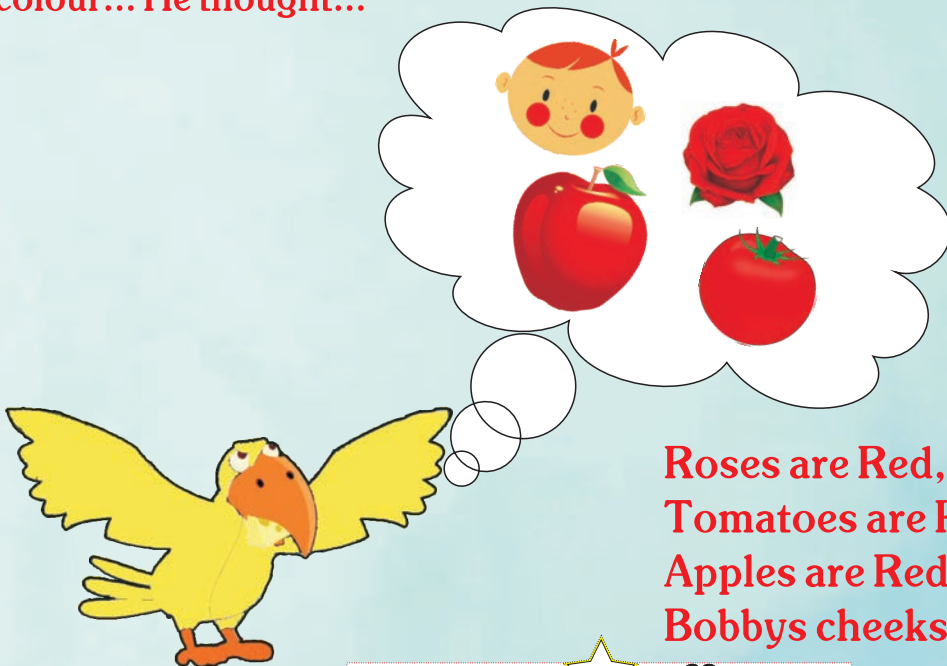
Suddenly a lizard passed by, seeing a yellow crow she started teasing...Then lizard started laughing loudly. Yellow Yellow dirty fellow...la..la..la...

On hearing this crow started crying! He did not like his yellow colour anymore



He thought of visiting the Magician again for a change of colour... He started thinking.... Now which colour should I choose?

Then he remembered Red color... He started dreaming for Red colour... He thought...



Roses are Red,  
Tomatoes are Red,  
Apples are Red,  
Bobbys cheeks are also red

Yes, Red colour is beautiful... He jumps into red colour and crow turned red.

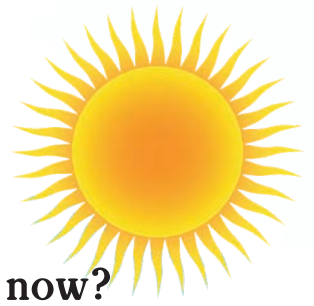


Seeing a red crow, all his friends started laughing. The crow again got nervous and started thinking of changing the colour for one more time!



Then he thought of a peacock. Peacock is the most beautiful bird and it is green in colour! Yes, Green is so beautiful. I will change to green colour now!

Crow ran and jumped into green colour pot without asking and taking any permission from the magician....



Dear kids do you know what happened now?

The unsatisfying nature of the crow put him into trouble. This time instead of turning green , he turned black! He started crying and complained to the magician . But the magician said, "You did not ask me and seek my permission and hence my magic failed henceforth, you will always remain BLACK!

**Dear Kids, what did we learn from this story....**

- Be Content with what you have.
- Be Thankful to your Parmatma for whatever you are!
- Never compare yourself with others.
- Keep a stable mind.
- And always respect your elders, parents and teachers. Our Parents are always our wellwisher so seek their permission before you want to do anything.



# Helping and Caring

Take care of the sick person.

बिमार व्यक्तियोंनी संभाल लेवी जोड़ए.



Lend your helping hand to small children

नाना बाळकोनी मदद करवी.



Help your mom in the house hold work.

मम्मीने घर काममां मदद करवी जोड़ए



Help needy people by giving from  
your pocket money

तमारा पोकैट मनीमांथी जरुखियातमंदने मदद करो.



Give food to needy people.

जरुखियातमंदने मदद करो, तेमने भोजन आपो.





Offer a seat to the old before  
taking it yourself !

आपणे बेसतां पहेलां वडीलोने बेसवा  
माटे विनय करवो जोड्ण.

Try to feed animals.

हं पशुं-पक्षीओने खावानुं आपवानुं क्यारेय भूलतो नथी.



Try to make your friend  
feel better when she is crying.

ज्यारे तमारा मित्र रडता होय त्यारे तेमने आश्वाशन आपो.



Help your friends in studies.

तमारा मित्रोने भणवामां मदद करो.



Give clothes to the needy

जरूरियात मंदने कपडा आपो.



# HELPING & CARING



TICK THE CORRECT ONE

We should not pluck the flowers.

आपणे फूलो तोडवा न जोडए.

We should pluck the flowers.

आपणे फूलो तोडी शकाय.

We should hurt the animals.

आपणे प्राणीओने मारी शकाय.

We should not hurt the animals.

आपणे प्राणीओने न मराय.



We should not cut the trees.

आपणे झाडने न कपाय.

We should cut the trees.

आपणे झाडने कापी शकीए.

We should make the environment dirty.

आपणे वातावरण ने खराब करी शकीए.

We should not make the environment dirty.

आपणे वातावरण ने गंदु न कराय.



We should not tease animals.

आपणे पक्षीओने हेरात न कराय.

We should tease animals.

आपणे पक्षीओने हेरात करी शकीए.



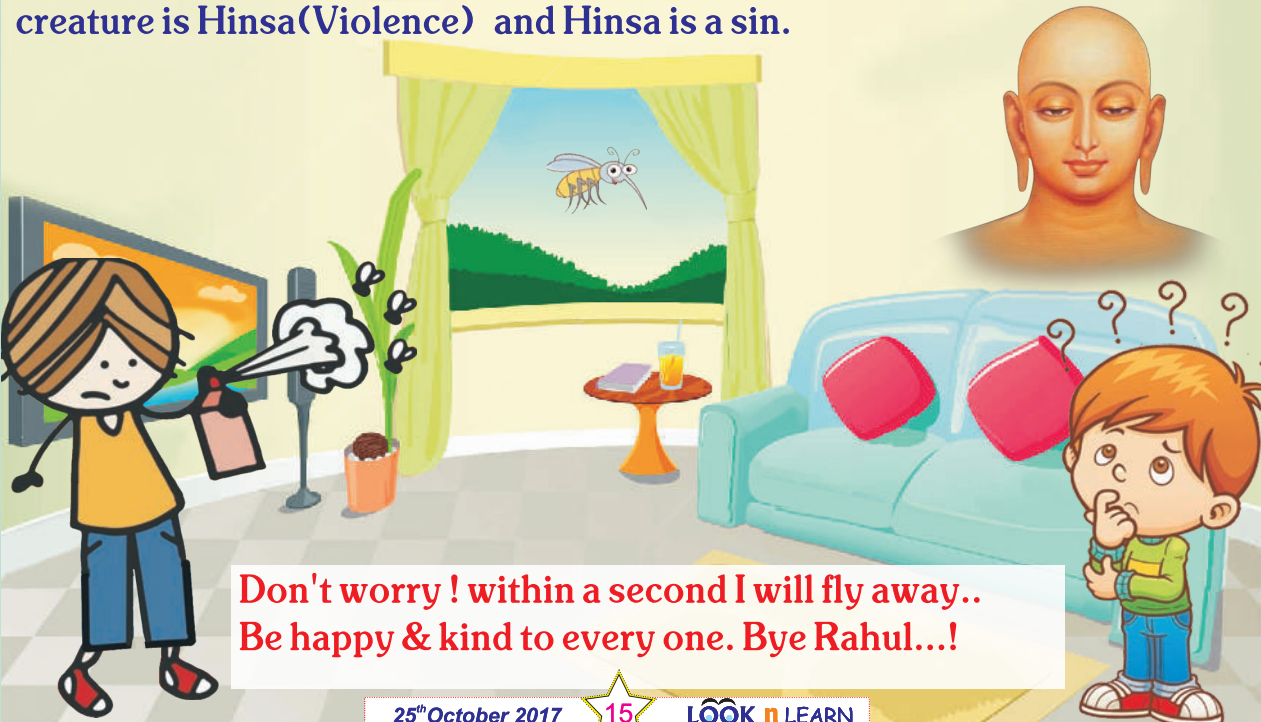
# Even we want to say something!



**Mosquito :** Hey ! Rahul ! please ! don't get angry & hurt me. Its painful for me, even I want peace and relief, I love my life..! I know you get irritated when I suck only a small drop of blood from your big body. But what else can I do? This is my food.



Do you know, what Parmatma Mahavir had said ? I think you don't know.. that is why you are killing me...! Parmatma Mahavir had said, killing any creature is Hinsa(Violence) and Hinsa is a sin.



**Don't worry ! within a second I will fly away..  
Be happy & kind to every one. Bye Rahul...!**



**Birds :** Hey, Montu! we are eating our food. Please, don't scare & harass us by your bugal. The sound of the bugal frightens us. We know you are enjoying, but "Your enjoyment at the cost of other's harassment is not good".

So imagine... when you are enjoying your delicious lunch and suddenly a devil comes and shouts at you.. how will you feel?





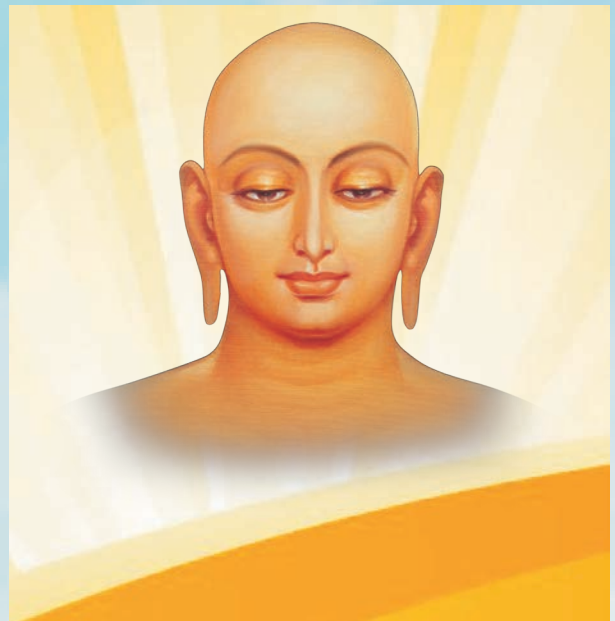
Even though, you are a small boy, but for us you are like a big Devil..!  
Also, due to the sound of your bugal, many invisible tiny creatures died..  
So imagine you are a killer of so many creatures..!! How do you feel ?



Don't you know, Parmatma Mahavir said, to harass, scare or hurt any living being is a part of Hinsa (violence).



So, Please,  
don't create  
sound  
pollution  
and have  
compassion  
for all living  
beings..!



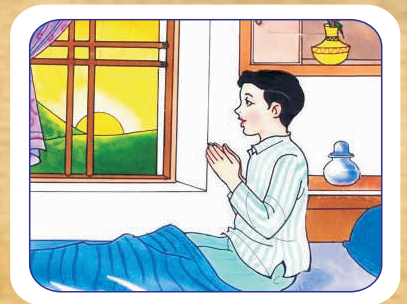
This is the message of  
Parmatma Mahavir's  
**NO HIT NO HURT ONLY LOVE!**

# Seven Golden Rules

**Our Beloved  
Pujya Gurudev has Given Seven Golden Rules for  
you Dear Children....!!**



When you wake up, immediately close your eyes & imagine your Parmatma or Gurudev in front of you and bow down to him. The first thing you see will remain in your memory throughout the day, That means your Dev & Guru are with you the whole day...!



Before you start your Lunch or dinner, wish if my Gurudev or any saints come, I will have a chance to offer them. Wishing like this makes your food pious and simultaneously your thoughts will also become pious.



Daily give food to atleast one person who is hungry and have no food. You will be so lucky that you will not have to sleep hungry in future.



Before wearing your shoes, check up whether there are any ants or any other insects to avoid jiv hinsa



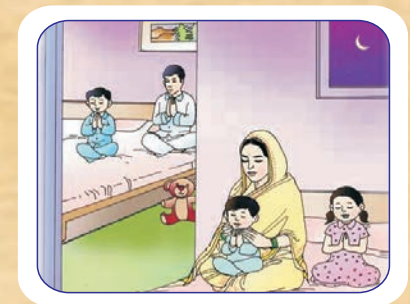
Never throw your empty ice cream cup or wrapper on the road. So many ants will gather there to eat left over ice-creams and if a car or truck tyre rolls over them, all ants might die!



Look well before you close any door or window, to save the lives of small insects, cockroaches or lizards.



Say "sorry" to everyone before you go to sleep. You will feel light & happy and you will have a sound sleep.



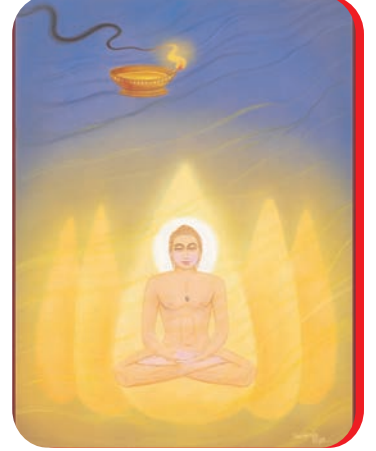
# भक्तामर गाथा

निर्घूमवर्तिपवर्जित - तैलपुरः, कृत्स्नं जगत्त्रयमिदं प्रकटी-करोषि।

गम्यो न जातु मरुतां चलिताचलानां, दीपोऽपरस्त्वमसि नाथ जगत्प्रकाशाः॥१६॥

## अर्थ

हे स्वामिन्! आप धूम तथा बाती से रहित, तेल के प्रवाह के बिना भी इस सम्पूर्ण लोक को प्रकट करने वाले अपूर्व जगत् प्रकाशक दीपक हैं जिसे पर्वतों को हिला देने वाली वायु भी कभी बुझा नहीं सकती।



## शब्दार्थ



निर्घूमवर्तिपवर्जित	: धूम तथा बाती से रहित	जातु	: कभी
तैलपूर	: तेल के प्रवाह	मरुता	: हवा
कृत्स्नं	: सम्पूर्ण	चलिताचलानां	: पर्वतों को चलायामान
जगत्त्रयमिदं	: लोक को		करनेवाली
प्रकटी	: प्रकट	दीपोऽपरस्त्वमसि	: अपूर्व दीपक हो
करोषि	: करने वाले	नाथ	: ईश्वर
गम्यो	: बुजा	जगत्प्रकाश	: जगत के प्रकाशक
न	: नहि		

सर्व विजय दायक काव्य