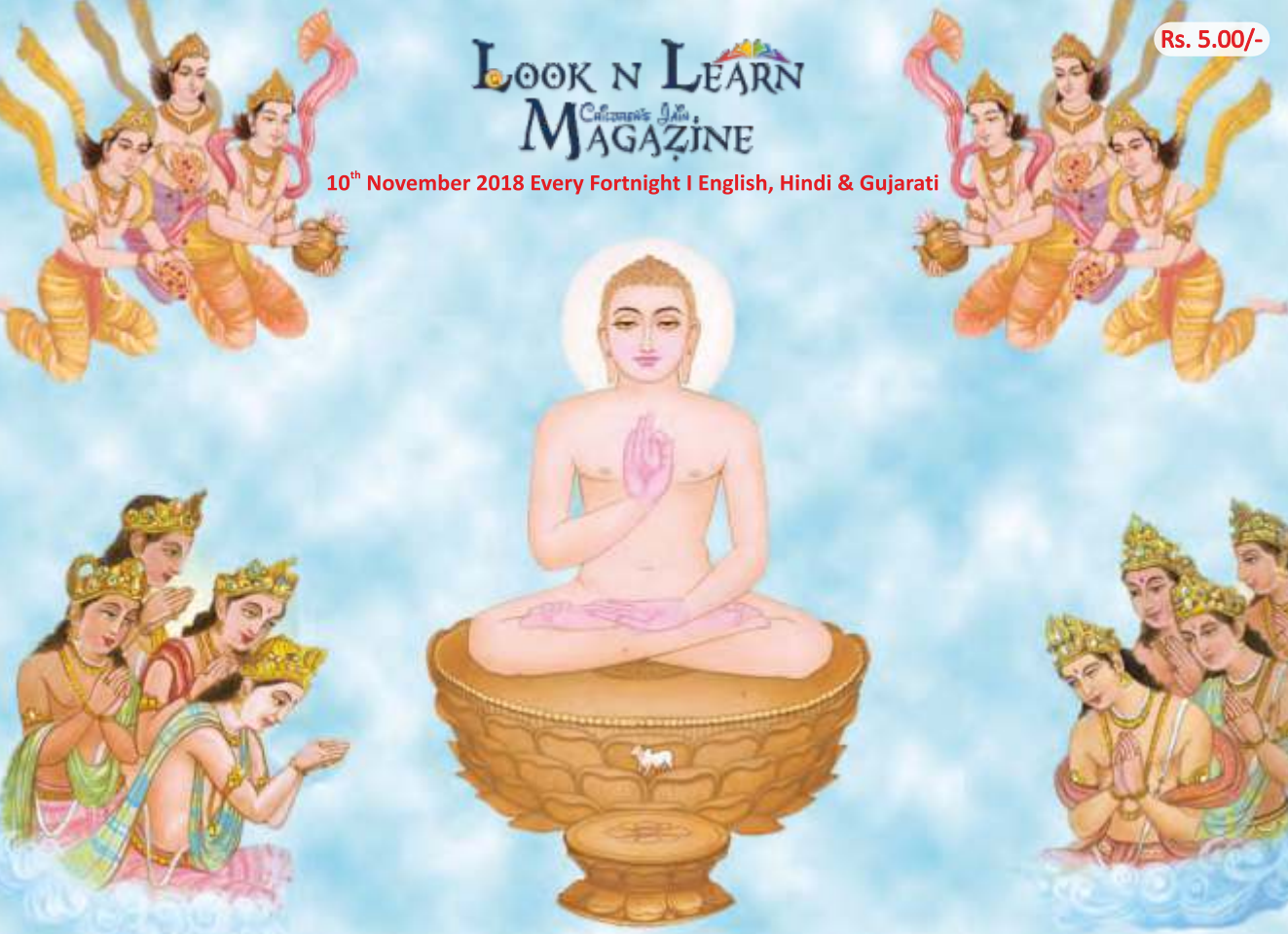


10th November 2018 Every Fortnight | English, Hindi & Gujarati



નમસ્કાર નમોત્યુણં પદને જેને નમે ઈન્દ્ર નરનારે!!

शकेन्द्र महाराज (इन्द्रदेव) भी परमात्मा के गुणगान करते हैं वह स्तुती कितनी अनमोल है।





Namotthunam नमोत्थुणं

नमोत्थुणं को आगम में “थव थुई मंगलम्” कहते हैं।

नमोत्थुणं का दूसरा नाम “शक्रस्तव” है क्योंकि नमोत्थुणं सूत्र द्वारा तीर्थंकर परमात्मा की स्तुति देवलोक के इन्द्र शकेन्द्र भी करते हैं।

अहो! देवो भी जिनकी स्तुति करे वह स्तुति कितनी अनमोल होगी... अद्भूत होगी! लोगस्स में चौवीस (२४) तीर्थंकरों के नाम स्मरण की स्तुति होती है और नमोत्थुणं में तीनों काल के तीर्थंकरों और सिद्ध भगवंतों के गुणों की स्तुति होती है।

In the Aagam, Namotthunam is called “Thav thui Mangalam”.

Another name for Namotthunam is “Shakrastav Stotra” because through this Stotra, the Indra of devlok whose name is “Shakendra Maharaj” sings praises of Tirthankar Parmatma.

Oh! When even Devs of Devlok sing praises how precious and how sacred it must be! When we chant Loggassa Stotra we sing praises to our 24 present Tirthankars, but when we chant the Namotthunam Stotra, we sing praises of all the past, present and future Tirthankars and also of all the Siddha Bhagwant.

Why should we recite Namothunam thrice?



नमोत्तुणं ३ बार क्यों?



प्रथम नमोत्तुणं सिद्ध भगवंत को करते है।

The first Namotthunam is recited for the **Siddh Bhagwan**.

अरिहंत भगवान से सिद्ध भगवान बड़े है। सिद्ध भगवान ने आठ कर्म को क्षय किया है।

The **Siddh Bhagwants** are said to be in a higher order than the **Arihant Bhagwants**. They have conquered all 8 karmas.

द्वितीय नमोत्तुणं सिद्ध बनने का मार्ग बतानेवाले अनंत उपकारी अरिहंत भगवंतो को करना है।

The second Namotthunam is recited for Arihant Bhagwants because they guide us on our journey to become a Siddha.

अरिहंत भगवानने ४ कर्म क्षय किये है।

They have conquer 4 types of karmas.

तीसरा नमोत्तुणं हमारे अनंत ज्ञान को प्रगटानेवाले असीम उपकारी गुरुदेव को करते है।

The third Namotthunam is recited for the **Guru** who help us to enlighten our path of infinite knowledge.

तीर्थंकर परमात्मा हमें क्या देते हैं ?
What do Tirthankar Parmatma give us ?



Abhaydayaanam

Keeps everyone
fear-free



Chakkhudayaanam

Blesses with vision in the
form of Aagam knowledge



Maggadayaanam

Showing the
path to 'Moksh'



Saranadayaanam

Offers Shelter



Jeevadayaanam

Shows path of right
restrained life



Bohidayaanam

Preaching of
Right faith,
Right understanding



Dhammadayaanam

Offers right
conduct of religion



Dhammadesayaanam

Preacher of correct procedure
and application of religion

नमोत्थुणं सूत्र बोलने से हमें क्या प्राप्त होता है?

What do we achieve by reciting Namothunam Sootra?

- परमात्मा के गुणों का बारबार स्मरण करने से हमें उनके जैसे बनने के भाव प्रगट होते हैं।
- **By reciting the Stotra repeatedly, we feel like becoming like Parmatma.**
- नमोत्थुणं बोलने से हम निडर, निर्भय बनते हैं।
- **We can overcome our fears.**
- दर्शन, चारित्र्य की बोधि प्राप्त होती है।
- **We acquire right vision and right conduct.**
- परमात्मा की भक्ति करने से हम पाप से बच सकते हैं।
- **We can overcome our urge to commit sins.**
- सद्गुणों की प्राप्ति होती है।
- **We can cultivate more good deeds.**
- धर्म के प्रति रुचि बढ़ने से भविष्य में जैन धर्म मिल सकता है।
- **Due to our interest in religion, our chances of taking birth in Jainism increases.**



- अंदर में रहा हुआ डर बाहर निकल जाता है।
- **We can overcome our deep-seated fears and phobias.**

नमोत्थुणं की मुद्रा

Mudra (Posture) for Namotthunam

बाएँ पैर के उपर दोनों हाथों को ऐसे जुड़े हुए मुद्रा में रखना है जिससे अंजलिकरण की मुद्रा मस्तक को स्पर्श करें!

Join both the palms and place them on the upright left knee in such a manner that you can easily touch them to your forehead.

नमोत्थुणं बोलते समय बाएँ पैर के घुटने को खड़ा रखें,

बाएँ पैर के घुटने को खड़ा रखना यह वीरता का प्रतिक है।

While sitting keep your left knee in an upright position. Keeping the left knee upright is a symbol of bravery.

दाएँ पैर को मुड़ा हुआ रखे यह विनय का प्रतिक है।

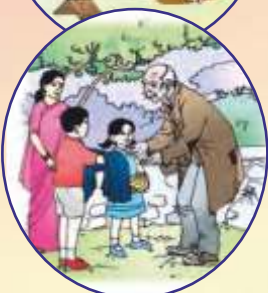
Keep the right knee folded.

This position symbolises Vinay (Respect).



परमात्मा के गुणों की स्तुति करने से क्या होता है?
Why should we sing praises of Parmatma?

नमोत्थुणं क्यों बोलना चाहिए?
Why do we recite Namotthunam?



“शुभ भाव में वृद्धि हो इसलिए”
“To enhance our Shubh Bhav”

जब हम नमोत्थुणं से सर्व तीर्थंकर और सिद्ध भगवंतों के गुणों की स्तुति करते हैं तब हमारे शुभ भावों की वृद्धि होती है और विनयगुण प्रगट होता है।

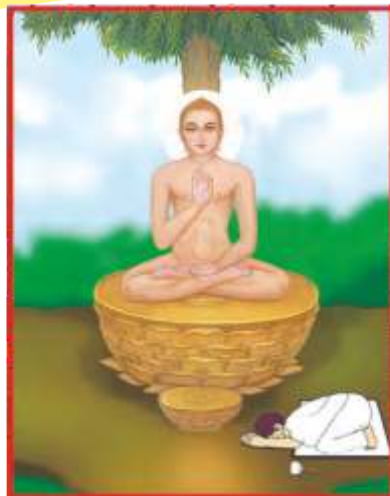
When we praise Tirthankar and Siddh Parmatma's virtues with Namotthunam, we enhance our shubh bhav and manifest Vinay within our self.

It is best to recite this Stotra with the oneness of Mann, Vachan and Kaya.

मन से

देव, गुरु को समर्पित होकर

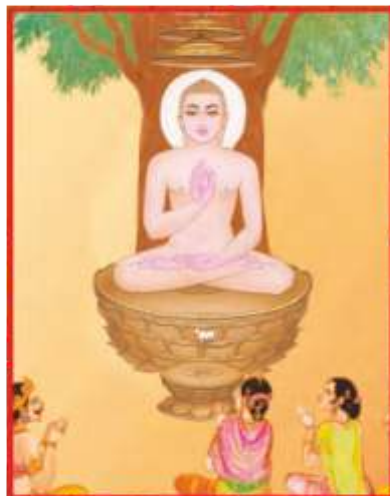
Through Mind
Surrendered to your Guru



वचन से

शब्दों द्वारा स्तुति बोलकर

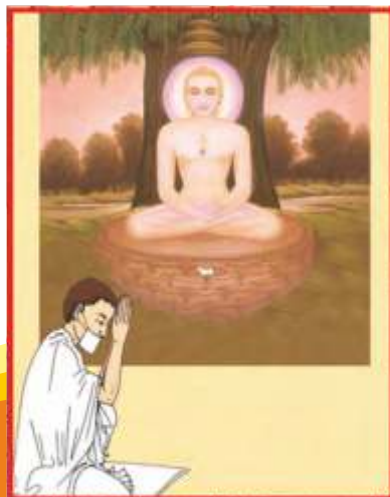
Through Speech
Reciting with the Words



काया से

मुद्रा में बैठकर

Through Body
Sitting in the right posture



बोधि - Bodhi



“बोधि की प्राप्ति के लिए नमोत्थुणं बोलना जरूरी है”

बोधि का अर्थ है रुचि!...

बोधि यानि देव, गुरु और धर्म के प्रति उत्कृष्ट भाव...

**“To attain Bodhi , it is essential to recite
Namothunam Stotra”**

Bodhi means Ruchi (Interest)

Bodhi means to have immense feeling for Dev,
Guru and Dharma

रुचि - Ruchi



अनंता पुण्योदय से परमात्मा मिलते हैं, गुरुदेव मिलते हैं

Due to the uday of Ananta Punya we can have sanidhya of Parmatma and Guru

नमोत्थुणं की मुद्रा में बैठकर नमोत्थुणं बोलते-बोलते परमात्मा की दिव्यता के दर्शन होते हैं और अंतर से अहोभाव प्रणट होता है तभी सच्ची रुचि जन्म लेती है।

दीवोताणं

बोलते ही... नजर के सामने जैसे हम विशाल समुद्र रूपी संसार में डूब रहे हो और अचानक परमात्मा का आधार रूप द्वीप दिखता है।

While setting in Namothunam Posture while reciting the Sootra when we feel the overwhelming Divinity of Parmatma and feel obliged for him, we attain Ruchi

The experience of reciting “**Divottanam**” is very similar to the one we feel when we are drowning in sea of “Sansar” and we suddenly find a base form of support by Parmatma.



हे परमात्मा आपका शरण यानि मेरी हर एक समस्या का समाधान।

Oh! “Parmatma” your Sharan is the only.

Solution for all of my problems.



शरण गई पड़ूँठाणं : बोलते ही सिर्फ संतुष्टि का अनुभव होता है
और तब बोधि प्रगट होती है

“Sharan Gayi Payitthanam” : While reciting we experience stillness and feel calm which is like attaining the “Bodhi Beej”.

नमो जिणानं जिय भयाणं : बोलते ही एक संतोष की अनुभूति होनी चाहिए

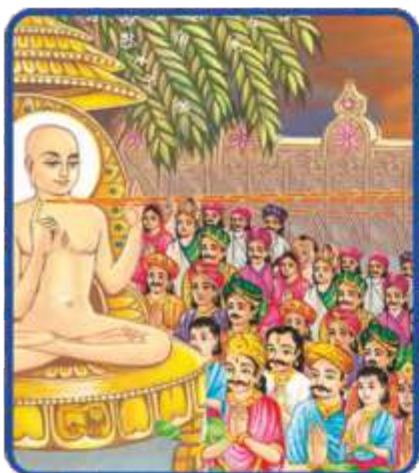
“Namo Jinnanam Jiya Bhayanam” : An feeling of sudden contentment is felt while reciting.





Benefits of Recite Namothunam

- वीरता की प्राप्ति के लिए
- To become brave
- निडर, निर्भय बनने के लिए
- To become fearless and courageous
- उपकारीओं के उपकारों का स्वीकार करने के लिए
- To accept the upkar bhaav of the param upkari
- अरिहंत, सिद्ध और गुरु भगवंत के प्रति अहोभाव प्रगटाने के लिए
- To express gratitude towards Arihant, Siddha and Guru Bhagwant.
- देवगुरु का ऋण तो कभी भी हम लौटा नहीं सकते... परंतु उनके ऋण का स्वीकार करने के लिए



We may not be able to return the favours of our Gurudev but we can always express our humble gratitude towards them.



नमोत्थुणं	लोगनाहाणं	धम्मदेसयाणं	जावयाणं	मरूय
अरिहंताणं	लोगहियाणं	धम्मनायगाणं	तिन्नाणं	मणंत
भगवंताणं	लोगपईवाणं	धम्मसारहीणं	तारयाणं	मक्खय
आइगराणं	लोगपज्जोयगराणं	धम्मवर चाउरंत	बुद्धाणं	मव्वाबाह
तित्थयराणं	अभयदयाणं	चक्क वट्टीणं	बोहयाणं	मपुणरावित्ति
सयं संबुद्धाणं	चक्खुदयाणं	दीवोताणं	मुत्ताणं	सिद्धिगइ नामधेयं
पुरिसुत्तमाणं	मग्गदयाणं	सरण गई पइट्ठाणं	मोयगाणं	ठाणं संपत्ताणं
पुरिससिहाणं	सरणदयाणं	अप्पडिहय	सव्वन्नूणं	नमो जिणाणं
पुरिसवर पुंडरीयाणं	जीवदयाणं	वरणाण दंसण धराणं	सव्व दरिसीणं	जिय भयाणं
पुरिसवर गंधहत्थीणं	बोहिदयाणं	वियट्टु छउमाणं	सिव	
लोगुत्तमाणं	धम्मदयाणं	जिणाणं	मयल	

Let us solve a puzzle of praises of Parmatma.

Find out the words starting from the letter भ...ग... वा...न in the Stotra

For e.g. ति - पर से... तित्थयराणं



भ



ग



वा



न

Arjun Mali

My Parmatma in Antahgad Aagam says...

There lived a gardener named Arjun Mali in Rajgruhi Nagari. Skandashri was his wife. Arjun Mali always used to worship Yaksha by offering him flowers. One day due to some unfavorable conditions the Yaksha entered Arjun Mali's body and gave him strength.

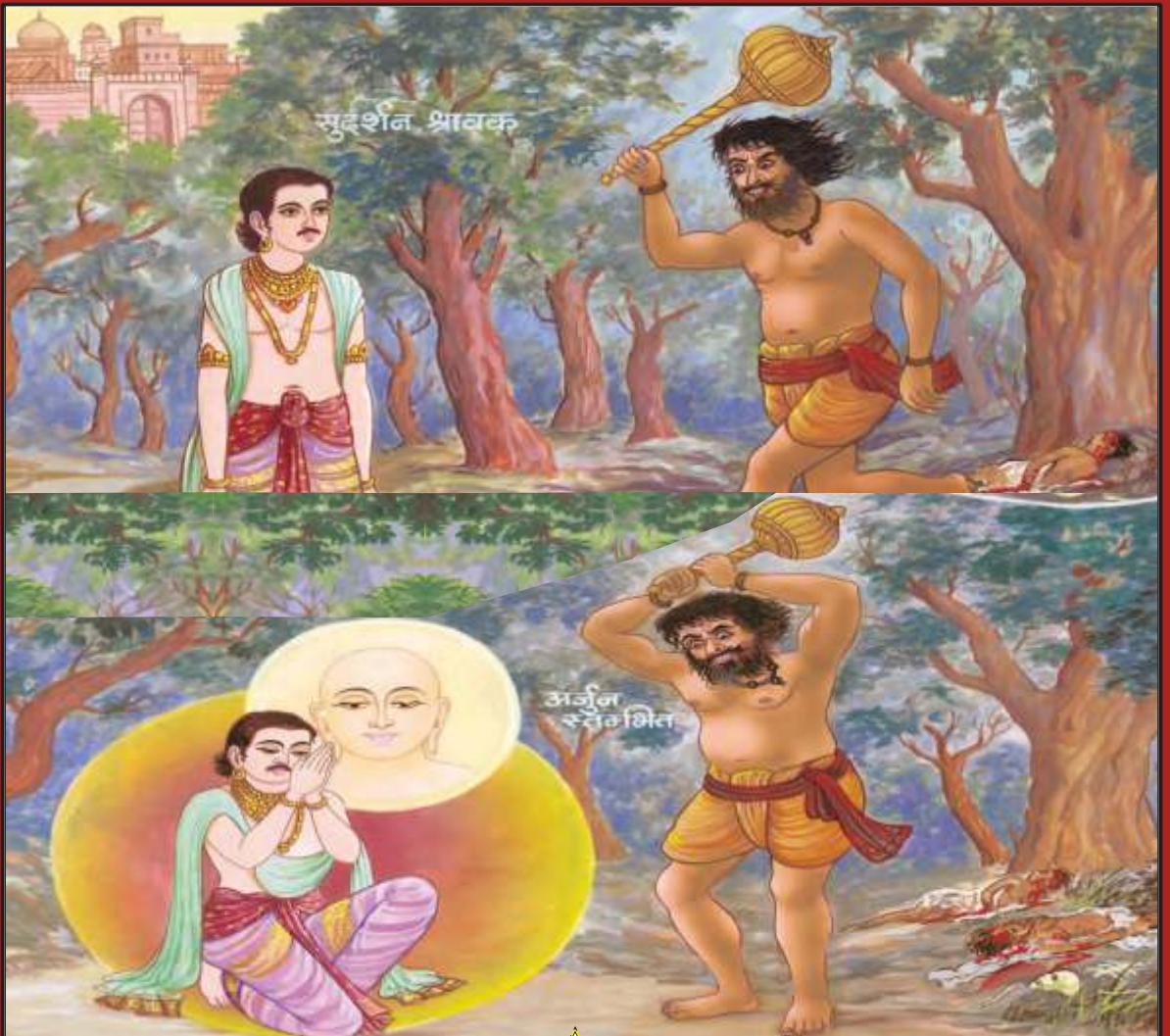
After that Arjun Mali became so harsh that he started killing people coming on his way. He continued doing the same. Daily, he used to wander in the city and kill six men!



Once, Parmatma Mahavir passed through this city. On hearing about the advent of Lord Mahavir, Sheth Sudarshan, the chief of this city, was extremely eager to go for Parmatma's Darshan.

Nevertheless, Sheth Sudarshan decided to go and greet Parmatma Mahavir, immaterial of the consequences. On his way, Sheth Sudarshan met Arjun Mali. Sheth Sudarshan stood quietly. He surrendered himself to Parmatma Mahavir, I surrender myself and seek refuge of Parmatma Mahavir.

Saying thus, he sat in Namothunam posture and started chanting the Mantra. He was enveloped with a divine power and positive aura due to which Arjun Mali could not harm him!

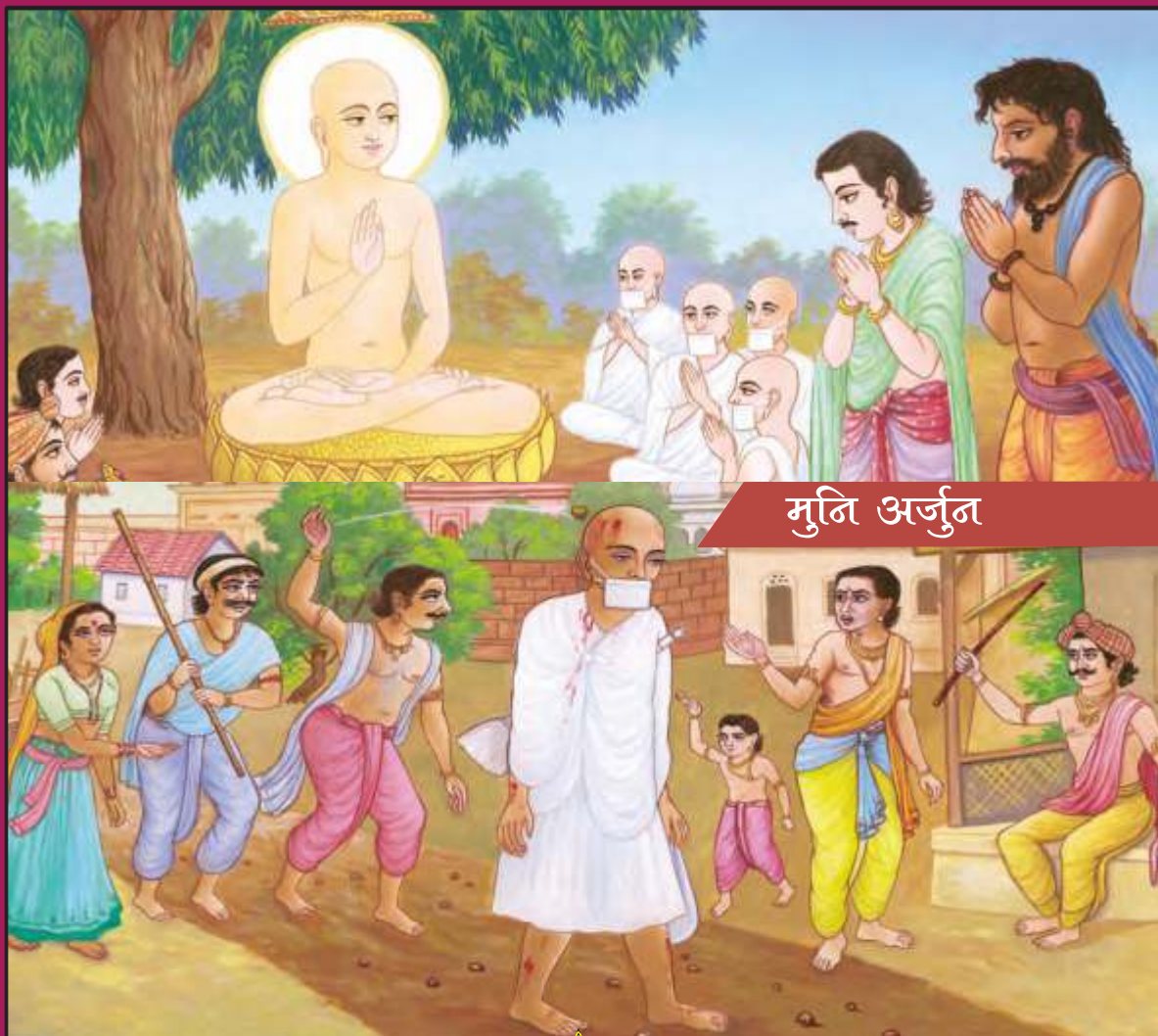


Such was the power of Namotthunam Sootra that the Yaksha immediately left Arjun Mali's body. Arjun Mali fell down and within no moment he rose twisting his limbs, as if he had just awakened from a deep sleep. Arjun Mali did not remember anything. He exclaimed with wonder "Where am I? What am I doing?" His eyes fell on Sudarshan Sheth who was standing like a statue. On asking, Sudarshan Sheth told Arjun Mali the whole story. On hearing the whole incident he repented a lot and began to think.

"Oh! What did I do? Out of ignorance, I have committed such bad deeds which will lead me to nowhere but hell!" Thinking thus, he asked. "Oh dear Sheth! What are you doing here?". The Sheth replied, "I have come here to bow down to Parmatma Mahavir". Arjun Mali said, "I will also come with you to meet and greet Parmatma Mahavir". Both went and bowed down at the Lotus feet of Parmatma Mahavir. Arjun Mali started weeping, "Oh Parmatma! I am a sinner! How can I purify my self?" The Parmatma lovingly told Arjun Mali, "To destroy your karmas observe tough penance through Saiyam Vrat".



Arjun Mali took Diksha from Parmatma Mahavir. Travelling on his spiritual path he came to Rajgruhi Nagari. He repented for all that he had done in trance. However, the people of the town wouldn't forgive him so easily they thought that. "He is the same person who killed our relatives! He is wicked and a cheat". They started throwing stones at him. People couldn't believe that Arjun Mali had actually changed. He faced all forms of humiliation, yet did not feel dejected. On the contrary, he began to think thus,

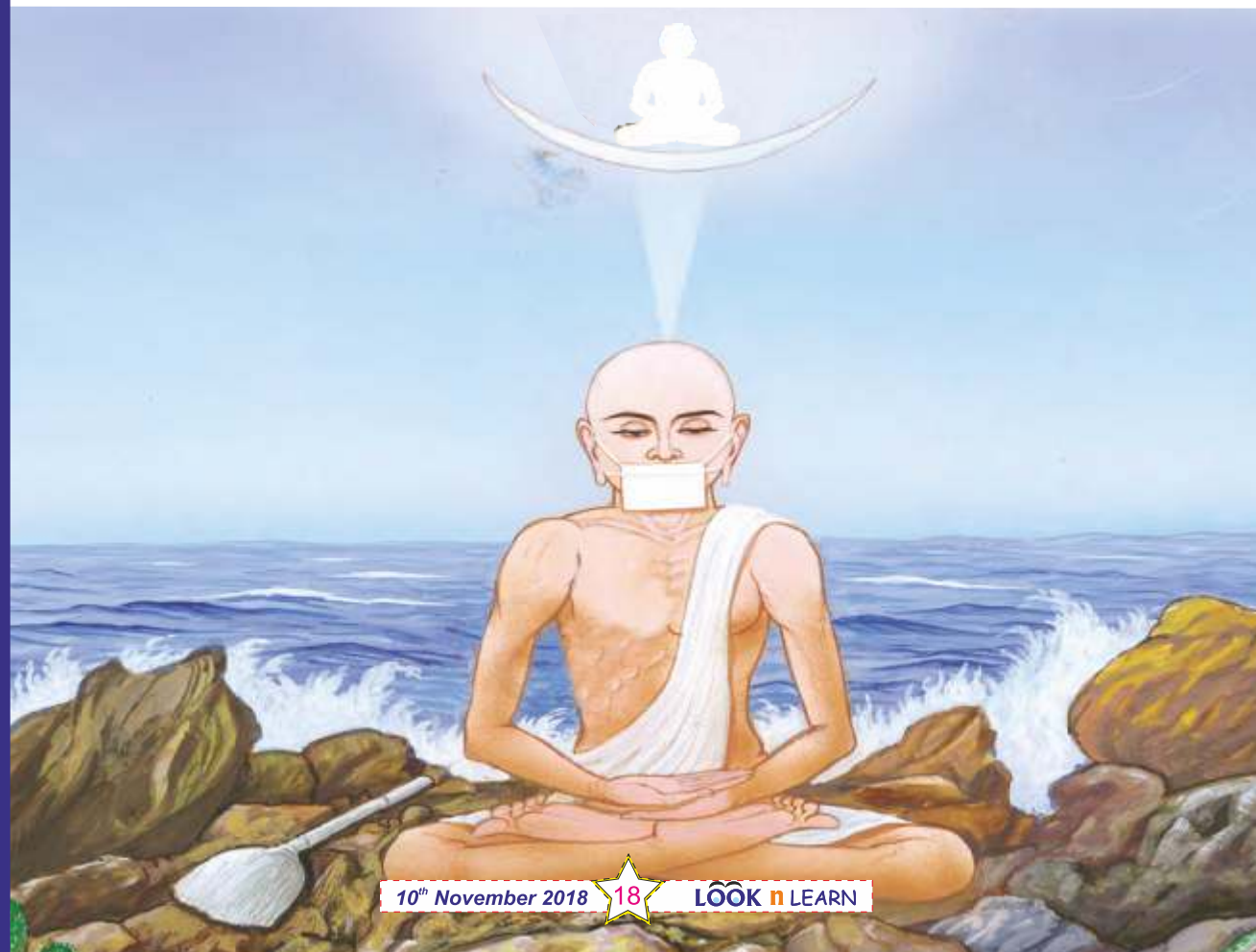


मुनि अर्जुन

“If doing so gives them satisfaction, I will consider this as their grace upon me”. Arjun Mali thus endured such harsh criticism for six months with patience, not once forgetting his Saiyam Vrat. He thus destroyed all his karmas and attained the eternal knowledge and truth and attained Moksh.

Once you surrender yourself to Parmatma or Guru, you do not loose anything except for your frustration, anger, ego, sufferings and similar bad deeds. You become pure like gold.

**Just as fire removes dust from gold,
similarly, penance removes dust of all
the bad deeds attached to our soul.**



Excercise Daily



Do Bhakti



Eat Healthy



Think Positively



*Be
Compassionate*



Work Hard



Give Charity



Stay Strong



Be happy



नमोत्थुणं की मुद्रा में बैठकर कम से कम
९ बार और हो सके तो ज्यादा बार इस
मंत्र का स्मरण करना है।

“नमो जिणाणं जिय भयाणं”



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૩ પેઢીની
રત્નકુક્ષિણી માતા

રત્નકુક્ષિણી માતાઓની પરંપરામાં એક ઓર યશકલગી...

શ્રી મહાવીરભાઈ કન્હયાલાલ ભાયાણીએ સંયમ સ્વીકાર કર્યો, અને
રાષ્ટ્રસંત પૂજ્ય ગુરુદેવ શ્રી નમ્રમુનિ મહારાજ સાહેબ બન્યાં,
 ત્યારે એમના માતૃશ્રી પુષ્પાબેન ભાયાણી ‘રત્નકુક્ષિણી માતા’ બન્યાં.



માતૃશ્રી પુષ્પાબેન ભાયાણીએ પ્રવજ્યા અંગીકાર કરી, અને
પૂજ્ય શ્રી પ્રબોધિકાબાઈ મહાસતીજી બન્યાં,
 ત્યારે એમના માતૃશ્રી હીરાબેન છોટાલાલ જોસા ‘રત્નકુક્ષિણી માતા’ બન્યાં.

અને હવે...

શ્રી આરાધનાબેન મનોજભાઈ ડેલીવાળા



દીક્ષાદાનેશ્વરી રાષ્ટ્રસંત
પૂજ્ય ગુરુદેવ શ્રી નમ્રમુનિ મહારાજ સાહેબના
પરમ શરણમાં

આગામી 09.12.2018 ના

શ્રી ભાગવતી જૈન દીક્ષા અંગીકાર કરશે,

ત્યારે એમના માતૃશ્રી પૂનમબેન મનોજભાઈ ડેલીવાળા

(જે સંસાર પક્ષે રાષ્ટ્રસંત પૂજ્ય ગુરુદેવશ્રીના બહેન
 અને પૂજ્ય શ્રી પ્રબોધિકાબાઈ મ.ના સુપુત્રી થાય છે) ‘રત્નકુક્ષિણી માતા’ કહેવાશે.
 વંદના છે અમારી... આવી રત્નકુક્ષિણી માતાઓને...

જે એમના અણમોલ અને વ્હાલસોયા રત્નને શાસનના શરણે અર્પણ કરે છે.

સૌજન્ય : શ્રી ભાયાણી પરિવાર, મુંબઈ

