

LOOK N LEARN

Vol No. 12 • Issue No. 02 • Mumbai • 25th February 2021 • Price : Rs 5 (Multilingual Fortnightly)



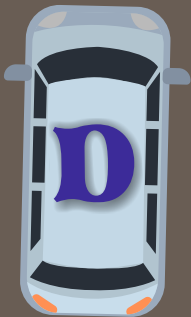
EXPRESS WAY TO MOKSH

DAAN

SHEEL

TAPP

BHAAV



आगम



गाथा

चत्तारि परमंगाणि, दुल्लहाणीह जंतुणो।
माणुसत्तं सुडं सध्दा, संजमम्मि य वीरियं।



परमात्मा कहते हैं जीव अनादि काल से ८४ लाख जीवयोनी में परिभ्रमण कर रहा है। इस संसार में मनुष्य भव प्राप्त होना दुर्लभ है। मनुष्य धर्म प्राप्त होने के बाद जैन धर्म की प्राप्ति अति दुर्लभ है। कदाचित जैन धर्म की प्राप्ति भी हो गयी, फिर भी देव, गुरु और धर्म के प्रति सच्ची श्रद्धा दुर्लभ है और उसका आचरण अत्यंत दुर्लभ है। इसलिए...

इस भव में धर्म का आचरण कर सच्चा श्रावक बनने का पुरुषार्थ करना चाहिए।



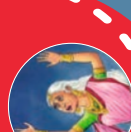
10 Shravaks of Parmatma Mahavir teach us how to strike the right balance between our responsibilities and our spiritual progress.

Their dedication, faith and devotion towards Parmatma Mahavir is truly inspiring.

Their ability to live a worldly life and yet rise above the worldly attachments and pleasures is truly commendable. This is what we need to apply in our lives.

Let us know more...





१० श्रावक

श्रावक के नाम	पत्नी का नाम	नगरी का नाम	उपसर्ग	गति	विशिष्ट घटना
आनंद	शिवानंदा	वाणिज्य	नहीं हुआ अवधिज्ञान	प्रथम देवलोक	गौतम स्वामी द्वारा संशय और प्रभु द्वारा समाधान
कामदेव	भद्रा	चंपानगरी	देवो द्वारा उपसर्ग	प्रथम देवलोक	सर्प के रूप में उपसर्ग
चुलनीपिता	शामा	वाराणसी	देवो द्वारा उपसर्ग	प्रथम देवलोक	मातृ वध की धमकी फिर प्रायश्चित्त
सुरादेव	धन्या	वाराणसी	देवो द्वारा उपसर्ग	प्रथम देवलोक	१६ महारोग उत्पन्न होने की धमकी
चुलशतक	बहुला	आलंभिका	देवो द्वारा उपसर्ग	प्रथम देवलोक	संपत्ति के विनाश की धमकी
कुंडकौलिक	पुषा	कांपीलपुर	नहीं स्वधर्म में स्थिर	प्रथम देवलोक	गौशालक के धर्म की प्रशंसा फिर भी स्वधर्म में अडग
शकडालपुत्र	अग्निमित्रा	पोलासपुर	देवो द्वारा उपसर्ग	प्रथम देवलोक	पत्नि वध की धमकी
महाशतक	रेवती	राजगृह	नहीं धर्म में निश्चल	प्रथम देवलोक	अनिष्ट भाषण, रूप दोष सेवन
नंदिनीपिता	अश्विनी	श्रावस्ती	नहीं	प्रथम देवलोक	सरलता पूर्वक आराधना
शालीनीपिता	फाल्गुनी	श्रावस्ती	नहीं	प्रथम देवलोक	सरलता पूर्वक आराधना



परमात्मा महावीर स्वामी के १० श्रावकोने, ११ पडिमा का पालन किया। २० वर्ष तक श्रावक धर्म (१२ व्रत) का पालन किया। अंत के ६ वर्ष संसार से निवृत्त होकर आत्म साधना की। एक महीने का संथारा पूर्ण करके अंत में उन्होंने प्रथम देवलोक में जन्म लिया। फिर वहाँ से आयुष्य पूर्ण करके महाविदेह क्षेत्र में जन्म धारण कर वे सिद्ध गति को प्राप्त करेंगे।

चलो बच्चों, हम भी आज परमात्मा महावीर के सच्चे श्रावक बने और श्रावक के ३ मनोरथ, १२ व्रत, श्रावक के कर्तव्य, आदि क्या है यह जाने और उनका पालन कर अपना मनुष्य भव सफल करें।

३ मनोरथ: श्रावक को जीवन में ३ मनोरथ का अवश्य चिंतन करना चाहिए।



WHEN?

कब मैं सर्व आरंभ परिग्रह का त्याग करूँ?
when will I reduce my possessions?

WHEN?



3
Manorath
to ponder
upon

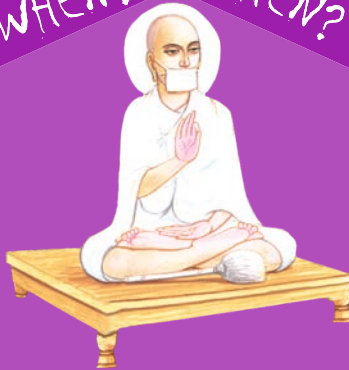


WHEN?

कब मैं संथारा ग्रहण कर पंडित मरण को प्राप्त करूँ?

When will I take santhara for a spiritually inclined death?

WHEN? WHEN?



कब मैं पंच महाव्रत धारी साधु बनूँ?
When will I be initiated as an ascetic?

WHEN?



A Shravak always follows 5 Abhigam whenever he visits an Upashray for Sadhu-Sadhviji's darshan

We will follow all the 5 Abhigams

and avoid any disrespect



1. Sachet no tyag

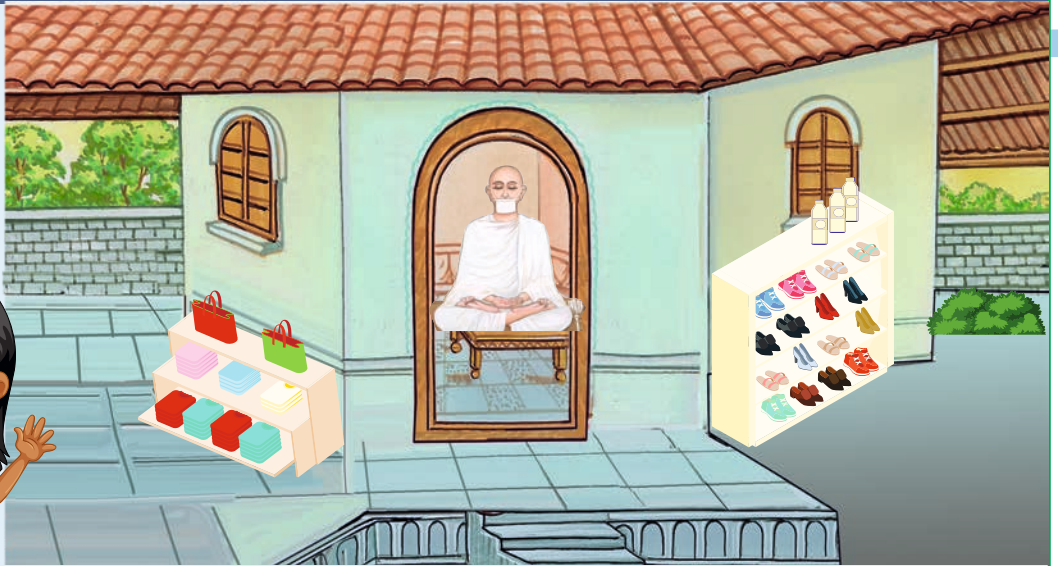
Avoid carrying any thing that has life.

Eg. vegetables, fruits



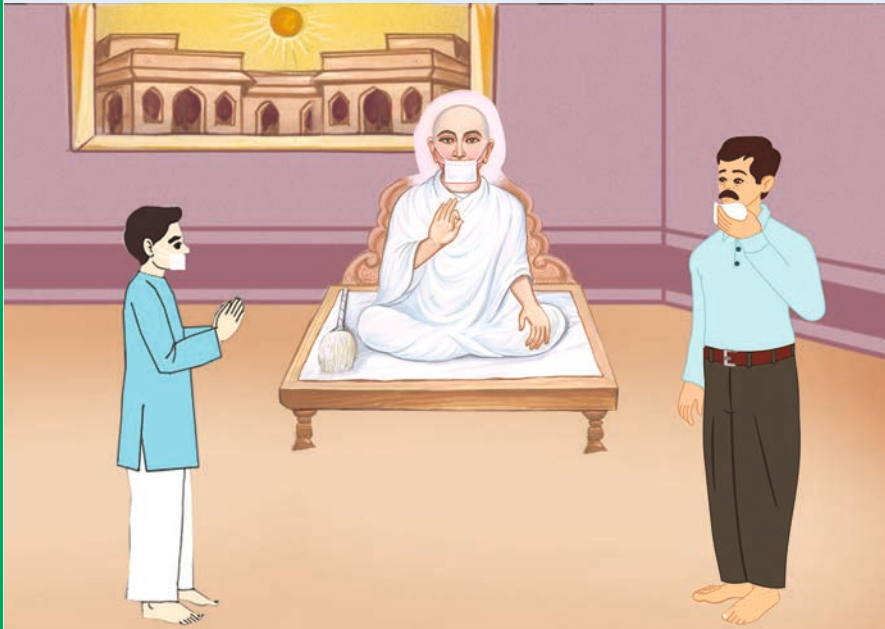
2. Achet no vivek

Avoid them



To keep control on other items
Eg. Avoid using mobile, keep your shoes,
umbrella etc. outside

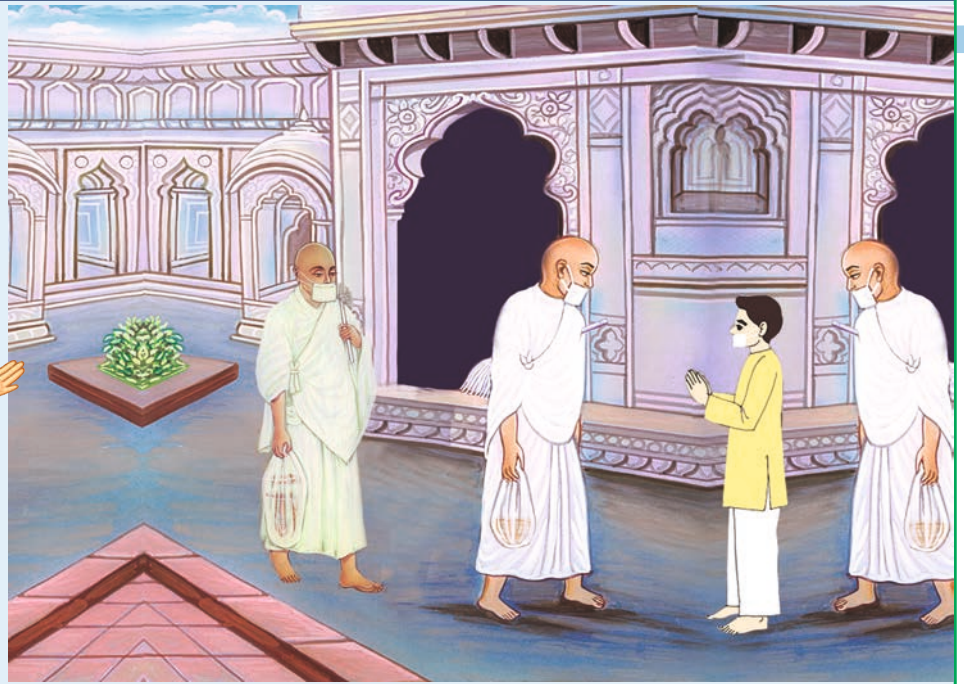
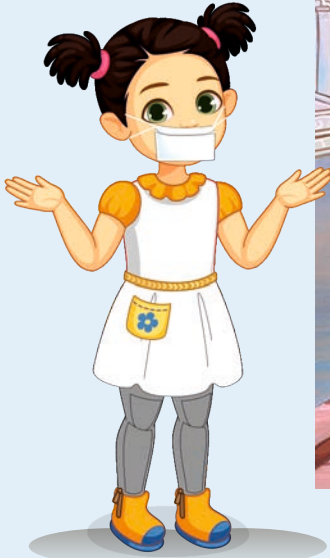
3. Uttarasang



To wear a Muhapatti
or use
a hand kerchief
while talking

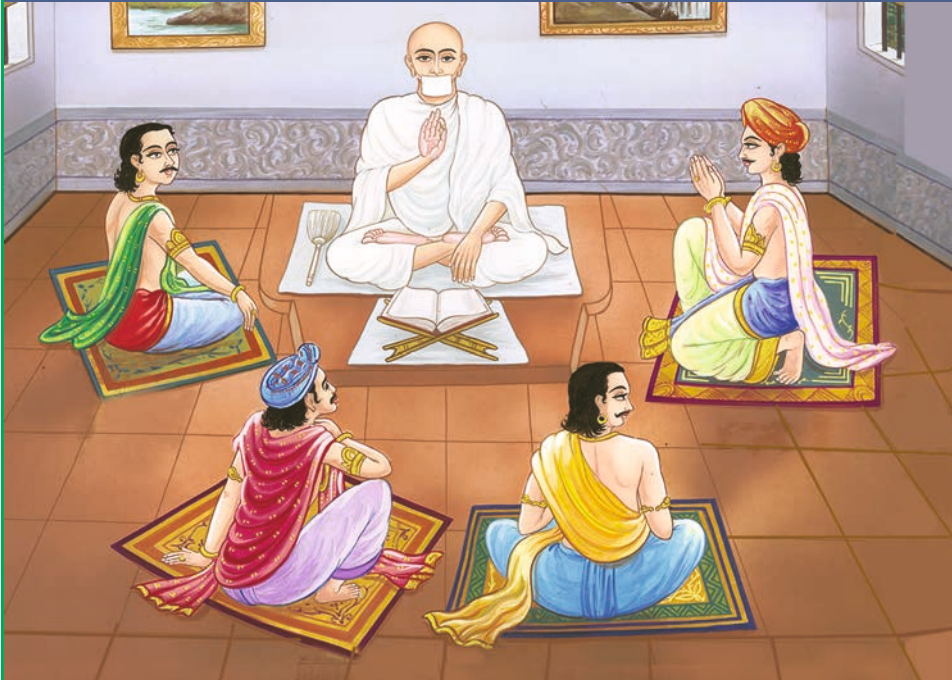


4. Anjalikaran



To say Mathena Vandami

5. Mann ni ekagrata



To Concentrate



A True Shravak

Ethics of dressing up

Wears decent clothing in an Upashray



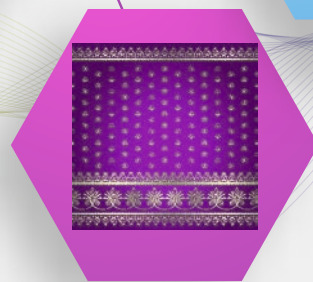
Keeps a limit over his possessions



Avoids using leather/fur articles



Covers mouth while talking with a Muhapatti



Avoids using Silk clothes

Sleep time of a Shravak

He says Sorry to all

Before sleeping a "Shravak" always seeks forgiveness from all living beings for the sins that he has committed throughout the day knowingly or unknowingly.

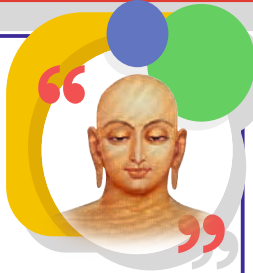


From Mantra to Mahavir!

Imagine beyond your Imagination

Let's see some Magic Maths Mania

Rahul: Do you want to become like Parmatma?



Sonal : Yes of course!



Rahul: Then do you know which Divine Sadhana will help you to become Parmatma?

Sonal: No, I don't know.

Rahul: It's **Samayik!**

Sonal: **Samayik?**



Rahul : Yes, **one** shudh Samayik can help you to become Parmatma.

Rahul : Do you know how long is **one** Samayik done for?

Sonal : Yes Samayik is done for **48** minutes.

Rahul : A 48 minutes Samayik can prevent oneself from the cycle of birth and rebirth of **84** lakh Jivayoni(species)

Sonal : Oh is that so?

Rahul : Now let's do some "Mantra Magic"

Sonal : What is "Mantra Magic" ?

Rahul : It's magic of mathematics applied in the concepts of Jainism.

Sonal : Oh wow! Let's begin the Magic!

Rahul : Tell me what is reverse of **48**?

Sonal : Thats **84**! And what does **84** stand for?





Rahul: 84 stands for 84 Lakh jivayoni (species).
 Let us give Abhaydaan to all 84 lakh
 jivayoni (species) by chanting...

“ Shubh Thao Aa Sakal Vishwa nu ”



Rahul : Now tell me what's half of 48

Sonal : Thats 24!

Rahul : And what 24 stands for?

Sonal : 24 stands for our 24 Tirthankars!



Rahul: Let's worship our 24 Tirthankars by chanting...

“ Titthayaraa Me Paseeyantu ”

That means ... the founders of four fold
 Teerthas be pleased on me.



Rahul : What is half of 24

Sonal : That's 12!

Rahul : And what does 12 stands for? 12 stands for 12 vrat of Shravak.

Let's follow 12 vrats of Shravak and seek forgiveness from all living
 beings by chanting...



“ Michchhaami
 Dukkdam ”





Rahul : What is half of 12?

Sonal : Thats 6!

Rahul : **6 stands for 6 Kaay jiva.** Let's give Abhaydaan to 6 Kaay jiv by chanting...



“ Sarv Jiva Mamm
Jiva Sama ”



Sonal : Now I know it's time for half of 6 and thats 3, and 3 stands for?

Rahul : **3 stands for 3 Yog.** That is Mann, Vachan and Kaya...

10 faults of Mann



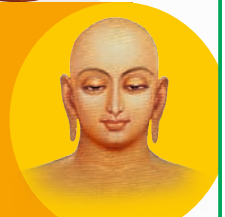
10 faults of Speech



12 faults of body



Let's give up 3 Yog...

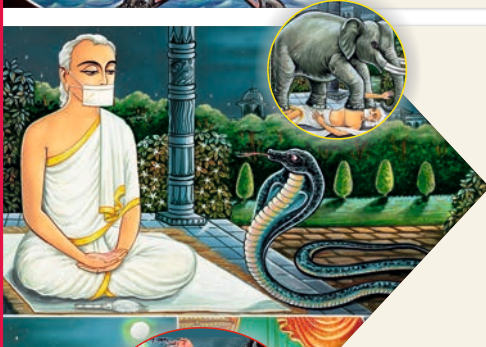


Parmatma Mahavir's 10 Shravak



ANAND SHRAVAK

Blessed are those souls who came in contact with Parmatma. They boarded the right bus and reached their destination.



KAMDEV SHRAVAK

Faith, tolerance and patience are the key qualities. Only that will help make an individual's spirituality pure and bright.



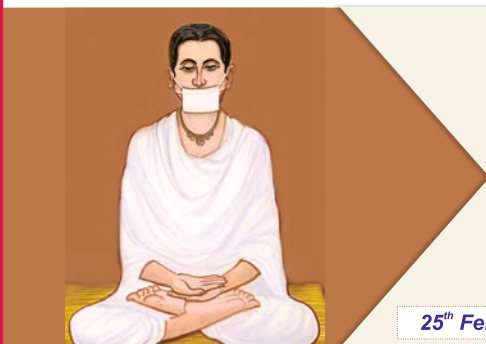
CHULNIPITA SHRAVAK

One can advance spiritually only when one discards the feeling of attachment, which is a cause of bondage.



SURADEV SHRAVAK

To reach its purest form, gold has to go through many tests in the flames of fire.



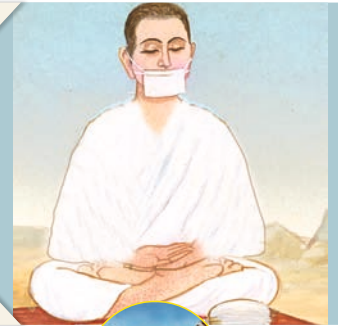
CHULLASHATAK SHRAVAK

Attachment to wealth and relations in this world are the reasons for one's inability to make spiritual progress. The more we remain detached from it, the more we progress on the path of our spirituality.

Let us learn from the lives of these 10 Shravaks.

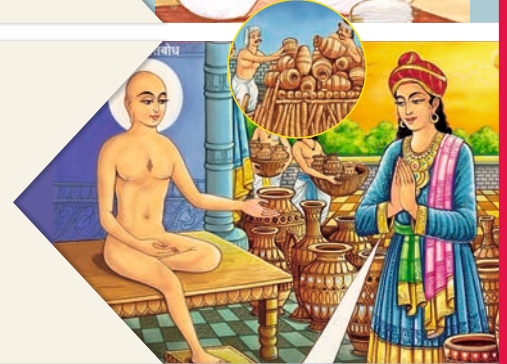
KUNDAKAULIK SHRAVAK

A spiritually illumined soul lives in the world, but yet is never contaminated by it.



SHAKDALPUTRA SHRAVAK

After Parmatma, Guru is most respected by the shravak. It is He who shows the path of spiritual progress. He who faithfully follows Guru becomes like Him. The Guru - disciple relationship is the highest expression of unconditional Divine love and wisdom.



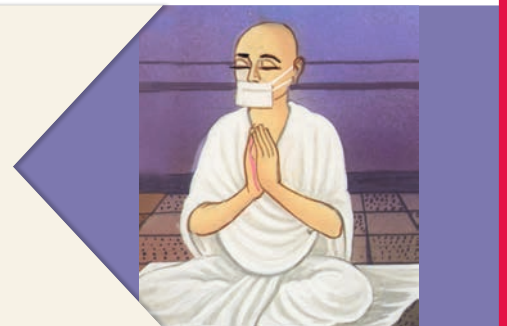
MAHASHATAK SHRAVAK

A man may read the Holy Scriptures by the light of a lamp, and another may commit a forgery by that very light, but the lamp is unaffected. The sun sheds its light on the wicked as well as on the virtuous.



NANDINIPITA SHRAVAK

The main purpose of sadhana is to learn to control one's emotions. No one in sadhana should ever lose his temper, it is important to be calm and quiet by keeping emotions under control.



SHALINIPITA SHRAVAK

Vision is the art of seeing the unseen!
Take a step forward in your spiritual journey!



What will a Shravak do?

Choose wisely from the reference box below and write it down in the pointer and clouds given. One is done for you.



Is caring

Helps others

Reference points:

- ♦ Is kind
- ♦ Tears paper
- ♦ Helps others
 - ♦ Mischievous
- ♦ Insulting others
 - ♦ Prays before eating
- ♦ Hurts animals
 - ♦ Is sincere
 - ♦ Does Samayik
- ♦ Is compassionate
 - ♦ Gives alms
 - ♦ Is trustworthy
- ♦ Trusts Dev-Guru-Dharma
- ♦ Speaks Truth
- ♦ Tells lies
- ♦ Respects all
- ♦ Is egoistic
- ♦ Feeds animals
- ♦ Shares things
- ♦ Does Vandana
- ♦ Is peaceful
- ♦ Steals
- ♦ Cheats
- ♦ Donates
- ♦ Is caring

21 virtues of Shravak

श्रवक के २१ गुण



Let's ride our journey of
Manushya Bhav with 21 virtues
of a Shravak and reach
our ultimate destination, Moksh!

The 12 vows of a Shrivak are...

अहिंसा

Ahimsa
Non-violence



सत्य

Satya-Truth



अचौर्य

Non-stealing



ब्रह्मचर्य

Celibacy



अपखिन्न

Non-Possessions



दिशा की मर्यादा

Limits of
directions



उवभोग परिभोग
की मर्यादा

Limiting the things
of dialy usage



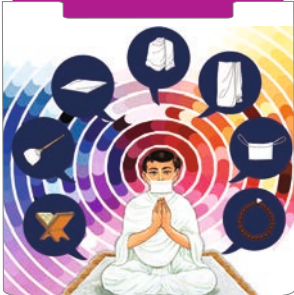
अनर्थ दंड का त्याग

Giving up futile
violent activities



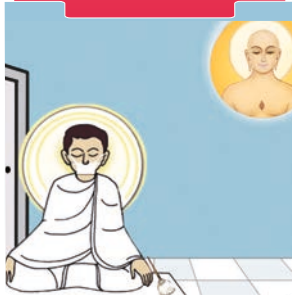
सामायिक आराधना

Samayika
Vrata



देशावकालिक व्रत

Deshavakalika
Vrata



पौषध व्रत

Pausadha Vrata



सुपात्र दान की भावना

Vows of
giving alms

