

LOOK N LEARN

Vol No. 14 • Issue No. 06 • Mumbai • June 2022 • Price : Rs 5/- (Multilingual Monthly)

DO YOU HAVE A MONKEY MIND? THINK!



Non stop thoughts...

Over thinking

Let us find a solution!



**DID YOU
KNOW ?**

We develop around 60,000 to 80,000 thoughts a day in our mind. That means an average of 2,500 to 3,300 thoughts per hour and in a minute...? Is that surprising?

If you pay attention to these thoughts, you would be surprised to realise that most of them are useless and unimportant that pass through the mind with a lightning speed.

These are words that you repeat in your mind. Repeating what you heard, said, experience, see and thoughts that you might not even be aware of...

हमारे मन में ६०,००० से ८०,००० खयाल पूरे दिन में आते हैं। इसका अर्थ है की, प्रति घंटे हमारे मन में औसत २,५००-३,३०० विचार आते हैं और एक मिनट में...? क्या यह आश्चर्यजनक नहीं है?

यदि आप अपने विचारों पर ध्यान दे तो आप चकित हो जाएँगे के ज्यादातर विचार (खयाल) व्यर्थ और अनावश्यक होते हैं जो तेज रफ्तार से हमारे मन में आते हैं।

यह विचार फिर हमारे मन में बार-बार आते हैं। जो हम कहते हैं, सुनते हैं वही विचार हमारे मन में हम दोहराते हैं और हमें यह पता भी नहीं चलता।

Some of the thoughts we develop everyday





What do you do when you feel hot?
You switch on the AC, fan, cooler etc
and you cool down your body, right?

आपको जब गर्मी महसूस होती है
तब आप क्या करते हो?

आप ए सी ,पंखा या कूलर चालू करते हो
और आप ठंड का अनुभव करते हो।

What do you do if your mind is restless?

How do you relax your mind?
What steps do you take?

आपका मन अशांत होने पर आप
क्या करते हो?

आप अपने मन को शांत कैसे करोगे?
मन की शांति के लिए आप क्या कर सकते हो?

आइए जानते हैं की अनावश्यक विचारों को कम करने और
मन को शांत रखने से आपको क्या लाभ होता है?

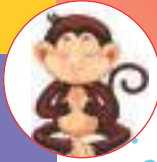
Let us know benefits of reducing the thoughts and keeping the mind calm...

Your mind
becomes much
more efficient
आपके मन की
कार्यक्षमता बढ़
जाती है

You won't
be distracted
आप विचलित
नहीं होंगे

Your mind can work
better while studying
आप पढ़ाई अच्छेसे
कर पाओगे।

You can make
better plans
आप अच्छी योजनाएँ
बना पाओगे



You save
energy and time
आप अपनी ऊर्जा
और समय बचा सकते हैं

You feel
inner peace
आपको आंतरिक
शांति मिलती है

You can focus better
on your goals
आप अपने लक्ष्य पर
अच्छे से ध्यान
केंद्रित कर सकते हैं

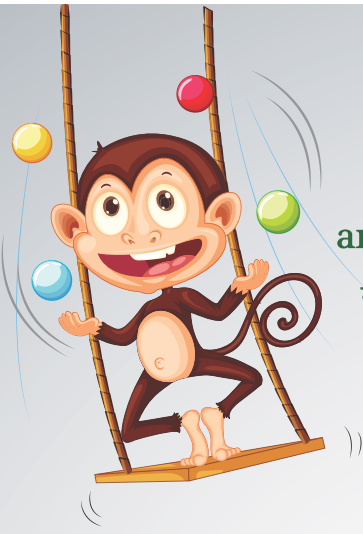
You feel happy
आप सुख और
शांति का अनुभव करते हैं

WHAT HELPS TO CONTROL A MONKEY MIND?

आपके मन को नियंत्रित करें...

Sadhana is the device to bring down the temperature and unwanted thoughts in mind...

साधनासे हम मन के विचारोंको नियंत्रित कर सकते हैं...



Dhyana ध्यान



Yoga योगा



Chanting a Mala
माला / मंत्र जाप



Satvik food
सात्विक आहार



Prayer प्रार्थना



Vandana
वंदना



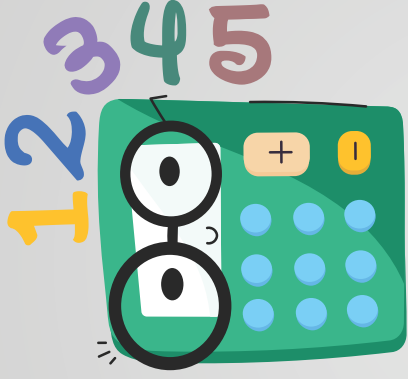
3	4	5	1	2
4	3	5	1	2
3	5	4	1	2
5	3	4	1	2
4	5	3	1	2
5	4	3	1	2

Anupurvi
अनुपूर्वि

अनुपूर्वि जाप से यह शक्य है...

CHANTING A ANUPURVI HELPS!





BENEFITS of NAMASKAR MAHA MANTRA



01

भर्षों भवके पाप
की निर्जरा
होती हैं।

02

मन शांत
रहता हैं।

03

सदगुणों की
प्राप्ति होती हैं।

04

सदगति की
प्राप्ति होती हैं।

05

समस्या
दूर होती है

01

Destroys
all
sins.

02

Keeps
our mind
blissful.

03

Enables us
to obtain
virtues.

04

Helps
us to
achieve
sadhgati.

05

Helps us
to solve
problems.

Come with us on **Sidhhatva Express...**

try to chant Anupurvi daily



On the next pages we have Anupurvi. Chant and write Namaskar mantra padd as per the number given in each block...

Chant Namō Arihantanam at **1**

Chant Namō Siddhaanam at **2**

Chant Namō Aayariyaanam at **3**

Chant Namō Uvajzaayaanam at **4** and

Chant Namō Loe Savva Sagoonam at **5**



Maja pade mane maja pade...
Namsakar ganvani maja pade!
Maja pade mane maja pade...
Namaskar ganvathi mara karmo khape!
Maja pade mane maja pade...
Namaskar ganvathi vidya chade!
Maja pade mane maja pade...



01

1	2	3	4	5
2	1	3	4	5
1	3	2	4	5
3	1	2	4	5
2	3	1	4	5
3	2	1	4	5

Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam
Namo Siddhaanam	Namo Arihantanam	Namo Aayariyaanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam
Namo Arihantanam	Namo Aayariyaanam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam
Namo Aayariyaanam	Namo Arihantanam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam
Namo Siddhaanam	Namo Aayariyaanam	Namo Arihantanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam
Namo Aayariyaanam	Namo Siddhaanam	Namo Arihantanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam

02

1	2	4	3	5
2	1	4	3	5
1	4	2	3	5
4	1	2	3	5
2	4	1	3	5
4	2	1	3	5

Namo Arihantanam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam
Namo Siddhaanam	Namo Arihantanam	Namo Uvajzaayaanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam
Namo Arihantanam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam
Namo Uvajzaayaanam	Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam
Namo Siddhaanam	Namo Uvajzaayaanam	Namo Arihantanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam
Namo Uvajzaayaanam	Namo Siddhaanam	Namo Arihantanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam

Namo Arihantanam	Namo Aayariyaanam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam
Namo Aayariyaanam	Namo Arihantanam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam
Namo Arihantanam	Namo Uvajzaayaanam	Namo Aayariyaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam
Namo Uvajzaayaanam	Namo Arihantanam	Namo Aayariyaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam
Namo Aayariyaanam	Namo Uvajzaayaanam	Namo Arihantanam	Namo Siddhaanam	Namo Loe Savva Sagoonam
Namo Uvajzaayaanam	Namo Aayariyaanam	Namo Arihantanam	Namo Siddhaanam	Namo Loe Savva Sagoonam

1	3	4	2	5
3	1	4	2	5
1	4	3	2	5
4	1	3	2	5
3	4	1	2	5
4	3	1	2	5



Namo Siddhaanam	Namo Uvajzaayaanam	Namo Uvajzaayaanam	Namo Arihantanam	Namo Loe Savva Sagoonam
Namo Uvajzaayaanam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Arihantanam	Namo Loe Savva Sagoonam
Namo Siddhaanam	Namo Uvajzaayaanam	Namo Uvajzaayaanam	Namo Arihantanam	Namo Loe Savva Sagoonam
Namo Uvajzaayaanam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Arihantanam	Namo Loe Savva Sagoonam
Namo Uvajzaayaanam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Arihantanam	Namo Loe Savva Sagoonam
Namo Uvajzaayaanam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Arihantanam	Namo Loe Savva Sagoonam

2	3	4	1	5
3	2	4	1	5
2	4	3	1	5
4	2	3	1	5
3	4	2	1	5
4	3	2	1	5



05

1	2	3	5	4
2	1	3	5	4
1	3	2	5	4
3	1	2	5	4
2	3	1	5	4
3	2	1	5	4



Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam
Namo Siddhaanam	Namo Arihantanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam
Namo Arihantanam	Namo Aayariyaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam
Namo Arihantanam	Namo Arihantanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam
Namo Siddhaanam	Namo Aayariyaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam
Namo Aayariyaanam	Namo Siddhaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam

06

1	4	5	3	2
4	1	5	3	2
1	5	4	3	2
5	1	4	3	2
4	5	1	3	2
5	2	1	3	2



Namo Arihantanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Siddhaanam
Namo Aayariyaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Siddhaanam
Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Aayariyaanam	Namo Siddhaanam
Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Aayariyaanam	Namo Aayariyaanam	Namo Siddhaanam
Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Aayariyaanam	Namo Siddhaanam
Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Arihantanam	Namo Aayariyaanam	Namo Siddhaanam

Namo Arihantanam	Namo Aayariyaanam	Namo Loe Savva Sahoonam	Namo Siddhaanam	Namo Uvajzaayaanam
Namo Aayariyaanam	Namo Arihantanam	Namo Loe Savva Sahoonam	Namo Siddhaanam	Namo Uvajzaayaanam
Namo Arihantanam	Namo Loe Savva Sahoonam	Namo Aayariyaanam	Namo Siddhaanam	Namo Uvajzaayaanam
Namo Loe Savva Sahoonam	Namo Arihantanam	Namo Aayariyaanam	Namo Siddhaanam	Namo Uvajzaayaanam
Namo Aayariyaanam	Namo Loe Savva Sahoonam	Namo Arihantanam	Namo Siddhaanam	Namo Uvajzaayaanam
Namo Loe Savva Sahoonam	Namo Aayariyaanam	Namo Arihantanam	Namo Siddhaanam	Namo Uvajzaayaanam

1	3	5	2	4
3	1	5	2	4
1	5	3	2	4
5	1	3	2	4
3	5	1	2	4
5	3	1	2	4



Namo Siddhaanam	Namo Aayariyaanam	Namo Loe Savva Sahoonam	Namo Arihantanam	Namo Uvajzaayaanam
Namo Aayariyaanam	Namo Siddhaanam	Namo Loe Savva Sahoonam	Namo Arihantanam	Namo Uvajzaayaanam
Namo Siddhaanam	Namo Loe Savva Sahoonam	Namo Aayariyaanam	Namo Arihantanam	Namo Uvajzaayaanam
Namo Loe Savva Sahoonam	Namo Siddhaanam	Namo Aayariyaanam	Namo Arihantanam	Namo Uvajzaayaanam
Namo Aayariyaanam	Namo Loe Savva Sahoonam	Namo Siddhaanam	Namo Arihantanam	Namo Uvajzaayaanam
Namo Loe Savva Sahoonam	Namo Aayariyaanam	Namo Siddhaanam	Namo Arihantanam	Namo Uvajzaayaanam

2	3	5	1	4
3	2	5	1	4
2	5	3	1	4
5	2	3	1	4
3	5	2	1	4
5	3	2	1	4



09

1	2	4	5	3
2	1	4	5	3
1	4	2	5	3
4	1	2	5	3
2	4	1	5	3
4	2	1	5	3

Namo Arihantanam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam
Namo Siddhaanam	Namo Arihantanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam
Namo Arihantanam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam
Namo Uvajzaayaanam	Namo Arihantanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam
Namo Siddhaanam	Namo Uvajzaayaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam
Namo Uvajzaayaanam	Namo Siddhaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam

10

1	2	5	4	3
2	1	5	4	3
1	5	2	4	3
5	1	2	4	3
2	5	1	4	3
5	2	1	4	3

Namo Arihantanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Aayariyaanam
Namo Siddhaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Aayariyaanam
Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Aayariyaanam
Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Aayariyaanam
Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Uvajzaayaanam	Namo Aayariyaanam
Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Arihantanam	Namo Uvajzaayaanam	Namo Aayariyaanam

Namo Arihantanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Aayariyaanam
Namo Uvajzaayaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Aayariyaanam
Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Aayariyaanam
Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Aayariyaanam
Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam
Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam



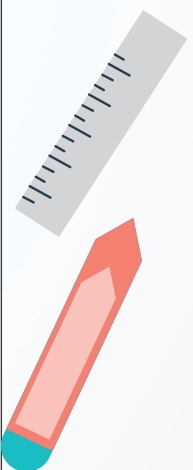
1	4	5	2	3
4	1	5	2	3
1	5	4	2	3
5	1	4	2	3
4	5	1	2	3
5	4	1	2	3



Namo Siddhaanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Aayariyaanam
Namo Uvajzaayaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Aayariyaanam
Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Arihantanam	Namo Aayariyaanam
Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Arihantanam	Namo Aayariyaanam
Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Arihantanam	Namo Aayariyaanam
Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Arihantanam	Namo Aayariyaanam

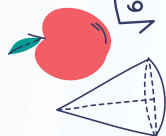


2	4	5	1	3
4	2	5	1	3
2	5	4	1	3
5	2	4	1	3
4	5	2	1	3
5	4	2	1	3



13

1	3	4	5	2
3	1	4	5	2
1	4	3	5	2
4	1	3	5	2
3	4	1	5	2
4	3	1	5	2



Namo Arihantanam	Namo Aayariyaanam	Namo Uvajaayaanam	Namo Loe Savva Sagoonam	Namo Siddhaanam
Namo Aayariyaanam	Namo Arihantanam	Namo Uvajaayaanam	Namo Loe Savva Sagoonam	Namo Siddhaanam
Namo Arihantanam	Namo Uvajaayaanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Siddhaanam
Namo Uvajaayaanam	Namo Arihantanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Siddhaanam
Namo Aayariyaanam	Namo Uvajaayaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Siddhaanam
Namo Uvajaayaanam	Namo Aayariyaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Siddhaanam

14

1	3	5	4	2
3	1	5	4	2
1	5	3	4	2
5	1	3	4	2
3	5	1	4	2
5	3	1	4	2



Namo Arihantanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Uvajaayaanam	Namo Siddhaanam
Namo Aayariyaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Uvajaayaanam	Namo Siddhaanam
Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Uvajaayaanam	Namo Siddhaanam
Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Aayariyaanam	Namo Uvajaayaanam	Namo Siddhaanam
Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Uvajaayaanam	Namo Siddhaanam
Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Arihantanam	Namo Uvajaayaanam	Namo Siddhaanam

Namo Arihantanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Uvajaayaanam
Namo Siddhaanam	Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Uvajaayaanam
Namo Arihantanam	Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Aayariyaanam	Namo Uvajaayaanam
Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam	Namo Uvajaayaanam
Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Aayariyaanam	Namo Uvajaayaanam
Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Arihantanam	Namo Aayariyaanam	Namo Uvajaayaanam

15

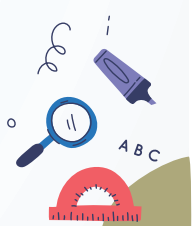
1	2	5	3	4
2	1	5	3	4
1	5	2	3	4
5	1	2	3	4
2	5	1	3	4
5	2	1	3	4



Namo Aayariyaanam	Namo Uvajaayaanam	Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Siddhaanam
Namo Uvajaayaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Arihantanam	Namo Siddhaanam
Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Uvajaayaanam	Namo Arihantanam	Namo Siddhaanam
Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Uvajaayaanam	Namo Arihantanam	Namo Siddhaanam
Namo Uvajaayaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Arihantanam	Namo Siddhaanam
Namo Loe Savva Sagoonam	Namo Uvajaayaanam	Namo Aayariyaanam	Namo Arihantanam	Namo Siddhaanam

16

3	4	5	1	2
4	3	5	1	2
3	5	4	1	2
5	3	4	1	2
4	5	3	1	2
5	4	3	1	2



17

2	3	4	5	1
3	2	4	5	1
2	4	3	5	1
4	2	3	5	1
3	4	2	5	1
4	3	2	5	1



Namo Siddhaanam	Namo Aayariyaanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Arihantanam
Namo Aayariyaanam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Arihantanam
Namo Siddhaanam	Namo Uvajzaayaanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Arihantanam
Namo Uvajzaayaanam	Namo Siddhaanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Arihantanam
Namo Aayariyaanam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Arihantanam
Namo Uvajzaayaanam	Namo Aayariyaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Arihantanam

18

2	3	5	4	1
3	2	5	4	1
2	5	3	4	1
5	2	3	4	1
3	5	2	4	1
5	3	2	4	1



Namo Siddhaanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Arihantanam
Namo Aayariyaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Arihantanam
Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Uvajzaayaanam	Namo Arihantanam
Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Aayariyaanam	Namo Uvajzaayaanam	Namo Arihantanam
Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Arihantanam
Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Arihantanam

Namo Siddhaanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Arihantanam
Namo Uvajzaayaanam	Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Arihantanam
Namo Siddhaanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Aayariyaanam	Namo Arihantanam
Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Uvajzaayaanam	Namo Aayariyaanam	Namo Arihantanam
Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Aayariyaanam	Namo Arihantanam
Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Aayariyaanam	Namo Arihantanam



2	4	5	3	1
4	2	5	3	1
2	5	4	3	1
5	2	4	3	1
4	5	2	3	1
5	4	2	3	1



Namo Aayariyaanam	Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Arihantanam
Namo Uvajzaayaanam	Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Siddhaanam	Namo Arihantanam
Namo Aayariyaanam	Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Arihantanam
Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Uvajzaayaanam	Namo Siddhaanam	Namo Arihantanam
Namo Uvajzaayaanam	Namo Loe Savva Sagoonam	Namo Aayariyaanam	Namo Siddhaanam	Namo Arihantanam
Namo Loe Savva Sagoonam	Namo Uvajzaayaanam	Namo Aayariyaanam	Namo Siddhaanam	Namo Arihantanam



3	4	5	2	1
4	3	5	2	1
3	5	4	2	1
5	3	4	2	1
4	5	3	2	1
5	4	3	2	1



We Are Never Present In The Present moment!

That means we often over think the past, fear the future and forget to live in the present.

हम कभी वर्तमान में मौजूद नहीं होते।

इसका अर्थ है की हम भूतकाल के बारे में सोचते रहते हैं, भविष्य के भय में रहता है अतः वर्तमान में रहना भूल जाते हैं।

What kind of thoughts you have in your mind?

आपके मन मे किस प्रकार के विचार है?



While in library, Seema thinks of travelling abroad
सीमा पुस्तकालय में बैठ-बैठ विदेश जाने का विचार कर रही है



While studying, Arha thinks of going out and eating her favourite ice cream
अरहा पढ़ते-पढ़ते, बाहर जाकर आइसक्रीम खाने का विचार कर रही है



Rita thinks of last fight with Soham. instead of helping Tommy
टॉमी की मदद करने की जगह, सीता, सोहम के साथ हुए पिछले जगदे के बारे में सोच रही थी



Sonam is so restless with thoughts that she can't sleep a day before her exams
सोनम अपने विचारों के कारण इतनी व्याकुल है की परीक्षा की पिछली रात को वह सो न पाइ



Stop worrying



Spend less time on gadgets

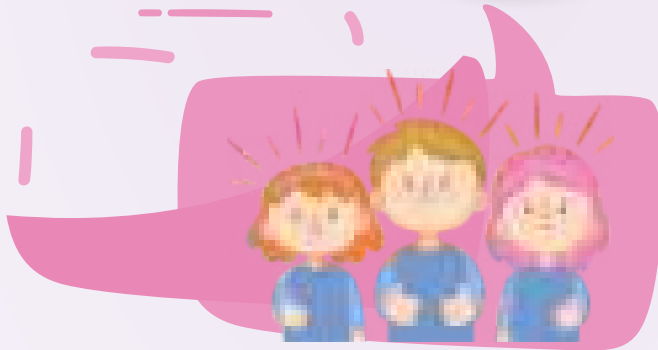


Smile always

**LEARN HOW
TO BE
PRESENT
IN PRESENT**



Be satisfied



Show gratitude for what you have

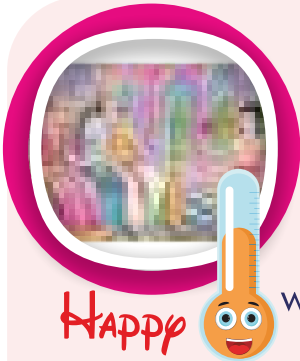


Forgive the past
as it hurts



Dream about the future, but work hard today

-Gurubhakt Mehta Parivaar



Happy

A boy name Amarkumar lived in a village. He was 8 years old. One fine day, king's men announced in the village...

"One who gives one's child, who is blessed with 32 virtues, shall be rewarded with gold equal to his body weight."

Amarkumar's parents were very poor so they handed him over to the king's men. Gold coins weighing equal to Amarkumar were rewarded to the brahmin couple. Amarkumar was happy that he was a prince now. But to his surprise he was imprisoned!

SAD

And next day as a ritual of sacrifice he had to sit on fire! On hearing this Amarkumar started chanting Namaskar Mahamantra the whole night.



Amarkumar sat in the fire without fear... He kept chanting Namaskar Mahamantra with faith! To everyone's surprise, the fire turned into a golden throne!

A protective layer is formed around the person who chants Namaskar Mahamantra faithfully!

This is the power of Namaskar Mahamantra!

Mobile Game

- 0 - Arham
- 1 - Namu Arihantanam
- 2 - Namu Siddhanam
- 3 - Namu Ayariyanam
- 4 - Namu Uvajjayanam
- 5 - Namu Loe Savva Sahunam
- 6 - Eso Panch Namokkaro
- 7 - Savva Pavvappanasano
- 8 - Manglanam Cha Savvesim
- 9 - Padhmam Havai Mangalam

First learn yourself
and then teach all!

Chant Namaskar Mahamantra
on any mobile number Example: 9821736540



- 9 - Padhmam Havai Mangalam
- 8 - Manglanam Cha Savvesim
- 2 - Namu Siddhanam
- 1 - Namu Arihantanam
- 7 - Savva Pavvappanasano
- 3 - Namu Ayariyanam
- 6 - Eso Panch Namokkaro
- 5 - Namu Loe Savva Sahunam
- 4 - Namu Uvajjayanam
- 0 - Arham



In Sanidhya of
Rashtrasant Param Gurudev
Shree Namramuni Maharaj Saheb
and 45 Sant-Satiji's



07:30 am

यातुर्मास प्रवेश
शुभेच्छा अवसर



गुरु
समर्पण अवसर

03:30 pm



3rd July 2022



Invitee: Shree SPM Parivaar

It's an opportunity for us to offer our reverence to Param Gurudev Shree
SPM Aarogyadham, Punadi, Taluka-Mandvi, Dist. Kutch