

# LOOK N LEARN

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The only thing that takes you AWAY from PARMATMA  
is your desire for comforts

Minimalism is the key to happiness

## PARAM ANAND

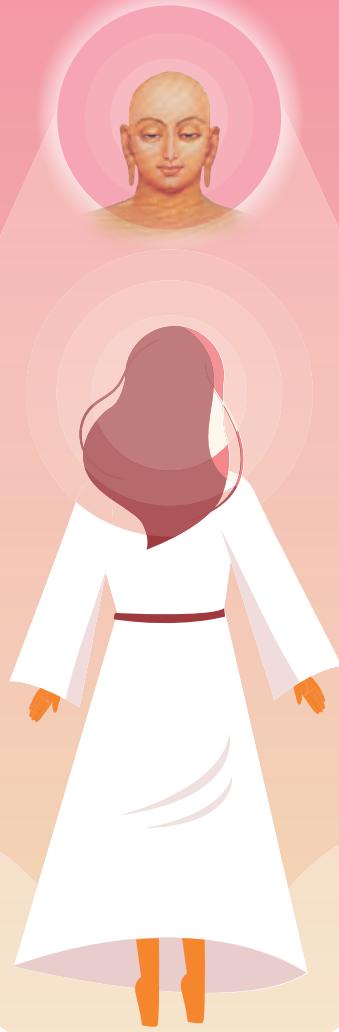
LIFE where LESS is MORE

Param Gurudev's 32<sup>nd</sup> Diksha Jayanti

8<sup>th</sup> Feb - 12<sup>th</sup> Feb, 2023



Life is best when you MINIMIZE the rest



**Oh Parmatma!**

In an attempt to be **ONE** with **YOU**,  
I have taken a small step by practicing **APARIGRAHA**

One cannot hold Parmatma's hand  
till one let goes off Parigraha



Material possessions  
give us more happiness,  
**DON'T THEY?**

But Parmatma says..

"Lesser the materialistic possessions,  
Lesser will be the karma bandhan"

Make the right choice!  
Let us Minimalize our  
dependency on Material  
possession and move  
more closer to

**Parmatma**

- Gurubhakt Mehta Parivar



# Attachment towards materialistic things

Any type of attachment is Parigraha



We often buy more than our needs thus overburdening ourselves.

Let us do thoughtful buying thus taking a step forward towards decreasing our attachment to materialistic things like...

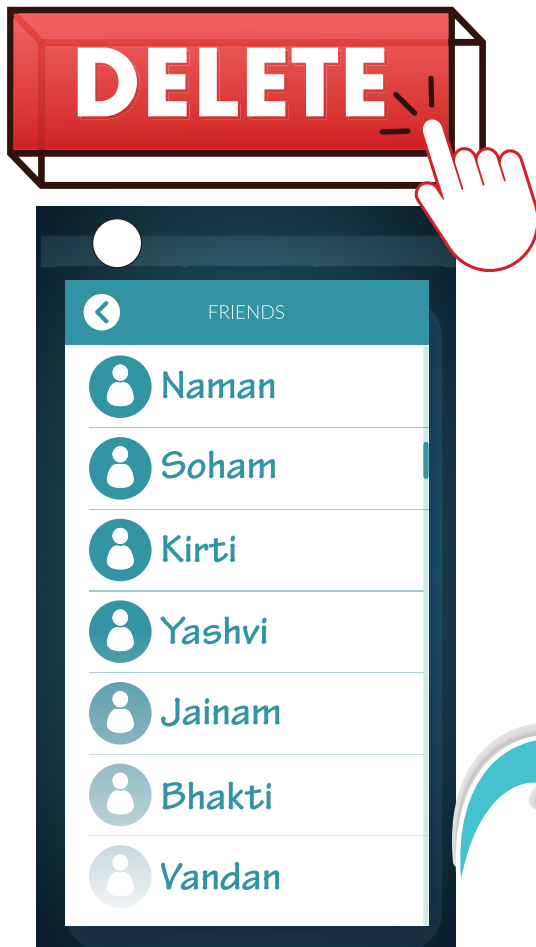


Let's pledge to buy a little less than our needs  
Minimalism is the key to happiness – **PARAM ANAND**



# Attachment towards people

Let's limit our friend list and Social Media accounts



Let us delete  
**INACTIVE SOCIAL MEDIA ACCOUNTS**  
or we can set a limit for the  
number of apps that we install!

We can also delete  
unwanted contacts from  
OUR CONTACT LIST

**MINIMALISM** helps control our reactions  
Lesser the reactions=Lesser the Karma Bandh!

Minimalism is the key to happiness – **PARAM ANAND**

Attachment towards...

Events, incidents or occasions occurred in the past



We also burden ourselves with possession of...  
**BAD MEMORY.**



**BAD  
MEMORIES  
=  
HEALTH  
ISSUES**



Minimalize  
your  
thoughts!

Delete your bad memories, to lead a stress-free life.  
Experience Mental peace with **MINIMALISM.**

Let's learn to seek **FORGIVENESS AND FORGIVE** others too  
**Minimalism is the key to happiness – PARAM ANAND**

Let us Minimalize our attachments towards belongings, beliefs and beloved.



## Reason for Parigraha

- ✗ Ego, Pride
- ✗ Self image
- ✗ I, Me, myself...

Destroys the  
quality of the  
**SOUL**



Let us

**GIVE UP..**



## Reason for Aparigraha

- Simplicity ✓
- Satisfaction ✓
- Politeness ✓

Builds the  
quality of the  
**SOUL**



Let us

**BE!**



If I cannot take **SAIYAM** then I can atleast  
try to stay in **SAIYAM-PARAM ANAND**

Parmatma says...More the materialistic possessions,  
More will be karma bandhan" HOW? have a look...

Support the fight against climate change - Global warming!  
Learn the science of Minimalism

Accumulation leads to  
increase in manufacturing  
which is a reason for hinsa.



Accumulation of  
unmaintained  
things promotes  
growth of jiv



Accumulation is the cause for  
Raag and Dwesh  
towards the materialistic items



Save the environment by following **Minimalism**.  
Enjoyment for you shouldn't be a Misery for the rest!  
**Minimalism is the key to happiness-PARAM ANAND**



# Count your belongings

(and write below as to how much you can reduce them to...)



No.	Materialistic belongings	Count	Reduce to
1	No. of toys I own		
2	No. of clothes I own		
3	No. of shoes I own		
4	No. of friends I own		
5	No. of video games I own		
6	No. of woollen clothes I own		
7	No. of comic books & novels I own		
8	No. of mobiles/video games I own		
9	No. of contacts I own in mobile		
10	No. of social media apps I own		
11	No. of electronic gadgets I own		
12	No. of jewellery I own		
13	No. of cosmetics I own		
14	No. of spacks/sunglasses I own		
15	No. of footballs I own		
16	No. of dolls I own		
17	No. of hairbands & clips I own		
18	No. of tiffin boxes & water bottles I own		
19	No. of pouches I own		
20	No. of caps I own		
21	No. of _____ I own		
22	No. of _____ I own		
23	No. of _____ I own		
24	No. of _____ I own		



Try  
to write  
on your  
own



Open your vision and take your life one step up with minimizing the possessions -



I will refrain myself from going to cinema halls for  days a month.



I will refrain myself from eating in restaurants for  days a month.



I will refrain myself from going to shopping malls for  days a month.



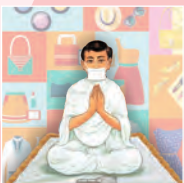
I will refrain myself from bathing/wasting water for  days a month.



I will refrain myself from purchasing new clothes for  days a month.



I will refrain myself from using vehicle & walk for  days a month.



I can limit my desires and do 10 mu vrat for  days a year.



I will limit myself of movement in various directions for  days a week.



Till you don't leave Parigraha  
how will u hold Parmatma's finger??



I will eat less than my appetite (Unodari Tapp) for  days a month.



I will limit my upbhog-paribhog (toothpaste/oil/shampoo) for  days a month.



I will share my favourite things with all for  days a month (food/stationery/toys/clothes).



I will wear only 2 pair of shoes throughout the day for  days a month.



I will use only 2 varieties of pens/pencils in a day for  days a month.



I will refrain myself from having any liquid for  days a month (will consume only boiled water).



I will avoid eating my favorite food items for  days a month (will eat whatever is served in plate).

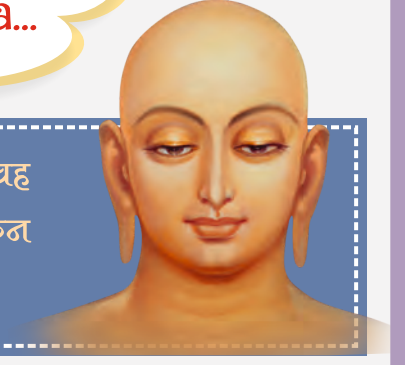


I will limit myself from any past incidents/thoughts for  days a week.



Let us follow Parmatma's aagna...

जो बोल की जितनी मर्यादा की हो, लेकिन अनजाने में वह मर्यादा से ज्यादा उपयोग किया हो तो वह अतिचार है। लेकिन जान बुझ कर मर्यादा का पालन नहीं किया तो वह अनाचार है।



I refrain from  
निवर्तुं છું

ખેત વત્યુપ્પમાણાઇક્કમે  
ખેતર આદિ ખુદ્દી અને ઘર આદિ ઢાંકી  
જમીનની મર્યાદાનું ઉદ્દંઘન કર્યું હોય  
**Khètt vatthu- ppamaañaaikkamè**

Having crossed the set limit of  
possessing open & covered areas.



I refrain from  
નિવર્તું છું

હિરણ્ય સુવણ્ય પ્પમાણાઇક્કમે  
ચાંદી અને સોનાની મર્યાદાનું ઉદ્દંઘન કર્યું હોય  
**Hirañña suvañña ppamaañaaikkamè**

Having crossed the set limit  
of possessing silver and gold



ન કરેમિ,  
મણસા, વચસા, કાયસા  
એવા પાંચમા શૂલ પરિગ્રહ પરિમાણ વેરમણં પ્રતના  
પંચ અઇયારા, જાણિયવ્વા, ન સમાયરિયવ્વા,  
તં જહા તે આલોઉં.



I refrain from  
નિવર્તું છું

ઘન ધાન્ય પ્પમાણાઇક્કમે  
રોકડ નાણું તથા અનાજની  
મર્યાદાનું ઉલ્લંઘન કર્યું હોય  
**Dhan Dhanya ppamaaññaikkamè**  
Having crossed the set limit  
of possessing cash and food grains.



I refrain from  
નિવર્તું છું

દુપદ ચઉપ્પદ પ્પમાણાઇક્કમે  
મનુષ્ય, પક્ષી આદિ બે પગા અને પશુ આદિ  
ચોપગાની મર્યાદાનું ઉલ્લંઘન કર્યું હોય  
**Dupað chauppað ppamaaññaikkamè**  
Having crossed the set limit of possessing  
bipeds, birds and quadrupeds



I will not commit covetousness myself,  
I will not get it done by others mentally, vocally, and physically.  
I censure the following five transgressions (faults)  
of the fifth vow of contentment  
that are worth knowing but not worth doing.

I refrain from  
નિવર્તું છું

કુવિય પ્પમાણકમે

ઘર વખરીની વસ્તુની મર્યાદાનું  
ઉલ્લંઘન કર્યું હોય

Kuviya ppamaa- ñaaikkamè

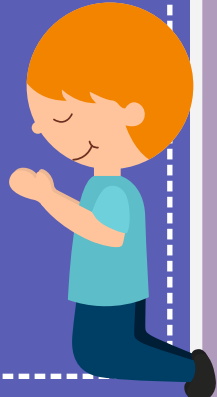
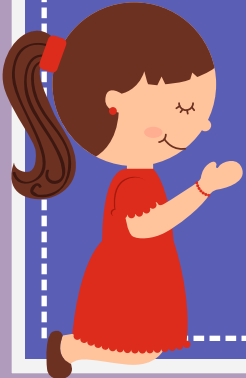
Having crossed the set limit of  
possessing household goods



એવા પરિગ્રહ વિષે આજના દિવસ સંબંધી કોઈ પણ પાપ દોષ  
લાગ્યો હોય તો અરિહંત, અનંતા સિદ્ધ કેવળી ભગવાનની સાક્ષીએ  
તસ્સ મિચ્છામિ દુક્કં.

Today, if I may have indulged in any of the  
said sinful faults related to Parighara, I beg  
forgiveness before infinite Siddhas that

My sins may be forgiven.



# 5 Steps for Minimalization

- 1 Be contented with what materialistic possession you already have.
- 2 Make complete use of the things with you before getting tempted to buy new ones.
- 3 Do not fall a prey of buying a particular thing just because your friend bought it
- 4 True happiness is derived by bringing smile on other's face, so learn to donate
- 5 Be grateful to Parmatma for all that you have



These 5 simple steps will also minimize your rebirths



**"The one who can follow minimalization in day to day life can become like Parmatma!"**

Children do you know that our Pujya Sant-Satiji's are already following Parmatma's footstep and living a life of total minimalization to become like Parmatma

**Dhanya che Dhanya che  
Let us BOW DOWN TO THEM**





तपसम्राट पूज्य गुरुदेव श्री रतिलालजी महाराज साहेबनो  
0८-0२-२0२३ ना २५मो स्मृतिदिवस...



अहो गुरुदेव!

आपको वंदन करते करते...

जगत के सर्व जीव को प्रिय बनते बनते...

मैं आचंबिल आराधक बनू और...

आहारक पद की प्राप्ति करू ऐसी कृपा करो!

यही आपके चरणों में प्रार्थना हैं, वंदन हैं!

वंदन वारंवार वंदन वारांवार

- Gurubhakt Swayam Hardikbhai Desai



Tapsamrat Pujya Gurudev Shree Ratilalji Maharaj Saheb  
did 999 Aayambil.

Let us do Anumodna-Vandana and try  
atleast 1 Aayambil on this 26<sup>th</sup> Smruti divas!



१०-०२-२०२३ ना ३२ मा संयम दिवस पर...

परम गुरुदेव श्री ने करीए शत शत वंदन! शत शत वंदन! वारं वार वंदन!



हे प्रभु! हे गुरु!

तारा चित्रने हुं... मारो मित्र बनावी शकुं  
अने तारा नामने हुं... मारो मंत्र बनावी शकुं,  
ए ज प्रभु, मारुं जीवन ध्येय छे...

ए ज प्रभु, मारुं जीवन ध्येय छे!

-Gurubhakt Kothari Parivar



वंदन वारंवार वंदन वारंवार



धन्य तथा दीक्षा दानेश्वरी राष्ट्रसंत परम गुरुदेव श्री नम्रमुनि महाराजसाहेब,  
धन्यातिधन्य तथा दीक्षीत सुशिक्षित आत्माओ



## “मत्थएण वंढामि”

संयम की बात निराली... संयम की बात निराली...

दीक्षा - २०१३

पूज्य श्री सुपूर्वीबाई महासतीजी  
संयम जीवन नी शतः शतः वंदना

दीक्षा - २०१४

१. परम सौम्याजी महासतीजी
  ४. परम समाधिजी महासतीजी
  ७. परम मित्राजी महासतीजी
  १०. परम कृपाजी महासतीजी
  २. परम संबोधिजी महासतीजी
  ५. परम तपस्याजी महासतीजी
  ८. परम अनन्याजी महासतीजी
  ११. परम विरक्ताजी महासतीजी
  ३. परम पवित्राजी महासतीजी
  ६. परम दिव्यताजी महासतीजी
  ९. परम प्रतिष्ठाजी महासतीजी
- संयम जीवन नी शतः शतः वंदना

दीक्षा - २०१६

१. परम विनम्रमुनि महाराज साहेब
  ३. परम अस्मीताजी महासतीजी
  ६. परम आमान्याजी महासतीजी
  ४. परम सन्मित्राजी महासतीजी
  ७. परम ऋजुताजी महासतीजी
  ९. परम सानिध्याजी महासतीजी
  ८. परम ऋषिताजी महासतीजी
- संयम जीवन नी शतः शतः वंदना

दीक्षा - २०१८

१. परम अर्पिताजी महासतीजी
  ४. श्री सुतिर्थिकाजी महासतीजी
  ७. परम पावनताजी महासतीजी
  १०. परम विभूतिजी महासतीजी
  २. परम सम्यकताजी महासतीजी
  ५. परम जिनवराजी महासतीजी
  ८. परम प्रभुताजी महासतीजी
  ११. परम गरिमाजी महासतीजी
  ३. परम अनुभूतिजी महासतीजी
  ६. परम श्रुतिकाजी महासतीजी
  ९. परम सात्वीकाजी महासतीजी
  १२. परम आत्मीकाजी महासतीजी
- संयम जीवन नी शतः शतः वंदना

धन्य तथा दीक्षा दानेश्वरी राष्ट्रसंत परम गुरुदेव श्री नम्रमुनि महाराजसाहेब,  
धन्यातिधन्य तथा दीक्षीत सुशिक्षित आत्माओं



## “मत्थएण वंदामि”

संयम की बात निराली... संयम की बात निराली...

दीक्षा - २०१८

१. परम स्वमित्राजी महासतीजी २. परम आराध्याजी महासतीजी

संयम जीवन नी शतः शतः वंदना

दीक्षा - २०१९

१. परम नमस्वीजी महासतीजी २. परम सहजताजी महासतीजी ३. परम आत्मीयाजी महासतीजी

संयम जीवन नी शतः शतः वंदना

दीक्षा - २०२१

१. परम विनयमुनि महाराज साहेब

२. परम नेमिश्वराजी महासतीजी ३. परम ऋजुमित्राजी महासतीजी ४. परम सुब्रम्याजी महासतीजी  
५. परम ऋषिमित्राजी महासतीजी ६. परम श्रीजिनेश्वराजी महासतीजी ७. परम अनुज्ञाजी महासतीजी  
८. परम संवेगीजी महासतीजी ९. परम श्रुतप्रियाजी महासतीजी

संयम जीवन नी शतः शतः वंदना

दीक्षा - २०२२

१. परम सोहममुनि महाराज साहेब

२. परम विरांगनाजी महासतीजी ३. परम श्रीवत्सलजी महासतीजी  
४. श्री हितज्ञाजी महासतीजी ५. परम शुभमजी महासतीजी  
६. परम सुन्धिाजी महासतीजी ७. परम महाप्रज्ञाजी महासतीजी  
८. परम जीनेषाजी महासतीजी ९. परम विशुद्धिजी महासतीजी

-Gurubhakt Kolkata





Hey Parmatma!

I confide in you the misdeeds done by me due to over possession

"Tassa Miechami Dukkadam"

Hey Parmatma! thank you for your beneficence for  
 enlightening me with the knowledge of Minimalism.

By pledging for Minimalism, I will be saved from future karmabandh.

As I try to decrease my external greed...

I experience internal realisation!

Thank you Parmatma You have uplifted my soul  
 from misery caused by Possession-Apaigraha.

