

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

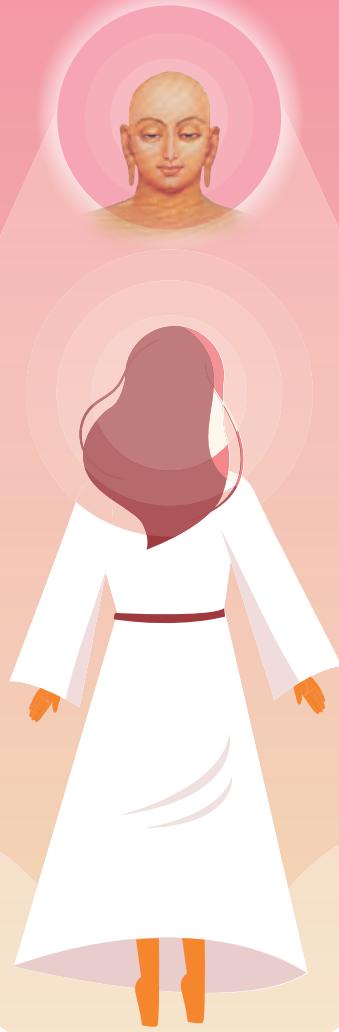
LIFE where LESS is MORE

Param Gurudev's 32nd Diksha Jayanti

8th Feb - 12th 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.

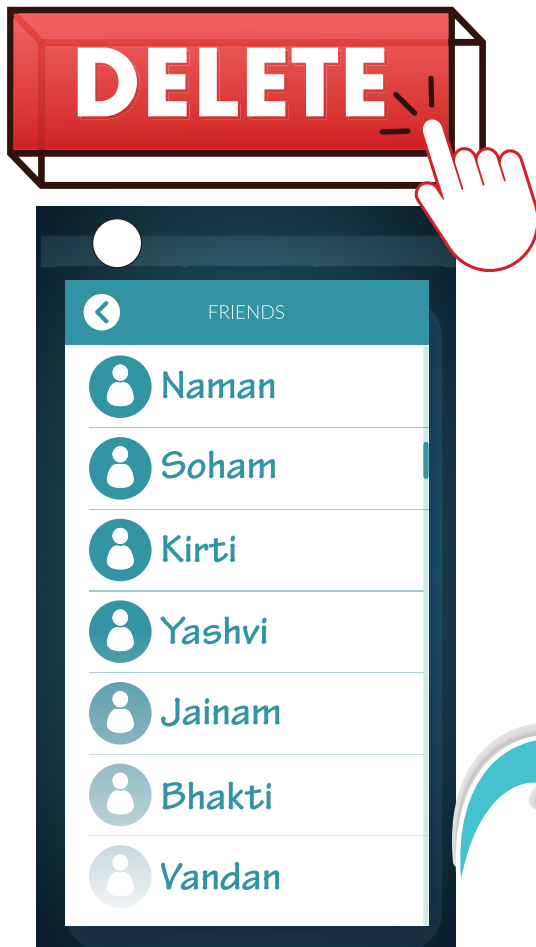
Let us do thoughtful buying thus taking a step forward towards decreasing our attachment to materialistic things like...



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

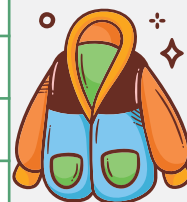


Count your belongings

(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.



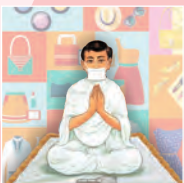
I will refrain myself from bathing/wasting water for days a month.



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.

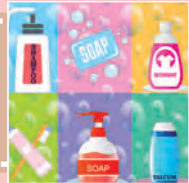
Till you don't leave Parigraha
how will u hold Parmatma's finger??



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



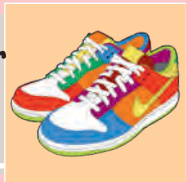
I will limit my upbhog-paribhog (toothpaste/oil/shampoo) for
 days a month.



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).



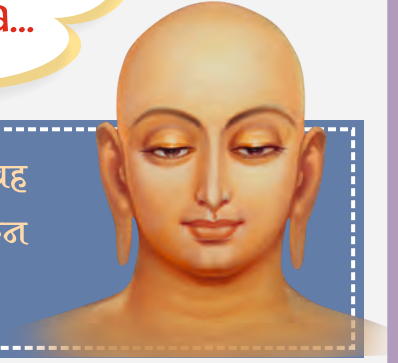
I will avoid eating my favorite food items for
 days a month (will eat whatever is served in plate).



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 छुं



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
નિવર્તુ ઇું

કુવિય પ્પમાણાઇક્કમે

ઘર વખરીની વસ્તુની મર્યાદાનું
ઉલ્લંઘન કર્યું હોય

Kuviya ppamaa- ñaaikkamè

Having crossed the set limit of
possessing household goods



SMART HOME

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

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 footsteps 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 26th 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 सुन्धिठाजी 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.

