

LOOK N LEARN

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आयंबिल तप

वी आराधना

करे कर्मो वी वी कंदुना

If she can even I can!





Chaitra Month
(चैत्र महिना)



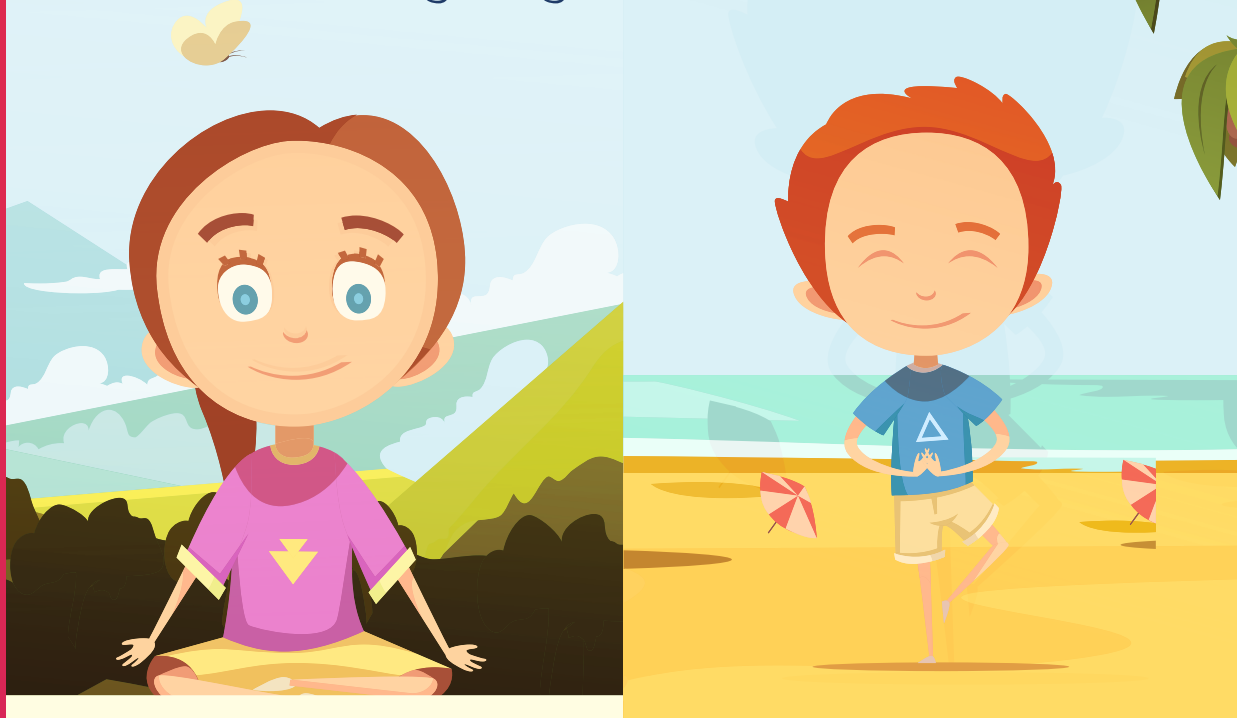
Aashwin Month
(अश्विन महिना)

आयंबील पावन तप त्यौहार हैं जो बसंत और शरद ऋतु में आता है। यह ९ दिन का पर्व साल में २ बार आता है। पहला पर्व चैत्र वद महीने की सप्तमी से शुरू हो कर पूर्णिमा को समाप्त होता है और दूसरा पर्व आसोवद महीने की सप्तमी से शुरू होकर पूर्णिमा को समाप्त होता है।

Aayambil oli is a pious tapp festival which is celebrated during Spring and Autumn months. It's a 9 day festival and comes twice a year. 1st festival starts from 7th day of the bright Chaitra month and ends on the last day of bright Chaitra month that is Purnima. 2nd festival starts from 7th day of bright Ashwin month and ends on the last day of Ashwin month that is again on Purnima.

The festival is all about having a healthy body and a healthy mind

इस त्यौहार का मुख्य हेतु... स्वस्थ शरीर और स्वस्थ मन



Conquer your taste bud...

जब चैत्र और अश्विन इन दो महीनों में ऋतुएं बदलती हैं तब हमारे शरीर में दोष, रोग उत्पन्न हो सकते हैं। इस त्यौहार से हमारा स्वास्थ्य स्वस्थ रहता है। ९ दिन के इस त्यौहार को रसपरित्याग तप भी कहते हैं। यह रसेन्द्रिय पर विजयी होने का त्यौहार है। आहार की लोलुपता और पसंद नापसंद रखने की इच्छा यह मनुष्य का सामान्य स्वभाव है, इस पर काबू पाना यानि यह पावन त्यौहार। यह वैज्ञानिक रूप से सिद्ध है कि इस समय आयंबिल भोजन करने से व्यक्ति स्वस्थ रहता है।

When the season changes in the Chaitra and Aashwin months, the body is likely to suffer from health issues. Hence performing rituals of this festival helps the body to be fit and fine. This festival is also known as Rasparityag tapp. It's a festival to conquer rasendriya, a craving for delicious food. It is scientifically proven that consuming Aayambil food during these times keeps one healthy.

- Gurubhakt Mehta Parivar

With inspiration of Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb



**Pujya Param Shree Saumyaji Mahasatiji
has completed 600+ Aayambil tapp**

Dhanya che Dhanya che

Kids, you must be wondering
how one can do Tapp for such a long period of time ?

Come , let us dive into the secrets of
Aaymbil Tapp, its benefits and
what regime is being followed by

Pujya Param Shree Saumyaji Mahasatiji

**Tapp no Jay Jay Kar...
Tapasvi no Jaykar!**



Dhanya che Dhanya che

600+
Ayambil Tapp
ni Anumodna



Children do you know... Pujya Param Mahasatiji **AVOIDED** the following food items during the 600+ days ongoing fast...



NO to Curd
for 600+ days



NO to Sugar
for 600+ days



NO to Ghee
for 600+ days



NO to Jaggery
for 600+ days



She also
said **NO to**
Fruits and Vegetables
for 600+ days



NO to Milk
and Milk products

It's difficult to do 600+ Aayambils! But it is easy to do anumodna and bind the same good karmas. So let us do Anumodna...

No.	Niyam	No. of days
1.	I can avoid milk and milk products for ___ days a week	
2.	I can avoid ghee/oil/butter for ___ days a week	
3.	I can avoid fruits/vegetables atleast on the days of Tithi	
4.	I can avoid any sweets or sugar/jaggery for ___ days a week	
5.	I can avoid eating junk food/hotel food for ___ days a month	

Dhanya che Dhanya che

600+
Ayambil Tapp
ni Anumodna



From 600+ days Pujya Param Mahasatiji
is only consuming the following food items in Gochari

हिंण काली मिर्च का उकाला



Asafoetida-pepper water

कडू करीयातु



Kadu kariyatu

दाल का पानी

Soaked dal water

मूँण का पानी



Moong water

रागी की राब



Nachni raab

बाजरे की रोटी

Bajra rotla

गेहु के खारखरे

Wheat kakhra

उडद दाल

Udad daal

चना दाल की रोटी

Chanadal roti

चावल का खिचु

Rice khichu

ढोकला

Dhokla

मूँण दाल चिल्ला

Moongdal chila

चना दाल पुडला

Chanadal pudla

चना मसाला

Chana masala

कुरमुरा

Rice flakes

पाँपकॉर्न (निरस)

Popcorn(flavorless)



Let us do Anumodna...

No.	Niyam
1.	I will try to have Aayambil food in my meals for <input type="text"/> days in a month
2.	I will atleast start my meals with having any Aayambil food items as my first bite for <input type="text"/> days in a month

Dhanya che Dhanya che

600+
Ayambil Tapp
ni Anumodna



How is Pujya Param Mahasatiji performing this pious tapp?

परम पूज्य महासतीजी यह पावन त्यौहार कैसे मना रहीं हैं?

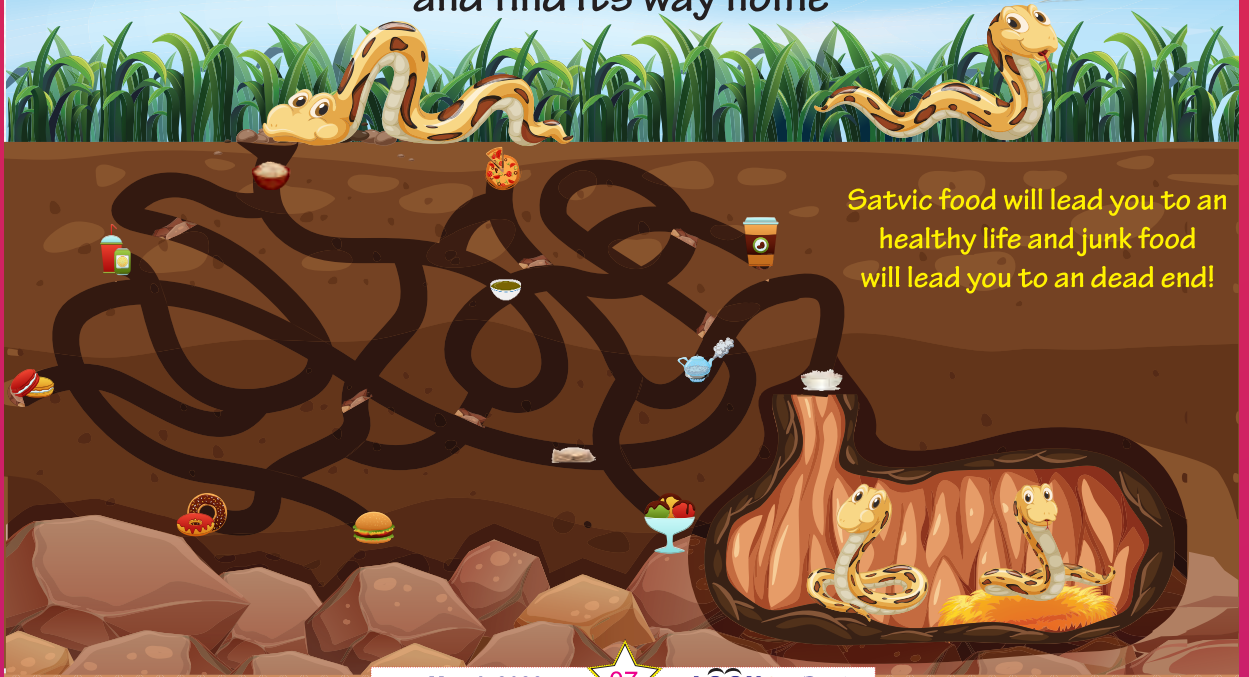
इस तप में परम पूज्य महासतीजी बिना मसाले, तेल आदि विणय के बिना भोजन दिन में एक बार, एक जगह बैठकर ग्रहण करती हैं और वे सिर्फ उबाला हुआ पानी ही ग्रहण करती हैं।

जब हम आचंबील तप करें तब यह ध्यान रखने की जैसे साँप अपने घर में यानि बिल में सीधा सरककर जाता है, वैसे ही हमारे मुख में यह सात्विक भोजन का प्रवेश होना चाहिए।

In this festival, Param Pujya Mahasatiji eats food without spices, oil or any type of vigay and only once during the day by sitting at one place. She drinks only boiled water.

When we do Aayambil tapp we should remember that, just like a snake that slides straight into its house(hole), similarly this Satvik food should go straight into our stomach. It means that the taste buds on the tongue should not matter and food should slide in easily.

Help the snake to select the Aayambil food
and find its way home



Dhanya che Dhanya che

Aayambil Tapp means bowing down to 9 Padd...

600+
Ayambil Tapp
ni Anumodna



Let us bow down in
reverence to
Pujya Param Mahasatiji
who is doing the
aradhana of the 9 padd.

9 days Aayambil oli is from...

29/3/2023 to 6/4/2023

Aayambil Oli is a very auspicious festival of the Jains . It signifies the importance of the Navpad. They hold immense importance and significance for a soul who wishes to be free from this endless cycle of birth and death.

The Navpad are...

Dev Tatva	Arihant Parmatma
	Siddha Parmatma
Guru Tatva	Acharyaji, Upadhyaji, Sadhu- Sadhviji,
Dharma Tatva	Samyak Darshan (Right Vision),
	Samyak Gnan (Right Knowledge),
	Samyak Charitra (Right Conduct) and
	Samyak Tapp (Right Penance)

Dhanya che Dhanya che

Aayambil a golden opportunity
to shed Karmas!

600+
Ayambil Tapp
ni Anumodna



पहला पद...1st Padd...

“नमो अरिहंताणं”
“हे अरिहंत परमात्मा!
आहार के प्रति मेरी
आसक्ति कम हो
ऐसी कृपा बरसाओ”

“**Namo Arihantanam**”

“Oh Arihant Parmatma!
please bless me so
that... I can reduce
my attachment
towards food”



दूसरा पद...2nd Padd...

“नमो सिद्धाणं”
“हे सिद्ध परमात्मा! मेरा
जीवन निष्पाप और
निःस्वार्थ बने
ऐसी कृपा बरसाओ”

“**Namo Siddhanam**”

“Oh Siddha Parmatma!
please bless me
so that... I can live
sinless and
selfless life”



तिसरा पद...3rd Padd...

“नमो आयरियाणं”
“हे आचार्य भगवंत!
स्व पर
नियंत्रण रखु
ऐसी कृपा बरसाओ”

“**Namo Aayariyanam**”

“Oh Acharya
Bhagwant! please
bless me so
that... I can control
myself”

Trace and Chant

Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam
Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam
Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam
Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam
Namo Arihantanam	Namo Siddhaanam	Namo Aayariyaanam

Dhanya che Dhanya che

आरोग्य के लिए
सुर्यकारक - आयंबिल

600+
Ayambil Tapp
ni Anumodna



चौथा पद... 4th Padd...

“नमो उवज्झयाणं”

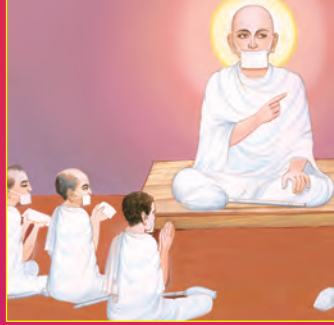
“हे उपाध्याय भगवंत!
मेरे अंदर का ज्ञान
प्रगट हो
ऐसी कृपा बरसाओ”

“Namo Uvajzayanam”

“Oh Upadhyay Bhagwant!

please bless
me so that...

Right Knowledge
emerges from within.”



पांचवां पद... 5th Padd...

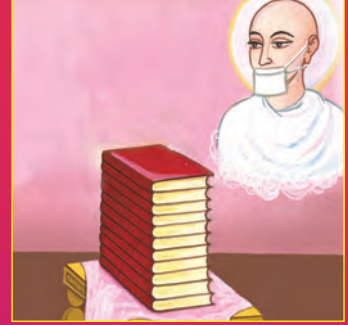
“नमो लोए सत्व साहूणं”

“हे साधु भगवंत!
मैं मोक्ष मार्ग के लिए
पुरुषार्थ करूं ऐसी
कृपा बरसाओ”

“Namo Loe Savva
Sahunam”

“Oh Sadhu Bhagwant!

please bless me so
that... I strive hard to
follow the path of Moksh.”



छठा पद... 6th Padd...

“नमो नाणस्स”

“हे परमात्मा!
आप जैसा सम्यक् ज्ञान
प्रगट हो
ऐसी कृपा बरसाओ”

“Namo Nannass...”

“Oh Parmatma!

please bless me so
that... I can tread on the
right path that leads
to the divine.”

Trace and Chant

Namo Uva jzayaanam	Namo Loe Savva Sahoonaam	Namo Nannass
Namo Uva jzayaanam	Namo Loe Savva Sahoonaam	Namo Nannass
Namo Uva jzayaanam	Namo Loe Savva Sahoonaam	Namo Nannass
Namo Uva jzayaanam	Namo Loe Savva Sahoonaam	Namo Nannass
Namo Uva jzayaanam	Namo Loe Savva Sahoonaam	Namo Nannass

Dhanya che Dhanya che

600+
Ayambil Tapp
ni Anumodna



अणाहारक पद
को प्राप्त कराए - आर्यंबिल



सातवाँ पद...7th Padd...

“नमो दंसणस्स”

“हे परमात्मा! आपके
जैसा सम्यक् दर्शन
प्रगट हो ऐसी कृपा
बरसाओ”

“Namo Dansanass”

“Oh Parmatma!
please bless me
so that... I get
Right Vision
like You.”



आठवाँ पद...8th Padd...

“नमो चरितस्स”

“हे परमात्मा!
आप के जैसे
सद्गुण प्रगट हो
ऐसी कृपा बरसाओ”

“Namo Charitassa”

“Oh Parmatma!
please bless me
so that...
I get Virtues
like You.”



नववाँ पद...9th Padd...

“नमो तवस्स”

“हे परमात्मा!
आप के जैसा
तपस्वी बनूं
ऐसी कृपा बरसाओ”

“Namo Tavassa”

“Oh Parmatma!
please bless me
so that... I can practice
rigorous penance/
austerities like you.”

Trace and Chant

Namo Dansanass	Namo Charitassa	Namo Tavassa
Namo Dansanass	Namo Charitassa	Namo Tavassa
Namo Dansanass	Namo Charitassa	Namo Tavassa
Namo Dansanass	Namo Charitassa	Namo Tavassa
Namo Dansanass	Namo Charitassa	Namo Tavassa

Dhanya che Dhanya che

पूज्य परम महासतीजी के साथ इस त्यौहार
का हिस्सा कौन बन सकता है?

600+
Ayambil Tapp
ni Anumodna



Who can be a part of this festival along with
Pujya Param Mahasatiji for performing this pious tapp?

सभी छोटे-बड़े, जैन और अजैन परम पूज्य महासतीजी के साथ
इस त्यौहार का हिस्सा बन सकते हैं।

All young and old, Jain-Non Jain can be a part of this festival
along with Param Pujya Mahasatiji.

- ♦ आयंबिल तप हमें पवित्र और शुद्ध बनाता है।
- ♦ इस तप साधना से अंतराय कर्मों का क्षय होता है।
- ♦ अजैन भी इस साधना को विश्वास और श्रद्धा से करते हैं।
धार्मिक और स्वास्थ्य की दृष्टि से यह सबसे श्रेष्ठ त्यौहार है।
- ♦ Aayambil tapp makes one pious and pure.
- ♦ It is the best aaradhna to shed Antaray Karma.
- ♦ Not only Jains but also Non-Jains perform this penance with faith.
- ♦ From the religious and health point of view it is the best tapp.

यह तप साधना तिथी के दिनों में भी कर सकते हैं
Aayambil can be performed on Tithi days as well



-Gurubhakt
Svayam Hardik Desai

★ Benefits of doing Aayambil

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Ayambil Tapp
ni Anumodna



Mental Benefits मानसिक लाभ

- मन शुभ भाव में रहता है
- इंद्रियोपर विजय और आहार की आसक्ति कम हो जाती है
- संकल्प प्रबल होता है
- क्रोध पर नियंत्रण ला सकते हैं। क्रोध को वश में करने से मन सहज और शांत होता है
- मन और शरीर की तारतम्यता बढ़ती है
- It helps the mind to be in "Shubh Bhaav"
- Achieves control over senses and gains victory over taste buds
- Determination becomes strong
- Helps to control anger which in turn keeps the mind relaxed and peaceful
- Helps us to maintain harmony between body and mind



Dhanya che
Dhanya che

-Gurubhakt
Vatsal Rajesh Kothari

Dhanya che Dhanya che

Benefits of doing Aayambil

600+
Ayambil Tapp
ni Anumodna



Spiritual Benefits आध्यात्मिक लाभ

आंतरिक शक्ति
बढ़ती है

Our inner
strength
increases

मन पर संयम
आता है

Increases
self control

रसेन्द्रिय पर
नियंत्रण

Control over
sense of taste

Aayambil cleanses

the body and mind

and hence makes one healthy

and free from all ailments!

उच्च गौत्र कर्म
का बंध होता है

One can bind
Unch Gotra
Karma

अनंता जीवो को
अभयदान मिलता है

Helps to give
Abhaydaan
to infinite jivas

अंतराय कर्म के
क्षय से जीवन की
बाधाएँ दूर होती है

Reduces obstacles
in life as our
Antray Karma
is shed



-Gurubhakt

Aryan Virani,

Aashi Virani,

Dhriti Virani &

Neil Batavia, Rian Batavia



Dhanya che Dhanya che

Benefits of doing Aayambil



रसेन्द्रिय को जीत ले

An Aayambil when done regularly, surely keeps the doctor away!

Physical Benefits

Elimination of sugar
controls Diabetes

Improves
Kidney function

Control Thyroid

Refraining from ghee
and oil improves Cholestrol

It helps the liver to
function well

It improves digestion



शारीरिक लाभ

शक्कर के त्याग से मधुमेह
को नियंत्रित करता है।

किडनी की
कार्यक्षमता बढ़ाता है

थायरॉईड
संतुलित करता है

घी और तेल का त्याग
कोलस्ट्रॉल संतुलित करता है

लिवर अच्छे से कार्य करता है

पाचन शक्ति बेहतर होती है

-Gurubhakt Aarush Meghani & Krea Doshi
Haste Chetanaben Rajeshbhai Meghani





Kids can you imagine... it is so difficult to give up all your favourite food, tasty food and your taste bud for such a long period of Tapp? it's very difficult isn't it? can you give up?

Dhanya che Dhanya che

Can you do anumodna and leave **1 of your favourite food** item for a year?
Are you all ready? So come on let us take Pachchkhan...
Join your hands and select any 1 item that you choose to leave for the next 1 year and recite the following Pachchkhan!

TYAG Menu

!! Pachchkhan !!

For 1 year I choose to leave

‘धारणा अनुसार प्रत्याख्यान

तरस भंतै

पडिक्कमामी

निंदामि गरिहामि

अप्पाणं वोसिरेह = वोसिरामि’

(बच्चों आप सभी की हम अनुमोदना करते हैं!)



If you are unable to take Pachchakhan
for a year then try to do tyag of one vigay per day...

EASY! Come let us do it!

Dhanya che Dhanya che



Oil



curd



Jaggery



Ghee



Sugar



Milk



Milk products



Honey



Dhanya che Dhanya che

600+
Ayambil Tapp
ni Anumodna



As we know that It's difficult to do 600+ Aayambil
But it is very easy to do anumodna isn't it children?
So let us do Anumodna... are you ready?

Below are few more easy steps which will help you to do Anumodna of
Puja Param Mahasatiji... Let us not miss a single chance of Anumodna and
try to follow the below points as much as we can do. Also kids inspire your
family and friends also to follow them... WHY? as that is also a part of Anumodna...



the once which inspires you to do

Eat Aayambil food once in a week

Give donations in Aayambil shala

Chant mala of 9 padd

Do tapp like Navkarshi, Chauvihar, Maun etc..

Serve the Aayambil/any Tapasya aaradhaks

Do seva of Aayambil/any Tapasya aaradhaks

Song Tune : ओणी आर् ओणी आर् हेओ ओणी आर् रे

ओणी आर्, ओणी आर्,
हेओ आर्ओल ओणी आर् रे...

हेओ हेओ अरिहंतओ, सिधओ है,
साथ में आर्ओओ, उपाध्याओ,

साधु-साधुओ है, साथ में दर्शन,

ज्ञान, चारिओ और तप के गुण भी है,

हेओ हेओ विगर् क त्वाग है,

हेओ हेओ मग, ढाल, भात है,

साथ में र्दली, ढेसा, यण है,

ओणी आर् ओणी आर्,

हेओ आर्ओल ओणी आर् रे...



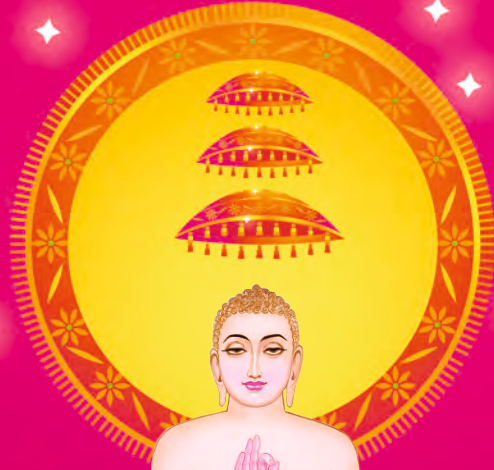
राष्ट्रसंत परम गुरुदेव
श्री नम्रमुनि महाराज साहेबना सांनिध्ये

पावनधाम-डांडिवलीना सांगणे

"आर्ओल आराधना
स्वाढ मुक्ति अवसर"

29th March - 06th April, 2023





Parmatma
Shree Mahavir Swami
Janma Kalyanak
4 - 4 - 2023



Let us pray
 Parmatma Mahavir...
 To bless us with a life
 of non-violence,
 compassion and kindness
 like Him!

Mahavir Janma Kalyanak is one of the main festivals of Jains. This is the birth anniversary of our Bhagwan Mahavir. We celebrate this festival with great devotion.

According to Jain and Hindu Lunar Calendar Mahavir janma kalyanak falls on the 13th day of the bright half of the month of Chaitra.

An moment to relive the Param Upkar!

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