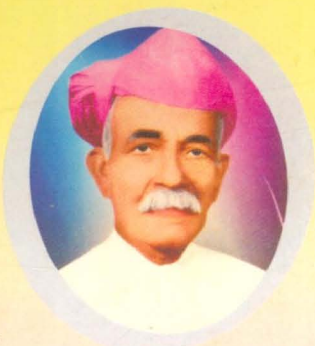


You Know
Jainism



Edited by : Mrs. Parul Bagrecha





स्व. नंदरामजी बागरेचा स्व. बाबुलालजी बागरेचा

की पुण्य स्मृति में



राजवंती बागरेचा

प्रतिष्ठान

बागरेचा इस्टेट



एम-9, पहली मंजिल, ट्रेड सेन्टर, 18, साऊथ तुकोगंज (समोशरण के सामने), इन्दौर
फोन : (0731) 3093242 (ऑ.), 4029733 (घर), मो. : 9302104594

बाऊण्डी केच-अप

219, म.गा. मार्ग, मल्हारगंज थाने के सामने, इन्दौर
फोन : 2451141, मो. : 9300656479

You Know **Jainism**

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Acharya Bhagwant
Navratna Sagar Surishwarji Maharaja

Compiled & Edited by :
English Translator & Commentator
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Co-operation :
Mr. Kapil Bagrecha

Publisher :
Bagrecha Family
294, Kalani Nagar, Indore (M.P.)



EDITION :

First Edition, 3000 Copies

AVIALABLE AT :

1. Ashok Bagrecha

294, Kalani Nagar,
Behind Sanchi Point, Indore
Tel. : 2621543

2. Indra Kumar Jain

3, Mahaveer Bag Colony,
Airport Road, Indore
Tel. : 2411705

3. Abhay Bagrecha

808, Sudama Nagar,
Opp. Vishvakarma Nagar,
Water Tank, Indore
Tel. : 4029733

PRICE : 10 /-

PRINTER :

M.B. Offset Printers

285, M.G. Road, Indore

Mob. : 98932-88524

धर्म प्रेमी सुश्राविका श्री पारुल बहिन बागरेचा, इन्दौर धर्मलाभ !

हिन्दी भाषा से अनभिज्ञानों के लिए धार्मिक
ग्रंथों के ज्ञान हेतु आप जो प्रयास कर रही हो वह
स्तुत्य है और अभिनन्दनीय है। आपका प्रयास
सफल हो और आगे भी सम्यग् ज्ञान का प्रकाश
फैलाने में आपकी शक्ति का विकास हो, इसी मंगल
कामना के साथ नवरत्नसागर का धर्मलाभ !

नवरत्नसागरजीम.सा.

वर्तमान की विलासिता भरे आधुनिक युग में जहाँ धर्म, संस्कार, संस्कृति को हाशिए पर ला दिया है। भोग-भौतिकता के विष चक्र में उलझता मानव शांति एवं सुख को न तो खोज पा रहा है न ही समझ पा रहा है। ऐसे व्यक्ति जिन्हें धर्म की प्रारंभिक जानकारी हासिल करनी है विशेष कर अंग्रेजी माध्यम से शिक्षा ले रहे बालकों को इस बुक से अभ्यास कराना धर्म की श्रेष्ठ सेवा होगी।

धर्म, अध्यात्म, शांति ये सभी प्रभु महावीर के बताये हुए मार्ग में समाए हुए हैं। आवश्यकता है धर्म की गहराई में जाकर सत्य को प्राप्त करने कि... ऐसी पुस्तक हमें बराबर मार्ग दिखाया करेगी, यह निश्चित है।

विश्वरत्नसागरजी म.सा.

“पूर्व दिशा से सुनहरी रश्मियों के रथ पर स्वर्ण ध्वजा झलकाते हुए उदीयमान सूर्य के साथ उदित होते ही सम्पूर्ण विश्व में जीवन संचारित होते लगता है। ऐसे उदीयमान सूर्य के साथ उषा के आँचल में पुष्पित कमल एवं प्रस्फुटित होती कलियों को पूर्णता प्रदान करने के लिए जैन धर्म व संस्कारों का सहयोग महत्वपूर्ण है।”

‘शस्त्र की पहचान धार से, वस्त्र की पहचान तार से’ ठीक उसी प्रकार सत्त्वपुरुष की पहचान उसके धार्मिक संस्कारों से होती है।

जिस गुरु के कलाकार हाथों ने इस अनघड़ प्रस्तर जीवन को शिक्षा की छैनी से तराशा और रत्नेह का सम्बल प्रदान कर सवांरा, अपने तेजीदीप्त आभा-मण्डल से निःसृत ऊर्जा का संचार का म्रणमय मूर्ति में प्राण प्रतिष्ठा की, अपनी साधना का संस्कार ढेकर पत्थर में प्रभु की शक्ति जगाई। उन महान गुरु.....

नवरत्न सागरजीम. सा. को सादर समर्पित

पारुल बागरेचा

जैन धर्म शब्द का अर्थ

जिनो देवता यस्य सः जैनः ।

जिनके भगवान् जिनेश्वर हैं उन्हें जैन कहा गया है। अथवा 'जिनस्य अपत्यम्' जिनेश्वर की संतान जैन कहलाती है।

जैन धर्मानुसार राग, द्वेष, क्रोध, मान, माया, लोभ आदि भाव शत्रुओं को जीतने वाले 'जिनेश्वर' कहलाए हैं और धर्म-मनुष्य के स्वभाव में रहे हुए परमानन्द पाने की इच्छा का आविर्भाव है।

अर्थात् जिनेश्वरों ने जैसे प्रवृत्तमान किया वह जैन धर्म है।

जैन धर्म के सिद्धांतों में अहिंसा की प्रधानता होने से यह धर्म दुनिया के श्रेष्ठ धर्मों में से प्रथम पंक्ति में आता है। अहिंसा के कारण इस धर्म की कीर्ति पताका न सिर्फ मनुष्यों में बल्कि पशु-पक्षियों में भी व्याप्त है।

जैन शास्त्रों ने समय के दो भाग बताए हैं, पहला उत्सर्पिणी और दूसरा अवसर्पिणी।

उत्सर्पिणीकाल एवं अपसर्पिणी काल में छह-छह आरे होते हैं एवं वे दश कोड़ा-कोड़ी सागरोपम (एक गणित) की एक सर्पिणी होती है। याने उरसर्पिणी और अवसर्पिणी मिलकर बीस कोड़ा-कोड़ी सागरोपम के काल को एक कालचक्र कहा गया है।

उत्सर्पिणी में बल, बुद्धि, आयु, देहमान, दिन प्रतिदिन बढ़ते हैं एवं अवसर्पिणी काल में क्षीण होते हैं। अभी अवसर्पिणी काल चल रहा है। अवसर्पिणी या उत्सर्पिणी में छह-छह आरे युग होते हैं। अभी अवसर्पिणी काल चल रहा है उसके छह युग के नाम भी जैन शास्त्रों में बताए हैं-

1. सुषम सुषम

2. सुषम

3. सुषम दुषम

4. दुषम दुषम

5. दुषम

6. दुषम सुषम

जब यह अवसर्पिणी पूर्ण हो जाएगी तब पुनः उत्सर्पिणी प्रारंभ होगी याने अवसर्पिणी-उत्सर्पिणी ऐसे कालचक्र घूमते ही रहेगा।

सागरोपम का गणित भी जैन शास्त्रों में बताया है वह असंख्य वर्षों का होता है, ऐसे दस कोटा-कोटी सागरोपम याने 10×10 कोटी सागरोपम का एक सर्पिणी काल होता है। इस दृष्टि से यही मानना होगा कि सृष्टि अनादि है।

Preface

Preface →

I sincer thanks to Mr. Ashok Bagrecha & Mr. Abhay Bagrecha his always encouragement gave me inspiration to write this book in English.

To educate younger generation who most offenly excuse themselves of not knowing much of mother tongue and avoid reading religious book this book will serve as a initiation point

Icannot dare to miss this oppurtunity to express my sincere thanks to my near and dear ones parents brother &sister my grand mother and my husband mr. Kapil bagrecha is business man paper tube industry automatic plant for extending his valuable suggestions and advice in the course of this work.

Once again I express my most humble and respectful saluation into the feet of the profound saint navratnasagarji and his most renowed disciple saint vishvaratnasagarji without these most valuable blessings, I would have failed in this assignment and I am greaty thankful to him for such blessings.

Introduction of Parul Bagrecha



Introduction of Parul Bagrecha

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28 ← Ek Shyam Mahaveer K Naam

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32 ← Meaning

Some Importance Preaches

- 1) "The disciple, winning the Guru's grace and blessings become great.
- 2) Never shall he bow his head in supplications, who has in him tree. MS : Mana [Pride], Maya [Illusion] and Moha [Infatuation].
- 3) Not till one has had the glimpse of jineshwar can one realise the self in the glimpse of a jina.
{supreme victor of all soul - binding weakness and vices} is the glimpse of the soul.
- 4) All miseries are self - invited.
- 5) The truths Propounded by the Teerthankars, are eternal.
- 6) Activities in accordance with the divine dicatates and lows, lead to the self - development.
- 7) Bitter is the sea of the wordly life sweet and clean in the lake of devotion.
- 8) The revelation of the self springs forth only when one's inner being brims with the spirit of complete surrender.
- 9) The drama enacted in myriad poses and roles before God has in it the strength of putting a full-stop to the cleanless sequence of the plays of countless.

Cycle of Previous Briths

- 10) Be in close vicinity of the one who is absolutely free.
- 11) The dress changes not the body similarly the body changes not the soul.
- 12) He that knows the value of time is in the know of everything.
- 13) He who has no patience and valour mars the thing taking a snape. He who has no generosity is poor. He who has no depth is like a pool of dirty water.
- 14) As is your inner feeling and thinking so is your next life it is the reflection that makes or mars your life.
- 15) Self perception is essential in order to reach the goal.
- 16) None else is responsible for any living beings condition it is all self invited.
- 17) The good tendencies or thoughts do have their fruits, but the fruit of the bed doing or activity is bound to be borne.
- 18) If we fail to realise the goal of life before embracing death, then our life as man is lost without having served its purpose.

- 19) A true companion and counsellor never gets himself entwined in any fetters on the contrary, he helps others to break the knots of bondage.
- 20) A sadhu in the grip of kashaya's and with a heart seething with disturbance shall not be able to promote peace in the world.
- 21) "Michchhami Dukkadam" I apologise for the misdeeds. done: these words alone in absence of the heart felt penitence shall not free a person.



NAVKAR-MANTRA

NAMO ARIHANTAANAM.
NAMO SIDHHAANAM.
NAMO AAYARIYAANAM.
NAMO UVAJHAYAANAM.
NAMO LOE SAVVA SAHUNAM.

Aiso Panch Namokaro,
Savy Paavapp NaasNo,
Mangalaa Nam Cha Savvesinh
Padhmam Havai Manglam.

M E A N S

Bow to all Arihantas of universe.

Bow to all Siddhas of universe.

Bow to all Preceptors of universe.

Bow to all Upadhyayas of universe.

Bow to all Sadhus of universe.

It means it is the first incantation among all incantations, which finishes all sins of human beings; it is the first rejoicing of all rejoicings. Therefore every body must chant this incantations for well begin.

Sentences & Letters

In Natural Navkar Incantation

Number of sentences = 9

Number of letters = 68

उच्चारण

अ = a,	आ = aa,	इ = i	ई = ee	उ = u
ऊ = oo	ग = g	झ = G	ट = T	ल = t
ण = N	न = n	स = s	ष = s	श = sh

Que. 1. What is NAVKAR Mantra ?

Ans. 1. NAVKAR Mantra is a prayer of God. At the time of chanting this mantra we learn Arihant, Siddh, Acharya, Upadhyaya, Sadhu, it is a revered mantra.

Arihantas :- They are the perfect souls who have conquered all the ill-wills with all the 12 goon.

Siddhas :- They are the pure souls who have destroyed all the eight "Karm" by meditation power and have attained "Siddhgati" they are 8 goon.

Acharya :- An Acharya is a head monk of the group of monks they are 36 goon.

Upadhyayas :- An upadhyaya is the reader of holy scriptures, who learns himself and teaches other monks they are 25 goon.

Sadhus :- A sadhu is a pious personality who has willingly freed single word from all pleasures and passion. He always studies scriptures and meditation they are 27 goon.

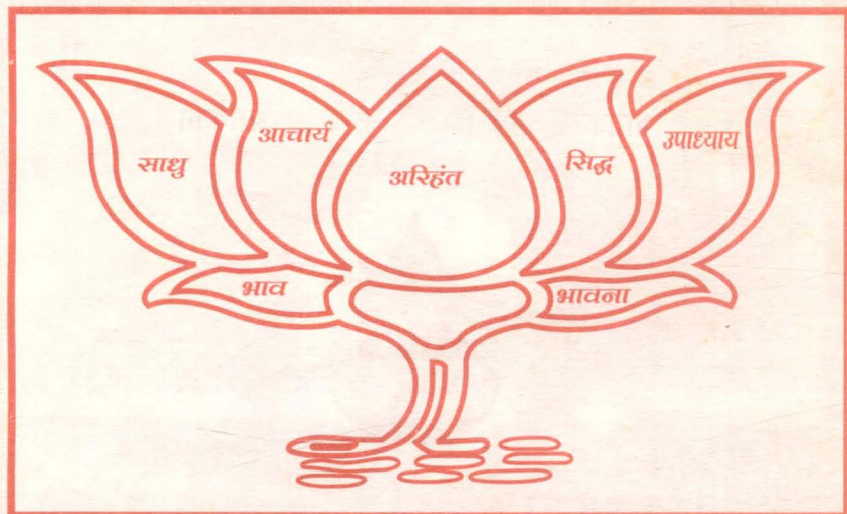
On chanting of NAVKAR incantation, we gain peace, harmony and purity of thoughts. We should chant NAVKAR incantation at least 27 times.

MERITS OF PARMESHTHI

They are always at top as they have great qualities in terms of soul. Everybody bows to them. Here everybody means person like king, Indra and many others.

KIND OF PARMESHTHI

Arihant, Siddh, Acharya, Upadhyayas, Monks are called Panch-Parmeshthi



जिन मंदिर

जिन विंब

जिनागम

साधु

साध्वी

श्रावक

श्राविका





डंडासन
व मोक्षडंड



कामली



कपड़ा



रजौहरण



आसन



संथारो



सुपड़ी व पुंजणी



चरवली



ढवणी



स्थापनाचार्य



धर्मग्रन्थ



तर्पणी



नवकारवाली

TIRTHANKARAS

Tirthankaras are great preachers of the religious order; they always think and muse all time of welfare of others. As a result of this they attain this status. They have five celebration in their lives These are.

1. Chywan



Kalyanaka

2. Janma

-



Kalyanaka

3. Diksha



Kalyanaka

4. Keval Gyan

-



Kalyanaka

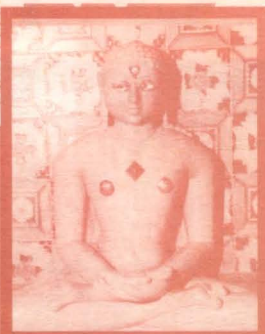
5. Moksha



Kalyanaka

Tirthankaras are famous noble personalities. They are great preachers of the religious order. They follow the right path to achieve salvation. They have five celebration in their lives. They are 24 in numbers.

Introduction of Thirthankaras



1. ADINATHJI

Father's Name	- Nabhi Raja
Mother's Name	- MaroDevi
Complexion	- Kanchan (Survarn -yellow)
Birth Place	- Ikshavaku Bhoomi
Height of Body	- 500 Dhanush(bow)
Diksha City	- Ayodhya
Emblem	- Bullock
Moksha Bhumi	- Astapad Parvat
Son's No.	- 100 Son's
Daughter's No.	- 2 Daughter's

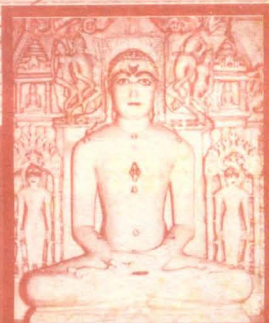


2. AJITNATHJI

Father's Name	- Jitshatru
Mother's Name	- Vijayrani
Complexion	- Kanchan (Suvarn -Yellow)
Birth Place	- Ayodhya
Height of Body	- 450 Dhanush(bow)
Diksha City	- Ayodhya
Emblem	- Elephant
Moksha Bhumi	- Sammet Shikharji
No. of Sages	- 1 Lacs (1,00,000)
No. of Sadhviji	- 3 Lacs 30 Thousand (3,30,000)

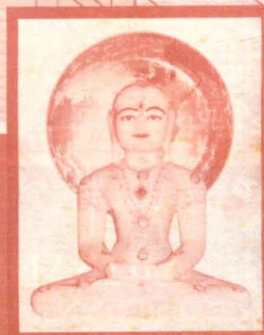
3. SAMBHUNATHJI

Father's Name	-	Jitari Raja
Mother's Name	-	Senanai Rani
Complexion	-	Kanchan(Survarn -Yellow)
Birth Place	-	Shravasti
Height of Body	-	400 Dhanush(bow)
Diksha City	-	Shravasti
Emblem	-	Horse
Moksha Bhumi	-	Sammet Shikharji
No. of Sages	-	2 Lacs (2,00,000)
No. of Sadhviji	-	3 Lacs 36 Thousand (3,36,000)



4. ABHINANDANJI

Father's Name	-	Sanvar
Mother's Name	-	Sidhartha Devi
Complexion	-	Kanchan (Yellow)
Birth Place	-	Ayodhya
Height of Body	-	350 Dhanush(bow)
Diksha City	-	Ayodhya
Emblem	-	Monkey
Moksha Bhumi	-	Sammet Shikharji
No. of Sages	-	3 Lacs (3,00,000)
No. of Sadhviji	-	5 Lacs 30 Thousand (5,30,000)



5. SUMITINATHJI

Father's Name	- Meghrath
Mother's Name	- Mangra Devi
Complexion	- Kanchan (Yellow)
Birth Place	- Ayodhya
Height of Body	- 300 Dhanush(bow)
Diksha City	- Ayodhya
Emblem	- Curlew
Moksha Bhumi	- Sammet Shikharji
No. of Sages	- 3 Lacs 20 Thousand (3,20,000)
No. of Sadhviji	- 5 Lacs 30 Thousand (5,30,000)



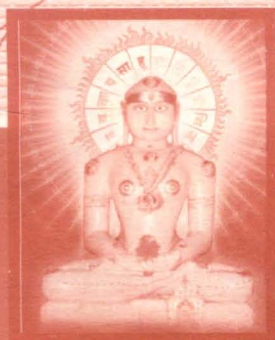
6. PADAMPRABHJI

Father's Name	- Shridhar
Mother's Name	- Susima Devi
Complexion	- Red
Birth Place	- Koushimb
Height of Body	- 250 Dhanush(bow)
Diksha City	- Koushimb
Emblem	- Red lotus
Moksha Bhumi	- Sammet Shikharji
No. of Sages	- 3 Lacs 30 Thousand (3,30,000)
No. of Sadhviji	- 4 Lacs 20 Thousand (4,20,000)



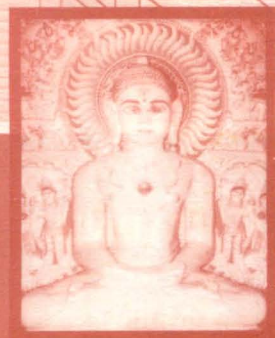
7. SUPARSHVNATHJI

Father's Name	-	Pratistha
Mother's Name	-	Prathvi Devi
Complexion	-	Kanchan (Yellow)
Birth Place	-	Varanasi
Height of Body	-	200 Dhanush(bow)
Diksha City	-	Varanasi
Emblem	-	Swastik
Moksha Bhumi	-	Sammet Shikharji
No. of Sages	-	3 Lacs (3, 0,000)
No. of Sadhviji	-	4 Lacs 30 Thousand (4,30,000)



8. CHANDAPRABH

Father's Name	-	Mahasen
Mother's Name	-	Lahsmana Devi
Complexion	-	White
Birth Place	-	Chandrana
Height of Body	-	150 Dhanush(bow)
Diksha City	-	Shasamravan
Emblem	-	Crescent
Moksha Bhumi	-	Sammet Shikharji
No. of Sages	-	2 Lacs 50 Thousand (2,50,000)
No. of Sadhviji	-	3 Lacs 80 Thousand (3,80,000)



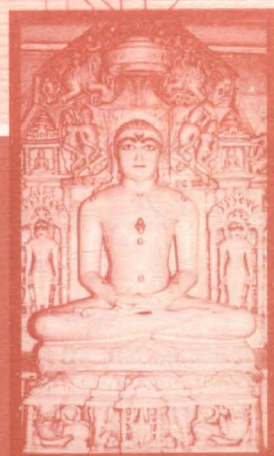
9. SUVIDHINATHJI

Father's Name	-	Sugriva
Mother's Name	-	Ramarani
Complexion	-	White
Birth Place	-	Kakandi
Height of Body	-	100 Dhanush(bow)
Diksha City	-	Kakandi
Moksha Bhumi	-	Sammet Shikharji
No. of Sages	-	2 Lacs (2,00,000)
No. of Sadhviji	-	1 Lacs 20 Thousand (1,20,000)



10. SHITALNATHJI

Father's Name	-	Drandrath
Mother's Name	-	Nandarani
Complexion	-	Kanchan (Yellow)
Birth Place	-	Madrilpur
Height of Body	-	60 Dhanush(bow)
Diksha City	-	Madrilpur
Emblem	-	Wish-yielding tree
Moksha Bhumi	-	Sammet Shikharji
No. of Sages	-	1 Lacs (1,00,000)
No. of Sadhviji	-	1 Lacs 06 Thousand (1,06,000)



11. SHREYANSNATHJI

Father's Name	-	Vishnu
Mother's Name	-	Vishnudevi
Complexion	-	Kanchan (Yellow)
Birth Place	-	Shingpur
Height of Body	-	80 Dhanush(bow)
Diksha City	-	Shingpur
Emblem	-	Rhinoceros
Moksha Bhumi	-	Sammet Shikharji
No. of Sages	-	84 Thousand (84,000)
No. of Sadhviji	-	1 Lacs 03 Thousand (1,03,000)



12. VASUPUJYAJI

Father's Name	-	Vasupujya
Mother's Name	-	Jayadevi
Complexion	-	Red
Birth Place	-	Champapuri
Height of Body	-	70 Dhanush(bow)
Emblem	-	Buffalo
Diksha City	-	Champapuri
Moksha Bhumi	-	Champapuri
No. of Sages	-	72 Thousand (72,000)
No. of Sadhviji	-	1 Lacs (1,00,000)



13. VIMALNATHJI

Father's Name	-	Kratverm
Mother's Name	-	Shyamdevi
Complexion	-	Kanchan
Birth Place	-	Kampilyapur
Height of Body	-	60 Dhanush(bow)
Diksha City	-	Kampilyapur
Emblem	-	Pig
Moksha Bhumi	-	Shikharji
No. of Sages	-	68 Thousand (68,000)
No. of Sadhviji	-	1 Lacs 08 Thousand (1,08,000)



14. ANANTHANATHJI

Father's Name	-	Shingsen
Mother's Name	-	Suyasharani
Complexion	-	Kanchan
Birth Place	-	Ayodhya
Height of Body	-	50 Dhanush(bow)
Diksha City	-	Ayodhya
Emblem	-	Procupine
Moksha Bhumi	-	Shikharji
No. of Sages	-	66 Thousand (66,000)
No. of Sadhviji	-	62 Thousand (62,000)



15. DHARAMNATHJI

Father's Name	-	Bhanu
Mother's Name	-	Suvratarani
Complexion	-	Kanchan
Birth Place	-	Ratanpur
Height of Body	-	45 Dhanush(bow)
Diksha City	-	Ratanpur
Emblem	-	Thunder bolt
Moksha Bhumi	-	Shikharji
No. of Sages	-	64 Thousand (64,000)
No. of Sadhviji	-	62 Thousand (62,000)



16. SHANTINATHJI

Father's Name	-	Vishnuvasen
Mother's Name	-	Achirarani
Complexion	-	Kanchan
Birth Place	-	Hastinapur
Height of Body	-	45 Dhanush(bow)
Diksha City	-	Hastinapur
Emblem	-	Deer
Moksha Bhumi	-	Shikharji
No. of Sages	-	62 Thousand (62,000)
No. of Sadhviji	-	61 Thousand 6 Hundred (61,600)



17. KUNTHUNATHJI

Father's Name	-	Svarsen
Mother's Name	-	Shrirani
Complexion	-	Kanchan
Birth Place	-	Hastinapur
Height of Body	-	35 Dhanush(bow)
Emblem	-	He-goat
Diksha City	-	Hastinapur
Moksha Bhumi	-	Shikharji
No. of Sages	-	60 Thousand (60,000)
No. of Sadhviji	-	60 Thousand 6 Hundred (60,600)



18. ARAHNATHJI

Father's Name	-	Sudarshan
Mother's Name	-	Devirani
Complexion	-	Kanchan
Birth Place	-	Hastinapur
Height of Body	-	30 Dhanush(bow)
Diksha City	-	Hastinapur
Emblem	-	Nandavarth
Moksha Bhumi	-	Shikharji
No. of Sages	-	50 Thousand (50,000)
No. of Sadhviji	-	60 Thousand (60,000)



19. MALINATHJI

Father's Name	-	Kumbh
Mother's Name	-	Prabhavatirani
Complexion	-	Blue
Birth Place	-	Mithila
Height of Body	-	25 Dhanush
Diksha City	-	Mithila
Emblem	-	Water-pot
Moksha Bhumi	-	Shikharji
No. of Sages	-	40 Thousand (40,000)
No. of Sadhviji	-	55 Thousand (55,000)



20. MUNISUVRATHJI

Father's Name	-	Sumitr
Mother's Name	-	Prabhavatirani
Complexion	-	Shyam
Birth Place	-	Rajgrahi
Height of Body	-	20 Dhanush(bow)
Diksha City	-	Rajgrahi
Emblem	-	Tortoise
Moksha Bhumi	-	Shikharji
No. of Sages	-	30 Thousand (30,000)
No. of Sadhviji	-	50 Thousand (50,000)



21. NEMINATHJI

Father's Name	-	Vijay
Mother's Name	-	Vaprarani
Complexion	-	Shyam
Birth Place	-	Mithila
Height of Body	-	10 Dhanush(bow)
Diksha City	-	Mithila
Emblem	-	Blue-lotus
Moksha Bhumi	-	Shikharji
No. of Sages	-	20 Thousand (20,000)
No. of Sadhviji	-	41 Thousand (41,000)



22. NEMINATHJI

Father's Name	-	Samudra Vijay
Mother's Name	-	Shivadevii
Complexion	-	Kanchan
Birth Place	-	Suryavat
Height of Body	-	15 Dhanush
Diksha City	-	Dwarika
Emblem	-	Conch- shell
Moksha Bhumi	-	Girnar
No. of Sages	-	18 Thousand (18,000)
No. of Sadhviji	-	34 Thousand (34,000)



23. PARSHVANATHJI

Father's Name	-	Akshvsn
Mother's Name	-	Vayadevi
Complexion	-	Blue
Birth Place	-	Varanasi
Height of Body	-	9 Hath(hand)
Diksha City	-	Varanasi
Emblem	-	Serpent
Moksha Bhumi	-	sammetShikharji
No. of Sages	-	16 Thousand (16,000)
No. of Sadhviji	-	38 Thousand (38,000)



24. MAHAVEERJI

Father's Name	-	Sidhnath
Mother's Name	-	Trishtarani
Complexion	-	Kanchan
Birth Place	-	Varanasi
Height of Body	-	7 Hath(hand)
Diksha City	-	Shatriyakund
Emblem	-	Lion
Moksha Bhumi	-	Pavapuri
No. of Sages	-	14 Thousand (14,000)
No. of Sadhviji	-	36 Thousand (36,000)



Tirthankar Stuti

(The Pray of God)

"Darshan kare naina mere pal pal mere pawan
bane is kar ugal say may sada vitrag ki seva karu aisay
prabhu shri adhi jin ko bhav say vandon karu."

"Pal pal mere her roam say her saans may
prabhu tum raho jivan ke antiam saans tak mere
hrdaya may prabhu tum raho hai swami param dayalu
mere ek hai bas yachna kar do daya ab naa pade
sansaar may aur nachana."

"Naino mein shanti hai assim mudra bhein shat
prashant hain

Sansaar k santaap sein say prabhu dil mera
ashant mein param shanti pane ko prabhu shanti k
darshan karo aisay prahu shri shanti jiin ko bhaav say
vandan karo."

Some Most Important Tirath of Jain Religion

- 1) Shatrunjay (Palitana)
- 2) Shikharji
- 3) Girnarji
- 4) Shankeshwarji
- 5) Nageshwarji
- 6) Nakodaji
- 7) Ranakpurji
- 8) Keshriyaji
- 9) Bhopawarji
- 10) Hastinapurji etc.

Some Most Important Preceptars (Guru)

1. Gautam Swamiji
2. Sudharma Swamiji
3. Hribhadra Suri
4. Sidhsen Suri
5. Hemchandra Suri
6. Heer Suri
7. Vajra Swamiji
8. Aryarkshhet Suri

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Some Most Important Jain Festivals

1. Paryushan
2. Mahaveer Janma Kalyanka
3. Mahaveer Nirvaan (Deepawali)
4. Gyan Panchmi
5. Maun Akadshei

Rules and Regulations of Jain Religion

1. Radish, Onion, Potato, Ginger all the Jamikands (Amorphophallus Campanulatus) are so many beacterias presnet we can not seen because it's very little we can see only by microscopes and jain religions holy books monk also preach to us we have avoid to Jamikand if we take Jamikand so we have increase the our sin.
2. Do not use infiltrated water at home for drinking, gargeing bathing and other any use the germs which are developed in water cannot be sen by naked eye.

The Jain religions holy book & monk also preach to us we have avoid to unfiltered water.

Scientiest always says do not use unfiltered water because it's very little & many becterious are present the unfiltered water consumed by people become susceptible to very dangerous disease.

3. Abondonment of eating in night.

PRABHU - DARSHAN

Wake up at 6 in the morning and chant **NAV KAR** mantra for 3 times. First bow (Touch Feet) to your elders & say "JAY-JINENDRA" after going brushing teeth & bathing go to temple for Jinendra Darshan carrying akshat eight types of worships goods with you. It is good not to go to temple wearing silk saree, shoes, leather things and putting lipstick on. Wash your hand and feet before entering the temple and say Nihsahi three times while walking in it means no odd thoughts should come in ones mind and if at all it is there , then before Prabhu- Darshan it must be removed from within

No sooner you see Dev start recting "**Namo Jinanam**" and put your feet, hands and forehead on floor and fold both your hands. After chanting Navkarmatra take 3 rounds of rounds god then vedi and white doing Prabhu Darshan Sukh Sampda Stuti chanting.

Again bow as earlier wash your hands and apply the pakshal on your forehead and wash hands once again. Incantation for getting 'Pakshal', and come back your home.

Ek Shyam Mahaveer K Naam ***HYMN***

Jai Bolo Mahaveer Swami ke

Ghat Ghat k antaryami ke

Jis jugti ka udhaar kiya

Jo Ayya sharan Bhav paar kiya.

Jis Pida suni her praani ke

Jo paap mitane aaya tha.

Bharat ko aan jagaya tha

us thirshla nandan Gyani ke

Ho Lakh bar pranam thumhe.

Hai veer prabhu Bhagwan thumhe

Muni darshan mukti gaami ke.

MERI BHAVANA

Jisane raag dewsh kaamadika jite sab jag jaan liya, Sab Jivaon ko Moksh- Maarg Kaa, nishpraha ho updesch diyaa. Budddha, vir, jin hari har brahma yaa usko svadhinna kaho, bhakti-bhaav se Prerita ho yah chitta usi mein leen raho.

Vishayon ki aashaa nahin jinake samya-bhaav dhan rakhate hein, nij-par ke hit-sadhan mein jo nis-din tatpar rahate hein.

Svarthatyag ki kathin tapasyaa, bina khed jo karate hein, aise Gyani sadhu jagat ke dukhsamuha ko harate hein.

Rahe sada satsanga unhin ka, dhyana unhin ka nitya rahe, unhi jaisi charya mein yah chitta sada anurakt rahe.

Nahin sataun kisi jiv ko jhuth kabhi nahin kaha karun, paradhana vanitaapar naa lubhaaun santosamruta piyaa karun, ahankaar ka bhaav na rakkhun nahin kisi par krodh karun, dekh dusron ki badhati ko, kabhi na irsha-bhava dharun.

Rahe bhaavanaa aisi meri, saral-satya
vyavahaar karun, bane jahaan tak is jivan mein,
auron ka upkaar karun.

Maitribhav jagat mein mera, sab jivon se
nitya rahe, deen dukhi jivon par mere urse
karunaa shrot bahe.

durjan-krura-kumarg raton par kshobh nahin
mujhako aave.

Saamya-bhaav rakkhun mein un par aisi
parinati ho jaave. Gunijanon ko dekh hridaya
mein mere prem umad aave.

Bane jahan tak unki seva, karake yah man
sukh pave.

Houn nahin krataghna kabhi main ,droh na
mere ur aave

gun grahan kaa bhaav rahe nit dritsti naa
doson par jaave.

koi buraa kaho ya achchha lakshmi aave
ya jaave. lakhon varshon tak jiun ya mrityu aaj hi
aa jaave athava koi kaisa hi bhay ya lalacha dene
aave, to bhi nyaya marg se meraa kabhi na path
digane pave, hokar such mein magna na phule,
dukhmein kabhi na ghabharaave.

parvat nadi shamshan bhayaanak atveese nahin
bhay khaave.

Rahe adol akamp nirantar, yah man
dradhtar banjaave istaviyog - anistayog mein
sahanshilta dikhalaave, sukhi rahen sab jiv jagat
ke ,koi kabhina ghabarave vair pap abhiman
chod,jag nitye naye mangal gaave. ghar - ghar
charcha rahe dharm ki,duskrat duskar ho jaave.

Gyana charitra unnat kar apana,manuj
janma phal sab pave. iti bheeti vyapai nahin jag
mein ,vrishti samay par hua kare.

Dharmanistha hokar raja bhi nyaayapraja
ka kiya kare. Rog mari durbhiksha na faile, prajaa
shanti se jiyaa kare.

Parama ahinsa - dharm jagat mein phaile
servahit kiya kare.

Phaile prem paraspara jaga mein moha
dura hi raha kare.

Apriya katuk kathor shabd nahin ,koi mukh
se,kahaa kare.

Bankar sab yugvir, hridaya se, deshunati rat
raha kare,

Vastusvarup vichaar khushi se,sab dukh -
sankat sahaa kare.

M E A N I N G

1. Religious - धार्मिक
2. Preachers - धर्म का उपदेश
3. Peace - शांति
4. Pleasures - खुशियाँ
5. Monk - साधु
6. Revered - आदरणीय
7. Souls - आत्मा
8. Chant - उच्चारण
9. Prayer - प्रार्थना
10. Preceptors - गुरु
11. Celebration of
Conception - गर्भ कल्याणक
12. Celebration of Birth - जन्म कल्याणक
13. Celebration of
Renunciation - दीक्षा कल्याणक
14. Celebration of attaining
perfect knowledge - ज्ञान कल्याणक
15. Celebration of Salvation - मोक्ष कल्याणक

- | | | |
|-----|-------------|------------------|
| 16. | Acheive | - प्राप्त करना |
| 17. | Bow | - झुकना |
| 18. | Fold | - जोड़ना |
| 19. | Unfiltered | - बिना छना |
| 20. | Garling | - कुल्ले करना |
| 21. | Susceptible | - प्रभावशील |
| 22. | Abstain | - छोड़ना त्यागना |



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