

BAL VIKAS

(PART-1)

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SHRI GYANMATI MATAJI

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VEER GYANODAYA GRANTHMALA

This granthmala is an ambitious project of D.J.I.C.R. in which we are publishing the original and translated works of Digamber Jain sect written in Hindi, English, Sanskrit, Prakrit, Apabhramsh, Kannad, Gujrati, Marathi Etc. We are also publishing short story type books, booklets etc. in the interest of beginners and children.

—Founder & Inspiration—

GANINI PRAMUKH ARYIKA SHIROMANI
SHRI GYANMATI MATAJI

—Guidance—

Pragya Shramni Aryika Shri Chandnamati Mataji

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EDITORIAL

To be well-versed in Jainism, early knowledge of the religion is the right step for a sound foundation. Keeping this in mind, first part of Bal Vikas in Hindi was first printed in October 1974, with all its grandeur and meaningful pictures. Due to increased demand many editions have been published since then.

Authority on Jainism, Ganini Pramukh Aryika Shiromani **SHRIGYANMATIMATAJI**, with a optimistic view particularly for children, has written 4 parts of Bal Vikas, which all have been published. All the 4 parts have been prescribed in the syllabus of All India Digamber Jain Maha Sabha Examination Board, Indore and D.M.D Jain examination, Solapur.

It is very fortunate & worth praising that Shri Jinendra Prasad Jain (Thekedar)-Delhi, who have been associated with Pujya Mataji and Digamber Jain Trilok Shodh Sansthan (as working president) since long time, has translated the first part of Bal Vikas in English by the inspiration of Pujya Mataji so that the present generation, getting education at convent & public schools may also be introduced to the basic fundamentals of Jainism.

It is hoped that Jain educational institutes will include this book in their syllabus and will provide children with a true knowledge of Jainism, so that they may be able to brighten their life to its fullest.

Karmayogi
Br. Ravindra Kumar Jain
(Editor)

LESSON-1

ᅇAMOKAR MANTRA



ᅇAMO ARIHANTANAM
ᅇAMO SIDDHANAM
ᅇAMO AYERIYANAM
ᅇAMO UVAJJHAYANAM
ᅇAMO LOE SAVVASAHUNAM

- 1.> Bow to the Worthy Souls (*Arhants*).
- 2.> Bow to the Liberated Souls (*Siddhas*).
- 3.> Bow to the Preceptors (*Acharyas*).
- 4.> Bow to the Spiritual Teachers (*Upadhyayas*).
- 5.> Bow to all the Saints (*Sadhus*) of the World.

In the above holy verse we have bowed our head to the Worthy Souls, Liberated souls, Preceptors, Spiritual Teachers and Saints. We should worship all the five Supreme Spiritual Guides (*Panch Permeshthis*).

Q1) Who are the five Supreme Spiritual Guides?

Q2) How many letters are there in this holy verse?

LESSON-2

GREATNESS OF NAMOKAR MANTRA



Once upon a time prince Jivandher recited Namokar Mantra to a dying dog and due to its effect the dog became a heavenly deity called Sudershan Yakshendra .

From there he came down to Jivandher and greeted him with much respect.

*AISO PANCH NAMOYARO,
SAVVA PAVAPPANASANO.
MANGALANAM CHA SAVVESIM,
PADHAMAM HAVAI MANGALAM.*

The meaning of the above verse is that reciting of the Namokar Mantra destroys all evil-effects and this mantra is supreme in auspiciousness.

Disciple: Can we attain any one out of these five worthy posts?

Teacher: Yes, you can attain all the five posts from the human life.

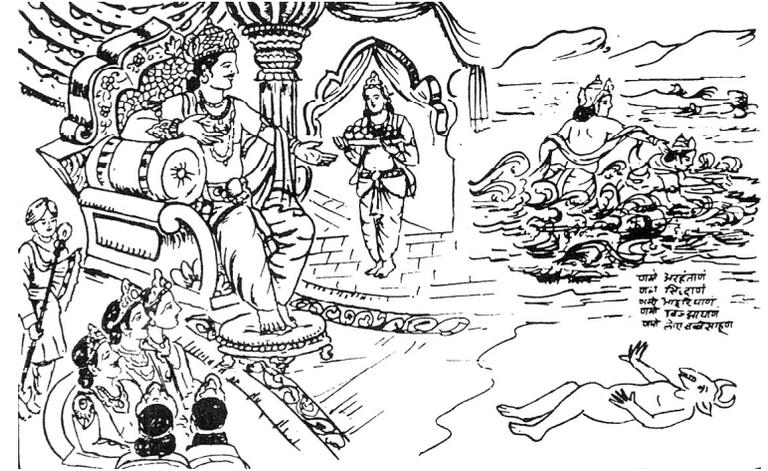
We can see that the last three souls are present even today in a group of Jain Saints called SANGH and they practice the scriptures to become Worthy and Liberated Souls.

Q1) Who is sitting in the aeroplane in the picture?

Q2) What did prince Jivendher do and what was its result?

LESSON-3

Punishment For Insulting Namokar Mantra



STUDENT: Sir, please tell me why the king is putting his feet on the auspicious verse (Namokar Mantra)?

TEACHER: Emperor Subhoum Chakravarti was the ruler of the six Khands of the universe. A stellar divine (Jyotishk Dev) wanted to kill him out of enmity but he could not do so as the king was reciting and remembering the Namokar Mantra. Cunningly the divine asked the emperor to write down the holy verse and put it under his feet, only then, he will let him go. The king did so reluctantly. For humiliating the holy verse the divine was able to drown the king in the ocean. After the death, the king was born in the seventh hell.

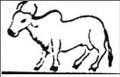
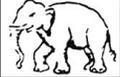
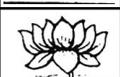
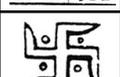
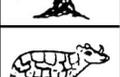
Q1) Where the king was born after insulting Namokar Mantra?

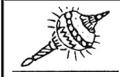
Q2) Recognize the divine in the picture?

LESSON -4

24 TIRTHANKARS

There are 24 Tirthankars. Out of them Lord Rishabh Nath is the first and Lord Mahavir Swami is the last Tirthankar. Their names and symbols (identification) are given below:

1)		Bull
Rishabh Nath		
2)		Elephant
Ajit Nath		
3)		Horse
Sambhav Nath		
4)		Monkey
Abhinandan Nath		
5)		Chakva
Sumati Nath		
6)		Lotus
Padma Prabh		
7)		Swastik
Suparshva Nath		
8)		Half Moon
Chandra Prabh		
9)		Crocodile
Pushpdant Nath		
10)		Wishful Tree
Sheetal Nath		
11)		Rhino
Shreyans Nath		
12)		He Buffalo
Vasupujya		

13)		Pig
Vimal Nath		
14)		Porcupine
Anant Nath		
15)		Thunderbolt
Dharma Nath		
16)		Deer
Shanti Nath		
17)		He goat
Kunthu Nath		
18)		Fish
Arah Nath		
19)		Pitcher
Malli Nath		
20)		Tortoise
Munisuvrat Nath		
21)		Blue Lotus
Nami Nath		
22)		Shell
Nemi Nath		
23)		Snake
Parshva Nath		
24)		Lion
Mahavir Swami		

Q1) Why there remain symbols on the idols of Tirthankars?

Q2) Who are recognized by the symbols of Lotus and Pitcher?

Q3) What are the symbols of Lord Sambhav Nath and Parshva Nath?

LESSON-5

LIVING BEING – NON LIVING BEING



I am a living being. I am able to know and see. I was living, I am living and I will live, therefore I am a living being. Human, animals (beasts), birds, worms, trees etc. all are living beings.

Toy is lifeless. It does not have the senses to know and see. It cannot feel happiness or sorrow, therefore it is lifeless (Non living being). Watch, car, television and buildings etc. all are lifeless.

Q1) Whether trees and plants are living beings or not?

Q2) Whether aeroplane is a living being?

Q3) When you sleep, are you a living being or non living being?

LESSON-6

KINDS OF LIVING BEINGS (SOULS)



There are two kinds of living beings (souls)-

1) Worldly souls 2) Liberated souls

I am a worldly being, cycling the universe and suffering the miseries of deaths and births. I am bound by all eight Karmas, therefore I am a worldly being. Human, Divines (Deities), Hellish beings (Narkis) and animals, all are worldly souls.

Those who have destroyed all the eight Karmas, will not take birth in the world again. They are free from the miseries of deaths and births and are called Liberated Souls or *Siddha Parmatma*.

Pupil: Can we become Liberated Soul (*Siddha*)?

Teacher: Yes, surely we can. Infact to understand the way to become Siddha, we study the scriptures of Jain Dharma.

Q1) Is Worthy Soul (*Arhant*) worldly or liberated?

Q2) Are you a human or divine?

Q3) Is there any Karma in balance, of a Liberated Soul?

LESSON-7

CHARACTERISTICS OF SENSES (INDRIYAS)



A worldly being is recognized by the senses he/she has. There are five kinds of sense organs (*Indriyas*) :

1. Body (*Sparshan*)
2. Tongue (*Rasna*)
3. Nose (*Ghran*)
4. Eyes (*Chakshu*)
5. Ears (*Karna*).

By touching which, qualities like light, heavy, cold, hot etc. are known is called Body (*Sparshan Indriya*).

Tongue (*Rasna Indriya*) has the quality of taste like sweet or sour.

Nose (*Ghran Indriya*) has the quality of smelling like good or bad.

Eyes (*Chakshu Indriya*) have the quality of seeing like black, yellow, blue, red, white colour etc..

Ears (*Karna Indriya*) have the quality of hearing the sound of human, animals, birds & music etc.

Pupil: How many senses do we have?

Teacher: We have all the five senses because we recognize the things by touching, by tasting (juice etc.), by smelling (fruits etc.), by looking (picture etc.) and by hearing (sound etc.).

Q1) How many senses are there ?

Q2) Whether one can hear, who has only three senses?

Q3) What do you understand by the last (fifth) picture?

LESSON-8

QUALITIES OF TRUE DIVINE, SCRIPTURES AND SPIRITUAL TEACHERS



TRUE DIVINE: He who is free from all attachment & malice (*Veetragi*), has infinite knowledge (*Sarvagya*), gentle in speech (*Hitopdeshi*) and known as *Arhant*, *Tirthankar* or *Jinendra*.

TRUE SCRIPTURE: Which is preached by the Worthy Soul, written & taught by the spiritual teachers (preceptors) is the true scripture. It is pure and completely free from contradictions. It is also called *JINVANI*.

TRUE SPIRITUAL TEACHERS: Those who are free from all sensual desires, fully possessionless and nude, are the True Spiritual Teachers. They are also known as *PRECEPTORS*, *SADHUS*, *SADGURU*, *TAPASVI* etc .

I daily go to a Jain temple and have the *darshan* of the holy idol of *Jinendra Dev*. I also bow my head to respected *Munis* and *Aryikas* and now I promise to read the true scriptures also.

Q1) Who are present now-a-days out of the three - True Divine, True Scriptures and True Spiritual Teachers?

Q2) What is the reward of their worship?

Q3) How to bow before saints?

LESSON- 9

REWARD FOR THE DEVOTION TO TRUE DIVINE



Once upon a time a frog took a petal of lotus in its mouth; with great pleasure it started its journey for the *darshan* of Lord Mahavir. In the way it was trodden under the foot of the elephant of King Shrenik.

It died with holy thought and was born in heaven as deity. From there he at once came down for worship in the *Samosharan* of Lord Mahavir Swami. Seeing the mark of frog in his crown, King Shrenik asked about him from Gautam Gandhar. All the persons were very much pleased to know the importance and reward for having the thoughts of *Devdarshan*.

Look children! Even the thought to have the *darshan* of *Jinendra Dev* gives you a lot of *Punya*. Never go to a temple or a Spiritual Teacher with empty hands. You should carry with you rice, nuts, almonds or fruits and place them in front of them on altar while doing *darshan*.

- Q1) How did the frog die and where it was born?
Q2) What should you carry with you when going for *Devdarshan*?
Q3) Where are the frog and deity in the picture?

LESSON- 10

PUNISHMENT FOR INSULTING THE IDOL OF A GOD (TRUE DIVINE)



Once upon a time Queen Kankodari, who was proud of being the Emperress got angry with her step queen. She got a Jain idol brought from the temple of her step queen and threw it out in the open. On the advice of Aryika Sanyam Shree the queen got back the idol from outside and again consecrated it in the temple. The queen thereafter worshipped the idol in many ways and observed punishment vows.

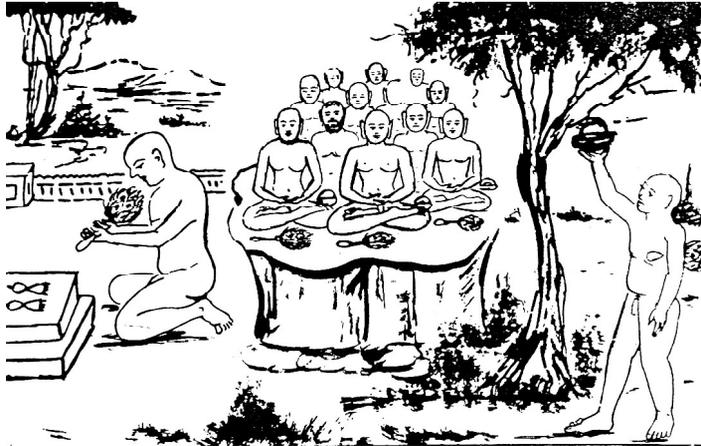
The queen in her next birth became Anjana, the wife of Pawan. Because of her act of sin, she was separated from her husband for 22 years and suffered a lot of miseries.

Dear children! You should never insult a Jain idol by heart, words or deeds.

- Q1) Why Queen Kankodari insulted the Jain idol?
Q2) What punishment did she get?
Q3) In the lower picture, who are the two ladies and what are they doing?

LESSON- 11

REWARD FOR DEVOTION TO THE SPIRITUAL SAINTS



After the holy death (*Samadhi*) of *Shrutkevli Shri Bhadra Bahu*, his disciple *Maurya Emperor Chandragupt*, as a Jain saint lived and worshipped the consecrated feet of his Spiritual Teacher for twelve years in the jungle, with the result that the deities established a city there and served food to the saint. When the group of saints came back, one of the *Munis* forgot his *Kamandal* there, after taking the food. In the afternoon he returned to fetch it. He saw that the *Kamandal* was hanging on a branch of a tree. On seeing this he realized that the deities were pleased with the devotion of *Muni Chandragupt* towards his precept and so they had served them food. Jain *Munis* do not accept meals from the hands of deities, therefore, *Muni Chandragupt* repented and observed punishment vows.

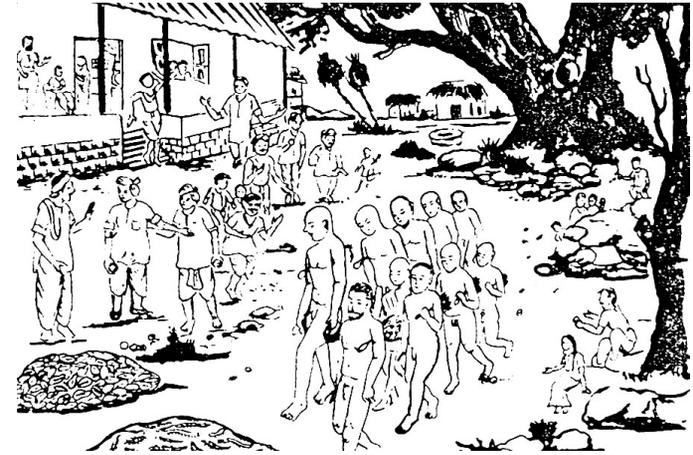
Dear Children! it is not strange that even the divine gods worship those who worship their Spiritual Teachers because it is the cause of even salvation.

Q1) Who was Chandragupt?

Q2) What reward he received for worshipping his Spiritual Teacher?

LESSON- 12

PUNISHMENT FOR HUMILIATING SAINTS



Once a group of saints (*Chaturvidh Sangh*) comprising of *Muni, Aryika, Shravak, Shravika* was passing through a village called '*Antik*'. They were going to *Sammed Shikharji*. On seeing the nude (naked) saints, all people of the village began to laugh and humiliated them. One Potter even asked them not to do so and he himself prayed and worshipped the *Sangh*. After sometime a big fire broke out in the village. Sixty thousand persons were burnt alive and died together. For insulting the saints, all of them were born in the category of shell (with 2 *Indriyas*). There after they were reborn as *gijai*. After many many births & deaths they all were born as the sons of *Sagar Chakravarti*.

So children! from this we learn that to laugh & insult others is a sin, all the more when you do so to saints, it is the greatest sin.

Q1. What is a *Chaturvidh Sangh*?

Q2. What was the punishment for laughing at the saints (*Munis*)?

Q3 Where are the shell & *gijai* in the picture?

LESSON- 13

THREE UNIVERSE



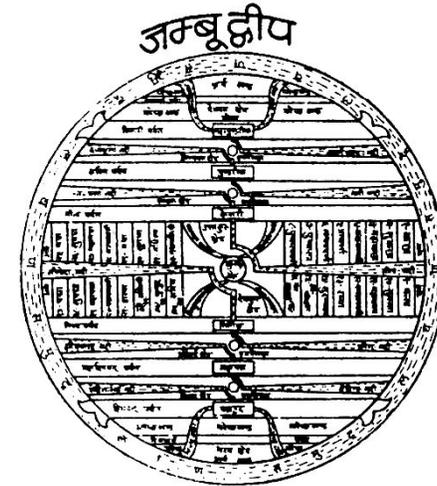
Universe is divided in three parts —

1. Upper part is called *Urdhva Lok*. It consists of sixteen Heavens, nine *Graveyaks*, nine *Anudish* & five *Anuttars*. On the top is *Siddhashila* (the salvation point).
2. Middle part is called *Madhya Lok*. It consists of numerous islands & oceans. The first island is *Jambudweep* in the middle of all.
3. Lower part is called *Adho Lok*. It consists of seven hells.

On the upper side of *Siddhashila*, Liberated souls are present at the end of the Universe.

The entire Universe is in the form of a standing person with his hands placed on both side of the waist & both the feet apart (that is, separated). The middle *Madhya Lok* is present at the waist portion. The space just in the middle of the entire Universe from bottom to top is '*Trasnali*', which is thirteen *Raju* in length, one

Raju in both width and thickness. All living beings (*Trasjeev*) are found in this space.



➤ "In which part out of the three are we living?"

ANS.- We all live in the *ARYA KHAND* of *Bharat Kshetra*, which is again a part of *Jambudweep* of *Madhya Lok*. The entire present world is in *Arya Khand*.

Q1) In how many parts the Universe is divided?

Q2) What is there in *Urdhva Lok* (upper part)?

Q3) Tell us where is *Urdhva Lok* and *Siddhashila* in the picture?

Q4) Where is *Arya Khand* of *Jambudweep* in the picture?

Q5) What do you understand by the length, width and thickness of *Trasnali*?

LESSON- 14

METHOD OF DEVDARSHAN



While entering the gate of the temple, one should utter in loud voice: -

'OM JAI JAI JAI, NIHSAHI NIHSAHI NIHSAHI'
'NAMOSTU NAMOSTU NAMOSTU'

After standing before the idol of True Divine, you should pronounce with folded hands-

"NAMO ARIHANTANAM , NAMO SIDDHANAM ,
NAMO AYERIYANAM , NAMO UVAJJHAYANAM ,
NAMO LOE SAVVA SAHUNAM."

Thereafter you should circle the altar with idol three times & place the rice with your right hand keeping the thumb inside of the fist, in front of the idol as follows:-

First in the centre, secondly on the top, thirdly on the right of the centre, fourthly just below the centre & finally to the left of the centre, while pronouncing ARHANT, SIDDH, ACHARYA, UPADHYAYA, SARVASADHU respectively. Thus placing the rice five times—

2
5 1 3
4

In front of the scriptures, uttering *Prathmam, Karnam, Charṇam and Dravyam Namh*, place the rice four times serially as—'1 2 3 4'.

In front of the saints, uttering "*SAMYAK DARSHAN, SAMYAKGYAN, SAMYAK CHARITRA*" place the rice three times `1 2 3'.

Thereafter fold your hands & pray the following:-

HEY BHAGWAN NAITRADWYA MERE,
SAFAL HUYE HAY AAJ AHO.

TAV CHARNAMBUJ KAA DARSHAN KAR,
JANMA SAFAL HAY AAJ AHO.

HEY TRIBHUVAN KE NATHI! AAP KEY,
DARSHAN SE MALUM HOTA.

YAH SANSAR JALADHI CHULLU JAL,
SAM HO GAYA AHO AISA.(1)

ARHATSIDDHACHARYA AU PATHAK SADHU MAHAN,
PANCH PARAM GURU KO NAMU BHAV BHAV
MEIN SUKHDAN (2)

Thereafter you should place your forehead on the floor and bow with respect.

Meaning of the verse:- Oh Lord ! my both eyes are fruitful after seeing your feet today and even my life is successful. Oh Lord of the three Universe! after looking at you it is presumed that my endless span of worldly life which was like an ocean, has become smaller like a handful of water.

I bow to ARHANT, SIDDH, ACHARYA, UPADHYAYA & SADHU, who provide happiness and peace in our lives one after the other.

Mantra to take *Gandhodak* (The holy water of the anointment of Bhagwan)-

NIRMAL SE NIRMAL A TI, AGH NASHAK SUKHSEER.
VANDU JIN ABHISHEK KRIT, YAH GANDHODAK NEER.

Q1) How should you do *Devdarshan*?

Q2) How many times rice is placed before God?

Q3) Tell the meaning of the verse-*Hey Tribhuvan....?*