

Serial No. 91



The knowledge of
32 Aagams
in your phone



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Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb

Buddhi se Shuddhi,



Shuddhi Se Siddhi

Children,

1. Do you often feel nervous before or during exams?
2. Do you forget things that you studied when you sit down to take the test?
3. Is it difficult for you to remember academic lessons or sutras by heart?
4. Do you feel sleepy or tired when you're in school?
5. Do you find it hard to stay focused during long study sessions?
6. Do you feel bored or lose interest quickly in your school subjects?
7. Do you struggle with organizing your notes and study materials?
8. Do you have trouble managing your time and completing homework?
9. Do you feel stressed when you think about exams or schoolwork?
10. Do you find it difficult to focus during online classes?
11. Do you forget important instructions from teachers?
12. Do you feel anxious about asking questions or asking for help?

If you check off 4-5 points above, it may indicate an obstacle related to "Gnanavarniya Karma". But don't worry! You can work through it by following these simple steps:



Knowledge resides within each of us similar to the Knowledge that Parmatma has. But this Knowledge (Gnan) is been covered by many layers which are called "Gnanavarniya Karma."

To excel in exams, succeed in a career, sharpen memory, or recall information effortlessly, it is essential to create an environment that nurtures learning. In the "JAIN AAGAMS", Parmatma has shared various methods to enhance and strengthen our knowledge, known as "Gnan Vruddhi na Bol".



Gnan
Vruddhi na Bol





1. Hard Work

Success requires setting and achieving goals. Hard work leads to better results, helping students score well and reach their goals.



2. Control Over Sleep

Less sleep reduces laziness & improves memory. Sleeping early to bed gives time for productive activities that keep us mentally & physically sharp.



3. Unodari (Eating Less)

Eating slightly less than our appetite prevents laziness and aids concentration, keeping our minds alert and active.



4. Observing Silence (Maun)

Silence allows us to access inner knowledge and focus our minds, while excessive talking can waste energy and time.



5. Company of Wise People

Spending time with knowledgeable people helps us adopt their positive traits, boosting our own knowledge and positivity.



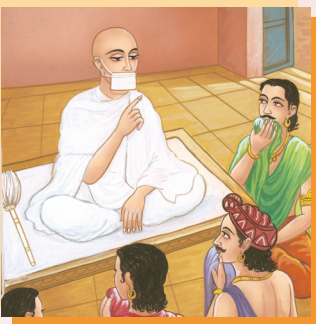
6. Respect (Vinay)

Respect for everyone nurtures knowledge. Gautam Swami's respect for Bhagwan Mahavir Swami made him a wise, revered disciple.



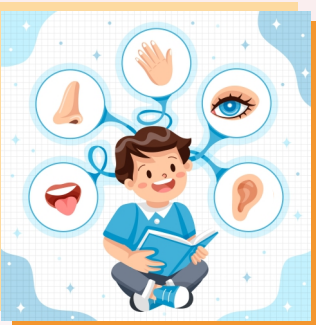
7. Detachment from the Outer World

Concentrating fully on studies without distractions increases our focus, allowing us to attain more knowledge.



8. Satsang (Discussion with Knowledgeable People)

Engaging with wise individuals and gurus enhances wisdom, as their presence alone inspires learning.



9. Control Over the Five Senses

Gaining control over our senses helps us master our mind and emotions, which strengthens inner knowledge.




10. Observing Celibacy (Brahmacharya)

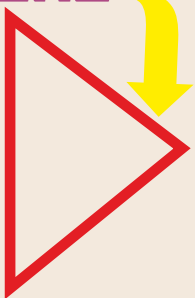
Observing Celibacy means to live a simple life, focus on studies and self-growth, accelerating the path to spiritual wisdom.

These practices, as taught in the "Aagams", help cultivate deeper knowledge and self-awareness.



Ready for a quick game? Let's see if you can decide what's right and wrong! You can play it in your mobile. Please click on the given  below to play the game.

**TO PLAY
CLICK
HERE**





ॐ ह्रीं श्रीं वद वद
वाग्वादिनि स्वाहा
नमो नाणस्स • नमो सुयदेवयाए



श्री सद्गुरुदेव ज्ञानलब्धि प्रगटावो



Print out the following Yantra and place it on your study table. Each day, before you begin studying, chant the mantra below 9 times. Try it consistently to experience the difference!

Let's enhance our Knowledge on the day of
"GNAN PANCHAMI"



Perform "Gnan Pujan" in Sanidhya of
Rashtrasant Param Gurudev
Shree Namramuni Maharaj Saheb
On **6/11/2024 | 9.00am IST onwards,**
At Paramdham Sadhana Sankool, Valkas Village,
Kalyan dist., Thane, Maharashtra

Join LIVE

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