

Serial No. 07



The knowledge of
32 Aagams
in your phone



Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb

ART OF EATING

Before eating try to feed the needy



Eat to live, dont live to eat



Everyone loves to eat,
but the one who understands the art of eating
is called a true Jain. A true Jain doesn't
eat everything, everywhere & at all times.

खाना सभी को पसंद होता है,
लेकिन जो खाने की कला को समझता है
वही सच्चा जैन कहलाता है।
एक सच्चा जैन हर जगह,
हर समय सब कुछ नहीं खाता।



Sit and eat food at one place

बैठ कर भोजन करे



Do not eat at roadside stalls & restaurants
where non-veg food is also served

सड़क कीनारे स्टोल या होटल में जहाँ मांसाहारी
मिले ऐसे स्थान पर भोजन न करें



Be helpful before and after meals

भोजन से पहले और अंत में मददगार बनें



Remember about those who are not getting food

Help the needy
दूसरों की मदद करें



Share and eat. Offer food to others
before eating

खुद खाने से पहले दूसरो को भोजन प्रदान करे



Eat fruits after removing the seeds & keep it aside for 48 minutes, so that it becomes non-living

बीज नौकालकर ४८ मीनट के बाद फल खाएं ताकी वे अचेत हो जाए



Practice Unodari Tapp, eat less than your hunger

उणोदरी तप करे और भुख से कम भोजन ग्रहण करे

Mushti (fist) Pachkkhan मुष्ठी पच्चखाण

You can take Mushti Pachchakhan throughout the day. After consuming anything take mushti pachkkhan, till you want to eat anything again.

How to do Mushti (fist) Pachkkhan?

Just before eating anything, say "Namo Arihantanam" and do the action of opening your fist once. Once you have finished eating do the action of closing your fist once and say "Namo Siddhanam" indicating your bhaav of chovyihar till the next meal or till when you feel like eating again. Follow the same process everytime before eating anything.



खाना खाने के बाद, दुसरी बार कोई द्रव्य का सेवन न करे तब तक मुष्ठी पच्चखाण करें।