

Serial No. 67

The knowledge of  
32 Aagams  
in your phone

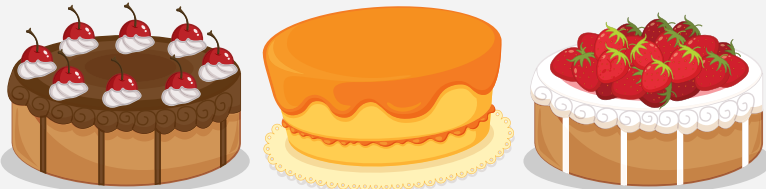


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Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb

## Give Abhaydaan to all jiv

# X



जिसमे पशुओं की हड्डीयाँ, दाँत, आदि का उपयोग हो ऐसे  
उत्पादनो का उपयोग न करें

Never uses any products which contain eggs,  
animal bones, teeth, liver, skin, etc

जिसमे कई बीज है एसे  
फल और सब्जीयाँ खाने से बचे

*Avoid eating fruits  
and vegetables which  
have several seeds*



अंधेरे स्थानो पर  
भोजन न करे

Do not eat at  
dark places



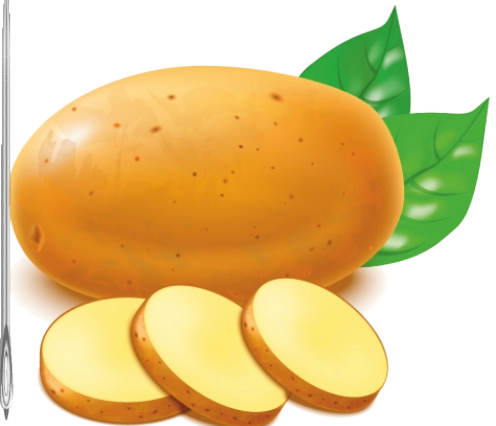


तीथी के दिनों मे  
पत्तेदार सब्जीयों  
का सेवन न करें

*Avoid consuming  
leafy vegetables on  
days of Tithi*

कंदमूल का सेवन न करे  
क्योंकि उनमें अनंता  
जीव होते है

Avoid underground  
vegetables because  
they have infinite jiv



# मुष्ठी पचखाण Mushthi (fist) Pachkkhan



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

You can take Mushthi Pachchakhan throughout the day. After consuming anything take mushthi 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.

# द्रव्य तप Dravya Tapp

प्रतिदिन आप द्रव्य तप कर सकते हैं  
Everyday try to do Dravya Tapp

सुबह उठते ही दिन भर में कितने द्रव्य ग्रहण करने हैं वह तय कर ले। संपूर्ण दिन में वह द्रव्य मर्यादा का पालन करें। जैसे कि... आज मैं २५ द्रव्य का सेवन ही करूँगा।

You can decide in the morning itself how many dravya you will consume during a day and keep upto it. e.g. Today, I will consume 25 dravya.



## How many?

By doing small Tapp  
we shred our karmas

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