

LOOK N LEARN CHILDREN'S JAIN E-book

Serial No. 97

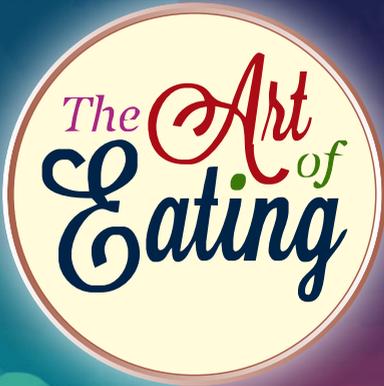


The knowledge of
32 Aagams
in your phone



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Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb



Hey kids!
How do you feel
during the day?



Do you
sometimes
feel sleepy
during the day?



Or maybe
too excited,
worried,
or even grumpy?



Or do you feel
calm, happy,
and full
of energy?



Guess what?

How you feel and act has a lot to do with the food you eat,
when you eat it, and how you eat it! Eating the right way can help
you feel your best all day long.



We should be smart about the food we eat because it can change how we feel and act.

Our body works best when we eat the right food at the right time.



There are 3 kinds of food:

- 1. Sattvic Food** – This is clean and healthy food that keeps us calm and happy.
- 2. Rajasic Food** – This is spicy and exciting food that gives us energy but can also make us restless.
- 3. Tamasic Food** – This is heavy or old food that can make us feel lazy and slow.

So, let's try to choose food that keeps our body and mind strong and peaceful!

I feel slow, irritated or tired



I am sad, too excited or worried



I am calm, Happy & healthy



Tamasic Food

A big NO

X
Frozen foods

X
Root veggies

X
Fast Food

X
Sugary food



What happens when **WE EAT TOO MUCH** Tamasic food?



=

Feel tired all the time

Weaken our body

Feel sleepy or lazy

Feel sad or moody

Low immune system

Easily upset or annoyed

depressed

THINK



Rajasic Food

Atleast not too often

Spicy foods

Fried food

SPICY



Beverages

Pickles etc

What happens when **WE EAT TOO MUCH** Rajasic food?



=

Quick to get angry

Restless mind

Increased cravings

Disturbed sleep or anxiety

Irritated

Not focused



Overexcitement, impatience or hyperactivity

THINK



Sattvic Food

A big YES

Home
cooked
food

Simple
food

Fresh
food

Fruits &
Veggies



What happens when **WE EAT MORE** Sattvic food?

It keeps our body strong and healthy

It makes our mind calm and happy

It helps us think clearly and do our best

It makes us feel happy and peaceful

It makes us feel full of good energy

It makes us feel Kind, focused, and calm



FOOD



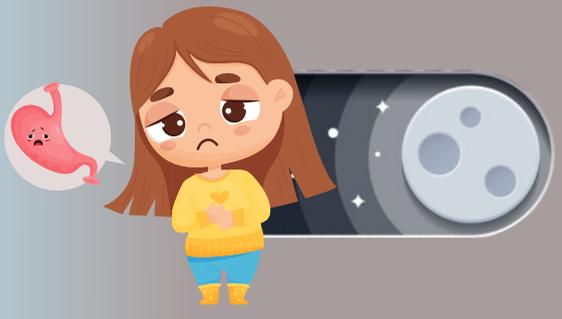


We should eat our meals after the sun rises and before the sun sets.

Why?

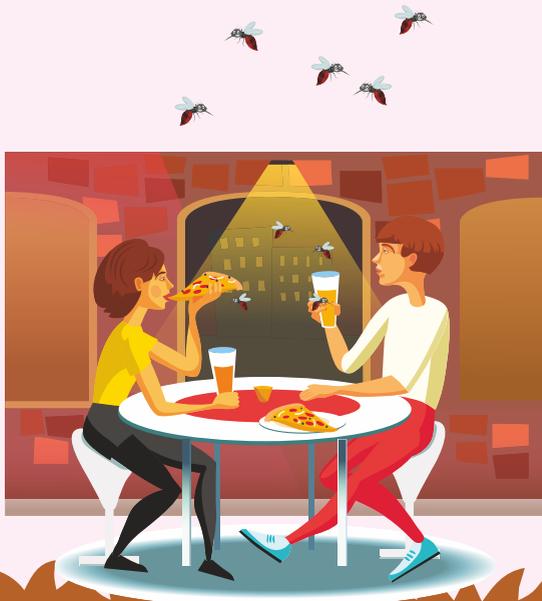


When the sun is up, our body is awake and strong, and it can digest food better.



Eating *early in the evening* gives our tummy enough time to finish digesting before we sleep.

Also, after sunset, when we switch on lights, **tiny insects (jeevas)** are attracted to the light. They often fly around and can unknowingly fall into our food or water without us noticing. That's why eating after sunset increases the risk of harming unseen jeevas, which goes against the principle of **Ahimsa (non-violence)**. So, avoiding food after sunset helps us live more mindfully and compassionately.



A few things to keep in mind before starting a meal



Do not show dislike towards food

Learn to eat home cooked food

Respect your food

Switch off all the gadgets while having your meals



Sit and eat food at one place



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



Practice Unodari Tapp, eat less than your hunger

Eat to live, don't live to eat



Be helpful before
and after meals



Pray before eating

Keep maun while eating

Keep your mind calm while eating



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

Avoid eating fruits and vegetables
which have several seeds



Remember about those who are not getting food



Show gratitude
as you finish
your meal



Share and eat. Offer
food to others
before eating



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



Practice small Samvar Tapp and
avoid eating all the time

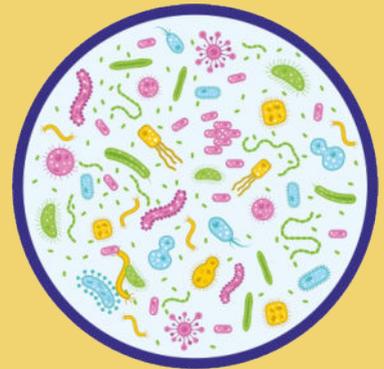


Give Abhaydaan to all jiv



Avoid consuming
leafy vegetables on
days of Tithi

Avoid underground
vegetables because
they have infinite jiv



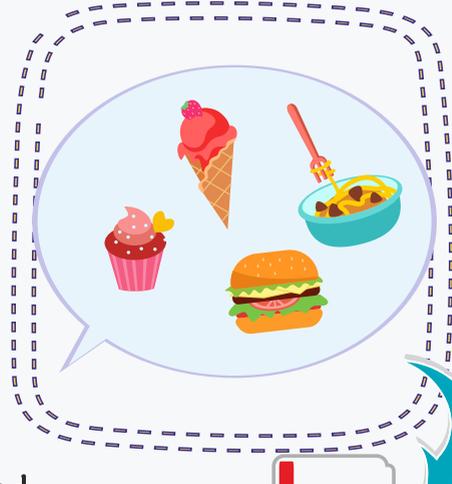
Say NO!

THINK ABOUT IT...

If your mobile has no battery, can you call anyone?
If your car has no petrol, can it go anywhere?



NO! Right? Then,
Can your body
work well if you
only eat junk
food?
Also NO!



Just like phones need
charging and cars need
fuel, our bodies need
healthy food to stay
strong, smart, and happy!



Aayambil food is the best for the body!**

During an Aayambil meal, avoid all taste enhancers like milk, oil, ghee, fruits, and sweets.

If you are unable to take Aayambil Pachchakhan even for 1 day then try to do tyag of one vigay per day...

EASY! Come let us do it! Say NO to...

		
oil	curd	Jaggery
		
Ghee	Sugar	Milk
		
Milk products	Honey	

Try to observe Aayambil atleast **once a week**



Then what do we eat?

**During Ayambil we say YES
to the following food items...**



- ❖ Asafoetida-pepper water
- ❖ Kadu kariyatu
- ❖ Soaked dal water
- ❖ Moong water
- ❖ Nachni raab
- ❖ Bajra rotla
- ❖ Wheat kakhra
- ❖ Udad daal
- ❖ Chanadal roti
- ❖ Chanadal pudla etc
- ❖ Chana masala
- ❖ Rice flakes
- ❖ Popcorn(flavorless)
- ❖ Rice khichu
- ❖ Dhokla
- ❖ Moongdal chila



I can do it

Vohravani Bhavna

- A mindful thought before every meal

Before you take your first bite,
have you ever paused and thought:



"If a Sadhu or Sadhvi were here right now,
I would lovingly offer this food to them first"?

That sacred thought is called **Vohravani Bhavna**. It's a special meal time practice where, before eating, we lift our plate slightly and make a pure wish to serve saints, who live a life of simplicity and devotion. Even if no one is physically present, the feeling/bhaav matters the most!

Your Small Act, Big Heart

Next time you sit down for a meal, take a few seconds to:

Lift your plate, Close your eyes

Think: "I wish to serve this food to a Sadhu/Sadhvi first."

Creative Corner –

A Plate of Kindness Instruction:

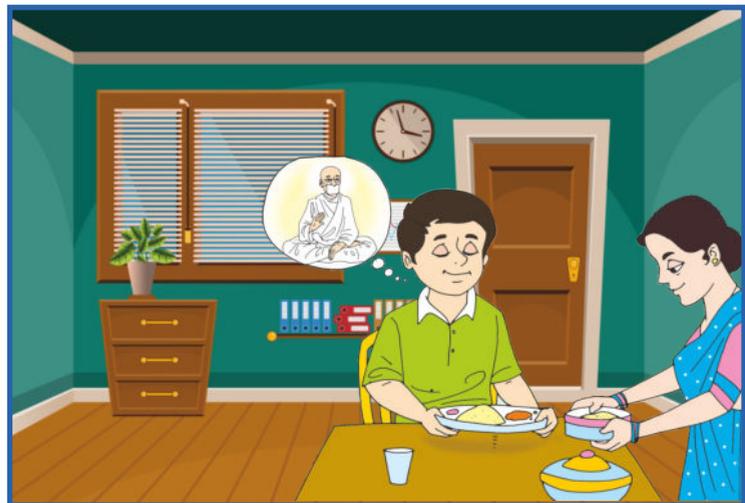
Draw or color a plate of simple food (like rice, dal, and roti) placed in front of a child who is folding hands and smiling with love. Above the plate, add a little speech bubble that says: "If Sadhu/Sadhvi were here, I would offer this to them first!"

Tip:

Once your drawing is complete, cut it out and place it near your dining area. Every time you sit down to eat, it will remind you to practice Vohravani Bhavna or say a small Sadd Bhavnā prayer before meals.

Let your art help your soul grow every day!

sample



Think and Reflect

- ⇒ When you eat your next meal, ask yourself:
- ⇒ Did I remember to lift my plate and offer it in my heart to Sadhu/Sadhvi?
- ⇒ How did I feel when I did that? Peaceful? Kind? Thankful?
- ⇒ You can even write your answer here and send it to us with you Vohravani Sada Bhavana pic. we shall publish the best answer in our next E Book.

"Today, I felt _____ when I practiced Vohravani Bhavana."

What happens if you offer Supatra daan with utmost bhaav to sant – satijis.

When you offer Supatra Daan to Sant–Satijis with utmost bhaavv (pure intention and devotion), something magical happens. **You begin to shed your karmas, just like a young boy named Sangam once did.**

As a child, Sangam lovingly offered kheer to a Sadhu without keeping even a single spoon for himself. His heart was full of shraddha (faith) and bhakti (devotion).

That selfless act of giving became Supatra Daan - the highest kind of daan.

As a result of offering Supatra daan with utmost bhaav, in the next birth Sangam Goval took birth as Shalibhadra seth – one of the richest man of the Rajgrahi nagari. In spite of having tremendous wealth he was detached from within and took Renunciation.



As you sow,
So shall you reap

Would you like to play a
Fun Quiz on Aahar Vivek?

Want to learn more about making mindful
and spiritual food choices in a fun way?

Take this exciting quiz & test your knowledge!

Yes, you can play it in your mobile.

Please click on the
given below to play the game



TO PLAY
CLICK
HERE

