

Vaayukaya,  
Vanaspati Kaya, Tras  
Kaya Ni Raksha Karu

“I care for and  
protect the living  
beings that have  
wind, or vegetation  
as their bodies and  
care for & protect all  
mobile living beings”



Pruthvikaya,  
Apkaya, Teukaya  
Ni Jayana Karu

“I care for the  
living beings that  
have earth, water  
or fire as their  
bodies”

All the Venerable Ones of the past, present, and future discourse, counsel, proclaim, propound, and prescribe thus in unison: do not injure, abuse, oppress, enslave, insult, torment, torture, or kill any creature or living being.

Know other creatures' love for life, for they are like you. Kill them not; save their life from fear and enmity.

All creatures desire to live, not to die.

Hence to kill is to sin.

A godly man does not kill.

Therefore, do not yourself kill, consciously or unconsciously, living organisms which move or move not, nor cause slaughter of them.

He who looks on the creatures of the earth, big and small, as his own self, comprehends this immense world.

Among the careless, he who restrains is enlightened.

One who neglects or disregards the existence of earth, air, fire, water and vegetation disregards his own existence, which is entwined with them”

..... *Acaranga Sutra*



# Paryushan Festival



Places of worship and community centres have a deep impact on perception, understanding and behaviour. As torchbearers of Jainism, to disseminate the message of Jain ecology, sustainable living and environmental stewardship. what better place to start than our community centres.

## Some Suggestions

- Eliminate or minimise the use of single use plastics, which according to scientists, remain in the environment for a long time, harming wildlife and contaminating food and water.
- Minimise the use of Styrofoam, plastic and other disposable plates and utensils.
- All our centres have steel plates and cutlery – use these at our functions to reduce waste and encourage selfless service in washing them.
- Encourage our youth to initiate and action eco-friendly practices at our centres, functions, and religious festivals.

