



Lord Mahaveer



Acharya Mahapragya



JVB New Jersey

Samani Mudit Pragya
Samani Shukla Pragya
www.jvbna.org

JVB Orlando

Samani Param Pragya
Samani Jayant Pragya
www.jainvishwabharati.org

JVB Houston

Samani Akshay Pragya
Samani Vinay Pragya
www.jvbhouston.org

JVB London

Samani Prasanna Pragya
Samani Rohit Pragya
www.jvblondon.org

Paryushana

A festival to solve our problems

In Indian culture there are many festivals for enjoyment and amusement. However Paryushana is the festival for spiritual development and growth. There are many types of development – physical, economic and intellectual. Although modern age is the age of development, there is not enough development of consciousness and spirituality. When there is no spiritual growth or self-development, our life becomes full of problems.

Paryushana is the time for transformation of consciousness. Anger, ego, deceit and greed are the negative qualities of the human soul, while forgiveness, humility, straightforwardness and contentment are its virtues. When man is dominated by the negative qualities, he is controlled by the material world. Instead, when he imbibes the positive qualities, the consciousness becomes spiritual. The message of Paryushana is to remove these negative qualities and inculcate the positive ones. These negative passions are also the root of wider social problems and the festival of Paryushana focuses our attention on these world issues.

We celebrate Paryushana every year, but it is now time to give it a new dimension so that this celebration does not become a mere formality but helps to solve our daily problems. During Paryushana one should practise moderation in eating by fasting, but this should not be our only focus. Along with physical penance, we should also practice verbal, mental and emotional penance. One should reflect upon social and family problems in the form of contemplation, meditation and self-realisation. The joint practice of these penances is the spiritual solution for today's problems.

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JVB Mission

To spread the universal message of Jain philosophy and Jain wisdom to the world.

To cultivate an atmosphere that nurtures non-violence, restraint and divergent perspectives whereby leading to spiritual enlightenment for man.

To create an environment of unity and social harmony for all mankind.



Jainism at Florida International University

Jainism is often absent from the list of world religions and sometimes studied as an offshoot of Hinduism. To bring change, this needs the **awareness and joint collaboration** of followers, scholars and spiritual leaders. An important step in this direction was taken in Miami, Florida. Dr. Katz, a Professor of religious studies and director of the center for the study of spirituality at Florida International University encouraged Jainism to be taught during a full semester at **“FIU”**.

The FIU initiated a three-credit course **‘Jainism & Non-violence’** during the fall-semester (Aug. to Dec.) in 2006 . The university approved two courses - one for undergraduates and the other as a dual enrolment course for High school students.

Samani Charitra Pragya joined the **visiting faculty** at the US university, the first Jain nun to teach at a US University which was a forward leap for the new world. The course **‘Jainism & Non-violence’** was very well-received. The students and the faculty liked the fact that practising Jain nuns were teaching the course. Due to Samanijis’ effective contribution and teaching styles, the University continued the course in the following Spring semester in 2007.



During these semesters, Samanijis also conducted some sessions of Preksha Meditation. The widespread interest of the students has resulted in the University requesting Samanijis to add Preksha Meditation to the existing syllabus. In 2007, Samani Unnat Pragya taught the course and received very positive feedback from students.

The next semester now starts in August 2008.

Students’ resolution after the course of Jainism & Non-violence:

“Jainism will not stay in oblivion, we shall spread the message to the world now”.

Thought at Sunrise



We should not be obsessed with the **present** alone; we must heed the **past** too. Is it fair, for instance, to see only the 25ft. tall tree and forget the seed that brought it forth? Is it possible to visualise a future without the seed?

We must learn to appraise ourselves of the past if we want a meaningful present. You could call this an act of gratitude or an evaluation of reality.

You Can Stay Healthy Remove your depression & lead a happy life

Asana (Exercise): Yogic Kriyas, Shashankasan, Sarvangasan, Matsyasan, Kayotsarga. (visit www.preksha.com)

Pranayama (Breathing technique): Anulom-Vilom and Ujjayi Pranayam – 5 minutes

Preksha (Perception): Meditation of rising sun color on center of Bio-electricity (*Taijas Kendra*) - 10 minutes

Anupreksha (Contemplation): Auto-suggestion – “My self confidence is increasing” - 15 minutes

Japa (Chanting): “ANANTA VEERYEBHYO NAMA” - 10 minutes

Mudra (Hand Posture): Prana Mudra

NEWS FROM JVB NEW JERSEY CENTER

Pragya Divas and Gyanshala Annual Day - 1 June 2008



Under the auspicious guidance of Samani Mudit Pragyaaji and Shukla Pragyaaji Gyanshala Students presented Ma-hapragya Airlines” a skit highlighting Acharya Mahapragyaaji’s life and his contributions to the world.



Heart Reversal Health Care Program – 7 June 2008

In the presence of Samaniji, Dr. Vimal Chhajer from India delivered a lecture on heart problems and introduced Preksha Dhyana as a remedy to reverse heart disease. JVBNA is thankful for the generosity of Rev. Thomas James for providing Church facilities.



Preksha Dhyana Certificate Course

Experiences of the students: ‘The course on Preksha Meditation is one of the most valuable experiences that I have had in many years. In the violent times in which we live, it offers a light to show us how to eradicate violence from our minds and to live a peaceful and enlightened life’. (Gary L. Francione, Distinguished Prof. of Law)

‘I really enjoyed this Preksha Dhyana Course, as it trained me how to overcome anger and stress. Now I am able to handle things with peace of mind. (Sharad Gupta, CPA).’

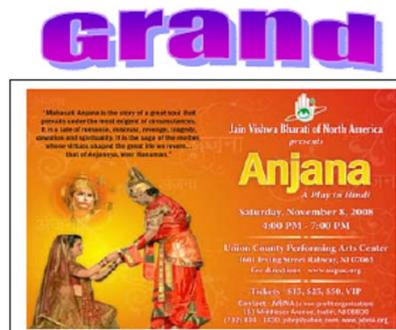


Children Summer Camp 14-17 July 2008

The uplifting feeling of the camp awakened the children’s zeal to continue practices to lead a **Happy, Healthy & Confident** life. **Thoughts of class:** “This is an amazing class with the best teachers in the world. This is a nice, exciting and energetic class. Also it is fun like video games. The class is a successful class for life.”



Annual
JVBNA proudly
Presents
A Hindi Play



Event
November 8, 2008
Union Performing Art
Center

NEWS FROM JVB ORLANDO CENTER

'Peace Through Forgiveness' Workshop at JVB Center Orlando

The workshop started with physical exercises followed by chanting, lectures and discussion. The Samanijs set everyone a *forgiveness test* followed by a talk on the subject of '**Release and Forgiveness**'. The afternoon ended with a meditation session. Participants thoroughly enjoyed the event and look forward to more beneficial workshops ahead.

Reversing Heart Disease Lecture by Dr. Chhajer

On 14 June 2008, JVB Orlando center hosted a lecture by renowned Cardiologist Dr. Chhajer from India. Dr. Chhajer spent two hours discussing how heart blockages develop, followed by guidance on prevention and reversal of heart disease to avoid by-pass surgery and angioplasty. His lecture covered **15 things you need to do to change your life** and avoid heart disease including dieting, preparing oil-free food, stress- management through Preksha meditation, reducing high blood pressure, controlling diabetes, exercising by walking daily and so on. It was interesting that he did not disagree with blood pressure and cholesterol lowering drugs but noted that less or no reliance on drugs can be achieved with strict adherence to his guidance. The lecture ended with a question and answer session. Everyone enjoyed the event.



Cooper City, Florida

Samani Param Pragya and Samani Jayant Pragya were invited to Cooper City near Miami on 15 July 2008. The event, hosted at the home of Dr. Kishor Bhai, covered a discussion by the Samanijs on "**How to Practice Right Faith**" and "**How to be Freed from Wrong Belief**".

Upcoming Events

- **Paryushana: 28 Aug - 4th Sep 2008**
- **Enhance Your Vacation and Family Harmony**
13th Annual Family Spiritual Camp Orlando

14 – 16 January 2009

A weekend of fun for families including:

Health Lectures

Preksha Meditation

Yoga Exercise

Youth Classes

Spiritual Classes

Cultural Program



Contact: 407-852-8694 jainvishwal@gmail.com

NEWS FROM JVB HOUSTON CENTER

Children's Summer Camp

Under the guidance of Samani Akshay Pragya and Vinay Pragya, JVB Houston organized 4 days of summer camps for children. Children enjoyed yoga, story telling, family values, crafts, fun games and a lot more.



Preksha Meditation at Rothko Chapel and MD Anderson

Samaniji were invited to Rothko Chapel and MD Anderson to teach meditation and breathing techniques.

Visit to New Orleans

Asha and Arvind Vira invited Samaniji to New Orleans for discourses, Yoga, and Meditation. While talking about **Power of Forgiveness** Samaniji explained that weapons kill enemy but Forgiveness kills enmity. So kill enmity not the enemy. She also talked about **purify your aura, & Change your thinking: Change your life.**



Visit to Chicago



YJA Convention



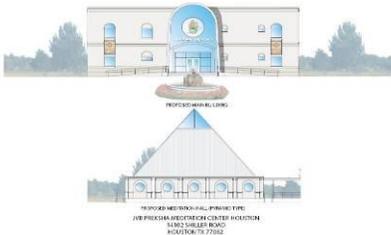
Preksha Meditation in New Orleans



YJA Convention

Samaniji gave her talk about **Power of Color, Jain Bytes** among youths at the YJA convention from July 3-6 in Chicago. There was open discussion on alcohol, stem cells and lots more.

JVB Preksha Meditation Center Building Contract Awarded



JVB Center is running in Houston, USA since last 8 years. New building contract of this center is awarded on July 1 2008. The Construction work is in progress. It will be a Unique center in USA with Pyramid meditation hall. This center is open for all to spread the message of **Lord Mahavir** spirituality, non-violence and humanity with the blessing of **HH Acharya Mahapragya.**



Stress Management Workshop At India Culture Center Clearlake

On July 12, Samanijis were invited to conduct a stress management workshop at ICCL. The four hour workshop which included a talk, yoga, meditation and relaxation was followed by a Q&A session and enjoyed by around 60 attendees.



Stress Management through Relaxation Pragya Divas At JVB Houston

Contact: 281-596-9642, info@jvbhouston.org

NEWS FROM JVB LONDON CENTER

Samanijis at Interfaith Conference

On 1 June 2008, Samaniji spoke on the **'Role of religion in resolving problems in a violent world'** at an interfaith conference organised by Sevashram Sangh, a Hindu organisation for unity and peace, to celebrate the 9th annual 'OM day'.



OM Day Celebration

Visit to South London



During 12-14 June 2008, Samaniji visited South London. Among several sessions, they also conducted a formal session on **'SAMYAKTVA'** (enlightened worldview) among the teachers of **Shri Chandana Vidyapeeth**.

Multi-faith Prayer

On 26 June 2008, Samanijis attended a Multi-Faith Prayer programme at St Ethelburga's Centre for Reconciliation & Peace. Samanijis met representatives of various religions and agreed to go back to conduct workshops on meditation and relaxation

Reciting 'Arhat Vandana'

whenever needed.

Pragya Divas at JVB London



On 6 July, JVB London celebrated **"Pragya Divas"**, to mark the **89th Birthday of H.H Acharya Mahapragya**. On this auspicious occasion, children presented a humorous skit "Journey through Mahapragya Airlines" which emphasised the virtues of Preksha Meditation and simultaneously re-visited the life of Acharya Mahapragya.

Spiritual Discourses in Switzerland

Samanijis visited Switzerland from 9-14 July 2008, accompanied by Ms. Pushpa Halai, a Yoga instructor at JVB London. Attendees in **Geneva, Bern, Zurich and France** benefited by gaining deeper spiritual insight and attaining valuable tools to lead a happier and healthier life. Local Swiss residents also joined in the discourse organised in Bern. Samanijis' visit to Switzerland was a great success as not only Jains but even the wider community benefited from their visit. They requested Samaniji to visit every year so that Jainism attains the same majestic status as the Swiss Alps!



Upcoming Events

Paryushana 28 Aug – 4 Sep 2008

Motivation Workshop 20-23 Sep 2008 by Mr. Ramesh Jain

For Adults: Cleanse your Negativity, How to Enjoy Old Age, and Harmony between Body, Mind and Soul

For Youth: Secrets of Success

Contact: 020-8452-0913 info@jvbl.org

Significance of Paryushana Parva

Meaning:

The word “*Paryushana*” has several different meanings:

1. *Pari + Vasan* = ‘*Pari*’ means from all sides and ‘*vasan*’ means to stay. Therefore *Paryushana* here means to stay closer to our own soul from all directions.
2. Another interpretation is – *Pari + Ushan* . ‘*Ushan*’ means to burn therefore *Paryushana* means to burn our all karmas.
3. The word ‘*Paryupashamana*’ is also used for *Paryushana* therefore a third way of interpretation is *Pari + Upshamana*. ‘*Upshamana*’ means to suppress i.e. all passions like anger, ego, deceit and greed.

The main message of *Paryushana* is to purify the soul by staying closer to it, to shed off the karmas and suppress the passions.

How to celebrate Paryushana

- Practice ‘*Samayika*’ i.e. equanimity
- Read spiritual books (minimum 15 minutes)
- Meditate for minimum 20 minutes
- Control food intake
- Speak less and use kind words (observe 1 hour silence)
- Control your anger
- Send vibrations of friendliness to all living beings everyday

By following such a life-style, one can develop spirituality within the self. These activities purify one’s emotions and thereby consciousness. *Paryushana* is the time to fill the qualities lacking in our lives. The process of shedding our karmas really begins by asking for forgiveness with true feelings, and by taking the vow not to repeat mistakes. The quality of forgiveness requires humility (absence of ego) and suppression of anger. One of the great aphorisms to ask for forgiveness is:

Khamemi savva jive, Savve jiva khamantu me

Mitti me savva bhooesu, Veram majjha na kenai.

It means ‘I forgive all the living beings of the universe, and may all the living beings forgive me for my faults. I do not have any animosity towards anybody, and I have friendship for all living beings.’

‘Forgiveness is the economy of our heart. It saves the expense of anger, cost of hatred and waste of spirit.’

Global Celebrations of Paryushana

Samanijis will lead the celebration of Paryushana at various Jain centers all around the world.

In the US:

Tampa - Samani Madhur Pragma and Parimal Pragma

JVB New Jersey - Samani Mudit Pragma and Shukla Pragma

JVB Orlando - Samani Param Pragma and Jayant Pragma

Connecticut - Samani Akshay Pragma and Vinay Pragma visiting from JVB Houston

Cincinnati - Samani Mangal Pragma and Ritu Pragma

Sacramento - Samani Riju Pragma and Satya Pragma

Miami - Samani Charitra Pragma and Unnat Pragma

In the UK:

Navnat Association & Jain Association - Samani Chaitanya Pragma and Agam Pragma

JVB London - Samani Prasanna Pragma and Rohit Pragma

Birmingham - Samani Jyoti Pragma and Him Pragma

Other:

Israel: Samani Malli Pragma and Rohini Pragma

Indonesia: Samani Shreyas Pragma and Ramaniya Pragma