



Lord Mahaveer

JVB International Reflections...

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Acharya Mahapragya

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JVB Houston

Samani Akshay Pragma
Samani Vinay Pragma
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JVB London

Samani Prasanna Pragma
Samani Rohit Pragma
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PEACE AND AHIMSA (NON VIOLENCE) IN LIFE

NEW YEAR'S MESSAGE - 2009

BY HIS HOLINESS ACHARYA MAHAPRAGYA

Let us enter the new year with this pious thought and celebrate it with great joy. May this joy become our permanent attribute. At the dawn of the new year, let us have self-introspection, self-criticism. The talk of peace will remain incomplete till the review of the past, the thought of the present and the vision of the future are in harmony with one another. I wish that we abandon all epithets and pray for an auspicious future.

I believe that a person's spiritual development is also absolutely necessary along with his material development. Let us all resolutely assert that peace is impossible without spirituality. The first lesson of peace is the development of spiritual awareness and its practical form is ahimsa.

The first principle of ahimsa is the purity of one's thought, emotion and deed. In order to change these into reality, what is needed is the inculcation of a feeling of equality towards all creatures, considering all human beings equal.

Today I see an imminent threat to the very existence of human society. Alarm bells are ringing. Fear and hegemony are predominant. It means that the tendency to impose one's authority or sovereignty on others is getting stronger. That is why arms are being piled up. There is a race even for destructive nuclear weapons. Nations are vying with one another to build their arsenals and acquire the highest power of destruction.

No one is paying heed to the talk of peace. We do not see harmony anywhere. We are sowing the seeds of unrest and are hoping for the fruit of peace. It will never be possible. If our behavior is really associated with a feeling of unity, the world can be wholly transformed. It can even be completely rejuvenated.

The second principle of ahimsa is 'exercise restraint in the use of material resources'. You should bear in mind that these material resources are not for you alone but are meant for all the living beings that inhabit this planet. The lack of self-restraint on the part of one individual is making the lives of several individuals miserable. All the problems emanate from men's greed for wealth and from his straying away from this world of consciousness. We should ponder over the question of self-restraint and self-control. We should think of controlling our emotions and awakening our inner consciousness. The more a person's inner consciousness is awakened the greater will be the solution of the problem.

A boy came and lit the lamp. The saint asked 'where has the light come from ?' The boy blew the lamp off and put a counter question 'where has the light gone ?' No one knows from where the light comes and where it goes. It is a problem and it is we who have to find out a solution. The way to the solution of the problem lies in a state of consciousness, which is free from tension, fear and dogmatic insistence.

Highlights of this issue:

Evolution of the noble nation—Former President Dr APJ Abdul Kalam

Thought at Sunrise

You can stay Healthy

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Evolution of the noble nation

Former President Dr APJ Abdul Kalam

“I would like to discuss about my first meeting with Acharya Mahapragyaji at the Adhyatma Sadhna Kendra, Mehrauli in October 1999. It was around midnight. Acharyaji said words that still reverberate in my mind. He said, "Kalam, God bless you for what you have done with your team. But God has a bigger mission for you and that is why you are here with me today. I know our country is a nuclear nation now. But your mission is greater that what you and your team have done; it is indeed greater that what any human being has ever done. Nuclear weapons are proliferating in tens and thousands in the world. I command you and you only with all the divine blessings at my disposal to devise a system of peace wherein these very nuclear weapons will be ineffective, insignificant and politically inconsequential." When Acharyaji finished his message, a hush fell over the room. It appeared to me as though there was a divine concurrence with the message. For the first time in my life I felt shaken. Since then, Acharyaji's message has become my guiding light and making it a reality a challenge that has given a new meaning to my life.”



Birth of the book

After that meeting, I met Acharya Mahapragya a number of times. On 2nd August 2005, I met him again on the occasion of the conferment of the National Communal Harmony Award on him. We were seated together and Acharyaji said, "Kalam, the time has come to translate our thoughts into action - developing a peaceful, happy and prosperous society through the development of the family and nation. And this we will do in the form of a book". This premise is the bedrock of the book, which is why we have named it “The Family and The Nation”. We believe that it is possible to evolve a noble nation with the basic

foundation of righteousness in the heart. That spiritual scene, in the scientific environment is indeed the civilizational heritage of India. Acharyaji and myself have brought out this unity of minds in detail in our book.

Thought at Sunrise

To live peacefully oneself and to help others also lead such a life is a major achievement. To deny oneself peace as also bind others into such a life is a major shortcoming. Let us exercise to keep our happiness and share other's happiness.

You can stay healthy

Remove your liver problem & lead a happy life

Asana(Exercise): Pashchimottanasana, Trikonasana, Yogamudra, Shashankasana

Pranayam (Breathing Technique): Deerga Shvas, Bhastrika, 5minutes

Preksha (Perception): Visualization of yellow color on the liver, 10 minutes

Anupreksha(Contemplation): Auto-suggestion – “My liver is becoming healthy.” 15mnts.

Jaap(Chanting) : Hrum – 10 mnts.

Mudra(Hand Posture): Surya Mudra, Shankh Mudra.

News from JVB New Jersey Center

Grand success of "Anjana" play

Jain Vishwa Bharati of North America organization presented an 'Anjana' play on Nov.8, Saturday and proud enough to say that grand success of our play brought a many meaningful messages to our large audience who has witnessed this play lively.

All that happened with the blessings of Param Shraddheya Acharya Shri Mahapragyaji and proficient guidance of Samani Mudit Pragyaji and Samani Shukla Pragyaji.

And of course, JVBNA feels proud to have a big group of dedicated volunteer team to make the play successful from the management system up to the artists. Setting of royal stage props, grand colorful costumes & makeup and besides all, extremely natural emotions of immature artists made the people astonished.



JVBNA also appreciates the generous support of Jain as well as non Jain community people.

'Anjana' play is a story of mother of Veer Hanumaan. Most of the people know about Hanumaanji but very rare know the source of this great soul that is his mother Anjana.

Pavanjay the father of Hanumaan is persona of bravery and repentance and Anjana is a representation of a strong and unblemished character of a woman and corona of optimism. The life of Mahasati Anjana gives the message that doubt is a sweet poison for good relations. It splits the two hearts, so one should keep himself away from it. It also teaches us that our present is the reflection of our past deeds and future will be that of present. To make our future bright, we should make our present bright by good deeds.

Visits within the Jain community

In the month of November, several families from the Jain community took the opportunity of getting discourse and lessons from Samanijis by inviting them to their homes. During these visits, Samanijis enlightened them with various teachings and techniques on maintaining harmony and peace in family life. They also gave tips to parents on how to inculcate Jain values in their kids.

Visit to Philadelphia

Mr.Kishore Mody invited Samanijis to their home; also he invited Mr. Gary.L.Francione (Distinguish Prof. of Law at Rutgers University). Samani Mudit Pragyaji graced the audience with her inspirational thoughts of energizing mind, body and spirit. Samani Shukla Pragyaji gave a brief introduction about Jain Vishwa Bharati and the life style of Samaniji. Mr. Gary inspired the people by his incentive thoughts about Jain principles. He has been vegan (not even milk products) since 26 years and trying to follow the Jain principles in his day to day life.

News from Orlando

October 16th – 23rd Morgantown, W. Virginia

The Samanijis were invited by the Jain community of Morgantown where they gave nightly lectures on different topics on the subject of uplifting Life. These lectures encouraged the people to live harmoniously and peacefully in day to day life. Both the Jain and Hindu community benefited by the discourses presented. The Samaniji also visited Jain families near Pittsburg Pennsylvania.

October 26th – 28th Dipavli at JVB Center

The Orlando JVB center celebrated Dipavli the Mahavir Nirvana day with the Jain Community. Samani Param Prajna and Samani Jayant Pragya had very touching and historical discourses on Dipavli and How we should create inner light with spiritual practices. A well organized event that left a mark on all the devotes to build and continue the light of spiritual awakening.

On October 28th Chopra Pujan was performed with Jain Sanskar vidhi conducted by Kamelesh Shah. The participants enjoyed the ceremony very much. On this pious occasion all devotes felt energized when they participated in chanting a special Dipavli mantra.

October 29th Rollins College Winter Park Florida

Professor Yudit Greenberg invited the Samanijis to her "Love" class. They discussed spiritual discipline which was followed by the students question and answer period. The students were very enthusiastic and took tremendous interest in the discussions given. The student also inquired about the Samanijis daily life and routines. The event ended with chanting and meditation.



November 1st – 2nd Jacksonville Florida

The Samanijis were invited by the Jain Community of Jacksonville where discourses took place at the Hindu Temple. After Gyan Panchmi ceremony, in the spiritual presence and guidance of Samanijis, religious classes were started for kids and children. This was the first time this event took place and it will continue to take place each month. The Jains acknowledged that they would continue to call on the Samaniji in Orlando from time to time to continue the spiritual awakening for there community.

November 27th – 30th Tampa Florida

On the occasion of Pratishtha Mahotsav celebration, the Samanijis were invited by the jain Society of Tampa Bay. This big event included cultural programs and lectures which were attended by people from all over the USA. Besides the many pre-senters, the Samanijis, themselves gave lectures which everyone enjoyed.

December 1st Rollins College Winter Park Florida

The Samanijis were invited back to the campus of Rollins College where they met with Professor Damato's class in Asian Religions. They lectured to over 20 students on Preksha Meditation, Yoga, and breathing techniques. The topic of "What is Non-violence" and what it means to the students daily lives. Questions and answer session followed. Thanks to Steve and Cyndi for arranging and driving the Samanijis to the lecture. Thanks also to Junior student Prea for arranging the event with Professor Damato.

News from JVB Houston

Deepawali celebration



JVB Houston celebrated Bhagwan Mahavir Nirwan Diwas on Nov 9. Children presented a skit 'A live meet with vegetables and Preksha Youth group presented a comedy but inspiring skit 'Peturam'. Samani Akshay Pragyaaji in her discourse explained to develop inner wealth like health, wisdom, peace, purity, glory and sincerity.



A talk in University of Houston

Samaniji was invited to University of Houston to give a talk on 'Role of Saman order.' Samani Vinay Pragya introduced to students the work of 'Saman order' in spreading the message of Lord Mahavir. Students also enjoyed the techniques of Preksha Meditation to improve the concentration and memory.



Thanksgiving Meditation

To commemorate this special festive, and prayer were held at JVB Houston in innocent turkeys who sacrificed their life group actively participated in this



meditation of friendliness, chanting the guidance of Samaniji for the on Thanksgiving. Preksha Youth meeting.

Peace prayer for Mumbai victims

For the victims of Mumbai terrorist attack a peace prayer assembly was held at India House, Houston. Most of the spiritual leaders came to wish peace through prayer. On behalf of Jain community Samaniji was invited for the Jain Prayer.

Visit of Samaniji

As usual Jain Society of other town invites Samaniji for Discourses and Meditation. In the month of Oct and November samaniji visited to Cincinnati, Dallas, Austin and Beaumont



Technique of Drinking water: by Swami Anant Veetrag at JVB



Regular Activities at JVB Houston

Preksha Youth group Session – every 1st Saturday of the month

Gyanshala for children – 1st and 3rd Sunday of the month

Preksha Yoga and Meditation – every Tuesday, Wednesday, Thursday and Saturday

Discourses – 2nd and 4th Sunday

NEWS FROM JVB LONDON CENTER

H.H. ACHARYA MAHAPRAGYA HONOURED WITH IOJ AHIMSA AWARD 2008



On Oct 15 2008, the **Institute of Jainology** celebrated its **6th annual Ahimsa Day** at the House of Commons. It presented **the 2008 Ahimsa Award** to **Acharya Mahapragya** in recognition of his endeavors to propagate the Jain principle of Compassion. UNICEF's UK Head, Lord Puttnam, presented the award collected by Samanijis and Mrs Sayerdevi Choraria. To pay tribute to Acharya Mahapragya, JVBL held a special programme "Holistic living through non-violence" on November **2nd 2008**. The program included Hymns related to Ahimsa sung by well-known musicians, a Skit by the children of JVB, and Speeches by eminent scholars and Samaniji.



WORKSHOPS AT JVB LONDON



Oct 5 - 'Effective Life Style through Preksha Meditation' by Samaniji
 Oct 12 - 'Healing through Preksha Meditation' by Dr. Rashmibhai Javeri, India
 Oct 26 - 'Jain way of Chopra Poojan' by Samaniji
 Nov 16 - 'Total Health through Rythmic Breathing' by Kanubhai Patel, an experienced Meditation Practitioner.

TALKS BY SAMANIJS TO STUDENTS AT LONDON UNIVERSITIES



SOAS - Oct 6 - 'Life style of Jain monk' & 'Introduction to Terapanth' to students.

KINGS COLLEGE - Oct 30 - 'Importance of Deepawali in Jain

Perspective'



VISIT TO OTHER JAIN CENTERS AND INTERFAITH PROGRAMME

BIRMINGHAM - Nov 7- 9: Samanijis discussed the 'Basics of Jainism', 'Nine Tattvas', 'Jain way of life', 'Importance of Diwali' and other topics among the adults and the children. **LEEDS** - Oct 19: Samaniji explained the nine *padas* on the occasion of *Siddhachakra Mahapooja*. **CYPRUS** - Samanijis attended a 3 day conference on 'The Civilization of Peace - Faiths and Cultures in Dialogue' jointly organized by Community of Saint Egidio & the Church of Cyprus. 1500 attendees and over 100 religious leaders and politicians exchanged views on creating a peaceful world. Samanijis presented on Jainism and conducted Arhat Vandana. Mr Sohanlal Gandhi from India presented a paper on 'Anekant & Co-Existence'.

News from Florida International University

The Preksha Meditation Club organized an event on Stress Management on 20th Nov, in the FIU campus. It was very informative and eye opening. Swami Brahmavidyananda, sharing his knowledge about stress explained that mind is the most important part of the body. He emphasised that people often worry about little things, don't think about their energy, and are not connected themselves. Swamiji did emphasis on breath, & instructed some breathing techniques. Further he shared that meditation is a state of mind, and helps transcends the mind too.



Samani Unnata Pragma explained that stress is when there is an imbalance between capability and demand, and suggested we create a sacred place in our mind and spend some time there. She shared different practical tips to keep away from stress. Samani Pragma revealed that stress is not in our environment, it is perceived in our mind and body, we need to deal with it. Students who were stressed out by the term papers & deadlines not only returned home with a relaxed mind but also took home the tips for their future stress free life.

Samani Charitra Prajna & Samani Unnata Pragma visited Atlanta on 22nd & 23rd of Nov on the great occasion of Pratishta. The beautiful Jain temple pulled many scholars & many followers from different corners of the world. The ceremonies included the wonderful procession which attracted the Americans on the way. Samaniji delivered an inspiring lecture on both the days talking about the significance of positive attitude towards life & How to drive safe in this Fleeting life. People were astounded by the speech & were looking forward for future possibilities.



With the new upcoming temples, Samani Charitra Prajna, Samani Unnata Pragma & Mumukshu Nikita visited the temple of Tempa. The beauty of Tempa lies in the arena, which has the Hindu temple, & Jain Temple in close proximity. This could pictures' the Indian scene. The Procession was headed by the 2 monks & four Samaniji & one Mumukshu. Samani Param Pragyaji delivered a very philosophical speech talking about right vision, while Samani Charitra Prajna discoursed on the practical aspects of Jain Life style. Samani Jayant Pragma recited a song of Mahavir, which enlivened the audience. Mumukshu Nikita's Gujarati speech made them feel home. The pratishta included Mantra chanting, a play of Birth ceremony & many more attractions.



There is a special event, "Farmers Market Coming up on 3rd of Dec. Preksha Meditation Club, will enrich students with the health aspects of the different fruit & vegetables to the students, thus promoting Healthy Eating. The other special attraction of this event will be Meditation In Nature for healthy living. This event is a Joint effort of different organizations for the wellness of the University campus.

Samaniji is teaching in FIU, they will offer two courses next semester, Meditation & spiritual development & Religions of Asia. This is helping spread the message of Jainism in the academic field, further to the present day Students.