



Lord Mahaveer

JVB International Reflections..



Acharya Mahapragya

Volume1, Issue 6



March - April, 2009

JVB New Jersey

Samani Mudit Pragma

Samani Shukla Pragma

www.jvbna.org

JVB Orlando

Samani Param Pragma

Samani Sangh Pragma

www.jainvishwabharati.org

JVB Houston

Samani Akshay Pragma

Samani Vinay Pragma

www.jvbhouston.org

JVB London

Samani Prasanna Pragma

Samani Rohit Pragma

www.jvblondon.org

Miami, FIU

Samani Charitra Pragma

Samani Unnat Pragma

Message On Mahavir Jayanti

.....by Acharya Mahapragya ji

I have written a song on the occasion of Lord Mahavir's 26 hundredth birthday. Its first line is "The one who is needed in today's world, why was he born long ago". We need Mahavir in present times.

Present times is the one surrounded with lots to issues like communal disharmony and religious barriers. Whatever Mahavir suggested us with his knowledge 2600 years ago is still valid in present times. We need values more than what they were needed during that time. Values of *Ahimsa*, *Anekant* and *Aparigrah* are the basic principles he taught us.

There is something peculiar about Lord Mahavir's statue. His posture is that of meditation but his eyes are partially open. This depicts that do not ignore external happenings and at the same time also introspect within through eyes partially closed. This way of seeing things is quite necessary in present times.

To be associated with material things is not an illness but when one gets excessively obsessed and greedy about these things, it becomes an illness.

The biggest problem of present time is radical communism. It is said that Religion comes first and then comes communal living. When both these things are seen at the same level, problem deepens.

Every year we all celebrate Mahavir Jayanti. This has become a routine tradition. This day comes every year

Highlights of this issue:

Message on Mahavir Jayanti by Acharya Mahapragya ji

◆
Preksha International Camp

◆
You can stay Healthy

◆
News from JVB New Jersey Center

◆
News from JVB Orlando Center

◆
News from JVB Houston Center

◆
News from JVB London Center

◆
News from Florida International University

MAHAVIR JAYANTI IN THE AUSPICIOUS PRESENCE OF ACHARYA SHREE



Acharya Mahapragya's discourse on Mahavir Jayanti



Mahavir Jayanti Celebrations in Bidisar, India



Russian boy Mark requesting for diksha on Mahavir Jayanti

after year and we do not act on how we should be spreading the message of self-introspection, rational thinking and new direction which can lead to better world. Personal material wealth has created issues in present times. This wealth is used in pomp and show. This habit needs to be changed.

Let Mahavir Jayanti be the day to recon the world of human consciousness and its enlightenment. We cannot reduce violence without inculcating consciousness of friendship and togetherness. We cannot remove hunger unless we have self imposed limits to accumulate material wealth. If we keep all the facts as well as the issues on table and then try to find a solution and then when statue of Lord Mahavir comes in front of our eyes, then only one voice will reach our ears that—to solve problems, we should not just march ahead to accumulate wealth and we should not make wealth as the parameter of progress. Find balance between materialism and consciousness and let the problem of materialism be solved by consciousness and the problems in consciousness, solved by materialism. Once we establish fair balance between the two, we would be giving a meaning to Mahavir Jayanti and this will not be useful to human race only but for the entire world.

About Preksha International - Camp

Preksha International is an international non-profit educational, charitable and humanitarian organization, dedicated to serving society by strengthening the individual. Its mission is to spread awareness of benefits and practice of Preksha Meditation all over the world without any discrimination of color, cast, creed, community or religion. There are camps which go round the year. This year the Preksha International camp for NRI is going to be held from **Sept 11-18 at Ladnun, India.**

Special Attraction of the Camp:

- Auspicious presence of His Holiness Acharya Mahapragya
- Yuvacharya Mahashraman will take meditation sessions
- Preksha Meditation, Yoga, Pranayam, Kayotsarga, Anupreksha and Mantra Meditation will be practiced
- Spiritual discourses and interaction sessions
- Use of multimedia and audio visual presentation
- Personal Counseling in selected cases
- International participants from many countries

More information can be obtained by visiting <http://preksha.com/html/preksha%20camps.htm>

You Can Stay Healthy: Cure Acidity

Asana (Exercise): Kayotsarga, Uttanapadasana, Vajrasana after having meal.

Pranayama (Breathing technique): Sheetali, Mahaprana Dhvani, Bhramari.

Preksha (Perception): White color meditation on the entire body. -10 minutes

Anupreksha (Contemplation): Auto suggestion to stomach "the bile is coming in balance".-15 minutes

Japa (Chanting): "VAM" - 10 minutes

Diet Precaution: Avoid tea, sugar, sour, and fried stuffs.

Mudra (Hand posture): Apana Mudra.

News from JVB New Jersey Center

March 3, 2009 Preksha Meditation Workshop at Rutgers University

Preksha Meditation workshop organized by a group of JAR students (Jain Association at Rutgers) at Rutgers University. They invited Samani Mudit pragyaji and Shukla pragyaji to discuss about the Preksha Meditation. Samaniji talked about Preksha Meditation which is a significant technique for attitudinal change, behavioral modification and personality development.

March 8, Volunteering at Alameda Nursing Home

Under the teaching of Samanijis, JVB Preksha teens are trying to incorporate the principles of non-violence, love and compassion in their daily lives. To effectively integrate these principles, the students spend the first Sunday of every month at the Alameda Nursing Home in Perth Amboy. 8th March the children shared their multifarious talents with the seniors. Madhu Parmar, Yamini Bhandari, Jay, Nisha and Roshni entertained them with many bhajans and songs, played dominoes and blocks.



March 15, JVB Gyanshala Holi Celebration

JVB Gyanshala has Celebrated Spiritual colorful Holi under the guidance of Samanijis and volunteering parents. To inculcate the value of making life colorful by helping ones own and others, children were given a charity project

March 23 -27 Visit to Boston

A Jain family Mr.Bhavin and Nilam Shah invited Samanijis in Boston. Samani Mudit Pragyaji inspired people to practice self restraint which is the only powerful tool to extinguish the fire of violence. Samani Shukla Pragyaji gave a brief introduction of JVBNA, where everybody whether a child or an adult can be benefited by different activities.

March 29, Memorial

Bacchubhai & Hasmukhbhai Mehta organized a program in the memory of their mother. They invited Samanijis to inspire coming generation. Samani Mudit pragyaji said that mother is the greatest power in the world. Mother not only gives birth but also transfers all her strength for a bright future of her children. We must be ever indebted to our parents for their share, care and sacrifice.

April 5, Mahavir ko manayen yaa jiyen?

Samaniji Mudit Pragyaji delivered a lecture on Mahavir ko manayen yaa jiyen? Samaniji said that to celebrate Mahavir Jayanti in a true sense we need to practice the principles of non-violence, non-accumulation and non-absolutism in our day to day life.

Upcoming events

May 3	-	Akshay Tritiya Celebration
May 9	-	Preksha Meditation Certificate Course (Starts)
July13-16	-	Children Summer Camp

JVBNA Membership

Supporting Membership	\$501
Life Membership	\$2,101
Sponsor membership	\$5,001
Founder Membership	\$11,001
Patron	\$25,001
Chief Patron	\$51,001

JVBNA congratulates Shri Ashok , Shilpa, Shreen and Siddhi Bhansali for becoming life member.

News from JVB Orlando Center

Jain Vishwa Bharati Gyanshala, Orlando

Inspired by Gurudev H. H. Acharyashree Mahapragyaji and Yuvaacharyashree Mahashramanji Jain Vishwa Bharati, Orlando has been conducting students Gyanshala Program at its center since last several years. Gyanshala is scientific and progressive, and is designed to uplift the moral of Jain youths due to enough perturb elements prevailing in this world. For the very young ones this program is designed to create a mental toughness to live with 'Maitribhava' all through their life.

Acharyashreeji has said "Malevolence and depravity are smothering the world. There is an abundance of means to perturb moral values. With pragmatism, consumption is also growing rapidly. Under these conditions, Gyanshala is a compelling function. Gyanshala is not just a concept - it is the science of living." Mahashramanji has said "It is expected that we shelter children from immorality and depravity. Gyanshala is like a weapon that defends against evil as it shields morality and establishes the kingdom of virtuous ideals".

Each level has its own text books covering the Jain fundamentals of existence and the karma science of Jainism. Further, they cover the rich history of Jainism and lives of Thirthankaras. To instill discipline in the youth several ceremonial aspects of Jainism are covered too. Gyanshala has been broadened by the inclusion of a 25 minute



Yoga and a 35 minute Hindi language class for all levels. Jain study classes of all Gyanshala levels are taught by Samnijis and knowledgeable teachers. A team of 15 people is inspired to conduct the function of Gyanshala under the auspicious guidance of Samanijis. This team includes 11 teachers, 1 coordinator and 3 co-coordinators.

Jain Vishwa Bharati encourages parents and Jain youths to take these invaluable Gyanshala lessons to create a stronger foundation for a very peaceful, lovable, adorable and progressive life in this Bhav.

Tampa 15, March

Samani Param Pargyaji conducted adult *swadhyay* samani Sangh pragyaji conducted Gyanshala for the youth. In the adult samaniji helped everyone practice meditation and chanting of OM sound in the beginning and later taught on 25 Jain *bols*. She explained in details 4 *gatis* and 5 *Jaatis*. She then gave a lesson on 6 *kayas*. About 50 people participated in the Adult *swadhyay* which was conducted from 11:00 am to 1:00 pm and several young children and youth participated in the Gyanshala. The *swadhyay* was followed by a lunch arranged by the Jain community of Tampa bay.

News from JVB Houston Center

Construction of new JVB Center

The construction is progressing well. The first ever Pyramid meditation hall to be build in North America is seen in the pictures below. The center is getting ready. Gyanshala parents do Shram Daan during weekends. The center is expected to be completed by June.



Prepare for peace: An Interfaith program

Council of World parliament organized an interfaith program on March 30th in Chicago. Dr. Hema Pokharna invited Samaniji to present the Jain principles which can help to bring the peace. The program was kicked off with Jain prayer by Samanij Akshay pragya ji and Vinay pragya ji. Samaniji talked about **Anekant: The Foundation for peace**. She explained that if we develop understanding and respecting others views, and train the brain through meditation there will be peaceful society.

Mahavir Jayanti

JVB Houston celebrated Mahavir Jayanti on April 7th, the actual day, with Jaap, Bhajan which was followed by lecture by Samaniji. Samaniji emphasized on instilling tolerance and forgiveness in the life.

JCNC, San Jose invited Samaniji on the occasion of Mahavir Jayanti. Samani Akshay Pragya addressed to the audience that we should not only talk of Bhagwan Mahavir but walk on his way. Information only is not enough, but transformation is necessary. We should try to live Mahavir. Around 1200 people were enlightened by Samaniji's discourse. It was followed by nice cultural program by children of JCNC. During this trip people enthusiastically participated in open discussion session on Karma Theory and Q & A about Jain philosophy.

Spiritual Directors International, April 16

SDI conducted the conference of 2009 in Houston. The spiritual leaders from various faiths like Christianity, Jewish, Sufi, jain, Sikhism and Tibetan meditation presented their practice of meditation. Samaniji introduced Jainism and Preksha Meditation developed by Acharya Mahapragya. It was thrilling, amazing and unique experience of Preksha meditation for the people. Samani ji explained it with scientific approach which was appreciated a lot. JVB Houston director Sri Hasmukh Doshi also attended the conference with Samanijis.



Upcoming event

Preksha Youth group session: May 2, Saturday at 3 pm at JVB Houston

Children summer camp: June 8-11, 9 am – 3:30 pm (age-5-13)

Activities in the camp: Yoga, Pranayam, Relaxation, teaching moral values and games

News From JVB London Center

JVB London Gyanshala

On 1st March, exams were held at the JVB Centre London for *Gyanshala* students. In total 14 students from kinder *Gyan* group, *Gyan* group and *Darshan* group sat for these exams. All students received their results two weeks later and there was 100% pass rate. The new session of *Gyanshala* started in March 2009 and is running very well.



Today's Youth; Tomorrow's Future

On 15th March 2008, with the aim of creating a better understanding of Jain philosophy and culture as well as to encourage a balanced life, JVB London started a monthly workshop "**Jainism & Science of Living**" for youths. The session commenced with a discussion on the basics of Jainism, followed by various breathing exercises to enable better concentration and build a holistic personality.

Workshops at JVB London

On 8th and 22nd March, workshops were held by Samanijis entitled '**Joyful co-existence is possible**' and '**Sweeten your relations**'. They commemorated the great occasion of Lord Mahavir's birthday, and were designed to teach methods of living a happy, peaceful life.

Visit to SOAS University

On 12th March, Samanijis were invited by Dr. Peter Flugel, to the 11th Jaina studies workshop, organised at SOAS. The event commenced with the recitation of *Namaskar Mahamantra* by Samanijis, followed by the 9th Annual Jain lecture by Prof. Banshidhar Bhatta (University of Munster).

A Session at Cardiff University

On 24th March 2008, at the request of William Johnson, a professor of the religious department of Cardiff University, Samanijis conducted a two-hour session. Samani Rohit Pragya spoke on "**Introduction to Jainism and the life-style of a Jain ascetic**". Samani Prasanna Pragya introduced **Preksha Meditation** and taught the audience Correct, Complete and Rhythmic breathing. Students enjoyed the session and found it beneficial in increasing their concentration and memory.



Programme in other Jain organizations

NCVA: On 28th March, Samanijis were invited by The National Council of Vanik Associations to begin the event '**Chaplaincy Training**'. Samanijis admired the project initiated by NCVA which is designed to establish a chaplaincy service for Jain patients. They inspired the participants to provide emotional and spiritual help to sick people. **JAIN ASSOCIATION:** On 29th March, Samaniji spoke on '**How to bring Non violence in Family**' and inspired the audience to celebrate Mahavir Jayanti by applying his principle of non violence in family.

News from Miami (Florida International University)

World peace Diet

Preksha Meditation Club, in the guidance of Samani Charitra Prajna arranged an event, 'The World peace diet' on 25th February in FIU. The speaker, Dr. Will Tuttle enlightening the ancient history of vegetarianism, said that the present life and diet system is only 10, 000 years old. Before 10,000 years we were only 1% of biomass. Now we have reversed it, the biomass is 98% humans, 2% animals. All walked home with a message of, let's work for liberation of us, animals and all.



Peace in the world



Live experience of diversity and unity of different cultures was created in FIU campus on 11th March 2009, when diverse cultural groups brought in vegetarian cultural food. The event was kicked off by an awesome circular meditation guided by the sweet voice of Samani Charitra Prajna. The different games, laughter therapy, henna, musical band and more made the environment joyous and energetic. Monday & Tuesday's regular meditations sessions guided by Samaniji has brought in a new spirit among the students. Some are looking forward to visit India too. The students voiced to maneuver such successful

events regularly.

Mahavir Jayanti in Greater Memphis



Jain Community of Memphis celebrated their festive Mahavir Jayanti in the auspicious presence of Samani Charitra Prajna and Samani Unnata Pragyia. Samani Unnata pragyia presented her poem, about the friendship with Mahavir. Samani Charitra Pragyia, levitated the people with her speech on forgiveness. There were also hot and spicy sessions maneuvered about issues like the relationship of science and spirituality, how life could be made easy in this recession and others.



Miami Swadhyaya

Regular swadhyaya for adults and pathashala for kids arranged by Samaniji has brought in a new awareness in Miami.

Upcoming events

Miami Jain Community is looking forward for their grand Temple Pratishtha, to be held on 17-20th April. Samani Charitra Prajnaji, Samani Unnata Pragyaji and Mumukshu Nikita are working for a fabulous stage play of "Shalibhadra and Dhanna". The enthusiastic Jain community shall present this grandeur play on Sunday, 19th April, in Miami Jain temple.