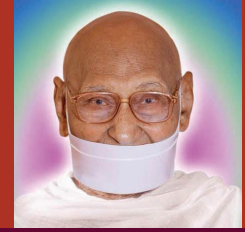




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

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Akshay Pragyaaji



Vinay Pragyaaji

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Paryushan Mahaparva : A Festival of Non-Violence

Paryushan Parva is a spiritual festival which revolves around Non-Violence. As Lord Mahavir said 'life is dear to all'; Non-Violence is the key principle of Jainism. Lord Mahavir gave a new meaning to Non-Violence - it not only means to not kill but also to not hurt any being by thinking, speech or deed. Paryushan Mahaparva, which is celebrated for eight days, sends the message of Non-Violent life-style.

Paryushan is composed of prefix 'pari' and the word 'vasan'; that means 'to stay within' or 'to stay around the consciousness'. It is purely concerned with our consciousness and inner awareness. And this is the time to awaken and emanate our inner power, which is dormant, inactive and hidden within us.

The objectives to celebrate this festival are:

- To calm down the passions like anger, ego etc.
- To contract and control the sense organs.
- To shift the consciousness from the unwanted acts and attitude.
- To audit our past deeds
- To make positive resolution
- To enhance humanity by expanding amity.
- To develop a Non-Violent personality.

This festival teaches us to develop 'high thinking and simple living'. It is not materially oriented. It says to moderate the eating, outer trip, and consumption. We should try to understand the difference between our Needs and Wants.

Bookmark your browser with the following link for Podcast of JVB Events

<http://www.jaindestiny.mypodcast.com/>

Pragya Diwas: Acharya Shri Mahapragyaaji's Birthday



Every year JVB Houston celebrates Acharya Shri Mahapragyaaji's birthday as Pragya Diwas. This year was no different. On 7/21/07 a two hour program was held at the center to mark the occasion.

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Paryushan Mahaparva : A Festival of Non-Violence

A Need can be fulfilled, but Want can never be. This festival teaches us to control our Wants. To control the desires, inner purity and strength is required. One can increase the inner strength by chanting mantra, observing penance, practicing meditation, and spending time spiritually.

This festival increases awareness in our daily activity like minimizing the use of water, not hurting any living being e.g. bugs, to be friendly, and to respect others views etc.

How to Celebrate Paryushan?

- Practice 'Samayika' i.e. equanimity.
- Control food intake (vegetarian diet only; avoid spicy food and drinks)
- Read spiritual books (minimum 15 min.)
- Speak little and use loving words (observe one hour silence)
- Meditate for minimum 20 minutes
- Control your anger
- Think positive
- Observe celibacy
- No food in night
- No party
- Respect others
- Send everyday the vibration of friendliness to all living being

By following such life style one can have a peaceful and happy life. Paryushan purifies our emotions and thereby consciousness. It is an opportunity to fill the lacking qualities in our life. It is the time to see ourselves. It is the time to give a new shape to ourselves.

In a nut shell, we can say that Paryushan Parva is to welcome the forgiveness, compassion and appreciation, and to farewell the hostility, ego and rudeness.

In September Paryushan Parva is coming. Don't get afraid of it, celebrate it with full enthusiasm and light the lamp of love.

Samani Akshay Pragyaji

Pragya Diwas



Every year JVB Houston celebrates Acharya Shri Mahaprgyaji Birthday as Prgaya Diwas. This year was no different. On 7/21/07 a two hour program was held at the JVB Houston center to mark the occasion. The program started with Navkar Mantra, and followed by Jaap led by Samani Akshay Pragyaji. Hemant Bhavsar, Nishad Mehta, Jasmine Seth, Jasavi Kamdar, Pratima Desai, Ila Patel, Ragini Shah, and Rajeshwari Pala led the Bhajan sessions. Samani Vinay Pragyaji gave a discourse on "Acharya Mahapragya: Past and Present". Saakshi Jain, Maanya Jain, and Nisha Khater represented Gyanshala.

Samani Akshay Pragyaji's pravachan on "Social Contribution of Acharya Mahapragya" provided insight on Mahapragyaji's illustrious life.

Samani Akshay Pragyaji also shared guidelines on how to live our daily lives as follows,





1. Ingredients of a good home – Physical and Metaphysical

The ingredients of physical worlds are Earth, Sky, Fire, Water and Wind. Samaniji gave a good analogy of the physical ingredients to the qualities that a good home should have. These were,

- We should have tolerance like Earth
- Our values are unending and limitless like the Sky
- Our inner light should burn like Fire
- We should lead a pure life like Water
- We should have energy without attachment like Wind

2. Eating

Samaniji made a very interesting observation regarding our eating habit. She said “Eat liquids and Drink solids”. It was perplexing at first but when she explained the meaning it made complete sense, and seemed like something which should be adopted for a healthy life:

- | | |
|--------------|---|
| Eat liquid | – Drink very slowly so it feels like eating |
| Drink Solids | – Eat slowly chewing the food 32 times so it feels like drinking. |

Audience learnt and appreciated the making of Jain Nuns from the VCD on Jain Nuns, that showed how Jain Nuns progress in the Jain Vishwa Bharti University from Mumuksha Bahans to Samaniji or Sadhwijis.

JVB secretary Pramod Bengani provided a summary glimpse of recent representation of JVB centers at the JAINA convention. Program was wrapped up with Mangal Path by Samanijis.

Meditation Program in “Rothko Chapel” and “Methodist Hospital”

On July 11th, Samani Akshay Pragya and Vinay Pragya, from JVB Preksha Meditation Center, were invited for Meditation in ‘Rothko Chapel’. Samanijis introduced the audience to Jainism and showed them how to practice ‘Preksha Meditation’. People enjoyed the session and were very impressed. Some exclaimed that they had never received such experience before.



On July 18th Samanijis were invited by the ‘Methodist Hospital’ Houston to provide an experience of Jain way of Meditation. Every month, the hospital conducts meditation from different walks of life. Samanijis introduced Jainism, and showed the attendees how to practice Preksha Meditation, Long breathing, Alternate breathing and White color meditation. People shared their positive experience of meditation with Samanijis.

Samaniji had a good discussion with Dr. James D. Duffy, Director Methodist Hospital and President & CEO Institute of Religion and Health (IRH). Dr. Duffy had a good opinion of Jain followers. He even remarked that Jain folks are trustworthy and thus the reason they are sought after by banks.

Mr. Aljandro, Director IRH, introduced Samanijis to the attendees. Samanijis encouraged him to have patients practice meditation, and that it can help cure many diseases without side effect. Samanijis shared how famous Indian cardiologist, Dr. Manchanda in All India Medical Institute, Delhi cures the heart patients through meditation. Mr. Aljandro inquired and showed interest in the research done in Delhi.



Ila Patel, vice president JVB and Mr. Kanti Shah attended the visit with Samaniji and introduced the attendees with the activities of JVB Center.





Tidbits

The Problem Solving Mantra

“Namo Abhaydayaanam”

- Chant everyday 108 times (one rosary)
- Time: Preferably in the morning
- Process : While chanting concentrate over ‘center of bliss’ (center point of the chest) and visualize bright pink color over there.
- Result: Development of fearlessness.

Test your knowledge about Jain religion

The answers of last month’s questions are as follows:

1. What is the difference between ‘Arhat’ and ‘Siddha’?

Answer : ‘Arhat’ is devoid of four masterful karma while ‘Siddha’ is devoid of all eight karma.

2. What are Acharyas and how many Acharya’s virtues are there?

Answer : Acharya is the spiritual leader and leads the order. Acharya has 36 virtues.

3. Who is Sadhu?

Answer : Sadhu is a monk who observes five great vows namely Non-violence, Truth, Non-stealing, Celibacy, and Non-possessiveness.

Questions for this month are:

1. What is the terminology used for Jain - lay follower?
2. How many Vrata he/she is supposed to follow?
3. Which Karma becomes hurdle in our knowledge?

Voice of the Omniscient

samayam logassa janitta (Acaranga Sutra : 3.3)

All souls are equal.

asaccamosam saccam ca anavajmakaksam,

samuppehamsandidham giram bhasejja pannavam (Dasvaialiyam: 7.3)

A wise monk is supposed to speak conventional & true speech which is non-violent, polite and doubtless.

Calendar of Events:

- ◆ Wednesday 07:15 to 08.00 PM.: Meditation
08:15 to 09:15 Swadhyaya (on Bhaktamar and Uttradhyaya Sutra)
- ◆ Thursday 09:30 to 11.00 AM.: Yoga and meditation for General Health & Mental Peace.
- ◆ Saturday 09:00 to 10.30 AM.: Yoga and meditation for General Health & Mental Peace.
- ◆ Sunday
- 1. (1st and 3rd) 10:00 - 12:00 AM.: Gyanshala
- 2. (2nd and 4th) 10:30 - 12:00 AM.: Meditation, Pravachan & Bhajan

Notes:

- Samanijis will be traveling to Minneapolis from September 07th to 17th for Paryushan.
- 1st Gyanshala class for the 2007-2008 Calendar Year starts on 09/02nd





JVB Houston conducts workshop on “Change the Way You Live”

“Everything that happens in this creation has a cause; nothing happens without a cause. Even taking birth has a cause. Every emotion brought out by us has an impact. Not even a solitary emotion goes waste; not even one imagination goes waste. When we emanate negative emotions into cosmos, it comes back to us in some form or the other, depending on what we emanate. Therefore, we should control our negative emotions”. This is what Ramesh Jain had to say in his workshop conducted at the JVB center.



JVB (Jain Vishwa Bharati) Houston conducted workshop on “*Change the Way You Live Your Life and Re-discover the Art of Joyful Living*” on July 21st 2007. The workshop focused on cleansing negativity, power of visualization, and relaxation & meditation.

Shri Ramesh Jain, the self realized soul, is the main force behind Poorna Ananda, a Hyderabad based Centre for Spiritual Evolution and Joyful Living. Shri Jain has developed simple and effective techniques to tap the enormous powers within individuals and help them succeed in all the areas of their lives. He has unfolded the subject to thousands of people across the globe and most of them are reaping the benefits, have taken complete charge of their lives, and are living a joyful life.

While elaborating the good and the bad deeds, and their impact on rebirth, he explained - “The kind of rebirth is decided by the belief one has, is based on the feelings, emotions, attachments, unfulfilled desires and impressions on the sub-conscious mind. Whichever impression is predominant at the time of death, decides the type of rebirth, and the impression at the time of death, depends on the impressions collected during life time”.

Ramesh Jain explained that through a 7 step process we can take complete control of our lives and possess a vibrating and pleasing personality. Living a joyful life becomes our nature by practicing following 7 steps.

- Cause and effect knowledge,
- Avoidance of negativity,
- Expansion of positivity,
- Alpha level relaxation,
- Positive visualization,
- Positive affirmations and Meditation.

Workshop was attended by more than 60 participants.

- Kirti Jain

Thoughts:

How can you raise the standard of any work and make it good? The answer to this question is fairly straightforward. If you are involved with and enjoy your work then it will be well done. If you are not genuinely interested then the work will be incomplete and not even of the desired standard. All the energy comes from within. If the work you are doing is inspired from within then the two together will produce action. No energy will be wasted. A seed which lacks energy will not sprout. Fertile land, irrigation is all some of the necessary conditions, but the most important among them still remains the energy within the seed. Based entirely on external stimuli, no new creation is possible.

