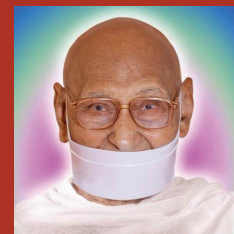




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 2, ISSUE 7

JULY 2008



Akshay Pragayaji



Vinay Pragayaji

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Pragya Diwas

JVB Houston celebrated the 89th birthday of Acharya Shri Mahapragyaji on July 13th 2008 at the JVB Preksha Meditation center. Samanijis initiated the program with Navkar Mantra and meditation. This was followed by a lecture by Samani Akshay Pragayaji on importance of having a Guru (teacher). She told the audience that Mother gives birth but it is Guru who gives life. She reminded the audience that we are lucky and blessed to have a teacher and leader as scholarly and graceful as Acharya Shri Mahapragyaji. The audience then sang with Samaniji a Bhajan that was penned for the occasion.



Alok Jain, past president and board of director, gave an update on construction activities for the new JVB center and urged people to open their hearts and wallets, and contribute generously

towards the good cause. He reminded people that the Houston community had made a commitment to Acharya Shri to use and support the JVB Houston center, and it has been done admirably for last eight years but the time has come to step that up a notch.

The most exciting part of the Pragya Diwas celebration was a lecture, and a very animated question and answer session that followed, by renowned Cardiologist Dr Kota Reddy. Dr Reddy talked about his research on leading causes of heart disease especially amongst Indian population. He emphasized the importance of healthy eating with some very good examples. He dispelled many a misconceptions of the audience regarding the different foods and what effect they have at every level of the body including the cellular level. He focused a lot of his time on sugar, starch and bad fats in the diets of most Indians, what foods and dishes have them, and what are their effects on the human body. It will be very difficult to capture every aspect of the session in this short paragraph but the general feedback from the audience was that this was a lecture that should not have been missed by anyone who wants to have a healthy heart and long life.

The program ended with vote of thanks by president, Hansmukh Patel, and was followed by a light lunch.

By: Ajay Khater



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Stress Management Workshop at India Culture Center Clearlake



On July 12th, Samanijis were invited by the India Culture Center Clearlake to conduct a Stress Management workshop. The four hours workshop was held at the University of Houston Clearlake campus and was attended by approximately 60 people.

Workshop started with a Power Point Presentation by Samaniji and followed by Yoga, Pranayam, Meditation, and Q&A. For many of the attendees it was first introduction to the Preksha Meditation. Attendees were impressed by Samanijis outstanding grasp of the topic, and requested them to conduct future workshops on Food Habits, Diet, and Anger Management.

The funniest moment of the workshop was Laughing Yoga facilitated by Pramod Bengani. Audience could not contain their laughter and requested that a Laughter Club be started in the area.



The workshop was made possible by the volunteer support of many including ICCL BODs – Shishir Dasmodhapatra, Nandni Dhir, Prabha Bhalla, and ICCL Youth Committee represented by Madhuri Dasmodhapatra.

By: Pramod Bengani





Tidbits

The Problem Solving Mantra

“Aum Hrim Namō Loae Savvasahunum”

- Chant this mantra every day by completing one mala
- Benefit: It helps you in getting rid of all your problems

Test your knowledge about Jain religion

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

Q1. What is *Gati*?

Answer: The Karma associated with our soul compels us to go through the cycle of death and birth. According to our Karmas we take birth in different forms, that is known as GATI.

Q2. What are the four destinies or Gatis?

Answer: The four Gatis are:

- | | |
|--------------------------------|--|
| a) Manushya (Human Being) Gati | b) Triyanch (Animals and other Living Beings) Gati |
| c) Dev (Heavenly Beings) Gati | d) Narak (Hell Living Beings) Gati |

Q3. What determines different kind of existence of life?

Answer: Karmas done by you in your past life or previous birth decides your Gati. If you are selfish, very harsh to others you will take birth in Triyanch, or Narak Gati, and if you are simple, do spiritual things, you will take birth in Manushya, or Dev Gati.

Questions for this month are:

1. Who was the founder of Jainism?
2. Is there any one principle above all that characterizes Jainism?
3. Do Jains believe in God?

Congratulations!!! Shrenik and Khusboo Jain for answering last month's questions!!

Voice of the Omniscient

appa katta vikatta ya, duhana ya suhana ya
Appa mittamamittam ca, duppatthiya supatthio

Soul is the cause of unhappiness and happiness and also the destroyer of them. Soul allied to right action is friend and when allied with sinful action it becomes the foe. *(Abstract From Jain Agamas)*

Calendar of Events:

- | | |
|------------------|---|
| ◆ Tuesday | 07:00 to 08:00 PM : Yoga & Pranayam to Relieve Stress |
| ◆ Wednesday | 07:15 to 08:00 PM.: Pranayam & Meditation for Healthy Life & Positive Thinking |
| | 08:00 to 09:00 PM : Swadhyaya (on meaning of Pratikraman 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) | 15:00 to 17:00 PM : Ahimsa Vichaar Manch |
| 2. (2nd and 4th) | 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan |

Upcoming Events:

Preksha Youth Group meeting: Saturday, August 02nd, from 4-6 PM
 Gyanshala Teacher's Training: Sunday, August 17th, from 10 AM to 3 PM
 Children's Summer Camp-3: Manage Your Life: Monday-Thursday, 9am -4pm, August 11-14, 2008
 Samanijis Visiting Connecticut from 08/23rd to September 05th
 Gyanshala Starting on September 07th.





Samaniji at the YJA Convention



YJA convention was held in Chicago from July 3-6. Samani Akshay Pragyaji and Vinay Pragyaji went to Chicago to conduct several sessions among youths. The convention got started with Navkar Mantra and blessings by Samani Akshay Pragyaji. Samani Vinay Pragyaji proposed some projects to learn, live, and spread Jainism around the world such as - to make at least 5 people vegetarian in life; to research the scientific aspect of Jain principles - non-violence, forgiveness, compassion; to bring Jainism in the Universities; and to spend at least 2 minutes in meditation or some spiritual act. In other sessions, Samaniji

discussed the **Power of Color**. She explained that color of ones dress, room, car, and surroundings affects ones mood and nature. For example, Red is for love, and aggression both. The color of car and personality was more interesting to youth. To increase memory she gave some tips around food, yoga, meditation etc. in **Jain Bytes**. Participants enjoyed a lot the games of concentration. In controversial sessions there was open discussion on Stem Cell research, Alcohol, Visiting the temple, and so on. Yoga was also a fun for them.

By: JVB News Desk





Children's Summer Camp-2: Family Values & Healthy Living



The second children's summer camp from July 11-14 was very successful at JVB Houston. Childrens enjoyed Yoga with Samaniji, and Shashiji. They loved stitching (embroidery) and craft with Hansa Ben. Bimla Jain and Pratima Desai brought more fun for them with stories and lots of games. Childrens were taught the family values, how to respect the parents. One



interesting thing about this camp was the children's excitement to spread vegetarianism with their own ideas. They did not want the animals to suffer and sacrifice for human enjoyment.

Samaniji's Visit to Chicago

Chicago Jain community was blessed by the presence of Samaniji on the 15th Anniversary of there Jain Temple. Samani Akshay Pragyaji talked on **Healthy food: Happy life**. She explained that simple, nutritious, and healthy foods keep ones thoughts pure and positive and makes one peaceful and happy. People were very much fascinated by the talk. During their visit to families, Samaniji gave talks on Power of Speech, Meditation, How to Combat Ego, and more. Renuka Mehta, Pallavi Mehta, Indira Mehta, and Ashok Shah arranged the lectures at their homes. It was a great pleasure that the Birthday of HH Acharya Mahapragya ji was celebrated at the residence of Manoj Choradia. Vinni and Khushi presented a mesmerizing poem which was followed by a song by Navita Choradia and Samaniji's speech. This trip was a thrilling experience for the Jain community of Chicago.



Samaniji's 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. Lord Mahavir said that Forgiveness is the greatest weapon to wipe off the enemies. So forget others fault, give forgiveness, and be friendly to all. She also talked about **How to Purify Aura**, and **Change the Thinking: Change your Life**. All the sessions were thought provoking, and were followed by Yoga, Pranayam, Meditation, and Relaxation. People felt relaxed and stress free after the sessions.

Thoughts:

Live Purposefully

If you don't live life on purpose you live life by accident. Why do some days feel like a motorway pile up? It's because you haven't sorted out your purpose yet. The highest purpose is always giving, or serving others, without wanting anything in return. This is why relaxation is always impossible if we are always 'on the take'. There is an overall purpose for your life, and each of the many scenes which fill your day are opportunities to serve your purpose. Take time to think deeply, listen to your intuition, and with patience, the reason why you are here, and what you uniquely have to give, will occur to you. Then you can live your life 'on purpose'.—Anonymous

