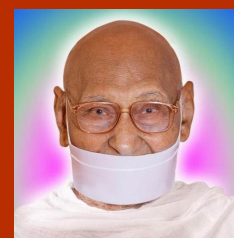




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 1, ISSUE 6

JUNE 2007



Akshay Pragyaaji



Vinay Pragyaaji

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Living with Diseases

Life is full of good and bad. If we sincerely make use of our inner powers, we can reduce the effect of bad considerably. Generally people are external seekers. So they are always searching outside in the mundane world for the solution of every problem. Man hardly looks inward, into his inner being for a solution.

Grief comes with disease, old age and death. The objective is to develop an amicable relation with the disease and other unfavorable situations so that you can learn to welcome it. The greatest truth is to establish friendliness with these phases. Medical science also says 'do not be frightened on the arrival of sickness, rather establish friendliness with it.'

One should realize whoever has come may give pain but simultaneously will also purify the consciousness.

By friendly attitude disease will never leave behind evil and sadness but it will ensure goodness and prosperity in our body.

Meditation and Mantra chanting can help one to awaken the internal tolerance power and develop friendliness. By giving auto suggestion time and again, one can bring about the chemical changes in the body and thereby disease becomes totally ineffective. In this way, even in the presence of disease one can blossom the flowers of happiness.

By: Acharya Mahapragya

IN THIS ISSUE

Living with Diseases
Acharya Mahapragya

Gyanshala- Graduation
Kajal Jain

JVB Houston in Interfaith Meeting

Tidbits

- Mantra: The Problem Solving
- Test Your Knowledge
- Voice of the Omniscient
- Calendar of Events
- Upcoming Workshops

Stress Management Workshop
Samani Vinay Pragyaaji

Workshop Feedback

Contact Us
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Mark your calendar for Workshop on Enrich your Memory Power
Saturday, June 23, 2007, 1 to 4 P.M. at JVB Houston Center

JVB Houston Gyanshala Graduation



JVB Preksha Meditation Center, Houston introduced first Gyanshala semester that began 7th Jan 2007 and completed successfully on 19th May 2007. Gyanshala classes are held first and third Sunday of each month from 10 am to 12 am.



Gyanshala : A program for balanced development

Gyanshala is popular part of Jain culture. Parents send their children to the Gyanshala to learn basics of Jainism, celebrate the various religious occasions with the Jain community, and follow the Jain principles of patience, respect, truthfulness, responsibility, understanding and control of passions in their lives.

JVB Peksha Meditation Center, Houston began their first Gyanshala semester on 7th Jan 2007 which was successfully completed on 19th May 2007. Gyanshala classes were held on first and third Sunday of the month between 10am and 12pm. It was an introductory semester with 11 students divided into two age-based class levels. Classes were conducted by Samanijis and parent volunteers, who used various teaching styles depending on the age group of the class. For example, for 3-5 age group was learning Jainism through more playful activities, yoga stretches and games. For children 6 and up, the approach was more interactive and some written material was also used. Gyanshala kids participated in cultural shows during the Akshay Tritiya as well as Mahavir Jayanti program at the camp.

Class curriculum includes Prayer, Yoga, Concept of Jainism, and story telling. Children learn daily prayers, Namaskar Mahamantra, Logass and other Shlokas. In yoga, they learn Pranayam, Mahaprandhwani and other mind-body exercises. They are introduced to the concepts of jiva and ajiva, non-violence and vegetarianism in the story telling class. Through Gyanshala, JVB center focuses on developing full personality of children by teaching them physical, mental, emotional and spiritual activities.

By: Kajal Jain

JVB Houston in Interfaith Meeting



Sant Nirankari Mission, Houston organized an **Interfaith Meeting** on May 26 at Hare Krishna Cultural Center. There were representatives from all faith and social organizations. On behalf of JVB Preksha Meditation Center Samani Akshay Pragyaji, Samani Vinay Pragyaji, Mr. Hasmukh Patel, Mr. Sampat Rampuria & Ms. Usha Patel were present. Samani Akshay Pragyaji in her speech, Introduced Jainism and explained that how there can be unity in diversity through Non-Violence and Non-Absolutism preached by Lord Mahavir.

By: JVB News desk





Tidbits

The Problem Solving Mantra

“Om Eim Klim”

- Chant everyday 108 times (one rosary)
- Time: if possible, in the morning otherwise any time.
- Consequence: Enrichment of memory. Victory in debate.

Test your knowledge about Jain religion

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

1. Name the destructive and non-destructive karma?

Answer: Destructive karma are : 1) Jnanavarniya 2) Darshanavarniya 3) Mohaniya 4) Antaraya.
Non destructive karma are: 1) Vedaniya 2) Naam 3) Gotra 4) Ayushya

2. When does karma get attached with consciousness first time?

Answer: New karma are attached by the activity of mundane soul. Worldly soul is attached with karma since beginning-less time.

3. Can one person share the fruit of karma of other?

Answer: None can share the fruition of karma of others.

Questions for this month are:

1. How can one get rid of karma?
2. How many real entity (Tattva) does Jainism accept?
3. What is the path of salvation?

Voice of the Omniscient

“tumam ceva tam sallamahattu” (Acaranga Sutra :2.87)

You yourself are the maker of thorn (karma).

“Dhammo Mangalmukkittham , ahinsa smjamo tao” (Dasvaialiyam :1.1)

Spirituality possessed of non-violence, restraint and penance is the superior one.

(Abstract From Jain Agamas)

Calendar of Events:

- ◆ Mon-Thu 7:30 PM. to 8:30 PM.: Gujarati class every week in June (Starting from 4th June)
- ◆ Tuesday 10.30 to 11.30 AM. : Sanskrit Classes
08.00 to 09.15 PM. : Masters in Jainism Classes
- ◆ 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 to 12:00 noon : Gyanshala for Children. Meditation & Pravachan for parents.
- 2. (2nd and 4th) 10:00 - 12:00 AM.: Meditation, Pravachan & Bhajan

Upcoming Work-shops:

Saturday, June 23, 2007 –“Increase your memory power” (1:00 to 4:00 PM. at JVB Center, Age 15-30)
July 21st ‘Pragya Diwas’ (Celebration of 88th B’day of HH Acharya Mahapragya ji)

Note: Samaniji is going to New jersey on 5 to 9 July to attend **Jaina** Convention.





Stress Management Workshop

J.V.B. Preksha Meditation Center Houston conducted a workshop on stress management at the Hwy 6 location. The workshop was conducted by Samani Akshaya Pragyaji and Samani Vinay Pragyaji and was attended by 21 people, all of whom were from Houston. This workshop started at 11:00am and ended at 3:30 pm.

The workshop began with a lecture by Samani Akshaya Pragyaji through Power point presentation. She focused in her presentation about stressors and how to manage stress by modifying ones thinking and do some practical exercises as well. She explained that Stress Management is the sum total of self management and time management. It was followed by yoga, relaxation, mantra chanting, and meditation. All exercises were stress rectifiers (reducers). The workshop was wrapped up with group participation in funny and stress reducing games.

All participants indicated that they enjoyed the workshop. They also expressed their positive experiences during the workshop. One lady who suffers from insomnia had a nice sleep during relaxation. In this way, this "short and sweet" workshop was full of fun and stress reduction for all.

By: Samani Vinay Pragyaji

Workshop Feedback

"During the family camp many of us were interested in a workshop session on different topics covered in the course of two days. You all responded and in short time conducted this very beneficial five hour workshop on Stress Management. What I noticed that many of us who attended the camp, brought their friends and family to this workshop.

The workshop content and presentation were very well thought out, balanced and practical. The lecture on causes and underlying reasons for stress, followed by yoga, meditation and teaching of relevant Mantra chanting offered the real tangible ways to manage stress. Some of us realized that there is something like good stress that motivates us do things well and efficiently. Personally for me these five hours invested in this workshop have been beneficial as I experience the results of the practice of the techniques taught and also help me understand how my actions could be stressful for others around me. We all gain lot from such events because Samanijis guide us with lot of unconditional love and care."

By: Anshuman Desai

We were pleasantly surprised to see the professionalism with which the workshop was conducted. A lot of good material was covered in a short time of 4 hours that included lunch. It is difficult to remember all the yoga exercises that were demonstrated during the session but practice only makes it worthwhile! Thanks for your expertise.

By: Ram and Sharda

The time went very fast. I had so much fun. I love all of it. I hope to be able to go to the next one.

By: Veronique Moore

Workshop was very enjoyable and positive in every way. Thank you.

By: Annie Browell Hook

I enjoyed the class very much and would like to do a refresher course, Also interested in nutrition course.

By: Rosslyn Childs

It was nice. All the sessions help me a lot. I enjoyed it.

By: Nazir Ali

