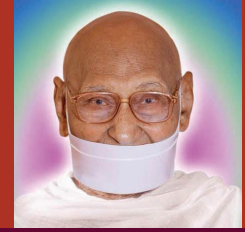




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

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Individual Development VS Preksha Meditation

Life has basically two aspects, the individual and the social. Both aspects have to be well looked after. *Prekshadhyana* is the process of individual development as it regulates emotional health, thereby the physical and mental health is maintained and the individual as a whole becomes healthy, constructive, and creative. When an individual is healthy, the society is also healthy.

Individual life has three aspects - physical, mental and emotional health. If the body is unhealthy it creates obstacles. If the mind and the emotion are unhealthy, it is worse situation. First of all our emotions should be healthy so that our capacity to control our impulses remains effective.

Many people are unable to control their impulses; they easily get tempted by impulses. Though anger, greed, fear, hate and lust exist in everyone, only healthy people are able to control them. And those, who cannot control their impulses, often get provoked by impulses, thereby creating negative health.

People practicing *Prekshadhyana* should clearly understand its purpose. The important objective is to achieve emotional health, physical health is secondary. We should enhance our capacity to control impulsive thoughts. It may take a while to reach a state where there is no existence of impulses. It may happen that impulses exist, but they do not impress.

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Mark your calendar for Annual Family Camp
(March-30th to April-1st)

JVB Houston welcomes Samanijis



"Change ourselves first if we need to change the world. Changing others is easy, but changing ourselves requires lot of efforts". This is the message that Samani Akshay Pragyaji gave to Houston community. Member of Jain Vishwa Bharati Houston Center (JVB) welcomed the arrival of Samani Akshay Pragyaji and Vinay Pragyaji to center on February 11th 2007. **Continued on next page...**

Samaniji's Welcome Cont..

The event began with melodious Bhajan by Hemant Bhavsar et al, followed by a grand welcome by the Gyanashala children with symbolic Kumkum, Akshat, Phool, Kalas, Gud, Deepak, and Mala.

In his welcome speech Hasmukh Patel, current president of the center, appreciated the generosity of Sri Sunil Bhai Mehta in providing the space for JVB activities, and praised the contributions made by past presidents in shaping the JVB Houston. He also requested the community members to make use of Samaniji's presence in JVB centre by attending yoga classes, meditation, camps, Gyanshala, counseling, and many other activities.

Gordon Anderson, one of the members of the Working Committee, who had been to India recently to attend Maryada Mahotsav, shared his experiences with the audience. He said “ *meeting with Gurudev was a magical experience*”.

Ila Patel et al sang welcome song for Samanijis. This was followed by a session where a number of attendees shared with Samanijis what their expectation was from the center.

Samani Akshay Pragyaji in her pravachan emphasized that changing others is easy, but changing ourselves requires lot of effort. Therefore, our aim should be changing ourselves. Samaniji also requested audience to make use of Gyanashala and other activities, especially for children. Samani Akshay Pragyaji in her vision 2007 for JVB center emphasized that “*there should be training on non-violence, and everyone should strive to bring down cruelty in all activities around the world*”.

Samani Vinay Pragyaji, who is visiting USA for the first time expressed the confidence that Houston JVB centre will reach to the next level with the guidance of Gurudev and support of the community. Samaniji also observed that it was good to see so many people in touch with religion with so much devotion and dedication even though they live so far away from their homeland.

In the end, Mr. Swatantra Jain made a presentation on construction of New JVB center and introduced the architect, John Tsai, to the audience. He also welcomed Samanijis to JVB with appreciation for Gurudev's esteem kindness in sending Samanijis back to Houston to continue the work that was started 7 years ago.

(Compiled By: Kirthi Jain)

Faith Leads to Success

In ancient times, there was a famous city, Champa. Near this city, there was a village, Mallukaakach, where two brothers, Jinadatta and Sagardatta lived. Both of them went to another village to earn their livelihood and soon, became busy with their own work.

After some days they went to a beautiful garden, where there was a peahen. As the peahen noticed them approaching towards her, she became frightened. Both the brothers wondered what the reason was behind her fear. They approached her nest and found two eggs in the nest. They decided to take the eggs and keep them in the safer place in order to get two baby peacocks out of those eggs. So, both the brothers took one egg each. As they had a strong desire to possess the peacocks, they kept the eggs in a very safe place.

As time elapsed, Sagardatta went to a place where he had kept the egg. He began to doubt whether a *Mayuri* would hatch out of the egg or not. So, he started shaking and turning the egg upside down from different angles, just to check the existence and growth of the baby peacock. After some time, he laid the egg down in its place. But being disturbed and shaken so many times, the egg had become lifeless. Jinadatta, on the other hand, also came to the place where he had kept the egg but did not lift it or shake it. He had full faith that the egg would turn in to *Mayuri* one day. So, he waited patiently with full faith. He, neither touched nor moved the egg. Within a short span of time, a *Mayuri* hatched out of that egg.

MORALE: *One must have faith in oneself to attain success. Where faith is devoid and doubt enters the mind, nothing can be achieved.*

(From: Jain Scriptures)

Tidbits

The Problem Solving Mantra

“Om aim hrim shrim hraum namah”

- Chant everyday one rosary (108 times).
- Time: Preferably in the morning.
- Benefit: Enrichment of prosperity and fame.

Test your knowledge about Jain religion

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

1. Which particular word is used for Jain Scriptures?

Answer: Jain Scriptures are known as 'Aagam'.

2. How many Scriptures had Bhagvan Mahavira written during his life time?

Answer: Bhagvan Mahavir didn't write a single Scripture. Bhagvan delivered their preaching. Chief Disciple called 'Ganadhar' framed those preaching as scriptures (Aagam).

3. Which language the Jain Scriptures have been written in?

Answer: The Jain Scriptures are written in 'Ardha Magadhi Prakrit'. It is an ancient language similar to Sanskrit.

Questions for this month are:

1. What is the name of first Aagam?
2. Who gives 'Diksha' (initiation) to Tirthankar?
3. What is the meaning of 'Tirth' & 'Tirthankar'?

Voice of the Omniscient

“savve jiva vi icchanti, jivium na marijjium” (Dasvaikalika 6.10)

(Life is dear to all not the death.)

“tatha khalu bhagavaya parinna paveiya” (Acharanga 1.129)

(On this subject Lord has propounded the principle of comprehension and abandonment.)

(Abstract From Jain Agamas)

Calendar of Events:

- ◆ Tuesday: 10.30 to 11.30 AM. : Sanskrit Classes
08.00 to 09.15 PM. : Masters in Jainism Classes
- ◆ Wednesday 08:00 to 09:00 PM.: Swadhyaya
- ◆ Thursday 09:30 to 11.00 AM.: Yoga and meditation for General Health & Mental Peace.
- ◆ Saturday 09:30 to 11.00 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 - 11:30 AM.: Meditation, Pravachan & Bhajan

Upcoming Work-shops:

Saturday, May 19, 2007 -“Depression!!! No more.”

Saturday, July 28, 2007 -“ Cure your Diabetes”

Colorful Emotions

During the festive season of HOLI, as we think of color, following should help us adopt colors to control our emotions.

- ◆ **What is Leshya?**
- ◆ Leshya is the stream of emotion of six colors - black, blue, grey, red, yellow and white. First three of these colors affect negatively. Leshya creates the aura around the body.

- ◆ **What is the benefit of Leshya Dhyana?**
- ◆ Leshya Dhyana changes the negative colors into positive, transforms the passions, awakens intuitive power, pacifies anger, and develops the right knowledge.

- ◆ **Where should it be concentrated for changing the negative emotions and with which color?**
- ◆ On Anand Kendra (Center of Bliss) with bright green color. Anand Kendra is situated on the middle of the chest, near the heart.

- ◆ **Where should it be concentrated for transforming the sensual passions and with which color?**
- ◆ On Vishuddhi Kendra (Center of Purity) with bright blue color. Vishuddhi Kendra is situated on the middle of the throat.

- ◆ **Where should it be concentrated for awakening the intuitive power and with which color?**
- ◆ On Darshan Kendra (Center of Intuition) with bright red color of rising Sun. Darshan Kendra is situated between the two eye-brows.

- ◆ **Where should it be concentrated for pacifying anger and with which color?**
- ◆ On Jyoti Kendra (Center of Enlightenment) with bright white color like that of snow. Jyoti Kendra is situated on the middle of the forehead.

- ◆ **Where should it be concentrated for developing the ability of knowledge and with which color?**
- ◆ On Gyan Kendra (Center of Knowledge) with bright yellow color of sunflower. Gyan Kendra is situated on the top of the head.

(Compiled By: Pramod Bengani)

ABOUT JAINISM

Jainism is the oldest living religion. It was originally founded by Bhagwan Rishaba in the pre-historical era. Rishabha was the first Jina hence he is often called Adi-natha, the first lord. He is mentioned in most of the Hindu Puranas, Markandeya, Kurma, Vayu, Garuda, Brahmanda, Varaha, Linga, Vishnu, Skandha etc.

He was the first Tirthankara (i.e. an omniscient founder), and was followed by 23 others. Bhagwan Mahavira who was the 24th and the last in the line gave shape to the present religion more than 2500 years ago.

The birth of Lord Mahavira was in 599 B.C. in a royal family of Vaishali. Mahavira renounced the worldly life and became an austere ascetic, practicing the five great vows of Non-Violence, truth, non-stealing, continence, and non-acquisitiveness.

Reader's Corner

Tell us how to improve this Newsletter. Write us at newsletter@jvbhouston.org. We appreciate your feedback.