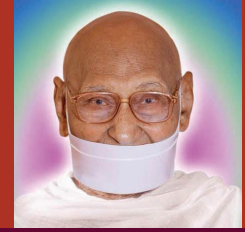




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 1, ISSUE 5

MAY 2007

BOARD OF DIRECTORS

Swatantra Jain
(Chair Person)

Alok Jain

Hasmukh Doshi

Rita Mehta

Sampat Rampuria

Sidharaj Bhandari

Sunil Mehta

EXECUTIVE COMMITTEE

Hasmukh Patel
(President)

Ila Patel
(Vice President)

Bijay Banthia
(Treasurer)

Pramod Bengani
(Secretary)

WORKING COMMITTEE

Ajay Khater
(Gyanshala)

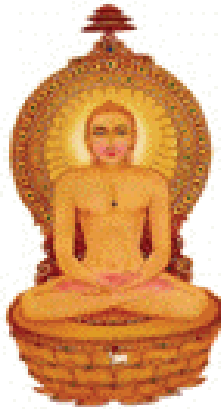
Dinkar Cheda
(Publicity)

Parimal Shah
(Camp and Work-shop)

Kokila Bhavsar
(Rasayanshala {Food})

Hemant Bhavsar
(Cultural Program)

Bhagvan Rishabh & Akshay Tritiya



Rishabh was the first Tirthankar of the present age. Because of this, he had the name of **Ādināth** - the first lord. He became a Siddha, a liberated soul which has destroyed all of its karma.

Tirthankar Rishabhdev was born to King Nabhi Raja and Queen Marudevi at Ayodhya in the Ikshvaku clan. According to Jain beliefs, Rishabh existed before civilization developed.

He taught people agriculture, tending of animals, cooking, and more. He had one hundred sons and two daughters.

Akshay Tritiya:

It is the third day of the new moon of Vaishakh month (April-May). First Jain Tirthankar Rishabhdev concluded his year long fasting on this day by accepting Ikshu-ras (sugarcane juice) from his great grandson Shreyansha Kumar.

Those noble people who perform the rigor of **Varshi Tapa** complete the austerity on this day by taking Ikshu-ras.

IN THIS ISSUE

[Bhagvan Rishabh & Akshay Tritiya](#)

[Varsitap Parna](#)

[Reader's Corner](#)

[Thoughts](#)

[Tidbits](#)

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

[Virginia Tech Message](#)
Acharya Mahapragya

[Contact Us](#)

JVB Houston
1712 Highway 6 S
Houston TX- 77077
Phone: 281-596-9642

info@jvbhouston.org

Mark your calendar for Workshop on Stress Management
Saturday, May 19, 2007 at JVB Houston Center

JVB Houston Akshay Tritiya Celebration



Program was kicked off sharp at 10:00 with Navkar Mantra led by Samanijis. JVB President Hasmukh Patel welcomed the distinguished guests, Sudha Ben, and her family. JVB recognized Sudha Ben's accomplishment with Sahitya Bhent to her.....

JVB Houston Akshay Tiritiya Celebration



Mr. Naveen Vora



Tapasvi Bahan Sudha Vora

A number of bhajans were recited by attendees— Dushyant Bhai, Prerna Ben, Meena Ben, Harsha Ben, and Jasmine. Gyanshala students gave an artistic presentation of Navkar Mantra with hand coordination. Manya Jain's (3 yrs) recital of Logass exemplified her memory power, and her parent's deep rooted belief in Jainism and its principles.

Samaniji Akshay Pragyaji Pravachan focused on Bhagvan Rishabhdev's life and what we can learn from that. Highlight of the program was a skit (**Akshay Award Show**) by number of adults, depicting how Bhagwan Rishabh taught various aspects of civilization—architect, doctor, engineer, farmer, businessmen, art, politics, and so on. Under Samani Vinay Pragyaji's direction these contestants presented a hilarious drama with deep meaning.

Jessica and Neel spoke few words (as follows) for the occasion, and praised their mother for being a great role model for the new generation.



Neel and Jessica Vora

Not only was our mother able to complete this remarkable feat physically, but she did so mentally, just like our God intended. She was able to fast every other day and never did she think about food, long for it, or have any regrets about fasting. Therefore it is plausible to say that our mom represents how an individual should strive for religion. She represents the benevolent person that we all try to become. It is for that reason we should use her as an example of achieving a religious goal. It is her example we should use to motivate our selves in our daily lives, and it is her example that will lead to better bliss within all of us.

By: Neel and Jessica Vora

Reader's Corner...

Pramod & Hasmukh Bhai,

I just read the April issue and felt very proud of your excellent work in publishing such a high caliber newsletter under Samaniji's guidance. The Newsletter contains very informative items and excellent coverage of the retreat camp. a professional touch indeed!! Keep up the good work.

By: Sampat & Sarla Rampuria

Thoughts

To imagine that a small seed will grow into a huge Banyan tree is not easy. If this experience had not been proved, we would not have so much faith in the strength that lies within the seed. The sprouting of the seed is eloquent of its magnitude and so there is no scope for doubt. Similarly, in every person lies the seed of strength. Those whose faith has been awakened, have blossomed, have become great. The seed of strength has remained a seed in those who have not been able to believe in themselves. It did not sprout.

Tidbits

The Problem Solving Mantra

“anantaveeryebhyo namah”

- Chant everyday 108 times (one rosary)
- Time: if possible, in the morning otherwise any time.
- Process: Concentrate your awareness at the “**Center of Bio-electricity**”, situated at navel. Try to see the sun rise color over there with closed eyes and then chant the mantra.
- Benefit: Elimination of depression & improvement of energy level.

Test your knowledge about Jain religion

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

1. Who is Siddha, and how many karma Siddha has?

Answer: Siddha is liberated soul, free from all karma.

2. What is karma?

Answer: Karma is the aggregated matter attached with the soul or consciousness by the activity of soul.

3. What is meant by destructive and non-destructive karma?

Answer: Karma which destruct the real nature of soul is called destructive karma, and the rest are non-destructive karma.

Questions for this month are:

1. Name the destructive and non-destructive karma?
2. When does karma get attached with consciousness for the first time?
3. Can one person share the fruit of karma of another?

Voice of the Omniscient

“**ma tesu tiricchamappanmavatae**” (Acaranga Sutra :2.133)

(One should not surrender oneself to the desires.)

“**veram vaddheti appano**” (Acaranga Sutra : 2.135)

(By the greed one multiplies his enemy.)

(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 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, May 19, 2007 -“Stress Management” (11:00 to 15:30 at JVB Center)

Saturday, June 23, 2007 –“Increase your memory power” (14:00 to 16:00 at JVB Center)

Virginia Tech Massage

“On April 16th, 2007 a mentally disturbed student killed 32 innocent people on Virginia Tech campus before taking his own life. We asked Acharya Mahapragyaji to make sense of it all and this is what he had to say. The letter below with his message was sent to the President of Virginia Tech”



Jain Vishwa Bharati Houston, Inc.

(Preksha Center)

Inspired by Gurudev Tulsi and Acharya Mahapragya

Board of Directors

Swatantra Jain
(Chairman)
Sunil Mehta
Sidhraj Bhandari
Sampat Rampuria
Rita Mehta
Hasmukh Doshi
Alok Jain

Executive Committee

Hasmukh patel
(President)
Ila Patel
(Vice President)
Bijay Banthia
(Treasurer)
Pramod Bengani
(Secretary)

April 27, 2007

Mr. Charles W. Steger
President, Virginia Tech University
540 Burruss Hall
Blacksburg, VA 24061

Dear Mr. Steger:

Jain Vishwa Bharati India, with affiliates in Houston, Orlando, New Jersey and London are deeply saddened by the recent tragic events at Virginia Tech University and grieve with the families and friends of loved ones whose lives were needlessly cut short.

The Jain Vishwa Bharati is an endeavor with the mission of promoting, propagating and practicing the high ideals of Anekanta (non-absolutist outlook), Ahimsa (non-violence), tolerance and peaceful co-existence for the well-being of mankind. JVB endeavors to create an environment of unity and harmony in society and inculcates individual transformation, which in turn leads to spiritual uplift and enlightenment.

I am sending you below, a message from Acharya Shri Mahapragyaji, the present spiritual leader of Jain Vishwa Bharati, for the entire Virginia Tech Community.

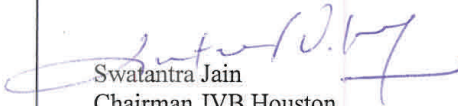
It is my sincere hope that the Jain Vishwa Bharati organization may be of service to you and your students as you consider Acharya Shri Mahapragyaji's suggestions. More can be learned about JVB and Acharya Mahapragya at www.Terpanthinfo.com.

1712 Highway 6 S.
Houston, Texas 77077
Phone: 281-596-9642

Fed. Tax ID: 88-0517493

A Non Profit Tax Exempt
Religious Organization
under Section 501(C) (3)

E-mail:
samaniji@jvbhouston.org


Swatantra Jain
Chairman JVB Houston

Visit website at - www.jvbhouston.org



Jain Vishwa Bharati Houston, Inc. (Preksha Center)

Inspired by Gurudev Tulsi and Acharya Mahapragya

Board of Directors

Swatantra Jain
(Chairman)
Sunil Mehta
Sidhraj Bhandari
Sampat Rampuria
Rita Mehta
Hasmukh Doshi
Alok Jain

Executive Committee

Hasmukh patel
(President)
Ila Patel
(Vice President)
Bijay Banthia
(Treasurer)
Pramod Bengani
(Secretary)

MESSAGE OF H.H.ACHARYA SHRI MAHAPRAGYAJI IN THE CONTEXT OF THE SENSELESS VOILENCE AT VIRGINIA TECH UNIVERSITY

World peace is a highly cherished concept but, unfortunately it remains an illusion. Yet, it is far too important an ideal to become complacent and give up on it. Rather, let us ponder over it anew and do all that we can to realize it.

What is imperative first and foremost is to take concrete steps in the direction of awakening the consciousness of non-violence (Ahimsa). For, peace is not possible without it. The most powerful medium for this is to introduce "Training-in-Non-Violence" through education. To accomplish this, a methodology for cultivating control over one's emotions needs to be a part of the education system itself. If implemented properly, this can definitely awaken the consciousness of non-violence.

Let us consider the problem of violence from the biological point of view. The neurological and bio-chemical anomalies are chiefly responsible for creating imbalance in emotions, which in turn gives rise to stress leading to violent outbursts. Merely reading lessons in Non-Violence cannot result in emotions control. For attainment of control over our emotions, what is actually needed is the technique or the power that can bring about the basic bio-chemical changes or neurological balance in the functioning of the human brain.

Through "Training-in-Non-Violence" programs that employ such techniques, we can bring about the proper emotional and intellectual development. This can and most likely must be brought about through traditional education, as education may be the only effective and lasting solution to the dreadful problems of unrest and violence.

It is my humble suggestion that serious efforts should be made to introduce "Training-in- Non-Violence" in education. In fact, it could be made a part and parcel of all educational programs in the hope that the events like those that occurred at Virginia Tech University may never be repeated.

Rawalia (Khurd) Acharya Shri Mahapragya
Distt: Udaipur, Rajasthan
India, April 25, 2007

1712 Highway 6 S.
Houston, Texas 77077
Phone: 281-596-9642

Fed. Tax ID: 88-0517493

A Non Profit Tax Exempt
Religious Organization
under Section 501(C) (3)

E-mail:
samaniji@jvbhouston.org

Visit website at - www.jvbhouston.org