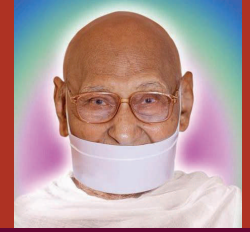




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 1, ISSUE 10

OCTOBER 2007



Akshay Pragyaaji



Vinay Pragyaaji

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Urgency of 'Ahimsa'

The urgency of 'Ahimsa' today is the requirement of the present era. The recent declaration made by U.N.O. to celebrate the birth-day (October 2nd) of Mahatma Gandhi as "International Ahimsa Day" is indeed an indication of this need of the present era.

By declaring the "International Ahimsa Day", the U.N.O. has made correct assessment of the value of 'Ahimsa'. Ahimsa is very important in achieving a global perspective. For India, this recognition is not only important but also a matter of exaltation.

Now, it is for us to make this occasion a graceful one. Let us rethink how we can dignify the "non-violent life-style". Let us make a resolve on the Ahimsa Day on 2nd October to act as a lighthouse for the whole world.

At least, on this day there should be no activity that can create an agitated atmosphere by people of any caste, community, or creed, and also no such step should be taken that can provoke *himsa* (violence) of any kind.

By: Acharya Mahapragya

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MA in Jainology

Contact Us
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Mark your calendar for Reduce Obesity Workshop
Saturday, October 27th, 2007, 9.30 A.M. to 12.30 P.M. at JVB Houston Center

Samaniji's visit to Minneapolis Breck School



It was the first time in the history of Breck School, Minneapolis, that Jain nuns visited them to introduce Jainism and teach them the Science of Living.....

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Paryushan Parva in Minneapolis

Jain Center of Minneapolis invited Samani Akshay Pragyaji & Vinay Pragyaji to celebrate Paryushan Parva from Sept 8th to 15th. Paryushan Parva started with full enthusiasm. By the inspiration of Samanijis, kids and adults presented a very interesting program 'Paryushan on the Wheel', which delivered the message of how to celebrate the Paryushan.



The celebration included every day Pratikraman followed by lectures by Samanijis. Samani Vinay Pragyaji in her pravachans covered the life of Lord Mahavir, including past lives. Samani Akshay Pragyaji presented power point presentations on various subjects such as, Power of Fasting, Power of Silence, Power of Chanting, Power of Positive Thinking, and like. During these auspicious and spiritual days people tried their best to shed off the bad karma through penance. Mr. Dharmesh Shah (President of JCM) and Jayesh did 8 days of fasting, and Mrs. Sonali did 9 days of fasting. Samani Akshay Pragyaji said *Fasting is not only a spiritual practice but also a healing process*. During fast our energy is saved as the digestive system does not need energy. That energy is then driven to our sick cells to cure them. Along with youth and adults kids also participated actively.

Paryushan Parva was an enlightening event which brought awareness to consciousness. All programs were well organized and successful due to conscious effort of Dharmesh Shah and his executive committee.

By: JVB News desk

Thoughts

Look inside and live inside. The verbal meaning is simple. The gist is very difficult. The senses are part of the outer world and so is their functioning. The pivot of attraction is in the outer world, and only there. The happiness derived from the outer world is well known, but that derived from the inner world is unknown. Who would leave that which is known and venture into the unknown? The known is posing problems. After experiencing them, the desire to venture into the unknown is born. Initially, entry is difficult. As the pace of progress quickens, the truth slowly emerges - The happiness within is enormous. Why did I not enter into this earlier? All of us have to search for the answer to this.





Science of Living in Breck School

It was the first time in the history of Breck School, Minneapolis, that Jain nuns visited them to introduce Jainism and teach them the Science of Living. Around 300 kindergarten kids along with their teachers attended this session. Introducing Jainism, Samaniji taught them breathing exercises like humming sound to increase the memory; white color meditation to control the anger; and the technique of visualization for what they want to be in future. Teachers as well as kids enjoyed a lot. They felt very energetic and peaceful. Samaniji also discussed nonviolence and not killing the bugs, insects etc. The school showed interest to arrange such programs again in future. The program was made possible by Priya Bafna, whose daughter Pari also studies at that school. Attached letter from Nan Zose, school chaplain, testifies the sentiments and appreciation felt by the school.

Dear Akshay + Vinay,
Thank you! For sharing
your faith with our
students at Breck.
Your visit made a memorable
impact on students + teachers.
We enjoyed the
techniques + have referred
to them, + used them
during class.
Peace be with you,
Nan Zose
Breck Lower School
Chaplain

By: JVB News desk





Tidbits

The Problem Solving Mantra

“kship om swähä”

- Chant everyday 1 rosary (108 times) .
- Process: Chant this mantra visualizing green color on the body
- Benefit: Cures skin disease and increases happiness.

Test your knowledge about Jain religion

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

Q1. Name first 6 Vrata (vows) of lay-follower.

Answer: 1. Ahimsa Anuvrat (Non-violence) 2. Satya Anuvrat (Truth) 3. Acharya Anuvrat (Non-stealing) 4. Brahmcharya Anuvrat (Celibacy) 5. Aparigraha Anuvrat (Moderation of desires) 6. Dig-vrat (Limited traveling)

Q2. Name the six essentials (Shadavashyak) according to Jain tradition.

Answer: 1. Samayika (Equanimity) 2. Chaturvinshati-stava (Prayer of 24 Tirthankar) 3. Vandana (Honor to Guru) 4. Pratikraman (Self-analysis) 5. Kayotsarg (Relaxation) 6. Pratyakhyan (Abandonment of bad deeds)

Q3. What causes the bondage of Jnävarniya karma?

Answer: There are many causes, but few are: To disregard teacher and knowledge; to create obstacles in studies of others; to support false knowledge; to hide, or to steal others notes/books and so on.

Questions for this month are:

- 1.How does one suffer the Jnävarniya karma?
- 2.How one can get rid of Jnävarniya karma?
- 3.What causes Vedniya karma?

Voice of the Omniscient

**“jahā lāho tahā loho, lāhā loho pavaddhai
domāsakayam kajjam, kodīe vi na nitthiyam”**

The more you get, the more you want. The greed increases with the gain. What could be accomplished by two grams of gold which could not be done by ten millions?

(Abstract From Jain Agamas)

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: Mark your calendars for the following

Workshop on Obesity: Saturday, October 27th

On occasion of Diwali and New year ‘ Lecture, Jaap & Special Mangal Path’: Saturday, November 10th ,
from 10:30 am to 11:30am

Play: MahaSati Anjana: Saturday, January 12, 2008 (8 to 10 PM) at the Stafford Civic Center





International Day of Peace

To bring awareness of non-violence and peace Sept 21st is celebrated as the International Day of Peace. To join this celebration Samanijis were invited by the Rice University, Houston – Texas. Program was organized by three organizations - Decade of Nonviolence-Houston, The Rothko Chapel, and the United Nations Association – Houston Chapter. Representatives of various schools shared their views, prayer and projects that they are working on to develop a peaceful society.



Samani Akshay Pragya said there are uncountable centers for training of violence. But HH Acharya Mahapragya says there must be an organized training in Non-violence. Fortunately, with his vision, this training has already started in couple of states in India, and is delivering positive results. She continued that it is good that all of us are putting our energy in this direction which will bring sweet fruits.

Samaniji in Charlotte



It was a thrilling experience for Charlotte to have Samaniji visit them for the first time. Mr. Deepak Jain invited them to deliver couple of lectures on meditation and yoga. In her lecture 'Forgiveness - the Path of Purity', Samani Akshay Pragya Ji explained that forgiveness drains all the negative energy out and makes us pure. Weapons kill enemy thereby accumulating more negative energy, whereas forgiveness kills enmity (not the enemy) and brings peace and happiness. She presented her views very effectively. Her session on Anger Management should also help people control their anger. She explained that there is difference of only one letter between 'Anger' and 'Danger'. So we

should try to be cool to avoid dangers. Moreover cool mind can think more creatively and constructively. All lectures were followed by meditation. One long session was devoted to Yoga, breathing exercises and relaxation. People enjoyed a lot.





JVB offers MA Course in Jainology

Jain Vishwa Bharati University (JVBU) as a University of higher learning and research blended with spirituality came into existence in 1991. JVBU upholds the mission of integrating the modern science with ancient wisdom in the direction of promotion and propagation of high ideas of non-violence, non-absolutism and peaceful co-existence.

Among the varieties of courses giving shape to its goal, Houston chapter of JVB is a authorized center to conduct MA course on “**Jainology and Comparative Religion and Philosophy**”. The courses offer the opportunity to enhance your knowledge and understanding regarding the various concepts of Jainism. It also widens the vision and provides a chance to develop insight into Jain Scriptures and Canons.

Subject: Jainology and Comparative Religion and Philosophy
 Duration of course: Minimum Two years & Maximum Three years
 Admission time: August – October
 Eligibility: Three years degree of graduation from any recognized University or its equivalent
 Fee: US \$1,000 (per annum)

Course contents:

Four papers in Previous Year	Four papers in Final Year
I. Jain History, Culture, Literature and Art	V. Jain canonical Literature
II. Jain Metaphysics and Ethics	VI. Anekant, Naya, Nikshep and Syadvad
III. Jain Theory of Meditation, Yoga and Karma	VII. Jain Religion Philosophy and Indian Religion Philosophy
IV. Jain Epistemology and Jain Logic	VII. Jain Religion Philosophy and Non Indian religion Philosophy

Age and Gender: No bar
 Medium: English, Hindi, or Gujarati

For more information and details, please contact

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 Houston, TX, 77077
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