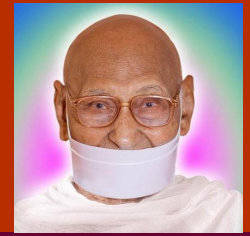




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 2, ISSUE 10

OCTOBER 2008



Akshay Pragyaaji



Vinay Pragyaaji

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How to Celebrate Diwali

(Acharya Mahapragya)

Diwali is the festival of lights. Everybody loves light. *'Tamaso ma jyotirgamaya'* is an excellent hymn of Veda which means let's go towards light from darkness. This festival is celebrated due to several reasons. In Vedic culture Lord Ram came back to Ayodhya. According to Jain School, Bhagwan Mahavir got the liberation. That night was full of darkness. The men and Gods from heaven lightened the lamps to celebrate the liberation of Bhagwan Mahavir. Since then this day is celebrated as Diwali. People also worship Laxmi, the goddess of wealth on Diwali.

Everybody needs wealth no matter whether he is a social man, spiritual soul, or student, but in different form. Wealth does not mean money only but inner qualities too. There are various forms of Laxmi –

- 1) Good health - you should wish for good health and maintain your physical, mental, emotional and spiritual health.
- 2) Wisdom – The second wealth is wisdom. It is something more than understanding. It is like inner vision.
- 3) Peace - Step forward on the path of peace.
- 4) Purity – Wish to be pure like full moon. Always be positive to get this wealth.
- 5) Radiant light – Be enlightened like sun.
- 6) Sincerity – Pray and practice to become sincere and deep like ocean. It is the foundation of trust.

If you have these six forms of wealth, you will be multi-multi millionaire of the world and make your inner world strong. If your within is strong your without will be strong by default. Celebrate Diwali to develop your inner wealth. The following mantra would be helpful to develop your within.

**Om hrim shrim arham a-si-aa-u-sa-namah.
Aarogg-bohi-laabham samaahivar-muttamam-dintu
Chandesu nimmal-yaraa, Aai-chesu ahiyam, payaa-sayaraa
saagar-var-gambhiraa siddhaa siddhim mam di santu**

IN THIS ISSUE

How to Celebrate Diwali

By: Acharya Mahapragya

IOJ Award

By: JVB Newsdesk

Bihar Flood Relief Work

By: JVB Newsdesk

International Preksha Dhyana Camp

By: JVB Newsdesk

Ahimsa Day in Cincinnati

Samanijs Visit to Dallas

Tidbits

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

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Acharya Mahapragya Honoured With 'IOJ Ahimsa Award'

Acharya Mahapragya, the founder of Ahimsa Yatra was honored with "IOJ Ahimsa Award - 2008" in recognition of his significant contribution to the cause of nonviolence. Institute of Jainology, has been celebrating the Ahimsa Day at house of commons for the past five years. This year the theme of the award was 'Alleviation of global poverty'. This is also one of the goals set by United Nations and supported very strongly the British Government. IOJ announced that 'our annual award is presented to



Acharya Mahapragya, a Jain monk, who has walked across India to raise awareness of the sufferings of the poor over last several years. He had spend considerable time with the last president of India, Dr. Abdul Kalam to develop ways and means to alleviate these sufferings.'

The award was presented to Acharya Mahapragya's disciple Samani Prasanna Pragya by Lord Puttama of Queensgate, President of UNICEF, U.K. at a special function-- 'Ahimsa Day' held on 15th October in House of Commons, London.

In the beginning Samani Prasanna Pragya and Rohit Pragya recited the some agamic verses relating to ahimsa in Prakrit and English.

Mr. Nemu Chanderia, the Chairman of the Institute, made an introductory speech, and Mr. Jaisukh Mehta threw light on Acharya Mahapragya's personality and message. Mr. Shailesh Vora, MP - Chairman, Conservative Friends of India, Mr Barry Gardiner, of Labour Friends of India, and Mr.

Veerendra Shah of Liberal Democratic Friends of India witnessed the event.

Mr. Manak Chordia read a special message sent by Acharya Mahapragya on this occasion. Defining the principles of nonviolence as propounded by Lord Mahavira, Acharya Mahapragya said that too much emphasis had been laid on ahimsa, as a result non-possession has been relegated. As a matter of fact both ahimsa and non-possession should go together. The main cause of the problem today is man's tendency to possess material objects. There will be no peace if man's attitude towards worldly possessions does not change and a desire to earn is not limited.

Pictures from JVB Volunteer Assistance to Flood Victims in Bihar, India





Tidbits

Mantra to take you to the path of glory

“Aum Hreem Vare Suvare A Si Aa Oo Sa Namaha”

- Chant this mantra every day by completing one mala
- Benefit: It helps you bring glory; helps in getting you promotions

Test your knowledge about Jain religion

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

Q. What is the meaning of yoga in Jainism?

A. Yoga means activities of body, mind, and speech.

Q. How many Yoga are there?

A. There are three Yoga

Q. What are the types of Yoga?

- A. 1) Man Yoga (mental yoga)
2) Vachan Yoga (verbal yoga)
3) Kaya Yoga (physical yoga)

Questions for this month are:

- Q. Who are the Arihant Bhagwans?
Q. What are the different types of Arihant Bhagwans?
Q. Who is the Tirthankar Arihants?

Voice of the Omniscient

**rago ya doso vi ya kammabiyam, kammam ca mohappabhavam vayamti
kammam ca jaimaranassa mulam, dukkham ca jaimaranam vayamti**

Attachment and aversion are the root cause of karma. Karma generates from delusion and becomes the cause of birth and death. Birth and death have been regarded as misery. (*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
(1st and 3rd) 10:00 to 12:15 PM : Children’s Gyanshala
15:00 to 17:00 PM : Ahimsa Vichaar Manch
(2nd and 4th) 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan

Upcoming Events:

- **Dipawali Celebration from 10 AM on 9th November**





Prekshadhyan Is – “Wonderful Power”

The 8th International Prekshadhyan Camp was held earlier this month in Jaipur under the guidance of Shri Acharya Mahapragya. By looking at numerous participants from all over the world, it reflects that



they have all made Prekshadhyan an integral part of their lives. Participants from Russia mentioned that they got not only energy but also a new direction to live. They were deeply impressed with the immense knowledge of Acharyashri. Maria said that her life has totally changed after starting Preksha meditation since last 4 years. This amazing experience inspired her to translate couple of books of Acharya Mahapragya ji in Russian language.

Ahimsa Day in Cincinnati

Samanijis had a 3 day trip to Cincinnati on the occasion of Ahimsa Day. Chandra Varia, president of Jain center of Cincinnati invited Samanijis. Samanijis highlighted on how to develop a non-violent personality. She explained that forgiveness and tolerance are the best tools. The community enjoyed yoga and meditation sessions.

Samanijis Visit to Dallas

Jay shah and Prasanna Singhvi invited Samaniji on behalf of Jain center of North Texas (Dallas) to have discourses. Along with discourses, Yoga, Preksha Dhyan and Pratikraman made people feel peaceful, relaxed and enlightened. Prakash and Kamala Dhoka hosted the Samanijis and Hasmukh Doshi gave comfortable ride to Samaniji.

