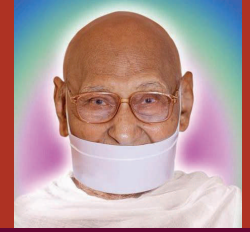




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

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Akshay Pragyaaji



Vinay Pragyaaji

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Pratikraman : The Path of Self-Analysis

Every human being has five sense organs, and each organ has its own significance. But out of these five, the pair of delicate eyes is dearer to all. Man loves looking at the external world, which is a function of biological eyes. There is another way of looking; that is to look inside, with our mental and conscious eyes. The question is what do we see with our inner eyes? We are supposed to see our words, our deeds and our thoughts. This is the process of self-analysis and in Jain Tradition it is termed as 'Pratikraman'

The word 'Pratikraman' is composed of prefix 'Prati', root word 'Kramu' and suffix 'an'. Here 'Prati' stands for 'back' and 'kramu' for 'to go'.

Thereby 'Pratikraman' means 'to go back'. But go back where? The answer is to go in your past and watch yourself. There is a simple formula to 'WATCH'.

- Watch your Words.
- Watch your Actions.
- Watch your Thoughts.
- Watch your Character.
- Watch your Habits.

Pratikraman is a process of Self-Audit. By asking oneself questions like, did I hurt any living being? Did I abuse anyone? Did I show hatred towards anyone? Did I refuse to help others? Did I get mad at anyone? Did I get jealous of other's progress? And so on.

Contd... on page 2

IN THIS ISSUE

Pratikraman :
The Path of
Self-Analysis

Gyanshala Update

Paryushan &
Daslakshan Parva
Chama-Yachna

Tidbits

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

Contact Us

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Bookmark your browser with the following link for Podcast of JVB Events

www.jvbhouston.org

and then click on Samaniji's Pravachan

Gyanshala Update



Gyanshala 2007-2008 session started on September 2nd and is being held on every 1st and 3rd Sunday from 10:00 AM to 12:15 PM.



Pratikraman : The Path of Self-Analysis Cont...

The auspicious occasion of Paryushan and Das-Lakshan tells us to look inward and correct mistakes done intentionally or unintentionally, as our nature and behavior are driven by our inner self. However our life is not a one way street. We can always go back and refine ourselves. Pratikraman is the process to go back to our own nature of consciousness. It is the process of returning from the wrong path to the right path.

The aim of Pratikraman is to cut off the weaknesses from our life and make an effort not to repeat them in future. It is a cleaner that cleanses our heart. It is not a ritual but a practice, a life-value. In Jain tradition, there is an organized way of Pratikraman, which can be found in the scriptures (Avashyak Sutra). One may ask — when should one do Pratikraman? It should be done at least once a day, may be right before you go to sleep. In Jain tradition there are five Pratikramans based on time as follows,

- **Daivasika Pratikraman:** It is performed in early evening to analyze the mistakes done during the day.
- **Ratrika Pratikraman:** It is performed in early morning to analyze the mistakes done during the night.
- **Pakshika Pratikraman:** It is performed fortnightly for the mistakes done during the previous 15 days.
- **Chaturmasika Pratikraman:** It is performed once in four months to analyze the mistakes done during the last four months.
- **Samvatsarik Pratikraman:** It is performed once in a year to analyze the mistakes done during the last one year. It is done at the end of Paryushan, the day of ‘Samvatsari’.

If a person does not perform Pratikraman either everyday, or in fifteen days, or in four months, then he must do at least once a year during ‘Samvatsari’. Pratikraman is followed by forgiveness, i.e. asking forgiveness for our wrongdoings to all living beings and giving forgiveness to all. It generates the feeling of friendliness and love. It is the path to unlock the knot of hatred and to convert enmity into amity. In a nut shell, Pratikraman (self-analysis) can make our life happy and peaceful. It can build a harmonious and beautiful society.

Samani Akshay Pragya

Gyanshala Update cont...

Class Dates are: First and Third Sunday of Every month

Sep 2nd and 16th 2007
Nov 4th and 18th 2007
Jan 6th and 20th 2008
Mar 2nd and 16th 2008
May 4th and 18th 2008

Oct 7th and 21st 2007
Dec 2nd and 16th 2007
Feb 3rd and 17th 2008
Apr 6th and 20th 2008

Time	Subject	Teacher (Age: 8-12)	Teacher (Age: 4-7)
10:00 - 10:30	Prayer	Samaniji and Kajal Jain	Samaniji and Kajal Jain
10:30 – 11:00	Basic training in Non Violence, Peace, etc	Ujwal Ben and Shashi Jain	Mukta Jain
11:00 – 11:45	Yoga	Ila Patel and Yen Sethia	Kajal and Suvarna Jain
11:45 – 12:15	Hindi	Ranjana Khater	Sarika Jain





Tidbits

The Problem Solving Mantra

“Om hrim thah thah thah swähä”

- Chant 32 times .
- Time: during hiccup
- Benefit: Calms down the hiccup.

Test your knowledge about Jain religion

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

1. What is the terminology used for Jain - lay follower?

Answer: Shrāvak & Shrāvikā.

2. How many Vrata he/she is supposed to follow?

Answer: There are 12 Vratas for lay-follower.

3. Which Karma becomes hurdle in our knowledge?

Answer: Jnāvarniya karma.

Questions for this month are:

1. Name first 6 Vratas (vows) of lay-follower.
2. Name the six essentials (Shadavashyaks) according to Jain tradition.
3. What causes the bondage of Jnāvarniya karma?

Voice of the Omniscient

Methodology of self-introspection (**Dasvaiāliyam**)

- **Kim me kadam** – What I have done today?
- **Kim ca me kicchsesam**- What is left to do?
- **Kim sakknijjam na samāyarāmi**- What is the act I can do, but not doing due to laziness.
- **Kim me paro pāsai kim va appā**- Is someone else watching my faults or myself is doing so?
- **Kim vā ham khaliyam na vivajjyāmi**- What are the evils I am not giving up?

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

Navratra Jaap: October 12th through October 20th from 8 to 9 PM at the JVB Center

Workshop on Obesity: Saturday, October 20th





On the pious occasion of Paryushan & Daslakshan Parva



*Khamemi Sarva Jive
Sarve Jiva Khamantu Me
Mitti Me Sarve Bhuyesu
Veram Majjha Na Kenai*

**I ask for forgiveness from all living beings
May all of them forgive me
May I have a friendship with all living beings
And may I be hostile to none**

If we have hurt you by thought, word and action during last one year then we do 'kshama-yaachana' (ask for forgiveness) with the core of heart. Hopefully, you will forgive.

From :

*Samani Akshaya Pragya
Samani Vinay Pragya
JVB Family*

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