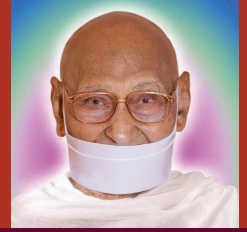




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 2, ISSUE 9

SEPTEMBER 2008



Akshay Pragya Ji



Vinay Pragya Ji

Enthusiastic Paryushan Celebration with Samani Akshaya Pragya Ji and Vinay Pragya Ji at the Jain Center of Connecticut

Jain Center of CT (JCCT) celebrated 8 days of Paryushan with spiritual activities starting from morning to evening, with yoga, Preksha meditation, swadhyaya, Bhavna and discourses. Samani Akshay Pragya Ji and Vinay Pragya Ji, guided the celebration.



Every evening started with melodious Bhavna, followed by a discourse on Bhagwan Mahavir's life with a focus on significance and implications of the events to our life. Everyday, there were also discourses on topics of interest for the members. Through their explanation of Tyag, Samani Ji inspired some people to carry out Upwas. One evening, the members performed a short version of Pratikraman under the guidance of Samani ji. People liked Aloyana review, written in plain language. For the youth, Samani Ji devoted special lessons and activities. The youth enjoyed and appreciated the PowerPoint material in interactive format.

On Mahavir Janma Vachan day, there was Potluck Swami Vatsalya and musical Swapna Darshan. Each Swapna was described and its significance was explained. Then Mahavir Janma section from Kalpa Sutra was read in Prakrit, Hindi and English. The atmosphere was filled with Joy that Bhagwan Mahavir took birth on this earth and gave us the message of Ahimsa and Anekantwad. Kids presented a play, Best Holiday Award, Paryushan Holiday getting the Prize. The play, simple but quite meaningful, was written and choreographed by Samani Ji.

On Pratikraman Day, traditional and English Pratikramans were conducted. Samani Ji led Kshamapana, which touched everyone. There were three Atthais performed. The participation and attendance were a record.

Mornings were devoted to Yoga, Preksha Dhyana and also Swadhyaya using Jiv Ajiv book authored by Pujya Acharya Maha Pragya Ji. Samani Ji explained that Jiv and Ajiv encompass the entire universe and therefore the knowledge of Jiv and Ajiv is important for all human beings.

-contd....

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Enthusiastic Paryushan Celebration at the Jain Center of Connecticut contd...



The following day, the Samani Ji kindly visited one Jain prisoner and provided perspective from Jain philosophy, which was well received with humility. The individual was overwhelmed with gratefulness and sent Michchhami Dukkadam cards to many people. Samanijis were also quite impressed with our Jain Sravak's work inside the prison helping other prisoners, while staying vegetarian.

Samani ji also met Prof. Phyllis Granoff, head of the department of religious studies and her students at Yale

University. There was interesting exchange of ideas and information. All of the students and other participants were quite impressed with Samaniji's answers and explanations. Samaniji also visited Sudhirbhai and Anitaben Shah's Ahimsa restaurant, were quite happy to see vegan, vegetarian and organic food being served there. At the end of the day, by the invitation of Professor Kenneth R Pugh, Samani Ji visited Haskins Laboratories, saw his work on combining the benefits of scientific research with Jain way of Meditation.



It was a memorable Paryushan, with blessings of both Samani Ji and participation of adults and youth. Our sincere thanks to Samani Ji and all the participants.

By: Hans Maru and Yogesh Kamdar

Feedbacks on the sessions:

This is in reference to the Paryushan Parv 2008 that we had with Samniji Akshay Pragya and Samniji Vinay Pragya in Fairfield County (Brookfield, Trumbull, Hartford), Connecticut (CT). It was a very gratifying experience for me personally. It tied many loose ends and many of our questions were answered.

The teachings of Acharya Mahapragya about Preksha Meditation helped a lot. The attendance at the Yog sessions was great in addition to the pravachans in the evening. It was all so done very simply that we did not feel any religious pressure to learn concepts. It was made very simple to understand. We were blessed to have such teachers during the Paryushan.

Thank you. Rakesh S. Zaveri

We were very fortunate to have Pujya Samani Akshaya Pragyaaji and Vinay Pragyaaji during Paryushan Celebration in Connecticut for 8 days. Their simple and easy to understand method of SWADHYAY was very beneficial to all for our spiritual up lifting. Particularly morning Yog sessions and Preksha meditation techniques they taught us, we all will remember and hope to practice in our daily life. Also their series of lectures on Mahavir Bhagavan Jivan Charitra, Importance of Paryushan, Significance of Samayik, Significance of Silence, Significance of Fasting, Significance of Mantra and Significance of Swadhyay were very enlightening.

Thank you Samaniji. For your time and teaching.
Jai Jinendra, Mukesh and Kailas Shah

Thank you for coming to Danbury, Connecticut this Paryushan. I learned a lot from your sessions. The Preksha Meditation has helped me; I feel the difference in my day-to-day activities. Your visit here has benefited me and others. Thank you, once again!

-Harsha Shah





Tidbits

The Problem Solving Mantra

“Aum Hreem Shreem Arham Namaha”

- Chant this mantra every day by completing one mala
- Benefit: It helps make your wishes come true

Test your knowledge about Jain religion?

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

Q. What is the Pratikraman?

A. This is a process of self analysis and repentance (prayaschitta) during which we repent for our wrongful doing during our daily life, and reminds us to restrain from doing so again. This helps us to bring back the soul that has lost its way in the meshes of outward actions and pursuits. As a Jain, if possible, one should do Pratikramans twice a day.

Q. What are the different Pratikramans?

A. There are five different types:

- 1) Devasi (**Day**) Pratikraman
- 2) Rayi (**Night**) Pratikraman
- 3) Pakhi (**Fortnight**) Pratikraman:
- 4) Chomasi (**Four month**) Pratikraman
- 5) Samvatsari (**Annual**) Pratikraman:

Q. What does Samvatsari Pratikraman mean?

A. The Samvatsari Pratikraman is done once in a year on the last day of paryushan i.e., on the fifth day of the bright fortnight of Bhadrapada for the sins committed during the whole year.

Questions for this month are:

- Q. What is the meaning of yoga in Jainism?
- Q. How many Yoga are there?
- Q. What are the types of Yoga ?

Voice of the Omniscient

**Sariramahu nava tti, jivo vuccai navio
Samsaro annavo vutto, jam taramti mahesino**

Body has been considered as a boat, soul its sailor and this world is a sea. Those who seek liberation swim across it. (*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 Uttradhya 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) 15:00 to 17:00 PM : Ahimsa Vichaar Manch
- 2. (2nd and 4th) 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan

Upcoming Events:

- Samaniji's visit to Cincinnati to celebrate Ahimsa Day from Oct 10-13
- Samaniji's visit to Dallas for Discourses: Oct 16-18





Samanijs Visit To Charlotte and Greenville



Samani Akshya Pragya ji and Samani Vinay Pragya ji visited Charlotte from September 12 to September 19th to celebrate Puryushan & Das Lakshan Parv. The program included Meditation & Yoga classes for adults and children, Lecture on Benefits of Meditation & Spirituality. She also visited Greenville, SC for a day. A special lecture was also held during Hindu havan ceremony. All lectures were very well attended and benefited the audience.

By: Deepak Jain

JVB Gyanshala 2008-2009 Session

JVB Gyanshala 2008-2009 session started on 09/07th under Samani Akshay Pragya ji and Vinay Pragya ji's guidance. All students and teachers were excited to be back together after the summer break.

Considering the progress made in the last two years, Samanijs have introduced a new four level curriculum Gyan, Darshan, Charitra,



and Tap.

These level are designed to benefit students of different age groups and levels of knowledge of Jain concepts at there individual pace of learning. Advanced level students are beginning to learn Bhaktamar Sutra.

Day-1 ended with recap of learning from last year and an overview of the plan for new year.

- By: JVB Newsdesk





Samanijis Visit To Memphis

The Jain Center of Memphis invited Samaniji to conduct a workshop 'Change your Thinking: Change your life'. This workshop benefited people which included Yoga, Pranayam, Relaxation, Lecture, Check your Talent Quiz and followed by Preksha Meditation of positive Thinking. The workshop went from 8:00 am – 4:00 pm. Mr. Vinay and Chanchala Mehta hosted Samaniji for 4 days from Sept 26-29.



Pictures from Samanijis Visit To Charlotte and Greenville

