

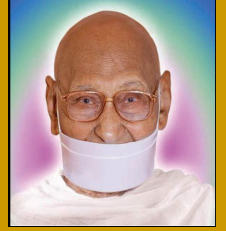


# Inner Reflections

## Jain Vishwa Bharti of North America

### New Jersey Center

Volume V Issue 2,3 April - September 2007



Samani  
Mudit Pragya



Samani  
Rohit Pragya

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#### THUS SPOKE MAHAVIR



Raago ya doso vi ya kammabeeyam  
Kammam cha mohappabhavam vayamti  
Kammam cha jaaeemaranassa moolam  
Dukkham cha jaaeemaranam vayamti

Attachment and aversion are the seeds of Karma. Karma is generated from delusion and is the cause of birth and death. Birth and death have been regarded as the roots of misery.

#### MESSAGE FROM ACHARYA MAHAPRAJNA



Who am I? This question has been widely discussed in the field of spiritual practice. Some people say, leave the 'I'. Spiritual practitioners say search out the 'I'. While this appears contradictory on the face of it, in subtler terms, both are realities. The qualified 'I' gives rise to problems. So to leave that 'I' is a truth. The unqualified 'I' is our existence and so to search for it is also a truth. For spiritual development the movement from the qualified 'I' to the unqualified 'I' is the best manner of spiritual practice.

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#### JVBNA MISSION STATEMENT

- \* To spread the universal message of Jain philosophy and Jain wisdom to the world
- \* To cultivate an atmosphere that nurtures nonviolence, restraint and divergent perspectives, whereby leading to spiritual enlightenment for man
- \* To create an environment of unity and social harmony for all mankind



## JVBNA EVENTS IN THE CURRENT YEAR

### SAMANIJI'S WELCOME PROGRAM

We are fortunate to have Disciples of H.H. Acharyashri Mahaprajnaji, Samani Muditpragyaji and Samani Rohitpragyaji to grace the JVBNA center for the current year 2007. A welcome program was hosted on March 25th by Sampat Jain, Vice President of Finance, at his residence in New Jersey. The Committee Members and the youth group of JVBNA welcomed the two Samanijis by a welcome speech and song. Gynashala kids welcomed the Samanijis by presenting a skit based on Indian cultural theme. Samani Muditpragyaji gave a spiritual lecture on "Real Happiness" and also discussed the plans for the year.

### CELEBRATION OF MAHAVIR JAYANTI AND AKSHAY TRITIYA

On April 22<sup>nd</sup>, two auspicious events, Akshaya Tritiya and Mahavir Jayanti were celebrated by JVBNA in Terrill Middle School. The program commenced with devotional song "Shanti Ka Sandesh". At this event, Samani Muditpragyaji summarized to the audience the meaning of "Hum aur Hamara Dayitva". The main attraction of this event was the "Akshaya Award Show". This two and half hour program comprised of children, youths and even adults who with their creative and innovative ideas presented the life story of Bhagwan Rishabhadev.



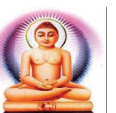
This year, both the Samanijis were invited by the International Jain Sangh (IJS) group to celebrate the occasion. This event was honoured by Samaniji with Navakar Mantra. Samani Muditpragyaji shared her spiritual views by giving a discourse on "Mahavir Kaun". The event was attended by full house of devoted members and guests from the tri-state area and everyone was highly inspired by Samaniji's discourse.

### GYANSHALA GRADUATION AND PICNIC

This year around sixty students graduated in the field of Jainism and Hindi. A special graduation ceremony was held in Merrill Park on June 3<sup>rd</sup>. All the students were awarded with Certificates. This program was attended by the parents and all other members. All students took Samaniji's blessings and shared their experience of year long studies.

To organize this event in a proper way responsibility was given to Rakesh Jain. He did a good co-ordination with all the members and performed his duty with full enthusiasm.

For last three years Mrs. Neena Jain has handled the responsibilities of Gyanshala and under the guidance of samaniji she devoted her time for the development of JVBNA Gyanshala. This year on the occasion of gyanshala graduation this responsibility has been given to Mrs. Madhumita Sacheti who devoted her time as an editor of JVBNA Newsletter and Souvenir for last two years.





## JVBNA EVENTS IN THE CURRENT YEAR

### JVBNA FAMILY CAMP & WORKSHOPS

A Special workshop exclusively for the executive committee on "Significance of Healthy Attitude" was conducted by Samani Muditpragyaji and Samani Rohitpragyaji on May 5<sup>th</sup>. Workshop emphasized on the relationship between thinking and behavior, how it affects one's attitude towards life and its impact on one's health. It also covered the facts on appreciation for oneself and with relation to others.

On May 20<sup>th</sup>, another workshop on "How to Energize Mind, Body and Spirit" was held in a Montessori School in Scotch Plains. This workshop comprised of Mantra, Dhvani, Anupreksha, Asan Pranayam and Kayotsarga. This workshop was attended by twenty one members.

4<sup>th</sup> Annual Family Camp "Think and Grow Rich" was conducted at Siddhachalam by Samani Muditpragyaji, Akshaypragyaji, Rohitpragyaji and Vinaypragyaji from Aug 10<sup>th</sup> - 12<sup>th</sup>. This three day camp's main focus was on contemplation. Around forty people consisting of both children and adult, attended this camp. During this camp, practicing Yoga and Preksha Meditation, Samaniji discoursed on Science of thinking, Power of Positive Thinking, What do you Want to Be and Healthy food and Happy Life. Among the children Samaniji discussed on You are What you eat, Think and Grow Rich, Jain Way of Life and How to Develop Loving Personality. Each and every participant took the best advantage of this camp and learnt a variety of new things.

### OTHER EVENTS

**Meeting for Virginia Tech University:** A special condolence meeting for the victims of Virginia Tech University was organized in Woodbridge High School by Father Thomas of Iselin Presbyterian Church. Along with other representatives of different religion, both Samanijis on behalf of the Jain community also paid their condolences.

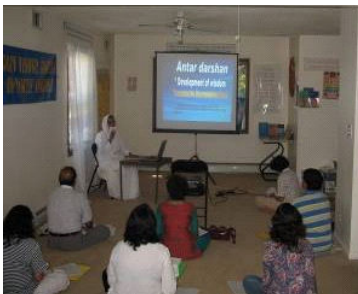
On May 20<sup>th</sup>, a program on Saraswati puja attended by three thousand people was held in Long Island. Both Samanijis were invited for the event. Samaniji expressed her views on the purity of one's aim and thoughts.

### PREKSHA TRAINING COURSE

A five week certification course on meditation was conducted at the JVBNA center and around twenty students successfully completed this course. This course covered the topics on pre-conditions of meditation, relaxation, internal trip, breathing etc. The entire course was taught using power point by both the Samanijis in a very simple and interesting method. The first session was divided in two batches which consisted of 19 members. After the completion of the course, the students shared their views and feedback on the course. They were so inspired that they are all keen on joining the advanced course on meditation.

**Batch 1:** Nagji Veera, Ramesh Parmar, Prabhas Jain, Kusum Jain, Neena Shah, Tejal Gosaliya, Rupal Talati, Manisha Jain, Neesha Jhaveri, Kokila Turakiya

**Batch 2:** B. C. Jain, Asha Jain, Sunil Vakhariya, Naglaxmi Nagraj, Suprita Nagraj, Kavita Kothari, Anita Jain, Rupali Kucheriya, Suman Jain

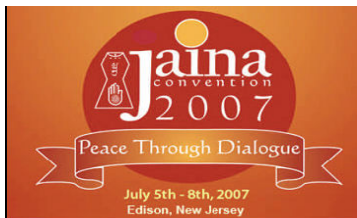






## JVBNA EVENTS IN THE CURRENT YEAR

### JAINA CONVENTION



This year the Jaina Convention was held at the Raritan center in New Jersey, around seventy learned scholars and speakers had honored this occasion. Samani Muditpragyaji and Samani Rohitpragyaji attended the convention from the NJ center, along with Samani Akshaypragyaji, Vinaypragyaji (Houston Center) Samani Parampragyaji, Punyapragyaji (Orlando Center) and Samani Mangalpragyaji, Pratibhapragyaji who came from India joined the convention. All the Samanijis gave discourses on various spiritual topics and also conducted classes for yoga and meditation. Around five thousand people attended the convention and people thoroughly enjoyed all the activities and functions. In the convention we had two stalls on which books and Cds were displayed. All the responsibilities related to Jaina convention were given to Moolchandji Singhi, Board of Director. Under the guidance of samaniji and with the support of members of all three centers (New Jersey, Orlando, Huston) he did a appreciable job to shape this activity in a organized way. The hard work and efforts of Himanshu Seth, Rishabh Dugar and Madhumita Sacheti in preparing the Video clips and Posters is much appreciable.

Finally collective efforts of all the members of all the centers brought a successful result.



### HONORING THE GREAT ACHARYAS AND THEIR TORCH BEARERS

Around the same time, a special program to honor the great Acharyas and their torch bearers was held on July 8<sup>th</sup>, at American Legion Hall in Iselin, New Jersey. The program commenced with a prayer song by children. The theme of the program was to honor Acharya Shree Tulsi, Acharya Shree Maha Pragy and their contribution "Saman Shreni" (Samani order) to the world. There were several discourses on spiritual topics. Samanijis presented an interesting program paying their gratitude towards great acharyas. All the committee members also expressed their views and appreciated Acharyashri's great contribution.





## FEEDBACK

### PREKSHA TRAINING COURSE

Personally I feel that this is the basic foundation and most important aspect of knowing one's inner self. We all might have all the worldly knowledge but if we do not know our inner self, we will still be considered as illiterate. According to me, real knowledge is knowing yourself and then the rest follows. This training course program is the first stepping stone in my journey to self realization. Everybody should definitely participate in this program and make the best out of it.

Tejal Gosalia

My initial goal of coming to learn Preksha meditation was to put meditation in my daily routine which I am trying to put in practice. From taking this course first of all I learnt the correct way of breathing and concentration of my mind. Definitely this course will bring discipline in my life. I will continue to come to take the second session which will start sometime in August.

Kokila Shah

I would like thank you both samanijs so much for sharing the knowledge of Preksha meditation. It is just amazing to know that what you have taught. We are definitely fortunate to have gurus like you, here in JVBNA. I strongly suggest to all readers to take the course of Preksha meditation. It will definitely give you a new dimension in life and helps in practically reducing the influx of karmas and change behavior for the better.

Neena Shah



### FAMILY CAMP

It was very interesting because I learned many things about leading a happy, successful and peaceful life. These things could not have been taught in a one or two hour class. I enjoyed this camp very much.

Priyanka Kothari

It was an excellent experience for me and my husband. We learnt a lot. Theme for this camp was very good.

Suchita Shah

It was the first experience for me. I learned lot like the way of living, the art of positive thinking. And I would like to follow the rules what I have learned in daily routine.

Pankaj Jain.





## JVBNA UPCOMING EVENTS

Paryushan, Samvatsari & Daslakshan Mahaparva - Sept 9th-16th, 2007 - Kennedy Park School, Goodrick Ave, Iselin, NJ 08830.

JVBNA will celebrate Paryushan and Daslakshan Parva from September 9th to September 16 under the auspicious presence of Samani Muditpragyaji and Samani Rohitpragyaji. The program will be held at Kennedy Park School, NJ and will consist of daily pratikraman, pravachan and simultaneous children's session in English. All are invited to attend.

The details are as follows:

Paryushan - September 9th-16th - 7:30pm to 9:30pm

Samvatsari - September 16th - 6:30pm to 9:30pm

Daslakshan - September 17th-September 25 - 7:30pm to 9:30pm

Daslakshan venue: First Presbyterian Church, Iselin.

## BECOME A JVBNA MEMBER

Jain Vishwa Bharati with presence in India, Europe and USA, dedicates to spread the universal message of Jain philosophy and Jain wisdom to the world. The NJ center, JVBNA, hosts Samanijis year around for spiritual guidance and various center activities. Please show us your support by becoming a member and donating generously.

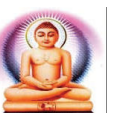
One Shraavak of the JVBNA family made a valuable contribution of \$25,000, thus becoming Chief Patron of JVBNA, with their total commitment of \$51,000. JVBNA thanks and acknowledges them for their support. We sincerely hope that their kind gesture will inspire others to contribute and help JVBNA achieve its aim of having a full fledged meditation centre & gyanshala for the benefit of our community.

Become a member by showing your support today:

- \_ Supporting Member \$501
- \_ Life Member \$2,101
- \_ Sponsor Member \$5,001
- \_ Founder Member \$11,001
- \_ Patron \$25,101
- \_ Chief Patron \$51,001
- \_ Special Donor Any Amount

In addition, you can help maintain the JVBNA center by participating in the Tithi Yojna and/or Gyanshala Yojna. All your donations are tax deductible. Please contact the center for more information or fill out the form at

<http://www.jvbna.org/becomeamember.htm>







## JVBNA REGULAR SESSIONS

### MONDAYS

8:00PM - 9:00PM

Preksha Dhyan

Contact JVBNA Center

### TUESDAYS

6:30PM - 7:30PM

Preksha Therapy

Contact JVBNA Center

### WEDNESDAYS

6:30PM - 7:30PM

Yoga For Stress Management

First Presbyterian Church

1295 Oak Tree Road, Iselin, NJ

### THURSDAYS

7:30PM - 8:30PM

Uttaradhyayan

Jeev-Ajeev

Contact JVBNA Center

### SATURDAYS

Preksha Training Course

Youth class (3<sup>rd</sup> Saturday)

Contact JVBNA Center

### SUNDAYS

Pravachan

New York, Cherri Hill etc.

The 2007-08 Gyanshala year begins October 7th and will be held Sundays from 3-5 PM at the First Presbyterian Church, 1295 Oak Tree Road, Iselin, NJ. The Registration Form can be downloaded from [http://www.jvbna.org/pdf/Gyanshala\\_Registration\\_form\\_2007.pdf](http://www.jvbna.org/pdf/Gyanshala_Registration_form_2007.pdf)

### GOCHARI LABH

To arrange for Gochari labh, please contact Mrs. Vijaya Daga at 732- 326- 9018 and Mrs. Varsha Mehta at 732- 452- 0630.

### Directions to JVBNA Center

- \* Take GSP exit 131 towards Iselin, turn left onto NJ-27/Lincoln Highway, turn left (North) onto Middlesex Avenue, and pass Oak Tree Road. JVBNA Center will be on your left.
- \* From US-1 (South), turn left onto Plainfield Avenue, turn right (North) onto NJ-27/Lincoln Highway, turn left onto Middlesex Avenue, and pass Oak Tree Road. JVBNA Center will be on your left.

