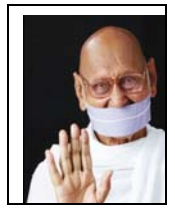




Lord Mahaveer

JVB International Reflections...



Acharya Mahapragya

Volume1, Issue 3

September–October 2008

Diwali

A festival to Awaken Inner Light

Diwali is the most important festival in India. For jains, *Diwali* marks the anniversary of the attainment of Moksha by Mahavir-Swami in 527 BC. The festival falls on the last day of the month of Ashvin, the end of the year in the Indian calendar. But the celebration starts in the early morning of the previous day as Lord Mahavir commenced his last sermon (final discourses know as *Uttardhyayan*), which lasted until the night of *Diwali*. At midnight, his soul left his body and attained liberation, Moksha. Eighteen kings of northern India were present in his audience at the time of his final sermon. They decided that the light of their master's knowledge should be kept alive symbolically by lighting of lamps. Hence it is called *Deepavali* or *Diwali*, (deep means a lamp and avali means series or multiple). But the light of Lord Mahavir's knowledge cannot be kept alive by just lighting the lamps. That is an external approach. Realistically, we should light up our internal lamps – awaken our inner vision by practicing the path preached by Lord Mahavir. As traditional *Diwali* lamp needs a clay bowl, oil, and cotton wick. The inner lamp needs the right faith, right knowledge, right conduct and right Tap (austerity). External lamps need oxygen while internal lamps need self-effort. The resolution to adopt the practice of good conduct is the way to celebrate the *Diwali*. Some fast for two days as Lord Mahavir did. Some people recite –“*Shri Mahavir Swami Sarvajnaya Namah*” one very bead of the rosary (108 beads in one rosary) first followed by 19 rosaries of reciting “*Shri Mahavir Swami Paragataya Namah*” on each bead. In brief, *Diwali* is for enhancing the spiritual wealth.

JVB New Jersey

Samani Mudit Pragma
Samani Shukla Pragma
www.jvbnewjersey.org

JVB Orlando

Samani Param Pragma
Samani Jayant Pragma
www.jvborlando.org

JVB Houston

Samani Akshay Pragma
Samani Vinay Pragma
www.jvbhouston.org

JVB London

Samani Prasanna Pragma
Samani Rohit Pragma
www.jvblondon.org

JVB Miami

Samani charitra Pragma
Samani Unnata Pragma
prajna108@gmail.com

JVB Mission

To promote the universal message of Jain Philosophy and study of Jainism worldwide

To promote the value of non-violence, self-discipline and Anekant (multiple perspectives) for spiritual awareness (enlightenment) through Preksha Meditation

To provide spiritual guidance through the practice of healthy and stress-free living



Lens Transplant Camp - Jaipur October 1,2008

With blessings of Acharya Shree Mahapragya, a tremendous effort is underway to fight blindness. Towards this goal, a lens transplant project is underway in Rajasthan. This project started around September 22, 2008. Until now about 2000 people have been checked out in about 18 villages. The eyesight check up camp has examined and tested all these people and 511 people have been fitted with transplanted lenses.

The camp director and Mahapragya service trust president Mr. Naresh Mehta announced that they are working with local blindness prevention committees and this will be a two month project. They plan to have this type of camp at about 50 locations and about 5000 people will have their vision checked out. There is a tremendous response towards the lens transplant project.

IILM Academy of Higher Learning

A 5 day camp was held at Anuvibha center at Jaipur campus. The theme of the camp was life science (Jeevan Vigyan). This was primarily held for IILM students. On September 27, the last day of the camp, Yuvacharya Maha Shraman addressed IILM family and outlined basics for success in life- honesty, non-violence, control of desires, and time management. During the camp Munishree Kishanlalji familiarized students with yoga and its benefits. He said to be successful in life one must be bodily healthy as well as spiritually happy. Niyojika Vishrut Vibha and Muni Jey Kumari challenged students to find themselves and to know their soul (Atma). Dr. Ashok Bapna told the audience that this type of camp teaches everyone important lessons. Academic advisor, Dr. Ved Prakash thanked everyone.



Thought at Sunrise

So Far, all quests for truth have remained quests for the methods to get to truth .No goal can be accessed without first identifying the method with which to do so. Truth is a goal, Knowledge, the method. A mind without thoughts, a mind full of thoughts and concrete information based on the senses cannot constitute knowledge. Truth comes from the knowledge of the senses and definiteness of thoughts.

You Can Stay Healthy

Remove your High Blood Pressure & lead a happy life

Asana (Exercise): Kayotsarga, Suptatadasan, Supta Kayotsarga on the right side(visit www.preksha.com)

Pranayama (Breathing technique): Chandrabedhi Pranayam - 10 minutes

Preksha (Perception): Meditation of blue color on body - 10 minutes

Anupreksha (Contemplation): Auto-suggestion - “My blood Pressure is getting Balanced” - 15 minutes

Japa (Chanting): “Om sound” - 10 minutes

Dietary Awareness: Avoid dairy and salty foods

Mudra (Hand Posture): *Apaan vayu Mudra*



CURRENT LOCATION OF ACHARYA SHRI MAHAPRAGYA

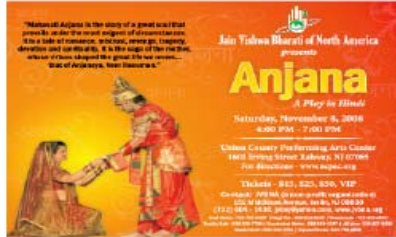
Acharya Shri is Currently at ANUVIBHA Building, Opp Gourav Tower, Jaipur - 302017, Rajasthan, India

Phone No : +91 141 5127358, 0141 4017989, Fax 0141-2710118

News from JVB New Jersey Center

“Anjana” An inspirational Play in Hindi

November 8, 2008, Union County Performing Art Center, Rahway NJ.



This year Jain Vishwa Bharati of North America is organizing a Hindi play “Anjana”, life story of mother of Veer Hanuman as a grand annual event. This inspirational play is expected to be viewed by more than 1300 spiritual aspirants.

The play encompasses many emotions, tragedy, suspense, and comedy. The colorful story shows how a single sentence can bring about negativity, how doubt can split a relationship and how spirituality can bring happiness.

Don't miss this opportunity. Tickets are available. For more information contact -- 732-404-1430

Paryusha and Daslakshan Mahaparva Aug.28- Sep.14

Under the gracious leadership of Samani Mudit Pragyaji and Samani Shukla Pragyaji, JVBNA celebrated Paryushan and Daslakshan Mahaparva. The program consisted of evening pratikraman and pravachan sessions. After pratikraman, Mahavir jivani and lectures were given by Samani Mudit pragyaji on day-to-day life related topics. Samani Shukla Pragyaji taught Jain principles & values to children.



After samvatsari pratikraman, everybody asked for forgiveness from each other. JVBNA appreciated and honored everyone who had fasted including children during this spiritual festival.

Gyanshala Session starts with new curriculum on Oct.5, 2008 – 2009 Every Sunday 4.00- 6.00PM, First Presbyterian Church, Iselin, NJ

In this global warming era to build an emotional & spiritual personality from childhood, Gyanshala provides a concrete platform. Today's child is a bright future of tomorrow. JVBNA is very fortunate that both the Samanijis are personally involved in teaching and enlightening children with Jain concepts and life values. All the activities of gyanshala are closely supervised by both the Samanijis and dedicated volunteers. For further information contact 732-404-1430 www.jvbnewjersey.org



Samnaji's Presence at Woodbridge Memorial Service

Samnaji were invited in a Memorial Day program, which was held at the woodbridge town hall on September 9, 2008 in the memory of victims of 9/11.

Sacramento

Jain center of Sacramento (California) celebrated Parushan in the holy presence of Samani Riju pragya & Satya pragya. Samani Riju pragya delivered lecture on various ways of achieving equanimity through Mantra including the practice of meditation. Samani Satya pragya also gave lecture on different topic. Jain society of Sacramento was presented a magic show on the occasion of Mahaveer Jayanti. Samaniji imparted Knowledge to kids 7 youth. Before coming Sacramento, Samaniji visited at New Jersey, Philadelphia and Atlanta.

News From JVB Orlando

Cooper City, Florida: Samani Param Pragya and Samani Jayant Pragya were invited to Cooper City near Miami on 15 July 2008. The event, hosted at the home of Dr. Kishor Bhai, covered a discussion by the Samanijis on "How to Practice Right Faith" and "How to be Freed from Wrong Belief".

Denver, Colorado: Samani Param Pragya and Samani Jayant Pragya visited Denver's Jain community on July 31st through August 7th. The events included Pranyam Yoga, meditation, and various Lectures including: The Power of Now, Conflict Management, The Power of Positive Talk, Three Magnetic Energies for Success, and Come Let's Learn to Live. The Samanijis also carried out a Kid's camp. The weekend activities took place at the Club, and all other events were held at various Jain community homes.

Parushan: The event was celebrated in the morning 10:30am to 11:30am with spiritual study. At 7:30 – 8:30pm, Pratikraman was held. From 8:30 – 9:30pm, The Life Story of Lord Mahaveer was discussed followed by lectures. Saturday, a 12 hour continuous Mantra took place. On Monday morning all Tapasvi were welcomed including kids by JVB.

Albuquerque, New Mexico: From September 6th through 10th, Samani Param Pragya and Samani Jayant Pragya were invited to give blessings to Pratabs wife Kanak on the occasion of her 17 days fasting. The Indian community together enjoyed the event which included yoga, meditation and lectures.

Melbourne, Florida: On September 13th, the Samanijis were invited by the Jain community of Melbourne to celebrate the 8 days of fasting by Astha Jain, sister of Ankur Jain and Kripalia. The event took place at the Hindu Temple with great joyous fulfillment including lectures and the cultural program.

Port St. Lucie, Florida: On September 16th, the Samanijis visited the home of Kishore Jain where they gave a lecture on "How to be free of Sufferings". Both Hindu and Jain persons were in attendance.

Jain Society of Central Florida: On August 31st the Samanijis were invited by the JSOCF on the occasion of Lord Mahavir's Janam Kalyank Mahotsva. The Samanijis expressed their respect to Lord Mahavir with devotional son and discourses.

Florida Jain Maitri Diwas"(Friendship Day)

On September 20th at JVB in the Spiritual Presence & Guidance of Samani Niyojika Madhur Pragya, Param Pragya, Jayant Pragya, Charitra Pragya, Parimal Pragya and Unnat Pragya, Maitri Diwas was celebrated in joyous occasion. People from all over Florida enjoyed very much "Aap Kee Adalat" including JVB Gyansala students program. The program concluded with blessings of Samani Niyojika Madhur Pragya.



News from JVB Houston

Gyanshala Teacher's Training

Gyanshala teacher's training workshop was held on Aug 17 from 10:00am-3:00pm to train the teachers teaching to JVB Gyanshala students. JVB Gyanshala is a Sunday school program to teach Jain philosophy, Yoga, meditation and moral values to children.



Gyanshala Teacher's Training

Samani ji in Academic World

Samani ji met Prof. Phyllis Granoff, head of the department of religious studies and her students at **Yale University**. There was an interesting exchange of ideas and information. All of the students and other participants were quite impressed with Samaniji's answers and explanations. Yogesh Kamdar and Hans Maru made this possible.



Parushan in Connecticut



Discussion on Jainism at Yale University



Preksha Meditation at St. Jacinto College

Samani Akshay Pragya ji and Vinay Pragya ji also visited Charlotte to celebrate DASLAKSHAN and Memphis to conduct a full day workshop on '**Change your Thinking: Change your Life**'. Samani ji explained that negative people dig up pain even in pleasure while positive people take out pleasure in pain also. Along with the lectures people enjoyed the Yoga, Preksha Meditation and 'Check your Talent' quiz.

Upcoming Event:

Deepavali celebration: November 9th at JVB Houston.
Contact: 281-596-9642

Samaniji's stay at Indonesia and Singapore.

Samani Shreyas Prajna and Samani Ramaniya P. had been to Indonesia for Parushan trip from 13-08-2008 to 11-09-2008. In between these three weeks they organized various camps on Preksha Meditation, Science of living and Jainology, Nurturing the factors of Good life among the people. Their Programs were held between among the managers executives and Local Indian people. In Surabaya they had a stay of about 5 day, 3 days camp was organized for Children and adults. Various issues of Jainology, i.e. Preksha Meditation were Discussed other then this they had organized their programmes Majorly in Jakarta, Pcerwakartey, Kerrawang etc. and in companies like Indo Bharat, Indo liberty, P.T.Elegant & Sunrise. Sri C. R. Dugar, J.M. Sipani, Sajnay Jain, Sanjay Singhi, Hemraj Kochar, B.G. Jain etc. other faithful had well arranged and participated in the program actively.

NEWS FROM JVB LONDON CENTRE

Welcome Programme at JVB

On 24 Aug 2008, in order to greet the four Samanijis who had come from India to celebrate Paryushana, JVB London hosted a welcome program attended by dignitaries from various Jain organizations. Following the welcome by Samani Prasanna Pragma and Rohit Pragma, two workshops were conducted entitled "Importance of Paushadha Vrata" and "Paryushana - what, why & how". Everyone participated in these workshops with great enthusiasm.

Paryushana Celebrations in London



With the grace of Acharya Mahapragyaji three groups of Samanijis celebrated Paryushana at various Jain organisations. In JVB, the morning programme was conducted by Dr Samani Chaitanya Pragma & Samani Prasanna Pragma and included lectures on Kalpa Sutra and Arhat Vandana as well as meditation. In the evening following Pratikramana (Hindi, Gujarati & English) there were lectures in English by Samani Prasanna Pragma. Dr. Samani Chaitanya Pragma also organised five special classes and three workshops on Jainism during this period for the thirteen students who have enrolled in Certificate and MA course provided by Jain Vishva Bharati University. Samani Agam

Pragma & Samani Rohit Pragma conducted the Paryushana program in Gujarati language at Navnat Vanik Association. Dr Samani Chaitanya Pragma & Samani Agam Pragma conducted the Paryushana program at Jain Association too.

A Series of Workshops By Ramesh Jain



Various workshops were arranged at JVB between 19 to 22 September 2008 lead by Ramesh Jain, an international motivational speaker. Topics included 'Invoke your Potential Power', 'Clearse Negativity from Your Inner-self', 'Secrets of Success', 'How to enjoy old age' & 'Harmony between body, mind and soul'.

Other Events

On 21 September a Mela was organised, by JVB London & Jain Network at JVB Centre. This event was attended by more than two hundred and fifty people including Jim Marshall, Mayor of Barnett, and was a great success.



Samanijis were invited to recite prayers on the launching of Jain Pedia by Institute of Jainology at V&A Museum. On 28 September, workshops amongst elders and youths were held by Samanijis at the request of Jain samaj of Ilford (London).

Contact: 020-8452-0913 info@jvbl.org

Paryushan in Birmingham In the presence of Samani Jyoti Pragyaji and Samani Him Pragyaji, Paryushan parva was celebrated in a very

special and informative way. The Jain community were very motivated to learn more about simple and practical ways of implementing changes in our way of life, through the teachings of Lord Mahavira. There were workshops organised on Meditation, Swarag -Narak, Health issues, Question Answer time which were all conducted in a very interesting, educational, enlightening and thought provoking manner.

News from Miami



FIU News - Jainism is now on the verge of taking new heights. With the blessing of His Holiness Acharya Mahapragya, Jain studies have opened new doors in the Universities of USA. Samani Charitra Prajna and Samani Unnata Prajna have commenced classes in Florida International University, Miami. This being the third year of this project, Samani Charitra Prajna is giving lectures on "Religion, Life and



Vegetarianism" with an enrolment of 20 students. The second course offered by Samani Unnata Prajna is "Meditation and Spiritual Development" pulling in students from different fields. The utter need of stress relief for students has given birth to "Preksha Meditation Club" in the FIU campus. Regular weekly sessions of meditation are undertaken. The Preksha Meditation Club also organized an event highlighting "Know your AURA and learn how to change it!" dated September 26, 2008. The students gave a overwhelming response as they had an opportunity to not only learn about Aura but also to see it.

Parushan festival - Jain Center of South Florida celebrated Parushan in the holy presence of Samanijis and Mumukshu. Samani Charitra Prajna delivered lectures on various ways of achieving Right Faith through canonical text. Samani Unnata Prajna and Mumukshu Nikita narrated the various incidents related to Lord Mahaveer. A one day camp organized for all, kids, youth and adults was an event to test oneself about Jainism. A Quiz about Life of Mahaveer captivated the young and old. Kids and youth gained knowledge on different concepts of Jainism and were also guided in English Pratikraman. Over all, many people were benefited during Parushan and did fast on Samvatsari.

Regular activities are also under taken by the community; where in Samani Charitra Prajna elucidates the Jain Geeta i.e. Sambodhi. This is the message given by Lord Mahaveer to Meghakumar. Samani Unnata Prajna is imparting knowledge to youth and Mumukshu Nikita is educating the children in Gyanshala. Hindi speaking course has also been instigated for kids.

The University students and Jain families of Miami are equally enthusiastic and are taking keen interest to gain knowledge and spread the core principle of Jainism i.e. non-violence and peace.

Contact: prajna108@gmail.com, Tel- 305 220 5339



Tampa, Fl. The First time Jain Samaj celebrated Paryushan Mahaparva under the roof of their own Jain Temple With the blessings of Acharya Gurudev Shri Mahapragyaji, in the presence of Neeyojika Samani Madhur Pragyaji & Samani Parimal Pragyaji . Samani Madhur Pragyaji delivered lectures on how Can we change our destiny, Shravak's 12 Vrata, Come lets learn to live and many more topics in details. We were led into the purification journey, by the rhythmic Pratikraman conducted by Samani Parimal

Pragyaji. Children's religion classes were also conducted. In addition to all of the events above, we had a three hour stress management class with yoga, meditation and lectures and a twelve hour Namokar Maha Mantra Jaap at the Temple. On the long weekend, the Tampa Samaj celebrated Mahavir Janam Kalyanak day and held a Samuhik Ekasana lunch. For the first time we had over 100 people participating in the Pratikraman. We would also like to mention a few tapasvi's, Dhirenbhai Mehta did 21 day Upvhas, Padmaben Chitalia did 9 days Upavhas, Meenaben Shah did 7 days upavhas. Many 3 days Upavhas's were also done. All in all, we had great participation and enthusiasm by all individuals.