



# Invitation to Health A Spiritual Healthy Weekend in Tampa



Jain Society of Tampa Bay (JSTB) had a spiritual healthy weekend under the guidance of Samaniji in Tampa. Samaniji Jin pragyaji and Samaniji Kshanti pragyaji conducted a two day camp "Invitation to Health" at Jain Society of Tampa Bay, Tampa, Florida, USA.



Samani Jin pragyaji conducted session with adults (60-80 shravaks) while Samani Kshanti pragyaji conducted session with various Kids/youth groups. There were 3 sessions on Saturday followed by one on Sunday. The sessions were presented with Powerpoint slideshow via Projector, keeping the audience engaged and

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interactive. Samaniji narrated real-time incidences and stories to better explain the subject in practical ways so that it could be applied in life.



**"Review your mind"** - Samaniji explained importance of mind health, interactive exercise of auditing the mind, and significance of reflection.

**"Review your body"** – This exercise reviewed the three “Prakriti” (nature) of the body: “Vaata, Pitt, and Kapha,” through a questionnaire. Samaniji explained how these elements need to be in balance for a healthy life and healthy body, as the body is a vehicle (Nauka) to travel to Moksha.

**"Review your reaction"** - Samaniji presented troublesome scenarios and provided a questionnaire – “Would you forgive?” After completion of the questionnaire, she explained how our sanskars impact our ability to forgive, and discussed the importance of forgiveness. This was followed by “Khamemi Savvajive” mantra and seeking forgiveness to everyone in all directions. The session was concluded with meditation to gather universal positive energy and applying it for physical, mental and emotional ailments.

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**"Treasure of Energy"** – Samaniji shared a humorous story of a person worshipping entities such as Shiva, a rat, cat, dog, wife, and eventually oneself. Samaniji emphasized the importance of identifying goals, need for focus, harnessing talent, acquiring knowledge and decision making. Samaniji explained the Navkar Mantra and how one can use it to harness energy within oneself. The session was concluded with meditation.

Samani Kshanti pragyaji presented special offer about "Learn to Earn" - earning for soul (and not Money). She gave details regarding small tyag that could be incorporated into day-to-day life. She shared information about 4 types of cards in memory of Acharya Mahapragyaji's centenary anniversary with a goal to help everyone to assume small Niyams.

## Kids' Sessions

Samani Kshanti pragyaji led the kids' sessions. These sessions were divided into four parts:



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1. “Learn with Fun” for small kids – Kids learned more about Tirthankaras in the form of a game
2. “Redesign your life with wisdom” for middle school kids
3. “E+R= O Wisdom” for high school kids
4. “Treasure of Wisdom” for middle school kids



In the end, several people from the audience came forward to reflect and share how the camp helped them. Many came forward and shared their positive experiences. Samaniji invited everyone to participate in the upcoming camp which is to take place in Jan 2020 in Orlando, Florida.

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