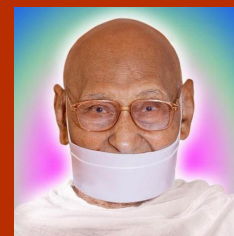




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 3, ISSUE 2

FEBRUARY 2009



Akshay Pragyaji



Vinay Pragyaji

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Anuvrat: A Movement of Morality

Samani Akshay Pragyaji

The greatest tragedy of the present age is the contradiction between words and practice. Man is going far away from his values. Seeing this, Late Acharya Tulsi started a moral movement, *Anuvrat*, in 1948 in India. It is an inspiration for change of heart. It aims at reforming the individual and to inculcate the human values. *Anuvrat* is the combination of two words – ‘anu’ and ‘vrat’. Here ‘anu’ means small and ‘vrat’ means vow or resolution. So *Anuvrat* means small resolution. Its slogan is – ‘samyamah khalu jivanam’- self-discipline is life. *Anuvrat* is a treasure of some code of conducts to develop a healthy society and happy human. The person who accepts these conducts known as *Anuvrati*. Anyone can be *Anuvrati* irrespective of cast, class, faith, gender color or language. The minimum qualification of *Anuvrati* is faith in human values.

The resolutions are:

1. I will not willfully kill any innocent creature.
 - I will not commit suicide.
 - I will not commit feticide.
2. I will not attack anybody.
 - I will endeavor to bring about world peace and disarmament.
3. I will not take part in violent agitations or in destructive activities.
4. I will believe in human unity.
 - I will not discriminate on the basis of cast, color, sect etc., nor I will treat anyone as untouchable.
5. I will practice religious toleration.
 - I will not rouse sectarian frenzy.
6. I will observe morality in business and general behavior
 - I will not harm others in order to serve my ends.
 - I will not deceit anybody.
7. I will set the limits to the practice of continence and acquisition.
8. I will not resort to unethical practices in elections.
9. I will not encourage socially evil customs.

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Thought of the month

The value of Modesty

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Anuvrat: A Movement of Morality.....continued

10. I will not use intoxicants like alcohol, heroin, tobacco etc.
11. I will always be alert to keep the environment free from pollution.
 - I will not cut down the trees.
 - I will not waste water.

Every *Anuvrati* must be honest in his working field. Anyone who first understand it and then put into practice can become a true, authentic human being. Its only aim is to make human beings truly human. It seeks to make man aware of his true being and of what is right and desirable. *Anuvrat* is a process to bridge the knowledge and conduct. Once the non-violent attitude is developed, honesty, tolerance power, friendliness, and feeling of co-existence are inculcated there would be harmony in the society. Come forward to become *Anuvrati*, a man of values.

New JVB Houston Center Construction Update

The main building of the center has been completed with the structure and panels in place as you can see in the picture. The Pyramid is expected to be on site by mid of March.



We encourage you to go and visit the upcoming center and see the progress yourself. We need generous donations to help achieve this dream.

Gov Perry of Texas Receiving Acharya Shree and APJ Kalam book from Mr & Mrs Yalmanchill



By the effort of Swatantra Jain, Chairman JVB Houston, 'The Family and The Nation', was presented to Governor of Texas Mr. Perry by Mr. Chowdary and Mrs Angela Yalmanchill in India House. It is a book recently written by Acharya Mahapragya and past President of India Dr. APJ Abdul Kalam.

Donors for the month

| | | | |
|---------------------------|--------|----------------------|-------|
| Subhash and Shashi Jain | \$1000 | Mehul and Swati Jain | \$500 |
| Texas Concrete Enterprise | \$500 | Dustin B Martinez | \$500 |





Tidbits

Mantra to accomplish work

“Aum Aim Aum Namaha”

- Chant this mantra 9 times while leaving home for any work
- Benefit: The work for which you are leaving the house shall get accomplished successfully

Test your knowledge about Jain religion

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

Q. What are the two types of “Charitra” ?

A. The two types are Sagar and Anagar.

Q. What are the two types of “Dharma” ?

A. There are two types of ‘Dharma’, Srutdharm and Charitradharm.

Q. What are the two types of “Karma”?

A. The two types are Dalik and Nikachit.

Questions for this month are:

Q. Who can be called as “Shravak” ?

Q. What is “Vrat” ?

Q. What is “Anuvrat” ?

Voice of the Omniscient

Appanameva jujjhaahi, kim te jujjhena vajjhao
 Appanameva appanam, jaittaa suhamev ya.

Fight with your soul. What will you achieve with external combat? Man achieves real bliss only when you conquer soul. (*Abstract From Jain Agamas*)

Calendar of Events:

- | | |
|---------------------|--|
| ◆ Tuesday | 07:00 to 08:00 PM : Yoga & Pranayam to Relieve Stress |
| ◆ Wednesday | 07:00 to 07.45 PM.: Pranayam & Meditation for Healthy Life & Positive Thinking |
| | 08:00 to 09:00 PM : Swadhyaya (on Sambodhi: A talk of Lord Mahavir and Megh Kumar) |
| ◆ 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 (1st ,3rd) | 10:00 to 12:15 AM.: Gyanshala for children |
| ◆ Sunday (2nd,4th) | 10:30 to 12:00 AM.:Pravachan, Meditation, & Bhajan |

Upcoming Events:

March 11, Wednesday: Chaturmasik Pakkhi Pratikraman from 8:00 –9:00 pm





Thought of the Month

Choose Feelings

If your days seem filled with unwanted negative feelings, there is only one cure. When they come, choose them. Don't ask why, don't wonder how, don't fight them and never put yourself down for having them. But most of all never blame someone else for how you feel. If you do, it means you are still fast asleep and your choice is to be a victim. When the feelings come, even big disturbing emotional feelings say, "I choose this feeling" and know it comes because of something you have thought or done in the past, perhaps a certain belief that you have learned or an attachment that is threatened. Choice does not mean you want the feelings, but it does mean you are taking responsibility for them. And that is the beginning of self mastery. It is the first step to the healing and resolving of your emotions. But only the first step. Try this today and then ask yourself what the next step might be. If you are really interested to know, you will come to know!

The Value of Modesty

After 160 years of Bhagwan Mahavira's Niravana there was a long famine of 12 years in which monks almost disintegrated. There was hardly any food and with hunger and thirst all around. During this time Muni Sthuulabhadra began his study under Acharya Bhadrabaahu. Acharya was the only one that time who had complete knowledge of 12th Agama. While soon many other monks quit, Sthuulabhadra was the only one who studies eight earlier scriptures and determination.

One day he asked Acharya, "How much have I still to study". Acharya replied, "you have learnt only a drop out of the vast ocean.". Sthuulabhadra then worked with redoubled energy and learned ten scriptures.

One day, after taking permission from Acharya, seven of Sthuulabhadra's sisters came to visit him. He was meditating in a cave and developed ego knowing about their arrival, decided to impress his sisters by turning himself to a lion. The sisters were frightened and went back to Acharya to tell him about this. "Go back again and you will find your brother." said the Acharya. The sisters then visited the cave again and saw their brother Sthuulabhadra meditating. They were relieved and paid vandana to him.

A short while afterwards, Sthuulabhadra asked Bhadrabaahu to be taught further and was stunned to hear a prompt refusal. Perplexed, Sthuulabhadra inquired, "Why will you not teach me, O Acharya?" To this Acharya replied, "You are not worthy of receiving knowledge." and asked to practice self-introspection. One that Sthuulabhadra thought carefully and then remembered how he had egotistically changed his form to that of a lion to impress his sisters. He repented deeply and promised not to repeat such an act in the future.

Bhadrabaahu said solemnly, "Pride is undoubtedly a great hindrance in the acquisition of knowledge."

Only when the whole assembly of monks gathered and implored him, "Please pass on your knowledge of the rest of the scriptures so that we may know them and pass them on in their entirety. Please forgive the lapse of Sthuulabhadra and consider the future of the Jain Order." When requested thus, Bhadrabaahu agreed to impart the knowledge of the remaining scriptures, though without revealing their hidden meaning.

Bhadrabaahu's message was clear: One should not have pride for one's knowledge. Pride leads to destruction. After attaining knowledge, one must know how to use it with modesty.

