



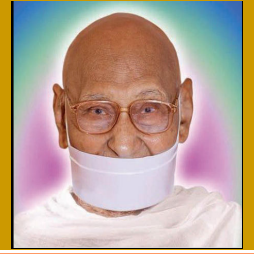
Inner Reflections

Jain Vishwa Bharati of North America
New Jersey Center

Volume V

Issue 4

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THUS SPOKE MAHAVIR



Bahiyaa uddhamaadaaya
Naavakankhe kayaa vi
Puvvakammakhayatthaaye
Imam deham samuddhare

In your quest to achieve supreme salvation, never aim for the superficial - do not desire what is merely external. Engage this body only in the elimination of karmas accumulated in previous births.

JVBNA UPCOMING EVENTS

DIWALI JAAP

Saturday November 10th, 2007,

7:00AM-7:00PM

Location : JVBNA Center

ANNUAL FUNCTION

Saturday December 1st, 2007

11:00 AM -1:00 PM

Location: Terrill Middle School, 1301 Terrill Road,
Scotch Plains, NJ

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

IN THIS ISSUE

Message from Acharya
Shree Mahaprajna

JVBNA EVENTS IN SEPT.

- * Paryushan
- * Dashalakshan
- * Samanijis' presence at Woodbridge Memorial Service
- * JVBNA visited by a Researcher
- * Samanijis'trip to West Virginia

JVBNA EVENTS IN OCT.

- * Gyanshala Session 2007-2008
- * Samanijis' Visit the Senior Center
- * Meditation session in Berkeley College
- * Visits within the Jain community
- * Jainism & Preksha Meditation at Kean and NJCU University

JVBNA UPCOMING EVENTS

JVBNA REGULAR SESSIONS

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Mudit Pragma



Samani
Rohit Pragma

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MESSAGE FROM ACHARYA SHREE MAHAPRAJNA



||Arham||

There are many weapons in the world, each mightier and deadlier than the other. However none of these is the ultimate weapon. The only one which is the ultimate and can be considered par excellence is - FORGIVENESS, ARMISTICE or PEACE.

SAMVATSARI, which is the most sacred festival of Jains, is the occasion for using this ultimate weapon, viz., forgiveness. Every human has three weapons -

1. Mind
2. Speech
3. Body

Man can think of causing harm to others; he can make use of his articulation for causing harm to others; he can use his body for doing injustice to others. And people do so everyday.

The sacred message for celebrating the Festival of Samvatsari is - against whom you have used the mental weapon, ask him/her for pardon at mental level; against whom you have used the vocal weapon, ask him/her for pardon at vocal level; against whom you have used the bodily weapon, ask him/her for pardon at bodily level.

When you are asking for pardon at mental level, let your speech and body also accompany your mind; when you are asking for pardon at vocal level, let your mind and body also accompany your speech and when you are asking for pardon at bodily level, let your mind and speech also accompany your body.

In our life, there may arise occasions when bitterness is created due to difference of opinion, difference of interest and so on. If this bitterness is eliminated, then psychological complexities would not be formed, the tension would not become long-lasting and the mental peace would also not be lost.

Samvatsari is a spiritual festival. It is an important opportunity for evaluation of the human unity. People can benefit by utilizing this opportunity.





JVBNA EVENTS IN SEPTEMBER

JVBNA Paryushan & Dashlakshan

Under the gracious leadership of Samani Mudit Pragyaji and Samani Rohit Pragyaji, JVBNA celebrated Paryushan and Daslakshan from September 9 to September 25. Paryushan Parva was celebrated at the Kennedy Park school located in Edison, NJ. The program consisted of evening pratikraman and pravachan sessions. Pratikraman was held 7:30-8:20pm and after pratikraman, Mahavir jivani and lectures were given by Samani Mudit pragyaji on day-to-day life related topics which impressed the listeners. Samani Rohit Pragyaji taught Jain principles and Jain values to children by means of small quizzes and contests.



On Saturday a small but very interesting drama "Spiritual Moon" was performed by the women of JVBNA.



Everyday 2 hours Jaap was held from 5:15- 7:15 and on samvatsari, jaap was held for 12 hours from 6:30 am - 6:30 pm. After samvatsari pratikraman, everybody asked for forgiveness from each other. JVBNA appreciated and honored everyone who had fasted including children during paryushan.

Daslakshan was celebrated at the Presbyterian church, Iselin, NJ. During these ten days, Samaniji gave spiritual lectures on the ten principals like Uttam Kshama, Uttam mardav, Uttam arjav etc. Everybody participated with enthusiasm.

As always, the sessions were very well attended. Many participants ranging from age 3 to 80 observed Ekasan, Ayambil, Upvaas, Athai, Maunvrat, Swadhyay and Jaap during this period.





Samnajijs' Presence at Woodbridge Memorial Service

On September 11, 2007 a memorial day program was held at the woodbridge town hall and people from all the ethnic backgrounds had gathered to give their condolence to the victims of 9/11. Samanijis were also invited to this program, they prayed for the victims of 9/11 and also gave a speech on virtue of forgiveness

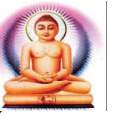
JVBNA Visited by a Researcher

Tim Helton who is doing research on Christianity and Jain dialogue had visited JVBNA to get a better understanding of Jainism and also wanted to learn about pratikraman. Samanijis spent hours explaining to him the meaning of Jainism and pratikraman. He was very satisfied with the explanation and said that if all the Americans follow these twelve vows of Jainism, most of the economical, ecological and social problems can be resolved. Tim emphasized that research students should also be brought to the JVBNA center so they can interact with samanijis and get a better idea of Jainism.

Samnajijs'trip to West Virginia

After the celebration of Dashalakshan in New Jersey Samanijis went to West Virginia for four days, on the humble request by the Jain community of Morgantown, WV. Samanijis were invited to the Hindu temple of Pittsburgh, PA to give a lecture on the importance of Dashalakshan. Samanijis were also invited by HRCC in Morgantown to enlighten the kids as well as, the adults with their profound knowledge and wisdom. Samani Mudit Pragyaji shared her thoughts on art of living and explained the importance of yoga and meditation to the kids. Samani Rohit Pragyaji taught some small exercises and meditation. After the childrens' session, Samanijis shared thoughts on the topic of "Inner Peace through Meditation" by introducing the great contribution "Preksha Dhyam" of Acharya Mahapragyaji to audience. At the end of the session to experience the inner peace, samaniji made them practice a small exercise of meditation also. Besides these programs, every day 7:30-9:30pm a spiritual program had been arranged in which samaniji discussed on some important topics. The attendance of non-jains was more in comparison to jains and they all enjoyed samanijis' trip and tried to take more and more advantage of their short WV trip.





JVNA EVENTS IN OCTOBER

Gyanshala Session 2007-2008

Gyanshala sessions 2007-2008 with new curriculum, started on Oct 7th. This year about sixty children have enrolled for gyanshala. The children are divided in to four groups: Gyan, Darshan, Charitra and Tap. Both the Samanijis are personally involved in teaching and enlightening children. Under their guidance, a small group of teachers are also devoting their time and telent for gyanshala. The classes are conducted Sundays from 4.00pm - 6.00 pm. Along with Jain teachings, the students are also taught yoga and meditation for healthy living and the Hindi language . All the activities of gyanshala are closely supervised by both the Samanijis and Ms. Madhumita Sacheti.



Samnijis'visit to the Senior Center

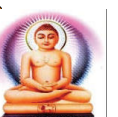
On behalf of Woodbridge Multi-Service Program on Aging's clients and staff, Fran Samuels, supervisor of the organization, had invited both the Samanijis to give spiritual discourse and conduct yoga. The Mayor of Woodbridge Township, Mr. John E. McCormac also attended this event. On this occasion Samaniji gave speech on "How to achieve mental peace" and taught them yoga in a very creative and interactive way. Everybody enjoyed both the sessions and requested the samanijis to come again next year. Both the samanijis had a brief meeting with the mayor.

Meditation Session in Berkeley College

Samanijis visited Berkeley College in Woodbridge to enlighten the students with the miracle of meditation. Samanijis explained the concept and importance of meditation. They taught the students how to control their emotions and channelize it for effective and positive use through meditation. All the students enjoyed it and requested the Samanijis to come again for meditation sessions.

Visits within the Jain community

From past few months, several families from the Jain community took the opportunity of getting discourse and lessons from Samanijis by inviting them to their homes. During these visits, Samanijis enlightened them with various teachings and techniques on maintaining harmony and peace in family life. They also gave tips to parents on how to inculcate jain values in their kids.





JVNA EVENTS IN OCTOBER

Jainism & Preksha Meditation at Kean and NJCU University

Samanijis were invited to lecture on Jainism at Kean University on Oct 10th and NJCU on October 23rd. Samanijis covered the historical aspect of Jainism and also introduced the philosophy of Jainism. Seeing the student's keen interest, samaniji also imparted them the knowledge of meditation and gave them tips to meditate on regular basis. Samanijis spoke with the Chairperson of NJCU, Hyun Hochmann. During the talk she expressed her interest to learn Jainism and requested Samanijis to lecture on Jainism in her special classes.



Following are the feedback of students from Kean University who attended the event:

Author: Timothy

Jainism guest lecture very interesting, may be best class yet. I was particularly taken with the cosmology and science of the Jains. Meditation exercise also cool.

Author: Michael

I thought that the two nuns who came in today were quite interesting and I enjoyed learning about their religion. It is interesting to see their reverence to all life and being so conscious of their environment. Another interesting point is their basis for each level being based on the senses.

Author: Christopher

I really enjoyed hearing about Jainism from persons who actively practice it And not just by reading about it. Jainism seems like a very logical way to live one's life: not doing damage to anyone or anything and avoiding the extreme use of everything even as simple as the air itself. It is pacifistic in the extreme because it avoids not only harming persons and animals, but it also discourages harming that which we normally consider to be inanimate, which also seems like sound environmental advice. I find Jainism's ideas about inanimate objects to be incredibly fascinating, Specifically that If we are not good in this life we may be re-born as one of the elements or a plant.

Author: Kyle

The lecture on Jainism was a completely foreign concept to me, but it was an overall refreshing cultural experience. It was fascinating to receive a theological lecture from actual ascetic persons. The most remarkable point made about Jainism in my opinion was the reverence and awareness of all beings and aspects of the environment. This point was highlighted upon when one of the nuns explained the importance of the cloth used to cover her mouth. I also found the meditation to be very soothing and appealing to me. I had never given this process enough patience or belief in the past, but I feel with the nun's instructions I may be able to make a more valid attempt at reaching a more clear state of mind.





JVBNA EVENTS IN OCTOBER

Jainism & Preksha Meditation at Kean and NJCU University (cont.)

Author: Ashley

I thought today's explanation of Jainism by the two nuns who were nice enough to come and speak to us was great. It was really interesting to learn the way everything works. I think it's pretty extreme the lengths they go to, to avoid non-violence. I do think however that it's a great thing, that someone has that much love and respect for their surroundings, even if it is something as small as a bug. It was a total culture and religion shock to learn about this, but it was very educational and very interesting. Thank you for bringing these women into the class to show us that there are many different ways of learning.



Author: Maria

I found the Jainism lecture that the two nuns gave one of the most culturally enlightening/interesting history lectures that I have been in during my time at Kean. It was nice to hear the perspective of how people who are so devout, practice from their firsthand experience and not just reading it in the text. I found the idea of not possessing unnecessarily so different from the common American philosophy of always wanting bigger and better possessions. I was surprised that the common people who follow Jainism in India could be content with their only mode of transportation being walking and they can not travel on planes, cars, etc. The belief that through right faith, right knowledge, and right conduct one can achieve liberation in Jainism was new to me. I was also impressed that the nuns gave everyone a book about their religion so we could better understand their philosophies.



Preksha Meditation Training Classes

JVBNA conducted three tier preksha meditation classes - basic, intermediate and advanced. These classes are held on every Saturday from 9.30 am to 12.00 pm. Around twenty students attended the basic class. The basic and intermediate classes have successfully progressed in to the advanced level. The students are very happy and are practicing preksha meditation in their day to day life.





BECOME A JVBNA MEMBER

Jain Vishwa Bharati of North America, by virtue of its permanent center in Iselin, New Jersey is able to host samanijs year round, who provide you with spiritual guidance and promote the Jain way of life. Please show us your support by becoming a member and donating generously.

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 Dhyana

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

9:30 AM - 12:00PM

Preksha Training Course

Contact JVBNA Center

SUNDAYS

Pravachan

New York, Cherry Hill etc.

The 2007-08 Gyanshala year started on October 7th and the classes are being held on Sundays from 4-6 PM at the First Presbyterian Church, 1295 Oak Tree Road, Iselin, NJ. The Registration form can be downloaded from <http://www.jvbna.org>

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.

