

“Arogga- Bohi- Labham” by Preksha Therapy Camp in Orlando



Over the summer JVB Orlando conducted a unique program under the guidance of Samani Jinpragya ji and Samani Kshantipragya ji providing a preksha therapy approach to various health conditions.

Over a period of 3 months, from July to September 2019, four camps were conducted on a Saturday morning from 10am-12pm.

The topics covered included Hypertension, Thyroid Disorders, Back Pain and Anxiety.

The outlay of the program was truly unique in that for each session a medical talk was provided by a physician from our Sangh for 25 to 30 minutes giving the medical aspect of the condition. This was followed by the Samniji providing the Preksha Therapy insight including dietary benefits. The sessions were concluded with a practical session that included yoga poses, breathing exercise, mantras and mudras. These were all specific in helping the condition being discussed.

The response of the public was very good with 36 attendees in total, 26 of them coming to a single camp, the remaining coming to two or more.

All participants found the presentations very helpful and informative and came with a lot of questions that were well answered. Having the medical background of the condition initially and then hearing the preksha therapy approach was an excellent way to link the mind with the body and the ways in which practices of the mind can help conditions of the body. The practical session was very helpful as it provided one with the opportunity of carrying out the various techniques under the guidance of the Samanijis, and start practicing at home. Yoga sessions were guided by Dr. Naina Mehta and Bina Mehta.



“Arogga-Bohi-Labham”

“...Towards Good Health and Right Awareness”



by Preksha Therapy

Conducted by: Samani Jin Pragyaaji & Samani Kshanti Pragyaaji

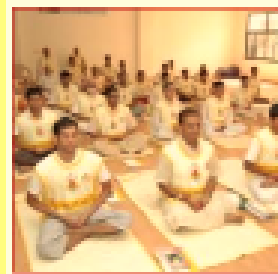
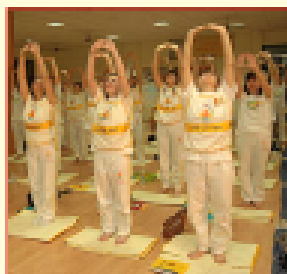
Daily Practice is Your Fee!

- Acharya Mahapragyaaji's teachings complements other therapies to improve ailments.
- Use of yoga, meditation and perception of psychic color to help cure:
Physical, Mental, & Emotional Sicknesses
- Based on ancient Jain teachings.
- Treats the individual as a whole: mind, body and spirit

Advantages of Preksha Therapy

Only Good Side Effects

- ❖ Back Aches- Rheumatological Disorders
- ❖ Controls high and low blood pressure
- ❖ Helps resolve headaches e.g. migraines
- ❖ Removes fear, anger, depression, PTSD, & anxiety
- ❖ Removes all negative emotions like jealousy
- ❖ Helps in IBS, acidity, constipation, IBD
- ❖ Manages respiratory diseases e.g. asthma
- ❖ Treats Sleep disorders; insomnia
- ❖ Endocrine disorders- thyroid disorders, diabetes
- ❖ Reduces Obesity
- ❖ ADHD, Autism, Learning Difficulty, Memory issues



VENUE

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Orlando, FL 32809

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TOPICS and DATES

July 13 - Hypertension
July 27 - Thyroid Disease
Aug 10 - Back Pain
Sept 21 - Anxiety
More to follow!



GROUP SESSIONS – ALL

WELCOME

9.45 – REGISTRATION
10:00 - MD LECTURE
10:30- Samani Jin Pragyaaji
11.15- Samani Kshanti Pragyaaji

FREE
No Fee

INDIVIDUAL SESSIONS

BOOKED APPOINTMENTS ONLY!

Fridays Between 6pm - 7.30pm
Saturdays Between 1 pm - 4 pm



The first topic of the series was on Hypertension. Dr. Devendra Mehta gave a good review of the medical causes of this condition. He explained how important it was to be aware of this as most often it is an incidental finding giving no symptoms but having serious complications such as heart attacks and strokes.

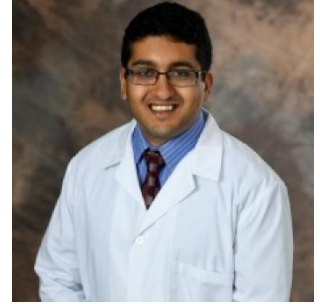


Dr. Devendra Mehta MBBS

Associate Professor, Center for Digestive Diseases and Nutrition, Arnold Palmer Hospital, Orlando, FL

Samani Jinpragya ji followed up with the Preksha aspect talking about “santaap” or mental agony as being a common cause due to wavering of thought (chanchalta), excessive thinking, unnecessary thinking and the complaining mind. She spoke of the importance of reducing ones desires, being content with what we have, living in the present, and positive thinking.

Samani Kshantipragya ji took the practical sessions. The practical sessions included yoga poses (suptadasana), pranayam with alternative breathing, Om mantra, specific mudra and meditation starting with mahapran dhvani followed by blue color meditation and contemplation that “my blood pressure is decreasing”. She also gave the great suggestion of daily walking meditation for 30 minutes and avoiding certain foods such as sour fruits, tea and coffee.



Dr. Raj Mehta MD

Family Medicine Physician,
Florida Hospital, Orlando, Florida

The second topic was on Thyroid Disorders and the medical talk was an awesome presentation by Dr. Raj Mehta who gave an easily understood, clear and succinct talk on both hypo and hyper thyroidism. He discussed the causes, symptoms and medical treatment of the condition.



Samani Jin Pragya ji provided a wonderful slideshow with good visual presentation and spoke about applying the “F-F” formula to life, Forget and Forgive and reminded us of the importance of staying true to one’s nature and focusing on doing only the useful kriya of mind, speech and body. She also let us know how preksha therapy can boost metabolism, increase focus and energy, and improve clarity of the mind by reducing the brain fog and body, mind and speech reaction. She also suggested avoiding cabbage, cauliflower, broccoli, all refined oils and tofu.

The practical session led by Samani Kshanti Pragya ji included several yoga poses (setubandhasana, sinhasana, janusirasana), ujjayi pranayama, sound therapy with the “EE” sound from throat with lips closed and lastly meditation with throat relaxation, blue and yellow color and contemplation on the thyroid gland becoming healthy and hormones coming in balance.

The third topic was on Back pain in which Dr. Naina Mehta gave a quick clear and concise review on the different types of back pain, medical causes of lower back pain and the possible outcomes and treatment. Samani Jin Pragya ji complimented this by providing information on the importance of preventative care to avoid the condition from happening.



Dr. Naina Mehta MBBS

Director of Behavioral
Developmental Center at
Arnold Palmer Hospital,
Orlando, Florida

The practical session was excellent providing numerous yoga poses and exercises to strengthen the back muscles, including tadasana, trikonasana, ardhamatasana and bhujasana as well as innovative exercises such as hands walking up a wall and feeding and rocking a baby poses. The yoga poses were guided by Bina Mehta. Samani Jin Pragya ji taught relaxation with Antaryatra, sushma bhastrika, vayu mudra and doing both beej mantra and hram sound. Blue color meditation was suggested for where one felt any pain.

The final topic was on Anxiety. The medical part was presented by

Dr. Anuja Mehta who gave a very informative presentation on the different types of anxiety, the symptoms they produce and



Dr. Anuja Mehta MD

Psychiatry Residency Program
Director Nemours Childrens
Hospital, Orlando, Florida

different forms of therapy. The samaniji presented a wonderful slide show explaining that dukh and ichchha are always seen with anxiety and as the problem is in the brain, the solution is also in the brain. She explained the importance of imbalance in life as being the underlying cause of anxiety and one should try and stay balanced in both favorable and unfavorable conditions; “pratikriya virati” – do action, avoid reaction!

The practical portion focused on meditation, mudras and mantras and was led by Samani Kshanti Pragya ji. Meditation of white color on forehead, blue color on “Swasthya Kendra” (center of health) and pink color on the whole body would overcome anger, poor health and fear respectively. The Hram mantra in bright white color on the forehead was very calming. Mudras included apanvayu mudra and squeezing of each individual finger for a minute each. Pranayam included deep breathing and box breathing and finally Savasana, relaxation pose for kayotsarg and contemplation.



These are some feedback the Samanijis received from the participants:

“Samanijis did an excellent job at bringing together health, medical science and preksha therapy. I suffer from high blood pressure and the Samanijis gae some excellent meditation techniques, mantras and poses for calming the mind and body which I did daily and saw improvement in my well-being. Though I continue to take my medicines I hope that I will be able to lower my dose in the future and maybe even come off the medicines all together.”

– Dr. Naina Mehta

“Samanijis showed their expertise in so many medical conditions. We leaned methods we can adopt for ourselves as well as our patients. We will being office staff to train so they can bring Preksha Therapy to patients. This is tremendous.”

– Dr. Devendra Mehta

“Camp was very informative with exposure to yoga practice and medical information for health.”

– Bina Mehta

“I would like to give my opinion on camp that I really liked it. Though I don’t have any issues with high blood pressure, thyroid, and back pain, I may get those problems in the future so it will be very helpful information to prevent those diseases. Since last few years I have been having anxiety issues and I was trying to solve those issues with meditation. Dr. Anuja Mehta’s presentation was great and very helpful. Both Dr. Raj and Dr. Anuja did an excellent job in presenting and responding to the questions.”

– Siddhi Talati

“I was fortunate to attend health camp focused on Thyroid on July 27, 2019 at JVB. I don't have Thyroid problems but want to be aware and be cautious, since it runs in the family. Through Samaniji Jin Pragya ji and Samani Kshanti Pragya ji's slide presentation I learned a lot about what is Thyroid, the role, source, symptoms, deficiency (more and less secretion), prevention and cure. Our young Dr. Raj Mehta explained it very nicely in medical terms what is hypothyroidism and hyperthyroidism. At the end when it related to Preksha Therapy, Mantra chanting, throat relaxation, color meditation, sound therapy, diet and yogan it made sense. Self-analysis chart was excellent (never thought about so many things about myself)!! I am practicing and I recommend these to my loved ones and seeing very good results. To avoid medicine and suffering, to get peace and joy I took this small package. These practices are like dynamite, comes in small package.”

– Lata Shah



“We attended the blood pressure camp and the thyroid camp over the past few months. We loved the way Samanijis had structured the events, starting with the doctors option and then going on to healing the issues and finally, having follow up sessions to gauge our progress. Samaniji explained how we can get rid of these diseases by doing a combination of yoga poses along with incorporating changes in our diet. She also provided opportunities to us for individual consultation for the problems. We appreciate Samanijis guidance and assistance in order to make our lives healthier. Kritagyosmi Samanijis.”

– **Vikash and Smita Sethi**

“It is my pleasure to share my personal experience of attending a half day health camp at Jain Vishwa Bharati, Orlando on Saturday, July 13, 2019, that has enlightened me on how ‘Aadhyatmik’ (self-realized spiritual) living impacts our mental and physical health. Focal point of this camp was on the causes of High Blood Pressure and its remediation through aadhyatmik living. Dr. Devendra Mehta, an esteemed medical doctor in Florida, highlighted factors influencing Blood Pressure in individuals. He featured intricacies of HBP and how lifestyle changes, food intake and medicines can help with treatment of HBP. He specified the confluence of the treatment of HBP and lifestyle changes which is directly bound in to aadhyatmik living. Samni Jin Pragyaji featured the aadhyatmik categories of hypertension. She elaborated on how excessive thinking, unnecessary thinking, complaining mind and boredom activities leads to “Mental Hypertension”. She further explained on how fear, revenge and fighting leads to “Emotional Hypertension”. She has recommended to all individuals who are suffering from HBP an aadhyatmik life full of discipline, awareness, controlled food habits, meditation, kayotsarg and breathing exercises. Dr. Naina Mehta demonstrated yoga poses and Samani Kshanti Pragya ji taught us kayotsarg and breathing exercises and engaged all individuals attending the camp to practice and rehearse. Putting these teachings, given understanding, meditation and yoga into practice has brought a big impact on my health. I am more calm, relaxed and my blood pressure is under control! I strongly recommend individuals to attend such health camps in the future and even consult Jain Vishwa Bharati Samnijis on a 1-on-1 basis!”

– **Mehul Mehta**

“My name is Anita Shah. I was a participant in the "Arogga-Bohi-Labham" preksha therapy camp conducted by Samani Jin Pragyaji and Samani Kshanti Pragyaji at the JVB Orlando center. This four-week program featured therapies for ailments such as Hypertension, Thyroid disease, Back Pain, and Anxiety. I attended all four sessions. Both Samanijis gave excellent lectures on the symptoms of these diseases and also gave very interesting insights in how to cure them using preksha meditation and yoga practices. They also explained in great detail practices that should be avoided and practices that should be conducted on a daily basis. The Samanijis also expounded on what diet is best for each disease and explained why certain foods were beneficial and why others were not. I was so captivated by the seminars that I scheduled a separate 1 hour 1-on-1 session with the Samanijis to gain more knowledge about preksha therapy and learn more helpful techniques. Some benefits I gained from this camp include being more relaxed and happy and having a more positive outlook on situations as well. I am extremely grateful to the Samanijis for conducting such an excellent program and can say with confidence that I would attend this camp again and recommend it to others as well.”

-Anita Shah

“I truly enjoyed the preksha therapy camp. Samniji showed the root cause of problem which I never thought about it. The remedies and solutions were very easy to understand and to adapt them in our daily life. Exercises really helped with instant result. Will try to practice on daily basis. It truly help to relax, gives more energy and discipline in our hectic life style. Thank you very much samniji from bottom of our heart.”

 **Viral Doshi**

Report presented by Dr. Naina Mehata

& Riddhi Mehata