

Europe Newsletter



Samani Malay Pragya Ji and Samani Neeti Pragya Ji

JVB LONDON



"Reflections & Insights"

**Exploring Spiritual Growth, Community Connection,
Jain Philosophy, and Preksha Meditation**

October 2024 December



Newsletter



OCTOBER 18-22, 2024

University of Heidelberg, Germany

A lecture on Jain philosophy by Samani Malay Pragya Ji and Samani Neeti Pragya Ji, featuring engaging Q&A sessions and interactive discussions.



DECEMBER 12-16, 2024

Germany Düsseldorf, Cologne, and Essen

- A transformative retreat centered on Preksha Meditation, open discussions on Jain teachings, and family counseling to foster mindfulness and spiritual growth.

NOVEMBER 14-18, 2024

Sweden: Stockholm and Gothenburg

- A five-day Preksha Dhyan retreat focusing on meditation, Jain philosophy, and spiritual practices for all age groups, led by the dedicated Samanijs.



DECEMBER 17-21, 2024

Netherlands

- A Preksha Dhyan retreat across various cities, including Utrecht, The Hague, Amstelveen, and Eindhoven, featuring teachings on the nine Tattvas and modern applications of Jain philosophy.



- “Their efforts touched every heart, inspiring us to live more mindfully. We can’t wait for their next visit.”
- “The Samanijs brought clarity and peace through their teachings. We deeply value their presence and hope to host them again.”

University of Heidelberg, Department of South Asian Studies Presenters:



Date: October 22, 2024 Location:

Understanding Jainism and the Terapanth

Samani Malay Pragya Ji and Samani Neeti Pragya Ji

On October 22, 2024, Samani Neeti Pragya Ji

Delivered an insightful lecture at the University of Heidelberg, Department of South Asian Studies, exploring the fundamentals of Jainism and the concept of the 13 Panths. This 2.5-hour lecture included a comprehensive overview of Jain philosophy, with a dedicated 30-minute session for questions and answers.

Attendance and Engagement

The lecture was attended by approximately 20 individuals, including scholars, researchers, and professors with interests in South Asian religions and philosophies. The engaged audience reflected the academic community's keen interest in Jainism, especially in understanding its core principles and diverse sects (Panths). Thank you to Mrs. Chaaru.

Content and Delivery

Samani Neeti Pragya Ji presented a well-researched, clear, and meticulously organized lecture. They covered all key aspects of Jainism, from its historical roots and spiritual practices to the fine distinction that define each of the terapanth. Their presentation was noted for its sharp insights and depth, enabling attendees to gain a well-rounded understanding of this ancient religion.

The structured content and clarity in delivery were evident from the high level of engagement in the Q&A session. The questions posed by attendees showcased both a strong interest and an appreciation for the depth of knowledge shared, indicating a positive reception of the lecture's substance.

Feedback and Future Collaboration

The lecture was well-received and recognized for its depth and clarity, with reflections of appreciation seen through the thoughtful inquiries from scholars. In acknowledgment of the enriching insights provided by the Samanis, the University of Heidelberg has expressed a desire to maintain contact with the presenters. This ongoing collaboration would enable researchers to further benefit from interactions with practicing Sadhvis, deepening their understanding of Jain practices and philosophy.



Conclusion

The lecture delivered by Samani Neeti Pragya Ji was a valuable academic experience for all attendees, fostering a deeper connection between the University of Heidelberg and the practice of Jainism. The session underscored the importance of direct engagement with knowledgeable practitioners and set the foundation for future dialogues and potential collaborations within South Asian Studies at the university.



IMMERSIVE JAIN PHILOSOPHY AND PREKSHA MEDITATION RETREAT NETHERLANDS

Samani Malay Pragya Ji and Samani Neeti Pragya Ji

Amidst the vibrant charm and tranquil beauty of the Netherlands, a four-day retreat unfolded, leaving a profound impact on participants from all walks of life. Guided by the wisdom and insight of Samani Malay Pragya Ji and Samani Neeti Pragya Ji, the event blended spiritual exploration with cultural immersion.



A Deep Dive into Jain Philosophy: The Nine Tattvas

The heart of the retreat was a series of enlightening sessions on the Nine Tattvas, the core principles of Jain philosophy. Through captivating lectures and open discussions, Samani Malay Pragya Ji masterfully connected these ancient teachings to contemporary challenges, encouraging attendees to reflect on their personal lives.

These discussions fostered an engaging environment where questions flowed freely, and participants left with a profound understanding of concepts such as Jiva, Ajiva, Punya, and Paap, gaining tools to navigate modern complexities with clarity and mindfulness.

Sanskrit Shlokas and Jainism for the Next Generation

One of the retreat's highlights was the focus on children and youngsters, who embraced the opportunity to learn Sanskrit Shlokas and their meanings. Under the patient and inspiring guidance of Samani Neeti Pragya Ji, the younger participants were introduced to Jain philosophies through engaging activities. This unique approach ignited curiosity and fostered a sense of pride in their cultural heritage. Through stories, examples, and hands-on learning, the children developed a meaningful connection to their spiritual roots.

Preksha Meditation and Mindful Living

For attendees seeking mindfulness and balance, Samani Malay Pragya Ji led transformative sessions on Preksha Meditation, a practice central to cultivating awareness and inner peace. Participants were taught practical techniques to manage stress, enhance concentration, and lead purposeful lives.

The interactive sessions emphasized self-discipline, harmony, and personal growth, leaving a lasting impression on everyone who attended.



Exploring the Netherlands: A Cultural and Spiritual Journey

The retreat wasn't confined to a single location. Spanning cities including Utrecht, Den Haag, Amstelveen, and Eindhoven, participants and organizers traveled through picturesque settings that added a unique dimension to the event.

The serene canals of Utrecht, the stately beauty of Den Haag, the vibrant community of Amstelveen, and the innovation hub of Eindhoven provided an ideal canvas for reflection and bonding among attendees. Each destination offered cultural exploration that beautifully complemented the spiritual learning experience.

Community Spirit: Dedicated Hosts

The event was a success thanks to the tireless efforts and warm hospitality of the organizing team: Arihant Jain, Rishav Bhutoria, Lailesh Jain, Hitesh Jain, Ronak Jain, Prateek Jain, Lalit Jain, and Piyush Jain. Their commitment to creating a memorable experience was evident in every detail, from seamless logistics to the heartfelt connections fostered among participants.

Their dedication ensured that each session was impactful, each city visit meaningful, and each participant felt valued.

Reflections and the Road Ahead

As the retreat concluded, participants left with a sense of fulfillment and inspiration. The insights gained during the sessions, the meditative practices, and the bonds formed created an experience that would resonate long after the event.

The retreat highlighted the relevance of Jain teachings in today's fast-paced world and underscored the importance of engaging younger generations in their spiritual heritage. It was a harmonious blend of learning, reflection, and cultural exploration—leaving everyone looking forward to future events.

A Journey of Enlightenment and Connection

This four-day retreat was more than a series of lectures; it was a journey of enlightenment, connection, and personal growth. Samani Malay Pragya Ji and Samani Neeti Pragya Ji, with their profound wisdom and compassionate presence, reminded participants of the timeless value of Jain philosophy in achieving inner peace and living a purposeful life.

Stay tuned for more such enriching experiences that continue to bridge ancient wisdom with modern lives, fostering spiritual growth and cultural unity.



Preksha Meditation and Jain Philosophy Retreat in Germany.

Samani Malay Pragya Ji and Samani Neeti Pragya Ji

The city of Essen, Germany, became the center of a transformative five-day retreat, offering participants the opportunity to explore Preksha Meditation and the profound teachings of Jain philosophy. Guided by the esteemed Samani Malay Pragya Ji and Samani Neeti Pragya Ji, the event welcomed attendees from Düsseldorf, Cologne, and Essen, showcasing the widespread appeal and timeless relevance of these practices.



The retreat was lovingly hosted by Mohit Jain and Ekta Jain, whose dedication and hospitality created a nurturing environment for spiritual growth and community connection.

Understanding Karma: The Key to Shaping Our Lives

A central theme of the retreat was the exploration of Karma, one of the most fundamental concepts in Jainism. Through open discussions, Samani Malay Pragya Ji guided participants to understand how our actions, thoughts, and intentions shape our present and future. By recognizing the law of Karma, individuals can make conscious choices that lead to positive outcomes and spiritual progress.

The Samanis explained the intricate relationship between Karma and the soul, and how adopting a mindful, compassionate lifestyle can help alleviate negative karmic burdens and enhance spiritual well-being.

How to Live Life: Practical Jain Teachings for Modern Times

The retreat also focused on the practical applications of Jain principles for leading a meaningful, harmonious life. Key topics included how to live with Ahimsa (non-violence), Aparigraha (non-possessiveness), and Samyak Darshan (right perception).



Samani Neeti Pragya Ji taught how to align one's daily life with these values, encouraging participants to cultivate peace and compassion in their relationships, work, and personal growth. The teachings offered a clear framework for living life with balance, awareness, and purpose.

Preksha Meditation: A Path to Inner Peace

Mornings began with immersive Preksha Meditation sessions led by the Samanis, introducing participants to mindfulness practices that foster self-awareness and emotional balance.

Participants of all ages embraced these techniques, learning how to enhance focus, reduce stress, and nurture a sense of inner calm.

These sessions served as a powerful reminder of the transformative potential of meditation in cultivating a balanced and peaceful life.

Engaging Activities for All Generations

The retreat's inclusive approach ensured that attendees of all ages found something meaningful:

- Children and Youngsters actively participated in interactive sessions and storytelling taught by Samani Neeti Pragya Ji, learning Jain values and the importance of mindfulness in fun and engaging ways.
- Older participants delved deeper into the philosophy and practice of Jainism with Samani Malay Pragya Ji, who provided thought-provoking insights tailored to modern contexts.



Building Connections and Community

Beyond the sessions, the retreat fostered a sense of unity and togetherness. Shared meals, group reflections, and informal discussions helped participants bond and create a vibrant, supportive community.

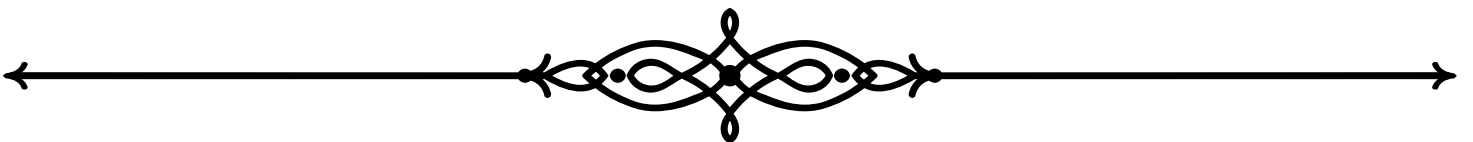
The warm hospitality of Mohit Jain and Ekta Jain, coupled with their meticulous organization, ensured that every aspect of the retreat was seamless and enriching for all involved.

A Journey to Remember

As the retreat came to a close, participants expressed their heartfelt gratitude for the invaluable lessons and practices they had gained. Families felt closer, individuals felt inspired, and everyone left with practical tools to integrate the teachings of Karma and Jain philosophy into their daily lives.

This retreat not only deepened participants' understanding of ancient wisdom but also provided a platform for personal and spiritual transformation.

With the compassionate guidance of Samani Malay Pragya Ji and Samani Neeti Pragya Ji, and the generosity of Mohit Jain and Ekta Jain, the event stood as a testament to the enduring power of Jain philosophy and mindfulness practices to bring clarity, connection, and peace to people's lives.



Transforming Lives: Preksha Dhyan Retreat in Sweden

In the serene cities of Stockholm and Gothenburg, a remarkable five-day Preksha Dhyan Retreat unfolded, bringing participants on a journey of mindfulness, introspection, and spiritual growth. Guided by the tireless efforts of Samani Malay Pragya Ji and Samani Neeti Pragya Ji, lovingly referred to as Samanijis, the retreat provided an unparalleled opportunity to delve into Jain philosophy, Preksha Meditation, and the timeless art of living.

The event was thoughtfully hosted by Sandeep Kudar and Umesh Jain, whose dedication ensured a seamless and enriching experience for all participants.



Unlocking the Wisdom of Jain Philosophy

Attendees were captivated by in-depth explorations of key Jain teachings, including:

- **Tattva Gyan (essence of reality):** Understanding the fundamental truths that govern life and the universe.
- **Gunasthan (stages of spiritual progress):** A roadmap to spiritual evolution, connecting participants to their inner potential.
- **Jeev and Ajeev (living and non-living entities):** Profound insights into the relationship between the soul and the material world.
- **Through interactive discussions and clear, practical explanations, the Samanijis brought these concepts to life, fostering curiosity and deep reflection.**

Preksha Meditation: A Gateway to Inner Peace

Mornings and evenings were dedicated to immersive Preksha Meditation sessions, allowing participants to experience heightened self-awareness and emotional balance. These guided practices became a haven for introspection, helping individuals quiet their minds, focus their thoughts, and connect with their inner selves.

"Let Us Learn to Live": Inspiring All Generations

The retreat resonated deeply with participants of all ages, offering lessons tailored to different stages of life:

- Young minds, led by Samani Neeti Pragya Ji, learned the principles of mindful living through engaging activities and interactive storytelling. The theme “Let Us Learn to Live” encouraged children and youngsters to adopt values of kindness, patience, and purposeful living.
- Older participants were inspired by Samani Malay Pragya Ji’s wisdom, as she illuminated how to harmonize ancient philosophy with the demands of modern life.



The 25 Bol: A Spiritual Framework

One of the retreat's highlights was the detailed teaching of the 25 Bol, a key aspect of Jain spiritual practice. Participants explored how these principles could guide them toward a more conscious and fulfilling life. The structured yet accessible approach by the Samanijis made even complex ideas easy to grasp and apply.



A Collective Effort of Transformation

The hard work and dedication of Samani Malay Pragya Ji and Samani Neeti Pragya Ji were evident in every aspect of the retreat. Their compassion, depth of knowledge, and skillful teaching created a space for participants to ask questions, seek guidance, and find clarity on their spiritual journeys.



An Experience to Cherish

As the retreat concluded, participants left with a treasure trove of knowledge and practices to incorporate into their lives. From meditation techniques to the profound wisdom of Jain philosophy, they felt empowered to live with greater awareness and purpose.

The Preksha Dhyam Retreat in Sweden was more than just an event; it was a transformative experience that strengthened the connection between ancient teachings and the modern world. Guided by the light of the Samanijis' wisdom, and with the support of dedicated hosts Sandeep Kudar and Umesh Jain, attendees embraced the path of self-discovery, mindful living, and spiritual growth.

