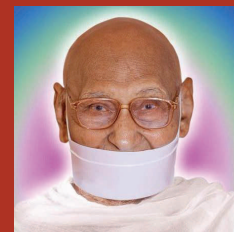




Ahimsa is Protector

# Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

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Akshay Pragyaji



Vinay Pragyaji

## Non-violence: The Reflection of Compassion Samani Akshay Pragyia



Compassion is an eternal truth and value which is within us. None can live without it. And without Non-violence talk of compassion is incomplete. Non-violence is the reflection of compassion. Compassion is principle and nonviolence is practice. Neither this world order nor the individual can exist with complete dominance of violence. Mutual cooperation is possible only through non-violence. Lord

Mahavir said Non-violence is shelter for all living beings, and extension of Non-violence is love. Lord Mahavir defines non-violence as to not hurt any living being by thoughts, words or deed. And compassion means to feel the other's feelings as self; compassion means to open the heart for all; compassion means no partiality, no cruelty, and no enmity. So compassion is the driving force of non-violent action.

The question is what the compassion-killers are, and how we can get rid of those? In my views, violence is the prominent compassion-killer. But where is the birthplace of violence? In Geographical map we can never find this place, because it is within us. Our mind works in two ways - destructive and constructive. Thought is the ancestor of action, whether it is good or bad. If thoughts are destructive one is violent; if thoughts are constructive the person is silent. It depends on individual - what type of thought is triggered.

Again there is a question what triggers our thoughts or internal centers? What are the causes of violence?

1. Stress- The most important factor is stress, because a relaxed person cannot commit violence. A stressed person is always entangled in the whirl of negative thoughts like anger, greed, ego, dissatisfaction, more expectations etc. And negativity puts him into violence and ceases compassion.

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## New JVB Houston Center Construction Update

Construction is progressing well. Main building is delivered and is being erected at press time. All concrete foundation work is complete. Retention pond is taking shape. Volunteers take pride in watering the concrete. Gyanshala parents visited the site and were amazed at how large the facility looked once the frame was up. Children from Gyanshala plan to take a tour of the facility soon.





## Tidbits

### Mantra to bring overall peace

**“Aum Hrim Shree clim blum arham Namaha”**

- Chant this mantra every morning and evening by completing two malas
- Benefit: It helps bring overall peace in your life

### Test your knowledge about Jain religion

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

**Q.** What are the five great vows of Ascetics (Sadhus and Sadhvis)

**A.** These are also called as maha-vratas

Nonviolence – Ahimsa, Truth – Satya, Non-stealing – Achaurya, Chastity – Brahmacharya, Non-possession/ Non-attachment – Aparigraha

**Q.** What are the main charecteristics of Sadhus and Sadhvis

**A.** Spiritual practiceners and teachers , Renounce the world, No earthly possessions, No family relationship, Beg for food, Wear no cloth or white cloth, Walk on bare feet , Practice self-control  
No desires, Follow strictly Five Great Vows (maha-vrats)

**Q.** What are the main characteristics of Lay Followers ( Shravaks and Shravikas)

**A.** Not required to renounce the world, Discharge household duties by honest means, Live a progressive pure life, Support Ascetics, Temples , Scriptures, Follow the twelve vows of lay people

### **Questions for this month are:**

Q. What are the two types of “Charitra”

Q. What are the two types of “Dharma”

Q. What are the two types of “Karma”

### Voice of the Omniscient

**rago ya doso vi ya kammabiyam, kammam ca mohappabhavam vayamti  
kammam ca jaimaranassa mulam, dukkham ca jaimaranam vayamti**

Attachment and aversion are the root cause of karma. Karma generates from delusion and becomes the cause of birth and death. Birth and death have been regarded as misery. (*Abstract From Jain Agamas*)

### Calendar of Events:

- ◆ Tuesday 07:00 to 08:00 PM : Yoga & Pranayam to Relieve Stress
- ◆ Wednesday 07:15 to 08.00 PM.: Pranayam & Meditation for Healthy Life & Positive Thinking  
08:00 to 09:00 PM : Swadhyaya (on meaning of Pratikraman  
and Uttradhyaya Sutra)
- ◆ 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
- 1. (1st and 3rd) 15:00 to 17:00 PM : Ahimsa Vichaar Manch
- 2. (2nd and 4th) 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan

### Upcoming Events:

- *Saminiji’s return from India—18th Feb, 09*





## *Non-violence: The Reflection of Compassion contd...*



2. Chemical Imbalance – Due to imbalance in hormones people become violent.

3. Imbalanced Nervous System- Motiveless or reasonless violence is done due to imbalanced nervous system.

There are lots of more reasons like exertion, unhealthy food (spicy, junk & alcoholic), lack of proper education etc.

Moreover, we are talking of compassionate & nonviolent society, but moving towards violent society. How will the two streams meet? Our mind is highly trained in violence. If we want a peaceful world, then we will have to construct a compassionate individual, a constructive brain. For that **Training in Non-violence** is necessary. We will have to create a peace-force like a police force. We know very well that training of violence is being given throughout the world. But there are very few centers for training in non-violence. If we want to make our dream true, we must start training in nonviolence.

HH Acharya Mahapragya has keen desire to develop a non-violent personality. In India he has established a couple of centers. And this training is giving the fruit of nonviolence in many states in India. Many youth terrorists have given up the weapons, and have started a new life. If we want to multiply this result, if we want compassion in the globe, we must start training in nonviolence. To bring awareness about non-violence we must include this training in our education system and media.

Some resolutions to cultivate compassion are..

- I will work for reducing violence in my life.
- I will respect others views and beliefs.
- I will try to resolve all disputes with compassion and good will.
- I will control my negative emotions like anger, greed, and ego.
- I will forgive others and try to cultivate friendly attitude to all.
- I will do self analysis everyday.

If we put these resolutions in our daily schedule, I am sure we can have a compassionate, happy and blessed individual and society.

