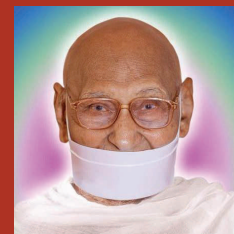




Ahimsa is Protector

# Timeless Wisdom...

**JVB Preksha Meditation Center Houston**



Search Truth Yourself

VOLUME 2, ISSUE 6

JUNE 2008



Akshay Pragayaji



Vinay Pragayaji

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## **First Session Report** **AHIMSA VICHAAR MANCH**

(A new multidimensional Program / Forum at JVB Houston)

The first session of Ahimsa Vichar Manch, Non-violence discussion forum was launched in Jain Vishwa Bharati, (JVB) Houston center on Sunday, June 22, 2008. The program was attended by almost 50 enthusiastic members of all age group.

Dr. Sulekh Jain, coordinator for this forum said "The aim is to look at Ahimsa, its multi-dimensions, and its practical applications in our daily lives. The main outcome of this program will be to inspire everyone to march onwards leading a non-violent way of life. There will not be any lecture, preaching, or sermons in these sessions". While explaining the non-violence in our daily lives, Dr. Sulekh Jain gave few examples from his life. He stressed the need that one should go beyond Thali (food plate) and food as far as application of non-violence is concerned.

Samani Akshay Pragayaji mentioned during the discussion that during the long and illustrious period of his spiritual leadership, Acharya Mahaprajna has traveled all across India emphasizing the need of emotional equanimity and integration between the people. Over the past 8 years, he has been on *Ahimsa Yatra*, spreading the message of peace and non-violence. Samani Vinay Pragayaji reminded the audience about Acharya Mahaprajna's five mantras for living:

- Soul is my god.
- Renunciation is my prayer
- Amity is my devotion
- Self restraint is my strength
- Non-violence is my religion

Generally speaking, Ahimsa is a rule of conduct that bars the killing or injuring of living beings. However in reality it is gentleness and no injury, whether physical, mental or emotional. Nonviolence speaks only

to the most extreme forms of wrongdoing, while Ahimsa goes much deeper to prohibit the subtle abuse. Ahimsa Vichar Manch is a bi-monthly program and will be held on 1st and 3rd Sunday of each month between 10.00 am – 12.00 pm at the JVB center located at 1712 Highway 6 South Houston. There will not be a session on July 6th due to July 4th long weekend. There is no charge or fee. All are encouraged to participate.

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By: **Dr. Sulekh Jain**



## Healthy Life through Naturopathy

JVB Houston hosted a health care program on May 25<sup>th</sup>, 2008 conducted by Sri Nisargacharya Amrit Moonat [N.D., D.Y.Ed., Ayurved Ratna] and his wife Nirmala Moonat [M.A., N.D.D.Y.]. Mr. Moonat is the International President of the International Naturopathy Organization. He has over the years been involved with M.P. Nature care federation, and has been a past president of Lion's club of Ratlam. He has been providing honorary services in Naturopathy and yoga since last 50 yrs in India and overseas. He has been awarded by Deputy PM of India, Mr. L.K. Advani in 2003, and by Sri Sri Ravishankar Ji in 2006.

As part of his guidance to the audience, Dr. Moonat stressed on the fact that the cause of disease is within us and the remedy is also within us. He called disease as a manifestation and accumulation of toxic matter or foreign matter in the body. Due to these deposits on the organs, the regular functions of the organs get hampered and medical science calls this disease. Some of the examples of such malfunctions include:

- When toxic matter gets deposited in pancreas, the person suffers from Diabetes.
- When deposited in the liver, the person suffers from Hepatitis A, B, C, D, and E.
- When deposited in lungs the person may suffer from Asthma, Bronchitis or Pneumonia.
- When deposited in heart, a person may suffer from Angina, Atherosclerosis, or a Heart Attack.
- When deposited in breasts or uterus in women, women may suffer from Ulcers, Tumors, and even Cancers.

Mr. Moonat enlightened all on naturopathy by informing everyone that a naturopath does not give any medicines, hence there are no side effects. He joked and said – “all modern day medicines sold by drug companies, only attempt to reduce symptoms and do not cure the disease from the root.” Naturopathy treatments on the other hand eliminate disease causing toxins and foreign matter from the body by using cleansing techniques such as Enema, Steam Bath, Mud Bath, Sun Bath, Kunjal, Neti, Fasting, etc. Fasting especially gives rest to the different organs and the body gets full opportunity to clean itself. The organs return to normal functions after cleansing has been accomplished.

Following handy naturopathy techniques were shared:

- Drink 1-5 glasses of water in the morning to help remove constipation, acidity, cold and allergy problems.
- Take 10-20 leaves of Basil (Tulsi or Ocimum Sanctum) in the morning along with water. Tulsi is a nerve tonic, sharpens the memory and reduces stress. Tulsi is beneficial in all sorts of infections, allergies, and fevers. It is also an anti-carcinogen.
- Swallow one teaspoon of raw methi dana (fenugreek seeds) with a glass of water at bedtime. This reduces blood cholesterol and sugar levels, and is good for patients with Arthritis.
- Squeeze one lemon in a glass of water and drink twice daily to keep your body fresh and energetic.
- Chew each bite of food at least 32 times to improve digestion. Food mixed with saliva is not converted into fat, but is converted into blood and bone.
- Avoid processed, preserved and refined foods. These foods increase cholesterol and blood sugar levels. Such foods are responsible for constipation, hyper acidity, diabetes, high blood pressure and atherosclerosis.
- Do not suppress your urge to cough, sneeze, yawn, sleep, urinate or defecate. Each urges removes toxins and foreign matters from the body.
- Laugh heartily at least 5 minutes daily, as it increases blood circulation in the body and also aids in increase of melatonin hormone levels.
- After taking bath dry your body by rubbing with hands, as it helps in removal of fat and wrinkles on skin.
- Perform hard exercise for 30 minutes a day that leads to sweating, as this will lead to removal of urea, uric acid, and amino acid.

*Contd...on pg 5.....*





## Tidbits

### The Problem Solving Mantra

#### “Aum Hrim Namō Arahantanam ”

- Take deep breath and recite for 15 to 30 minutes with focus on Gyan Kendra.
- Benefit: Achieve Mental Peace

### Test your knowledge about Jain religion

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

Q1. How many birth places (*gati*) are open for a hellish being for his next life?

**Answer:** Hellish being can rebirth either as a human, or Animal kingdom (*tiryanch gati*)

Q2. Does an animal has right to attain *Samyaktva*?

**Answer:** Yes, animal with five sense organs can attain *samyaktva*.

Q3. Why the human beings are considered best of all?

**Answer:** Because they can do ritual activities, can get rid of desires, and can pray for Salvation (Moksha). In short, Human life is the shortest way to go to Moksha. Human life is best because this is the only place wherefrom liberation is possible by practicing spirituality.

#### Questions for this month are:

1. What is *Gati*?
2. What are the four destinies or Gatis?
3. What determines different kind of existence of life?

Congratulations!!! Shrenik Jain for answering last month's questions!!

### Voice of the Omniscient

**bahiya uddamadaya, navakamkhe kayai vi  
puvvakammakhayatthae, imam deham samuddhare**

Soul is quite different from the body accepted. Have no desire of any type and have this body to eliminate the karmas of your previous birth.  
(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 Utradyaya 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.     |
| <b>** There will be no yoga session on Saturday July 05, 2008 **</b> |  |
| ◆ Sunday   |  |
| 1. (1st and 3rd)   | 10:00 to 12:00 AM : Ahimsa Vichar Manch  |
| 2. (2nd and 4th)   | 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan                             |

### Upcoming Events:

- Samanijis in Chicago from June 25 to July 06, 2008 for YJA Convention
- Pragya Diwas: July 13, 2008
- Summer Camp-2: Family Values & Healthy Living: Monday-Thursday, 9am -4pm, July 14-17, 2008
- Summer Camp-3: Manage Your Life: Monday-Thursday, 9am -4pm, July 28-31, 2008





## Kid's Summer Camp: Learning with Fun

First of the three Kid's summer camp at JVB Houston was held from June 9-12 under the guidance of Samani Akshay Pragya and Vinay Pragya. The theme of this camp was Yoga and Pranayam. Camp focused on Yoga and Pranayam for good health, improved concentration, and to sharpen the memory. Kids enjoyed Yoga in ocean with various poses, sun salutation, and relaxation under coaching from Shashi Jain and Payal Chheda. Kids also enjoyed stories, humming sound, and yoga fun games with Pratima Desai. They also had art and craft session. Usha Patel motivated kids by lots of surprises. Kids were also shown a virtuous movie to inculcate moral values, which was liked by them.

In nut shell, it was a successful camp and most of the kids are joining the next camp from July 14-17 with



focus on Family Values and Healthy Living. Following are the feelings shared by some of the students,

- It was fun being in yoga class. I will recycle. I like to do yoga. I will do yoga. See you again. **Yashoda (6)**
- I learned yoga. Yoga is fun. My favorite time was doing color and eagle and butterfly pose. **Anjana (5)**
- I learned cat & horse poses and made new friends. **Sakshee Jain (6)**
- I went to yoga camp because it was a good opportunity for me. We did yoga in ocean and learned full sun salutation. I also made many new poses. **Jenali Mehta (8)**
- Camp is fun because we can do exercise. This is very important to do also. **Sanemi jain (6)**
- I liked the movie 'Deepa and Rupa' and the blowing game. I learned many poses. **Aanya Bhandari (7)**

*By: JVB News Desk*





## New JVB Preksha Center Building Contract Awarded

JVB is proud to announce that it has awarded the construction contract for building the JVB Preksha Center to a construction contractor and started the construction activity on July 1st. To commemorate this event a few patrons of the JVB Preksha center gathered at the site around 10:00 A.M. on July 1st with the Contractor. Samani Akshay Pragya Ji recited the Managal Bhavana and offered her blessings. Acharya Sridhar ji of Arya Samaj of Houston was also at the site to do small prayers and offer his blessings.

The Construction schedule calls for completion of the center by December 19th, 2008.



*By: Alok Jain*

## Preksha Meditation AT Rothko Chapel & MD Anderson

Samaniji visited Rothko Chapel and MD Anderson on June 18 & 19 to teach Preksha Meditation. People enjoyed a lot doing breathing exercise and mediation. They said, prior to that they were never aware of breathing, But it was an amazing experience for them. People loved the background music of Arham. They felt relaxed, calm and quiet. One of them had great experience. She was suffering from Insomnia since last 10 yrs. While doing the Relaxation and alternate breathing she started feeling sleepy. This is how Preksha Meditation helps people to lead a stress free life.

### *Healthy Life through Naturopathy contd...*

- Do yoga and pranayam daily. Doing so will keep your muscles, ligaments, tendons and joints elastic, and help the body to remain flexible longer.
- Relax and meditate before going to sleep – this will aid sound sleep and you will wake up fresh and energetic like a bird.

Towards the end of the lecture Mrs. Moonat displayed her 'Naturopathy First Aid' kit. The kit generated a lot of interest in the audience, and included various herbs and cloth bandages which can be utilized for treating various health problems. The audience also participated in a question and answer session with Mr. Moonat and his brother, out own Houstonian, Dr. Suresh Moonat. Mr. and Mrs. Moonat were thanked by respected Samanijis' Akshay Pragya and Vinay Pragya, and felicitated by JVB Houston office bearers.

*By: Shashank Jain*

