

Jeevan Vigyan (Science of Living)



'It is desirable that everyone should change. Both the new and the old should change. Both can change. First, let us think as to how the new children can change. 'Change' has a special meaning. We have two forms of power - the power of knowledge or discrimination

(reasoning mind) and the power of emotion, which is a very strong power. Emotion and discrimination have been eternally in conflict. The formula for change is 'the control of discrimination on emotion'. What we see today is the dominance of emotions on the reasoning mind. It is to be avoided. Passions and emotions should not overcome discrimination. *Jeevan Vigyan* is best defined as 'balance between discrimination and emotion', 'intellectual and emotional balance'. For complete personality development, fifty percent intellectual and fifty percent emotional development is needed. Only thus can one ensure personality development,

39th AGM of Jain Vishva Bharati held at Sardarshahar

39 Annual General Meeting of Jain Vishva Bharati (JVB) was held on 29 December 2010 at Gandhi Vidhya Mandir, Sardarshahar (Raj.) under the chairmanship of Shri Surendra Kumar Choraria. 42 members of JVB executive council attended the meeting. The meeting started with the collective recitation of 'Namaskar Mahamantra'.



Shri Surendra Kumar Choraria
President JVB

Shri Ranjeet Singh Kothari
Chief Trustee JVB

President, JVB, Shri S.K. Choraria delivered the welcome note. In his note he explained about goals achieved, various projects and works started during his four years tenure as President of Jain Vishva Bharati. Secretary Shri Bhikham Chand Pugaliya read the minutes of 38th AGM and Annual Financial Report of Jain Vishva Bharati which was accepted by the house. Treasurer Shri Paras Bohara presented the audited

report of income & expenditure of JVB from 1st April 2009 to 31st March 2010. The report was accepted by the house in an indisputable manner.

Election of President, chief trustee, seven trustees and three members of board of arbitrators of Jain Vishva Bharati for next two years took place in the meeting. Election officer Shri Khyali Lal Tater announced the result of the election. He explained to the house that only one nomination was received for every one of the above mentioned posts thus the election is uncontested. These are as follows-

Chairman	-Shri Surendra Kumar Choraria
Chief Trustee	-Shri Ranjeet Singh Kothari
Trust Board	-Shri Ramesh Dhakad
	-Shri Rajendra Ghorawat
	-Shri Narpat Singh Choraria
	-Shri Nortanmal Bacchawat
	-Shri Dharm Chand Lunkad
	-Shri Panna Lal Baid
	-Shri Ranjeet Singh Baid
Arbitrator	-Shri Todar Mal Lalani
	-Shri Kailash Chand Goyal
	-Shri Rajendra Dabdiwal

Newly elected President Shri Surendra Kumar Choraria and Chief Trustee Shri Ranjeet Singh Kothari presented their utterances. They said that Acharya Shri Mahashraman has given this responsibility to them once again and they will do their best to keep his words. Various eminent personalities, attending the meeting, congratulated them.

Shri Sumer Mal Surana proposed the name of auditor for next one year and acceptance was granted by the house. Shri Sagar Mal Nahata suggested about creating uniformity in the prize distribution program regarding amount, advertisement, memento and citation. He also suggested about the right marketing of the activities of Preksha Meditation and making them self-sustained. He put the proposal to contemplate over the absent of the members in the camps.

Jeevan Vigyan Introduction Workshop

Jeevan Vigyan Introduction Workshop was organized in Maharaja Surendra Singh Public School, Kishangarh (Ajmer). 35 teachers of the school attended the workshop. The workshop was held in two sessions. In the first session theoretical aspect of Jeevan Vigyan was explained in a scientific perspective. The philosophy, curriculum and research aspect of Jeevan Vigyan were displayed by power point presentation and explained in detail. In the next session training of Jeevan Vigyan in Prayer Assembly program and Kayotsarg were imparted. **Cont...2***

Resolution and Fascination

1. Resolution is like a magic box. Magician presents magical items one by one and the audience got swayed. What are these resolution and fascination?



2. Your brain has infinite potentialities. If you learn to use its capacities in a right way, you can be a great artist.

3. First of all observe thyself and analyze your position. Analyze your attitude. Is it positive or negative? Perceive deeply and first of all

identify the situation of your mind and the brain.

4. All the negative emotions like— fear, passion, avarice, anger and attachment can be eradicated by practicing Contemplation or *Anupreksha*.
5. Fear is an emotion. No one has seen the fear but everyone suffers from this syndrome. We create fear in our imaginations and get frightened. Contemplation of fearlessness or *Abhaya* is helpful to get rid of fear.
6. Condemning is not helpful in replacing bad habits but it makes them condense. A child is fearful of darkness, why? Because we are responsible for his fear. We always told him that ghost lives in darkness. This makes the child fearful towards darkness. He makes a concept about the ghost and the darkness in his unconscious mind.
7. This concept strengthens his fear. But where we can remove the concept of fear of ghost and the darkness from the small child. Bring him in the darkness and ask where the ghost is? Tell him that the absence of light is darkness. As there will be light, darkness will be no more. Light will help us to view all the objects in the room thus need not to be frightened of ghost.
8. All the negative emotions like fear, anger, passion and avarice can be transformed into fearlessness, forgiveness, love, friendship etc. through practice.
9. The emotions of fear, anger, desire and avarice have emerged inside us. You have just tried to perceive it. Just visualize it. You will be surprised to know that these do not exist. Perception without attachment and detachment is called 'Preksha'. Practice the contemplation of – fearlessness to remove fear, forgiveness to remove anger and friendship to remove avarice.

Contemplation of fearlessness

Keep the body steady and relax in *Gyan Mudra*. Practice *Mahapran Dhwani* for concentration. Now imagine that the bright pink color is all around you. Flowers of rose are blooming. Particles of bright pink color are floating in the air. These particles of pink color are entering in you through every inhalation. Visualize the bright pink color at the center of bliss i.e., *Anand Kendra*. Particles of pink color are scattering in the air with every exhalation. Feel the fragrance of rose. Now concentrate at the center of bliss and contemplate that '**emotions of fearlessness are being strengthened and feelings of fear are deteriorating**'. Recite this sentence nine times and then meditate on them for nine times. Now contemplate-fear is just an imagination. It is baseless so one should not get frightened. Now I have become fearless.

CONGRATULATIONS

Jeevan Vigyan Academy, JVB, Ladnun (Raj.) congratulates Shri Surnedra Kumar Choraria on being elected as 'President' and Shri Ranjeet Singh Kothari as 'Chief Trustee' of Jain Vishva Bharati.

Jeevan Vigyan Essay Writing Competition- 2010

The competition was launched on the occasion of Acharya Mahaprajna's 91st birth anniversary. The competition is open for everyone. The last date of the registration is 31 December 2010. Registration fee for the competition is Rs. 25. Prizes will be given to 10 position holders. The competition is being sponsored by – Bhojraj Dhanraj Patawari Jan Kalyan Trust, Kolkata-Momasar-Pali. For more detail visit our website- www.jeevanvigyan.org

Jeevan Vigyan Sanskar Nirmaman Competition-2010

In the continuation to the last two competitions 'Jeevan Vigyan Sanskar Nirman Competition- 2010' is being organized. The competition is open for all. Last date for the submission of answer sheet is 31 January 2011. Registration fee for the competition is Rs. 50/- Registration form will be accepted upto 30 November 2010. The competition is being sponsored by- S. A. Manakraj Shantabai Singhavi Charitable Trust, Vandvasi-Chennai. For more details visit our website- www.jeevanvigyan.org

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All the participants expressed their happiness and told that now they are feeling much relaxed. Principal of the school Mrs. Sangita Mahata gave the vote of thanks and hope that Jeevan Vigyan will prove a boon for all the participants to lead a stress free life.