



Lord Mahaveer



Acharya Mahapragya



CELEBRATION OF CONSTITUTION

JVB New Jersey

Samani Mudit Pragya
Samani Shukla Pragya
www.jvbna.org

JVB Orlando

Samani Param Pragya
Samani Sangh Pragya
www.jainvishwabharati.org

JVB Houston

Samani Akshay Pragya
Samani Vinay Pragya
www.jvbhouston.org

JVB London

Samani Prasanna Pragya
Samani Rohit Pragya
www.jvbblondon.org

MARYADA- MAHOTSAVA

Under the holy shade of **His Holiness Acharya Mahapragya** and Yuvacharya Mahashraman, the auspicious 145th Maryada Mahotsava was celebrated on 31st Jan, 1st Feb. and 2nd Feb. 2009 at Bidasar (Rajasthan) with great pomp and pleasure. Maryada Mahotsava is an unprecedented occasion of celebrating the constitution annually. Commencing the 3-day program, Acharya Mahapragya held the great miraculous letter of constitution which was written 247 years ago. He said that though the paper is old, the letters are old, but these are the golden words for each and every member of this congregation. He addressed the assembled public about the service to old-aged, disabled and sick monks and nuns. Service is the foremost religion. The congregation is intact due to this unselfish service given by the monks, nuns and samanis. The announcements of Maryada Mahotsava

started with the service-allocation to the elderly monks and nuns' center. The 2nd day was celebrated as the **Pattotsav** (Coronation Ceremony) of H.H. Acharya Mahapragya. On this day, Acharya Tulsi coronated Acharya Mahapragya in 1994. On this occasion, Yuvacharya Mahashraman highlighted His peaceful nature and titled Him as the ideal of peace and compassion. He also dedicated a book named "**Mahatma Mahapragya**", based on the life of Acharya shri. According to him, Acharya shri is not only a great acharya but a great seer too.

Highlights of this issue:

Celebration of Maryada Mahotsava in India

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Thought at Sunrise

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News from JVB Orlando Center

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News from JVB London Center

◆
News from Miami

◆
Proposed program for 2009-2010 of Acharya Mahapragya.



On 3rd day of the festival, the constitution is read. Acharya Mahapragya expressed that *Acharya Bhikshu, the Propounder of the Terapanth congregation* established the constitution. According to Him, writing the constitution was not a great deal but to develop strong faith towards it, was a herculean task. Because of this only, the terapanth congregation is today continuum and undivided. In the absence of

faith, the rules just remain in the books. Therefore this festival is not of singing songs and delivering speeches but a festival for developing and strengthening the faith in constitution. The faith is developed when the ego is smothered. Ego is the root-cause of all mis-happenings in all the institutions. Unless the fire of ego is extinguished with the water of friendship and compassion, there would be enmity among the members of institution which is a great hindrance in the progress of the institution.

Acharya shri focused on the economics of Mahavira too. According to him, the Jain society should always keep Lord Mahavira's message in mind. We should use the money, no doubt, but limit the consumptions. There should be no show-off of progress and prosperity which would give birth to the competitive violence. The present recession period has disturbed the management of the society. In the absence of moral values, the problems are increasing day by day. Unless there is a development of moral values and awakening of nonviolent consciousness, the society cannot be saved from the problems. Today, political, social, business organizations, every field is in the claws of corruption. Therefore Anuvrat is the need of the present age. Acharya Tulsi had started Anuvrat Movement to uplift the moral values for the betterment of the society. In short, self-restraint is the key to solve all the present economic problems.



Man shouldn't remain at one place all the time. He should think and strive for the progress in his life. There should be strong determination each and every day for making progress by fair means. But today, our body is exposed to various ailments in this polluted environment. Therefore various types of medicines are taken to cure them. But along with oral medicines, there should be spiritual medication too. Sometimes the positive feelings prove more useful in curing fatal diseases. So the positive feeling of becoming healthy and then the use of medicines make the person healthy and disease-free very soon.



On this occasion, the chaturmaas centers for monks, nuns and samanis are announced. Also everyone was made aware of the new rules laid down for every pillar of the congregation.

Proposed Program of Acharya Mahapragya for 2009 and 2010-

- Welcome Ceremony in JVB, Ladnun – 30th April, 2009
- 2009 –Chaturmaas at Ladnun
- 2010 -Maryada Mahotsava, Mahavir Jayanti, Akshaya Tritiya at Sri Dungargarh
- 2010– Chaturmaas at Sardarshahar

Anyone practicing deep breathing with concentration, commitment and sincerity will experience a vibration in the spinal cord. Going deeper into the practice, he will feel something creeping along it. When this happens, he will feel a strange kind of peace and stillness. The whole body gets cool as if he is a hot and tired traveler relaxing under the shadow of a tree. After the practice, just ten or fifteen minutes of slow breathing will free his mind of thought and ambiguities. He enters a state of no-mind.

- *H.H. Acharya Mahapragya*



News from Orlando

13th Annual Spiritual Camp – January 16th 2009 to January 18th 2009

This year's theme was '*Harmony at Home*'. 50 families took the advantage of this year's camp. We were blessed by Samani Param Pragyaji, Samani Jayant Pragyaji from Orlando and Samani Charitra Pragyaji, Samani Unnat Pragyaji and Mumukshu Nikita from Miami. Families from Orlando, Tampa, Jacksonville, Miami and South Carolina attended the camp. Camp started with a welcome note from Mr. Kishore Tolia and followed by a lecture from Samani Param Pragyaji on Harmony and a meaning of Harmony.



The 2nd day started with a Bhaktamar jaap, Yoga, Meditation and Relaxation sessions. Adults and youth participated in these early morning sessions. Samani Param Pragyaji gave a pravachan on Anekant and meaning of Anekant. Here is a quote from the pravachan, "*life depends on viewpoints. It is therefore essential that we understand how we develop our viewpoints as on that depends the very quality of our life*". Here are some key points from this pravachan on Anekant::

Anekant means multi-sided views

Anekant is a great principle of mutual understanding

Anekant means to look into the truth from all angles

Anekant is a compound word made of Aneka means many and Anta means having attributes or characteristics

Anekant (multi-sided perception) should be the basis for resolving complications

Anekant means listening to and respecting the opposite or a different point of view and accommodating it ...

Samani Charitra Pragyaji gave an excellent pravachan and presentation on Aura, meaning of Aura, kinds of Aura and how to change the Aura and have a positive impact on our daily life.

Over 50 kids attended the camp and the kids activities were divided into 3 groups. Age 9 and under, Age 9 and 14 and Age 14 and above. All the kids showed great interest and enthusiasm in the 3-day camp. Kids of 14 and older leaned a lot on Nonviolence, Aura, Vows and meaning and purpose of Vows and a great discussion on Science and Spirituality. Younger kids learned about Anger management, Jainism in daily life, How to improve mem-



ory and played Bingo game on Jainism.

Cultural program was a main event on the 2nd night of the camp. Kids and Adults participated in the cultural program. Kids from Tampa and Miami also performed a wonderful program and this demonstrates parent's involvements and dedication and kids learning about



Jainism over the period of time. Youth performed a wonderful play and adults from Orlando, Miami and Jacksonville performed a play called 'JVB Resort'. Highlight of the adults play is the harmony, cooperation and dedication to perform together though the participants were from a different city.

The 3rd day of the camp started with Bhaktamar jaap, Yoga, Meditation and Relaxation sessions followed by a great pravachan of Samani Jayant Pragyaji on 'Formula of Health Family'. The camp ended with closing remarks from Mr. Kamlesh Shah and Samani Param Pragyaji. During the closing remarks many attendees gave constructive feedback for future camps and many out of town attendees showed great interest in attending future camp as well.



NEWS FROM JVB LONDON CENTER

Preksha Meditation Workshop for Oki Yoga Group of Rimini, Italy-

Jain Vishva Bharati London conducted a two day **Preksha Meditation** Workshop on 14 and 15 December 2008 for a group of 13 people from the **Oki Yoga Group Rimini, Italy**. The group varied in ages from 19 to 55 years and included Yoga practitioners and teachers. To arrange the workshop for Italian Group, with the inspiration of Samanijis, one of the group organizers **Ms Dianella Loi** who had visited JVBL centre in July 2008 did a hard effort. During the workshop, Samanijis conducted sessions on 'Importance of Preksha Meditation', 'What is stress?', 'Art of Eating', etc. In the various sessions, the group showed keen interest and asked questions regarding Preksha Meditation, Jainism, including Jain culture and philosophy.



Participants practiced the Preksha Meditation, Yogasana, Relaxation and Mantra Meditation by Samanijis. DVDs on the lifestyle of Jain nuns and on Preksha Meditation International Camp were also shown to all participants. The entire two day workshops could not have been conducted without the excellent translation provided by Ms Marissa Curro. Samanijis and their way of life inspired all the participants. It was felt that a link should be formed between JVBL and Oki Yoga Group in Rimini to promote Preksha Meditation in Italy. The Group thanked the Samanijis and the centre for sharing their knowledge and providing a well-conducted workshop as well as the hospitality provided by the centre.





Workshop on Health and Well-Being

• On 27-28 December 2008, two day workshop covered various topics and each session was conducted by specialist presenters in their own field of expertise. The various sessions held over the two days were:

- Heart Problems - By Dr. Rimal Shah
- Laughter Therapy - By Shree Harishbhai Chavda
- Overcoming Anger - By Mr. John McConnell
- How to Manage Myself and My Time - By Shree Ashokbhai Gudka
- Cosmic Energy - By Shree Manubhai Shah
- Rhythmic Breathing Exercises - By Shree Kanubhai Patel



The various sessions were attended on average by 35-40 people with ages ranging from 11 to 65 years. With the active involvement of the participants, the workshop was a great knowledge giver to everyone.





News from Samanijis in Miami !

Samanijis on Yucaipa Mountains with the Jain Kids-

The Yucaipa Mountains in LA, with their snow white beauty was camped by the Jain kids organized by the Jain center of Southern California from 26th to 29th Dec. Shailesh Bhai, the organizer of the camp looked forward for the presence of Samaniji Charitra Prajna, Samani Unnata Pragma and Mumukshu Nikita, which gave the students an exposure to the ascetic life which is exceptional in US. "Jain Legends" was explored with a group of 140 students, teachers and volunteers. They had a unique opportunity of Practical sessions, special discussions for the volunteers, which proved to be a transformative capsule.

Weekend sessions in LA temple-

In the grandeur Temple of LA, a week end camp, "Spiritual evolution of Jain meditation with a comparison with other traditions" was arranged. The sessions commenced with a practical session of Yoga, Meditation and chanting. Samani Charitra Prajna, elaborated the Jain Yoga-meditation and Patanjali Yoga. The sessions were flooded with questions and search for more. In the afternoon session Samani Unnata Pragma enlightened the tips of stress free life. Mumukshu Nikita talked about "Parmarthik Shikshan Sanstha (PSS)", a training center for the aspirants of initiation. Acharya Tulsi, a visionary leader, a revolutionary saint, deliberated a dire need for education and training before initiating one into the monkhood. This organization is nurturing, educating the future to be nuns, requisite for a revered life of a saint.

One day camp in state of White House ,Washington DC-



The swadhyaya group of Virginia said, "This was the most interesting Jain camp we have ever had." in the presence of Samani Charitra Prajna with Samani Unnata Pragma and Mumukshu Nikita. The whole day activity were Pranayama and healing exercises, a series of queries, a presentation on "Science and Spirituality". Samanijis explored different aspects of Jainism. Mumukshu Nikita had a further formal discussion with them. Manohar Surana and his family planned, organized and made this event happen. They look forward for more.

Every Sunday Swadhyaya-

Every Sunday from 2:00 to 4:00 pm, Swadhyaya for the adults and pathashala for the kids is organized in Miami in the presence of about 30-35 members. The adults learn the philosophy of Jainism. The kids are learning Hindi prayers, life-story of various Tirthankaras, moral values





and Hindi language too. The Youth are learning Bhaktamar.

Update from Florida International University , Miami- Since three years, Samani Charitra Prajna and Samani Unnata Pragya are teaching in FIU.

Two Courses offered in FIU - This 2009 Spring, Samani Charitra Prajna and Samani Unnata Pragya are offering two courses, “Meditation and Spiritual development” and “Intro to Asian Religions” respectively. The courses are well received with an enrollment of 30 students in each. The students are mature, eager to learn and transform their lives. Jainism, a blooming religion in the world of academics is exposed more by the presence of Samaniji in FIU. Many Professors have invited Samanijis to speak different aspects of Jainism to their students.

Preksha Meditation Club- Samanijis are organizing weekly meditation sessions in FIU. The every Monday session, helps stress relief and boosting energy for the whole week.

Farmers Market in FIU every Wednesday -

Eating healthy and thinking healthy goes together. Under the consortium “Organic Farmers Market”, Preksha Meditation Club offers organic salads and sandwiches for the students. Club also offers health tips, and healing powers of natural vegetables, and fruits. FIU family says, “It is vegetarian, healthy, and in campus feasible, which is unique opportunity, we look forward for this every Wednesday”.



Meditation to FIU’s Women Football Team – The Coach of the women football team in FIU, Cynthia requested Samaniji to help enhance the efficiency of the team. Samani Charitra Prajna with her powerful diving voice leads them into the Meditation. They do wish their team to be the best team with this guided meditation.

Upcoming Events-

“The World Health Diet” – A special attraction in FIU campus on 25th February. It is focused on how eating is related at the global level. The Speakers are: Mr. Will Tuttle and samaniji.

11th March is a fascinating event of **“Come, Share Your Culture”**. Samanijis are arranging a platform for all FIU clubs, to come and share their cultures and open their mind towards other cultures. It shall work to promote the concept of Anekanta, explore the self and others around!

