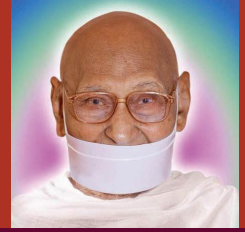




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 2, ISSUE 3

MARCH 2008



Akshay Pragyaaji



Vinay Pragyaaji

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8th Annual Family Spiritual Camp

JVB Houston held its camp on “Purify Your Aura and be Peaceful” in the serene setting of Gordon Ranch just at the outskirts of Houston. The camp was conducted by Samani Akshay Pragyaaji and Vinay Pragyaaji from Houston, and Samani Charitra Pragyaaji and Unnat Pragyaaji from Miami.

The 8th annual camp was attended by 71 participants from Houston, Austin, San Antonio, Palestine, and Minneapolis. Participants were mostly adults but included 23 children of various ages between 4 and 12. The three day camp started on Friday afternoon and continued until mid Sunday. Mornings started with Bhaktambar & Preksha Meditation followed by Yoga & Pranayam, and then a full day of diverse activities.

Samanijs gave lectures on “What is Aura”, “Healthy Attitude Wealthy Life”, “How to Purify Aura”, “How to Awaken Your Inner Peace”, and provided discourses on Mantra & Healing, and Contemplation of Friendliness.

Children’s program included lectures on “Power of Colors”, “Importance of Family Values”, and “Making Your Life Healthy, Wealthy, and Happy”. Meditation, Relaxation, and Gaman Yoga provided ample opportunities for soul searching.

Drs Lata Joshi, and Anand & Daksha Basi conducted voluntary tests of Blood Pressure, and Sugar on both Saturday and Sunday morning. Drs also gave a session on Health Tips

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JVB Preksha Center Participates in the AAOA Convention

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Contact Us

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Mark Your Calendar for Mahavir Jayanti Celebration On April 20th at the JVB Preksha Center on Hwy 6



Dr. Lata Joshi and Dr. Anand Basi conducting Medical Tests;



Kid Campers with Samani Vinay Pragya and Unnat Pragya



Sri Mahendra from California conducted the Yoga sessions, and made these enjoyable and fun with his wit and charm. On Saturday night children put together a skit to portray the good values, followed by an evening of



Bhajan led by Mr. Hemant Bhavsar. On Sunday, there was an interactive session for all participants.





Tidbits

The Problem Solving Mantra

“Om Hrim Namō Oovajhayanam”

- Chant with focus on the Center of Bliss (Ananda Kendra) while breathing deeply for 5-30 minutes .
- Benefit: Overcome Depression

Test your knowledge about Jain religion

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

Q1. What is Antaraya Karma?

Answer: Antaraya karma is the karma that causes obstacle in inherent good such as Charity, Profitability, Consumption, and Power.

Q2. Can one change bad Karma into good?

Answer: The karma of high intensity (*nikacit*) can never be changed, but the karma with low intensity (*dalik*) can be changed by good deeds.

Q3. How do Karmas get attracted?

Answer: When any inauspicious activity is done through mind, body or speech, karma gets attracted.

Questions for this month are:

1. What is the pure nature of the self or soul?
2. What factors are decided during bondage?
3. What is the first requisite for salvation?

Voice of the Omniscient

**na tassa dukkham vibhayamti naio, na mittavagga na suya na bandhava
ekko sayam paccanuhoi dukkham, kattaramevam anujai kammam**

The kith and kin, friends, sons and brothers cannot share the sufferings of a person. He himself bears it. It is because karma always follow the doer.

(Abstract From Jain Agamas)

Calendar of Events:

- ◆ Monday 10:30 to 11:30 AM : Jainism
- ◆ Tuesday 08:00 to 09:00 PM : MA in Jainology Class
- ◆ Wednesday 07:15 to 08.00 PM.: Meditation
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) 10:00 to 12:15 AM : Gyanshala for Children. Meditation & Pravachan for parents.
- 2. (2nd and 4th) 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan

Thoughts:

As gold does not cease to be gold even if it is heated in the fire; in the same way an enlightened man does not cease to be enlightened on being tortured by the effects of karma.





JVB Preksha Center Participates in the AAHOA Convention



2008 AAHOA (Asian American Hotel Owners Association) convention was held in San Antonio, Texas, from 03/26-29, 2008. Samani Akshay Pragya and Vinay Pragya from the JVB Preksha Center in Houston were invited to conduct Stress Management seminars for the three days of programs.

Mr. Hasu Patel, AAHOA Team Lead for the Humanitarian Team and a resident of Houston, graciously provided the complementary participation to the Preksha center. Founded in 1989, AAHOA has 8700 members owning more than 22,000 hotels in the country, and totaling 60 billion dollars in property value. JVB President Hasmukh Patel and wife Usha Patel, Vice President Ila Patel, and General Secretary Pramod Bengani joined Samanis at the convention.



On day-1 Samanijis pointed out various stressors in life during her Power Point presentation, followed by some practical tips on how to manage stress. Participants asked Samanijis for more advance techniques, and Samanijis taught those on day-2. Participants asked Samanijis if they could also learn some yoga techniques for managing stress. Samanijis covered those on day-3. Thousands of attendees visited the JVB booth, and showed interest in JVB activities. Preksha center donated numerous books and CDs to the visitors.

