



Inner Reflections

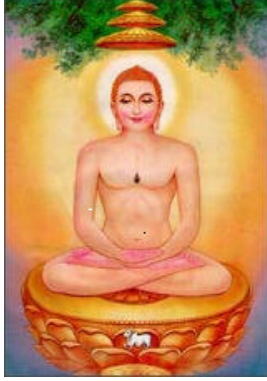
Jain Vishwa Bharati of North America

Volume III

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THUS SPOKE MAHAVIR



*Suttesu yavi padibuddhajivi
Na visase pandie asupanne
Ghora muhutta abalam sariram
Bharundapakkhī va charappamatto*

An extempore learner should remain conscious among the people who are asleep and should not succumb to negligence. Time is very cruel and the body is very weak and thus the extempore learner should remain alert constantly.

MESSAGE FROM ACHARYA MAHAPRAJNA

Here are excerpts from Acharya Mahaprajna's message to the world on his completion of 75 years of monkhood in February 2005:



“The source of true consciousness is faith. The three factors mentioned in the scriptures: faith, revelation, and self-restraint are difficult to accomplish. I am happy to say

that I have succeeded to do so. Without the right vision one is more attached to matter than to spirituality. That which seems to be right in the beginning turns out to be false in the end. In the beginning, truth does not seem to be very attractive, but living with truth increases the

inclination towards spirituality. Valuing self-restraint is rather difficult, but for me it was easy to rely upon. I also had the opportunity to understand these factors due to my previous life.

In the field of education, the misconception prevails that a child is born as a blank sheet. Due to this, many illusions have cropped up. I was not born as a blank sheet. Due to some impressions from the previous birth and due to destiny I became a monk. What is hidden inside can come to the surface when the opportunity has come to bring it out. Then the hidden is expressed. Like a statue is carved out of the stone by the sculptor, I was initiated by the eighth Acharya, Kalugani Ji, and educated and formed by my mentor, Acharya Tulsi. I felt like I was put under an obligation by my full faith in them, their kindness and affection. It was a difficult task to live under Acharya Tulsi, as he had the power of discipline from his birth.

Purity and holiness of aims and actions in life are transforming for the life force. Life is linked to change and not to strict old rituals. When I look upon the 75 years of my monk life, I feel that I have spent the years full of activity and led a fruitful life. To control anger is one of the most important achievements. I did not become angry for 75 times during these 75 years of monk life. To have got initiation in the Terapanth Dharm Sangh, to have worked under the great Acharyas Kalugani and Tulsi and to celebrate this day makes me feel blessed.”

JVBNA Mission Statement

- To spread the universal message of Jain philosophy and Jain wisdom to the world
- To cultivate an atmosphere that nurtures nonviolence, restraint and divergent perspectives, whereby leading to spiritual enlightenment for man
- To create an environment of unity and social harmony for all mankind

PRESIDENT KALAM FELICITATES ACHARYA MAHAPRAJNA

Here are some excerpts from the video address of president of India Dr. APJ Abdul Kalam to felicitate Acharya Mahaprajna on completing 75 years of monkhood in February:



“Today is a very important day. I am seeing in our country a great sage, who has been performing *“Tapas”* for the last 75 years. Through the intense *Tapas*, he has freed himself from passion, anger, attachment and hatred. Presence of such great souls in the country spreads peace and promotes spiritual prosperity. He is a beacon of light that attracts lesser mortals towards him to become enlightened souls.

There are three characteristics of his *Tapas*: Walk, acquire and give. He walks with undeterred dedication and concentration; acquires knowledge from everyone he meets as well as from the nature; and radiates hope to the society through his writings, actions and practice. He is a towering inferno of knowledge that purifies every soul that comes into contact. I myself experienced this when I met Acharya Mahaprajnaji at Adhyatma Sadhna Kendra, Mehrauli in 1999 at around midnight. He prayed three times with his distinguished Jain *Munijis* for the welfare of the nation and the people. After the prayers, I still remember, he gave a divinely message to me which still reverberates in my mind. He said:

“Kalam, God bless you for what you have done with your team. The God Almighty has a bigger mission for you and that is why you are here with me today. I know our country is a nuclear nation now. The mission for you is greater than what you and your team has done, and it is greater than any human being has ever done. The nuclear weapons are proliferating in tens and thousands in the world. I command with all the divine blessings, you and only you, to find a solution to make the same nuclear weapons ineffective, insignificant and politically inconsequential”.

When Acharyaji finished his great advice, there was a pin drop silence; it looked to me as though the confluence of heavens concurred with the sagical message. This command shook me for the first time in my sixty-eight years of life. It had since then become a challenge working on me and has become a motto of my life.

On this day of celebration of the 75th year of Jain Acharya Mahaprajnaji entering the monkhood, I would like to give my respects by reciting one *kural* (couplet) from my favorite Tamil classic composed over 2200 years ago by Thiruvalluvar. The Saint Poet has devoted one full chapter of 10 *kurals* out of 1330 *kurals* to *Tapas*. It says:

தன்உயிர் தான் அறப் பெற்றானை ஏனைய
மன்உயிர் எல்லாம் தொழும்.

It means, with the power of *Tapas*, if one discards the attachment to ones own life and "I" the *“ahankar”* in him, then all lives in the universe will bow before him. How true in 21st century we see a walking and saintly example in H.H. Acharya Mahaprajnaji. I join the universe to pay my reverence and respect to him.”

JVBNA EVENTS IN THE RECENT PAST

MEMBERS ATTEND JVB INTERNATIONAL PREKSHA MEDITATION CAMP

Several members of JVBNA attended a memorable 8-day international *Preksha* meditation camp held in January at JVB, Ladnun, the land of peacock, penance and peace, along with about 100 participants from various countries including India, US, UK, Russia, Germany and Italy. The participants learnt under the guidance of Acharya Mahaprajna, Yuvacharya Mahashraman and other *sadhus*, *sadhvis*, *samanis*, and *samans*. Activities included yoga and the theory & practice of various meditation techniques. Among other things, participants learnt how to live in the present so as to stay focused on the task at hand and not ponder about the past and worry about the future.

JVB AIDS TSUNAMI RELIEF

JVB, Ladnun, Rajasthan along with its satellite organizations including JVBNA is always at the forefront, whenever the community faces a crisis. JVBNA donated over \$12,000 to the JVB Tsunami relief fund, which totaled INR 51 lakhs and was donated to PM's Tsunami relief fund.

A WELCOME THAT TURNED TO A FAREWELL

On March 12th, JVBNA members gathered in American Legion Hall in Iselin, NJ to celebrate the arrival of *Samani* Mangalpragyaji and *Samani* Shuklapragyaji to the JVBNA center. It was an afternoon filled with beautifully rendered *bhajans* by JVB Gyanshala children and adults alike. *Samani* Shuklapragyaji implored those present to welcome every minute of this short life, to brighten it with the light of *dharm* and to control it with the brakes of restraint and renunciation. She said that the flowers of forgiveness and apathy could lead to peace and spiritual bliss. *Samani* Mangalpragyaji addressed the audience and discussed the three aspects of growth – *Jigyasa* or the desire to know, *Bubhusa* or the desire to be and *chikirsha* or the desire to do. She said that whereas the first two attributes are present in abundance, the third is lacking and needs to be developed. She went on to say that people should adopt and practice *preksha dhyan* for a stress free life and employ the attributes of simple living and positive thinking to help build a strong society. *Samani* Mangalpragyaji also announced the need for her immediate departure from the US and the expected arrival of *Samani* Charitrapragyaji to grace the JVBNA center.

CHATURMASIK PRATIKRAMAN & HOLI JAAP

This event was held on March 25th at MTI – Raritan Center in Edison, NJ and was conducted by *Samani* Charitrapragyaji and *Samani* Shuklapragyaji. The evening started with *Chaturmasik Pratikraman* followed by a discourse by *Samani* Charitrapragyaji. *Samaniji* defined *Holi* as a festival of purification. She said that *Holi* coincides with one of the two spontaneous blood exchanges that the body

undergoes annually and that lead to physical purification. She also said that this time period that marks the transition of seasons is very powerful for *Mantra Sadhana* that leads to mental and emotional purification. She went on to say that *Pratikraman*, signifying the end of one of the three *Chaturmasas* leads to spiritual purification. The program concluded with *Navgraha Jaap* led by *Samanijis*.

SAMANIJIS ATTEND GOOD FRIDAY SERVICE

Samanijis attended Good Friday service on March 25th at the First Presbyterian Church in Iselin, NJ at the invitation of Pastor Thomas. This gesture promoted inter-community goodwill & acceptance of divergent perspectives & faiths.

STRESS MANAGEMENT WORKSHOP

Samanijis conducted a three-hour stress management workshop on March 26th at the Cherry Hill Jain Temple. About 50 enthusiastic participants attended the workshop and requested to make the workshop a more regular event.

JVBNA GYANSHALA NEWS

JVBNA Gyanshala continues to be well attended with over 40 children enrolled at three different levels based on age groups and continuous influx of dedicated teachers. The Gyanshala children observed the week of Jan. 28 as *Ahimsa* week to commemorate Mahatma Gandhi and Dr. Martin



Luther King Jr. and experienced a different aspect of non-violence each day. The children also celebrated Valentine's Day and made special valentines for

Mahavir. Their unique and very creative artwork will be on display at Mahavir Jayanti and Akshay Tritiya program. Gyanshala children celebrated Holi on Mar 8 with lots of fun and fervor. They improvised the tradition of throwing colors on each other by hand painting each other's disposable t-shirts.

JVBNA UPCOMING EVENTS

Mahavir Jayanti & Akshay Tritiya - May 8, '05

JVBNA will celebrate *Mahavir Jayanti* and *Akshay Tritiya* on Sunday, May 8 at American Legion Hall, 25 Brown Avenue, Iselin, NJ from 2:30PM - 5:30PM. The program will consist of a spiritual discourse by *Samanijis*, a Jain quiz contest and a cultural program performed by children. *Sadharmik Vatsalya* will follow.

Prajna Divas - June 25, '05

JVBNA will celebrate *Prajna Divas* (Wisdom Day) on Saturday, June 25 on the occasion of the 86th birthday of Acharya Mahaprajna. The celebration will be held at Siddhachalam Jain Tirth, 65 Mud Pond Road, Blairstown, NJ, from 11AM - 3PM. A program on the life, and teachings of Acharya Mahaprajna will be followed by the graduation ceremony of JVB Gyanshala children, games and other activities.

Family Camp & Retreat - August 19-21, '05

From August 19-21, *Samanijis* will conduct a Family Camp & Retreat featuring discourse, yoga and *Preksha* meditation at Siddhachalam Jain Tirth, 65 Mud Pond Road, Blairstown, NJ.

JVBNA FAMILY NEWS

JVBNA would like to congratulate, Madhumita Parmar, daughter of Ramesh & Subha Parmar for being selected for National Children's Honor Choir

Sandeep Jain & Shashi Jain, sons of Sampath & Dolores Jain for making the Dean's list

JVBNA sends its condolences to, Sudha Mehta & her family on the sad demise of **Ranjit Malji Bhandari**, who was an avid promoter and supporter of JVB, Ladnun

Ramesh Parmar & his family on the sudden demise of his brother **Jugraj ji Parmar**

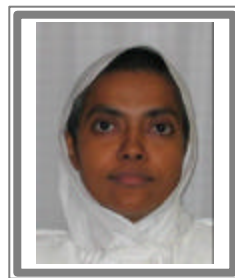
Sudha Mehta & her family on the sad demise of her brother **Gyanendra Bhandari**

Surendra Kankariya & his family on the sad demise of his brother-in-law **Sharad Golecha**

Anita Goel & her family on the sad demise of her mother

JVBNA IS BLESSED TO HOST

SAMANI CHARITRAPRAGYAJI, a disciple of



Acharya Mahaprajna, was initiated into the *Saman* order in 1990, after six years of training as *Mumukshu*. *Samaniji* has an M.A. in Jainology and Comparative Religion & Philosophy and is an expert in *Jain Agams*. She has

been teaching the Science of Living, *Preksha* Meditation, Yoga, Peace and Non Violence in India, Asia, Europe and America for over a decade. *Samaniji* has organized hundreds of workshops, lecture series and camps on *Anekantvad*, stress management, science and spirituality, *Preksha* Meditation and Jainism. She is conversant in Hindi, Sanskrit, Prakrit, Rajasthani, Tamil and English. She has presented papers in many national and international conferences and has been interviewed on television, radio and newspapers. *Samaniji* is an influential orator, energetic and committed to the cause of Jainism.

SAMANI SHUKLAPRAGYAJI, also a disciple



of Acharya Mahaprajna was initiated into the *Saman* order in 1999 after five years of training as *Mumukshu*. *Samaniji* has an M.A. in Jainology and Comparative Religion & Philosophy and she is an

expert in *Jain Agams*, Prakrit and Sanskrit languages. *Samaniji* has traveled to Europe and America to propagate Jainism, *Preksha* Meditation and Non Violence. She is fluent in Hindi, Prakrit, Sanskrit, Rajasthani, Tamil and English. She has been nominated as a teacher in Brahmi Vidyapeeth. *Samaniji* is a good orator and can relate to her audience very effectively. She is also very committed to the cause of Jainism.

GOCHARI LABH

To arrange for Gochari Labh, please contact
Mrs. Vijaya Daga at (732) 326-9018

BECOME A JVBNA MEMBER

Jain Vishwa Bharati of North Amreica, by virtue of its permanent center in Iselin, New Jersey is able to host *samanijis* year round, who provide you with spiritual guidance and promote the Jain way of life. Such a center dedicated to your well-being has to be funded to carry out different activities. Please show us your support by becoming a member and donating generously. Your donations are tax deductible.

?	Life Member	\$2,101
?	Founder Member	\$11,001
?	Patron	\$25,101
?	Chief Patron	\$51,001
?	Special Donor	Any Amount

PARTICIPATE IN TITHI YOJNA

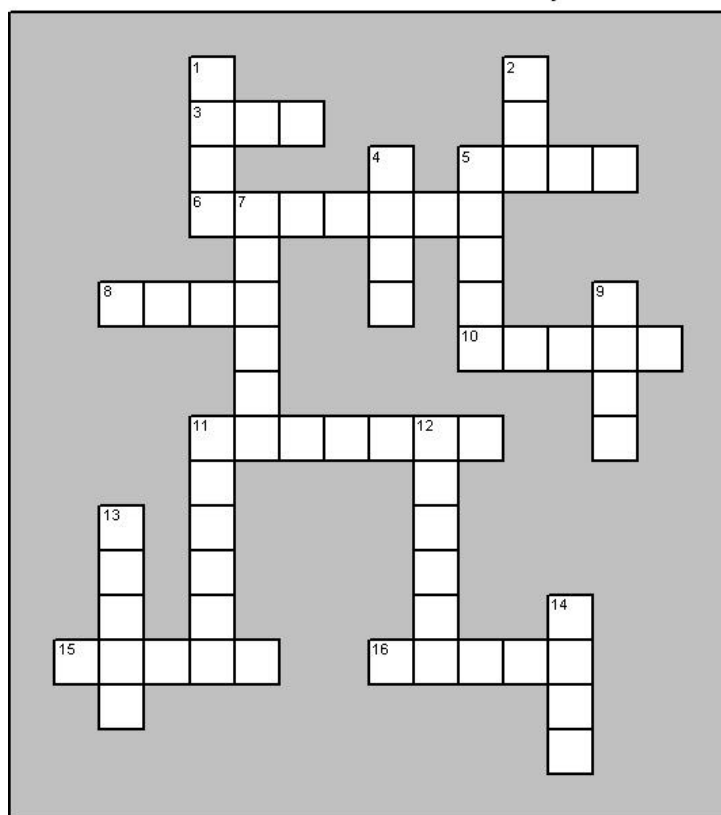
Help maintain the New Jersey Center of JVBNA. Sponsor a day (\$101) to celebrate that special someone, sponsor a week (\$501) or sponsor a month (\$1101). Visit the center on the said *Tithi* for *Jaap*, *Swadhyay* and *Gochari Labh* under the auspices of *Samaniji*. Your contribution is tax deductible.

JVBNA CONTRIBUTIONS

\$12,000 to JVB Tsunami Relief Fund
 \$5,000 to Vimal Vidyavihar, Ladnun
 \$2,500 to Bikaner Cancer Hospital (Donated by Atul & Aruna Shah & Family, Washington)
 \$2,500 to Scholarship fund for JVB Institute of Fellowship Program (Donated by Virendra & Nina Jain in the memory of Tekchandji Jain)

JVBNA would like to thank its members for donating \$2,500 in JVBNA center upgradation fund and Hemant Maru of New York for donating a laptop computer

Jainwords



Across

3. This signifies time
5. That abides in body is
6. Influx of Karma
8. Symbol of Mahaveer
10. May make eyes red
11. One who has destroyed four ghati karmas
15. One sensed living beings
16. Cause of life cycles

Down

1. Heavenly beings
2. "I"
4. Movement from one life to the next
5. Truth
7. Universe
9. 24th Tirthankar
11. Not to harm any living being
12. Where hellish beings live
13. A passion
14. Followers of Jina

Created with the help of Wordisheets - www.Wordisheets.com

Contact the JVBNA Center for the Answer Key

Jain Vishwa Bharati of North America
151 Middlesex Avenue, Iselin, NJ 08830
Phone: (732) 404-1430 Fax: (732) 404-1440
Email: jvbnj@yahoo.com Web: www.jvbna.org

TO

Directions to JVBNA Center

* Take GSP exit 131 towards Iselin, turn left onto NJ-27/Lincoln Highway, turn left onto Middlesex Avenue, and pass Oak Tree Road. JVBNA Center will be on your left a little after Subzi Mandi.

* From US-1 (South), turn left onto Plainfield Avenue, turn right onto NJ-27/Lincoln Highway, turn left onto Middlesex Avenue, and pass Oak Tree Road. JVBNA Center will be on your left a little after Subzi Mandi.

JVBNA REGULAR SESSIONS - APRIL TO AUGUST 2005

The following sessions will be conducted by Samani Charitrapragya and Samani Shuklapragya. For updated information call (732) 404-1430, email jvbnapr@yahoo.com or visit the JVBNA site at www.jvbna.org

MONDAYS 9:30AM – 10:30AM	Yoga for Obesity Management	JVBNA Center 151 Middlesex Avenue, Iselin, NJ
TUESDAYS 6:30PM – 7:30PM & 7:30PM – 8:30PM	Yoga for General Fitness	North Edison Public Library 777 Grove Avenue, Edison, NJ
WEDNESDAYS 6:30PM – 7:30PM	Yoga For Stress Management	First Presbyterian Church 1295 Oak Tree Road, Iselin, NJ
THURSDAYS 7:30PM – 8:30PM	<i>Bhaktamar</i> <i>Jeev/Ajeev Swadhyay</i>	JVBNA Center 151 Middlesex Avenue, Iselin, NJ
FRIDAYS 8PM – 10PM	JVB Gyanshala for Children <i>Pravachan</i> for Adults	First Presbyterian Church 1295 Oak Tree Road, Iselin, NJ
SATURDAYS/SUNDAYS Various Times (Call for details)	<i>Pravachan</i>	Various Locations (Call for details)

**THIS NEWSLETTER IS SPONSORED BY RAMESH AND SUBHA PARMAR IN THE MEMORY OF HIS
BROTHER JUGRAJ JI PARMAR.**