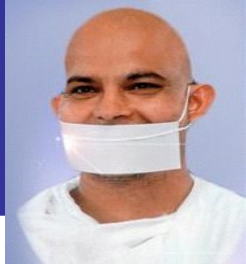




Lord Mahaveer

JVB International Reflections...



Acharya Mahashraman



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The Art of Aging

Acharya Mahashraman

There are three stages of life: childhood, adulthood and old age. Old age is generally considered the period after age 70. Usually, a person sails with ease through the first two phases of his or her life but quite often tends to become apprehensive about old age. It need not be so! Old age is the time to relive and build upon past experiences gained through ups and downs, successes and failures, triumphs and defeats, trials and errors. There is no reason why this segment of life could not be made as fruitful and happy a period as the first two stages. But for old age to be fulfilling, one must cultivate the right perspective, appropriate attitude and pleasing habits.

Train Your Tongue

As we age, our body's systems change and so should our food habits. After the age of 40, the digestive system's functionality begins to gradually slow down, whereas the desire for relishing unhealthy foods may tend to increase. Such craving digresses one from a sensible and healthy diet. Having disciplined thinking and curbing these taste temptations is the first important step towards a healthy old age.

Control Your Emotions

The next major move that would help instill and maintain dignity in old age is gaining control over intense emotions. Although it is important to pacify emotions at every juncture in life, it becomes particularly so for an elderly. Ageing has a tendency to make most people very sensitive and easily irritable. Their moodiness can cause pain and distress not only to those around them but also to themselves. People must learn to control their emotions and maintain equanimity from the very beginning. After all, old age does not appear in one day. It is actually a series of sequential processes that begin with birth and continue throughout the life cycle. The essential and invaluable practice of staying calm at all times can, therefore, never be over emphasized. No wonder, a person with a peaceful demeanor can endear all.

Choose Your Language

Old people are veterans, experienced and wise. They can provide valuable guidance by properly communicating with others. Speech, as we all know, is the most common form of communication but, as we age, our method and mannerism is likely to change.

Cultivate Sanskars in the Next Generation

Introducing and nurturing good sanskars, culture and values, in the next generation could be a rewarding assignment for the elderly. Since the parents are generally too busy with work and family affairs with little or no time for their children, this important task is often neglected. If grandparents can take over this vital responsibility, it would benefit the entire family in at least three ways:

1. Seniors will make good use of their time by keeping meaningfully occupied.
2. The future generation would have a lasting positive impact of a good upbringing and learning the right values.
3. The parents will be spared of the worry and even the guilt of not contributing enough to their children's development.

History cites innumerable examples of invaluable influence of the elderly on children. Beginning with ancient civilizations, the practice of instilling values in children was the responsibility of grandparents. But nowadays, grandparents hardly even tell stories to the children! Media has taken over this job, and the rather dismal result has become apparent around the world. It is about time that we restore this time tested tradition with vigor. There is a cautionary note however: as the grandparents get actively involved in the noble task of fostering good sanskars in children, they must understand and reconcile with the generation gap and strike a delicate balance between tradition and changing times. Even if they find that their advice falling on deaf ears, which is likely to happen every now and then, they should not get discouraged. It is common for youngsters to recall and appreciate their grandparents' words many years later. Grandparents, with their wisdom and experience, are definitely well equipped to plant the seeds of the right sanskars into the minds of their grandchildren.

Highlights of this issue:

The Art of Aging



News - JVB Orlando



News - JVB Houston



News - JVB New Jersey



News - FIU Miami

JVB Orlando

Samani Bhavit Pragma

Samani Vishad Pragma

www.jainvishwabharati.org

JVB Houston

Samani Akshay Pragma

Samani Parimal Pragma

www.jvbhouston.org

JVB New Jersey

Samani Sanmati Pragma

Samani Jayant Pragma

www.jvbnewjersey.org

FIU Miami

Samani Chaitanya Pragma

Samani Unnat Pragma

Mumukshu Sheetal

News From JVB Orlando

Payushan at JVB Orlando



The event was celebrated 25th August – 2nd September, in the morning from 10:30am to 12:00pm with spiritual studies, Bhaktamar path and meditation. Between 7:30-8:30pm Pratrikraman was conducted followed by an hour long Pravachan on different topics on Aalochana and the life story of Lord Mahavir. On Saturday a 12 hour continuous Navkar Mantra jaap took place. All the tapasvi were welcomed. This year there were thirteen Athhai (8 days fasting), one 15 day upvaas and one 20 day upvas.



West Palm Beach, Fl.

Samanijs delivered lectures to the West the topics of self realization and Mahavir a meditation demonstration. This event bhai and Kriti Shah. All attendees bene-enjoyed.



Palm Beach Sangh on August 28th on janma kalyanak. The Samanis also gave was arranged through skype by Ashok-fitted from this event which was very well

Jacksonville, Fl.

On September 4th, Samani Bhavit Pragya and Samani Vishad Prajna visited Jacksonville where they lectured on the importance of Satsang and Tap on the occasion of Neha's 20 days upvas. On this occasion the whole Jain sangh from Jacksonville had gathered for the celebration. The event was very successful. The samanijis were invited again for the future.



Health Science and Fitness at JVB Orlando

On September 7th at JVB, in the spiritual presence and guidance of Samani Bhavit Pragya, Samani Vishad Prajna, Saman Siddha Pragy and Upasak Nirmal Naulakla; workshops on health management and fitness were conducted in a joyous occasion. The audience also enjoyed yoga, mudras and meditation. A Gyanshala teachers camp took place which was very informative and provided good suggestions on how to make Gyanshala more successful, enjoyable and productive for the children. This 5 day event was very successful and inspiring.

Lakshan at Milwaukee

A Preksha Meditation camp was held in Milwaukee on September 9th and 10th, 2011 at the Hindu temple of Wisconsin. It was attended by about 70 people, including doctors, engineers, medical professors and accountants. The camp was conducted by Samani Bhavit Prajna and Samani Vishad Prajna from JVB Orlando, Florida. Activities included lectures on Power of Mantra and Positive thinking, practicing yoga and meditation, and open discussions. On Sunday, during the closing program, the Jain Center president Kamal Shah claimed the camp was highly beneficial and fulfilling to all.

Upcoming Event

Annual Spiritual Camp on 13th, 14th and 15th January 2012 on Martin Luther King Holiday weekend will be conducted on the topic **"In Search of Peace"** under the guidance of Samani Bhavit Prajna, Samani Chaitnya Prajna, Samani Sangha Prajna, Samani Unnat Prajna and Mumukshu Sheetal.

News From JVB Houston

Paryushan Mahaparva

Paryushan Celebration at JVB will be remembered as one of the joyful time in our lives. In the auspicious presence of Samani Akshay Pragya and Samani Parimal Pragya ji the celebrations were carried out with the utmost joy and pride. The enthralling discussions on Mahavir's life and philosophy, the ways to purify one's mind and thoughts, and on the religion were some of the highlights of the celebrations. The participants absorbed themselves equally in the special programs like "Kaun banega Pragyaavan." The high light of the day included the enlightening speech given by Samani Parimal Pragyajji. Samani Akshay Pragyajji said that the true meaning of Paryushan is to do things that will enable us to get a bit closer to our soul.



Workshops on Stress Management

JVB along with India Culture Center and Seva International conducted workshops on Stress Management. The principal speaker was Dr. Nick Nikkam, well known cardiologist in Houston. Samani Akshay Pragya ji said, "Stress goes hand in hand with this fast moving world of technology." She added that among the three types of stresses, the emotional stress is the most dangerous one. For a stress free life one should learn to live in present, meditate, practice kayotsarg and chant mantra.

JVB Preksha Center – 2nd Anniversary

With the kind guidance from Samani Akshay Pragya and Parimal Pragya ji, JVB center of Houston celebrated the new center's second anniversary in a spectacular way. Samanijis Akshay Pragya & Parimal Pragya initiated the program with Navkar Mahamantra, and Arham group of Gyanshala 's program followed next. "Preksha yoga for healthy life" was an enchanting presentation. The audience equally enjoyed the kid's program, "JVB 360 TV show."

Gyanshala parent's league discussed the future plans for JVB. Samani Akshay Pragyajji's thought provoking speech about "tolerance" was definitely a healthy food for thought. She stated that tolerance belongs to the strong minded people. It should not be mistaken for cowardliness, or weakness. Just as she said that only a strong stone that can withstand the rigors of carving can become a beautiful statue. The stone that falls apart under the artist's chisel remains a mere stone. This is true in our lives as well. To develop tolerance, one should adapt yogasanas, Anupreksha, Vegetarian food, do deep study of scriptures and be amongst good company through and through.



Diwali Celebrations & Gyanshala Picnic

Diwali and Navaratri were celebrated with 9 days of Jaap and other spiritual activities. Gyanshala parents and kids had a fun filled picnic on 31st October at George Bush Park.

Preksha Meditation Camp in Phoenix, AZ

Samani Akshay Pragya and Samani Parimal

Pragyaji conducted "Preksha Meditation Camp" in Phoenix from 3-5 Nov. Samanijis covered variety of topics like "Who am I", "Why do good people suffer", "Power of tolerance", "Observe your thoughts" apart from the various techniques of Preksha Dhyana.



News From JVB New Jersey

Please see the following 4 minutes link for JVB NJ 2011

<http://www.youtube.com/watch?v=uj-xnaxvs-U>

Paryushan & Das Lakshan: JVB NJ has celebrated the Jain Great Festival "Prayushan" in the auspicious presence of Samani Sanmati Pragya & Samani Jayant Pragya from Aug 26 to Sep 2, 2011. An eight-day celebration of this event included evening Pratikram, Pravachans, and classes for children. Pravachans on Bhagwan Mahavira's life and Spiritual uplift were well received by all. The morning session for special Pravachans on Jain History and Poushadh were organized for first time on the final day. Children played a quiz during Paryushan. **Event sponsored**-Timeless Mahatma Trust, Mumbai, India. **Prize sponsor for quiz**-Mr. Pratap & Kusum Jain. Samanijis celebrated Das Lakshan Mahaparva with the Jain Samaj of central Jersey for 3 days.

Samaniji's message was 'not to leave food behind in your plate'.

Music Concert: On the occasion of Kshamapana JVB NJ organized a musical concert at American Legion. The prominent singer Maestro Kumar Chatterjee with Tabla player Ved cherished audience from 6:00-10:00pm. After the welcome speech by Mr. Virendra Jain (President) a short play was staged by Gyanshala Children in Hindi. MC has done by Vandana Nahata. The Prize for participants was sponsored by Sheetal & Shweta Daftary. On this day JVB NJ did tithi collection. Mr. Surendra Kankariya (Chairman) and Mr. Mool Singhi (Director) headed the tithi collection. Special thanks for all the sponsors.

Samaniji's message- What comfort you want for you, you give to others. Given returns to you anyways.

Samaniji' Welcome & Bhikshu Jaap: Preksha Therapy and Jain Life Style were very well discussed by Saman Siddha Pragyajai and Upasak Nirmalji Naulakha at JVB NJ. They were visiting JVB NJ during their Paryushan Trip from India. Mr. Rohit Jain (Vice President) and Samanijis welcomed them warmly. JVB NJ ladies presented a welcome song and Saloni Jain delivered a welcome speech as samaniji is her 'Mamaji' in worldly relation. Sheetal Daftary introduced the Correspondence courses of JVB, Ladnun. On this occasion 'Bhikshu Swami Jaap' was specifically held. **Event sponsors**-Rohit & Deepa Jain and Sudhir & Rekha Jain. **MC**-Deepa Jain.

Samaniji's message-Chanting awakens our divine energy within.

Path of Ahimsa & Gyanshala-New session 2011-2012: JVB NJ celebrated *Path of Ahimsa* on October 2nd 2011. We chose this day to be the first day of Gyanshala. The main highlight of this program was the presentation mainly given by Gyanshala students on the topic 'AHIMSA' and they could choose Speech, Song, Act etc., as a mode to discuss and present their views on Ahimsa. Children did a wonderful job with their Presentations. The audience were over-joyed and pleasantly surprised to see/hear children's belief in Ahimsa. A documentary film on Acharya Mahashraman was casted. On this special occasion Samaniji's pravachan on how essentially we need to practice Ahimsa in our day-to-day life was very rousing. **Event sponsors**-Asha Bhikam Jain, Chitra Narendra Bhandari, Kiran Suparas Nahata, Pramila Sudhir Jain, and Rupal Shrenik Talati. **MC**-Gyanshala coordinators Sonya Doshi & Alka Jain.

Samaniji's message- To see the divine existence in others alike in you is the result of practicing Ahimsa.

Diwali Milan: JVB NJ, first time, organized a "Diwali Milan" program at Six Mile Run Church, Franklin Twp. On this day, Mr. Virendra Jain delivered a welcome speech. Gyanshala students and children from JVB families were beautifully demonstrated the Indian history of Diwali by casting and dancing accordingly. Madhumita Sacheti (Secretary) presented the PPT of photos contest 'Our Diwali'. Yogesh & Venus Jain Family won the trophy in this contest. A quiz with full of knowledge and mind twisting was presented by both the samanijis for couples. Sandeep & Madhumita won the trophy. **Gift sponsor for Children**-Mr. Sampat & Doloras Jain, **Trophies sponsor**-Mr. Mool & Shanti Singhi, **Event sponsors**-Ramesh & Suba Parmar, Sunil & Varsha Mehta, Ashok & Shilpa Bhansali, Dinesh & Sonya Doshi and Vikram & Jaya Parmar. **MC**-Madhumita Parmar and Achal Jain.

Samaniji's message- Diwali is the festival of goal achievement and freedom from bondage.

Samanijis' Family Visits: In the memory of Sameer Jain's Grandmother and Shashi Bhandari's mother samaniji visited their home to have a Prarthana Sabha for departed ones. Pratap & Kusum Jain and Adidev & Kalpana Jain organized Samanijis' discourses at their homes. Samaniji also visited Mr. Sampat Jain's family, Sanjay & Prachi Jain's new house and Ashok Bhansali's new office to bless them. Ramesh & Suba Parmar, and Sunil & Varsha Mehta also invited Samanijis on different occasions. In San Francisco, Mr. Vinod & Vanita Bansal invited samanijis to visit them for spiritual guidance. Bansal family has strong belief in spiritual values.

Send off: JVB NJ organized a yearly BOD meeting combined with EC to review the programs of 2011 and prepare the event calendar for 2012 on Sunday, Nov 27. Samanijis admired and venerated the present managements for their successful tenure. The meeting was concluded with the MANGAL BHAVNA for samanijis who are leaving to India on Nov 28 almost for two months.

Jain Studies Program in US Academia

Students and Professors welcomed back after their India trip to explore Jainism:

FIU students and professors traveled to India, as part of the Bhagwan Mahavir Professorship. In the welcome ceremony at JCSF FIU dignitaries like Robert Callahan, Prof. Natan Katz, Prof. Larson, Whitney Bauman and the FIU students presented themselves. Dr. Whitney shared his study about deconstruction and Anekant. Students with their dhotis (Indian costume for males) shared their memorable moments in Ladnun. Gabriela says, Special thanks to the Samaniji, who introduced me to this wonderful way of life and thought. There aren't enough thank you's in the world to express how thankful I am.



The first Jainism infused online course: Healing in Asian Religions (online): The course infused with Jain content is yet another step to rendering an opportunity to explore Jainism in the context of healing and health to Students and interested Jain community.



FIU remembers 9/11: FIU organized events in memory of 9/11. As a Jain representative, Samani Unnata Pragya chanted the Namaskar Mahamantra. Bhagwan Mahavir's words, search animosity within rather than finding enemies outside was honored by Professors, students, and dignitary guest.



Lecture on "Jain History and Culture" for YJA: YJA organized Video conference lecture of Samani Chaitanya Pragya. More than 40 young Jains enjoyed the opportunity of listening and seeking answers. Arpit Mehta, the Education Director took the lead and is looking forward for more sessions.



Guest Lectures in University of North Texas

Prof. Pankaj Jain, from *University of North Texas* invited Samaniji for guest lectures. Students enjoyed such opportunities to explore Saman order and anekant from Samaniji.

Preksha Meditation: Preksha Meditation level 1 program was offered to the Miami community. More than 25 participants from diverse fields like doctors, business people to students and house wives participated. The program incorporated theory and practical sessions dealing with components of Preksha.

Samani Chaitanya Pragya guided participants through the "Initiation Ceremony". Followed by this were the various practical sessions guided by Samani Unnata Pragya and Mumukshu Sheetal. Samaniji then explored the philosophy and techniques. The participants were captivated by the lecture of His Holiness Acharya Mahapragya. After each session, the participants received the blessed Spiritual cards, to nurture meditation in daily life.

