



Lord Mahaveer

JVB International Reflections..



Acharya Mahashraman

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JVB Houston

Samani Akshay Pragya

Samani Parimal Pragya

www.jvbhouston.org

JVB Orlando

Samani Bhavit Prajna

Samani Vishad Prajna

www.jainvishwabharati.org

Miami, FIU

Samani Chaitanya Prajna

Samani Unnata Pragya

JVB New Jersey

Samani Sanmati Pragya

Samani Jayant Pragya

www.jvbna.org

AHIMSA (Non Violence)

A PRACTICAL APPROACH TO CONFLICT RESOLUTION AND PEACEMAKING

.....by Acharya Mahapragyaji

There is a spurt of violence in the modern times. An atmosphere of fear prevails because of the existence of unlimited nuclear weapons. The global psyche is undergoing inner turbulence under the shadow of terrorism and extremism both resulting from training on Non-violence, fearlessness and peace in order to find a way out.

*Why is violence increasing?

*Why is there an increasing atmosphere of fear?

*Why is terrorism growing?

*We should find out the root cause in order to get right answers to the above questions.

Society is being ill-managed. Poverty and unemployment exist on a vast scale. Population is multiplying and the tendency to monopolize markets through economic rivalry is growing. These are cited as the reasons for the increase in violence. A number of models for improving social management have been presented. Among them the

prominent ones are Socialism, Communism, Gandhism and democracy. However, none of them succeeded in bringing about an ideal social order and no issue could produce an example of healthy social order and no issue could produce an example of a healthy social order.

Highlights of this issue:

AHIMSA (Non Violence)
by
Acharya Mahapragya ji



You can stay Healthy
Cure Constipation



News from JVB
Houston Center



News from JVB
Orlando Center



News from Florida
International University



News from JVB New
Jersey Center

Many efforts were, and are being, made to solve the problem of poverty and unemployment and yet an unimpeded growth of population robs them of success. From the above it is evident that poverty and unemployment cannot be eliminated in the face of limited goods and unlimited consumption. This provides us a standpoint where we can pause and discover a new nonviolent way and that way is restraint. Social order cannot be ameliorated, nor can the problems of poverty and unemployment solved merely on the basis of legal and constitutional measures. It is the awakening of the consciousness of restraint that is necessary to solve them. We should go to the very root of the problem. Physical development means development of goods. The latter is the demand of the sense organs. The rivalry involved in developing and increasing consumer goods cannot be separated from violence and mental disturbance. There is a close relationship between consumer goods and violence as also between consumer goods and mental disturbance. Shall we succeed in our efforts to develop nonviolence and peace in a world which survives on the plane of seriousness? Will it be possible to bring nonviolence & peace in a world assailed by mental volatility?

Peace and nonviolence need the development of a trans-sensual awareness or spirituality. The elements promoting violence and disquietude are greed and fear. Greed gives rise to mental excitement, agitation and anger. It breeds enemies and builds an atmosphere of collision and war. It is the most negative feeling. Can we succeed in establishing peace and non-violence without refining the instinct for greed or uncurbed ambition?

We cannot make progress on the road to peace and nonviolence through sheer intellectualism. Scientists today have highlighted the critical importance of the neuroendocrinic system in the light of which the vision of peace and nonviolence cannot be brought nearer to realization without first understanding the central importance of the secretions of endocrine glands & the neurotransmitter which governs & regulate human behavior.

I do not know who holds the reins of world peace, but I do know that the reins of world destruction are in the hands of those who have the power to manufacture and use nuclear weapons. Is it possible for world bodies dedicated to peace to do something important in this field? There is no easy answer to this question. It seems necessary that the present conference addresses itself to finding the proper answer.

Either the lack of consumer goods or their unequal distribution is the main factor behind the problem of poverty. Too much accumulation of wealth or its effect is behind the problem of too much wealthiness. And negative emotions are behind emotional problems. What is needed to get rid of negative emotions is training in emotion control, get rid of problem of excessive wealthiness is training in a lifestyle governed by self-restraint, get rid of problem of poverty is training in cultivating the consciousness of equal distribution. People are talking of distributive justice in many fields. There is conflict everywhere in the family, in organizations and different institutions. Difference in thinking can cause conflicts, but these conflicts can be prevented by developing the power of tolerance. Tolerance does not imply any onslaught on the freedom to differ in thinking.

The principle of Anekant (non-absolutism) is very important for conflict resolution. Its use builds an attitude of relativism, mutuality and propriety, converts obstinacy into humanity, and gives rise to a view point which urges one to understand others. It is well-known that greed plays a vital role in domestic conflicts. In business too greed plays no less important a role. The fury of anger is truly dangerous and it becomes manifest mostly in daily activities. Greed and conceit play a major role in building up the state of fury. It is easy to reduce the intensity of anger by developing the consciousness of politeness and contentment. It is possible to refine and balance the above tendencies through spiritual experiments.

You Can Stay Healthy: Cure Constipation

Asana: Matsyasana, Sarvangasana, Taadasana, Shalabhasana, Pashchimottasana, Bujangasana, Halasana, Ardha-matsyendrasana, Ustrasana, Vajrasana.

Pranayama : Anuloma-viloma Pranayama, Deep breathing.

Preksha:(perception) press your chin with your palms and concentrate on that part.

Anupreksha:(Contemplation) Auto – suggestions for the healthy large intestine.

“My large intestine is becoming healthy”

Jaap :(Chanting) “Hrum” sound 10 Minute.

Dietary Awareness: Avoid junk food, fries stuffs. .

Mudra: (Hand posture) Namaskar mudra, Surya mudra.



News from JVB Houston Center

Welcome of Samanijis

On 27th Feb, JVB Houston welcomed back Samani Akshay Pragyaji and Samani Parimal Pragyaji with great zeal. The Gyanshala children presented a skit with an exceptional & inspiring performance. The adults also participated and showed their enthusiasm by singing a devotional song to welcome Samaniji back. Samaniji recounted her experience in India and also conveyed the blessing of Acharya Mahashraman to the attendees.



Students from Emry High School visit JVB Houston



Students from Emery High School visited the JVB Houston center for meditation and learning Jain religion. JVB Houston Director, Raman Patel gave a warm welcome to the students. Samaniji introduced Jainism and Preksha meditation as developed by Acharya Mahapragya to about 70 students in attendance. It was a thrilling, educational and an eye opening experience for the students. The students then had a hands-on experience of practicing the technique of Preksha meditation they had just

learnt. This was followed by an open discussion forum which elicited an enthusiastic participation from all.

Monthly Preksha Meditation Camp

JVB Houston center conducts one day long meditation workshop every 2nd Saturday of the month inside its Pyramid hall. People from all walks of life come to the camp to learn the art of coping with the demands of day to day life. The camp helps them to develop positive energy and helps them to manage the stress of modern life. These workshops are conducted under the oath of silence.



Annual Family Retreat Camp

JVB Houston held its Annual camp on “change your thinking change your life” in Bellville at the outskirts of Houston, from April 22-24, 2011. About 70 people participated in this 3 day retreat including people from Austin, San Antonio, and Palestine & Shreveport, Louisiana. Adult and children both had the separate sessions of lectures, yoga, laughing exercise, Pranayam, and meditation including cultural program by kids and adult's. Everyone shared their experiences and

were very ecstatic with what they went through in the 48 hours.

Upcoming event

8 May, Sunday - Guest Speaker from India, Dr. Bajrang Jain, 10:30 AM to 12:00 Noon

14 May, Saturday —Free one day meditation camp 9.00AM - 1.00PM

15 May, Sunday— On the occasion of Acharya Mahashraman Amrit Mohatsav JVB presents “Path of Ahimsa” program, 3.00 PM to 5.00 PM followed by dinner



News from JVB Orlando Center

JVB visits Gurudwara On the auspicious occasion of Holi, on the 20th of March, Jain Vishwa Bharati Orlando was invited to the newly made Gurudwara by Sikh people. Samani Bhavit Pragya and Samani Vishad Pragya visited them and had Satsang. Samani Bhavit Pragya addressed the audience, and explained the importance of human birth. One who attends Satsang adds flavor to his life. One should always try to add value to his life by serving humanity by any possible means. The Sikh people were pleased to see Samanijis and to hear the precious words from them.

Mahavir Jayanti by JSOCF Mahavir Jayanti was celebrated at the Jain temple in Orlando on 3rd April by JSOCF (Jain Society of Central Florida). More than 40 children participated in celebrating Bhagwan Mahavir's Janma Kalyanak and presented a cultural program on Mahavir Janma Kalyanak, topical skits, cultural dances and religious songs. The program was preceded by Samaniji Bhavit Pragya's address who told that beyond all creeds and traditions all human beings are one and the same. Jain Shravaks from different states had visited the program. 225+ people turned out to attend.



Welcome Program at JVB Orlando

On April 10th, the JVB had a Welcome program for Samanijis who came from the Jain Center of New Jersey.



Samani Sanmati Pragya and Samani Jayant Pragya had a short visit to Orlando on the way to Miami. The Orlando Shravak Samaj gave a hearty welcome to the Samanijis through song. The program continued with the Samanijis giving a wonderful presentation of Antyakkshari based on the names of almost all Shravaks attending the program. Samani Bhavit Pragya said, "saint and spring are rare to find, these



are neither too hot nor too cold, but spring comes once a year whereas it is not fix for Saint". Blessed are those who get a chance to have the presence of Saint. JVB Orlando and the people here are lucky to have the Saint almost all year.

Mahavir Jayanti Celebration at Tampa Samani Bhavit Pragya and Samani Vishad Pragya were invited on the auspicious occasion of Mahavir Jayanti to Tampa on 17th April. More than 200 people gathered for the program. Samani Bhavit Pragya explained the principals of Lord Mahavir especially non-violence. She added to develop friendliness, amity, compassion, and equanimity as these are the powerful tools to make one's life purposeful, progressive, and productive. Samani Vishad Pragya asked people to try and develop the power of mind, body, speech, as Mahavir had. The program proceeded with Gyanshala children doing a small skit on the life of Lord Mahavir and a few presentations that they had learned. The whole program was inspiring and well received.



Jain Vishwa Bharati Orlando Annual Picnic Like each year JVB Orlando Gyanshala and adults went on a picnic to Moss Park, Orlando, Florida on Saturday, 26 March. Picnic was enjoyed with much fun and fare by about 70 Jain members comprising the children, youth and the adults. On invitation from JVB sangh Samani Bhavit Pragya and Samani Vishad pragya visited the park and joined the picnic for a couple of hours. Samanijis made the young and the adults play a 'dumb charade' based game & four different participating teams participated; Shree, Rhee, Dhee and Shakti. Each team scored points for identifying the personality and speaking on it. It was once again enjoyed by everyone and the picnic concluded with dinner.

News from Miami (Florida International University)

Jain Education spreading the wings at FIU

First Annual Mahavir Jayanti Lecture

The lecture, Visions of the Conqueror – Jain Art by Phyllis Granoff was organized by the Bhagwan Mahavir Professorship, and the Jain Education and Research Foundation. The lecture depicted the Bhaktamarastotra of Manatunga, an illustrated manuscript of hymns. The event was an awesome presentation of Manuscripts with delicious delicacies at the end.



Study of Jain Scriptures in Florida International University, USA



Dr. Samani Chaitanya Prajna with Professor Nathan Katz and Professor Oren B. Stier, taught undergraduate and graduate courses teaching Religious Classics of India, Seminar on Sacred Sources & Intro to Sanskrit Language. Samani Unnata Pragya taught Meditation & Spiritual Development, Intro to Asian Religions & South Asian Culture.

FIU Professors and Students going to INDIA to Research & Study Jainism in summer:

Two FIU professor and three students have been awarded fellowships & several other self funded students are going to JVBU, Ladnun & other places to study & research Jainism in India.



Undergraduate Certificate Program in Jain Studies at FIU: A new milestone in history, The College of Arts and Sciences Curriculum Committee has approved Undergraduate Certificate Program in Jain Studies. Different in class & online courses will be offered to disseminate the Jain education outside Miami to the US & other countries.

Preksha Meditation under the guidance of Medical doctors:

Prof. Dollinger & Prof. Heidi, checked pulse rate of Students before & after Preksha meditation practice. Research in Preksha Meditation is looking forward to new possibilities.

Students visit Jain Temple to feel the touch of Jainism:

Students explored Jainism, its philosophy, rituals & heritage in the temple event.

News from JVB New Jersey Center

March 6, 2011 – Samanijs' Welcome Program

JVB NJ organized a welcome ceremony for Samani Sanmati Pragma and Samani Jayant Pragma at American Legion Hall. On this occasion, several members including Mr. Jaychand Dugar, Mr. Virendra Jain, and Ms. Tejal Gosalia expressed their joy on having Samanijs back from India. Gyanshala Children welcomed Samanijs with a wonderful skit and presented them with self-prepared welcomecards. *Bhajan Mandali* presented a melodious welcome song.



April 7 – 14, 2011 - Trip to Florida



Samanijs' Florida trip took them to JVB Orlando and to FIU. A brief welcome program was organized by Samani Bhavit Pragyaji and Samani Vishad Pragyaji, stationed at Orlando Center, during the biweekly Sunday Swadhyay. Samanijs were happy to see Chairman Mr. Kamlesh Shah and his team working very hard under the inspirational guidance of Samanijs to practice non-violence and to spread the same to the people around. .

April 16 - 18, 2011 – Trip to New York

Jain center of America celebrated colorful Mahavir Janam Kalyanakin the auspicious presence of Samanijs on Sunday. A special Pravachan was also organized on Saturday. Samanijs inspired spiritual aspirants to celebrate Mahavir Jayanti in the real sense by valuing life in the true way for spiritual upliftment.



April 24, 2011 - Monthly Satsang

JVB NJ April Satsang was organized at Fanwood Hall and comprised of three main segments –Bhajan Competition, Oath ceremony and Pravachans. The Bhajan Competition was very well received. At the junior level, Manu Nahata& Siddhi Bhansali won the first prize, Pooja Naharwas second and Yash Jainwas third. At the senior level, Vandana Jain won the first prize, while Pratiti Dugad was named second and Akshada Chordiya was third. The judges' team comprised of Samani Jayant Pragyaji, Mr. Rakesh Jain and Mrs. Nina Jain. Samani Jayant Pragyaji inspired the audience to live a life full of awareness and Samani Sanmati Pragyaji spoke about the many attributes of a successful manager.

JVB NJ team - BOD and EC 2011 -participated in an oath ceremony

Volunteers- Board of Advisors 2011-Ajay Surana Atlanta, Dulichand Baid NY, NagjiVira NJ, Dr .Namrata Shah NJ, Nina Shah NJ, Shashi Jain Miami, Suresh Jain LA.

Board of Directors 2011 – Surendra Kankariya (Chairman), Ashok Bhansali, Mool Singhi, Pratap Jain, Rajesh Dugar, Ramesh Parmar, Sampath Jain, Sanjay Jain, Sunil Mehta, Suparas Nahata, Virendra Jain (Present President).

Executive Committee 2011- Virendra Jain (President), Rohit Jain (Vice President), Madhumita Sacheti (Secretary), Sheetal Daftary (Joint Secretary), Sumitra Kankariya (Treasurer), Kokila Turakhia (Deputy Treasurer) with the sub-committees - Alok Jain & Raj Sodhia (Program), Sonya Doshi & Alka Jain (Gyanshala), Kamal Daga & Hansraj Nahata (Public Relations), Shanti Singhi & Sunita Jain (Food), Surendra Bora & Rajeev Mohnot (Building).



Upcoming Activities of JVB NJ- *Path of Ahimsa, * Family Camp & Gyanshala Annual Day, *Children's Summer Camp, *India Day Parade participation