



Lord Mahaveer

JVB International Reflections

Issue 3, Volume 3

July - September, 2010



Acharya Mahapragya

Special Message of His Holiness Acharya Shri Mahashramanji
“SAMVATSARI MAHAPARVA” (The Auspicious Jain Festival of Forgiveness)

||OM ARHAM||

Paryushana or Samvatsari is a great religious festival of Jainism. It is related with the spirit of friendliness. On this occasion, people mutually seek forgiveness. If any bitter behavior is indulged in by anyone, one should wipe it off on this occasion. This is the message of this festival.

An attitude of enmity is produced in human being on account of attachment and aversion; this may also give rise to anger. To err is human, but one should try to amend it. If consciousness of compassion gets awakened in anyone, he would be able to make his mind infused with the spirit of friendliness. Compassion means the spirit of kindness. It means the resolve for not to make anyone unhappy and to have the sentiment for other's good.

On this occasion, we practice “Forget and Forgive” with all creatures. “ If we have done any misbehavior with anyone, let him forgive us. Our auspicious feelings for the world are – let the spirit of compassion spread in the world and let the world march forward on the path of Non-violence, friendliness and beatitude.

The week of Anuvrat Movement

Highlights of the issue

Samvatsari Mahaparva
message from
Acharya Mahashraman



Diksha Mahotsava



Thought at Sunrise



Stay Healthy



News - JVB Orlando



News - JVB Houston



News - JVB New Jersey



News - FIU - Miami



Paryushan of Samanijis in
Different States

Jvb Orlando
Samani Mudit Pragma
Samani Amit Pragma
www.jainvishwabharati.org

JVB Houston
Samani Akshay Pragma
Samani Vinay Pragma
www.jvbhouston.org

JVB New Jersey
Samani Sanmati Pragma
Samani Shukla Pragma
www.jvbnewjersey.org

Miami Florida International
University
Samani Chaitanya Pragma
Samani Unnata Pragma
c.pragya@rediffmail.com



सरदारसहर 13 सितम्बर, 2010
क्षमायाचना दिवस पर उपस्थित श्रद्धालु आचार्यश्री महाश्रमण से
खमत खामणा (क्षमा याचना) करते हुए।



Diksha Mahotsava Sep 17, 2010

A Grand Bhagwat Diksha held under the auspicious guidance of H.H Acharya Mahashramanji at Sardarshahar. 14 Mumukshu sisters and 1 Mumukshu boy graced their lives by accepting Diksha (Renunciation) from Acharya Shri.



16 सितम्बर, 2010 सरदारशहर
15 मुमुक्षु जुलूस के बाद आचार्यश्री महाश्रमण से आशीर्वाद लेते हुए।



Thought at Sunrise

We should learn to introspect. We should begin by looking at ourselves. Where was I last year and where am I today? Last month where I was? And today where am I? One who thus becomes aware of the value of each moment, is able to objectively see assess his different aspects, the different states he is in and different situations he faces.

You can stay healthy

Back bone related problem

1. Asana (Exercise): Yogic Kriya of backbone, Bhujangasana, Matsyasana, & Supta Vajrasana.
2. Pranayama (Breathing technique): Suryabhedhi, Sukshma Bhastrika -5 mins.
3. Preksha (Perception): Internal trip, Body Preksha.
4. Anupreksha (Contemplation): Auto suggestion "My backbone is becoming healthy". -15 mins
5. Japa (Chanting): "OM RHIM NAMO LOE SAVVA SAHOONAM" - 10 mins
6. Tapa (Penance): restrain heavy and fried food.
7. Mudra (Hand posture): Vayu Mudra, Namaskar Mudra, Vyana Mudra.
8. Special: Avoid front bending exercises

News – JVB Orlando

Children's Summer Camp

On July 26-29th July, a children's holistic summer camp was held at the JVB Center in Orlando where the children had fun with meditation, yoga, learning family values, arts and crafts, and games. Feedback from the kids: amazing experience, learned patience, control anger.



Preksha Dhyan Certificate Cours



Summer 2010, held at the JVB Orlando center. Samani Mudit Prajna and Samani Amit Prajna held the certificate course over several weeks. The course improved mental and emotional health, increased will power, and enhanced creativity. The participants learned important lessons for improving life through preksha which included mind, body, and soul cleansing. Classes provided the participants with a comprehensive understanding of the different components of Preksha Dhyan.

Jacksonville Workshop, July 24th

A workshop based on the economics of peace and non-violence was held by the Samanijis which created awareness in day to day life and how to achieve more peace and harmony using non-violence and non-attachment. The participants experienced upliftment and positive energy.



Paryushan Celebration Program

The JVB Center held Paryushan on September 4th through 12th at the Orlando Center under the spiritual guidance of Samaniji. The attendees were involved with Jaap, meditation, Pratikraman, discourses which went on from morning to evening. Many people did Asht Prahari Paushadh. Both youth and adults observed fasting, self restraint, forgiveness, and spiritual practices during the event.



Upcoming Event

- Navaratri – October 8th – 16th Special Chanting from 7:30pm – 8:30pm everyday
- Bhagwan Mahavir Nirvan – November 6th Saturday

News – JVB Houston

Paryushan Mahaparva



JVB Houston celebrated Paryushan Mahaparva from September 5th to 12th in the guidance of samani Akshay pragya ji and vinay pragya ji. Daily programs began with Bhaktamar, The biography of 24 Tirthankars, the great Acharyas, Namokar Mantra chanting, workshop on 12 vows of Shrivak based on Agam “Upasakdasha”, followed by relaxation (Kayotsarg). Evening session would start with an hour of Pratikraman (introspection) led by Samanijis followed by enlightening discourses and presentations on the multiple topics like Samayik, sawadhyaya, fasting etc and Kalp Sutra vachan. Everybody including children enjoyed doing Pratikraman for eight days.

Gynashala children and parents presented the skits “Paryushan on the Wheel, Wonder of Dreams and many more. “Antakshari”, “General knowledge contest”, and Mahavir Prashna Manch as Jeopardy were awe-inspiring and good way of learning for youth and adult as well. JVB honored many tapasvees who observed fast during the week.

The last day of the Paryushan is Samvatsari, and after Pratikraman, people asked for forgiveness from each other for any wrongdoings in the past year. It was memorable experience of 8 days, which made them feel like India.



Preksha Dhyani Shivar, Phoneix (Aug 20-22)



The entire shibir content was very well received, because of very thoughtful inputs of Samanijis. Words cannot adequately express and credit the leadership shown by the samanijis. The knowledge they imparted, and the energetic concern for our learning was contagious for all the participants. We are much obliged to them.

Live Bhajan Contest

It was held on August 28th where 35 contestants from age 4 to 56 participated. People were thrilled with awesome and melodious songs. The first winner from all 3 categories got opportunity for an interview at Sangeet Radio by Ashish. JVB EC team did wonderful job to make the event successful.



Upcoming Event



NAL-DAMYANTI Play (in English): November 13

Tickets available at www.jvbhouston.org

JVB Annual Day: October 24

Navratra Jaap : October 8-17

Mahaveer Nirvan Diwas (Diwali) Jaap : November 6th

News – JVB New Jersey

Children Summer Camps July 27-30 & Aug 16 -17, 2010



The JVB NJ 4-Day & 2-day Children's Summer Camps organized under the eminent guidance of Samani Sanmati Pragyaji & Shukla Pragyaji was deemed a huge success by all participants and their parents.



India Day Parade – Aug 8

We are very happy to report that under Samanijis' guidance JVB NJ's maiden participation in New Jersey India Day Parade 2010, to propagate the message of "Peace through Non-Violence," was very well received by thousands in the audience and was deemed a grand success.



Paryushan Mahaparva in NJ Sep 5 -12



JVB NJ celebrated Paryushan Mahaparva under the auspicious guidance of Samanijis. On the eve of samvatsari, celebrated classical singer Maestro Kummur Chatterjee, accompanied by talented tablist Aditya Narayan Banerjee.



Das Lakshan Mahaparva 13 – 22, 2010

Jain Center of Greater Boston invited Samanijis to celebrate Das Lakshan Parva. Samanijis envisioned People to lead a peaceful life by constructing eternal house based on values and all the ten dharmas.

Upcoming Event

A grand event: Oct 31, 2010 "Path of Ahimsa – Tribute to Acharyas"



Jainism in the Academic world



Participation in International Conferences- Dr. Samani Chaitanya Pragya and Samani Unnata Pragya participated in an international conference organized on the subject “Holistic Science and Integral Living” by Holistic Science Research Centre, Tennessee (27-29 August). Samani Chaitanya Pragya presented a paper on behalf of Prof. Muni Mahandra Kumar entitled “Development of Integral Personality through Meditation”. She brought into light the inner powers of psychic centers to empower one’s EQ & SQ. She credited this Preksha Philosophy & science to His Holiness Acharya Mahapragya.

CSO club fair was a platform for diverse FIU University clubs to present themselves to the Students. The theme of the fair being “Worlds Ahead” Preksha Meditation Club presented its expertise in Astral Travel & leading the world ahead in Peace & purity. Many students became members of this club looking forward for a stress free life.

Upcoming attractions

On 24 and 25 Oct, H.H. Dalai Lama will be visiting FIU, Miami. Dr.Nathan Katz is the first professor of Bhagwan Mahavir Professorship of Jain Studies at FIU, honoring this position has invited HHDL for the promotion of Nonviolence and peace. Princess of Vietnam is hosting the event and invited all prominent Jains to participate in the private meeting.

Weekly Preksha Meditation in FIU

Every Monday: 3:00 PM

Every Tuesday: 2:00 PM

Lectures: R.P Jain (Motilal Banarasi Das Publisher)

Gandhi's Legacy of Ahimsa & compassion at 1:00 PM

Vegetarianism, a healthy way of life at 9:00 AM on 11th oct.



Total Health conference



Samani Chaitanya pragya, Samani Unnata Pragya & Mumukshu Sheetal attended the conference "Total Health - Modern Medicine, Yoga and Ayurveda : Research Perspectives" (24-26th Sept), VYASA International, Bengaluru and Hindu University of America. Samani Unnata Pragya presented a research paper on "Preksha Meditation & holistic Health". Research undertaken in Jain Vishwa Bharati University was presented showing a significant change in physical, mental, emotional & spiritual wellbeing of the person. This was a good exposure to the research in Jain meditation Tradition.

Paryushan Mahaparva Celebration in different states of USA

Richmond – Sep 4 – 12, 2010 : Samani Niyojika Madhur Pragyaji & Samani Riju Pragyaji

Jain Sangh of Richmond had invited Samani Niyojika Madhur Pragyaji and Samani Riju Pragyaji to celebrate Paryushan Mahaparva. Samanijis enlightened people by explaining the significance of Parva. During their stay they also had programs at WDC and Baltimore.

Sacramento – Aug 26- 12, 2010 : Samani Bhavit Pragyaji & Samani Vineet Pragyaji

Samani Bhavit Pragyaji and Samani Veenit Pragyaji blessed Jain Sangh of Sacramento by celebrating Paryushan Parva with colorful activities.

San Diego - Sep. 2-13, 2010 : Samani Charitra Pragyaji & Samani Prasanna Pragyaji

Samani Charitra Pragyaji and Samani Prasanna Pragyaji have celebrated the great festival of Paryushana with San Diego Jain Samaj. People were benefited fully with three times Swadhyaya which included lectures on 6 essentials (SHADAVASHYAKA), lectures on Bhaktamar Stotra, discussion on Achranga Bhashya.

Miami – August 9, 2010

Samanijis handed over the work of teaching in Florida International University, and the work of Bhagavan Mahavir professorship in religious department of FIU to Samani Chaitanya Pragyaji and Samani Unnata Pragyaji.



Detroit

August 20-29, 2010 - Samanijis conducted nine-day educational program in Detroit Jain Temple. They held audiences captive and kept them deeply engaged everyone with their eloquent, informative and thought provoking lectures, meditation training, and a two-day Shivir.

Jain centers in California



Samanijis visited Las Angeles and many cities of California where samanijis addressed in the assembly of Tapasvi Bahuman and Swami Vatsalya, conducted Preksha meditation class, addressed the assembly of Jain Shala orientation and delivered lectures in various families. Samanijis also have been invited to have a panel discussion representing Jainism in the interfaith conference for Nonviolence based on the theme of Women spiritual leadership making the difference in society and world at large.

Upcoming Visit

From 3 Oct to – 9 - Indianapolis, 10 to – 15 Oct Chicago, 15 to 20 Oct – Kentucky, 20 to 1 Nov - Miami.

On 2nd Nov samanijis will go back to India.