



Lord Mahaveer

JVB International Reflections...



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Acharya Mahashramana

JVB Houston

Samani Akshay Pragya

Samani Parimal Pragya

www.jvbhouston.org

JVB Orlando

Samani Bhavit Pragya

Samani Vishad Pragya

www.jainvishwabharati.org

JVB New Jersey

Samani Sanmati Pragya

Samani Jayant Pragya

www.jvbna.org

Miami, FIU

Samani Charitra Pragya

Samani Unnat Pragya

The Art of Living

Acharya Mahashramana

Life begins with birth and ends with death. Both the body and the soul form life. Where there is only body, there is no life, and where there is only a form of consciousness, life cannot exist, either. But just living is not enough for the human being. What humans should aspire for is to lead an "artistic" life.

What is Artistic Living?

An "artistic" life is inspired by religions and dexterity. Humans strive for expertise in multiple spheres and may attain perfection in some, but that does not imply he has learned the art of living.

A king, annoyed by some incident, ordered his chief minister to be hanged to death. The execution was set for 6 p.m. A few hours before this time, the minister was observed sitting relaxed and engrossed in his work. The king, who had been informed about the minister's demeanor, was surprised to hear that, despite his doomed fate, the minister was calm, and at peace. He called him and asked, "How could you be so serene when death is looming before you?" The minister replied, "Your majesty! Death will come in a couple of hours. Why should I die before that? I must enjoy every remaining moment of my life.

Impressed by the minister's attitude, the king said, "I can't hang a person who can truly live in any circumstances."

The purpose of an artistic life is to remain in a state of happiness, peace, and equanimity till the end. To attain such a life, one needs to change the outlook and learn to introspect. In the Jain scripture, Dasavaikalika, it is said: "In the silence of midnight, let a man look within himself and contemplate" What I did, what remains to be done, and what I can do that I am not yet doing." Such contemplation is self-observation or introspection, the process of seeing yourself through you.

Highlights of this issue:

The Art of Living



News - JVB Houston



News - JVB Orlando



News - JVB New Jersey



News - FIU Miami

Procedure for Introspection

The natural tendency of humans is to see others' vices and weaknesses, simply because they are easy to spot, and to overlook their own flaws even when they may be apparent. When they do recognize their own faults, they try to ignore, even hide them. It is important to change this habit and to pledge, "I must refine and cleanse my own thinking. I should be aware of my mistakes and faults. Regardless of whether or not I am being watched, I should be cognizant of my conduct. If I know I have done wrong, I should not repeat it." Awareness is an integral part of introspection and with these practices every single page in the book of a person's life can be rewritten.

When to Introspect

Introspection is essential for self-development. It is necessary not just on a given day or on a particular occasion, but is needed every day and on every occasion, from the moment we wake up to the instant we go to sleep. Before sleeping, one should think:

"Did I do any good today? This life is transitory and its span progressively decreasing. With each sunset, a part of life ends." Only when there is true purpose in life, will good deeds tend to accrue and real success be achieved.

Through contemplation one's preoccupation with the vices of others can be eliminated. With self-awareness one acquires a positive attitude and steers this attitude in the right direction.

Houston News

Three-day Workshop - Change your thinking, Change your life!

JVB Preksha Meditation Center organized a 3 day offsite workshop at the calm, serene and natural environment of Bellville, TX under the guidance of Samani Akshay Pragyaji & Samani Parimal Pragyaji. The workshop's theme was – Change your thinking, Change your life, and about 70 attendees including children from all over Texas & Louisiana. Programs included chanting of Bhaktambar, meditation, yoga & pranayam that initiated everyone for the rest of the day with positive energy. Attendees experienced that a balanced life requires a mix of Science of Living, Pranayam, yoga & meditation. Other highlights included focused lecture topics by samanijis, laughing exercises & special parallel activities for children.

Mahavir Jayanti celebrations in Dallas

Mahavir Jayanti was celebrated with great fervor in Dallas in the presence of Samani Akshay Pragyaji & Samani Parimal Pragyaji. Samani Akshay Pragyaji suggested that giving up something has more value than collecting something. A simple analogy could be – when you go to watch a movie you have to deposit your ticket at the gate to get in. Samani Parimal Pragyaji added that the true celebration of Mahavir Jayanti will be to practice Bhagwan Mahavir's teachings.

Workshop on Art of Joyful Living

A 2-day workshop on the Art of Joyful Living was conducted under the guidance of Samanijis Akshay Pragyaji, Parimal Pragyaji & Bajrang Jain. It was attended by many inquisitive participants. Bajrang ji gave many tips on the topic & guided attendees through many practical techniques.

Path of Ahimsa

In celebration of Akshay Tritiya, JVB Houston celebrated "Path of Ahimsa". The program began with Mantra chanting led by Samaniji, and later Gyanshala kids presented a short skit on "Don't use me" wherein they depicted avoidance of many material substances. A skit on 21st century man in yogik yug was presented by the adults, which was well received by the audience for its wholesome message and beautiful message. Samani Akshay Pragyaji advised how important it is to have a guru in one's life, and compared a guru to a lamp that gives light to its surroundings.

Children's Summer Camp 2011

To help build strong foundations in kids, JVB Houston organized a 4-day children's workshop under the guidance of Samanijis. The camp included multiple activities for kids, & various activities that included Preksha yoga & Preksha Dhyani. Creative programs were conducted throughout the day. Dedicated volunteers Ms. Pratima, Alisa, Vijaya, Payal & Nupur were instrumental in making the program successful.

Preksha Workshop in Minneapolis

Samanijis Akshay Pragyaji & Parimal Pragyaji traveled to Minneapolis for a 4 day Preksha Dhyani workshop, which was attended by 90 participants. Focus topics included "How to live good life", "Awareness is the key of success", "Stress Management", "Why do good people suffer?", "non-violent communication". Samaniji Akshay Pragyaji said stress is sweet poison that affects the individuals' health & wellness, and showed importance to manage stress in our lives.

Upcoming events

Paryushan Festival—August 26th to September 3rd

Annual Day—16th October



Orlando News

Akshay Tritiya 2011 On May 7th 2011, JVB celebrated its 15th annual big program which served two purposes, Bhagwan Adinath's Varshi -Tap parna mahotsav as well as the anniversary of JVB Orlando Center in the presence of Samani Bhavit Pragya and Samani Vishad Pragya. Around 125 people came from places as far away as Tampa, Jacksonville, Ocala, and Melbourne to gather in celebrating the function. The event started with Rishav Dev aarti by the Orlando Ladies group. The program began with Mangala Charan with the Mahila Mandal. On this auspicious occasion of melodious and colorful song was sung by the Jain group. Samani Bhavit Pragya lectured on an inspiring and touching discourse on "Realization of Soul". "How to Realize the Self". She had an inspiring and admiring song for Vipin hai's Tap. On the same day she also delivered her speech on the Varshi -Tap parna of Vipin bhai Goyani through Skype for the Tampa group. After the speech and mangal ashirvad of Samaniji, Vipin Shah did his varshi tap and atthm parna. A cultural program about Lord Rishabh was presented by kids and a beautiful skit by adults. There was also a poster competition for the kids on Bhagwan Rishabhdev's life. The children were given prizes for the top two posters in each three age categories. Samani Vishad Pragya came forth as a magician, through the medium of magic which was enjoyed by all. Master of ceremonies were conducted by Mehul Shah. After the program, the celebrants came together to perform an aarti and a mangal divo. It was followed by a Swamivatsalya. People really enjoyed this annual celebration and vowed to come back again.

Los Angeles Samani Bhavit Pragya and Samani Vishad Pragya were invited by the Jain group for satsang in the month of June. A workshop on Preksha meditation was conducted by Samaniji. During these 8 days, Samaniji talked about Jainism, Preksha Meditation, twelve vows of Shrivaks, and several other topics. They were so happy to learn about Jainism and meditation. They had a dialog with Americans on many current issues. The program was enjoyed with full joy and happiness.



Jaina Convention Houston

On 2nd July Samani Bhavit Pragya had marvelous presentation on "Anekant Theory" in Jaina Convention, Houston. She explained that Anekant begins with a change of vision. When our vision is not holistic, then our thoughts are not distilled through both the gross and the subtle world. Nothing is forever the same or forever different. Heart blowing explanation by Samaniji as praised by all.



Jupiter, FL On July 21st, the swadhyay was led by Samaniji Bhavit

Pragya and Vishad Pragya and the main topic focused on satsang meaning how a person can stay closer to his or her "atma" or soul. Jain and non-Jains attended the event and enjoyed listening to the Samanijis talk about the different ways they can stay closer to their souls. The samanijis explained that people can stay close to their souls by doing meditation and concentrating on their breathing, they also explained that the best time to do meditation is in the morning from 3am to 5am.



Mid-west Youth Convention Chicago Jain Society of Metropolitan Chicago (JSMC) organized the first ever Midwest Youth Convention (MYC) from August 12th 2011 to August 14th 2011 held at Rolling Meadow IL (a suburban town of Chicago) with a theme of Modern Jain. Samaniji Bhavitpragya ji gave the inaugural speech at the convention and defined modern aspect of Jainism. She defined "Jainism" as a way of living and most scientific religion to the young Jains of Midwest region of USA. Samaniji Bhavit Pragya took a session of "Divine Light of Mantra" and Samaniji Vishad Pragya took a session on "Religion is life" and "Be precious". Both the sessions were very much appreciated and enjoyed by the youth. Dean Dipak Jain, Gurudev Chitrabhanu ji and Swami Shrutpragya were the other dignitaries who attended the convention.

New Jersey News



May 6, Akshay Tritiya was celebrated under the guidance of Samani Sanmati Pragyaji and Samani Jayant Pragyaji. The program's brief-a skit, group songs by Gyanshala children and adults, a very informational PPT about Adinath Bhagawan by Samani Jayant Pragyaji, Quiz and Pravachan by Samani Sanmati Pragyaji. The MC was done By Mool Singhi. The sponsors were the families of Mool Singhi, Narendra Bhandari, Pratap Jain, Sampat Jain and Sanmati Vaish.



Gyanshala Annual Function and Family Picnic were organized by JVB NJ on June 12. Gyanshala Children's projects were on the theme of Echo Friendly. The Family Picnic was featured numerous games and activities for adults and children. Samanijis Pravachan, Painting/Art Competition on the theme of "A Happy and Harmonious Family" were outstanding. Sharad Gupta's family won in Paintings, Heena & Palak Shah and Bhumika Jain won in Games. The sponsors were the families of Hansraj Nahata, Jinesh Shah, Sharad Gupta, Sheetal Daferi and Timeless Mahatma Trust, Mumbai, India.

A 5-Day Children's Summer Camp organized from Jul 18 – Jul 22, very much appreciated by all participants and their parents. The children exhibited self-motivation in the practices of yoga & meditation, stories, educational games, art & craft and Origami. Boost your brain and I.Q. tests related short movies and PPTs specially prepared by Samanijis for this camp. Special thanks go to Sanket Jain (10 years) for teaching origami excellently for all 5 days. JVB also thanks to Jay Sangani (16) and Nisha Sangani (14) for their one day assistance.



A Preksha Meditation Work-shop was held at American Lesion. 30 people had participated in it. The feedback was very enthusiastic.

PROGRAMS AT DIFFERENT JAIN CENTERS-



Jain Center New York-On Mother's Day Jain Center of NY organizes Samayika with all four sects together in Samanijis' presence and Samanijis pravachan was well received. **Jaina Convention, Houston** on July 1-4 and **Sidhdachalam**- Aug 6, 7 the 2,788th anniversary of Bhagwaan Parasvnath's moksha kalyanak there was grand ceremony of Shilanyas of Shikharji. Both samanijis blessed this occasion with their presence.

Pravachan at different Families-

Sudhir & Pramila Jain
Virendra & Neena Jain

UPCOMING EVENTS- Aug to Sep-Paryushan Mahaparva, Das Laxan, Music Concert, Kshamapana, Trip to Morgan Town.

Miami News

Commencement of New Academic Year 2011-12 at FIU

Samani Chaitanya Pragya, Samani Unnata Pragya & Mumukshu Sheetal are back to Miami with the blessings of His Holiness Acharya Mahashraman. Here is the news about FIU happenings.

Jainism topics taught in online Courses offered at FIU:

If you were looking for some Jainism course material through online study. Here it is at FIU. Healing in Asian Religions, a course developed by Samaniji teaches Jainism online. Very soon independent courses solely about Jainism are coming up. Now you can schedule yourself differently as per your interest in the world of academia. The other courses offered at FIU in Fall semester are Intro to Jainism, Sanskrit, Intro to Asian Religions, Meditation & spiritual Development. If you want to become a student, there is no better time than right now.



Special welcome to Professors & Students who adventured India & Jainism:

5 students & two research scholars visited India to explore Indian richness, with a special focus of Jainism. Students visited Jain Vishwa Bharati for three weeks to dive into the religion of Jainism, Non-violence, & Preksha Meditation. JVBu organizes this study program titled

Understanding Jainism Program to meet the purpose of academia & further incorporate self enrichment program to help students understand spirituality & grow in the same. September 18th Jain community of Miami arranges a warm welcome to the thrilled group.

JVBu - FIU MOU opens opportunities for Indian students to explore Jainism abroad. Shivani Bothra, a student of JVBu receives the opportunity to be the first graduate student to at FIU from JVBu. Jain community welcomes the future scholar.

A documentary 'Jain Ethics & Work field':

Most fascinating, a documentary '**Jain Ethics & Work field**' produced by Stephane Londone under the guidance of Samaniji will be shown on 18th September. Stephane interviewed scholars, Professors, Business people, house wife & students to bring to light the core principles offered by Jainism which could marvel in the field of Business ethics. The documentary beautifully presents Jain values & its contribution towards social wellbeing & global wellbeing at large.