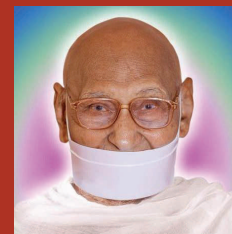




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 1, ISSUE 11

NOVEMBER 2007



Akshay Pragayaji



Vinay Pragayaji

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Diwali: Time to Lighten Up Innermost Lights

JVB Houston celebrated Diwali on 10th Nov at the JVB Center. The program started with 'Bhaktamar Path' chanting, followed by a presentation by the Gyanshala students, and capped with pravachan by Samani Akshay Pragayaji. The topic of the pravachan was "How? and Why? to celebrate Diwali".

Samani explained the reasons behind Diwali celebrations by the various sects. In Jain religion, Diwali is the celebration of liberation, and festival of enlightenment. According to Jain history, Lord Mahaveer attained liberation, the state of pure

of consciousness, infinite knowledge, and infinite bliss marking this occasion.

Samani explained that Diwali symbolizes the festival of lights. However the essence of the festival lies in the awareness of the innermost lights. Unless one lightens up innermost lights, it won't help one to develop positive attitude toward life. Attitude of gratitude is an amazing gift that nature has given to us. Lighting a lamp during Diwali also symbolizes the destruction of all negative forces, violence, lust, ego, anger, greed, fear, desire, suffering, etc.

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Contact Us

JVB Houston
1712 Highway 6 S
Houston TX- 77077
Phone: 281-596-9642

Mark your calendar for Play: MahaSati Anjana:

Saturday, January 12, 2008 (8 to 10 PM) &

Sunday, January 13, 2008 (5 to 7 PM) at the Stafford Civic Center

Diwali Celebration at JVB Houston



JVB Houston celebrated Diwali on 10th Nov at the JVB Center. Children's from Gyanshala depicted what each letter in the words "HAPPY DIWALI" should mean to us.



Youth Class at the JVB Houston Center



Mahaveer Youth Group had an opportunity to visit JVB Houston for lecture and discussion in October. Samanijis gave an excellent discourse on basic foundations and principles of Jainism. Youths learned the origin of Jain religion and how it differs from other Vedic religions. They learned the uniqueness of Jainism - Anekantvad, and how one could practice Jainism in day to day lives; such as avoiding leather products, using less electricity, and minimizing the usage of water. Youths had a chance to ask and clarify questions and comments they had regarding the origins and principles of Jainism. Youths wished to visit JVB once every month and learn enormous knowledge of Jainism from Samanijis.

By: Payal Kapadia

Reduce Obesity Workshop



JVB center conducted a Reduce Obesity Workshop on Oct 27. Dr. Lata Joshi brought awareness by focusing on current status of obese people and how it badly affects their health and mind. She also shared remedies. People enjoyed her Q&A session. Samani Akshay Pragyaaji explained the causes, effects, and some home remedies for obesity. She shared how Yoga, Pranayam and Meditation can help reduce obesity. Fibrous and low caloric but nutritious food such as grapefruit are good. Water also reduces obesity. Junk food, sugar, candies, and alcohol are fat amplifiers. Walking and yoga are good exercises. Even meditation can reduce weight because it brings awareness to controlling food habits and reduces stress, which is one of the major causes of obesity. Lecture was followed by yoga, taught by Samani Vinay Pragyaaji, to burn the fat and earn the health.

By: JVB News Desk





Tidbits

The Problem Solving Mantra

“om namo savvohi-jinānam hrām hrīm.”

- Chant everyday 1 rosary (108 times) .
- Benefit: Cures eye-problem.

Test your knowledge about Jain religion

The answers of last month's questions are as follows:

Q1. How does one suffer the Jnāvarniya karma?

Answer: One gets obstacles in studies due to Jnāvarniya karma. The obstacles may be in the form of poor financial situation, illness, weak brain, and so on.

Q2. How one can get rid of Jnāvarniya karma?

Answer: By helping others in studies, by not disrespecting teachers and knowledge, by not possessing ego of intelligence etc.

Q3. What causes the bondage of Vedniya karma?

Answer: Giving pain or pleasure to others. To give pain brings pain back to you, and pleasure brings happiness.

Questions for this month are:

- 1.What is Mohaniya Karma?
- 2.Explain the classification of Mohaniya Karma?
- 3.How does it affect the consciousness?

Voice of the Omniscient

**timirharā jai ditthi, janassa divena natthi kāyavvam
taha sokkham sayamādā, visayā kim tata kuvvamti.**

If one's vision is capable of expelling the darkness, he would not need the lamp. Like wise the soul itself being blissful, there is no need of external object for bliss.

(Abstract From Jain Agamas)

Calendar of Events:

- | | |
|------------------|--|
| ♦ Wednesday | 07:15 to 08.00 PM.: Meditation
08:15 to 09:15: Swadhyaya (on meaning of Pratikraman and Utradhya Sutra) |
| ♦ Thursday | 09:30 to 11.00 AM.: Yoga and meditation for General Health & Mental Peace. |
| ♦ Saturday | 09:00 to 10.30 AM.: Yoga and meditation for General Health & Mental Peace. |
| ♦ Sunday | |
| 1. (1st and 3rd) | 10:00 to 12:15 AM : Gyanshala for Children. Meditation & Pravachan for parents. |
| 2. (2nd and 4th) | 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan |

Notes:

Mark your calendars for the following

Play: **MahaSati Anjana:** Saturday, January 12, 2008 (8 to 10 PM) &
Sunday, January 13, 2008 (5 to 7 PM) at the Stafford Civic Center

March 21st to 23rd, 2008 “Annual Family Camp” at the “Gordon Ranch”





Stress Management in AAHOA Convention



In AAHOA Convention Samaniji from JVB center were invited to deliver the lecture on Stress management. Samaniji explained about the causes and remedy of stress. She explained that one of the best ways to get rid of stress is - to live in present by doing mindful activity. There were more than 100 people from couple of cities of Texas. Along with theory, people participated in practical exercises. Samaniji taught them correct breathing, Mahapran Dhvani, alternate breathing, and relaxation technique. Mr. Hasmukh Patel, president of the JVB Houston Center introduced people with JVB and its activities. This program was arranged by Mr. Hasu Patel and Mr. Raman Patel who also put an extra ordinary effort to make it successful.

By: JVB News Desk

A Meet with Dr. Kalam



On October 18, Samani Akshay Pragya & Vinay Pragya met with Dr. Abdul Kalam, ex president of India, during his visit to Houston. Samani Akshay Pragya presented the message of Acharya Mahapragyaji to Dr. Kalam. His smile showed how happy he was to have received the message from Mahapragyaji, especially the word 'Mahatma Gandhi' impressed him a lot. He also inquired about the JVB Houston center and its activities.

By: JVB News Desk





Aditya Jain visits the Gyanshala



Aditya Jain, a student in 6th grade, visited the gyanshala students and parents to share his winning speech at the annual Mahatma Gandhi Week city wide speech competition held on September 29th, 2007. His topic was “*Be the Change you wish to see in this world*”. A follower of Jainism and Bhagwan Mahaveer, Aditya is a vegetarian and believes in non-violence. In his speech, he emphasized the fact that each one of us can change the world once we believe in ourselves and practice what we preach. No matter how young or old you are, even a 6th grader like him can provide positive influence, slowly and steadily.

The students in Gyanshala then had a Q&A session and inquired Aditya about his motivation to participate in the contest. Some asked about the time and effort required to prepare for his speech, and others asked for the explanation of some of his speech’s contents. Aditya enjoyed his visit and offered his support to the children who will participate in the speech contest next year. After the mangal path, Samaniji’s gave her blessings and the students presented Aditya with a Namokar Mantra plaque.

By: JVB News Desk

Diwali: Time to Lighten Up Innermost Lights



On this auspicious occasion of Diwali Samani Akshay Pragayji presented two symbolic lamps to everyone - 1) Lamp of mindful activity and 2) Lamp of inner purity. These lamps are not physical but spiritual to enlighten our consciousness. Samaniji explained that physical lamps and its lights are temporary, but the spiritual lamps are everlasting and endless. She continued that we should avoid multitasking and engross completely in the activity at hand. While walking - walk only, while eating - eat only, while studying - study only – this is the mindful activity. It increases efficiency and amplifies the results of the work. Inner purity means to wish goodwill for

all, to have feeling of forgiveness and to avoid anti-human & anti social acts. She said - ***If we light these two lamps in our life, darkness of negative thinking will vanish and we will have a peaceful, happy & prosperous life.***

Children’s from Gyanshala depicted what each letter in the words “HAPPY DIWALI” should and should not mean.

By: JVB News Desk

Thoughts

In this world, are there more problems or more solutions?

Problems are fewer and solutions many more. One problem has a hundred solutions. One should understand this from the perspective of Anekant. The one who searches for solutions finds more of them and few problems. While the one who does not look for solutions, finds many problems and few solutions.





MAHASATI ANJANA

MOTHER OF VEER HANUMAN
(A Hindi Play)

Don't miss
to know the
Life-history of
my mom.



It takes only a moment to change the life all the way;
The play includes emotions, tragedy, suspense, comedy
& various colors of the life .

(Fund Raising Event)

Saturday, January 12 , 2008, @8:00 -10:00 PM

Sunday, January 13, 2008, @5:00 -7:00 PM

At

Stafford Civic Center (OLD)
1625, Staffordshire Road, Stafford , TX 77477

Presented by

JVB Preksha Meditation Center

(non-profit organization)

samaniiji@jvbhouston.org

JVB Center : 281-596-9642

VVIP VIP
\$500 \$250 \$100 \$50 \$40 \$30 \$25 \$15

