

Thought at sunrise

If you want to be successful, have faith in your capabilities. Concentrate on it. Experience the feeling of oneness with your Guru or ideal. Concentrate on the Center of Bliss (near the heart). Just perceive and experience. Do not think about the favorable and the unfavorable. You will experience the awakenings of a new energy.



Remove your Anger & Lead a Happy Life

Asana (Exercise) : Rabbit Posture, Yogamudra, Kayotsarga

Pranayama (Breathing technique) : Deep breathing with *Khechari Mudra* (touching the tongue to the palate); *Kumbhaka* (holding the breath) – 5 minutes

Preksha (Perception) : White color meditation at center of Enlightenment and on full forehead -10 minutes

Anupreksha (Contemplation) : My tolerance power is increasing – 15 minutes

Japa (Chanting) : “Aum Shante Prashante Sarvakrodhopashamani Svaha” - 31 times

Mudra (Hand posture) : Gyan Mudra

Current Location of Acharya Mahapragya

Acharya Shri Mahapragyaji, Yuvacharya Shri Maha Shramanji & Sadhvi Pramukha Shri Kanakprabhaji are at Jain Vishva Bharati, **Ladnun, Nagaur District, Rajasthan.**

Ladnun is 380 km West of Delhi and 225 Km North West of Jaipur. Bus services connect Ladnun to Jaipur, Jodhpur, Bikaner, Udaipur, Ajmer, Ahemdabad, Delhi and other cities. From Delhi-Sarai Rohilla there are trains up to Ratangarh Junction. Ladnun is 2 hours from Ratangarh by bus or local trains. Ladnun Railway Station is on the [Sujangarh](#) -Jalsu railway line.

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Visit: www.terapanthinfo.com



NEWS FROM JVB NEW JERSEY CENTER

Preksha Meditation refresher course - May 2nd

A Preksha meditation refresher was held the Iselin library led by Samani Charitra Pragyaji and Unnat Pragyaji.



Akshay Tritiya celebration May 3rd

The auspicious event of Akshay Tritiya was celebrated under the guidance of Samani Mudit Pragyaji, Charitra Pragyaji, Shukla Pragyaji, Unnat Pragyaji and Mumkshu Nikita. The event commenced with the chanting of Rishab Mantra followed by Gyanshala children's bhajans and a melodious song presented by an adult group.

Samani Shukla Pragyaji and Unnat Pragyaji conducted an inspiring and entertaining Dream competition. Mumukshu Nikita gave an introduction of Parmarthik Shikshan Sanstha. Samani Charitra Pragyaji shared her experience of teaching for the last three years at Florida International University. Samani Mudit Pragyaji enchanted the aspiring audience by talking about the values of life. She said that this is the time to practice religion to maintain the balance in life to overcome the stress caused by economic conditions.

Healthy lifestyle - May 10 – 13th

Dulichandji & Sushila Baid hosted the Samanijis in New York City where the Samanijis met various people to share with them effective tips to cure their ailments by themselves and lead a healthy lifestyle.

To change is to grow - May 23rd

In New Jersey, Goutamji & Chandra Surana invited Samaniji at their residence. Samani Mudit Pragyaji inspired the gathering to move from their comfort zone to difficult tasks and practice spirituality in day to day life to achieve success and peace of mind.

Samaniji visit to PA. May 28 – 30th

Kumud Bhai Gandhi hosted Samaniji to get acquainted with the knowledge of Preksha Dhyani. After getting a thorough introduction of meditation by Samaniji, they showed keen interest in practicing meditation on a regular basis for spiritual development.

New Board of Directors of JVBNA

JVBNA organization is pleased to announce its newly appointed Board of Directors comprising Virendra Jain (Chairman), Sampath Jain, Shashi Baid, Sanjay Jain, Rajesh Dugar, Kavita Kothari and Ashok Bhansali.





NEWS FROM JVB ORLANDO CENTER

Shamanic Meditation Group - March 16th

Samani Param Pragyaji and Samani Sangh Pragyaji visited Shamanic Group in Orlando. Samanijis introduced to the group the method of Preksha Meditation and its benefits. The group was enthused by the Samanijis' visit and plan to come by the JVB Orlando Center in the very near future.

Mahavir Jayanti Tampa Florida -April 5th

The Samanijis visited the Jain community on the auspicious occasion of Mahavir Jayanti on April 5th. The program included lectures by the Samanijis followed by a children's program. Samanai Sangh Pragyaji gave a talk on the topic of "How to Celebrate Mahavir Jayanti" and Samani Param Pragyaji lectured on the excellent subject of "Forgiveness of Mahavir".



Cincinnati Ohio -April 10th

A Mahavir Jayanti celebration was held for the local Jain community. Samaniji lectured on "Power of Positive Thinking". On 11th April, Samaniji lectured on "Rejoice your Differences" in one hall while a youth class was conducted in another hall. The entire occasion was very well received by the attendees.

Akshaya Tritiya - April 25th

Jain Vishwa Bharati celebrated Akshay Tritiya with great enthusiasm and happiness on Saturday, April 25th 2009. The celebration was fortunate to have in attendance Samani Param Pragyaji, Samani Charitra Pragyaji, Samani Sangha Pragyaji, Samani Unnat Pragyaji and Mumkshu Nikitaben. Jains from all over Florida enjoyed the quiz and Gyanshala program.

Milwaukee, Wisconsin Camp on "Harmony at Home" - April 30th

On April 30th, the Samanijis visited the Jain and Hindu community of Milwaukee for a one day camp. The camp took place on May 2nd from morning to evening. This program was followed by Samanijis' meditation and chanting sessions as well as lectures on the topics of "Harmony at Home", and "Welcome to Family". The event was enjoyed by all.

Hindu University, Orlando—May 22nd

The Samanijis visited the University with the Vice President Mr. Abhinav Kumar. He offered the Samanijis an invitation to give meditation classes at the University every Saturday. Several books of Acharya Mahapragya were placed in their Hindu University library. The Samanijis are planning distance courses online on Jain Philosophy next semester.





NEWS FROM JVB HOUSTON CENTER

Rice University, Houston



The Samanijis' presentation at one of the leading universities in the USA explained the place of the Terapanth tradition within Jainism and the role and necessity of the Samanis within the broader framework of the Terapanth tradition. The Samanijis explained their lifestyle and what it means to be a member of their order both in religious terms and in practical terms. The importance of meditation and discipline was made clear and the possible benefits



through their application were discussed insightfully.

Varshi Tap Parana

Prabodh Vaidya from Chicago invited of his wife Lata ben Vaidya. People were yaji. Prabodh Bhai distributed the book Mahapragya, an excellent book with guidance



Samaniji at the auspicious occasion of Varshi Tap Parana thrilled by the touching lecture of Samani Akshay Prag- 'Happy and Harmonious Family' written by Acharya and techniques for building a happy family.



Jain Center of Tulsa

A visit to Tulsa

Tulsa Jain Society was delighted and excited to have Samanji from May 14-18 after a long time. The appealing and engaging lectures by Samaniji focusing on how to make life better inspired people to think and to bring the change in life. Jayesh and Sadhana Mehta hosted and sponsored Samaniji in Tulsa.



Samaniji at Leva Samaj, Houston

Understanding Jainism

JVB Houston started a course on "Understanding Jainism". The first "Understanding Jainism" class was a simple introduction to understanding some of the concepts of the vast and complex tradition. People from different faiths joined and tried to understand Jainism. The session was very successful and the Samanijis clarified questions raised by the audience.



New Building of JVB HOUSTON

Upcoming Events at JVB Houston

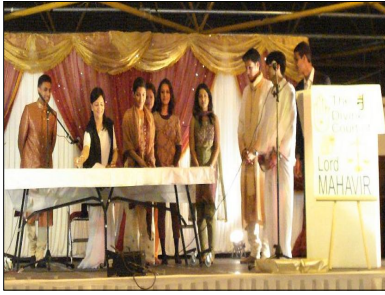
The 90th B'day celebration of HH Acharya Mahapragya: June 21, Sunday, @ 10:30 am

A Multicultural event(JVB Houston and Society of Peace): June 27, Saturday, @ 5:30 pm

Understanding Jainism: June 28, Sunday, @ 3 pm.



NEWS FROM JVB LONDON CENTER



Mahavir Jayanti Celebrations: London & Birmingham

On April 10 & 11, Mahavir Jayanti was celebrated by over 1,500 people from the UK Jain community at the Harrow Leisure Centre under the banner of 'Jains UK'. To present Lord Mahavir's message in a modern way, the Samanijis, in collaboration with other artists presented an interesting skit 'The divine court of Lord Mahavir'. The Samanijis conducted workshops on 'Handle Your Anger' & 'Think and Grow Rich'. Samani Prasanna Pragya spoke on 'Relative Economics of Lord Mahavir'. Youth teachers of Gyanshala held a work shop entitled, "Come and play, Jainism says..." JVB London's Gyanshala students presented a wonderful skit 'Secrets of the dreams'. On April 26, Mahavir Jayanti was celebrated at Birmingham Jain Ashram under the presence of Samanijis.



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Celebration of Akshay Tritiya at South London

On April 28, on the occasion of Mrs Jyotsnaben's Parana, Samanijis commemorated Akshay Tritiya at her house by reciting Bhaktamar, devotional songs as well as a talk on 'Importance of Internal Penance'.



Participation in interfaith events organized by WCF & UPF

On May 7, Samaniji delivered a key note speech 'Relevance of Non-violence in the 21st century' at World Congress of Faiths. She introduced training in Non-violence and mentioned a unique journey Ahimsa Yatra led by H.H. Acharya Mahapragya

in India. Rabbi Jackie Tabick, chairperson of WCF, honored Samanijis by presenting a book 'Beacons of The Light'. On May 15, to celebrate the United Nation's International day of Families, Samaniji spoke on 'Preparation and Early Support for Family Life' at 'Universal Peace Federation'.

Stress Free Exam: A Session at York and Warwick University: On April 29 at York and on May 12 at Warwick University, Samanijis conducted a session of Meditation, Relaxation and various breathing exercises.

Workshops conducted at JVB & other Jain Organizations

- On May 3 - 'Acupressure & Sujok Therapy' - by Dr. Namita Jain at JVB London
- On May 10 - 'Universe as per Jainism, Buddhism & Hinduism' at JVB London
- On May 17 - 'Importance of Samayik' at Navnat Jain Association
- On May 23 - 'Family & Non violence' amongst Bhagini Mandal of Ilford Jain Samaj



Children's Camp

On May 30, a one day children's camp was held at JVB London. Forty five children took part learning about, Jainism, Yoga, Meditation, a practical Jain way of life and enjoyed activities like Dancing, Mehndi, Cooking, Arts & Crafts. On May 31, a workshop 'How to instil good values in children' was held at JVB, which was attended not only by the young participants but also the parents!



NEWS FROM JVB MIAMI (FIU)



A journey from the East Coast to the West

After teaching the spring semester at Florida International University, Samani Charitra Prajna and Samani Unnata Pragma invested their summer time in nurturing Jain communities based on the East and West coast of the USA.

After an amazing Pratishta Mahotsav in Miami, they flew off to New Jersey on the 29th of April. On May 1st, Samaniji lectured on the special “**Preksha Refresher workshop**”. The trained practitioners of Preksha took home a package of ‘what next?’ It encompassed lectures, Q and A’s, and a meditation session.

A grand celebration of **Akshaya Tritiya** was organized in Edison on May 3rd. The event had heart-warming presentations from the Jain Youth. Samaniji came up with innovative Dreams songs, lectures and more.

This **journey of New Jersey and New York** was oriented towards home to home meetings and swadyaya. This involved many community lectures, family counseling, one to one discussion and personal counseling, mantra chanting sessions and more. The society experienced rejuvenating energy by the presence of the four Samaniji in their midst. **Mother’s Day** was celebrated with a good gathering of the families. The mothers were gifted by the blessings of Samanijis. “This could be the best way to celebrate the day, which pulled us for a religious energy and blessing rather than pushing them to restaurants”, said the mothers from the audience.

A true American Jain: Samani Charitra Pragmaji also had discussions with Gary Francione, a law Professor at Rutgers. Gary Francione is keen on not just learning about Jainism but also practicing it. He considers himself as an American Jain and hopes to be a born a Jain in his next birth. Once, when driving to the JVB Center, Gary Francione came out of the parking lot. There was a New Jersey Police man, ready with a ticket for not putting on his seat belt. Gary Francione shares that, “I was not attached to my dollars, nor had hatred towards the police. I paid him and tried to practice Equanimity (Vitaragata).” He was at peace. This was the practice of Jainism, which even those born as Jains often miss.



The next destination of Samani Charitra Prajna and Samani Unnata Pragma was the West Coast. They started off from San Jose, visiting different lands around.

The **Shanti Nath Kalyanak day**, May 23rd was celebrated as a **World Peace Day** in the Milpitas Jain Temple. Samani Charitra Prajna bestowd her melodious peace message which touched the hearts of those present. By organizing many such events, programs and activities, the sole purpose is to motivate the people towards a stress free and spiritual life. The recession has impacted material exchange but need not affect the evolution of the soul.

