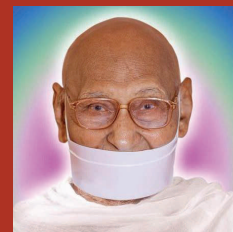




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 2, ISSUE 2

FEBRUARY 2008



Akshay Pragya



Vinay Pragya

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Manage Your Anger Before it Manages You Samani Akshay Pragya

We are living in the age of science and technology. There are wonderful researches and treatments to cure the diseases. The question is, in spite of having these entire facilities do we have a happy life? Is there any pill to cure the anger which is the root of many diseases? Man wants happiness, happiness and only happiness. The pre-requisites of happiness are—Healthy body, balanced mind & controlled emotions. Does man have all these things? Is man working hard to get rid of happiness-killer (anger)? If you really want a happy life, see thyself, Check your anger and try to control it.



There are two things flower & fire. Everybody loves flower; nobody loves fire. Anger makes you fire, and Forgiveness makes you flower. Choice is in your hand. There is difference of only one letter between ANGER and DANGER. One should always try to control anger because it drains out our energy and dries up our relations. Anger is an emotional illness, temporary madness and peace-killer. Without cause there is no effect. What are the causes of Anger?

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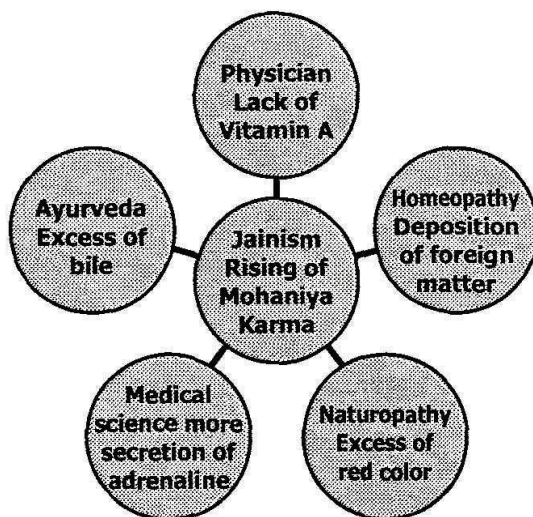
Mark Your Calendar for Annual Family Camp From March 21st to 23rd at the Gordon Ranch in Richmond, Texas



Some of the cast from Mahasati Anjana Play—memories continue to reverberate.....



In regular life there are many causes of anger like ego, food habits, obstacle to desire, constant sickness, stress, bad words and doubt. Anger affects our health as fast breathing rate, high pulse rate, high BP, high blood sugar, weak immune system, weak memory, weak digestive system ulcer in stomach and the like. Everybody wants to live long, then by getting angry—is not he reducing his life? by losing physical and mental health!!! An aggressive man radiates negative energy around him, which affects surrounding people too. If a cook cooks food in aggressive mood then that food can affect badly to eater also. *Once a mother was feeding her child in the aggressive mood and due to aggression hormones changed, milk turned into poison and the baby died.* There is not a single benefit of anger then why man gets angry so often.



Causes: Various Perspective

Many people ask, is there any way to be free from this uninvited and unwanted guest emotion? Yes there is. HH Acharya Mahapragyaji says yoga, meditation and pranayam can change the life.

YOGA- Rabbit pose, Yoga Mudra and **Relaxation. White color Meditation** - 1) Sit in comfortable posture with Gyan Mudra 2) Close your eyes, concentrate at center of enlightenment (center of forehead) and visualize bright white color like full moon 3) Think that I am becoming cool like moon and anger is pacifying. **Pranayam** - Long breathing - slow down the breath and concentrate at navel. Increase the duration of breath.

If one puts these practices in the daily schedule it will control the hormones along with Nervous system and it does not let a person get angry. Moreover, there are couple of antidotes which can also help to cure the anger. For example, start counting 1-100 and reverse, Drink water, Change the place, go in back yard and start long breathing etc.

Say bye-bye to anger not tomorrow but right now, because it is a sweet poison for your personality, happiness and peaceful life. It is not less powerful than nuclear weapon. So don't wait for tomorrow. You manage the anger Oust by changing your emotional stream) before it manages you.





Tidbits

The Problem Solving Mantra

“om shante prashante sarva krodhro pashmani swaha”

- Chant 21 times before commencement of journey .
- Benefit: For a safe journey.

Test your knowledge about Jain religion

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

Q1. What is Nama (body determining) Karma?

Answer: Nama Karma determines the structure of the body, place of next birth, number of sense organs, etc.

Q2. Which Karma determines the status?

Answer: Gotra Karma determines the status in the society.

Q3. What obstructs good status?

Answer: Ego obstructs good status—ego of knowledge, strength, beauty, and so on.

Questions for this month are:

1. What is Antaraya Karma?
2. Can one change any bad Karma into good?
3. How do Karmas get attracted?

Voice of the Omniscient

**Jagaraha nara niccam, jagaramanassa vaddhate vuddhi
Jo suvati na so dhnno, jo jaggati so saya dhanno**

Keep your self always awake. One who keeps awake increases his wisdom. He who falls asleep is not great. Blessed is he who keeps awake.

(Abstract From Jain Agamas)

Calendar of Events:

- ◆ Please note that Samanijis are currently visiting H.H. Acharya Mahapragyaji in India, and will return on March 05th.
- ◆ 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.

Thoughts:

Look inside and live inside. The verbal meaning is simple. The gist is very difficult. The senses are part of the outer world, and so is their functioning. The pivot of attraction is in the outer world, and only there. The happiness derived from the outer world is well known, but that derived from the inner world is unknown. Who would leave that which is known and venture into the unknown? The known is posing problems. After experiencing them, the desire to venture into the unknown is born. Initially, entry is difficult. As the pace of progress quickens, the truth slowly emerges - The happiness within is enormous. Why did I not enter into this earlier? All of us have to search for the answer to this question.





Students from University of Houston Graduate College of Social Work Visit JVB Houston



Professor Patrick Leung from the University of Houston Graduate College of Social Work and a group of his Program Evaluation class students visited the JVB Houston Center on February 3, 2008 from 10 a.m. to 12:15 p.m. The purposes of their visit were to understand the mission and activities of the Center; and to conduct a needs assessment survey to identify the needs of the Indian communities. The goal of this survey was to assess the social and mental health needs of Asian American communities in the Houston Area. The survey included statements that assessed Indians' concerns about different social, community, health, and immigration issues within the Asian American population.

Professor Leung indicated that there are very few studies to document the needs of the Indian community in the Houston area. When non-profit organizations request for funding to serve the Indian communities, many of their funding proposals are turned down as funders do not find any empirical data to support the needs of the Indian communities. Therefore,

Professor Leung's study will be a resource to the government (local, state and federal), United Ways and foundations to help them understand the needs of the Indian communities.

Professor Leung and his students were very impressed by the values and beliefs of the Center. It was very nice that Mr. Pramod Bengani and Mr. Ajay Khater explained to him and his students about the history of JVB. Professor Leung and his students also had an opportunity to observe the children at the Center who participated in a Yoga class.

Professor Leung felt that the members at JVB Houston accommodate one another. They share the same philosophy. They also commit to what they are doing. They belong to this big family. Professor Leung found that the peaceful feeling in the Center is much needed in people's lives.

Professor Leung expressed that he learned a lot from this visit.

