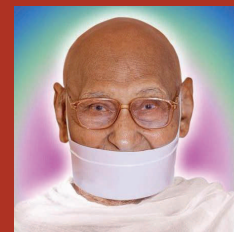




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 3, ISSUE 5-6

MAY-JUNE 2009



Akshay Pragayaji



Vinay Pragayaji

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Pragya Diwas

(Acharya Mahapragya ji's 90th Birthday)



Houston Jain Vishva Bharati celebrated 90th birthday of Shri Acharya Mahapragya ji on June 21st 2009. About 150 people participated in this event. The goal of this event was to further communicate Acharyashri's teachings and show how those teachings can be turned into actionable activities in day to day life.

Pramod Bengani, the secretary of Jain Vishva Bharati opened the event with introductions and agenda. Alok Jain, member JVB Board of Directors, provided the update on the current status of new JVB Preksha

Meditation Center Houston which has the unique pyramid shaped



meditation center along with about 10,000 sq feet facility for Gyanshala classes and other activities for Houstonians. The new center is scheduled to open on October 09, 2009. JVB Gyanshala kids and parents performed number of skits that demonstrated Acharyashri's key messages for healthy and meaningful life. A local music group performed Bhajans on this occasion.



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NewsFlash

New JVB Preksha Meditation Center Inauguration: October 9 to 11 2009

Contact Us
JVB Houston
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Phone: 281-596-9642
info@jvbhouston.org



Pragya Diwas Contd..



Samnji Vinay Pragya talked about Acharyashri's simplicity and how we all need to adopt it in our day to day life. She also mentioned an incident where a professor from U.S. University was impressed by Acharyashri's knowledge and techniques developed by him for simple living. Samnji also conducted a short meditation session for attendees.



Samnji Akshay Pragya ji spoke about Acharyashri's life and teachings. She specifically talked about the time she spent with Acharyashri over last several years and what she learnt from him. She also talked about Acharyashri's aura and how it influences the people around him.

People feel peaceful as they sit in His pious aura. Acharyashri has tremendous ability to influence people from diverse backgrounds such as Hindus and Muslims. He, with His spiritual



guidance, has brought Peace in India several times, for example he played a key role for the peaceful Jagnnath Rath Yatra in Ahmedabad after Godhra Kand in 2002.



At the end of the event, Hasmukh Patel, President JVB Houston Center, gave the vote of thanks. After the event, Samnji spent time with attendees answering their questions about Acharyashri's teachings and planned activities for the new Preksha Meditation Center.

By: Ajay Gandhi





Tidbits

Mantra to get success in any work you do

“Aum aim aum namah”

- Chant this mantra 9 times as you go out of your house for work
- Benefit: the work for which you are leaving the house will be completed successfully

Test your knowledge about Jain religion

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

Q. Who was the founder of Jainism?

A. Jains believe their religion is extremely ancient. Lord Mahavira, who died in 527 BC, was the last of a long series of prophets (Tirthankara). He followed an existing religion, which Jains believe was established by Rishabhdev, who lived countless centuries before.

Q. Is there any one principle above all which characterizes Jainism?

A. Yes. The fundamental principle of Jainism is Ahimsa or nonviolence towards all living things however insignificant to our eyes. To a true Jain, violence in thought and speech is as bad as physical violence.

Q. Do Jains believe in reincarnation?

A. Yes. Every soul has passed through countless lives carrying with it the accumulated effects (karma) of its deeds and passions, good and bad.

Congratulations!!! Shrenik Jain for sending correct answers to the last month's questions.

Let us ask you the Questions which were given in the test at Gyanshala (kids) for this month:

Q. Name the colors in Jain flag

Q. Explain meaning of Jain swastika

Q. Explain the meaning of three dots on top of swastika

Voice of the Omniscient

Appanameva jujjhaahi, kim te jujjhena vajjhao

Appanameva appanam, jaittaa suhamev ya.

Fight with your soul. What will you achieve with external combat? Man achieves real bliss only when you conquer soul.

(Abstract From Jain Agamas)

Calendar of Events:

- | | |
|--------------------|--|
| ◆ Tuesday | 07:00 to 08:00 PM.: Yoga & Pranayam to Relieve Stress |
| ◆ Wednesday | 07:00 to 07.45 PM.: Pranayam & Meditation for Healthy Life & Positive Thinking |
| | 08:00 to 09:00 PM.: Swadhyaya (on Sambodhi: A talk of Lord Mahavir and Megh Kumar) |
| ◆ 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 (2nd,4th) | 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan |

Upcoming Events:

- ◆ **Children Summer camp:** Aug 3-6, from 9am-3:30 pm Age 5-15 years
- ◆ **‘Maitri Diwas’ :** Aug 29, Saturday
- ◆ **New JVB Preksha Meditation Center Inauguration:** October 09-11th, 2009





Secrets of Optimum Health and Happiness

Acharya Mahapragya

(Published in The White Drums, Mumbai on 05/16/2009)



The cause of illness does not lie only in the body but also in an unhealthy mind. Many diseases descend from the mind. They are not only physical ailments, but are psychosomatic. The cause of psychosomatic ailments is found in the internal world - the world of the psyche. Freud has used the word 'mind'. Jung did very subtle studies in the field of psychology. He explained that our consciousness has two levels: mind and psyche (consciousness). Psyche is beyond mind. Numerous ailments emerge from the psyche, the world of emotions. Both the terms 'healthy' and 'unhealthy' are related to the emotional world.

A person gets very angry. As soon as the intensity of anger increases, the heart is stimulated and its beats become faster. Anger is the enemy of the heart. When anger crosses its limits, it damages the functioning of the heart.

The growth of fear disturbs the functions of the heart, the lungs and the kidneys. Some ask why their kidneys malfunction when they neither consume excess salt nor spicy food. Our emotional world is a subtler cause than our food. If a person is frightened, fear leads to malfunctioning of the kidneys.

Our emotions affect the functioning of the organs of our body, and our organs affect our emotions. The two are intertwined. If any part of our body is diseased, it has a direct effect on the emotional status of the person. When a person's liver is infected, he will become quarrelsome. There is no medication for removing quarrelsome traits.

But analyzing from the perspective of emotions, a person with a quarrelsome nature should get his liver diagnosed. Malfunctioning of the liver can also lead to depression without any apparent reason.

From the standpoint of Preksha meditation, while discussing the causes of good health and sickness, we should not get stuck only on the external causes. Of course, the causes could be external. But we should also be aware of each and every organ of our body and see what is going on there. Whenever there is turbulence in our emotions, we should find out how our body is functioning. Similarly, when the parts of our body are malfunctioning, we should crosscheck how our emotions are. Both of them are interconnected. It is necessary for the trainers of Preksha meditation to know this fact.

The principle of Preksha meditation is that balanced emotions lead to a healthy body and unbalanced emotions lead to an unhealthy body. Unbalanced emotions make a person unhealthy and an unhealthy body will trigger the emotions.

Napoleon was defeated in the battle of Waterloo. The cause of his defeat was studied. Along with that study came a medical report as well. The report said that at the time that he took the decision to fight the Waterloo battle, his pituitary gland had failed. If we go along further with this fact, we can conclude that the failure of the pituitary gland renders a person cruel, merciless and bereft of compassion.

Preksha meditation is not a practice that is restricted to making the mind one-pointed for an hour, but is a holistic approach to life. One who wishes to live a good life should internalize the system of Preksha meditation. Because physical and mental illness strike and cause anguish, they disrupt the normal course of life. In order to think about these issues, we must enter the world of emotions. By investigating the subtle world of emotions, we will reach the truth.





Secrets of Optimum Health and Happiness contd.....

Japanese scientists have done considerable research on the topic 'Emotions and Diseases'. I would like to request some of the brilliant doctors and scientists working in the field of Preksha meditation to carry out research on the effect of emotions on our lives. How we can make our lives better, using emotions, is a subject for research.

Summarizing this chapter, we see that there are two worlds - the inner world and external world. The internal world is called the world of emotions and the external world is called the mind. The mind does not interfere with the internal world.

Uttaraadhyayan sutra, one of the prominent Jain Aagamas, gives a clear explanation of the world of emotions. A question was asked to Bhagvan Mahavir, 'What does a soul get by purification of emotions?' Bhagvan Mahavir answered, 'One becomes fearless on purification of emotions.'

A person who neither meditates nor does chanting but resolves to be continuously aware of his emotions all the 24 hours of the day, and tries to keep them as pure as possible, will find there is no need of meditation, because, I believe, meditation is happening of its own. There is no need for him to do any other practice. If emotions are pure, that means he has found the solution. That is why we must transcend the boundaries of the mind, enter the world of emotions, purify them and thus obtain the secrets of optimum health and happiness.

Acharya Mahaprajna-



Donations for May to July 2009	
Name	Amount
Ila Patel	\$ 2,600.00
Anonymous	\$ 2,000.00
Sanjay and Renu jain	\$ 2,000.00
Anonymous	\$ 50,000.00
Hasmukh & Chandrika Doshi	\$ 5,000.00
Vivek and Kajal Jain	\$ 2,500.00
Vijay & Geeta Pallod	\$ 2,001.00
Chevron Humankind Matching Gift Program	\$ 5,000.00
Darshan S. Boradia	\$ 1,000.00
Sukh S. and Kalyan Mehta	\$ 1,000.00
Jaikishin S and Anita Bhagia	\$ 2,500.00
Total	\$ 75,601.00

