



Lord Mahaveer

JVB International Reflections...



Acharya Mahapragya

Volume1, Issue 1



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JVB New Jersey

Samani Mudit Pragma
Samani Shukla Pragma
www.jvbna.org

JVB Orlando

Samani Param Pragma
Samani Jayant Pragma
www.jainvishwabharati.org

JVB Houston

Samani Akshay Pragma
Samani Vinay Pragma
www.jvbhouston.org

JVB London

Samani Prasanna Pragma
Samani Rohit Pragma
www.jvblondon.org

A soul striving for Universal Peace and Non-violence

'My consciousness is free from body and mind. My spiritual practices are not the adulation of the truth but the investigation of it.... Soul is my God. Renunciation is my Prayer. Amity is my Devotion. Self-restraint is my Strength. Non-Violence is my Religion.'

Above are the spiritual thoughts of a spiritual soul, Acharya Mahapragya. Acharya Shri Mahapragya is a well known spiritual leader in India whose erudition, wisdom & compassion combined with his pragmatic and scientific approach to spirituality, have made him a masterful spiritualist of our time. Born in a small village of Tamkor in Rajasthan, he had unique talents in his childhood itself. He renounced family and all worldly comforts and embraced monkhood at the tender age of 10 on 29th January 1931. Acharya Mahapragya is a good writer, scholar, poet, philosopher and the like. He has written more than 200 books.

In the continuous and ongoing efforts in the field of innovation in education systems, social reforms and international peace, Acharya Shri Mahapragya has now put his focus on a Non-Violent Globe. This is in keeping with the present scenario of the world in which we hear news of war and terrorism almost everyday. He has started a unique journey called **'Ahimsa Yatra' (Non-violence march)** to spread the message of non-violence, fraternity and peace.

JVB Mission

To spread the universal message of Jain Philosophy and Jain wisdom to the world.

To cultivate an atmosphere that nurtures non violence, restraint, and divergent perspectives whereby leading to spiritual enlightenment for man.

To create an environment of unity and social harmony for all mankind.

The main objective of *Ahimsa Yatra* is to transform the negative emotions into positive ones through some effective processes. Acharya Shri says that problems like poverty, corruption, injustice, crime and pollution cannot be solved just by training the basic principles of religion and social system. These can only be solved



Communal Harmony



Transformation through Preksha Meditation



Understanding Religion



by awakening the Consciousness for Non-Violence, by changing neurotransmitters (bio-chemistry) through yoga & meditation and providing job oriented training to people for their smooth livelihood.

Acharya Shri firmly believes that a strong determination and commitment is absolutely necessary for the people who would like to dedicate themselves for the cause of Non-Violence. The main objectives of this *Ahimsa Yatra* are:

- A Non-Violent Society • To spread the message of Ahimsa all over the World • To promulgate a feeling of Morality among the people • To bring the international groups working for Non-Violence together • To make the people aware about the effects of violence on Society and the World.

Through the expedition of *Ahimsa Yatra*, His Highness has created an atmosphere of Non-Violence, Universal Friendship and Fraternity which is a historical event. Due to its importance and objective, it has been well received and welcomed by most of the top dignitaries of the Country.

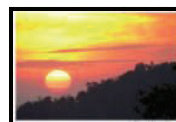
Honorable **Mr. A.P.J. Abdul Kalam** says: Acharya Mahapragya is above Sectarianism. It may be specifically mentioned to the political, social and religious leaders coming for Darshan of your Lordship that the burning problems of the Nation can only be solved once they are above group politics and then only can the Nation be further developed.

Acharya Mahapragya is addressed as '**Walking Encyclopedia of Religion and Philosophy**', '**Jain Yoga Punruddharak**' (Resurrector of Jain Yoga) '**Modern Vivekananda**' of India '**Columbus of Jain Meditation**' by many intellectual commentators for his contribution in reviving Preksha Dhyana by which innumerable people have been benefited.

More over he has also received numerous awards and honors such as, '**Indira Gandhi National Unity Award**', **Ambassador of Peace**, **Lokmanya Maharshi**, **Brahmashri**, **Dharm Chakravarthi**, **National Communal Harmony Award**, **Mother Teresa Peace Award**, **Doctor of Literature** etc.

This *Ahimsa yatra* has been regarded as one of the most significant and historical expeditions of the present era and has proved really useful in the present context.

Thought at sunrise



One who makes himself useful tends to become the center of attraction. Whereas one who does not make himself useful, tends to lose attention. Do not worry about being the centre of attraction, just concentrate on remaining useful. If you do so, nobody can ignore you. But if you do not make yourself useful and still want to draw attention to yourself, is the effort justified?

You Can Stay Healthy—Cure Diabetes

Asana (Exercise): Ten Yogic Kriya of breathing and stomach, Ardha-Matsyendrasana, Tiryak-Bhujangasana, Matsyasana, Ishta-vandan, Kati-asana, Butterfly-asana. (visit www.preksha.com)

Pranayama (Breathing technique): Nadishodhan, Anulom-Vilom, Suryabhedhi and Kapalabhati

Preksha (Perception): Focus at Pancreas - 10 minutes

Anupreksha (Contemplation): Auto-suggestion "My pancreas are becoming healthy". -15 minutes

Japa (Chanting): "NAMO LOE SAVVA SAHUNAM" - 10 minutes

Tapa (Penance): Avoid sugar –products, and the stuffs made of potato, rice, and starch.

Mudra (Hand Posture): Prana Mudra and Apana Mudra.



NEWS FROM JVB NEW JERSEY CENTER

Lectures on 'Introduction to Jainism' & 'Source to Energize Body, Mind & Spirit' in Southern New Hampshire University, Manchester.



Feedbacks:

"The introduction to Jainism made me see that we can live without spoiling the society we live in. Also it is inspiration for us to meet these nuns who actually practice this religious life."

"Lecture on Preksha Yoga & Meditation reminds me how important it is to care for myself and love myself." Professor Tej Dhakkar hosted the Samaniji.

Mahavir Jayanti



Akshay Tritiya Program



Holi in a spiritual way



New Jersey

Samanijis enlightened the people with various teachings on maintaining harmony and peace in individual as well as family life at Narendra and Chitra Bhandari's home.

New York

Samaniji talked about Jain way of life, Preksha Dhyana & Yoga. Bacchu Bhai & Madhuben, and Vijay Bhai & Chhayaben Mehta hosted the Samanijis.

Cherry Hill

Cherry Hill Jain Sangh invites Samanijis every fourth Sunday of the month to learn and practice Preksha Dhyana & Yoga.

San Francisco and Memphis

Mahavir Jayanti was celebrated in San Francisco and Memphis in the presence of Samani Mudit Pragyaji and Samani Shukla Pragyaji.

Jain Vishwa Bharati of North America Phone: (732) 404-1430 Email: jvbnj@yahoo.com



NEWS FROM JVB ORLANDO CENTER

Samaniiji Visits Rollins College

On April 15th Samani Param Pragyaji and Samani Jayant Pragyaji visited Rollins College in Winter Park, Florida where they met with Professor Udit Greenberg's Religion class. They gave lecture on Religion and Body and the students participated in a discussion followed by question-answer session.

12th Annual Spiritual Camp, Orlando Fl.

In the presence of Samani Param Pragyaji, Samani Charitra Pragyaji, Samani Punya Pragyaji, and Samani Unnat Pragyaji, the 12th Annual Spiritual camp was held on 18th – 20th January at the Orlando International Airport Hotel and Conference Center. Class lectures were divided into 4 groups. Lectures, meditation, and relaxation classes for youth and adults were conducted by Samanijis and Drs. Dhiren Mehta and Devendra Mehta as well as other volunteers. The event drew over 250 family and friends. Samani Punya Pragyaji presented live songs on the occasion of the inauguration of her songs CD.



The youth and kids performed an amazing evening cultural program.

Camp at Milwaukee, WI

The 2nd annual Health and Wellness Camp was held in Milwaukee on March 15 -16 at the Hindu Temple of WI. It was attended by 70 people and 10 kids, ages 3-11. The camp was conducted by Samniji Param Prajna and Samniji Jayant Prajna from Jain Vishwa Bharati Center of Orlando, FL. Activities included lectures (Power of Positive Talk and Peace Through Forgiveness), practicing Yoga and Meditation and a debate. Dr. Nanda presented a lecture on "Health and Yoga" followed by some Asanas demonstrated by one of his students.

Hope Unites Church of Christ Orlando, Fl.

On Easter Sunday March 23rd, Samani Param Pragyaji and Samani Jayant Pragyaji attended the services at the Hope Unites Church. The church appreciated the Samanijis chanting as they felt positive energy and peace and harmony within and surrounding. Thanks go out to Andrea Drake for making all the arrangements for the visit.

JVB Orlando celebrates Akshay Tritiya & Annual Program on Saturday, May 3rd 2008.

With great enthusiasm and spiritual vigor JVB Orlando Sangh celebrated Akshay Tritiya program and its annual cultural program on May 3rd at JVB Orlando center. Samani Jayant Pragyaji gave pravarchan on "Keys to Success". Thereafter the kids presented on Do's & Dont's where they debated that Jainism is not a self centered dharma. Winners of the essay and drawing competition held in February and March were awarded. The subject was "Effects of Jainism on Nature and Ecology". Adults sang a bhajan and performed a drama "Peturam". Samani Param Pragyaji in her pravarchan gave the message of 'Power of Now'.

Upcoming Events

Intensive Preksha Meditation Camp, December 26 – 31, 2008

Annual Spiritual Family Camp, January 16 – 18, 2009

Contact jainvishwa1@gmail.com

Phone: 407-852-8694



NEWS FROM JVB HOUSTON CENTER

Retreat camp

JVB Houston held its Annual family camp on "Purify Your Aura and be Peaceful" in Gordon Ranch at the outskirt of Houston, from March 21-23, 2008. Adult and children both had the separate sessions of lectures, yoga, pranayam and meditation including cultural program by kids and adult's quiz competition.



Retreat camp healthy & peaceful life



JVB Gyanshala : A Foundation of Future

AAHOA Convention

2008 AAHOA (Asian American Hotel Owners Association) convention was held in San Antonio, TX from 26-29 April, 2008. Samaniji from JVB Houston were invited to conduct **Stress Management through Preksha Therapy** session for the 3 days of program. People enjoyed the tips about food, sleep, work etc. including advanced yoga, meditation and Pranayam, propounded by Acharya Mahapragya, to cure stress.



AAHOA Convention

MD Anderson

Visit to Chicago



In Pictures: Mahavir Jayanti : Skit by Gyanshala kids & 'Check your Talent' by adults with TING TONG

Role of Religion and Spirituality in Stopping Smoking

(A multi-faith program hosted by MD Anderson Cancer Center Houston)

Samaniji were invited to attend a meeting with MD Anderson Cancer Center to discuss the role of

religion and spirituality in stopping smoking. Samaniji informed the attendees that JVB has been successfully trying program of Yoga, Pranayam, and Preksha Meditation propounded by Acharya Mahapragya to assist the smokers in India, and is currently assisting a member here in Houston. Interfaith ministry showed their deep interest in Preksha Meditation program.

Upcoming Event: Pragya Diwas on July 13.

Kids summer camp July 14-17.

Contact : JVB Houston 281 596 9642 , info@jvbhouston.org

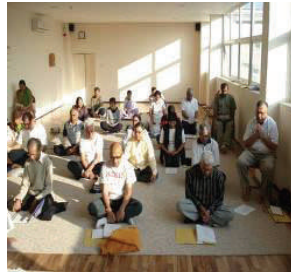
NEWS FROM JVB LONDON CENTER

London celebrates Mahaveer Janma Kalyanak under one banner 'JAINS UK'

On April 26th, over 1,800 members of UK's Jain community came together to celebrate Mahaveer Jayanti in London. On the occasion, the Samanijis presented a beautiful dialogue - Voice of Time - describing the secret of Lord Mahaveer's rebirth. The day-long cultural program included a skit on "Magnificent Mahaveer" by children & Jain prayer "Arhat Vandana" accompanied by music, dance



and a slide show by young group of the JVB London center. Jain Community of Manchester also celebrated Mahaveer Jayanti in the presence of Samaniji.



Samanijis performed a prayer at the Navkar Mantra Pooja organized by the Jain Samaj Europe as well as the Mahaveer Award ceremony program organized by the Young Indian Vegetarian Society UK.

Samanijis conducted a session on 'Are you stressed about exams?' for the Young Jain Students of Warwick University. At a health seminar in Navnaat Center, Samanijis spoke about 'Color Therapy'.

Samaniji and Swami Dharmanandji held two one-day workshops on women and children's health and curing cough, cold and sinusitis. Swami Dharmanandji also gave daily talks on treating various diseases ranging from joint pain to heart disease and depression. From May 19 to June 6, JVB Centre London was filled with spiritual vibrations every morning with the Initial Preksha Meditation Training sessions being held under the guidance of Samanijis and Swami Dharmanandji. People also benefited from a two-day Preksha Meditation workshop at the Center.

Samaniji spoke on the 'Role of religion in resolving the problems of violent world' in the interfaith program organized by *Sevashram Sangh*.

JVB London celebrated *Akshay Tiritiya* with recitation of *Akhand Bhaktamar Paath*.

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Jain Vishwa Bharati University, India



Jain Vishwa Bharati Institute was established in 1991 with inspiration from His Holiness Acharya Tulsi, a seer, saint and scholar. He was the first *Anushasta* (Preceptor) of the Institute and Acharya Shri Mahaprajna his successor, is the present one. (Acharya Tulsi and now Acharya Mahaprajna work untiringly towards eradicating social evils, reforming social customs, building national character and educating the masses on the principles of nonviolence, universal peace and brotherhood propounded by Lord Mahavir.

The Jain Vishwa Bharati Institute was accorded with the status of a "Deemed to be University" by the University Grants Commission (UGC) under Section 3 of the U.G.C. Act of 1956, in 1991 on the recommendation of the Government of India. As per notification of University Grants Commission No. F.6-1(II)/2006 (CPP-I) dated 13.09.2006, the name of the Jain Vishwa Bharati Institute has been changed as Jain Vishwa Bharati University.

Jain Vishwa Bharati University is committed to provide highest quality of education to students and give them an opportunity to cultivate an integrated personality backed by spirituality and moral values. The practice of pragmatic principles such as *anekant*, non-violence, tolerance and peaceful co-existence are the noble ideals of this University. It continuously strives hard to achieve excellence training, extension and experimentation in various branches of learning compatible to the mission of the university. JVB offers regular courses and distance education for under graduate, post graduate and lot more in Non-violence, Jainology, Science of Living and more. For more detail, visit at www.jvbi.ac.in.

The Role of Jainism in Evolving a New Paradigm of Philosophy

With the blessings and inspiration of His Holiness Acharya **Shri Mahaprajna**, Jain Vishwa Bharati is going to organize an international round-table on the theme "**The Role of Jainism in Evolving a New Paradigm of Philosophy**" in the World Congress of Philosophy to be held on the subject of "**Rethinking Philosophy Today**", in Seoul, **South Korea** from **July 30 to August 5, 2008**.

H.H. Acharya **Shri Mahaprajna**, a living legend of Jain philosophy, will bless the round table indirectly. His Holiness has not only presented a new paradigm of Jain philosophy in its true sense but also is working hard for the welfare of humanity. The aim and objective with detailed brochure of the round-table can be requested by sending an e-mail to c.pragya@rediffmail.com

Preksha International Camp At Jaipur, India

Organizer: Preksha International

Auspicious Presence: HH Acharya Mahapragya

When: June 29— July 06, 2008

Where: Anuvibha, Jaipur (Rajasthan, India) (more detail... visit www.preksha.com)

We look forward to your support and continued patronage which is fundamental to achieving the mission of peace, harmony, wellbeing of mankind and the future of our planet.