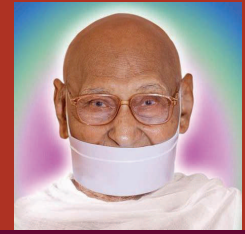




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

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Akshay Pragyaji



Vinay Pragyaji

BREATHING & HEALTH

Acharya Mahapragya

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By: Acharya Mahapragya

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By: JVB Newsdesk

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Every living creature inhales and exhales. Its breathing contains the characteristics of matter such as color, smell, taste and touch. Just as the body has color, smell, taste and touch, the breath too has all these four characteristics. A being does not merely breathe, it also absorbs *pudgala* with its color, smell, taste and touch. Five colors, two smells, five tastes and four to eight touch are present in the breath. When man's emotions are pure, his breath has the auspicious color, smell, taste and touch. When his emotions are impure, the *pudgalas* have inauspicious color, smell, taste, and touch. When the color smell, taste and touch are auspicious, the condition of good health exists and when the color smell, taste and touch are inauspicious, health deteriorates.

Nose and Breathing

While thinking about the breath, we shall have to think about the nose too. The nose and the breathing are closely related. According to Physiology, one part of the brain is related to the nose. It is connected with the external knowledge. This part of the brain is not as well-developed in human beings as in the animals. It has some shortcomings. Nonetheless, the part of the brain related to the nose is very important. Fear, anger, aggressive tendencies, all these are centered in this part, it is called *pudgalo* around the nose. Understanding the nose means understanding the numerous mysteries of the body.

Bhagvan Mahavir used to concentrate on the tip of the nose. Concentration on the tip of the nose has a very profound meaning. It means that the person who concentrates on the tip of the nose, controls his brain related to the nose and refines it. The person who wishes to attain freedom from fear, wishes to bring down his anger, wishes to abandon his aggressive ways, wishes to control his lust, must essentially concentrate on the tip of his nose.

Contd. on pg 4



New JVB Houston Center Construction Update



Construction is progressing well. Pyramid meditation hall is in place and is being painted.

Concrete floor for the second floor of the main building is poured. Construction on the elevator is in progress.

Gyanshala parents do Shram Daan during weekends. Last weekend they cleaned the interior of main building To make it ready for the internal wall construction.



Donations of the month:

- | | |
|---------------------------------|----------|
| • Jugal Kishore and Raj Malani: | \$50,000 |
| • Vijay and Marie Goradia: | \$50,000 |
| • Hemant and Indrani Goradia: | \$25,000 |
| • Prakash and Kamala Dhoka: | \$5000 |
| • Anand and Daksha Basi | \$5000 |
| • Nisha Mehta: | \$5000 |
| • Parag and Archana Shah: | \$2000 |
| • Yash and Ranu Bhandari: | \$1001 |
| • Jai and Yen sethia: | \$1000 |
| • Jagdish and Renuka Mehta | \$1000 |
| • Yoko Yamaji | \$500 |
| • Lisa Payen | \$200 |





Tidbits

Mantra to fulfill our wishes

“Aum hrim shree arham Namaha”

- Chant this mantra by doing 1 rosary (108 times)
- Benefit: All wishes made with good intentions will be fulfilled

Test your knowledge about Jain religion

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

Q. Who can be called as “Shravak” ?

A. The one who follows “Ahimsa” and other total 12 “Vratas” is called as Shravak. One who is devoted, active, knowledgeable and patient is also called as Shravak.

Q. What is “Vrat” ?

A. “Vrat” means “Vow” or “Resolution”.

Q. What is “Anuvrat” ?

A. *Anuvrat* is the combination of two words – ‘anu’ and ‘vrat’. Here ‘anu’ means small and ‘vrat’ means vow or resolution. So *Anuvrat* means small resolution.

Questions for this month are:

- Q. What are the types of “GATIS”
- Q. What type of GATI do we fall under ?
- Q. What are the five great vows of Jain Monks and Nuns ?

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 (1st,3rd) 10:00 to 12:15 AM.: Gyanshala for children
- ◆ Sunday (2nd,4th) 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan

Upcoming Events:

- ◆ Preksha Youth Class: April 4, Saturday, at 3:00 pm : meditation, group discussion on ‘Ditching the Desires’
- ◆ Mahavir Jayanti Jaap: April 7, Tuesday, 8-9 pm.





BREATHING & HEALTH *contd...*

Apparently, the nose does not seem to be directly of any use. But from the spiritual point of view, the nose and the part of the brain related to the nose are of great importance. The nose and breathing are related to each other. If the breath is regulated, the part of the brain related to the nose gets refined.

The moment we are **angry**, the frequency of our breath increases. Similarly, our breathing becomes faster when we are dominated by **ego** or **deceit**. With the harmony of the emotions, there is also the harmony of the breathing. If there is emotional excitement, there would be excitement in the breathing too. If one is emotionally calm, his breathing too would be relaxed. The emotions, breath and health seem to be clearly and deeply related to each other. The problem of health cannot be solved without studying these three factors simultaneously. When the atoms of pure emotions and pure breath are absorbed, they become the constituents of good health. When the atoms of impure emotions and impure breath are absorbed, sign of the diseases manifest.

Therefore, focus on your breath, rectify your emotions and enjoy the good health.

Thoughts:

There are three types of perspective:

- External** – Like a camera which captures outer pictures only. Such people are engrossed in the materialistic world. They always look at others.
- Internal** – Like X-ray which captures inner pictures. Such people stay within and look at their attitude.
- Illusory** – Like a color glasses, this shows unrealistic pictures. Such people are away from the truth.

Volunteers Offering Shram Daan for the New Preksha Center Under Sri Has Mukh Doshi's Guidance



By: JVB News Desk

