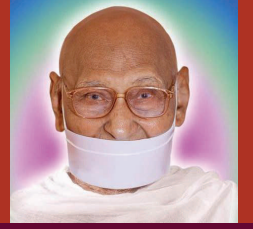




Ahimsa is Protector

Timeless Wisdom...

JVB Preksha Meditation Center Houston



Search Truth Yourself

VOLUME 2, ISSUE 8

AUGUST 2008



Akshay Pragayaji



Vinay Pragayaji

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Paryushan Parva

Paryushan is the most important festival among the Jain festivals. Paryushan is a festival of self-discipline through fasting and other ascetic practices. Men, women and children as well as monks and nuns undertake fasts with varying strictness. This period is the one where one lives up to a true human being and releases oneself from the superficial worldly pleasures. One needs to practice purity and show capability to evolve in a true sense.

Parvushan Parva rekindles the new era of our inner soul and puts controls to shun worldly pleasures. Worldly pleasures and uncontrollable desires make humans unhappy. If we look for the core reasons for human unhappiness, the first one is - not knowing ones inner soul, second one is - get controlled only by desires (Indriya), and the third one is - no control on ones mind.

There are four types of people

1. Physically good but mentally weak
2. Mentally strong but physically weak
3. Strong in both
4. Weak in both

If a person is weak in his build up but has a strong will power, he can be successful in his goals but a person who is strong health-wise will not be successful if he has a weak mind. Most of us who are physically sound will enjoy the worldly pleasures, do well in business, sports or any other activity but only a few of us will use mental strength to make themselves good humans.

In our life we may come across many sinful activities. Jain literature has classified them into the following eighteen categories, and during Paryushan we repent for indulging in any of them,

1. pahalā prānātipāta - to hurt or kill any living beings
2. dusarā mrsāvāda - to lie
3. tisarā adattā-dāna - to steal
4. chauthā maithuna - sensual indulgence or unchastity
5. pāñchavām parigraha - worldly possessiveness
6. chathā krodha - anger
7. sātavān māna - ego
8. āthavān māyā - deception
9. nauvām lobha - greed

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Paryushan Parva contd...

10. dasavām raga – craving or attachment
11. gyārahavām dvesa - aversion
12. bārahavām kalaha - quarrelling
13. terahavām abhyākhyāna – allegation or false accusation
14. caudhahavām paisunya – slander and backbiting
15. pandrahavām ratiarati – being happy in sinful acts and being unhappy in virtuous acts
16. solahavām para-parivāda - gossiping
17. satrahavām māvā-mrsāvāda – to lie maliciously
18. athrahavām mithyātva-salya - to have false belief in wrong God, guru, or religion.

If you have committed any of these sinful acts personally, have caused others to commit or have supported ones being committed by others, for all those misdeeds of yours, you mentally, verbally and physically ask for forgiveness during this Parva. We can remove the anomalies within ourselves and in this world by changing our behaviors and by following these principles.

By: JVB News Desk

Children Summer Camp: Manage Your Life



JVB had the 3rd and last summer camp for children from Aug 11-14 in the guidance of Samaniji Akshay Pragyaji and Vinay Pragyaji. In this camp children enjoyed learning Yoga, Indian National Anthem—‘Jan Gan Man...’ and making flags with Shashiji and Bimlaji. One of the interesting activities was learning moral values through videos on ‘How to Control Anger’ and ‘How to Be Honest’. Children enjoyed this session with Samaniji and Pratima Desai. Ujwalji taught about Indian festival like ‘Raksha Bandhan’.

Dharmesh taught Japanese art Origami. Usha Patel, Khushboo, and Stephanie also helped in the classes. Children had lot of fun in camps. They are waiting for next summer camps which include learning and fun together.

By: JVB News Desk





Tidbits

The Problem Solving Mantra

“Aum Hree Shree Arham Abhinandan-nathaya Namaha”

- Chant this mantra every day by completing one mala
- Benefit: It helps in creating happy and joyous atmosphere around you

Test your knowledge about Jain religion

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

Q. Who was the founder of Jainism?

A. Jain religion is extremely ancient. Lord Mahavir, who died in 527 BC, was the last of twenty four Tirthankaras. He followed an existing religion, which was established by Rishabhdev, who lived countless centuries before Lord Mahavir.

Q. Is there any one principle which above all 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 God?

A. Not in the sense of a creator, or judge, or controller of the universe. The universe is always existing, and is controlled by its own laws. Every individual soul is potentially God and this is the state of the soul, which has reached Moksha or liberation.

Questions for this month are:

- Q What is the Pratikraman?
- Q What are the different Pratikramans?
- Q What does Samvatsari Pratikraman mean?

Voice of the Omniscient

**rago ya doso vi ya kammabiyam, kammam ca mohappabhavam vayamti
kammam ca jaimaranassa mulam, dukkham ca jaimaranam vayamti**

Attachment and aversion are the root cause of karma. Karma generates from delusion and becomes the cause of birth and death. Birth and death have been regarded as misery. (*Abstract From Jain Agamas*)

Calendar of Events:

- ◆ Tuesday 07:00 to 08:00 PM : Yoga & Pranayam to Relieve Stress
- ◆ Wednesday 07:15 to 08:00 PM.: Pranayam & Meditation for Healthy Life & Positive Thinking
08:00 to 09:00 PM : Swadhyaya (on meaning of Pratikraman and Uttradhyaya Sutra)
- ◆ 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
- 1. (1st and 3rd) 15:00 to 17:00 PM : Ahimsa Vichaar Manch
- 2. (2nd and 4th) 10:30 to 12:00 AM.: Meditation, Pravachan & Bhajan

Upcoming Events:

- Samanijis Visiting Connecticut from 08/23rd to September 05th
- Gyanshala Starting on September 07th.





Teacher Training Session at JVB Houston



As an important part of the upcoming session of Gyanshala at JVB Houston, the volunteer parents received their formal training from Samani Akshay Pragyaji and Samani Vinay Pragyaji on Sunday, August 18th 2008. The session was attended by 10 parents from 10.00 AM to 3.00 PM Anju, Daksha, Ila, Kajal, Khushboo, Mukta, Ranjana, Sarika, Shrenik and Suvarna attended the class held at the JVB centre.

The session was focused on strengthening the Jain concepts and principles in the teachers who in turn will be responsible to pass the same to the kids during Gyanshala. Basic prayers to advanced Shlokas were explained in detail by Saminiji's. Teachers learned the meaning of Navkar Mantra, Vandan Path, Mangal Bhavna, Logass, etc. to a deeper

level. They not only learnt the meanings and significance of the Shlokas but also the correct pronunciation and Vidhi (way) to say it. Saminiji's introduced them to the Jain concepts and principles which included the categories of Jiva/Ajiva, and also explained the 4 Gatis, 5 Jatis, 6 Kayas, and how to control senses. Teachers learnt about the 9 Tatvas (Real Entities) which are Jeev, Ajeev, Punya, Paap, Ashrav, Samvar, Nirjara, Bandh, and Moksh. In between the learning sessions there were discussions about Mahavideh Kshetra, Samvar, Chauvihar, etc. Overall it was a great learning experience.

Teachers realized that Jain concepts are very scientific and practical. If one understands them, one can significantly improve ones lives. Jainism, definitely, is the need of today to bring about spiritual as well as social welfare in our communities.

By: Kajal Jain

Samanijis at San Jacinto College



"I am Jonathan Jindra, 23, and I recently discovered Yoga and started taking classes at San Jacinto college. At the end of the second semester I was required to complete a project about something that interested me about Yoga. Since I was around 15 years old, meditation has fascinated me. I film and edit video for a living, so naturally I decided to make a 10 minute video presentation for the class exploring the positive effects of basic meditation practice. I interviewed 3 different establishments around Houston, and one of them was the JVB Preksha Meditation Center.

I did an on-screen interview with Samani Akshay Pragyaji, and Samani Vinay Pragyaji. They were both very welcoming and their honest nature could easily be sensed. Getting to

know them has been an illuminating experience for me.

After the interview, we scheduled a day for them to come to the college and teach meditation to the class. Student Simon Pena said it was "an awakening and delightful experience I would love to experience everyday" and my Yoga Instructor Amy Parnell said, "The meditation presentation helped my Yoga students experience deeper sense of their ability to calm their minds. The presentation was incredibly informative, while at the same time, contained moments of laughter, an invaluable moment when talking to students. We all enjoyed this presentation!". You can watch a video report of my work on the following link.

<http://www.youtube.com/watch?v=srU4xY3AVK8>

By: Jonathan Jindra

