



Lord Mahaveer

# JVB International Reflections...



Volume3 Issue 1

March-April, 2010



Acharya Mahapragya

## JVB Orlando

Samani Mudit Pragma

Samani Amit Pragma

[www.jainvishwabharati.org](http://www.jainvishwabharati.org)

## JVB Houston

Samani Akshay Pragma

Samani Vinay Pragma

[www.jvbhouston.org](http://www.jvbhouston.org)

## JVB New Jersey

Samani Sanmati Pragma

Samani Shukla Pragma

[www.jvbna.org](http://www.jvbna.org)

## JVB London

Samani Prasanna Pragma

Samani Rohit Pragma

[www.jvblondon.org](http://www.jvblondon.org)

## Miami, FIU

Samani Charitra Pragma

Samani Unnat Pragma

## The Effective Mantra of Peace in the Family

Acharya Mahapragya

*I am a conscious being. Attachment and hatred are not my nature, violence is not my nature, and I'm just a knower and observer.*

Once a doctor came to me and said, 'Gurudev, my mind is very unsteady and I get angry very soon.' I told him, 'Your unsteady mind is the reason for your anger.' doctor said, 'Why is this so?' I said, 'The main cause of restlessness is the pressure of internal, and the main reason of anger is ego.' The doctor asked, 'What is the relation between anger and ego?' I said, 'When you ask your wife to do something and she refuses, your ego gets hurt with the feeling that "my wife doesn't listen" - This will in turn make you angry. 'The doctor said, 'Yes Gurudev ! You are right. This is exactly what happens.'

Anger is the root cause of disputes in a family and ego works in the background with anger. The more ego you have, the more will be your temper, leading to friction. Another reason of dispute in family is greed. In case of situation where two brothers are dividing their properties even if a minute difference remains in division, if one brother gets a little more than the other, the one who gets less will be filled with enmity. The result is that the brothers who used to be regarded as 'Ram-Lakshman' now represent 'Ram-Ravan'.

## Highlights of this issue:

The Effective Mantra of  
Peace in Family



Thought at Sunrise



Meditation to Melt Ego  
and develop Humbleness



Message of HH Acharya  
Mahapragya



American Jain community  
sets a Historic Milestone  
in Jain Studies



News - JVB Orlando



News - JVB Houston



News - JVB New Jersey



News - JVB London



Preksha Meditation and Yoga in Russia

Anger and greed are the major reasons of tension. There are differences in interests, thoughts and ideas. When we interact with someone with a different opinion than ours, we start detesting him, and thereby create problems.

One day a woman came to me and said, 'Kindly guide me, give me some solution.' She began crying. Her condition was indeed pitiful. She continued, 'What should I do, the atmosphere of my house is very disturbing. My husband and my father-in-law are both of an un-adjusting nature. Many a times, I feel drawn to committing suicide.'



It appears that there are many problems in family life. It is very natural that when we link up with another, problems would increase. When we go to someone else's place we feel how wonderful their home is, how well-equipped and well-managed, so that when we listen to their problems, it seems contradictory. It seems contradictory too that the more attractive it is from outside, the greater are the problems within. People may appear happy externally, but are crying inside. This anguish doesn't come from outside but is self-created by man. The reason is clear-that his conscious mind is not pure.

Impurity gives rise to conflicts and quarrels. Unsteadiness of mind gives rise to problems, while steadiness of mind solves problems. Impurity of mind gives rise to negative thoughts, whereas optimism never results in quarrels or discord. Peace and co-existence exist where there is an atmosphere of optimism.

The solution to change the attitude and be safe from negative thoughts is to generate positive thinking. Positive thoughts arise with the practice of meditation. Meditation cleans the filth from our mind and thereby purifies us and where purity of mind resides discord cannot stay. Meditation not only instills concentration, it also purifies the mind and minimizes anger, ego, deceit and greed. It also helps us to shed the accumulated karma.

### **Thought at Sunrise**

Asked Yama, the God of Death, " O businessman! Now you have come the place of Yama, tell me where would you like to go? On one side lies hell and on the other side heaven." Replied the businessman, " O Lord! Send me there where I can earn some money."

The greedy man does not consider the good and the bad. He only looks for material gains.

### **You Can Stay Healthy**

#### **Meditation to Melt the Ego and Develop Humbleness**

1. Sit in a comfortable posture with back and spine in a straight line, and eyes softly close.
2. Recite Mahapran Dhvani 9 times
3. Relax your body, loosen up your muscles
4. Visualize bright green color around you
5. Focus on center of peace and repeat the following nine times  
My humbleness is developing  
Ego is melting away
6. Repeat mentally and contemplate with deep concentration  
I will be polite with people and objects around me  
'I am always right', is the feeling of ego. I will be free from it.  
I will stay away from the sense of superiority for wealth, qualification or any skill. Ego is not good for healthy relations.  
I will accept my mistake and express gratitude
7. Conclude the meditation with Mahapran Dhvani 3 times.





## News - Miami (Florida International University)

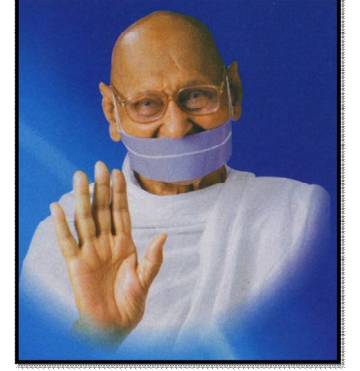
### American Jain Community Sets a Historic Milestone in Jain Studies

#### Message from His Holiness Acharya Mahapragya

I consider establishment of the Bhagwan Mahavir Professorship of Jain Studies at Florida International University a new step towards addressing contemporary issues of our modern day society.

Since time immemorial, Jain philosophy has developed principle of non-absolutism (Anekant) as means of exploring truth from a multitude of perspectives. This principle uncannily speaks to the modern world, which is learning to live with multiculturalism and multiple ideologies, and is extremely relevant in building a harmonious society. Jain code of conduct promotes the virtues of non-violence and non-possessiveness as key to addressing present day issues of consumerism and environmental degradation.

I believe the benefits of research in Jain philosophy and code of conduct through this professorship at FIU will reach not only the American society but will be guiding community at large across the world. I applaud this effort of Samani Charitra Pragya, Samani Unnat Pragya, and the Jain community and wish them success.



Acharya Mahapragya  
March 17, 2010

On April 16, 2010, the Stadium Club of Florida International University (FIU) in Miami glowed with an elegant aura of Jain traditional decor and a colorful gathering of the Jain community. The multicolored sand art, the intertwined garlands, the traditional lamp, the cultural saris and classical tunes of tabla and flute just added glamour to the hall. The occasion was to celebrate the official establishment of Bhagwan Mahavir Professorship of Jain Studies at FIU. The community has organized this initiative under the umbrella of a national foundation – Jain Education and Research Foundation (JERF), with the goal of expanding these across US.

The event was kicked off with chanting of Navkar Matra. Physically Samani Mudit pragya and Samani Amit Pragya sanctified the event by their presence. Establishing a Jain academic center has long been a dream of the Jain community, and on this day, FIU clinched the bragging rights of being the first in history by making this dream a reality. "FIU is internationally open, and we appreciate Jain community's confidence in us" said President Rosenberg, marking the beginning of the partnership between the Jains and the FIU.

Samani Charitra Pragya, the pioneer of this initiative, shared her story of four years long journey at FIU that culminated into creating this unique professorship. She admired the support received from the department of Religious Studies and Jain community all over USA and the academic expertise of Dr. Dipak Jain from Kellogg School of Management.





## News - Miami (Florida International University)

While accepting the nomination as the first Bhagwan Mahavir Professor of Jain Studies, Dr. Nathan Katz articulated the impact of Jain principle of nonviolence on the world over the past two millennia. He recognized the initial efforts undertaken by local Miami Jains who helped bringing up Samani ji at FIU, and building the network with Jain Vishva Bharati University. The community was fortunate to have received blessings from two living icons of nonviolence, His Holiness Acharya Mahapragya and His Holiness the Dalai Lama.



Dr. Dipak Jain, Chairman of the Board of JERF, said, establishment of this Professorship is a step from "success" to "significance". Jain values can play a pivotal role in shaping business ethics in today's world.

An alluring video produced by Sara Pattison with the images of Jain temples, testimonials from faculty and students about Jainism, and Meditation, and inspirational story of six Leshya enacted by students heightened the spirit of the audience.

The finale of the event was signing of the gift agreement by Dr. Dipak Jain, Chairman of JERF Board and Sapan Bafna, President of JERF Executive Committee on behalf of JERF and by President Mr. Rosenberg, Dean Furton and Mr. Conrad on behalf of FIU.

Following the signing ceremony, the Jain community presented a ceremonial check to the university. Members of the Jain Community from Orlando, Tampa, New Jersey, New York, San Francisco, Chicago, Washington D.C., Kentucky and more traveled long distances to become part of this memorable event. A delicious vegetarian dinner was awaiting for the guest at the conclusion of the event.

JERF advisory council, Board of directors, Executive committee and Volunteers felicitated President Rosenberg, Dean Robert Furton, Dr. Nathan Katz, VP Bob Conrad, Robert Callahan with Jain Literature. Jain research is facilitated by donating diverse Jain Literature to the Dean of library. Program was made special by the passionate Jains, who put their heart and soul to make this event successful. Preksha Meditation Club volunteers served the event too.



The JERF lauds the generous donors rolled over from all over the country for this higher purpose. JERF is born of a vision and look forward to make a difference.





## News - JVB Orlando

### Samani Mudit pragya & Amit pragya Back to Orlando



### JVB 14<sup>th</sup> Annual Camp

The 14<sup>th</sup> Annual Camp took place over the weekend of January 15 -17, 2010. Jain families from near and far gathered at the Clarion Hotel in Altamonte to spend three days to learn how to "**Crush the Crisis**". Under the guidance of Samani Charitra Pragyaaji and Unnat Pragyaaji the camp was a great success. '**What are the reactions to a Crisis?**', '**How to Respond to a Crisis**', and '**Open the Door of Success by being Optimistic**' were some enlightening lectures presented by Samani Charitra Pragyaaji to the adults. The adults also participated in a debate on crisis scenarios. The debate, conducted by Tushar Shah, was a learning experience for many. Discussions and lectures were also conducted for the Youth. '**Who Moved My Cheese**' by Samani Unnat Pragyaaji was especially beneficial as she taught the youth about how to handle problems. Devendra Mehta, Naina Mehta, and Bina Mehta conducted classes for the children between 9-13 years. Monica Nandu was in charge of the children under 9 years of age.

The highlight of the camp was the cultural program that took place on Saturday. The level 1 Gyanshala children recited the Navkar Mantra and Bhaktamar. Rohan Vora taught everyone how to be devoid of ego. The level 2 children presented a play on how to forgive and forget. The level 3 students along with the adults presented the 'Maitri Channel'. They gave everybody some tips and real examples about friendliness and forgiveness. The program ended with an entertaining 'qawali' performed by some adults. The 14<sup>th</sup> Annual Camp was very educating and enjoyable.

### Annual JVB Picnic

On Saturday, April 10, 2010 friends and family of the JVB community in Orlando enjoyed their annual picnic



at Moss Park. There was plenty of sunshine with a mild breeze. While some played cricket others helped set up for lunch. The youth enjoyed playing games and sports in the open fields surrounding the pavilion. Some adults enjoyed taking a stroll around the pier and the park. Samani Mudit Pragyaaji and Samani Amit Pragyaaji attended the picnic for a short while in the afternoon. Following an afternoon snack the entire community participated in organized games and modified *Antakshari*. The event came to a close



with dinner and prolonged good-byes. The picnic was a great success and clearly enjoyed by the 60 adults and 30 children that attended. All are thankful for Gyanshala coordinator and his team.

By: Rhea Chitalia

**We invite the entire community to come and celebrate our  
Akshaya Tritiya & Center Anniversary on Sunday May 16<sup>th</sup>**

#### **JVB Orlando Schedule**

Wednesday's - Jain Study	7:30 – 8:30pm
Thursday's - Yoga & Meditation	1:00 – 2:00pm
Saturday's – Bhaktamar & Preksha Dhyam	7:30 – 8:30am
2 <sup>nd</sup> & 4 <sup>th</sup> Sunday's – Swadhyay & Kids Ganshala	3:00 – 5:00pm

## News - JVB Houston

### Welcome of samaniji

Feb 6, JVB Houston welcomed back Samani Akshay Pragya ji and Vinay Pragya ji with great zeal after their 10 weeks of travelling to India and Australia. Children of Gyanshala presented effectively their learning and adult showed their enthusiasm through welcome song. Samaniji shared her experience and the blessings of Acharya Mahapragya ji.

### Naturopathy Workshop

Feb 14, Naturopathy workshop by Dr. Pankaj Dhama was an eye-opening talk on food.

### Children Spring Camp

March 15-18, to make the vacation productive and enjoying JVB offered camp for children. They learned about improving the brain power by food, yoga, meditation, brain games, and knowing about brain etc.

### Mahavir Jayanti in Dallas

The Jain center of Dallas celebrated Mahavir Jayanti and Kumbh Sthapana at New facility in the presence of Samaniji. Samaniji talked about the message of Bhagwan Mahavir and inspired entire congregation to take one resolution for one year to practice the principles of Bhagwan Mahavir.



### Annual Family Retreat camp

JVB Houston conducted a 3-day and 2-night Family Retreat Camp at calm and scenic 112-acre facility in southwest Houston area - The Gordon Ranch, Richmond, TX from April 2<sup>nd</sup> through April 4<sup>th</sup> 2010. The camp was attended by over 50 people; including families from all over Texas – Austin, Dallas, San Antonio, and the Houston metroplex.

The theme of this camp was inspired by Acharya Mahapragya's recent book – The Happy & Harmonious Family. Acharya Mahapragya's disciples currently stationed in Houston- Samaniji's Akshay Pragya ji & Vinay Pragya ji lead an interactive program which included multiple lectures/presentations on achieving familial peace and bliss. Samaniji's guided participants through discourses on Mathematics of Life, Spiritual Healing of Relations, and presented situations that the audience could relate to their familial and daily lives; which led to thought provoking discussions and fructified ideas to overcome them. Pratima Desai and Nisha Jain kept children engaged with innovative learning and games.

Children presented what they learned. Adult and the children as well enjoyed the brain storming ses-



sion 'Check your IQ'.

### Upcoming Events

Workshop on How to balance Work & Life : April 22

Akshay Tritiya celebration : May 16

## News -JVB New Jersey

### New Executive Committee for the year 2010

**Jain Vishwa Bharati of North America** is pleased to announce New EC as following –

Sunil Mehta (President), Rakesh Jain (Vice President), Hansraj Nahta (Secretary), Nitin Choraria (Deputy Secretary), Sumitra Kankariya (Treasurer), Kokila Turakhia (Deputy Treasurer), Madhumita Sacheti (Program Coordinator), Nagji Vira & Surendra Borar (Property Coordinators), Rohit Jain (PR Coordinator), Madhumita Sacheti & Tejal Gosalia Gyanshala Coordinators, Varsha Mehta (Food Coordinator)

### Nov. 22 Samanijis' Mangal Bhavana Samaroh

Along with monthly program "Balancing life with spirituality" JVBNA celebrated Samanijis' Mangal Bhavana Samaroh for their safe journey to India. Samaniji First went to Dubai and then to Melbourne to attend "Parliament of world's religion 2009"

### Karma Theory in Jain scriptures

Samani Shuklapragya talked about "Karma Theory in Jain Scriptures" at Rubin Museum, Jain Exhibition program hall, NY. The majority of non-Indian and nearly everyone took keen interest to understand the Jain philosophy of Karma. The session was concluded with question & answers.

### March 14, 2010 Samaniji's Swagat Samaroh

JVBNA Organization welcomed Samani Sanmati Pragyji & Shukla Pragyaji. A skit **press interview** was presented by Samani Shukla Pragyaji & Tejal Gosalia involving Mr Jay Dugar, Mr Pratap Jain, Mr Surendra Kankariya, Mr Sampath Jain, Mr Ramesh Parmar & Asha Jain to envision the JVB's bright future. Respected Samani Sanmati Pragyaji enlightened the present aspirants by explaining the meaning of JVB that is **Joy, Vision & Balance**. Also they said JVB paves a spiritual platform to walk together and bring awareness of peace & harmony among human society. On this occasion Mr. Virendra Jain, Sunil Mehta, Madhumita Sacheti, Vandana Nahta & Gyanshala Children expressed their pleasure to have Samanijis back. MC was done by Mr Rakesh Jain.

### March 27 & 28 Monthly Samayik & Mahavir Jayanti in New York

Jain Center of NY invited Samani Sanmatipragyaji & Shuklapragyaji for monthly Samayik & Mahavir Jayanti. Samaniji inspired the spiritual aspirant to celebrate Mahavir Jayanti in real sense by valuing life in true way for spiritual uplift.

### Upcoming Events of JVBNA

May 2 – Akshay Tritiya Celebration

May 8 – Preksha Meditation Certificate Course

May 28-30 (Memorial weekend) – Family Camp,

July 27 to 30 - Children Summer Camp



## News - JVB London

### Samanijis' Participation in 12th Jaina Studies Workshop at SOAS

On 18 March, Samani Prasanna Pragya and Samani Rohit Pragya presented a prayer in the Jain Studies Workshop held on Jain Yoga at SOAS. On 19th, Samani Rohit Pragya, on behalf of Samani Chaitya Pragya, presented a paper on '**Conceptual development of *Sandhi* in Jainism**'. Samanijis took part in open discussion and introduced the technique of Peksha Meditation, a great contribution of H.H. Acharya Mahapragya in Jain Yoga.



### Workshops conducted by Eminent Scholars at JVB London

20 March 2010 **Jain Yoga:** by Sagarmal Jain (Parshvanath Vidyapeetha, Varanasi)

21 March 2010 **Teachings of Jainism in Europe:** by **Robert Zydenbos** (Munich University, Germany)



### JVB Gyanshala Exam

On 21 March 2010, examination for students of Gyanshala was held at JVB Centre. All the students of kinder Gyan group, Gyan group and Darshan group did their best in the written as well as verbal exams and received good scores.



### Training in Non - Violence: by Samanijis at Manchester

Samani Prasanna Pragya and Samani Rohit Pragya conducted a programme of **Training in Non-violence** from 24 to 27 March at Manchester. Including youngsters and adults, there were 26 participants. Each day in two - hour session, Samaniji spoke on various topics like Roots of Violence, Relationship between Peace and Non-Violence, Economics of Non-Violence etc. for one hour and led the practice of Preksha Meditation, Relaxation, Contemplation of Tolerance, Freindliness etc. for one hour.

### Celebration of Mahavir Jayanti at Manchester

On 28 March, under the auspicious presence of Samanijis, Manchester Jain samaj celebrated Mahavir Jayanti. The programme was started with Navkar Mantra followed by Dhoon and Bhakti Songs. Samani Prasanna Pragya spoke on the Importance of Bhakti and Samani Rohit Pragya did the *Vachan* of *Kalp sutra*. Youngsters of Manchester Jain Samaj presented a beautiful skit '**The divine court of Lord Mahavir**'. Small children demonstrated the fourteen dreams of Queen Trishala. The Participants of the Training in Non-Violence shared their views and inspired audience to attend such training programmes. Certificates were awarded to all the participants.

