



Inner Reflections

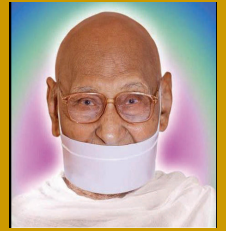
Jain Vishwa Bharti of North America

New Jersey Center

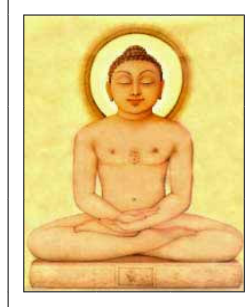
Volume V

Issue 5

December 2007



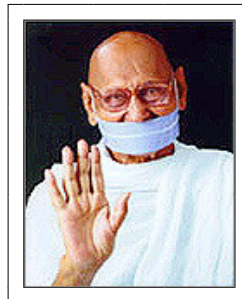
THUS SPOKE MAHAVIR



Jaagarah naraa nichcham, Jaagarmaanassa vaddhate uddhi
Jo suvvai naso dhanno, Jo jaggai so sayaa dhanno

Keep your self always awake. One who keeps awake increases his wisdom. He who falls asleep is not great. Blessed is he who keeps awake.

MESSAGE FROM ACHARYA MAHAPRAJNA



Every man wants to be successful. It is surprising that even the man who does not know the manner in which to become successful, wants to be so. There is great distance between wanting and perfecting. Want marks the beginning. Thereafter, to attain success, spiritual practice, strengthening of will power and development of concentration are essential. The one whose mind is filled with doubts and has weak will power will not be able to take his want to the end goal of achievement. So also one who has not developed his concentration will not be able to harness success.

JVBNA MISSION STATEMENT

- * To spread the universal message of Jain philosophy and Jain wisdom to the world
- * To cultivate an atmosphere that nurtures nonviolence, restraint and divergent perspectives, whereby leading to spiritual enlightenment for man
- * To create an environment of unity and social harmony for all mankind

IN THIS ISSUE

Message from Acharya
Shree Mahaprajna

Fifth convocation of JVBNA

JVBNA EVENTS IN NOVEMBER

Jaap on Mahavir Nirvana
Divas

Final Exams of Preksha
meditation trainees

Samanijis visit to Drew
University

JVBNA EVENTS IN DECEMBER

Annual Function

Pain Relief Through PM
A Session Among
Cheerleaders

Samanijis' Departure

BECOME A JVBNA MEMBER

JVBNA REGULAR SESSIONS

CONTACT US

JVBNA
151 Middlesex Avenue,
Iselin, NJ 08830
Phone: (732) 404-1430
Email: jvbnj@yahoo.com
Web: www.jvbna.org



Samani
Mudit Pragy

Samani
Rohit Pragy

NEW EXECUTIVE COMMITTEE

Sanjay Jain
President

Sunil Mehta
Vice president

Shashi Bhandari
Secretary

Sumitra Kankariya
Treasurer

Basant Jain
Deputy Treasurer

Nagji Vira
Property Incharge

Rakesh Jain
Program Co-ordinator

Rohit Jain
Anita Kothari
Public Relation

Madhumita Sacheti
Tejal Gosalia
Gyanshala Co-ordinator

Gochari labh

Mrs. Varsha Mehta
732-452-0630



JVBNA EVENTS IN NOVEMBER

Jaap on Mahavir Nirvana Divas

Diwali is a day when Lord Mahavira, the last Tirthankar, attained the eternal bliss of Nirvana or Moksha. On this occasion to light up the life, JVBNA organized a whole day jaap under the auspicious presence of both the Samanijis. To illuminate the soul more than seventy people joined this program and recited spiritual mantras on this day. Jaap was done from sunrise and was continuously carried out till sunset. This program was ended with samanijis' blessings and mangalpath on the new year.

Final Exams of Preksha Meditation Trainees

This year, under the spiritual supervision of both the samanijis, JVBNA started three level Preksha Meditation Training Course, which was completed successfully in November 3, 2007. The final exam for this course was held on 17th November. In this exam, eight students appeared and they all passed the exams with colorful marks.

Samanijis visit to Drew University

During the October month, samanijis visited the Kean University and NJC University. After their successful visits to the above two universities, Prof. Jonathan Gold of Drew University also invited the samanijis to visit his university also. Both the samanijis visited the university on 29th November, 2007 and gave a lecture on "Non-violence in Jainism" and "Basics of Jainism". This event was attended by both students and teachers. Everybody was spellbound by the simplicity and essence of the event and requested the samanijis to come again. At this occasion, samanijis met the various professors and head of the religion department of the university.





JVBNA EVENTS IN DECEMBER



Annual Function

This year the New Jersey center held an annual function based on the theme of "Holistic living through compassion" at Terrill Middle School. This event was attended by various guests like Ms. Brenda, the head of the Woodbridge Council, Thomas James, Father of the Presbyterian Church, two research students, Tim Hilton and John from the Drew University and Shri Dilip Shah, President of Jaina. All the guests were very pleased with the program and enjoyed the spiritual activities held on the annual function. It comprised of 'Samanijis' lecture and cultural programs of the Gyanshala kids and youth members of the JVBNA. On this occasion "Compassion of Arishtnemi" and "Food, Friends and Fun" these two small plays were done by the children of the Gyanshala, while "JVBNA beauty parlor" an interesting spiritual skit was presented by the young ladies of JVBNA. Along with this cultural and spiritual program, a small appreciation program for the students who successfully completed Preksha Meditation course was also held. Students were given certificates for their achievements. Some students shared their experience and suggested the audience to join this course.





Pain Relief Through Preksha Meditation - A Session Among Cheerleaders

One student of our JVBNA group, Ms.Mansi Vira has taken up a project of experimenting Meditation on athletes who suffer from various types of body pain. Her project consists of relief from pain through constant practice of meditation without medication. She is carrying out this experiment through both samanijis' help. As a part of her experiment, she has selected a group of cheerleaders from JFK High School. She invited both the samanijis to the school for carrying out meditation session for cheerleader girls. These girls consist of some who are on prescription and want to practice meditation and see the effect on their pain. Samanijis conducted the first session of meditation on 20th Dec. The girls were very impressed by the session and were willing and excited to participate in future sessions too.



JVBNA New Executive Committee

The last monthly meeting of this year was held On 15th December. In this meeting, samaniji summed up the past two years and acknowledged the devotion of all committee members towards successfully carrying out their responsibilities. Mr. Surendra Kankria paid his gratitude towards Samaniji and extended his thanks to the entire team for the support received for last two years of his tenure as President and wished for the continuous growth of the JVBNA center. In this meeting Respected Samaniji announced the new panel of the executive committee. All the attendees expressed their views and outlook for activities of 2008.



The new executive committee conducted its first meeting on 19th December at center.





FIFTH CONVOCATION OF JAIN VISHVA BHARATI UNIVERSITY

Learning awakens creativity By Dr A.P.J. Abdul Kalam

The fifth Convocation of Jain Vishva Bharati University, Ladnun,, India was held in the benign presence of Acharya Mahaprajna (the constitutional head of the University) on Nov 4, 2007 at Udaipur. Dr. A.P.J. Abdul Kalam, Former President of India was Chief Guest and the convocation was presided over by the Chancellor, Sh. Lalchand Singhi. Shri Surender Choradia, President, Jain Vishva Bharati was guest of honour. H.E. Sh. B.L. Joshi, Governor of Uttarakhand and Meghalaya and Prof. Cromwell Crawford, Hawai University, received the Honoris Causa, D. Litt. Dr Samani Mangal Prajna, Vice-Chancellor declared the Convocation open.

The function was started with National Anthem. Dr. Samani Mangal Prajna, Vice-Chancellor welcomed all the dignitaries and guests and presented a brief profile of JVBU. She congratulated the award recipients and pass-out students. H.H. Acharya Mahaprajna blessed the degree holders with Sikhapadam. Referring the prevalent educational scenario, he emphasized on the need of balanced education, which ensures three-dimensional development of an individual resulting in positive peace in society.

In his convocation address, Dr A.P.J. Abdul Kalam stimulated students by saying, when the knowledge acquired is used with righteousness and courage in all the educational campuses; we will have empowered and enlightened citizens, which is required for the growth of the individual and the growth of the nation. Shri Lalchand Singhi, Chancellor of the university, imparted oath to the faculty, members, scholars and students of the university. At this occasion 662 graduates, 875 postgraduates, 19 M. Phil's, 39 doctorates and 11 gold medals



Samanijis' Departure

This year we were very fortunate and grateful to Acharyashri Mahapragyaji for blessing us with the presence of two Samanijis, Samani Muditpragyaji and Samani Rohitpragyaji for the entire year. Due to their continuous stay, many people took the advantage of getting spiritual knowledge and a chance to improve their quality of life. The people are indebted to both the Samanijis for their support. Both the Samanijis are leaving for India on 1st day of the New Year i.e 1st Jan, 2008. They will be back in the month of March.





BECOME A JVBNA MEMBER

Jain Vishwa Bharati of North America, by virtue of its permanent center in Iselin, New Jersey is able to host samanijs year round, who provide you with spiritual guidance and promote the Jain way of life. Please show us your support by becoming a member and donating generously.

Supporting Member	\$501
Life Member	\$2,101
Sponsor Member	\$5,001
Founder Member	\$11,001
Patron	\$25,101
Chief Patron	\$51,001
Special Donor	Any Amount

In addition, you can help maintain the JVBNA center by participating in the Tithi Yojna and/or Gyanshala Yojna. All your donations are tax deductible. Please contact the center for more information or fill out the form at <http://www.jvbna.org/become a member.htm>

JVBNA REGULAR SESSIONS

MONDAYS

7:30PM - 8:30PM

Preksha Dhyan

Contact JVBNA Center

WEDNESDAYS

6:30PM - 7:30PM

Preksha Yoga

First Presbyterian Church

1295 Oak Tree Road, Iselin, NJ

SATURDAYS

9:30 AM - 12:00PM

Preksha Training Course

Contact JVBNA Center

TUESDAYS

6:30PM - 7:30PM

Preksha Therapy

Contact JVBNA Center

THURSDAYS

7:30PM - 8:30PM

Uttaradhyayan

Jeev-Ajeev

Contact JVBNA Center

SUNDAYS

4:00-6:00PM

Gyanshala

First Presbyterian Church

Directions to JVBNA Center

* Take GSP exit 131 towards Iselin, turn left onto NJ-27/Lincoln Highway, turn left (North) onto Middlesex Avenue, and pass Oak Tree Road. JVBNA Center will be on your left.

* From US-1 (South), turn left onto Plainfield Avenue, turn right (North) onto NJ-27/Lincoln Highway, turn left onto Middlesex Avenue, and pass Oak Tree Road. JVBNA Center will be on your left.

