



Inner Reflections

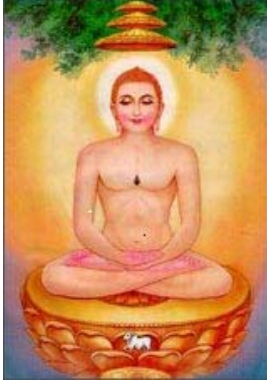
Jain Vishwa Bharati of North America

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THUS SPOKE MAHAVIR



***Jagaramtam munim viram
Dosa vajjemti durao
Jalamtam jataveyam va
Chakkhusa dahabhiruno***

Just as everyone keeps away from a burning fire, evils remain away from an enlightened person.

MESSAGE FROM ACHARYA MAHAPRAJNA

THE ART OF LIVING IN SOLITUDE

Prekshadhyana entails awareness of the self. Those who do not comprehend themselves cannot know others well. Self-realization and *Ishwar* are connected entities. One who is *Ishwar* has realized his inner self and one who has attained self-realization is *Ishwar*.



There exists a misconception in western psychology that one who is self-centered is also selfish. Spirituality - the goal of self-realization - is perceived as producing self-engrossed and selfish individuals. Self-realization may imply self-engrossment but a person who is self-engrossed cannot be selfish. A selfish person does not know his inner self. In fact, there is an inverse relationship between selfishness and self-realization - the higher the degree of self-

realization, the lesser the selfishness. A person who has realized his inner self cannot nourish selfish motives and knows the art of living in solitude. He enjoys solitude internally even though he might be with others externally. A selfish man remains away from his inner self, cannot enjoy the mystery of solitude, believes only in amassing wealth and prefers living with the mob. Only when selfishness is given up, impurity and dishonesty disappear. A selfish man does not care for others but one who has nurtured a solitary state in his being has empathy, compassion and humility. Those who live a crowded life can never penetrate into the deep recesses of their inner being. A writer who wishes to create works of high quality seeks out a solitary place, free from commotion, where he can contemplate upon creative thoughts with a calm mind. Those who cherish the solitary state in their being feel solitude everywhere in the cosmos. Confused thoughts and chaos disappear. This solitary state is *Ishwar*.

The first and the foremost objective of *dharma*, is to impart the knowledge of solitude. How to create solitude in our being? Sometimes, even when we sit all alone, we experience a rush of memories and reveries that flow like the waters of a stream. We have a tremendous rush of thoughts - amidst all these thoughts, if someone manages to achieve solitude in his being, then he is most fortunate and blessed. That person alone, who has tried to know his inner self, can have solitude. Knowing the inner self means: "I am not the body, not the imagination, not memories and not thoughts. I am the inner self, the being and soul which is separate from imagination, memories and thoughts".

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

JVBNA EVENTS IN THE RECENT PAST

CHANDANBALA PLAY - A GRAND SUCCESS

Chandanbala is the story of a princess turned abused slave who fulfilled all of the thirteen *Abhigrahas* of Bhagwan Mahavir leading to his *parna* after nearly six months of *tap* and thus helped him on his quest for *Kevalgyan*. She later took *deeksha* and attained *moksha*. Her life story depicts the triumph of virtue over caste or creed and how faith can overcome the most difficult of circumstances. On November 20, at the Hindu Temple Society of North America, JVBNA members staged a play to tell the story and promulgate the message of Chandanbala.



A powerful script, competent direction, talented actors adorned in colorful costumes, grand stage sets and melodious music & dance brought a part of history to life and regaled a mesmerized full house for several hours. An audience of over 800 came out wanting more. *Sadharmik Vatsalya* followed the event. It was a wonderful performance by an all amateur, volunteer cast and crew. The entire process of the production and performance of the play was a great team building exercise and brought a large chunk of the New Jersey and New York Jain societies together under the able guidance of *Samani Charitrapragyaji* and *Samani Shuklapragyaji*. In addition to the cast and crew, many helped make this event a grand success including volunteers, sponsors, souvenir advertisers and well wishers and JVBNA would like to thank them all.

SAMANIJIS ATTEND THANKSGIVING INTERFAITH SERVICE

Samanijis prayed at the interfaith service conducted at St. Anthony Catholic church in Woodbridge, NJ on November 23 and shared the message of peace and non violence.

SAMANIJIS LEAD LA YOUTH CAMP

Samanijis led a youth camp on Jain History and Jain Way of Life organized in Los Angeles by the Jain Center of Southern California on December 10. The camp was very well attended and appreciated by about 60 children between the ages of 10-18.

JVBNA OBSERVES PARSHVANATH JAYANTI

Under the able direction of *Samanijis*, JVBNA members and guests observed Bhagwan Parshvanath Jayanti on December 26 with *Uvasaggahara Stotra Jaap* at the JVBNA center.

JVBNA GYANSHALA NEWS

JVBNA Gyanshala continues to progress in full force with over 70 children enrolled at different levels in the current academic year. In November, the children participated in a thanksgiving food drive and donated their collection to the First Presbyterian Church of Iselin, NJ. In December, the children participated in projects on Ahimsa in Food, Action and Ecology and competed for prizes. A Preksha Yoga and Meditation Camp was held for, and attended by about 30 children aged 10-18 years from December 27-28 at Tenafly, NJ. The Gyanshala children also celebrated the advent of the New Year on December 30 with resolutions of their own.

JVBNA FAMILY NEWS

JVBNA sends its condolences to,

Kusum & Pratap Jain & family on the sad demise of her mother **Meena Kumari Singhi**

Nina & Virendra Jain & Family on the sad demise of her father **Gopal Krishna Agarwal**

JVBNA COMMITTEES 2006

Executive Committee

President	Surendra Kankariya
Vice President - Education & Administration	Ramesh Parmar
Vice President - Finance & Fund Raising	Sampath Jain
Vice President - Property & Program	Virendra Jain
General Secretary	Sunil Mehta
Deputy General Secretary	Nitin Choradiya
Treasurer	Pramod Mehta
Deputy Treasurer	Kamal Daga

In addition to the above, the Executive Committee will comprise of Chairpersons Of Working Committees (or their nominees), Past Presidents, Past Secretaries and Co-opted Members.

Working Committees

Finance

Bhikam Jain*
Ashwin Shah
Pramod Mehta
Kamal Daga

Fund Raising

Pratap Jain*
Mool Singhi
Rajesh Dugar
Raj Sodhia

Cultural

Sunita Jain*
Suba Parmar
Kavita Kothari
Varsha Mehta

Education

Pratap Jain
Ramesh Parmar

Gochari

Vijaya Daga*
Varsha Mehta

Gyanshala

Neena Jain*
Supriya Bothra

Program

Ashok Shah*
Nina Shah
Rakesh Jain
Dr. Namrata Shah
Poonam Jain

Process Dev. & Audit

Sanjay Jain*
Ranjeet Singhvi

Public Relations

Kiran Jain*
Shashi Bhandari
Dr. Sameer Jain
Dolores Jain
Rajesh Jain

Property Management

Shrenik Talati*
Akash Jain
Nagji Veera
Sudhir Jain

Souvenir & Newsletter

Madhumita Sacheti

*** Indicates Chairperson**

GOCHARI LABH

To arrange for Gochari Labh, please contact Mrs. Vijaya Daga at (732) 326-9018

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Email: jvbnj@yahoo.com Web: www.jvbna.org

TO

Directions to JVBNA Center

* Take GSP exit 131 towards Iselin, turn left (north) onto NJ-27/Lincoln Highway, turn left 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.

JVBNA REGULAR SESSIONS - JANUARY TO MARCH 2006

For updated information call (732) 404-1430, email jvbnapr@yahoo.com or visit JVBNA at www.jvbna.org

TUESDAYS 6:30PM - 7:30PM	Yoga for General Fitness For Beginner & Advanced Levels	JVBNA Center 151 Middlesex Avenue, Iselin, NJ
WEDNESDAYS 6:30PM - 7:30PM	Yoga For Stress Management	JVBNA Center 151 Middlesex Avenue, Iselin, NJ
FRIDAYS 8PM - 10PM	JVB Gyanshala for Children Hindi Class for Children	First Presbyterian Church 1295 Oak Tree Road, Iselin, NJ

JVBNA UPCOMING EVENTS

JVBNA Annual General Meeting & Samanijis' Send Off Program - Saturday, January 7, 2006

JVBNA AGM and Send Off Program for *Samani* Charitrapragyaji and *Samani* Shuklapragyaji will be held on January 7 from 10am-1pm at American Legion Hall, 25 Brown Avenue, Iselin, NJ. It will feature children's programs, speeches and discourses by *samanijis*. Sadharmik Vatsalya will follow.

Welcome of Samani Muditpragyaji & Samani Sanghpragyaji -March 2006 - Details To Follow

JVBNA Preksha Meditation Camp - March 24-26, 2006 - Details To Follow

JVBNA WISHES YOU A NEW YEAR COMPLETE WITH SPIRITUAL BLISS AND PROSPERITY