



Lord Mahaveer

JVB INTERNATIONAL REFLECTIONS



Acharya Mahapragya

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July - August 2009

JVB New Jersey

Samani Mudit Pragya
Samani Shukla Pragya
www.jvbna.org

JVB Orlando

Samani Param Prajna
Samani Amit Prajna
www.jainvishwabharati.org

JVB Houston

Samani Akshay Pragya
Samani Vinay Pragya
www.jvbhouston.org

JVB London

Samani Prasanna Pragya
Samani Rohit Pragya
www.jvblondon.org

Miami Florida International University

Samani charitra Pragya
Samani Unnata Pragya
prajna108@gmail.com

Paryushan

A festival to Awaken Inner Light

Paryushan is a time of festival of active love. It always provides us with the opportunity to consciously let go of the past and welcome what is to come in the next cycle. It is the perfect time to take stock and welcome change. We feel warm towards us and towards others. We are appreciative and kind to others. We feel more alive and connected. Active love goes beyond warm feelings and connected moments. It is looking for what is needed and providing it. It is living directly from the heart without reservation. It is fullness of your life coming to meet you. It is the end of waiting for others to give what you want to give, to say what you want to say, and others to do what you want to do. It is leaving behind expectations of acknowledgement, praise, and appreciation. It is honoring your inner sense of appropriateness and committing the full force of your being within it.

This time doesn't end with the New Year. It doesn't end with the new century, a new millennium, or a new astrological cycle. It never ends. It is a celebration of all that you are as recognized in others and the world that you are creating together.

When that is a world of harmony, cooperation, sharing and reverence for life, you step into the power and consciousness of Paryushan the deep forgiveness that you were born to celebrate moment by moment and decision by decision.



लाडनूँ, 22 जून।

आचार्यश्री महाप्रज्ञ के 90वें जन्मोत्सव के दूसरे दिन सोमवार को सत्पत्ररूपि मण्डल (बाल मुनि) गीत प्रस्तुति के बाद आचार्यप्रवर से आशीर्वाद लेते हुए।

JVB Mission

To promote the universal message of Jain Philosophy and study of Jainism worldwide

To promote the value of non-violence, self-discipline and Anekant (multiple perspectives) for spiritual awareness (enlightenment) through Preksha Meditation

To provide spiritual guidance through the practice of healthy and stress-free living

Tulsi Art Gallery



Pictures of Tulsi Art Gallery in Jain Vishwa Bharti located in Ladnu India.

Thoughts at Sunrise

Samvatsari is a significant day. It is a festival of tolerance. The day to practice forgiveness. It is the touchstone of tolerance. Through the year whatever passion rages, excitement builds, problems arise, they will change into a feeling of tranquility, be pacified, and all knots untied.

The tension of passion and the ability to release it. Every person can feel it. Samvatsari is celebrated as the highest of festivals in the spiritual world.

Improve your Memory and get Success

Asana (Exercise): Kayotsarga, Yogmudra, Shoulder stand, Matsayasan, Jalandhar Bandha (visit www.preksha.com)

Pranayama (Breathing technique): Alternate Nostril Breathing - 10 minutes

Preksha (Perception): Meditation of yellow color on center of knowledge - 10 minutes

Anupreksha (Contemplation): Auto-suggestion - "My memory is improving" - 15 minutes

Japa (Chanting): "Om sound" - 10 minutes

Dietary Awareness: Avoid dairy and salty foods

Mudra (Hand Posture): Gyan Mudra, namaskar mudra

JVB – New Jersey news

June 7 Pragma Divas and Gyanshala Annual day



Under the auspicious guidance of Samani Mudit Pragyaji and Samani Shukla Pragyaji JVBNA celebrated Acharya Mahapragyji's 90th birthday as Pragma Divas and Gyanshala Annual day.

On this occasion, the new graduates were awarded with certificates. The children were recognized for their good behavior, high attendance and high grades. The volunteer teachers were recognized for their dedication and hard work. Parent's quiz was organized in which gyanshala children asked questions from their gyanshala course. Everybody appreciated this program for making parents aware.

June 17- July 14 Samaniji's visit to Cleveland, Chicago, Los angeles

Jain Society of Cleveland invited Samanijis to enlighten them with spiritual guide lines. Jain Sangh of Chicago Invited Samanijis on the Pratishta Mahotsava. Samanijis have attended Jaina Convention that held from 2nd – 5th July. After then many people hosted Samanijis to their houses to get advantage of their teachings and to learn to lead a balanced life.

July 20- 23 Children Summer Camp



kids in anyway needed.

Directed by Samni Muditpragyaji and Shuklapragyaji, the childrens summer camp of 2009 was a huge success. Campers learned positions for the Namaskar Mantra, Mangal Bhavana, Mahapran Dhvani, Science of living and much more. Volunteers Kirti Nahar and Mrs. Shilpa were also there to assist samnji and the

July 25th & August 8th Workshops – “Economics of Non- violence and Peace”



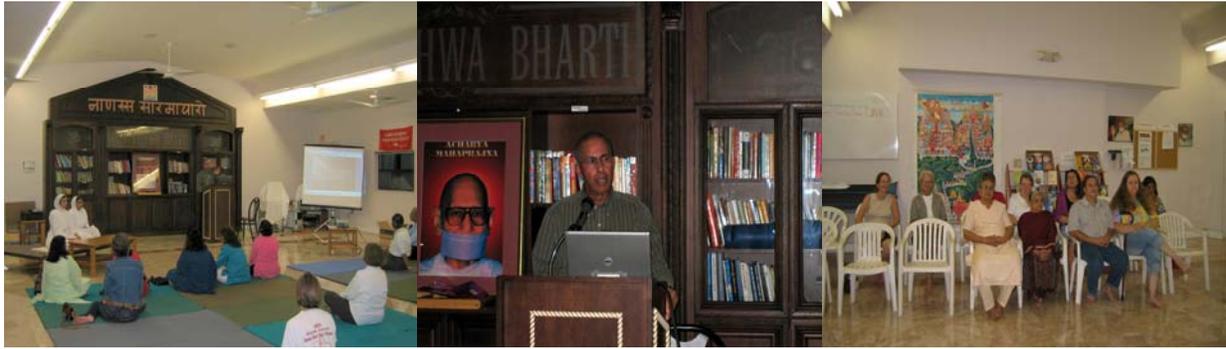
JVBNA organized two workshops under the prominent guidance of Samani Muditpragyaji and Shuklapragyaji. Attendees were given few questions and they presented their views. Inspiring the audience Samani Muditpragyaji emphasized on two main principles laid by Bhagwan mahavir – Limitation of Desires and Limitation of Personal Consumption.



News from JVB Orlando Center

Workshop on health and Longevity

A workshop on "Health and Longevity" was held at the JVB Orlando center on June 5th by Dr. Nanda. Dr. Nanda is a board certified physician in Orthopedics and Rehabilitation with Academic, Clinical, Administrative background and has held various positions including Chief of the department, Chief of Staff, Medical Director at St. Mary's Medical Center in Racine; he was also on the faculty Medical College of Wisconsin. The lecture touched on issues such as Genetics, Longevity, Preventive and Curative aspects/role of Yoga and Exercise. He also spoke on the importance of diet. The event was very well received and enjoyed by all.



Toronto, Canada

From 17th of June to June 30th, Samani Param Pragya and Samani Sangh Pragya visited the Toronto Jain Society. Various lectures were given at several homes. Samaniji addressed Panjabi Jain group at Sashi Jain House. A weekend Preksha Meditation camp was conducted at the center where Yoga classes took place in the morning including meditation and relaxation, with lectures in the evening. The Jain Society was very thrilled with the events and asked the Samaniji to return each year.



8th International Preksha Meditation Camp

Date: 5 to 12th November 2009

Venue: Jain Vishwa Bharati, Ladnun

Contact: prekshacamp@yahoo.com

More info at: www.preksha.com



Current Location of Acharya Mahapragya

Acharya Shri Mahapragyaji, Yuvacharya Shri Maha Shramanji and Sadhvi Pramukha Shri Kanakprabhaji are at the Jain Vishwa Bharati, Ladnun, Nagaur District, Rajasthan.

Ladnun is 380 km West of Delhi and 225 km North West of Jaipur. Bus services connect Ladnun to Jaipur, Jodhpur, Bikaner, Udaipur, Ajmer, Ahmadabad, Delhi and other cities. From Delhi-Sarai Rohilla there are trains up to Ratangarh junction. Ladnun is 2 hours from Ratangarh by bus or local trains. Ladnun Railway Station is on the Sujangarh-Jalsu railway line.

Info Contact: jainvishwabharati@yahoo.com

Visit: www.terpanthinfo.com

News from JVB Houston

Grand Opening of New JVB Center on October 9th, 10th, 11th



Opening ceremony of Jain Vishwa Bharati is going to be celebrated in October. This big facility and the Unique Pyramid structured meditation hall are open for children, youth, Adult and seniors from all walks of life. Grand celebration for 3 days will include various



activities including pravachan, cultural programs, Pratima Pratishtha, a wonderful play **SHALIBHADRA** and lot more. **All are cordially invited to witness this mesmerizing event.**

Visit to Dallas from June 12-18

samaniji bestowed her inspirational discourses in Jain center of Dallas. People were enthralled by the discourses, Pratikraman, meditation and other activities. Prakash and kamala Dhoka and Jitu Bhai and Daksha ben Gelani hosted samaniji. Hasmukh Bhai doshi and Prasanna Singhvi helped in their Transportation.

A Program with peace of Society, June 27



JVB welcomed Peace of Society to share the ideas of non-violence. It is a group dedicated to follow the vegan life style. Ivan Spinoza and Christian shared their views and Samaniji explained the concept of non-violence in Jainism. People enjoyed Preksha meditation taught by samaniji.



JAINA Convention, July 3-6

Samaniji were invited to JAINA Convention to offer discourses. In her opening speech samani Akshay Pragya ji inspired people to develop self-restraint (*sanyam*) by adopting BARAH VRAT



Children Summer camp



Gyanshala Teacher's Training and children camp

Upcoming events:

Sept 6 – Opening session of Gyanshala

Sept 27 - Pravesh in New building with 24 hrs. Constant chanting

Oct 9-11 – **Grand opening** Please register online at www.jvbhouston.org

NEWS FROM JVB LONDON CENTRE

Samanijs' visits to Europe

Switzerland: On 12th June 2009, Samani Prasanna Pragya and Samani Rohit Pragya conducted workshops on 'Basics of Jainism' and 'Importance of Correct Breathing' in **Zurich**. On 13th June, workshops on 'Science in Jainism' and 'Non-Violence & Family Peace' were held at **Bern**. From 14th-17th June, Samanijs visited the Jain community in **Geneva** and refreshed their program of events, including the introduction of regular Pathshala sessions.

France: On 20th June, Samanijs attended a huge event in Paris organized by the Muslim community of Europe in defense of Ashraf and Iranian people's uprising. On 21st June, Samanijs gave a talk on 'Joyful Co-Existence'.

Samanijs presented a Jain Prayer at *London Interfaith Centre*.

Samanijs' visit to Panjarapor at Hugletts Wood Farm

On 28th June, Samanijs talked on 'Non-Violence in Jainism', recognizing the great work done by Wenda and Mathieu Shehata, who live a very simple life taking care of 200 animals and birds.

Celebration of Pragya Divas

On 5th July, approximately 170 people, young and old alike, gathered to celebrate the 90th birthday of Acharya Mahapragya in the auspicious presence of Samanijs. The adults of JVB presented a lovely play entitled *Mahapragya Health Heaven*. Dr. Candida Nastrucci, an Italian scientist and Wenda Shehata of *Hugletts Wood Farm* shared their experience regarding non-violent life style. On this special occasion, a leaflet entitled 'Enrich Your Life through practice of Non-Violence' was launched. Samani Rohit Pragya explained the forthcoming training program on non-violence. Kaushik Khajuria and Sagggar Malde presented songs themed on Ahimsa. Samani Prasanna Pragya discussed various aspects of Acharyashree's life.



Certificates and gifts were presented to *Gyanshala* students for their hard work, exam results and attendance throughout the year. Manick Choraria, the secretary of JVB gave a brief talk about the future prospects of JVB. *Gyanshala* students had organized a wonderful exhibition depicting various aspects of Ahimsa, with the hope of raising funds for the *Mahapragya International School in Tamkor*.

Various Workshops at JVB

- ◆ 14 & 21 June: Total health through Rhythmic Breathing – Kanoobhai Patel
- ◆ 12 July: Karma in Jainism, Buddhism and Hinduism – Samaniji
- ◆ 19 July: Nonviolence and Household life – Samaniji
- ◆ 26 July: Economics of Peace and Non-Violence – Dilip Saraogi

The examinations for Certificate and MA correspondence Jain courses from *Jain Vishva Bharati University, Ladnun*, were held at JVB London from 15th-27th July.

News from Miami

A journey to Alien lands with native culture

Detroit - Samani Charitra Prajna and Samani Unnata Pragya travelled from San Jose to Detroit. The Jain Sangha of Greater Detroit celebrated its 11th Annual day. Audience enchanted by the lucid speech of Samani Charitra Prajna, demanded for special lectures. Samaniji also visited Sagina, a small town near Detroit. The Docs group was very inquisitive to the Preksha Meditation. One of the Psychiatrists, Mr. Mukesh resolved to learn & help himself and his suffering patients through Preksha.

Indianapolis - Babulalji Banthiya and Vishakhaji, the son in law and daughter of Nathmalji Tatiya was very eager to host Samaniji. Different programs were organized for American, Indian and Jain audience. Mr. Orlando, a Buddhist practitioner interviewed Samaniji about the subtle philosophy of Jainism, & was very inspired by the Jain philosophical outlook.

Chicago - The biggest Jain center in US, Chicago Jain center had their temple Pratishta celebration, which commenced for ten days from 19th to 29th July. Samaniji presented lectures and blessings in the event.

Trinidad -First time in History- Samaniji visited a country in West Indies. The Chinmaya mission, one of the very active missionaries in Trinidad, hosted lectures of Samaniji on July 3rd and 4th. People suffering from a high rate of crime in Trinidad, were very enthusiastic to learn about, “How to build a nonviolent society”, Stress management & How to awaken the healing power. The events were also aired on the Heritage & Jagruti Radio station, with an added interview. Gifts of Spiritual books were exchanged between Swami Prakashanandaji and Samaniji .

Ahimsa center- Samaniji, attended two weeks “Ahimsa Institute Program” organized in Pamona University by the ‘Ahimsa Center’ headed by Tara Sethia & Nirmal Sethia. The theme of the program was “Gandhi & King”. Special lecturers were Anthony Parel, Carson, Bernard Lafyat, & more. The purpose was ‘Implementing nonviolence education in the schools’ . Samaniji rendered



a meditation session in the morning. Some teachers committed to practice & also teach meditation in their schools. Teachers acknowledging the presence of Samaniji, said, the presence of the nuns itself was message rendering. One of the teacher interested in Jainism, learnt about it & became ‘Jain for a day’ . After the practice he said, “The practice of five anuvrats, is a very organic &

healthy way of life”. The Institute program was a learning experience for Samaniji & a good exposure of Jainism by their sharing & presence.

Samaniji will celebrate Paryushan in Miami. The teaching semester of Samaniji in Florida International University commences on 24th of Aug, with a festive.