



Lord Mahaveer

JVB International Reflections

Volume 2, Issue 3

September - October 2009



Acharya Mahapragya



Kartik shukla Dvitiya

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

Today is Ganadhipathi Gurudev Shri Tulsi's 96th birthday. The most powerful medium through which it can be celebrated is Anuvrat. The heights to which Gurudev Shri has taken the Terapanth sect and given self - esteem to it is wonderful. We are indebted to the service he has done towards Humanity. That is the reason why there is happiness and bliss in everybody's heart. The Anuvrat day has become a reason to remember Acharya Shri Tulsi. I attach permanence with his birthday, not only because of my feeling of oneness and devotion towards him, but also because of the feeling of gratitude on behalf of the organization; a feeling that is mandatory in any systematized order.

On Anuvrat day there was some reflection on and later discussion on morality. Everybody was of the opinion that for the stability of society, morality was very essential. If we observe the kind of thoughts expressed, we feel that tomorrow itself morality will be back in place in society. But when we see their conduct, we realize, morality is still very far away. It is necessary to find that path which can reduce the distance between thought and deed.

Acharya Shri Tulsi was a great soul who was always prompt to implement his thoughts into action and to make his dreams come true. The origination of Saman order first took birth in his mind and later on came into existence in 1980 with lots of struggle and oppositions. But he was fully prepared to face the thunder storm of oppositions and today we can see the great efficacy of Saman shreni worldwide. Our Samans and Samanis, with little exceptions of monkhood, follow the complete discipline wherever they are, irrespective of the country and location. Their whole life is dedicated towards the cause of development of mankind and spreading the message of Bhagwan Mahavir at worldwide level.

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



लाडनूँ, 22 अक्टूबर, 2009।
गणधिपति गुरुदेव आचार्य तुलसी के जन्मदिवस के त्रिदिवसीय कार्यक्रम में समा को संबोधित करते आचार्यश्री महाप्रज्ञ एवं युवाचार्यश्री महाश्रमण।



लाडनूँ, 20 अक्टूबर, 2009।
कार्यक्रम में उपस्थित समणश्रेणी व जनमेदनी



The Power of Mantra for Self – Realization -Acharya Mahaprajna

Spells like Aum, Arham, Namoh Arihantanam etc. are powerful esoteric formulas, a recital of which procures various kinds of gains for us. By themselves they are like a boat, which alone is incapable to take you to the opposite shore of the river. Besides the boat, you need a boatman, his technical skill and oars to carry you across the river. Most of us simply recite Mantras mechanically without fulfilling the concomitant condition, which are necessary for the affectivity of the Mantra with the result that our recitation proves abortive. In such a condition we are likely to lose faith in the power of the Mantra.

The human personality consists of Atma (soul) and Prana both possess their own force. We have thus two forces working in us, the soul force and the Prana force. The basic aim of Sadhana is to realize the soul, which is essentially a conscious entity. The Prana force can lead us to self-realization. This needs a strong will and firmness of purpose, also called as Sankalpa. If the will and the vital force are weak and if we are undecisive of purpose, we can in no way achieve the soul. It is therefore, necessary to invigorate the Prana force. Japa (recitation of sacred words) operates on the plane of Prana. The Prana force is an electrical force. Every living being possesses this force. All the physical and mental activities of man are due to the Prana force. It is the electrical energy in us, which is the driving force behind the body, and the mind. In Jain philosophy this electrical force is called the Taijasa body or Prana. It is this force, which activates and strengthens the will. Along with this Vital force the following two things are important to make the recitation of Mantra powerful:

- * The first condition is that the practitioner's mind should be completely synchronised to the sacred formula.
- * The next important thing is the meaning of the Mantra.

Thought at Sunrise - Acharya Mahapragyaji

The day of Dipavali. You will meditate on Bhagwan Mahavir. That is good. Before meditating think- which quality of mine do I want to develop? Whichever quality you want, meditate on Mahavir the possessor of qualities and orders. That quality will develop within you. All qualities and orders will not develop at the same time. Keep on doing so over a long period. You will see that the particular quality started manifesting within you. This is the theory of transformation.

Remove your Asthma and lead a healthy life

Asana (Exercise): Pashchimottasan, Bhujangasan, Matsyasan, Hriday stambhasan, Noukasan, Chest exercises, Supta Vajrasan (visit www.preksha.com)

Pranayam: (Breathing Technique) Suryabhedhi, Ujjhaai, Anulom – Vilom, Nadi shodhan, Sukshma Bhastrika
5- 10 minutes

Preksha: (Perception) Orange color meditation at both the lungs. 10 Minutes.

Anupreksha: (Contemplation) Auto – suggestions for the healthy Lungs and Trachea –
“ My Trachea and Lungs are becoming healthy ” – 10Minutes

Jaap: (Chanting) “Hrim” Sound 10 Minutes

Dietary Awareness: Avoid frozen and cold food.

Mudra: (Hand Posture) Vaayu Mudra, Praan Mudra

Future Travel Plan

Travel Plan of Acharya Shri Mahapragyaji & Yuvacharya Shri Maha Shramanji

Date & Place

18th Novemeber 2009 Departure from Ladnun

18th - 19th November 2009 Sujangarh, Rajasthan

20th - 21th November 2009 Chhapar, Rajasthan

23th - 24th November 2009 Padihara, Rajasthan

26th - 27th November 2009 Rajaldesar, Rajasthan

1st December 2009 Sri Dungargarh, Rajasthan

JVB - New Jersey News

18th Aug. – 3rd Sep. Paryushan & DasLakshan Mahaparva

A festival of awakening inner light was celebrated under the spiritual guidance of Samani Muditpragyaji & Samani Shuklapragyaji. This is the parva when everyone tries to do spiritual practices such as meditation, self-study, religious discourses, jaap and fastings in order to shed karmas and to create awareness that leads to self-purification.



6th Sep. Balanced Personality Development program

JVBNA organized a monthly program under the prominent presence of Samanijis followed by spiritual bhajans, pravachan, Preksha meditation and children session simultaneously.

12th Sep. Jain Temple of NY

Jain center of NY has invited Samanijis to have lecture and Preksha Meditation session. Samani Muditpragyaji talked about the importance of 'Samayik' which means equanimity.

17th Sep. “Victorious Ones: Jain Images of Perfection”

Jain Exhibition inauguration held at Rubin Museum on 17th Sep. The program was commenced with the recitation of spiritual shlokas by Samanijis.



4th Oct. – “Balancing Life with Spirituality” & Commencement of Gyanshala



The second monthly program was started with the commencement of JVB Gyanshala.

7th - 13th Oct. – Inaguration of JVB Preksha center

Samani went to Houston on the occasion of grand opening of JVB center.

17th Oct. “Diwali Pravachan”

On the sacred occasion of Diwali, Samani Muditpragyaji emphasized in her pravachan that we should celebrate Diwali by enlightening our inner self and follow the path shown by Bhagwan Mahavir.

18th Oct. Jaap

Twelve hours mantra jaap was held at JVB center on the pious occasion Bhagwan Mahavir's Nirvan. The jaap was attended by lots of devotees who were not only engrossed in chanting but also enjoyed the same. The meaning and understanding of the mantra invoked their interest also.

JVB - Orlando News

Paryushan Mahaparva at JVB Orlando August 16th to August 23rd. The event was celebrated with a great enthusiastic environment. During Paryushan, a 24 hour Nokar Mantra Jaap was done by several people. Every morning, lectures were given on Nandi Sutra and the evening contained lectures on the life stories of Lord Mahavira as well as other topics. Pratikraman was done every even by adults and Gyan Shala students too. On Saturday, there was a celebration ceremony recognizing the following Tapasvi people who fasted for 8 days: Hansa Chitalia, Puja Jain, Shitel Dosi, Rashmi Bhai, Harsh, Amit Vora, Dr. Dhirendra Mehta, Dr. Devendra Mehta. The Gansala students presented a skit on fasting.



Atlanta, Ga.

August 25th to September 3rd, The Samani Param Prajna and Samani Amit Prajna were invited by the Jain society to celebrate Daslakshan Parva. Each day the Samaniji delivered lectures on one religion related to that day. The people enjoyed the meditations and Bhaktamber session. The kids presented a skit on penance.



Greenville, South Carolina

September 4th - 7th, Samanijis gave morning lectures followed by meditation and yoga, and evening lectures at the Vedic center in Greenville.

Birmingham, Alabama

September 8th - 10th, The Samanijis were invited to the Hindu Temple. The people were encouraged by the lectures on "How to Overcome Anger" and "Positive Thinking".

Jacksonville, Florida

September 19th - 20th, Kids classes and lectures for adults presented by Samaniji were performed at the Jain center.

JVB - Houston News



With blessings of HH Acharya Mahapragya ji and spiritual guidance of samani Akshay Pragyaji and Vinay pragya ji the new JVB Preksha Meditation Center opened its doors to the public over a three day opening ceremony. The event commenced on Friday, October 9th and ended on October 11th, 2009 which included various prayers, meditation and acupressure sessions, cultural programs, & community meals. This new 11,600-square-foot facility consists of two buildings, of which one is a specially designed pyramid shaped meditation hall located at 14102 Schiller Road.



The celebrations were of historic significance for the city of Houston because of the auspicious congregation of eight Jain Samanijs' in Greater Houston area for the very first time. Houston Mayor Bill White and County Judge Ed Emmett proclaimed October 10th, 2009 as *Preksha Day*.



Procession



Silent skit on Unity



Upcoming Event :

Preksha Meditatin Shivir
Nov 14-15

Welcome by Gyanshala
Shalibhadra Play

JVB - London News

Training Course 'Enrich Your Life Through Practice of Non-Violence' launched – August 6 2009

JVB London organized an interfaith event to launch a training course in non-violence. On that occasion, speeches were given by Rev. Marcus Baybrooke, President of the World Congress of Faiths; Mr. Geoffrey Gale, founder of World Peace Gardens; Mr. Jay Lakhani - Hindu Academy and Carla, editor of the magazine 'HereNow4U'. Samani Prasanna Pragma summarized objectives of the day's event and Samani Rohit Pragma introduced the course.



Festival of Paryushana at JVB London – August 17 to 24 2009



Samanijs discussed 'Twelve vows of the Householder' & 'Twelve Bhavana' during morning sessions. Evening sessions included discourses on various topics, Bhakti and a Competition. From August 18th to 20th, special sessions were held for children jointly by Young Jains & JVB.

Welcome program for Samanijs & Mumukshus – August 26 2009

JVB London welcomed Samanijs and Mumukshu sisters, who came to observe Paryushan with the Jain community of Ilford, Birmingham and Manchester. Samanijs and Mumukshus presented an interesting skit 'Ladnun Eye' by means of a puppet show. On this occasion, important literature such as a Dictionary of Jain terminology 'Bhagavati -2' and 'Samaysar' was launched.



Samanijs attend Conference in Krakow (Poland) – September 6 to 9 2009



Samanijs represented the Jain faith and recited Jain prayers at the Interfaith conference organized by the community of Sant' Egidio.

Samanijs stay in Belgium and Rimini (Italy) – September 10 to 21 2009

Samanijs stayed with the Belgian Jain community for 10 days and introduced many children, teenagers and adults to Jain principles and the life of Lord Mahaveer. In Rimini, Samanijs met Master Yuji Yahiro on September 19th and presented a book "The Family and The Nation" to him. Master requested Samanijs to plan Preksha Meditation camps in various centers of Oki Yoga in Italy. On September 20th, Samanijs conducted a workshop "Preksha meditation and Jainism" at Niko Niko Center, a branch of the Oki Yoga Center in Rimini attended by over 30 Italians.

Visit to London Vegans - September 30 2009

Samanijs spoke on 'How to bring peace in the family' to around 25 members of the London Vegans group. The attendees were very impressed with the simplicity and contemporary relevance of Jain principles and the austere lifestyle of Jain monks.

JVB - Miami News

Miami welcomes the JVB Jain Sangha from Orlando on their Chaitra Paripati

The Miami Jain Sangha welcomed the community with a "Chalo Tirth" presentation. Samaniji Charitra Prajna & samani Unnata Pragya held, the Quiz "Meet with Your Knowledge" between the Miami & Orlando sangha, & followed by an enlightening lecture.



Lessons of the past for the problems of Today

Preksha Meditation Club organized this 14th Oct event. Bernard Lafayette shared his journey from Gang Leader to Nonviolence trainee. He illumined the audience about the psychology of Violence & nonviolence. In his speech, he said, we are worried about other isms, but one important ism is Child-ism, where we consider others as a child & try to super power the other, further he dealt about the solution for this problem.

Vegetation & Meditation for Peace



On 16th September was organized in the Pit area of FIU by Samaniji. Awareness of healthy eating, healthy thinking was the focus of the event. Special recipes of vegetarian food were also demoe by the students.

2009 Diwali in Tricities

West palm Beach

The dawn of 16th, Diwali celebration started with "Beach Bhaktambar & mantra chanting" followed by special lecture by Samaniji. With the dusk, the Jain & Hindu community rejoiced Diwali with Samaniji's Lecture & Bhajan.



Miami Jain Community

Diwali Celebration on 18th had a wonderful gathering in Temple. Samaniji explored the significance of Diwali. Diwali is a festival of liberation, Knowledge & social values, a unique celebration of Social & spiritual height.

Diwali in San Hose

Samaniji flew from east to west to celebrate festival. The huge colorful community got together. The event was very colorful with various presentations by Samaniji & Community.

Miami Jain Temple

A bimonthly series of Bhaktambar lectures have started in Miami Jain Temple. The deep relation of the devotee & deity is explored.

Samaniji in FIU

There have been two courses offered & many guest lecture's delivered by Samaniji related to Jain metaphysics, ethics & life.