



The Inner Light

Jain Vishwa Bharati USA for Non-violence, Preksha Meditation, and Yoga

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Deva Vi Tam Namamsanti Jassa Dhamme Saya Mano

One who remains always absorbed in Religion even the Gods bow down before him

Creating a Brighter Future

by Acharya Mahapragya



All of us dream, hope and even pray for a better future. Rarely would someone want the future to be worse off than his/her past. Brighter future may mean different things to different people – it could mean success in our jobs and careers or a name for ourselves or good relationships with family and friends or peace and happiness around us. A better future is possible and eminently achievable. The key, though, is held by the present. It is in our “present” that we build our future.

Understand that the past is gone – we do not have any power to influence our past. How can the past contribute anything in constructing our future? Past is something we can only purify – at a mental and emotional level.

If we want to start building our future – the time to do it is now. It is in our present that we can learn lessons from our past and lay a foundation for the future. This means that our present carries a dual responsibility. If we want to cleanse our past, we can do so in the present. If we want to lay and work on the plans for our future, we can do so only in the present.

What is it that can be done to create the dream future, one which is not plagued by tensions and troubles?

A lot of thought and reflection has gone into answering this question. Bhagwan Mahavir gave some key perspectives on this issue. Per his precepts, a bright and happy future needs the following ten qualities:

1) A-nidanta – To have no expectations in return for what you do.

Our training and tendency is to expect results for the things we do. But the reality is different – that we pray does not mean that we start anticipating results. That we bring up our kids, educate them and make them into good human beings – does not mean we ask back for things. The truth is that ‘not expecting’ is the best way to have expectations fulfilled. When our energy is tied up in expectations, then working and getting something becomes an unintended casualty.

A-nidanta is an important concept – it sounds contradictory but a deeper reflection will make us understand that the people who are willing to leave, to let go are the people who have things coming their way.

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HIGHLIGHTS

- **9th Annual Camp Celebration**
- **News**
- **Article**
- **Photos of Events**

- 2) Drishti Sampannta – Ability to see and perceive as a whole truth.

Having knowledge and intellect is different from the ability “to see”. We may read something, use our intellect to understand it but till we see the words or events from a 360 degree view, we may draw a different meaning. The wisdom of Lord Mahavir is also not understood the way it was meant to be – but we try to mould it to fit our world view and our thought processes.

When we get the ability “to see” – that we when we have a tryst with Truth. At that stage our prejudices and biases do not play a role in interpreting the situation or in giving a meaning to what has been said or done.

- 3) Yoga-vahita – To live with Yoga

It is important to follow a schedule, to do things per a routine. “Yoga” stands for “being one”. We should be absorbed in the thing we are doing. And do the things when they are supposed to be done. This allows us to increase our power of concentration and do things more efficiently.

- 4) Kshanti-Kshamanta – To bear the situation

The ability to bear things and not get perturbed is a tool of the brave. This ability to experience tough situations, bear pain and stay calm is critical to developing our internal powers. While ‘instant gratification’ is a very effective marketing tool for everything, the ability to bear situations as they unfold has its own value. Not getting stressed if things go wrong, for example, if we don’t get your food or water, if the air-conditioning or heating doesn’t work, or our PC crashes – is a great way to increase internal energies. Facing pain head-on is the only way to increase such powers.

- 5) Jitendriyata – Winning over your 5 senses

In today’s world, it is our senses that face a constant bombardment – from all of the media around us. It is easy, and even expected, to give in

to your senses. Isn’t that what life is all about? Not really. If you are interested in your own happiness, winning over the short lived gratification for longer term results is needed. This means controlling what is desired by your senses.

It is not easy to not go and buy the new car or not go out and eat at the newest restaurant in town or not buy that exclusive fragrance. But if you discipline your senses, you will understand the short-lived nature of the desire and the cycle of one desire leading to another. More importantly, this will allow you to focus on what your longer term goals are.

Besides these the other qualities which form the foundation for a better future, as explained by Lord Mahavir, include:

- 6) Rijuta – Simplicity
 - 7) Aparshavastha – Not being lax
 - 8) Sushramya – company of the wise and pure
 - 9) Pravachan Vatsalta – faith in the scriptures
 - 10) Pravachan Udvanta – Exposition of Jina Vani
- Thanam-10/133

2005 JVB Orlando Directors

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News From Orlando

Preksha Meditation Camp at New Orleans

New Orleans - It is known as the Crescent City because the proper city is shaped like a crescent and is located on the Mississippi river. It is in the state of Louisiana, which once belonged to the French. The Mardi Gras celebration is held in New Orleans. The city is below sea level. It is best known for Jazz music. The Louisiana Superdome is the largest indoor stadium in the world.

Preksha Meditation Camp was organized and sponsored in New Orleans by Dr Renu and Kishor Pokharna in their house. It was conducted Graciously by Samani Mudit Pragyaji and Samani Prasanna Pragyaji from Jain Vishwa Bharati, Orlando Florida. About 125 people from New Orleans, Baton Rouge and surrounding areas benefited from it.

Camp was held for 3 days with opening session and introduction from 7:30 to 9:30 Pm on Friday Oct 22, 2004. On Saturday Oct 23, 2004 with an early start from 10 AM to 5 PM, with Meditation, Yoga, Pranayam, Relaxation and other activities took place. After leaning ways to awaken energy, People's IQ was tested. They learned the Art of Breathing, Perceptual experiences were then followed by Question Answer session with Samaniji. Lunch and Dinner were provided by the host family.



Sunday session was from 10 AM to 1 PM, where people reinforced some of the learned abilities, through meditation, breathing, Yoga exercises etc followed by hot lunch.

Many Indians, Americans, Doctors, Engineers, Businessmen, students, Residents, and kids benefited from it. People from Art of Living also came to participate. During the camp many people purchased CD's, DVD's, and books for future reference and reinforcement. Such a camp was unique in itself and was held for the first time

in New Orleans. Many Doctors came to learn Meditation, and Yoga exercises to get a first hand experience, so that they could then use, and practice, and preach their patients helping them in the healing and recovery process from sickness and pain. Especially to take advantage of Yoga exercises to help patients decrease their use of narcotics and other harmful medications.

Overall Preksha Meditation Camp was an outstanding three-day activity conducted by Learned and Experienced Samanijis. Many people requested the repetition of the Camp in the forthcoming year. Whether, place, food, gathering and participation were great. With the resolution to use and practice meditation in their lives, to relax, enrich, and with the faith to revitalize their lives, people went home with happy hearts, looking forward to the next forthcoming camp.

Preksha Meditation with Peace Group

On October 26th, the Samanijis met with the Global Peace group in Orlando Florida. They are a political group spreading non-violence and peace for all mankind. They practiced Preksha meditation and relaxation and discussed Jainism as it relates to peace and non-violence. Fifteen women were in attendance.



SAMANIJIS' ATLANTA VISIT

Samani Mudit Pragyaji and Prasanna Pragyaji visited Atlanta, October 30th to Nov. 4th. Several people met during their presence and were

benefited. These were Indian professionals working in the US (business executives, doctors) as well as an American- Indian family.

The Jain Society of Greater Atlanta (JSGA) organized a lecture (pravachan) by them on Monday (Nov. 1st) evening at the Jain Society's center in Atlanta. The lecture by both Samanijis was very interesting and weaved the teachings of the Tirthankars and its applicability to life, whether in the US or in India. They also brought together the fact that we all look for peace and that it is something that will come when we change our own thoughts. A very interesting analogy of hospital, doctors, assistants was used by them to bring home the point that Jain religion offers specific steps in making our life better. The people really liked the lecture and were greatly impressed.

There was also an information for people about the annual camp in Orlando later this month.

A program was also conducted about yoga /meditation for 4-year old students at a local school. (Oglethorpe Presbyterian Preschool). 25 children (all 4- year olds) and 4 teachers who attended this program and enjoyed a lot.

The session started with Mahapraan Dhwani and included simple 'asanas' for the kids (like Palm Tree and Rabbit Posture). The children were very excited about this different 'class' and said that they all want to be good human beings. This session will probably serve as a way to let these young children know that yoga and meditation are great tools to achieve the goal of being good world citizens. Kiran Bardiya, coordinated this event and also gave some JVB books on meditation etc. to the School Library and interested people.

Samanijis stay was coordinated and hosted by Kiran and Alok Bardiya, son and daughter-in-law of Shri Prakash Chandji Bardiya of Jaipur.

Celebration of Diwali and New Year at JVB

On November 12th, The Diwali day evening about 125 people celebrated Diwali socially and spiritually. There were Americans, people from Jacksonville, Miami, Tampa and Orlando Jain sangh. Everyone wished and greeted

each other "Happy Diwali and Happy New Year". There was a delicious pot luck dinner. It was a real joyful event.

Around 8 o'clock, Samaniji's explained the significance of celebrating Diwali and New Year. Mr. Ashok Shah, president wished Diwali. Mr. Dewang Chitalia introduced a musical group Jhanakaar orchestra, from India. They sang very good stavans for the Bhavana Program.. Mrs. Varsha Shah from West Palm Beach made special arrangement of this Musical group.

Followed by Bhavana, there were a special recognition for group of students from Rollins College, Orlando Sentinel editor and JVB News Letter in charge. There were about 10 students and a professor Yudit Greenberg, who presented their view and how much they inspired by Samaniji's visits and teaching of Non-violence. A group of those ten students will go to India with Samaniji's on Dec. 30th, 2004 to see Jain University and to get Blessing from Acharya Shree Mahapragya.

Jain Vishwa Bharati USA Newsletter Committee

-- THE INNER LIGHT --

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Samani Prasanna Pragyaji

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Ms. Debbie Barr, a Orlando Sentinel Editor & Family were specially recognized for beautiful article she wrote about Jainism, Samanijis' staying at JVB, how simple and non-violence life they live and work hard for peace and humanity. Article also describe Samanijis teachings, Yoga and meditation. Her neighbor

Mrs. Bina Mehta mentioned about Samanijis and how she was really inspired.

Mr. Steve and Mrs. Cindy were recognized for there 9 yrs. of outstanding News letters publishing of JVB, They are with JVB from day one and have big input.

Mrs. Harsha Nagda gave a special pin to all these recognized people.

Followed by recognition was a first time ever 'Jain Sansakar Vidhi Chopda Pujan'. About 50 people brought their accounting books and did rituals with original Jain Vidhi. Mr. Tushar Shah led everyone. It was 'The thing done Right!'. Everyone enjoyed it so much.



were continuous Jap of Mahavir Bhagavan. Everyone took turn and grab opportunity.

Nov. 13th –On New Year day early morning Samanijis sang 'Virtthuee Stuti'. It is of 29 gathas of Agam-Sutrakrutang's 6th chapter. Samanijies also led for Bhaktamber Stotra.

Whole spiritual event was concluded with 'Mangal path' and blessings by Samanijies. Social event concluded with mouth watering Breakfast.



9th Annual Preksha Meditation Camp

Preksha Meditation Camp- Mantra-Vigyan (Science of Mantras) of Jain Vishwa Bharati was held at Airport Rocky Point, Days Inn, near Tampa Florida. About 110 devotees including 31 Youth and Children participated in the camp from Orlando, Tampa, Miami, Ocala, Vero Beach, North Carolina, and New Orleans.

Four learned Samaniji's led this camp from Orlando and Houston, disciples of Acharya Mahapragya. Under the leadership of Samani Mudit Pragyaji and her powerful infectious voice the Preksha song on the eve of inauguration touched the souls of adults, Youth as well as Children.

The camp was divided into three groups of adults, Youth and Children under 12, and each group received a separate Lecture by one Samaniji at a time. The series of Lectures started with the enlightening lecture by Samani Prasanna Pragyaji on the "History of Mantra" with inspirational short stories from "Itihas".

Kids and the Youth were inspired by Samani Unnat Pragyaji and Kamleshbhai Shah's discussion (Chairman of JVB, Orlando). They discussed with the children as to why they were there and what was the purpose of the camp. Listening to them it became clear to the kids as to what was their goal in attending the camp and its importance in real life.

Melodious Bhavana by Bhakta filled the camp in color. All the sessions in the camp were filled with words of Inspiration, Knowledge, Enlightenment, Awareness and Awakening. The powerful Oratory of Samaniji, and their tremendous depth of knowledge on a range of wide subjects from Mantra's to Art of Eating, Yoga, Relaxation, various forms of exercises, details of Shloka's and Mantra's and stories about the divine life of 24 Tirthankra's enriched the hearts and minds of the Youth and adults likewise. Samaniji's held the audience captive and spellbound for the three consecutive days.



The entire camp was filled with Vibrant Energy, and the enthusiasm of the participants, Youth and Children was worth noticing. It was not only a religious activity but also the people enjoyed the Indian food provided by Orlando and the atmosphere was like a big family event. Children under twelve expressed their artistic talent through the paintings of Namokar Mantra. Art was very promising and inspirational. Kids also enjoyed Jeopardy tremendously. Youth showed their talent through Debate on “War and Peace” and as usual Non-Violence prevailed and succeeded over war.

Adults had the opportunity to show their talent through pass the Parcel game Question Answers about Jainism. It was intriguing to find such hidden talent. Talented Tusharbhai Shah of Orlando whose dedication and knowledge made the session informative moderated open discussion. Everybody rejuvenated through the Yogic walk with silence and awareness after dinner.

All Jain chant Namokar Mantra every morning, but seldom know or perceive its virtue. Samani Mudit Pragyaji’s lecture on the most powerful and blessed Namokar Mantra and Araham blessed us. Marvels of Devotion and Art of Eating by Samani Sanmati Pragyaji of Houston, Texas were life enriching.

Children and Youth received goody bags and Gift certificates from Border’s Books. Everyone was blessed by Mangal Path from Samaniji and left the camp looking forward to the next camp. The camp successfully ended with closing statements from DevangBhai Chitalia

(Orlando), President Hemantbhai and Deepakbhai (Tampa), Ashokbhai Shah (President) and Aravind Nandu (Orlando), Mukundbhai Shah (Miami), Rakesh Jain (Vero Beach) and Kishor Pokharna (New Orleans). Kishor Pokharna was so inspired that he invited everyone to New Orleans to attend the camp Next Year.



All the way home kids chanted Mantras and read the books about Jainism, and vowed to Samniji to present Logas and Bhakambar upon their meeting next year.

Congratulations

Unnati Jain

The 9 year old daughter of Rakesh and Indu Jain, Unnati, has learned Logassa, Upasargahar Stotra, Bhaktamar, and Arhat vandanda. These are all Sanskrit and Prakrit languages. The JVB Orlando would like to show our appreciation to Unnati and her parents for her amazing feat.

Parshva Shah

Only 4 years old, son of Niraj and Nimisha Shah, has learned logassa and namaskar mahamantra. Congratulations to Parshva and her parents from JVB Orlando.

JVB Mission Statement

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

JVB Orlando Center 2005 Schedule

Day	Class
Wednesday	7:30-8:30PM Jain Study
Saturday	9:30-10:30AM Yoga and Meditation
Sunday (2 nd & 4 th)	2:30-4:30PM Swadhyaya / Pathashala

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The Inner Light is produced by Jain Vishwa Bharati USA. Its goal is to publish information important to the Jain Community as well as to the general public. Every issue will be available in English and will contain articles on Jain Philosophy of non-violence, meditation practices, leading a good life, and other issues relevant to Jainism and Preksha Dhyan. The newsletter is a valuable guide to events held at Jain Vishwa Bharati and will keep subscribers up to date on all important classes, events, and programs. All subscriptions are for one year. If you wish to help support the work of Jain Vishwa Bharati, all donations are welcome.

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BOOKS

1. Nandi
2. Thanam
3. Suyagado I II
4. Ayaro
5. Encyclopedia of Jain Canonical Tenets
6. Acaranga Bhasya
7. Samavao
8. Uttarajjhayanani I II
9. Karmavad
10. Tirthankar Charitra
11. Jainism and Its Philosophical Foundations
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14. Jain View of Life
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Ashok and Premlata Shah

On the occasion of the birth of their Granddaughter, Adya, first child to parents Hetal and Komal

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--INNER LIGHT--
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