



Ahimsa is Protector

The Inner Light

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

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Savve Paana Na Hantavva Esa Dhamme Dhuve, Niie, Sasae – Hurt not any creature in this World



Working Efficiency and Preksha Meditation – Part 1 by Acharya Mahaprajna

There are multifarious dimensions to life. Our life cannot be complete with any one dimension. For completeness, we need to focus our attention on all dimensions. If we classic them, we can say, in brief, that one dimension of life is spiritual progress and the other is worldly wisdom. A person's expertise lies in the second dimension of life. However, Preksha meditation leads to spiritual progress, and this is its main benefit. Worldly wisdom is also gained as an incidental benefit. By practicing meditation, spiritual progress begins and our interest towards it increases. Simultaneously we should analyze whether our behavioral skills are also developing or not. If they are not developing, then we should realize that there is something lacking, and we need to practice more. Man is a social animal. He lives in society. The family is a unit; even institutions and nations are units. All these units belong to society. He lives in these units and maintains a relationship with all. Where there is a social life, the question of behavior comes up. In matters of the soul, the question of behavior does not arise. But where relationships matter, social and societal life take precedence, and it becomes very important to know how to behave with each other and how to perform any action efficiently. The first principle of behavioral skills is development of perspective and a non-absolutist view. Non-absolutism (Anekant) is also an instrument for good behavior. That is why Acharya Siddhsen wrote, in the last chapter of Sanmati Tark, — “Without the implementation of Anekant, even worldly

transactions cannot be conducted.” Even to get along in this world, we need a non-absolutist perspective. If our viewpoint is absolute and one-sided, even day-to-day transactions will not be feasible. In the context of operational efficiency, two principles of non-absolutism should be considered — the concept of relativity and harmony.

Our lives are interdependent. A person who knows/understands the principle of interdependence, will operate efficiently. I am dependent, I am not absolutely independent. If a person understands that he is not absolute, he can function successfully. There is a manager/director who has get work done by others. If he does not know the concept of interdependence, then he cannot work efficiently and extract work from others. All are interdependent. A manager cannot work without the help of subordinates. One monk went to Acharya ICalugani and said respectfully, “Gurudev! That monk is telling me that he doesn't need me.” Acharya ICalugani called that monk and said, “I cannot work without the help of monks. You don't need him but need him. I cannot separate him from us.” The Acharya's work requires monks. In the absence of monks, the order cannot function properly. Similarly, without a good helper work cannot be executed. This should be the viewpoint of interdependence.

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HIGHLIGHTS

12th Annual Spiritual Camp

Honolulu Leadership Event

Preksha Meditation Workshop - Miami

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We should realize that what ever we do requires the help of others, If you realize the importance of helpers and supporters you will behave well with them, if you behave well with them, you can work efficiently. The conflict that takes place between mill-owners and workers is because the owners do not engage with the perspective of interdependence; rather, they rely on their own absolute views. They want to increase their profit margin and pay lower salaries to the workers. Where there is exploitation, several impediments arise. An efficient person is one who thinks both of his own welfare as well that of others. This is the relativistic view.

The second principle is harmony. There will always be differences in thoughts and opinions. Where there is difference of thoughts and work cannot be done, the principle of harmony works. If you establish harmony between both, there is no opposition. We should be skillful like that potter who learnt how to establish harmony. A potter had two daughters. One was married to a farmer and another to a potter. After some time, the potter went to meet his daughters. He first paid a visit to the daughter who was married to a potter. He asked, "How are you?" She replied, "Father! All other things are fine but there is a problem. The pots are just hardening and in the meantime, the sky is overcast. If it rains, the pots will be destroyed. Please pray for me that it should not rain." The father then went to meet his other daughter and asked her "How are you?" She replied, "Father! All other things are fine but it is monsoon time, yet there is no sign of rain. How is farming possible? Please pray for me that it should rain." Both were opposing thoughts. He was an intelligent and reconciliatory potter. He called both the daughters. To solve this problem, he said, "See! Your pots are in the process of being made. If it rains, one of you will have a good harvest and the other can partake of 50 percent of it. If there is no rain, then the pots will be ready for sate and the other can partake of 50 percent of the pots." This is how the potter reconciled his daughters' problems. The important rule of working efficiency is to reconcile opposites. Opposites are natural and inevitable. Without opposites, no independent philosophy or religion can develop. Each object has its own nature and

intrinsic qualities, distinct from those of another. Contrariness is natural. If we focus on opposition, no work can be accomplished. To reconcile opposites is a great art of operational efficiency. An efficient person can accomplish good work through harmony.

Another imperative of operational efficiency is- 'Balanced Emotions.' Our emotions should be balanced. I chanced upon a book titled 'Emotional Intelligence' written by a professor of Harvard University. He came to the conclusion, after surveying and doing considerable research, that 'Those who are not highly qualified but are emotionally balanced have risen to top positions. Concomitantly, those who are highly qualified, but are not emotionally balanced are working under these people.' This means while education is a yardstick to measure status, it does not necessarily reflect an integrated personality. Along with high qualifications, a person will want to know if the educated man is quarrelsome or not. If he is quarrelsome he will create a problem. He may have pursued higher studies, but is he greedy? If he is greedy, he will cheat and deceive others. We judge persons on the basis of their emotions. Only intelligence is not sufficient. As long as emotional intelligence is missing, work cannot be performed properly.

The emotion should not be so uncontrollable that neither can anyone live with you and nor can you live with anyone. Neither can you work with others, nor can anyone else work with you. If emotions are uncontrolled, how can a person execute his work efficiently? Establish such good relations that you can work with others, and others can work with you happily. If this happens, there will not be any problems: The kingdom of emotions is very vast. Let us focus on essential points. The first point is development of the power of tolerance. How much can a man tolerate? A person who tolerates, is an efficient person in the real sense, and only he can take others along with him. Similarly, a person who is intolerant, can neither work along with others nor can take others along with him. While deliberating on the importance of organization, Acharya Tulsi said, "People imagine the Acharya to be the supreme authority of the organization. It is true but

if we view from another perspective, the Acharya has to tolerate far more than any one else. A proficient Acharya is one who possesses competence, love and equanimity. Only that Acharya is considered an adept who has developed tolerance, has tender, affectionate and motherly feelings and is free from bias? The essential requirement for working efficiency is tolerance. One who cannot tolerate his colleagues and subordinates cannot be an efficient person. Tolerance is an essential requirement for us. In Preksha meditation camp, the contemplation to develop tolerance power is practiced. Through contemplation and autosuggestions, we can develop the power of tolerance. Some people naturally have the power to tolerate, but others who do not have this can develop it through practice. It may not be possible to develop tolerance during a ten-day camp, but with constant practice of contemplation for two to three months, there is a possibility that his tolerance will increase. After six months of practice, his desire to develop tolerance will definitely be fulfilled. Bhagwan Mahaveer took initiation. How did such detachment and dispassion spring up in him? Six months prior to his initiation, Prince Vardhmaan had been practicing the contemplation of transience. This trait therefore ripened. A person who regularly practices the contemplation of transience will find his infatuation towards the material world falling off and his interest towards asceticism developing. Qualities can be enhanced by practice. The soil of our internal world is very fertile. If proper practice is done, the quality of tolerance grows eventually. A person who has learnt to tolerate is, in the true sense, proficient. A person should know when and what to speak. If the junior worker is in an aggressive mood, it is the duty of the senior to tolerate him. Instead, if he fights back, that simply worsens the situation. At that time, silence will lead him to success. If he is not tolerant, but reacts immediately, the situation will worsen. I have seen a family. The head of the family was short-tempered. Even his servant was like him. Whenever we used to pass by, we could hear them fighting. One day, I told that owner: 'You fight a lot. It is not good. Even we could hear it, at our place? He responded — 'Maharaj! The truth is that both of us are aggressive?' "Then why do you jive together?"

"I cannot live without him. Even he cannot work without me?" "If you both are interdependent, then why don't you practice tolerance?"

News From JVB Orlando Center

Rollins College Winter Park, Florida

The Samanijis were invited to Rollins College on 29th of October where they delivered a lecture to the "Religion is better or worst class" on the subject of non violence in Jain religion. The Samanijis also gave a demonstration on the practicing of meditation. Samani Param Pragyaaji was very well received by the students and they learned not only about the history of the religion, but heard the Samani chant their beautiful sounds of peace and also learned the fundamentals of meditative breathing.

Dean to the Rollins Chapel, Patrick J. Power and his students were very glad to be present for the Samaniji's inspiring voice. Following the lecture and meditation, a question and answer session was conducted with the class.



Response from Dean Patrick J. Powers

I want to thank Samani Param and Samani Punya for coming to my class on Religion today at Rollins. They were very well received by the students and they learned not only about the history of the religion, but heard the Samani chant their beautiful sounds of peace and also learned the

fundamentals of meditative breathing. Both I and the students had questions which were answered carefully and sensitively. I am most indebted to then both and to Andrea Drake who provided the transportation for this enlightening event. God bless you all in your work and practices.



The Samanijis were invited again to Rollins College on 15th of November where they delivered a lecture to Professor Yudit Greenberg's "Love and Religion" class on the subject of Unconditional Love for Peace. The Samanijis also gave a demonstration on the practicing of meditation. Samani Param Pragyaji was very well received by the students and they learned not only about religion, but heard the Samani chant their beautiful sounds of peace and harmony. The students learned the benefits of meditative breathing and chanting. Following the lecture and meditation, a question and answer session was conducted with the students.



Jacksonville, Florida

On the 29th and 30th of September, the Samanijis visited the Hindu Temple and lectured on the "Fundamentals of Jainism", Attitude is Everything" and "Developing your Inner Strength". On the morning of the 30th there was Bhakatamar and Yoga exercise class. Kamelesh Shah inspired people to follow vows for Jain householders by distributing books on the subject of vows. The Jain community enjoyed the event.

JVB Center Diwali Celebration

On the 9th of November the JVB celebrated Diwali, Mahavir Nirvan Gautam Swami Kevalgyan in a joyous environment with the Jain community. The Samaniji delivered a lecture about the event which the attendees enjoyed. On this auspicious occasion, chanting was performed by the group. On the 10th, the center celebrated Kartik Sud Veer Samvat 2534 Indian New Year in the presence of Samaniji. The Samaniji wished a bright future for the betterment of each individual. They wished for all to begin the new year with the journey of Love, compassion, and equanimity.

Haines City / Davenport Florida Woman's Retreat Program

On 18th of November the Samanijis were invited by the Multi-Faith Center of Orlando to the home of Rev. Diana Reed Jackson on the theme of "Awakening". Samanijis lectured on Non-Violence in Daily Life. A mantra session was conducted with over 22 woman of the Multi-Faith woman's group. The Samanijis explained the power of mantra and how they can be used to reduce disease and illness. The woman attending represented many religious groups. The multi-faith center has had a relationship with the Jain Vishwa Bharati of Orlando for over 7 years. This past March, they contributed a gift of \$900.00 to the JVB center.

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-- THE INNER LIGHT --

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FIRST GLOBAL NONKILLING LEADERSHIP FORUM Honolulu, Hawaii

Nov. 1-4, 2007

The non-killing global world is a dream of one & all. Prof. Glenn. D Paige tried to awaken the world by raising a question thru his book "Is the non-killing global world possible?" his question not only motivated the scholars but created a new forum

The Forum was organized by the nonprofit Center for Global Nonviolence and was co-sponsored by the Spark M. Matsunaga Institute for Peace, University of Hawaii, and the Mu Ryang Sa Buddhist Temple of Hawaii. Forum Co-chairs were Nobel Peace Laureate Mairead Corrigan Maguire and Dr. Balwant "Bill" Bhaneja, Senior Research Fellow, Program for Research in Innovation Management and Economy (PRIME), School of Management, University of Ottawa. Over 30 participants from 20 countries of Africa, Asia, Europe, Latin America, the Middle East, North America, and Pacific shared experiences. Among presentations were by Prof. James MacGregor Burns, former President of the American Political Science Association; Dr. Abdel Salam Majali, President of the World Islamic Academy of Sciences; Prof. William Smirnov, Vice-President of the Russian Political Science Association; Prof. Baoxu Zhao, Honorary Director, Research Center on Contemporary China, Peking University; Provost A. M. Wokocha, Rivers State College of Education, Nigeria; Dr. A. T. Ariyaratne, Founder of the Sarvodaya Shramadana Movement of Sri Lanka; Dr. N. Radhakrishnan, Chairman of the Indian Council on Gandhian Studies, and Prof. Johan Galtung, Founder of TRANSCEND.



Experience at JVB Center Orlando

By Raquel

To the Jain community: I would like to thank you, over and over, for your generosity and kindness. It is a great gift to have a community center that offers peace and positivity. Everybody that I have met at the center are kind and always greet me with a smile. So I feel very comfortable to remind you, to take advantage of the great opportunities that you have available to you. The centers Samanijis, ambassadors of peace, are always available to the community 24/7. Samani Param Prajna and Samani Punya Pragma create a peaceful environment that everyone should take advantage of. It is always a pleasure to come to this center. It makes me feel as if I am in a different world when I visit there. With these ambassadors, they will change this world for the better one person at a time.

Bhakti Sangeet Sandhya

On Friday December 28th at 8:30 pm, the JVB presented a devotional music and song evening to the JVB Orlando community. Several singers made this event very exciting and encouraging for all who attended. These devotional prayers created a positive feeling inside the people and environment.

On this occasion two Jain nuns, Samani Charitra Prajna & Samani Unnata Pragma were invited with the message of His Holiness Acharya Mahapragya. The event started off with the blessings of a great Nonviolent Peace Maker Acharya shri Mahapragya read by Samani Charitra Prajna and was well received by all. That message was given to all participants in their folder.

Prof. Glenn D Paige's book – Non-killing Global Political science has been translated into more than 15 different languages.

The first session welcomed different religious perspectives of non-killing. The Jain perspective was presented by the Samani Unnata Pragma. She said, Ahimsa is the core principle of Jainism. Mahavir spoke in the language of compassion, love and respect to all species. We should not hurt anyone by our physical, mental and verbal actions. She mentioned about the pioneer ahimsa yatra undertaken by Acharya Mahaprajnaji and how it has influenced the political and religious leaders to bring the harmony among themselves.

Further there were sessions to explore the capabilities of non-killing. *Is a Nonkilling Society Possible in the conflict areas?* The most fascinating were the presentations from conflict areas like Congo, Columbia, Nigeria, Shri Lanka & more. The audio & documentary of the transformational work going on in these violent areas were also presented.

The next day explored the past dignified history of our courageous Gandhi, Tolstoy, Abdul Gaffer Khan, & more.

Further a documentary crew from Hawaii, Hale Na'au Pono, a Hawaii name interpreted as The House for Inner Balance, interviewed Samaniji for the Jain perspective of non-killing. They are trying to bring to the world the view of Non-killing from the different religious perspective.

The journey ended with yet another meeting arranged by Dr. Rajkumar, a Gandhian activist in Honolulu. We met people & shared the Jain views with them. Hawaii is a land of volcano & military. In this land, the talk of ahimsa, was much significant.

LIVE & LET LIVE – Held at Florida International University (FIU)

The blessings & energy of His Holiness Acharya Mahapragya came true when the event of November 7th held in Miami Florida turned

out to be a grand success. This event was dreamed, designed & coordinated by the Jain nun Samani Charitra Prajna & Samani Unnata Pragma.

The event had three speakers –

- Carole Baskin – she came from Tampa. She is the founder of BIG CAT RESCUE organization. She has tremendously worked to save the cats from the bad state of living.
- Saurabha Dalal – from Washington DC. He is a Jain, himself a vegan & devoted to the promoting Nonviolence.
- Samani Charitra Prajna – A Jain nun, leading a life of spirituality & nonviolence. At present teaching in FIU, a course on 'Jainism & nonviolence'.
- Pro. Heine, the chair of Asian studies department all presented his views about nonviolence from the Historical Perspective.

Carole Baskin emphasized on Big Cats. The condition they live in, the sufferings & torture they undergo either for the human entertainment or research. She also came up with the data of the tigers close to extinction.

The next speaker was Saurabha Dalal. He came up with fascinating data about the way in which the production of meat is at the cost of environment & exploitation. One pound of meat is produced with the use of 2500 gallons of water

Our next speaker Samani Charitra Prajna expounded the implication of nonviolence at the level of self, family, societal, national & international. The emphasis was then laid on resolving the root cause of problem by dedication, commitment and self transformation.

War brings in hatred, hunger, animosity and unhappiness. The message of non violence with an inspiring voice & beautiful pictures reached the heart of the audience rather than mere brain. Samani Unnata Pragma wrapped up with a word of thanks. The speakers were given a few Books of Acharya Mahapragya as a token of appreciation.

The Jain community sponsored vegetarian dinner which all enjoyed. The community helped in all aspects for this event to be a great success.



**Miami– Florida International University
November 13th 2007**

“Why Meditate?” Preksha Meditation workshop was arranged by the Center of Spirituality at the Graham center of FIU campus on November 13th. This event was well received by the Students. Around more than 80 students participated. The session had a brief of the Pre-requisites of Meditation by Samani Unnata Pragya. Meditation is not a mere Few minutes or an hour session but can get along our daily life was emphasized on. Students were fascinated by the pictorial presentation to comprehend Preksha by Samani Charitra Prajna. How does mind, body and emotions are interconnected and what are the ways to stabilize the mind, detoxify the body and transform the bio-chemicals of the body were discussed. The peace rendering practical session of meditation with relaxation, long breathing and visualization of white color was enthusiastically practiced by all. They also bought books & the CD which would help them continue their practice in solitude. This big gathering for a Meditation session revealed the need of the day. Everybody appreciated the session by saying that it was very scientific, relaxing, energetic and good feeling.

We were also invited by the department of WICS (women’s in computers). The group learned about meditation. After the practical session was done, they are looking forward in making such session a regular event. They demanded for even longer practical session. This shows the dearth & need of peace & stress relief for one & all. One of the

students said, she had problem sitting down, but during the session of meditation she just felt in ease and was feeling no pain. Surprising was for them to know that ours was a total voluntary service. They also presented a token of appreciation from the department.



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**We Welcome Samani Sangh Pragya and the
return of Samani Param Pragya for 2008**

**Samani Param Pragyaaji and Samani Punya Pragyaaji
are returning to India January 21st. We wish them a
safe voyage and thank them for a great year here at
the JVB**

12th Annual Spiritual Camp

**January 18-20, 2008
Orlando International Airport Hotel
and Conference Center
Orlando Florida**

The JVB is proud to have 2 visiting Samanijis attending the
annual Spiritual Camp. Respected Samanijis are:
Samani Charitra Pragyaaji
Samani Unnata Pragyaaji.

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