



Ahimsa is Protector

# The Inner Light

Dedicated to Up-Liftment of Socio-Spiritual Values

**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*



## Training in Non-Violence: A Universal Dimension

**Archarya Mahapragya**

Non-violence and introspection are related. Similarly, violence and looking outwards cannot be kept apart. Man is bound to resort to violence if he always has seen material objects and people other than himself. As soon as he starts seeing himself and looking within himself, he gets farther and farther from violence, and imbibes more and more non-violence.

Non-violence as a principle (ahimsa) and its education and training were elaborated thousands of years ago. Mahatma Gandhi applied it extensively and gave world a brilliant example of its practice. But curiosity and awareness about non-violence have been aroused all the more in the light of the phenomenal growth of violence during the last two or three decades.

### A Question Worthy Of Consideration

People do know the enormous number of killings that took place during the two World Wars. But very few people know that the magnitude of killings in the post-second world war period far surpasses that during the two wars taken together. Mass massacres have taken place in fighting Somalia and Rwanda sends shivers down

to people, men, women, and children many millions were prey to the struggle for power between two tribal communities. What are these small countries up to? Why are they indulging ruthlessly in mass murders on a massive scale? No solution seem to be in sight. Even the great powers and the United Nations are found wanting in displaying enough responsibility for halting them. When the conflict is between two countries, big powers like America and England lose no time in mediating them. On the other hand, human life is thought so cheap in Africa that nobody bothers about massacres there. Attempts are made to settle the conflicts only between those countries whose market value is greater. No one is worried about those countries whose market value is less, which are not in position to produce mineral and agricultural products, which are backward in every way. All these factors have compelled people to think when and where this increasing violence in the world will stop. In this context, non-violence assumes greater relevance. Everyone feels that in it alone lies the answer to prevailing violence. If violence is not stopped, humanity would slowly head towards its own extirpation. Therefore, it is very essential to develop non-violence. But how to bring it about?

*Continued on page 2*

### HIGHLIGHTS

Articles

Health Column

Story Column

### 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

*Continued Article, from Page 1*

### Three Factors

Revered Gurudev Tulsi said that merely discussing non-violence is not enough. It should be supported by three factors:

- research
- training
- application

Confining oneself to non-violence as a theoretical principle, non-violence cannot be promoted. As in science, nothing much can be achieved without research, training and experimentation.

### Training

Anuvrat is a code of non-violent conduct and has also developed a method of training in non-violence. People who know and accept Anuvrat's code of conduct, come to resolve 'I will not willfully kill any innocent being anymore.' But that is not enough. In term of training in non-violence, it is but an incomplete part of it. The resolution will be strengthened when subjected to self-contemplation. The resolution should be repeated for a week, two weeks, even four weeks, in fact, until it becomes permanent, imbibed habit. Once it has become that it need not be repeated further.

### Education And Training Are Different

We are interested in the formation of lasting habits. Teaching and training are two different things. The

former requires that we learn the lesson and understand its meaning. But when it comes to the latter, words by themselves do not serve much purpose. They do go some way in the initial stage, but they do not become a part of our conduct until their meaning has been fully imbibed and made part of our very being. It is not unlike food, giving nutrients to the body but not converting itself to blood and flesh until after full assimilation. The culmination of training is formation of enduring and irreversible habits. With that the task of training is complete.

### Illustrations From Anuvrat's Code Of Conduct

One of the code's vow is, 'I will remain alert to protection of environment.' By reading it, understanding its meaning, knowing what constitutes environmental pollution and thus acquiring the right conviction, we prepare the soil for being fit for the planting of seeds.

The practice of self-contemplation is the second essential step. The vow has to be uttered nine times, followed by nine silent repetitions through appropriate lip movements, followed further by nine times silent verbalization in the mind, and culminating into the import of the vow becoming an inseparable part of our consciousness.

Later, it should be repeated in the posture of relaxation, conjoined first with meditation and then with intensified and sustained visualization of a desired colour in conjunction with associated psychic centre. It is not possible to do this in one day. It should go day after day until one is convinced that the resolution has become a lasting and irreversible part of one's being. It is up to each individual to decide at what point he has acquired consummation.

### Resolution And Fulfillment

I have no hesitation in saying that the method of training is being followed neither by householders nor by sadhus (saints). A resolution remains a mere resolution without being experimented and acted upon. The more vigorous the practice, the easier it is for a resolution to be fulfilled.

## Food And Violence

The first component of training in non-violence is the food eaten. There is a close connection between food and violence. What matters is the nature of food. Is it satvik (good and pure) or tamasik (passion-rousing). Meat and alcoholic drinks promote violence. When we look back in history, we find that those charged with the task of fighting wars (Kshatryas in India) were openly allowed to use meat and liquor.

Brahmans, Vaishvas, and Shudras had no such choice. It is a different matter, though, that in the course of time they too began using them. Wars require cruelty and lack of sensitivity and compassion. Without them violence is not possible.

Different people have used a variety of stratagems including modes of entertainment involving cruelty and insensitivity.

In some Arab countries young children are tied on to the back of racing camels, which are prodded more and more to run faster and faster while the children cry, weep and nearly die of fear while the spectators enjoy the fun. Could anything be more insensitive than it?

## The Roman Example

The Roman Empire was once very powerful. People there underwent successive violent and bloody conflicts and in the process lost all their sensitivity, so much so that they lost interest in traditional ways of killing. As a result, they resorted to newer and newer methods of torturing people to death. The fiercer the death, the greater the enjoyment they derived out of it. Special torture cells were built to entertain the onlookers.

No wonder it led to the final fall of the Roman Empire. For violence once unleashed knows no discrimination. So a stage came when they started killing their own kinsmen. Mutual killings ultimately brought down the empire.

## The Case Of America

The newspapers keep reporting how American soldiers are getting desensitized. In Vietnam, Iraq, Somalia and elsewhere, they have had to display their capacity to kill and destroy. They have got so much used to it that the thought of violence does not disturb them anymore.

Family feuds easily result in senseless violence. Small boys and girls carry fatal weapons like pistols in their hands and enjoy indulging in violent activities.

## The Experiment Of Forming Permanent Refined Habits

Developing sensitivity is essential for the growth on non-violence, and for doing that, one will have to adopt the method of self-contemplation. Perhaps no better methods as 'Treat all beings like yourself' and 'Weigh all souls on the scale of your own soul' for the above purpose has yet been developed. Try to contemplate on these two sayings.

Quite a few people who had done so said that it changed their outlook completely. The need of the hour is to practice self-contemplation with repetition of a truthful saying for changing one's attitude.

Everyone knows how hard a rock is, but through repeated friction a rope makes indentations on it. One important element of training is repeated activity and practice. It constitutes a powerful experiment in forming permanent refined habits.

## Non-Violence And The Body

Another component of training in non-violence is health. We give the word 'Health' a narrow meaning, a good state of the body, free from any disorder. This is not its proper understanding.

But even if we leave out the mental and emotional dimensions of health, physical health itself has a profound relation with violence and non-violence. Nowadays, it is an important subject of scientific study. Malfunctioning of the liver gives rise to bad

thoughts and feelings. A low percentage of glucose in the blood rouses the killing instinct including suicide. Again, the violent instinct is aroused by an imbalance in the nervous system or in the secretions of the endocrine gland.

### **Tests Are Essential**

People look after their bodies in order to keep them healthy and free from disease, which is not a bad thing. However, it is equally necessary to direct attention to the effects, the major organs have on people's minds and dispositions.

Modern medical science requires people to undergo several tests, but rarely do people go in for tests aimed at ascertaining the proper functioning of various endocrine glands like the thyroid, the pituitary and the adrenal. These tests are essentials for preventing violence.

Napoleon lost the battle of Waterloo. People wondered how a superb warrior with a dream of world conquest met with defeat. An examination of his brain revealed that his pituitary gland had stopped functioning. When he took the decision of going to battle at Waterloo, this prevented him from taking the right decision.

### **The Meaning Of Training In Non-Violence**

Training in the right ways of eating and keeping healthy is very important. A method commanding universal attention, for imbibing non-violence can be found if only scientists take deep interest in it. Since the concept of training in non-violence was put forward, two conferences have been held on the subject and the attention of the people in the world has begun to be drawn towards it. We received many letters inquiring about the method.

Ordinary people think that it means sending peace volunteers to a theatre of conflict and settling it through mutual negotiations and third party advice. It may be one angle of looking at the problem, but it cannot be regarded as comprehensive method of training in non-violence. We have restricted the scope of the discussion of non-violence to the domain of war and peace. But in fact it permeates

living behavior. Every man confronts moments of violence and non-violence. Let us go to the root of the matter. The dream of building a non-violent society can come true if we begin our programme of training in non-violence with a triple training:

- following a proper dietary regime
- principles of healthy living
- emotional balance

### **The Modern Language Of Peace**

The UNO was formed to preserve world peace. Now wars do not breakout suddenly. Discussions and deliberations generally take the steam out and the UNO helps in killing the momentary instinct for war. Not surprisingly, defense experts define peace as the interregnum between two wars.

Another reason of the reduced possibility of wars is the almost prohibited cost of modern weaponry as also the balance of power between warring nations. But for it, peace and security would not have been sought to be ensured through increasing weaponeering if the principle of training in non-violence had gained wide acceptance.

## **News From JVB Orlando Center**

### **October 16<sup>th</sup> – 23<sup>rd</sup> Morgantown, W. Virginia**

The Samanijis were invited by the Jain community of Morgantown where they gave nightly lectures on different topics on the subject of uplifting Life. These lectures encouraged the people to live harmoniously and peacefully in day to day life. Both the Jain and Hindu community benefited by the discourses presented. The Samaniji also visited Jain families near Pittsburg Pennsylvania.

#### **Jain Vishwa Bharati USA Newsletter Committee**

-- *THE INNER LIGHT* --

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### October 26<sup>th</sup> – 28<sup>th</sup> Dipavli at JVB Center

The Orlando JVB center celebrated Dipavli the Mahavir Nirvana day with the Jain Community. Samani Param Prajna and Samani Jayant Pragyaa had very touching and historical discourses on Dipavli and How we should create inner light with spiritual practices. A well organized event that left a mark on all the devotes to build and continue the light of spiritual awakening.

On October 28<sup>th</sup> Chopra Pujan was performed with Jain Sanskar vidhi conducted by Kamelesh Shah. The participants enjoyed the ceremony very much. On this pious occasion all devotes felt energized when they participated in chanting a special Dipavli mantra.

### October 29<sup>th</sup> Rollins College Winter Park Florida

Professor Yudit Greenberg invited the Samanijis to her “Love” class. They discussed spiritual discipline which was followed by the students question and answer period. The students were very enthusiastic and took tremendous interest in the discussions given. The student also inquired about the Samanijis daily life and routines. The event ended with chanting and meditation.



Rollins College, Professor Greenberg's Class

### November 1<sup>st</sup> – 2<sup>nd</sup> Jacksonville Florida

The Samanijis were invited by the Jain Community of Jacksonville where discourses took place at the Hindu Temple. After Gyan Panchmi ceremony, in

the spiritual presence and guidance of Samanijis, religious classes were started for kids and children. This was the first time this event took place and it will continue to take place each month. The Jains acknowledged that they would continue to call on the Samaniji in Orlando from time to time to continue the spiritual awakening for there community.

### November 27<sup>th</sup> – 30<sup>th</sup> Tampa Florida

On the occasion of Pratishta Mahotsav celebration, the Samanijis were invited by the Jain Society of Tampa Bay. This big event included cultural programs and lectures which were attended by people from all over the USA. Besides the many presenters, the Samanijis, themselves gave lectures which everyone enjoyed.

### December 1<sup>st</sup> Rollins College Winter Park Florida

The Samanijis were invited back to the campus of Rollins College where they met with Professor Damato's class in Asian Religions. They lectured to over 20 students on Preksha Meditation, Yoga, and breathing techniques. The topic of “What is Non-violence” and what it means to the students daily lives. Questions and answer session followed. Thanks to Steve and Cyndi for arranging and driving the Samanijis to the lecture. Thanks also to Junior student Prea for arranging the event with Professor Damato.

### Samanijis invite local church to JVB Center



## Health Column

**Remove your depression & lead a happy life**

**Asana (Exercise): Yogic Kriyas,**

**Shashankasan,**



**Sarvangasan**



**Matsyasan,**



**Kayotsarga.**



**Pranayama (Breathing technique):  
Anulom-Vilom**



and **Ujjayi Pranayam** – 5 minutes

**Preksha (Perception):** Meditation of rising sun color on center of Bio-electricity (*Taijas Kendra*) - 10 minutes

**Anupreksha (Contemplation):** Auto-suggestion – “My self confidence is increasing” - 15 minutes

**Japa (Chanting):** “ANANTA VEERYEBHYO NAMAHA” - 10 minutes

**Mudra (Hand Posture): Prana Mudra**



## Story Column

### What is this?

Once upon a time a poet came to meet the King Bhoj. The king was very learned person. He knew Sanskrit very well. The poet also was very famous as a learned of Sanskrit. He said to king, Oh Great king! I heard that you were very learned person in Sanskrit. I have a puzzle and I met many people to ask my puzzle questions but did not get the correct answer. Now I hope that you will succeed to give the correct answer. The King said, Okay, I will try to answer your puzzle. The poet asked:

*Apadam pad sanyuttam  
shvet krshn su komalam,  
Sabalam nirbalam chaiv  
Margantu punh punh.*

What is this? Who has no legs but can travel more than hundreds of miles. Is very soft, white with black in color and who can be weak to strong and strong to weak.

The king said, "The eyes." The poet became happy to hear the answer and said, "O king! I want to ask the same question to your queen. After getting permission from the king, he went to the queen and asked the same question. The queen said, "This is Mind.

After hearing the answer the poet gave a good comment for the queen and said to the king that he wanted to ask the same question to the prince and his wife the princess. He met both. The prince said that was dice and the wife answered, cloud.

After getting satisfaction the poet appreciated the whole royal family and said to king, "O King! Your family is very capable to answer any type of question. I am very happy to see you and your family.

## JVB Center Schedule 2009

### Ways to Get Involved

- ***Bhaktamar– Each Saturday  
7:30 - 8am***
- ***Regular Yoga and Preksha  
Meditation (English)– Each  
Saturday 8 - 9am***
- ***Regular Meditation and Jain  
Study (English)– Every  
Thursday 2 – 3pm***
- ***Devotional Song Evening –  
Every 3rd Friday -  
8:15 – 9:45pm***
- ***Jain Study (Hindi)– Every  
Wednesday 8 – 9pm***
- ***Jain Classes –  
Every 2<sup>nd</sup> and 4<sup>th</sup> Sunday  
2:30 – 4:30 pm Spiritual  
Discourses and Youth and  
kids Classes***

***Counseling - for Physical, Mental, and  
Emotional healing - by Appointment***

***"THE INNER LIGHT"  
PUBLISHING NOTICE***

This will be our last paper copy newsletter of the "*Inner Light*" as we will be switching to an online electronic newsletter starting next quarter. If you would like to receive our future electronic newsletter please send your email to us at: [jvborlando@yahoo.com](mailto:jvborlando@yahoo.com) or [jainvishwa1@gmail.com](mailto:jainvishwa1@gmail.com)

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**13<sup>th</sup> Annual Spiritual Camp**

**January 16-18, 2009**

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

**Samani Charitra Pragyaji**  
**Samani Unnata Pragyaji**  
**Mumukshu Nikita.**

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