



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



Stress Management Part 1 by Acharya Mahaprajna

Man has two kinds of powers - the power of knowledge and power of action. Some people have emphasized only knowledge and denied the importance of action, while others have stressed the importance of action and have neglected knowledge. Both are absolutist perspectives and cannot be complete in themselves. It is only when knowledge and action blend with each other that completeness can result. Neither mere knowledge nor mere action can suffice for completeness. Today, tension is a very grave problem. When man performs an activity, there is something else that happens along with the activity. With every activity, there is tension. There is no activity that is bereft of tension. In fact, the truth is that no venture can be undertaken without tension. Tension will always be there. The question is: why is tension a problem? When tension is high, it becomes a problem. In general terms, tension is an expectation of accomplishing or conducting any activity. Tension can be both physical (muscular) as well as mental. The subtlest and most complex tensions are those that are linked with our emotions. When physical tension becomes excessive, it creates a problem. Mental tension is also commonly experienced, but if it crosses its limits, then it, too, becomes a

problem. There is a beautiful saying in Sanskrit: At *Sarvatra Varjayet* 'every place should be bereft of excess' i.e., anything in excess is harmful. Even the consumption of excessive quantities of nectar will cause it to turn into poison. Contrarily, limited use of poison could make it act like nectar. Therefore, excessiveness should not be present anywhere.

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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

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A person should possess clear discrimination so as to avoid over exertion physically, mentally and emotionally. If we work within our own limits, the problem of tension will dissolve of its own. If a man works continuously for six hours at a stretch, tension is but a natural consequence. If he knows Preksha Meditation and the art of living, he would switch to a different type of work. Switching from one work to another is a very beautiful practice that releases stress. When we sit down to write or edit our 'Aagam' (Jain canonical books) literature we do not work for hours at a stretch. We work for one to one-and-a-half hours and then stop, after which we start doing some other work. There is no tension in this. If we keep on doing one work continuously, tension arises. If you want to be free from tension, the best solution is to keep switching from one kind of work to another. The second solution to be free from tension is to take rest after 2 hours.

There are many ways to relax: After an hour's work, one could relax it for 5 minutes by doing kadyotsarga. This would purge the tension and leave us free of it. While working for two hours, one could practice 'Mahaapraan Dhvani' (the humming sound) two to three times, and this that would also take out stress. One could also practice 'Sarvendriya sanyam mudra' (special posture for controlling all senses and mind) in so between one's work, after working for two hours at a stretch. This, too, will make the tension vanish.

From a scientific point of view, tension emerges from the senses. The more you see, the more you hear- the more tension is created. Tension is created when your communication with the outer world increases. If we cut down our link with the outer world and completely break off our communication with it, automatically our tension ends. You can practice 'Sarvendriya sanyam mudra' at any time. The procedure for practicing it is - insert your thumbs in the ears, placing right index finger on your right eye and left index finger on your left eye. Keeping two middle fingers on your nose and the rest four fingers on your lips. This is how you stop the activities of senses and mind. If you practice

it for three to five minutes, you will feel relaxed, fresh and rejuvenated as if you just took rest, and haven't done any work at all. In this posture, all the senses are controlled. Removing your fingers and opening your eyes will make you feel as if you were in a different world. Even five minutes' practice of this posture will expunge the tension created by working for two to three hours. One of the best ways to get rid of tension is to practice 'Mahaapraan Dhvani': Whenever you are in tension, practice mahaapraan dhvani for two to three minutes, and this will free you of stress. In a relaxed posture (that of kayotsarga), keeping the back and neck in a straight line, loosening all the muscles, closing eyes, and taking a long, deep breath, exhale producing a bee's humming sound, through the nostrils and throat. These simple techniques are important in relieving commonly occurring tensions. Tension has physical, imaginary as well as emotional causes. For a poor person who doesn't get his meal (because he has no money to buy or cook food), the resultant tension cannot be dissolved by any such technique. His problem will be solved only by his efforts like starting a business, getting a job, etc. Meditation is very useful to help us face problems, when they arise, without getting tense. While facing the problem, if we get entangled in it, the problem will get worse. Then it will be difficult to unravel the knot and solve the problem. Whenever the problem comes, try to solve it, but do not allow your mind to get entangled, so that you do not emerge a loser. While facing the problem if a person is deeply enmeshed in it, then he has already lost. One who does not get stuck with the problem but tries to solve it in the right way does not fail- why, he even wins!

Developing our perspective will help us greatly in resolving problems. Our perspective should be Right. Even in paucity one should have the Right Perspective. Neither should we underestimate ourselves nor should we get disheartened- rather, we should put forth the Right Effort to find a way out. The perspective should be: "I want to solve the problem either by myself or by taking advice from others and somehow come through it." Here, meditation can help solve 50% of the problem. Then you will be able to take decisions and work with an independent mind. If, however,

you entangle yourself in the problem, your brain will get heavy and the problem will increase in complexity. The problems caused by emotions and passions are very complicated. In a family of 10, if the elder one says to the younger one "You are just sitting around and eating all day. What could bother you?" These words would create a huge problem. When the mother-in-law says something to her daughter-in-law, tension begins. Emotional tensions are more grave because they hurt a person directly. The reason is obvious: people living in a society hardly pay any attention to their tone, words and language. I have told many political leaders: "Exercise control over your words and don't directly attack a person of the opposite party. Criticism of principles or policies is all right. But personal accusations, personal abuse (using bad words) and personal criticism are not cultured." This sends out the wrong message to society. The common man thinks - 'If big people can act thus, why can't we, too, do the same?' If those who hold the reins of power in their hands, and are entrusted with the wealth and control of the nation, also behave obscenely: by abusing each other, using uncultured and offensive language- and worse, if they do this openly, they are setting an example to ordinary people, who will feel: 'If such great people can use this kind of language, why can't an ordinary man like me also use it?' A very wrong message goes out. It is, therefore, imperative that powerful people, and people in high positions, are polite and cultured when they interact with each other. They should not use bad or rude language. This matter holds good for every family as well. How should people in a large family (of say, ten-twenty members) communicate with each other? What kind of language should they use?

This is one of the important topics to be discussed. If you use discrimination in your language, speech and words, it is possible that the problem of tension does not occur at all. If you don't discriminate your language, however, problems may arise in every spoken word. Each and every word should be weighed and then used. When a person speaks without weighing or thoroughly reviewing his/her words, he/ she will not know its outcome and will then not benefit him/herself, while, at the same time, creating a problem for others. The queen told the king 'You are a fool.' The king was thrown into

turmoil. He could not sleep the entire night. He went and sat in his royal court the next day. Whosoever came up to the king was called a fool by him. The king welcomed the nobility, coin manders -in -chief and the members of the royal court thus: "Come in, fool". Every body was amazed. What could they do? No one dared speak. In those days, people were very scared of the king. At last, a poet came. The king said, "Come in, fool!" Usually, poets hardly fear anyone. The poet responded, "Maharaja Bhoj! How did you call me a fool? I am not a fool. I am going to tell you what are the characteristics of a fool.

*Khaadanna gacllcacua hasanna jalpe
gatain rza shaucnarni kritam na manye
dvciczbhyatirn trztiyo rza bhtivaarni rnajun!
kiln kaaranatn Bhoj! bhavaami murkhah*

The poet said to the king Maharaj there are five ways to identify a fool:

- 1) One who eats while walking is called a fool. Your Highness! I don't walk while eating, how can I be a fool?
- 2) One person wants to say something. Before saying it, if he laughs then he is a fool. Your Highness! I don't behave thus.
- 3) A foolish person is one who keeps on thinking, day and night, about a situation or incident that is already over. Now, how does it help to fret about the past? It is better to view it with understanding.
- 4) A person who performed a little service to somebody and later keeps on boasting that he has done this and that, is a fool. But I don't do this.
- 5) When two persons are speaking, if a third person interferes, then he is a fool.

Jain Vishwa Bharati USA Newsletter Committee

-- THE INNER LIGHT --

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News In and Around Orlando



9 - 5 परमप्रज्ञाजी, बीदासर
2038



Samani Param Pragya Samani Punya Pragya

The Jain Vishwa Bharati at Orlando is very happy to receive Samani Param Pragya and Samani Punya Pragya. We welcome them as they prepare for a full year ahead taking care of various activities at the center as well as spreading words of Jainism throughout Florida and various states of USA by conducting lectures, workshops, married couple camps, woman's health camp, children's memory developing camp and meditation camps. Bhaktamar workshop and Mantra workshops are also planned for the upcoming year.

Kissimmee Florida

A program at Gurudvara, Kissimmee, Fl. was held Sunday 18th March which was attended by Samani Param Pragya and Samani Punya Pragya. Samani Param Pragya gave a lecture on Spiritual Leadership and its importance to change one's life. Samani Punya Pragya sang spiritual songs amongst the Sikh community. Everybody in attendance had a good time.

Jacksonville, Florida

The Jain Community of Jacksonville arranged Prathista Mahotshava at the Hindu temple on March 23-25. Samaniji delivered their lectures and indulged in spiritual song. The audience

enjoyed the event and were very happy to have the Samanis there.



The Jain Community of Jacksonville

Lake Mary, Florida

The Samaniji attended the home of Shashikant Shah, President of Jain Center of Lake Mary, for the prayer meeting on his father's passing. The Samaniji inspired the audience in her lecture, To follow Forgiveness in their Daily Life, because life is so temporary and each and every person has to die one day. We wish his family well during the time of their loss.

INVITATIONS TO SAMANIS

If you would like to extend an invitation to the Jain Samanis to appear at your school, college, university, church, organization or Jain Centers, please feel free to contact the Jain Vishwa Bharati USA at 407-852-8694. Invitations from all regions of the United States

JVB Center Schedule 2007

| Day | Morning | Afternoon / Evening |
|---|---|--|
| Tuesday | Preksha Therapy Personal Consultation (by Appointment) | Jain Study (by Appointment) |
| Wednesday | Preksha Therapy Personal Consultation (by Appointment) | 8:00 – 9:15pm <ul style="list-style-type: none"> • Jain Study • Yogshastra and Pacchis Bol |
| Friday (2nd & 4th) | Preksha Therapy Personal Consultation | 8:00 – 10:00pm <ul style="list-style-type: none"> • Gyanshala |

| | | |
|---|--|---|
| | (by Appointment) | <ul style="list-style-type: none"> Classes for Parents and Adults |
| Saturday | 7:30 – 8:30am Bhaktamer Group Chanting followed with Meditation | Preksha Therapy Personal Consultation (by Appointment) |
| Sunday (2nd & 4th) | Preksha Therapy Personal Consultation (by Appointment) | 3:00 – 5:00pm Special Lectures for Life Management |

Upcoming Events

| | | |
|--|---------------|---------------|
| Akshaya Tritiya | 20 April 2007 | 8:00 – 9:30pm |
| 12 th Annual Anniversary Function | 12 May 2007 | Begin 2:00pm |
| Kids Program | | |
| Adult Program | | |
| Lectures | | |
| Dinner | | |
| Bhavana | | |

JVB Center Cleaning Day

New research says that voluntary service is very good for mind and health because by volunteering services, people create positive emotions. The JVB center offered voluntary service on Saturday April 7th for cleaning the campus area. Many adults and kids enjoyed the event.





My Experiences at JVB Center

By Raquel

It is a great joy for me to come to the JVB center every chance I get to see the Samaniji and meditate with them. I improve with each meditation session mentally, physically and emotionally. It feels like a higher energy is working on me. I feel very privileged at this chance of a lifetime, that a higher energy has granted me to find this place. And I am thankful everyday. I would like to thank both Samanijis for being so gracious and kind towards me. And especially Samani Param Pragyaaji for giving me one on one lessons on all the different Karmas that a human being can face on their path on this earth. My experience at the JVB center since the very first day has been amazing and I would encourage more people to come and experience what I have.

11th Annual Spiritual Camp

On January 12 – 14th the JVB conducted their 11th annual Spiritual Camp in Orlando Florida. The camp was once again fortunate to have several Samanijis in attendance, Samani Charitra Pragyaaji, Amit Pragyaaji, Shukla Pragyaaji, Rohit Pragyaaji, Vinay Pragyaaji, and Unnat Pragyaaji, who were their to lecture and conduct meditation and relaxation classes as well as youth and adult specialty classes which were given by the board

member volunteers as well. The adults and youth enjoyed games and evening cultural programs during the 2 day event which was well attended by over 100 people. the following photos were taken during the event.



3 Groups of Visiting Samanijis attend Camp



Youth Doing Exercises



Adults listening to Lectures by Samaniji

Story Column

Importance of Mantra

King Srenik's palace was going to be built in Rajgradh. As it was about to be completed, it collapsed. It happened many times. The king called some Brahman to find out a solution. After careful consideration they said, "Oh, Majesty, you have to sacrifice a young man for it."

The king made an announcement. "Anyone who sacrifices their son will be offered his weight in gold." All heard this announcement, but nobody was ready to sacrifice their son. A Brahmani named Bhadra accepted this proposal against her husband. She offered her son for sacrifice. When Queen Chelana came to know of the king's idea she did her best to make him understand that it was wrong. The king absolutely ignored her. When all the queen's efforts failed, she went to the crying child who was about to be sacrificed. She gave him consolation and said, "Amrkumar! Do not cry. Be patient. All will be alright. I will give you a mantra. Keep at it continuously."

After having heard the affectionate words of the queen his tears stopped. He spoke eagerly, "Please tell me what the mantra is."

The queen made him listen to the Navakar Mantra. He replied that he knew this mantra. The queen said, "Do not be worried. You repeat this mantra with a calm and steady mind."

The boy got assurance from the queen's words. He began to recite the mantra with full

concentration. People tried to push the boy into the fire, but the fire got cool and a golden throne appeared in the place of the fire. When the king heard about this miracle. He came on that very place and embarrassed the boy. The king knew the glory of the mantra. He insisted that the boy take over the kingdom. Amarkumar spoke, "I survived by the grace of Navkara Mantra."

Therefore, he wanted to seek religious refuge. "The kingdom is nothing to me." At last he gave up wordly attachment.

I Know

One person came to a spiritual practitioner and said, "What is the reason that religion is getting powerless?"

The practitioner asked, "How many miles is it from New York to Florida?"

He replied, "1200 miles. Do you know?"

"Yes. Have you reached now to New York?"

"How is it possible? Now I am in Florida.

When I begin my journey, then I will reach there."

The practitioner spoke, "You know New York. Until you set out on your journey you will not be able to reach New York. The same rule is applied in religion. People don't know what is religion. Until they follow these rules, how will religion shine their life?"

JVB LIBRARY & BOOK SHOP

BOOKS

1. Art of Positive Thinking
2. Neuroscience and Karma
3. Micro Cosmology Atom in Jain Philosophy and Modern Science
4. The Mirror of the Self
5. The Mystery of Mind
6. Abstract Thinking
7. The Vision of New Society
8. Acharanga Bhayam
9. New Man New World
10. Jainism & its Philosophical Foundation
11. Bhagavan Mahavira
12. Democracy Social Revolution through Individual Transformation
13. Insight
14. Miracle of Faith
15. Bhagavan Mahavira Life & Philosophy
16. The Spoke Mahavira Science of Spirituality
17. A New Light on Global Crisis
18. Non Violence & World Peace
19. Jain view of Life
20. Why Meditate?
21. Lord Mahavira -I, II, III
22. Anekant views and Issues
23. Anekant Reflection & Classification
24. Preksha Dhyana :- Self Awareness By Relaxation
25. Preksha Dhyana :-Perception of Psychic Centers
26. Preksha Dhyana :-Perception of Breathing
27. Preksha Dhyana :-Contemplation & Auto Suggestion

28. Preksha Dhyana :-Basic Principles
29. Preksha Dhyana :-Perception of Psychic Colors
30. Preksha Dhyana Theory and Practical
31. Preksha Dhyana Human Body I & II
32. Science in Jainism
33. Science of Living
34. Journey into Jain Agams
35. Quest for truth
36. Economics of Lord Mahavira

VIDEO

Yoga & Pranayam & Relaxation

- Gujarati
- English

AUDIO TAPES

Jainism – 5 Cassette Set
Mahveer Ka Svasthya Shastra
Preksha Meditation
Lectures in Hindi

DVD 'New'

Yoga, Pranayam, and Relaxation

This Newsletter is Sponsored by:

Sunil and Falguni Shah of Jacksonville, FL to celebrate the holy matrimony of their son, Shaleen with Shilpi on January 1st, 2007

Anyone wishing to sponsor an issue of the
--INNER LIGHT--

as a memorial, a dedication, or to celebrate a spiritual achievement can write to:

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