



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 2 by Acharya Mahaprajna

*Article Continuation from January – March 2008
Newsletter*

Without practice, there is no progress. Transformation takes place only by practice, and not through mere talk. Without change, there cannot be any efficiency at work. To improve working efficiency, the power of tolerance has to be enhanced. Let us develop the power of tolerance. The second quality that should be developed is a conciliatory approach. To fit two shutters, we need a conciliatory approach. Once a carpenter was trying to fit a shutter in the room where I used to sit. He brought shutters of different sizes but nothing fitted. After cutting and joining for many days, he finally succeeded in fitting the shutters. I realized that even to adjust two non-living things, so many alterations are required. Then just how difficult it must be to keep living beings together? Unless and until we make adjustments, reconciliation is not possible. If we know the art of reconciliation, we can live with two, or even a hundred people, without any problem. One of the most important methods to balance our emotions is the establishment of a conciliatory approach.

Another requirement of working efficiency is concentration. In the absence of concentration, one cannot be proficient. A scientist wrote about 900 papers in his lifetime. They were all considered to be very important but he did not complete any one

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

after ten days. Then, again, they change their business to a third kind, and so on— that is why they are unsuccessful. Without deep concentration and focus on one's destination, efficiency cannot be achieved. Being centred on one thing leads us towards destination.

The question arises — “How do we concentrate? And how do we increase our one-pointedness?” In Preksha meditation, the art of concentration is developed by the practice of the most effective technique of long breathing. This technique is very important for increasing concentration, but it should be followed methodically. After attending a camp we must measure how much our concentration has increased, how long we can stay on one thought.

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As one attends camp after camp, with the persistent practice of long breathing, concentration should be measured.

It should not be worthless practice, like that man who ground tons of wheat but could not find anything left for him— because he did not notice the dog eating the wheat from the other side. The man had the attitude: “I have ground as much wheat as I needed. What is the need for me to get up and check, every now and then, where the ground wheat is going?” There should be a constant process of inspection, getting a bird’s eye-view and retrospection. We must look back to see what the results are. Our attempt should have been fruitful. Mere attempts are worthless until the result comes in front of us. To what extent have our concentration and staying power on one thought increased? It should not be like what is happening in the political field, where during the time of election, politicians make empty promises, that when they come to power, they will eradicate poverty. We have been listening to this for more than 50 years, but poverty still exists. The reason for this is lack of concentration. If we take one problem at a time and concentrate on it for few months, we are sure to reach a solution. Today we try to solve a problem, tomorrow we try another problem and then, yet another one. If we keep on in this manner, moving from one problem to another, we will never reach a solution. There was once a poor man. He used to earn his living by working for those whom he met on his way. He would set out early in the morning, run errands for people, and return home with his earnings. One day, he went in front of a house whose owner asked him to get 5 kg of wheat. So he took the required bag, and went on. He proceeded further and another person asked him to get vegetables. Again, he took the required bag, and went on. On going further, someone asked him to drop his daughter to her in-laws’ house So he went onto drop her in another village. Both the persons who had asked him to get vegetables and wheat were waiting for him. ‘When will he come?’ they wondered. I-I had gone on to another village. Why did he not succeed in completing his work? This is because of lack of concentration on one

task. If he had focused on one task, he would have succeeded.

Acharya Tulsi took a resolution in a village of Maharastra called Manchar. Acharya Tulsi read a magazine ‘Pharmadut’. He read that the compilation and editing of ‘Tripitak’ was going on. A question arose in his mind, despite so much work already completed in Buddha’s scriptures, new work is still taking place, but nobody is working on our ‘Again?, the holy scriptures. Acharya Tulsi asked me to work on ‘Agams’ and I gave my consent. Today it is almost 50 years, but still the work is being done consistently. This work is going on, even if we are on a journey and we halt at a place. During this period, many Agams have been compiled and translated and the work is still taking place continuously. For success and efficiency, we need to concentrate on every little detail. Without that, nothing is possible. Today, there is discussion worldwide on the development of working efficiency. Very good principles have been put forward and we must consider them also. The principles obtained from the practice of Preksha meditation are also very important and useful. Without these, other things are also not achievable. We must develop them and also reap the worldly benefits of Preksha meditation Another essential principle of working efficiency is to make plans. Whatever work we want to do, we must plan beforehand. Unplanned work is not perfect. We celebrated ‘Yogakshem Vats under the leadership and guidance of Acharya Tulsi for a period of one year.

About 400 monks and nuns, Samans & Samaniji were trained in Acharya Tulsi was in Taranagar, a town of Churu district. It was the time of night and all were asleep. A thought came in Acharya Tulsi’s mind: ‘Till now, plans have not been made. How will we work on such a big project?’ Muni Balchandji came to me and woke me up. I woke up suddenly and my first question was: ‘Is Acharya Shri feeling well?’ He replied —‘Acharya Shri is fine, and he is calling you? Acharya Shri told me: ‘You are sleeping without any worries but I am not getting sleep. It’s a big project and we haven’t planned for it, how will it be successful?’ Then I

said, "I will make plans very soon. Don't worry about it." It took one year to make the plans. We prepared the calendar for that entire year. From this incident, we can see that we cannot be successful or efficient without planning.

The second essential principle of working efficiency is unity. Unity is required for completion of any work. Unity speeds up the work. A single person cannot accomplish a big task. Therefore, unity is very important. United people execute the work quickly. The third essential principle of operational efficiency is Teamwork. Without mutual support, work cannot be completed successfully. A person cannot be efficient on his own unless he gets the support of others. Without assistance and support, teamwork cannot be achieved. To ask for help is a significant principle of efficiency.

On one occasion, Lord Indra had invited the gods and demons. The motive behind this was to make a compromise between them so that they cease to fight every now and then. The demons accused Lord Indra of being biased towards the gods. This is not fair, they said. He should be neutral. Indra tried very hard to appease them, but they would not understand. So he made a plan and called them the field of Agni, Preksha meditation, etc. The result of this training is that every monk and nun, wherever they have gone for conducting programs, has been asked, 'Where do you get training?' The training was only for one year, but it took a whole year of planning to make it so effective. There was a condition that whosoever comes for lunch, will have their hands tied up. This was done, and their hands were tied up with a wooden support in such a way that no one could not take a morsel on his own. Demons came first for lunch. They sat in a row. The time given to have food was half an hour. The time ran out but they could not eat. They stood up hungry. Now it was the turn of the gods. They also sat in a row. Even their hands were tied up. They sat for 2-3 minutes and thought of ways to overcome this problem. Brihaspati, who is the master of the gods, said to them: "Don't sit like this. Take a morsel. If your hand doesn't reach your mouth, take it to the person who is sitting in front of you." They took a morsel and started feeding each other. They ate their lunch with relish. Indra asked

the demons: "Did you finish your lunch? They replied angrily, "How could we? Your arrangement was so bad?" Indra asked the gods: "Did you finish your lunch?" They replied: "Yes, we finished?" They explained the way they had taken their food.

News From JVB Orlando Center

We Welcome Samani Jayant Prajna and the return of Samani Param Prajna to the JVB Orlando USA Center for another exciting year.



Samaniji Param Prajna



33 - 20 जयन्तप्रज्ञाजी, गंगाशहर
2045

Samaniji Jayant Prajna

Indra said: "Where am I partial? One who supports the other becomes a god and those who don't lend mutual support become demons. What can I do?"

An efficient person is one who knows how to support others. The above principles demand deep thinking in the context of operational efficiency. Practicing Preksha meditation can develop certain qualities. If those qualities are not developed, by frequent practice of meditation, then the practice is worthless. This development should take place within us. By the development of these qualities, a person becomes efficient on his own. He can execute his work in a better way and live his life peacefully. With the practice of Preksha meditation, evaluate whether or not these qualities are being inculcated within you. If the process of evaluation and practice of meditation go simultaneously, then extra effort just for the development of operational efficiency is not necessary.

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News In and Out of Orlando

12th Annual Spiritual Camp, Orlando Fl.

In the presence of Samani Param Pragya, Samani Charitra Pragya, Samani Punya Pragya, and Samani Unnat Pragya, the 12th Annual Spiritual camp was held on 18th - 20th January at the Orlando International Airport Hotel and Conference Center. Class lectures were divided into 4 groups. Lectures, meditation, and relaxation classes for youth and adults were conducted by Samanijis and Drs. Dhiren Mehta and Devendra Mehta as well as other volunteers. The event drew over 250 family and friends from New Jersey, Atlanta, Ga, Denver, Co., South Carolina, Miami, Jacksonville, Tampa, Melbourne, West Palm Beach, Daytona, Ocala, as well as surrounding Orlando locations. Samani Punya Pragya presented live songs in the occasion of the inauguration of songs CD. The youth and kids performed an amazing evening cultural program on Saturday evening. The camp was very much enjoyed by all.



Milwaukee, Wi.

The 2nd annual Health and Wellness Camp was held in Milwaukee on March 15 and 16, 2008. The venue was Hindu Temple of Wisconsin. It was attended by about 70 people. There were about 10 kids ages 3-11. The event was attended by Doctors,

Engineers, Other Professionals, Medical, Professors, Accounting, IT etc. The camp was conducted by Samniji Param Prajna and Samniji Jayant Prajna from Jain Vishwa Bharati Center of Orlando, FL.

Activities included lectures (Power of positive talk and Peace through forgiveness), practicing Yoga and Meditation and a debate. Dr. Nanda presented a lecture on "Health and Yoga" followed by some Asanas demonstrated by one of his students.

On Sunday, at the closing, program everyone claimed the camp was highly beneficial to them.

In summary, the camp was very well received, beneficial to all and very fulfilling.

Feedback From Dr. T.P.NANDA

I enjoyed the samanijis talks on positive thinking and the art of forgiving during the camp, both are essential for balanced living but extremely difficult to cultivate and make it part of our everyday life. The camp conducted by the Samaniji was a timely reminder that these eternal values are essential for peace and harmony among people of the world. These are not values of any religion but human values inherent in all of us, will manifest if allowed to do so.

Hope Unites Church of Christ Orlando, Fl.

On Easter Sunday March 23rd, Samani Param Pragma and Samani Jayant Pragma attended the services at the Hope Unites church. The church appreciated the Samanijis chanting as they felt positive energy and peace and harmony within and surrounding. Thanks go out to Andrea Drake for making all the arrangements for the visit.

Short Talk on Anuvrat

On Saturday March 29th at 9:30am the JVB center welcomed Dr. Mehendra Karnavata from India, the editor of Anuvrat Magazine. He addressed the members of the JVB center on Anuvrat. The

members were very appreciative of his enlightened and uplifting talk.

Hindu Temple of Daytona Beach

Sunday March 30th, Samaniji visited the Hindu Temple where they performed Yoga and Meditation with the assembly followed by lectures on Anger Management. Both Hindu and Jain collaborated. The event was very successful and the Samanijis were invited back.

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 and all over the world will be considered.

Story Column

By Sadhvi Vishrut Vibha

WISDOM LEADS TO SUCCESS

Achar-ya Saagar, along with his disciples, was staying in Swarnbhumi, now known as Indonesia. His Guru, Acharya Kaalak was staying in Ujjaini in India. One day, a thought flashed in Acharya Kaalaks mind. He felt that all his disciples were losing their faith in Aagams. Neither did they study the Aagams nor did they concentrate on their true meaning. He realized that by coaxing them to study, he was getting entangled in new Karmas himself. Therefore, he set off for Swarnbhumi and joined the San ph of Acharya Saagar. But Achar'ya Saagar did not recognize his guru. One day Acharya Saagar asked the old monk, that is, Acharya Kaalak, "Do you understand what I teach you?" The monk replied, "Yes". At this Acharya Saagar was filled with pride.

On the other hand, the disciples of Acharya Kaaiak reached Swarnbhumi in search of him.

They immediately recognized the old monk as Acharya Kaalak. When Achanja Saagar came to know the truth, he apologized repeatedly and asked, "Did you like my method of teaching?" Aeharija

Kaalak said, "Yes, your teaching method is good but never be proud of it. There are many scholars wiser than you in this world." Acharya Saagar understood everything. He realized that because of his pride, he was losing the knowledge, which he had so laboriously gained.

The simple lesson to remember is that if we want success in life, we should always be open to new ideas and should have the willingness to learn

more. Remembering the fact that we should never be proud of our achievements. It is correctly said that 'Pride comes before a fall. Moreover knowledge shared is knowledge gained.

JVB Center Schedule 2008

Ways to Get Involved

- *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*
 - *Spiritual Discourses - Every 2nd and 4th Sunday 3 – 5pm*
 - *Jain Classes Every 2nd and 4th Friday 7:30 – 9:30pm*
- Youth and kids Classes*
Parents Classes

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

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The Inner Light DIRECTLY

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 Dhyana. 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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Upcoming Events

13th Annual Anniversary Function
(followed by dinner)

Saturday 03 May 2008

2:30 – 6:30pm

Intensive Preksha Meditation Camp

26-31 December 2008

A holistic approach to life based on meditation and progressive relaxation practices

- Lower Blood Pressure
- Help manage stress
- Reset mind body system
- Radiate Positive energy
- Improve memory and concentration
- Create peace and harmony

For Info: Contact JVB Center

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33. Preksha Dhyana :- Self Awareness By Relaxation
34. Preksha Dhyana :- Perception of Psychic Centers
35. Preksha Dhyana :- Perception of Breathing
36. Preksha Dhyana :- Contemplation & Auto Suggestion

VIDEO

Yoga & Pranayam & Relaxation

- Gujarati
- English

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 Preksha Meditation
 Lectures in Hindi

DVD 'New'

Yoga, Pranayam, and Relaxation

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