



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

दीपावली पर्व

परम अहिंसक प्रभु महावीर के निर्वाण की स्तुति में सामूहिक ध्यान, जप आदि के साथ पूजन के समय जैन संस्कार विधि का प्रयोग किया जाए।

जैन संस्कार विधि --

आवश्यक सामग्री -

अक्षत (चावल), कुंकुम, मोली, गुड, जल कलश, अगरबत्ती, लाल वस्त्र, पट्ट, सिक्के, घी का दीपक, थाल, मंगल भावना पत्रक।

मंगल भावना पत्रक



विधि - सर्व प्रथम पूर्वाभिमुख होकर मंगल भावना पत्रक को उचित स्थान पर स्थापित करें। थाल के मध्य कुंकुम से अर्हम् का अंकन करें। पट्ट पर लाल वस्त्र बिछाकर चावल से स्वस्तिक बनाएं।

सर्व-मंगल-मांगल्यं, सर्व-कल्याणकारणम्।
प्रधानं सर्वधर्माणां, जैनं जयतु शासनम्॥

इस मन्त्रोच्चारण के साथ स्वयं के तथा परिवार के प्रमुख व्यक्ति के मस्तक पर तिलक करें और हाथ पर मोली बांधें।

मंगलं भगवान् वीरो, मंगलं गौतमप्रभुः।

मंगलं स्थूलभद्राद्याः, जैनधर्मोस्तु मंगलम्॥।

इस मन्त्रोच्चारण के साथ कलम आदि के मोली बांधें तथा उपस्थित सदस्यों के तिलक करें। सभी सदस्य एकाग्र होकर सामूहिक रूप से निम्न मंत्रों का उच्चारण करें -

णमो समणस्स भगवओ महावीरस्स

ॐ ह्रीं श्रीं अर्हं अर्हद्भ्यो नमो नमः

ॐ ह्रीं श्रीं अर्हं सिद्धेभ्यो नमो नमः

ॐ ह्रीं श्रीं अर्हं आचार्येभ्यो नमो नमः

ॐ ह्रीं श्रीं अर्हं उपाध्यायेभ्यो नमो नमः

ॐ ह्रीं श्रीं अर्हं गौतमस्वामिप्रमुखसर्वसाधुभ्यो नमो नमः

बही खातों के मुख्य पृष्ठों पर निम्नांकित शब्द वन्दना अंकित करें -

श्री
श्री श्री
श्री श्री श्री
श्री श्री श्री श्री
श्री श्री श्री श्री श्री

HIGHLIGHTS

Deepawali

Navaratra Anusthan

12th Annual Spiritual Camp

णमो समणस्स भगवओ महावीरस्स
णमो अरहंताणं,णमो सिद्धाणं,णमो आयरियाणं,
णमो उवज्झायाणं,णमो लोए सव्वसाहूणं।।
एसो पंच णमुक्कार,सव्वपावपणासणो।
मंगलाणं च सव्वेसिं,पढमं हवई मंगलं।।

अ	ए	सि	ज्ञान	दर्शन	अ	ए	सि
स	आ	म	चारित्र	तप	स	आ	म
उ	प	सा			उ	प	सा

१	१४	४	१५
८	११	५	१०
१३	२	१६	३
१२	७	९	६
ऊँ	ह्रीं	श्रीं	क्लीं

श्री भगवान महावीर जैसा दिव्य ज्ञान,श्री गौतम गणधर
जैसा भव्य ध्यान,श्री भरत चक्रवर्ती जैसी अनासक्ति,श्री
बाहुबली जैसी शक्ति, श्री अभयकुमार जैसी निर्मल
बुद्धि,श्री धन्ना शालिभद्र जैसी ऋद्धि सिद्धि,सेठ सुदर्शन
जैसा शील,

श्री कयवन्ना जैसा सौभाग्य, माता मोरा देवी जैसी
सुखश्री के लिए शुभ वीर संवत्.....विक्रम
संवत्.....

तिथि.....वार.....दिनांक.....

शुभ लगन..... एवं शुभ नक्षत्र.....

में श्री दीपमालिका के मंगल पर्व पर भगवान महावीर के
मंगलमय स्मरण के साथ बही खातों का सानन्द
शुभारम्भ किया।

मंगल मंत्र का इस प्रकार उच्चारण करें -

वीरः सर्वसुरासुरेन्द्रमहितो, वीरं बुधाः संश्रिताः,

वीरेणाभिहतः स्वकर्मनिचयो,वीराय नित्यं नमः।

वीरात् तीर्थमिदं प्रवृत्तमतुलं,वीरस्य घोरं तपो,

वीरे श्री-धृति-कीर्ति-कान्तिनिचयो,हे वीर भद्रं

दिश।।

सभी उपस्थित जन सामूहिक रूप से मंगल भावना के
पद्यों का उच्चारण करें-

मंगल भावना

श्री सम्पन्नोहं स्याम्, ह्री सम्पन्नोहं स्याम्,धी सम्पन्नोहं
स्याम्,
धृति सम्पन्नोहं स्याम्, शक्ति सम्पन्नोहं स्याम्, शान्ति
सम्पन्नोहं स्याम्,नन्दी सम्पन्नोहं स्याम्, तेजः सम्पन्नोहं
स्याम्, शुक्ल सम्पन्नोहं स्याम्.
महावीर स्तुति आदि मंगल गीतों का संगान करें।
भगवान महावीर के जय घोष के साथ कार्यक्रम सम्पन्न
करें।



Time Management

by Acharya Mahapragya

Man performs many different kinds of tasks. while one independent in doing one's work, no one is totally dependent in this world. Man is dependent too. When there is good motivation, then work also can be done well. If, however, the instrumental causes are not appropriate, then there will be obstacles in the work, There are five types of ii causes found in 'Bhagwati Sutra':

1. Dravya karan (causes related to substance)
2. Kshetra karan (causes related to place)
3. Kaal karan (causes related to time)
4. Bhaav karan (causes related to emotions)
5. Bhav karan (causes related to existence)

Substance, space, time, emotion and existence: these are five instruments. Among these five, time is an important auxiliary factor, Actions and time are greatly intertwined. The two cannot be separated from each other, How should we utilize our time? The sun rises and sets. Night comes and goes. The day is 24 hours long. Man keeps on working. The very first step that we encounter before doing work is laying down a daily routine. A person who does not make right use of a daily timetable wastes most of his time, For success, it is necessary that each and every minute should be utilized. Those who have utilized each second of their life have become great people in the world. For that, it is necessary to fix a daily routine from the time of waking till the moment of falling asleep. Waking hours and sleeping hours are the two parts into which time has been divided. There should be a proper management of waking hours and sleeping hours. The question

is, what should be the time to wake up? What should be the time to sleep? Both have their own time. The saying goes that morning is whenever you awake. While this is line, there is a particular time to wake up. This has been arrived at after a great deal of experience and intuition. The period from 4.00 am till sunrise is called 'Brahma muhurt'. This is a significant time to wake up. If we can understand it in scientific terminology, the time from 4.00 am till sunrise is the time for the secretion of the hormone 'serotonin'. At that time serotonin is secreted from pineal gland, which is very useful to man from many points of view. In today's world, it is hardly possible for one to rise at 4.00 am, because the time of sleeping is 1 or 2am and the time of supper is 12.00 midnight to 1.00 am. Waking up at 4 o'clock has become mere history. How is it possible practically? It is very difficult because our life style has changed completely. A boy was accustomed to awake at 8:00am every morning. One day, his mother said "Son, now wake up. Cant you see the sun has risen?" The boy said "Mother! Why do you compare me with the sun? The sun sets early every evening and goes off to sleep. But I sleep at one. How can you compare me with the sun?" If he sleeps at 1.00, how can he wake up by 4.00? Therefore, it has become difficult to set a time to awake. If a person wants a success pleasant & peaceful life, it is necessary that he should rise in 'Brahma muhurt' around 4 or 5 in the morning. It is good to wake up one or two hours before sunrise. One should sleep around 10:00 pm. A person, who manages his routine, the time of waking and sleeping, will find that his days & nights flow pleasantly. Many people say they sleep but they don't have a sound sleep. Dreams abound so much so that the night is full of dreams. If we violate the app time for sleep, this happens & we will not get sound sleep. Sleep has got its own time.

Everything is set by our biological clock. If you don't work according to the right time, then everything is disturbed and problems arise, if one goes to sleep and wakes up at the right time, then there may not be any need to take sleeping pills. Nowadays, billions of rupees are spent on sleeping pills. This happens because the sleeping time crosses all limits. To fall asleep has its own time, to awake, too, has its natural time. It is said in 'Aagam'

scripture that kaale kaalam samachayare'. A very important sutra that says every work has to be done in its own time. In 'Sutrakritaang' [Jain canon], time is beautifully described thus: one has to eat when it is time to eat, one has to drink water when it is time to drink, sleep and wake when it is time to sleep and wake. Therefore, eating, drinking, sleeping and waking: everything should be done in its appropriate time. From the point of attaining good health and success, eating, drinking, sleeping and waking are the four important factors to be considered by us carefully. The time around 1200 noon is the best time to have lunch. According to the biological clock, the liver secretes digestive juices at that time. If that time lapses, then the secretion of the liver was not used and goes waste. This creates a problem. There may be many causes of disease, but one of them is violation of proper mealtimes. Our morning breakfast has become synonymous with disease That is not a proper time to eat. Nowadays, one more word is associated with breakfast — 'Heavy breakfast. A 'heavy' breakfast is an invitation to disease. If one must take something in the morning, it is better to just drink some milk. That is not the time to consume solid and heavy food. Similarly, the night is not the right time for eating. In the Jain tradition, night meals are barred. This is beneficial both from the spiritual point of view as well as the physiological point of view.

In 1974, Acharya Tulsi was in New Delhi, when two scientists (who specialized in nutrition) came from Bangalore. We asked them, 'What brought you here?' They said, 'A seminar is going on. In this context, there was a debate on whether to have food at night or not. It was proposed that this matter be discussed with Jams, as they prohibit the night meal. That's why we have come with queries. Why is it that your community doesn't have meals at night? What's the reason behind this?' We elaborated — "The reason behind this is not only linked with religion & non violence, but also related to health. The food we eat in the night is not digestible. There is a close connection between our digestive system and sunlight. The sun's rays fall on earth & illuminate it, and the heat of the sun activates our digestive system. After the sun sets, darkness spreads and our digestive system becomes inactive. The food consumed during the inactive phase does

not get thoroughly digested, and then there is room for illness.” They understood this matter. The activity or inactivity of the digestive system is profoundly linked with the sun. When the sun sets, the temperature drops. At low temperatures, drowsiness sets in. In the night, we are lazy, indolent and inactive. Daytime is the preferred time for eating. Further, during the day, when the sun is at the midst of the sky— when light spreads out, when the temperature is pleasant and warmer— our digestive system gets activated. So only the time around 12.00 noon is considered to be the perfect time for our lunch. Drinking of water also has its own time. While water can be drunk before or after meals, it is best not to drink water within half an hour before a meal and within half to-one hour after a meal. Water has a different timing from eating. Some people drink water during their meals, some people have a habit of drinking water immediately after having meals. In fact, these are not the right times, From the viewpoint of time management, the sutra ‘Kaale Kaalam samachayare ’ should be given deep thought. Perform each kind of work in its own time. When it is time to eat, one sits for studying, which is not right. When it is time for self-study, one starts eating— this, too, is also not appropriate. It is very important that the regulation of our actions is concomitant with the regulation of our time. The resolution ‘I will do each work on time, only when it is to be done is very essential to achieve success, maintain good health and to progress. There is one such context in ‘Dashvaikaalik Sutra’. One monk went begging for alms but he did not get anything. He returned empty handed and said to his guru: “This village is not good. We don’t get any food here. Let us leave this village.” The guru answered: “You are not intelligent, because you don’t pay attention to time. So, not only do you exhaust yourself but you also criticize the villagers. Lunch time is at 11.00 am, so if you go for alms at 2.00 pm, how will you get anything?”

Even if we think from a practical point of view, the work done at its given time yields good results, If the time of a sermon is 10.00 am and if someone says “Let’s have our meal first and later we will listen to the sermon:’ Then who is going to listen and who will be there to speak? A person, who does not manage his time & does not know the art of

work, often becomes a source of ridicule for others. A son told his father ‘Father! A sunset is a very beautiful sight. Come, shall we go and see the sunset?’ The father replied “Okay, son! But right now I am busy, so let’s go tomorrow morning:’ In this manner, mismanagement of time becomes the cause of failure. Mother principle of Time Management is to maintain a work-chart, of all that you are supposed to do today. This does not necessarily mean that it should be written on paper, but you can form a mental task list. Then, prioritize the tasks according to their degree of importance. The most important work should not be ignored. Work of low priority can be put off for a while. But tasks of top priority should be immediately executed.

A man had a toothache and he had to go to the doctor. Suddenly his friend came and they started gossiping. Someone reminded him: “It is time to consult the doctor?’ He replied: “What’s the hurry? I will go afterwards?’ He spent two to three hours gossiping. The clinic closed for the day. The dentist went away. Was that good for his health? What was necessary: gossiping or consulting the dentist? Whatever is important should be given a higher priority and not neglected. This is a very good principle of time management. If we don’t give priority to the essential and urgent work, then we will not achieve success. One principle of time management is regulation of time. This is very essential. A monk performs “Pratikraman” (a special prayer for repentance and forgiveness) after sunset. This time is fixed and so at that time you can be sure that he will do “Pratikraman”. The time of “Pratikraman” cannot be procrastinated even if any important work comes. This sends out a good message that at a particular time, certain work must be done. Such restriction of time is required. A man said to his friend, ‘I will come at 2 o’clock? His friend was waiting for him. He did not show up until 4 o’clock. His friend was annoyed because his work remained unaccomplished. Control of time is one of the principles of success.

Muni Bhimrajji had a scientific approach and he used to teach many monks. The time was fixed. He never crossed even a minute. The lesson would end exactly at 1.30 pm. Not a minute more or less. One

day, Muni Champalaji, the elder brother of Gurudev Tulsi, who used to study Aagam, came late, after the class was over. Muni Bhimnaji looked at his watch and said, "Your time is over for today, you may so back?" A person who exercises control over his time wins the trust of people. The time given for a sermon is 11.00 am and if the sermon starts at 1.00 pm, what happens? Either the place gets empty, or from the next day, people will assume that they need not turn up before 1 pm. In every activity, the critical element is trust. Work gets done on the basis of trust. When is trust won? If punctuality is shown, people will trust you. If there is no punctuality, then neither will you win trust nor achieve success. Let us think from the perspective of the biological clock. In today's scientific world, it is important to understand the concept of biological clock. This concept is not a new one; indeed, it is very old. In Indian literature, it was known by the name "Swarodaya" In swarodaya there is an analysis of when work should be done, and what work should be done. In the commentary of "Tatvaarth sutra" Acharya Siddhasen Gani has described time very beautifully. The flow of the stream of vital energy, or *prana*, is a very old principle.

The flow of vital energy does not stay the same, it keeps on changing. The flow of vital energy is sometimes in the hand, at other times in the lungs, liver, intestine and sometimes in our brain. Work management should be done on the basis of the flow of vital energy. A human being's efficiency and emotions keep changing from time to time. Which is the most appropriate time for a person to develop a new idea? One of the best times for exploring new thoughts and ideas is between 9 and 10 am. If you want to do any creative work or analysis, then the time 10 to 12 is suitable. This has been found scientifically. One who is an expert in Swarodaya, performs actions

on the basis of this, and consequently performs miracles. A person went to a Judge, but returned without getting justice. Although he went several times, it did not work out. He went to an expert of Swarodaya & told him: "I went so many times but no one listened me." The specialist checked his breath and said, "You didn't go at the right time, that's why you failed. If you want to meet them and

make them amenable to your point of view, then select the right time." If you want to speak to a big man, then the morning is the best time. At that time, the person's mood is very good and a good mood always yields desired results.

In ancient times the guidelines for the monk were "padhamam porisi sajjhayam biyarm jhanam jhayayi" If we divide a day into four sessions of about six hours each, we can allot as follows: The first session of the day starts with sunrise. During the first session, it is good to study and in the second session, it is advisable to meditate. The time for meditation and self-study are different. The first session- up to three and a half hours- is suitable for studying, committing text to memory and reading aloud, It is not the time for meditation. Do meditation when the sun goes up by about 4 hours. Meditation means to cogitate deeply whatever has been studied. This is the best time to think deeply about its meaning. If you teach an important chapter early in the morning, the student may not succeed in grasping and learning it at that time. If you teach the same matter after 10:00 o' clock, then he can grasp it quickly. This is an important fact. The first session is for learning and the second for thinking over its meaning. In this manner, all our time is to be managed. When should we take meals? The third session is for meals. The fourth and last session is again for studying and learning. The acquisition of quanta of knowledge by the ancient people was achieved only through time management. In ancient times, paper was not easily available. Neither was there an existing tradition of writing things down. Nowadays since paper is so readily available, we even waste it. In ancient times, the entire teaching was committed to memory. If we were to visualize the volume of knowledge that the ancients committed to memory, these would fill volumes that are the size of our present-day Universities, towns and cities. The ancient people memorized such a vast ocean of knowledge. It was an art of learning and memorizing. Time management was an important part of developing memory power. They knew the right time for each and every task. The movements of stars and constellations guided them, by noting which they performed the right task for that particular time. There were monks who specialized in time

management. These monks' main work was to inspect the usage of time. Other monks used to follow their advice, and fix their daily routine according to the schedules defined by these monks. These monks played an important role. If there is no time specialist, then how can we manage our time?

The efficiency of a person does not remain the same for all the 24 hours. There is a particular time when our brain functions efficiently and, so also with the other parts of the body. The brain maybe efficient at onetime, the hands at another, and the feet at still another time- so we need to know when to use each of these parts so that they are used optimally. One who knows this science will achieve success. Our emotions also fluctuate with time. At a certain time, our emotions and thoughts are positive and sometimes they turn negative. Often a person is unable to believe that he is the same person as a while ago. 'Why, I was feeling so good this morning, now why have I begun to feel bad?' Even emotions are not stable. If we think deeply, we will conclude that those who wake up early in the morning seldom have negative thoughts while those who wake up late have more negative. A person went to his guru and said "I have a problem. I have a lot of bad dreams?" The master replied, "There is no need for any medication. Don't sleep after 3.00 am. Dreams will not bother you. The time of dreams is basically from 3.00 am to 5.00 am. So don't sleep at that time?" Emotions are present in our entire day's routine. Emotions also have got their own time. In the terminology of hatha yoga and Goraksha sanhita, bad dreams, unreal imagination and negative thoughts bother those who do not experience the secretion of nectar in the morning. In scientific language, this refers to a person who does not experience the secretion of serotonin. If this is secreted in balanced quantity, then we may be relieved from negative emotions to a fair extent. We need to analyze, observe and manage our life's routine. A person can inspect his own motive for success. To achieve success, we need to think of all five factors of 'dravya, kshetra, kaal, bhaav and bhav? There are places which make us feel happy merely by our going there. Similarly, there are others which make us depressed for no apparent any reason. The electromagnetic energy of that place also acts onus. The atoms of that particular place

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

also affect a person. People visiting Preksha Vishva Bharti' often say 'I came intending to stay only for five days. Now two months have passed and I don't feel like leaving: This is an illustration of the effect of that place. In the same way, time and emotions have their own effect. Emotions are also related to time. In Dashvaikalik sutra, there is a prescribed time for meditation, self-introspection and self-awakening. The aphorism of Preksha meditation is 'See your Self through yourself.' One who sees himself through himself obtains the remedy for his own problems. The best time for self-introspection and to delve into the inner world is from 12:00 midnight to 2.00 am and from 4.00 am until sunrise. These are the golden periods for realization of inner divinity.

We should mark time. The song composed by Acharya Tulsi is 'Mark time: Evaluation of time is the best principle for success. An important practice for a peaceful and healthy life is Time Management, so do not undervalue time.

News From JVB Orlando

Milwaukee, Ws.

On July 1st the Samanijis conducted a two day Preksha Meditation camp. In the morning meditation and yoga was held. In the afternoon lectures and questions and answer sessions were held. The audience especially enjoyed the Mantra healing session. The Jain and Hindu community of Milwaukee invited the Samanijis back next year.

Jain Vishwa Bharati USA Newsletter Committee

-- *THE INNER LIGHT* --

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Samani Punya Pragyaji

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participants enjoyed yoga, meditation, mantra healing, and inspiring lectures. The Samanijis stayed in Canada for 11 days and enjoyed interaction with the community. During this period, the Samanijis arranged to give lectures at many Jain community homes daily. In London Ontario they gave lectures and yoga meditation classes at Amrit and Kirin Nathta's house.

West Palm Beach, Fl.

The Samanijis visited here on July 31st where they lectured at Kirit and Harshida Shah's house for the Hindu and Jain community. The audience brought new ideas on how to reduce karma by different spiritual practices throughout the rainy season. On the August 28th the Samanijis returned to delivered a lecture on How to celebrate Parushan and Samatsari. These lectures were very inspiring in switching from anger to forgiveness.

Hope United Church, Orlando Fl

On the 6th of August the Samanijis visited the church to give lectures on Mantra healing. Samani Param Prajna gave a lecture on the importance of mantra and explained that mantra helps the physical, mental and emotional health. After lectures, the audience was instructed how to perform and recite the mantras. This was followed by a question and answer period about mantra. The church group showed a large interest in the lectures and demonstrations. They invited the Samanijis back for future programs.

Morgan Town, Pa.

The Samanijis traveled to Pennsylvania on August 16th through 21st to Harakh and Anuja Debhia's house where they conducted lectures and yoga Preksha meditation classes everyday. On the 20th the Samanijis conducted a program at the Hindu Cultural center for children and adults. The Samanijis lecture was about Jainism and Science of Living.

Paryushan Mahaparva

JVB Orlando

Sept 8th – 15th



JVB Orlando celebrated Paryushan Mahaparva in the presence of Samani Param Prajna and Samani Punya Pragyaji. It would not be unreasonable to call this year's celebration as "Festival of Nirjara". The Chaturmas started with different types of Tapashya. The Samanijis encouraged everyone to participate in Swadhaya activities. Everyday during Paryushan, there were lectures and prayers in the morning, and in the evening, Pratikraman, was followed by lectures. The 24 hours Jaap started on 8:00 PM Friday and ended at 8:00 PM Saturday. All the attendees of the event participated in Navkar Mantra Jaap. Samvatsari program started with morning Bhakatamber path at 7:30am, followed by Navakar Mantra Jaap. At 10:00am Samanijis presented the attendees with lectures and blessings. The following people participated in the 8 day and 9 day continued fasting: Hansa Chitalia, Dr. Devendra Mehta, Dr. Dhiren Mehta, Dr. Nayana Mehta, Elaben Mehta, Mitaben Mehta, Hitaben Shah did 8 days fasting, with Viral Doshi who did 9 day fasting. The JVB welcomed and congratulated them with spiritual literature.

Upcoming Events	
Oct 12 th – 20 th	Navratra Anusthan at JVB
November 9 th t	JVB Orlando 12 hours Deepavali Jaap beginning 7:00pm to 7:00am
January 18-20 th	Annual Spiritual Camp in Orlando FL

Contact:

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or
JVB Orlando Center

This Newsletter is Sponsored by:

Arunaben, Raj, Ravi and Rima Mehta on the occasion of Dr. Dhirenbhai's, Dr. Devendrabhai's, Dr. Nayanaben's 8 days of Tapasya

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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