



THE INNER LIGHT



Newsletter of Jain Vishwa Bharati USA for Non-Violence, Preksha Meditation, and Yoga

July - September 2001

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Purity is Welcomed by Straightforwardness and Religion Resides in the man who is pure

BHAVANA OF FRIENDSHIP

By Acharya Mahaprajna

With the awakening of the bhavana of friendship, many problems get resolved of themselves. Every day all kinds of dirt accumulates in our mind, the most inveterate of these being the defilement of enmity and of malice. It is one of the irrevocable laws of the world we live in that what man wants does not come to pass. There are to be found in this world differences in people's interests and ideas, in their conduct and order, in their eating and drinking and in social relationships, in customs and traditions—it is not possible to eradicate these differences. People have different tastes and differences on that account cannot be ended. Because of these differences, our mind nourishes feelings of enmity and hatred, which is very undesirable. Lord Mahavira said:—"See that in treating another badly you do harm to yourself." Another person may or may not be harmed, but you are definitely harmed—that is certain. The moment an evil thought arises in your mind regarding another, it is stamped on your brain-cells and you will have to suffer the evil consequences thereof. That in

harming another, one only harms oneself—he who realizes the truth of this maxim will never again try to harm another. Even to think, "I am doing harm to another," is a delusion. One does not know what is really happening behind the curtain. What is happening inside? The man in whose mind the spirit of friendship is awakened can never do any harm to another.

When you develop an intimate relationship with all, as if belonging to one and the same family, the minds keeps cheerful and gay; it is not afraid of any person or thing. Enmity and fear, friendship and fearlessness, go together, they form inseparable pairs. Only the man whose mind is full of fear regards another as an enemy. He who is free from fear may regard his ill-wisher as an ignorant person, never an enemy. By repeatedly practicing goodwill towards all living beings, one has the feeling of friendship well-established within oneself.

A sadhak imbued with the spirit of goodwill may at times cause suffering to himself, but he never causes pain to others. In his view, there is no such thing as the enemy, the other. The very concept of the enemy proves

harmful. Prophet Ali fought his enemy for years together. One day the enemy fell into his hands. He sat on his chest and was about to pierce him with his spear when the enemy spat on his face. Ali flared up at once, but then recollected himself and said, "We shan't fight today." People said, "What foolishness is this? You have got your enemy at your mercy after so many years and you are letting go such a wonderful opportunity to finish him."

Ali said, "It is a tenet of Koran: 'Do not fight in anger.' I did get angry!" His enemy was stunned. He said, "Why were you fighting all these years without anger?"

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- Articles and stories of Navakar Mantra

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Ali said, "Yes!" His foe fell to his feet. For the first time he realized that it is possible for a man to fight without anger. He became Ali's friend. There may be a good reason for fighting. But never fight in anger. This is indicative of friendship. Before the tremendous feeling of friendship, no duality dare persist. "Look upon all living beings as yourself—that is the essential meaning of friendship.

HOW TO GET RID OF FEAR

By Samani Jayant Pragya

Fear is a great disease. Every being has the instinct of fear whether it is the greatest or lowest of being. Fear is not of any one kind only. It takes several shapes. There is fear of the lack of security, of disease, of aloneness, of death, and of losing one's honor and reverence. An average person is always fearful. There is perhaps nothing in this world of which one is not afraid.

What is the source of fear?

Fear is not a major problem. It is the product of passions. Whenever there is attachment, fear is bound to be. The greater the attachment to either body or a person or material objects, the greater is the fear. To get rid of fear, it is necessary to be free from strong emotions such as anger, pride, deceit, and greed. These are the root cause of fear.

Consequences of fear

When the current of fear flows, the sympathetic nervous system

become active. A fear stricken face shrinks. It appears to grow very lank. In a state of fear, certain changes take place in the external features and these are quite apparent. But changes also take place in the inner parts of the organism. The heart beats faster, the blood pressure increases, the throat is parched and the saliva producing glands become inactive. The face shrivels up and the stomach and intestines contract. There is less appetite. Sometimes fear can lead to death.

Fear causes many physical as well as mental diseases, even death, too.

Yamraja, the god of death, called to Yamduuta, the messenger of death, and said, "One section of this place has become empty. Go and kill one thousand people and bring their bodies here. We have to fill this empty place. Keep in mind that I am asking you to kill and bring only one thousand, not more than that."

Having got this message from Yamraja, the messenger of death went into the human world and killed one thousand people at one time. The whole city as encompassed with fear. All were afraid having heard of the people's death. Due to this fear another five thousand people died. Yamduuta took six thousand people to Yamraja. Yamraja asked Yamduuta, "What did you do? I told you to bring only one thousand, but you brought five thousand more.

Yamduuta spoke, "O Lord! I tell you, I killed only one thousand, but another five thousand died due to the fear of death."

How fearlessness develops

There are some exercises in the technique of Preksha Meditation such as Psychic Centers, Contemplation, etc. Concentrating on the center of Vishuddhi Kendra (thyroid) helps to acquire freedom from infatuation. Long practice on this center gradually makes one detach from grieving of material possessions.

Green color meditational exercise on the center of bliss (thymus) discards foreign matter. Expulsion of foreign matter is healthy.

The Anupreksha of fearlessness

It is possible to develop the current fearlessness through Anupreksha. A wave of fear arises and the vibrations of fear start. If one could at that time raise a wave of fearlessness, the wave of fear will end itself then and there. It is possible to raise good vibrations and repel bad ones.

Contemplation of fearlessness:

1. Mahaprana Dhvani (humming sound)—2 minutes.
2. Kayotsaga (self-awareness by relaxation)—5 minutes.
3. Breathing in of pink color with each inhalation. As you breathe in visualize that atoms of pink are entering your body—3 minutes.

Fear Continued

4. Practice pink colored meditation on the center of bliss; that is, focus your attention on the center of bliss near your heart. Visualize that your whole body is bathed in pink—3 minutes.
5. Focus your attention on the center of bliss (near the heart) while suggesting to yourself: The spirit of fearlessness is developing; fear is waning. Repeat this aloud nine times, then repeat it mentally nine times—5 minutes.
6. Contemplate on the following lines for 10 minutes: (a) Fear stunts powers already developed and prevents new powers from developing. Therefore I must cultivate fearlessness. (b) Everybody tries to frighten one who is afraid. (c) Fear makes one a coward. (d) A weak person is supported by none. (e) I am firmly resolved to practice meditation of fearlessness for the development of my power. (f) I am certainly rid of fear.
7. Complete the above exercise session with the recitation of Mahapran Dhvani—2 minutes.



Story Column

ON THE EFFECT OF NAVAKAR MANTRA

By Samani Madhur Pragma

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 Navakar Mantra."

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

EXPERIENCE PAYS

A person was on a journey by car. All of a sudden it stopped. The driver tried his best, but he could not start it. At last he called a mechanic to repair the car. The mechanic came and checked the car and gave it strong blow. The car began to work with one mere blow. He asked the owner of the car for \$100.00.

The owner asked, "Why should I give you \$100.00 for just one stroke?"

The mechanic replied, "You are correct. My wage for the blow is just \$10.00. It is \$90.00 for my expertise. Where I have to give the blow is more important than a blow just anywhere."

ACTIVITIES AND EVENTS FROM JVB PREKSHA CENTER HOUSTON

JVB Preksha Center is running its activities under the guidance of Samani Akshay Pragya & Samani Sanmati Pragya.

Weekly Activities

Every Wednesday-Yoga [Special Courses]
7.30 To 8.30 pm

Every Thursday -Yoga [Special Courses]
10.00 To 11.00am

Swadhyay[Jeev-Ajeev]

8.00 To 9.00pm

Saturday -Special Program
9.00 To 11.00am

[Exercise,Lecture,Bhajan,Meditation]
[Every second & Last sunday
Lecture at Jain Center of Houston]

Akshay Teej & Mahaveer Jayanti program were held in the Presence of Samani Akshay Pragya & Samani Sanmati Pragya New Orleans. Special lectures on Preksha Meditation[Theory & Practice] were arranged there by Jain Society of New Orleans. This 5days program was very successful.

Bhavana Program was held at JVB Center on the occasion of 5th Punyatithi of Ganadhipati Gurudev Shree Tulsi.

NEWS FROM NEW JERSEY

By Samani Mangal Pragya and Vineet Pragya

In April Samani Mangal Pragya and Vineet Pragya visited Geneva. There was an inter-religious dialogue on the occasion of Lord Mahavir's 2600th birthday. It was attended by representatives of Jain, Buddha, Christian, and Bahai religions. Samani Mangal Pragya discussed on training of non-violence and practiced Preksha Meditation.

After Geneva, the Samanijis left for the US and attended a program of Mahavir Jayanti in New Jersey. On April 11th they went to Virginia and gave lectures on the role of women in Jain religion

at Mary Balwin College and then delivered a lecture on Basic Principles of Jainism at Virginia University.

On April 15th and 16th they gave two public talks on Preksha Meditation and its relevance in day to day life. One lecture was given at the Hindu Temple of Maryland.

In New York they presided over various programs and gave one lecture on the fundamentals of Jain religion at Columbia University. They were also interviewed during a live broadcast on TV which concentrated on the life and philosophy of Lord Mahavir.

Two programs were held at Siddhachalam and another among the people of Kaccha (Gujarat). The samanijis also addressed a gathering at the opening ceremony of Hindu Samaj in New Jersey.

They spent the whole month of June at Virginia, Maryland, and Pittsburgh. There were two talks on stress management and how to achieve mental peace at Rajdhani Temple of Virginia. A one-day camp on Preksha Meditation was held on June 16th at the Jain Temple of Washington D.C., and a lecture followed by Preksha Meditation was delivered at the Baltimore Hindu Temple on the occasion of Lord Mahavir's 2600th birthday.

The 5th annual memorial of Gurudev Shree Tulsi was celebrated in Virginia and Maryland. Many people attended this joyful program and expressed their gratitude to H. H. Achary Shree Mahapragyaji for sending Samanijis to America.

NEWS FROM THE SAMANJIS

Saman Shrut Prajna and Saman Sthit Prajna have been traveling throughout the world and the USA. They went to Malaysia where they celebrated Mahavir Jayanta and also in the USA at Milpitas, California. They will preside over the celebration of Paryushan in Cincinnati, Ohio in August. They are conducting Preksha Meditation and yoga classes and other programs in over 15 Jain centers around the country. They plan on returning to California to preside over a youth camp.

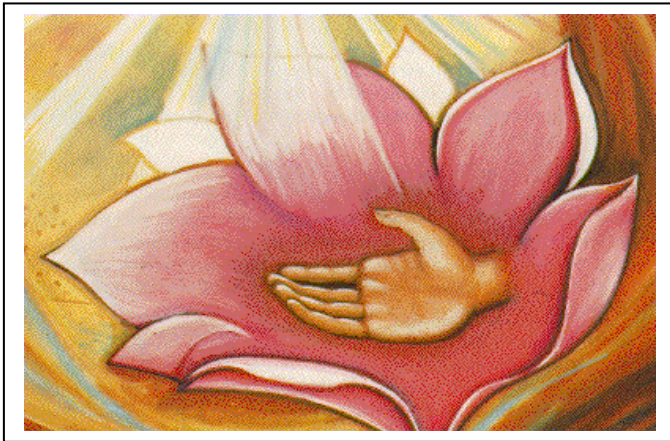
JVB ORLANDO NEWS

Under the guidance of Samani Madhur Pragya and Samani Jayenta Pragya the center has had many successful programs.. On every 2nd and 4th Sunday from 3PM – 5PM Swadhayaya are held at the JVB center. The subject of Bhavana was a recent topic discussed at the gathering. The youth classes are addressing the topic of Karma Theory, and the small kids classes are learning Samayik. Pathsala is also held for the youth. They are also conducting Preksha Meditation and yoga classes. Special classes for various health concerns are also organized by the Samaniji.

The Samaniji are visiting West Palm Beach once a month to conduct Swadhayaya there.

JVB ORLANDO CONSTRUCTION PROJECT

The JVB Upashrya and Deharasar construction will be completed by the beginning of August. The idols will arrive from India at the end of July. The hall will be finished before Paryushan in August.



PARUSHAN AT JVB ORLANDO

A great festival of Paryushan will be conducted from 15th –22nd August in the presence of Samani Madhur Prajna and Samani Jayanta Prajna. From 10 – 11:30am there will be Mantra Japa, meditation, and Scripture Swadhayaya. In the evening will be Pratikraman and spiritual lectures of various subjects. During Paryushan, Navakar Mantra Japa for 24 hours will go from 8:00pm on August 17th to 8:00pm on August 18th. During the Paryushan people coming from outside Orlando may wish to stay at the JVB. Please call in advance and inform the JVB committee so that they can make proper arrangements.

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INVITATIONS TO SAMANS AND SAMANIS

If you would like to extend an invitation to the Jain Samans and 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.

Jain Vishwa Bharati USA Newsletter Committee

-- THE INNER LIGHT --

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PANKAJ MUDRA (LOTUS POSTURE)

As per Indian system, lotus is a symbol of purity. Like a lotus, which remains detached from the mud in which it blooms, a sage remains detached from the mud of attachment, while continuing his meditation.

METHOD

By keeping the fingers like lotus, the Pankaj mudra is formed. In this mudra both the thumbs and little fingers touch each other. This mudra develops the fire and water elements and refines those elements. Like the lotus which blooms at sunrise, the fire element makes the inner lotus bloom. At night, like the blooming of lotus under moonlight the water element also brightens the face (Chandra Kamal). The remaining fingers face each other, which naturally leads to transition to their virtues, leading to development of the capability to provide vital energy to others.

ASANA

Use of Pankaj mudra in Padmasana or Sampada Asana gives spontaneous results.

DURATION

Initially use it for 16 minutes. The complete practice takes 48 minutes. If it is not possible to do it at a stretch, stagger the process in three phases.

RESULT

- Water and fire elements in the body get balanced. Makes the behavior gentle.
- Enhances the beauty of the body.
- Makes the nerve system stronger.
- Removes blood disorders.
- Makes the spine healthy.
- Pacifies fever.
- Cures abdominal tumor.

SPECIAL NOTE

During meditation in Pankaj mudra, the virtue of detachment gets enhanced. Lotus is considered to be a symbol of detachment and purity.

PRECAUTIONS

Restricted use of Pankaj mudra in winter is recommended, otherwise it may lead to increase in phlegm. The lotus does not develop fully under conditions of asthma and cough disorders.

Question and Answer colum

Question and Answer colum

Question and Answer colum

JVB LIBRARY & BOOK SHOP

BOOKS

1. Nandi
2. Thanam
3. Suyagado I II
4. Ayaro
5. Encyclopedia of Jain
Canonical Tenets
6. Acaranga Bhasya
7. Samavao
8. Uttarajjhayanani I II
9. Karmavad
10. Tirthankar Charitra
11. Jainism and Its Philosophical
Foundations
12. Economics of Mahavira
13. Abstract Thinking

VIDEO

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From Nanar Nani, DeepMamaji, Jaymamaji, Kothari Family

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