



THE INNER LIGHT



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

July - September 2003

Vol. 9, No. 3

Utthie No Pamayae / Awakened as thou art, Slip not back into unmindfulness

Spiritual Vigilance

By Acharya Mahapragya

Spiritual vigilance, i.e. awakening of the consciousness and its constant alertness is an essential constituent of meditation. Only he who is alert can be vigilant: only he who is vigilant can concentrate and only he who is able to concentrate can practice meditation. One who is not vigilant is prone to be assailed by fear from all directions. On the other hand, one who is alert, and hence fully vigilant, is never perturbed by fear.

An alert mind never burdens itself with unnecessary memories of what is done. Man is habitually bothered more by the memories of the past actions rather than the work on hand. For instance, when he takes his meals, instead of concentrating on eating, his mind is agitated with emotions, mostly irrelevant, memories and/or plans. He who keeps his mind fully engaged by whatever is being done at the moment, is the true *sadhaka*. Complete harmony of body, mind and speech is indeed very rarely achieved. And where there is no harmony between the body and the mind, the result is agitation, tension and restlessness.

In fact, real *sadhana* comprises total harmony of thought and deed - call it concentration, meditation or whatever you like. Meditation does not mean suppression of mental function. Any attempt towards its suppression makes the mind more restless. The question then arises, what to do to achieve concentration? The answer is simply- 'See yourself and realise the Self'. Breathing is an essential constituent of the self. Realizing breath is a step towards realizing the self. And so he who realizes his breath is a

wise man. He may not be a scholar but he knows himself, and is, therefore, wise.

Normally one pays no attention - makes no efforts to breathe. Nevertheless breathing does not stop. Proper breathing is very important. He who is indifferent to how he breathes is ignoring his own self. Breathing, internal breathing, sense organs, body and mind are all qualified to become objects of concentrated perception, without which peace of mind cannot be achieved.

How to avoid the injurious effects of the daily stress? Modern life-styles are unlikely to change for the better. We must therefore find the remedy within our own selves. Fortunately we do possess an innate protective mechanism tropotropic or relaxation response-which when triggered can produce conditions diametrically opposite to those of stress. Regular practice of 'easy-to-learn meditation technique' is a potent remedy for relieving mental stress and achieving peace of mind. It can also prevent the onslaught of dangerous psychosomatic diseases.

ISSUE HIGHLIGHTS

- Paryushan Aug 24 - 31
- 3rd Anniversary
- News From JVB Centers
- Story column
- Health Column

Health Column

By Samani Bhavit Pragya

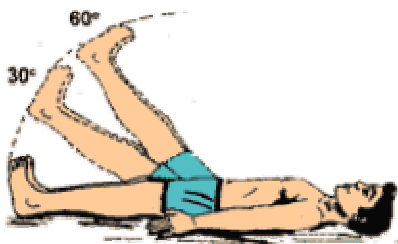
Postures Performed While Lying down

Uttanapadasana (Leg Raising Posture)

Position: Lie on your back, feet together. Place palms facing down to the floor at your side, 4 to 6 inches away from the trunk.

Process: While inhaling, lift legs to 30 degrees. Hold your breath for as long as you can. While exhaling, bring your legs down to the floor without bending your knees. Repeat this exercise but this time raise legs to 60 degrees.

Ardha-Uttanapadasana can be performed in the same manner, by lifting one leg at a time.



Cautions: Be careful to keep your legs straight during lifting and bringing your legs down. Avoid sudden or jolting motions. This posture is not recommended for persons who suffer from high blood pressure, backache, or any heart related problems.

Benefits: This posture reduces obesity and abdominal disorders, and increases the speed of blood circulation in the body. It is good for constipation.

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-- THE INNER LIGHT --

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Story Column

The Fruit of Patience

By Sadhvi Vishrut Vibha

Two hermits were performing penance in a shrine. Naaradji passed that way. One of them asked Naaradji, "Where are you going?" Naaradji replied, "To meet God." Again he asked, "Please ask Him when I shall be emancipated?" Naaradji moved on. The second hermit asked him the same question. While coming back, Naaradji passed through the same way and said to the first hermit, "You will be emancipated after three births." On hearing this, the hermit was puzzled. He thought, "I have been performing penance for sixty thousand years. Even then, I shall have to wait for three births." He abandoned the penance and went back to his village.

Naaradji came to the second hermit and said, "You will be emancipated but you will have to wait for as many births as the number of leaves on the tree under which you are performing penance." On hearing this, his heart was filled with joy. He said gladly, "I will be emancipated definitely after a certain period."

The person who has cultivated the virtue of patience is sure to find his destination. Those who lack this virtue can never attain their goal.

ESSAY COMPETITION

The JVB Center is holding an Essay competition on "Jain Art of Dying" (Ansan). The Essay should be printed clearly and contain between 1500 and 2000 words. The deadline for submittal is August 30th. One prize will be awarded \$51.00 for the best writer from a minimum of 9 essays. For further questions please contact JVB Center. Please provide your name, address, and phone number for each submittal. Essays can be sent via email also. The competition is open to all ages.

Paryushan 2003

We shall be celebrating the holy mahapurva Paryushan from Sunday August 24 to Sunday August 31, 2003. Samani Param Pragyaji and Samani Bhavit Pragyaji will preside Paryushan Parva Celebration at the Jain Vishwa Bharati Center, Orlando FL with their inspiring pravachan. All shravaks and shravikas are urged to actively participate in all the programs during these auspicious days. During these days Samaniji would be giving lectures in the morning and there would Pratrikraman every evening. We would also be having 12 hour Navkar Mantra Jaap from 7 AM onwards on Sunday August 24, 2003.

Kindly give your name for the Navkar Mantra Jaap to Samanijis.

Samvatsari Pratrikraman would be held at the center on Sunday August 31, 2003 at 6:00 PM. Since the Samvatsari falls on a Sunday this year, we would urge you to do fasting (upavas) on that day at the least.

During the Paryushan, one should try and avoid eating after sunset and also avoid vegetables which grow under the soil. As far as possible, one should avoid going to restaurants and theaters. At least one samayik a day should be done with silence, swadhyaya, meditation and all spiritual activities must be practiced during these days. As per the teaching of lord Mahavir, All these practicies help to purify the soul and hence achieve the ultimate goal.

Forgiveness or **Kshamapana** is the most important part of celebration during Paryushan.

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.

Akshaya Tertiya Third Anniversary of J.V.B.

On May 3rd, Akshaya Tertiya day, the third anniversary of the Jain Vishwa Bharati, Orlando was celebrated. More than hundred participants from Orlando, Miami, Jacksonville, Melbourne, Vero Beach, Atlanta, Ocala and Tampa heard various bhajans praising bhagwan Rishabhdev. Young children sang Bhagwan's aarti and portrayed Rishubhdev's tapasya and parna in form of a wonderful play. Adults presented a parisamvaad describing Bhagwan's life. Samaniji in her lecture explained how on this auspicious day Bhagwan's year long fast was concluded, and how he taught the people basics of life. All the participants also took a gift from Samaniji in the form of a small vow. Everyone praised the lectures and some wished for longer lectures with more depth. Dr. Dhiren Mehta gave a talk on Rushabhdev's sadhna and fasting and his teachings of yoga and meditation.

Bhagwan Mahavir perfected this meditation for us but unfortunately the literature lost it. First Hemchandra Acharya and then Acharya Tulsi revived it in the form of preksha dhyana. Mr. Braham Agarwal, a prominent business man of Orlando, spoke about the unity of all the Indians living overseas. Dr Shashtri, professor at the Hindu University Orlando, explained the basic goals of all Indian religions. Tushar Shah gave a speech on why and how we should continue our adhyatmic progress under the guidance of Samnijis. He also read a Message from Acharya Shri Mahapragyaji, blessings the activities and progress of the center.

Acharyaji also praised the hard work of Samaniji in establishing and maintaining this overseas center of Jain activities and teachings. Yuvacharya Mahasramanji also sent his blessings and good wishes on this anniversary. People of Florida are very grateful for The Acharyaji's More and more people are realizing the benefits of, this center and the Samaniji participation. Mr. Devang Chitalia ,the president, thanked everyone for their support and encouraged more frequent participation. – Reporter Dr. Dharendra Mehta

News from JVB Orlando

Camp in Atlanta, Youth Workshop

The Preksha meditation camp was conducted by Samani Param Pragya and Samani Bhavit Pragya on Saturday and Sunday 28th March through April 1st. At the same time a youth workshop was held at the Jain Temple where theoretical and spiritual aspects were discussed. The program was enjoyed by the youths very much. During their stay, the Samanijis lectured on various topics.

Gadesdan, Ga.

On the 2ND April Samani Param Pragya and Samani Bhavit Pragya addressed Doctors here.

Birmingham, Al.

In the guidance of Param Pragya Ji and Samani Bhavit Pragya Ji and for our April 2003 meeting held on April 3rd through the 6th. While there, they stayed with different families each day. This gave opportunities for many members of the society to meet with Samanijis individually. Samanijis gave several lectures on various topics including meaning of the jain stavan "Chaitya Purush jag Jaye" as well as question and answer sessions. Samanijis' lectures were informative, inspirational and spiritually uplifting. The people appreciated very much the Samanijis' effort in enhancing members' religious and spiritual knowledge. Members of the Society are looking forward to have another meeting in the near future. - Reporter Gunavanti Shah.

Mahavir Jayanti

Kansas City, Mo.

The Samanijis visited Kansas on the 11-14th of April. The Samaniji attended Ramnavmi celebration at the Hindu Temple in Shawnee City, Kansas on the 11th of April. The Hindu people enjoyed Samanijis lectures and also took part in their further discussions.

On the 13th of April the birthday of Lord Mahavira was celebrated in a colorful atmosphere. Samani Bhavit Pragya Ji and Samani Param Pragya Ji elevated Lord Mahavira's life and

teachings. The people got new ideas to pay homage to Lord Mahavira on this pious occasion.

Miami and Vero Beach, Fl.

Samani Param Pragya Ji and Samani Bhavit Pragya Ji presided over the celebration of Mahavir Jayanti on Saturday, April 27, 2003 in Miami Florida. The event was celebrated in an elementary school where approximately 100 families attended the celebration. Samaniji highlighted Ahimsa, Aparigraha, and Anekant. The celebration lasted about 3-4 hours and was well received by the audience. The Samanijis also visited Vero Beach Jain Community.

Morgantown, W.Va

Samani Param Pragya Ji and Samani Bhavit Pragya Ji visited Morgantown, West Virginia from May 12 to 22, 2003. They presented daily lectures and demonstrated yoga, meditation and relaxation techniques during their stay at Morgantown. All these activities were attended by many people from Jain and non-Jain communities. Morgantown is a university town and therefore, the participants were professionals, including professors, doctors and scientists.

The following is a summary of their activities: May 12-15 Dr. Harakh and Anuja Dedhia's residence. Each morning they taught yoga, meditation, and relaxation techniques. The lectures included, type of knowledge and wisdom; everybody makes their own destiny; the meaning and benefit of Om Arham; and the art of living, Ahimsa, Aparigraha and Anekantvad. The program was enjoyed by all of us. May 16 Suresh and Santosh Jain's residence. This was on Friday and therefore, many people participated in the evening activity. Samaniji shared with everybody the importance of the religion and how it affects every day life. The religion provides a food for soul and how the karma's effect each of us. They have also presented ways to avoid bad karmas in the current life. There was a good question and answer session on the related topics of religion. Reporter – Harakh Dedhia

Finks expressed her views that it was very informative and interesting.

Pittsburg, Pa.

On May 18th at The Hindu Jain Temple, Pittsburg, PA, for the Pittsburgh Jain Association, the Samaniji's discoursed on "Anger and how to overcome it" and also the ways to deal and treat with other person in everyday life. Also, they presented the meditation and relaxation techniques. The program was very successful and everybody wanted Samanijis to stay one additional day in Pittsburgh but it was not planned earlier, therefore May 17-21 Vijendra and Madhu Kothari's residence Samanijis discourse was on the importance of Namokar Mantra, teaching education and sanskar for children, and presented with many stories from the scripture During this period, many people visited Samanijis in the day time to discuss religion, meditation and yoga techniques. In the evening there were lectures on various topics including Jainism.

On May 21, there was a request from people from Fairmont, WV (30 miles from Morgantown) to visit and give blessings. We have very much enjoyed their visit to Morgantown with their lectures and the teaching of yoga, meditation and relaxation techniques. Everybody in Morgantown wishes that Samanijis visit us more often. We are grateful to Acharyashree Mahaprgna Ji for sending Samaniji outside India to benefit the Jain and Hindu communities with their teachings and provide inspiration to become a good human being. – Reporter Vijendra Kothari

Orlando, Fl.

Every 2nd and 4th Sunday of the month, A regular Swadhyaya and children's classes are held at the JVB Center in Orlando. Yoga and Preksha Meditation classes are available to the general public. The Samanijis encourage attendance to these.

Students from Valencia Community College visit the JVB Center in Orlando often. The Samaniji discussed various topics such as "Jain Ascetic Life", "householder life", "The nine elements", etc. The students were enthusiastic to learn Jainism. Following the lectures, Amanda

News from California

With the blessing of Acharya Shree Mahapragyaji Samani Madhur Pragyaji and Sangh Pragyaji had been traveling for three months. During this period, Samaniji had been to San Francisco, Sacramento, New Jersey, Los Angeles, and San Diego. All the programs were disciplined and well attended. The programs included topics related to the art of living, Jain philosophy "Karmvad", Adhyatam and Science were discussed.

Preksha- Meditation related classes were conducted on Sundays. Theory and practice related to diabetes, high blood pressure, and depression were discussed.

The Samaniji visited Berkley, Santa Clara, and Stanford Universities. Mahavir Jayanti was conducted at Jain centers in San Francisco, Sacramento, San Diego, and New Jersey.

In Los Angeles, *Akshaya Tritia*: was celebrated at Dr. Mehta's residence. Samaniji taught Jain Philosophy and Preksha – Meditation to a group of students at Loyola Marymount University. Samaniji are auditing a course on Religion and Ecology offered by Christopher Chappel. *Jain Center of Southern California (JCSC)*: A lecture was given to a group of 60 young adults on "How to become a Samani?"

Preksha – Meditation / Jainism Camp was held for a group of 40 people at Manju and Ramesh Jain's residence.

News from London

On the 11th of April with the blessings and inspiration of Acharya Shree Mahapragyaji, Jain Vishwa Bharati London center's inaugural function was started with Mangal Mantra and Stuti. On this occasion We received an inspirational, and road map message from H.H. Acharya Mahaprajanaji, Yuvacharya Mahashramanji and Sadhavi Pramukha Kanaka Prabhaji. The JVBL will be presided by Samani Pratibha Pragma & Samani Jin Pragma.

The center had several programs including, Mahavir Jayanti at Indian Embassy UK, Mahavir Jayanti at Indian YMCA, Interfaith Meeting 'On Indogenic Religions', Akshya Tritiya at Jain Association, and Workshop On 'Jainism Text and Context' at London University. Monthly, Weekly lectures at various Jain organizations of London as: Navanat Vanik Association, Oswal Association, Jain Samaj Europe, East London Jain Sangh, Mahavira Foundation, Shravika Satsang Mandal, Jain Pragati Mandal, Jain Bhakati Mandal.

We have 9 classes per week at JVBL on Preksha Meditation, Yoga and Jain Study. Visiting Scholars lecture at JVBL by Niraja Jain on 'Karma Theory'. Tap Anumodan Program on the eve of Samani Pratibha Pragya's seven days fast.

News from Houston

Samani Charitra Pragya & Samani Parimal Pragya were invited by different Jain centers for the celebration of Mahavir Jayanti in the month of April. On the eve of Ahimsa Day, Bhartiya vidya Bhavan in NJ organized one day seminar on Non-violence and peace. Samani Charitra Pragya spoke on--Non-violence in action. There was interfaith panel discussion, symposium by young adults and dialogues.

On May 2,3 & 4th-- Workshop on Preksha meditation was conducted by Samaniji at Arya samaj. Youth workshop on 8th June. Muslim high school students visited Jain center. We talked for 2 hours about Jainism, issues of women, rituals, universe, god ,ascetic life and several other topics. They were so happy to learn about Jainism and its great principles. A group of Muslim ladies came to our center for research on diverse faiths. They came from Pakistan. It was wonderful to see them open-hearted. We had a dialogue on many current issues.

Vedanta society organized a workshop on 'How to obtain real happiness in life'. Many speakers from different faiths talked about from their perspective. Samaniji also spoke on the practical tips that can make our life more pleasant with full of joy and happiness.

Refuge ministry church invited Samaniji to have a dialogue on How non-violence can be

practical, many questions came up regarding its application from the perspective of Jainism.

Bollywood music director, composer, lyricist Ravindra Jain came to Houston for devotional songs concert, more than 600 people enjoyed this wonderful program. Consulate general Thalay and many other VIP's were present. Local media and newspaper had good footage of him.

Activities and upcoming events will be: Every Sunday lecture on uttaradhyan in Jain Houston center, Radio talk on santana dharma tuning, Every day classes of yoga and meditation Swadhaya on Tattvartha sutra every Thursday Several lectures in people's house on different

PACHIS BOL

PAHALA BOL: GATI CHAR

- | | |
|------------------|------------------|
| 1) NARAK GATI | 3) MANUSHYA GATI |
| 2) TIRYANCH GATI | 4) DEVA GATI |

DOOSARA BOL: JAATI PANCH

- | | |
|--------------|------------------|
| 1) EKENDRIYA | 4) CHATURINDRIYA |
| 2) DWINDRIYA | 5) PANCHENDRIYA |
| 3) TRINDRIYA | |

TISARA BOL: KAYA CHHAH

- | | |
|-----------------|---------------------|
| 1) PRITHVI KAYA | 4) VAYU KAYA |
| 2) APA KAYA | 5) VANASPATI KAYA |
| 3) TEJAS KAYA | 6) TRAS KAYA (Tras) |

CHAUTHHA BOL: INDRIYA PANCH

- | | |
|----------------------|---------------------|
| 1) SPARSHEAN INDRIYA | 4) CHAKSHA INDRIYA |
| 2) RASAN INDRIAYA | 5) SHROTRE INDRIAYA |
| 3) GHRANE INDRIAYA | |

PANCHAVA BOL: PARYAPTI CHHAH

- | | |
|---------------------|-----------------------------|
| 1) AAHAR PARYAPTI | 4) SHVASOSHVAS PARYAPTI |
| 2) SHARIR PARYAPTI | 5) BHASHA PARYAPTI (speech) |
| 3) INDRIYA PARYAPTI | 6) MANAH PARYAPTI (mind) |

CHHATTHA BOL: PRAN DAS

- | | |
|-------------------------|-----------------------|
| 1) SHROTENDRIYA PRAN | 6) MANO BAL |
| 2) CHAKSHURENDRIYA PRAN | 7) VACHAN BAL |
| 3) GHRANENDRIYA PRAN | 8) KAYA BAL |
| 4) RASNENDRAIYA PRAN | 9)) SHVASOSHVAS PRAN |
| 5) SPARSHENDRIYA PRAN | 10) AAYUSHYA PRAN |

SATAVA BOL: SHARIR PANCH

- 1)AUDARIK SHARIR 4) TAIJAS SHARIR
2)VAIKRIYA SHARIR 5) KARMAN SHARIR
3)AAHARAK SHARIR

AATHAVA BOL: YOG PANDRAHA**MANOYOG KE CHAR BHED**

- 1)SATYA MANOYOG 2) ASTAYA MANOYOG
3) VYAVAHAR MANOYOG 4) MISHRA MANOYOG

VACHANYOG KE CHAR BHED

- 5)SATYA VACHANYOG 7) MISHRA VACHANYOG
6) ASTAYA VACHANYOG 8)VYAVAHAR ”

KAYYOG KE SAT BHED

- 9)AAUDARIK KAYYOG
10)AAUDARIK MISHRA KAYYOG
11)VAIKRIYA KAYYOG
12)VAIKRIYA MISHRA KAYYOG
13)AAHARAK KAYYOG
14)AAHARAKMISHRA KAYYOG
15)KARMAN KAYYOG

NAAUVA BOL: UPYOG BARAH**PANCHGYAN**

- 1) MATIGYAN 3) AVDHIGYAN
2) SHRUTGYAN 4) MANAHPARYAVGYAN
5) KEVALGYAN

TEEN AGYAN

- 6) MATI AGYAN 7) SHRUT AGYAN
8) VIBHANG AGYAN

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- 9)CHAKSHOO DARSHAN
10) ACHAKSHOO DARSHAN
11)AVDHI DARSHAN
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