



The Inner Light

Jain Vishwa Bharati USA for Non-violence, Preksha Meditation, and Yoga

A Non-Profit Organization EIN# 59-3563048

January – March 2004

Vol. 10, No. 1

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

Spiritual Knowledge

By Aacharaya Mahapragya

Everyone should develop one's knowledge. Knowledge is of two types – one is worldly knowledge and the other is spiritual knowledge. To fulfil the monetary needs for bread and butter and shelter etc, it is necessary to have the worldly knowledge while for getting peace and delightfulness, the spiritual knowledge is must.

Money and matter can give you the purchasing power and you can buy things for your comfort but not necessary that it also give you peace. Peace and delight are not available in the market. Your positive emotions can give you peace and delight. Emotion is deeply inside, it is very minute and it can not be seen.

No other person can make you grieved or happy. You become happy or unhappy just as per your emotions. If emotions are positive, you become happy. *Saint Eknath* once went to take bath in the river *Godavari*. When he was returning, a person poured dirt on him. He again went for taking bath. This happened 30 times. After all, the person with negative attitude had to stop. He felt sorry before the saint. The Saint told that nothing was wrong for me. Due to your behavior I had an opportunity to take bath in *Godavari* for 30 times so I am rather thankful to you. Thus no one can harm you or make you grieved. if the emotions are positive,

In *Dwarika*, Lord Krishna Once was going with his staff. They saw a dead body of a dog giving bad smell. All the persons put cloth on their nose but Lord Krishna saw the dead body of the dog seriously and praised for the beauty of teeth of the

said dog. So it is the positive and negative emotions, which gives you the pleasure or the grief.

Matter has its own value and soul also has its own value. But you will have to evaluate both which is more valuable. There was a king. He met a monk and described his treasure and asked the monk its value. The monk said that the value of the treasure is equal to two glass of water. The king could not understand. The monk explained that if you are in a forest and strayed from the path. It is too hot and you are thirsty and about to die due to thirst. In that situation a shepherd comes and offers sweet cool water, what price you can pay? The king said I can give half of my estate. The monk said now you can judge the value of your whole sovereign is not more than two glasses of water.

Try to understand the secret of the religion, and the limits of worldly knowledge and possess positive thoughts, positive emotions.

ISSUE HIGHLIGHTS

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- Health Column
- 8th Annual Camp Highlights

Story Column

Spiritual Wealth

By Sadhvi Vishrut Vibha

Once upon a time, there was a well-known king, Dashaarna Bhadra, who ruled over a very prosperous kingdom, Dashaarnapur. One day, a messenger came to his court to inform him about the arrival of Lord Mahavir in his city. He was delighted to receive this message. Then and there, he bowed his head as a token of respect for Lord Mahavir and rewarded the messenger.

King Dashaarna Bhadra was very proud of his status and prestige. He wanted to show his wealth and power to Lord Mahavir. He wanted to become the first person to visit Him in order to show his fascinating and glamorous lifestyle as well as his pride, wealth and power. He was looking forward towards Lord Mahavir's *Samavasaran*. The next morning, he dressed up in his best clothes and adorned his body with precious jewels and ornaments. His five hundred queens also accompanied him along with his four-fold army. Thousands of citizens too, followed him. With dancers dancing with the drumbeats, signers performing in their melodious voices, trumpets announcing the king's arrival with such pomp and show, the procession moved forward. They finally arrived at Lord Mahavir's *Samavasaran*.

When Indra, the king of gods, came to know about this incident, he thought that Dashaarna Bhadra thought, "How petty I am, I was proud of my prosperity, my wealth, my status, my power, and my kingdom. Indra would have performed good deeds in his previous birth, as a result he had achieved this enormous prosperity in heaven." His unconscious mind became aware of the fact and thought that, he should also perform some good deeds to do his spiritual upliftment. This thought affected his mind, soul very deeply. He became detached from this material world and decided to leave it. With the blessings of Lord Mahavir, he became a monk.

Indra praised Dashaarna Bhadra and said, "You have proved that your spiritual wealth is more precious than my material wealth."

JVB Orlando Center

19th October Workshop at JVB – The workshop was held on the issue of the Jain Art of Living and Dying for multi-faith women's group. The participants enjoyed Samani Param Pragyaa and Samani Bhavit Pragyaa's excellent lecture followed by recitation mantra.



On 7th December, Regular Swadhaya and Jain Pathshala followed by a farewell function of Samani Param Pragyaa and Samani Bhavit Pragyaa as they return to India following their year long activities at the center. People presented good best wishes and hearty feelings to them. Director Kamallesh Shah and JVB President Devang Chiltalia, and Doctor Dhiran Shah, and others appreciated Samanijis yearly excellent activities at the JVB center in Orlando. People prayed for the Samanijis return for their devoted spiritual guidance for the center.

Jain Vishwa Bharati USA Newsletter Committee

-- THE INNER LIGHT --

Editorial Committee: Editors/ Advisors: Samani Param Pragyaji
Samani Bhavit Pragyaji

Layout: Steve Fridlich

Mailing and Subscriptions: Avani Shah

Committee Members: Tushar Shah and Avani Shah

Cincinnati, Ohio

Ahimsa Day, 3rd to 5th October was celebrated by the Jain center. Samani Param Pragya and Samani Bhavit Pragya presented their views regarding non-violence of Lord Mahavira and Mahatma Gandhi. The program was enjoyed by the Senator and officers of Ohio State including the Jain community.

West Palm Beach and Jupiter Florida

Samani Param Pragya and Samani Bhavit Pragya attended a large meeting held at Kirit Shah's new home. The program began with chanting mahamantra followed by lectures.

JVB Center of Houston

JVB Center of Houston is flourishing under the skillful guidance of Samnji Madhur Pragyaaji and Samnji Parimal Pragyaaji. Health conscious people are delighted with the yoga classes conducted four times a week. Twice a week, Samnji Madhur Pragyaaji inspires the spiritually inclined people with her thought provoking philosophical discussions. Samanijis are very much interested in sharing the concepts of Jainism with other faiths in the community. Samnijis visited the Episcopal High School.

Samanijis visited the Interfaith Ministry and the participants were thrilled to hear Samnji Madhur Pragyaaji's speech on the concept of "Forgiveness in Jainism." This was followed by an intellectual discussion of how forgiveness is perceived in other religions. This program was such a success that the Interfaith Ministry invited the Samanijis to participate in their programs again. Samnijis had an enchanting experience when they visited the youth group at University of Texas, Austin. The topic of the day, "Jainism with reference to the use of modern medicine," was well received and the students enthusiastically participated in the discussions that followed the speech.

Our Samnijis take a personal delight in participating in community related activities. They celebrated Gandhi Jayanthi in Arya Samaj.

Samnji Madhur Pragyaaji's talk on the application of nonviolence in our day today lives gave a handful of practical ways to implement nonviolence in our every day lives.

Dec.13th was a memorable day in the history of JVB, Houston where the 4th anniversary of JVB was celebrated.. The Samanijis along with the Houstonians celebrated the day with a variety of activities such as Bajans, pravachan and short speeches from the followers. Mr. Scott, a teacher at the Episcopal school was at the Center and he said that our Samnijis had a very positive impact on his students. A representative from the Interfaith Ministry expressed her desire to continue the partnership with JVB and to conduct future visits together. The outgoing Executive president introduced the newly appointed committee members and the Board of Directors.

JVB 8th Annual Spiritual Camp

The 8th annual camp of the Jain Vishwa Bharati Center in Orlando was held in Cocoa Beach from January 2 to 4 under the guidance of Samani Madhur Pragyaaji, Samani Charitra Pragyaaji, Samani Parimal Pragyaaji, and Samani Sangh Pragyaaji.

Samani Madhur Pragyaaji opened the camp session with the chanting of the Namokar mantra on Friday evening. JVB President, Devang Chitalia gave a welcome speech. Three separate sessions were held simultaneously to cater to the adults, youth and children. In the first session for adults, Samani Charitra Pragyaaji enlightened the audience on the subject of Changing One's Destiny. It was interesting to learn that if we had the will and desire, we can change our behaviour for the better.

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



Photos of 8th Annual Spiritual Camp

This is related to doing good deeds. This leads us to the Universal Law, meaning if we make a special effort in changing ourselves, we shape our future. Samani Madhur Pragyaji in the meanwhile introduced the youth to Jain History. History of Jainism goes back to about ten thousand years. Statues of Rishabdeva, the first thirthankar, have been found in the ruins of the Indus Valley Civilization. Samani Sangh Pragyaji took the charge of the children (12 years or younger) under her wings. This group though small in number was very motivated. Under the direction of Samaniji, Lata Shah and Usma Chitalia, they prepared two skits for presentation on Saturday.

Saturday morning session for the adults started with the recitation of Bhaktamer Stotra followed by meditation under the direction of Samani Charitra Pragyaji. Under the guidance of Samaniji, we practiced the four stages of Preksha Dhyam meditation, Kayotsarg, activation of our spiritual centers by transferring energy from the Shakti Kendra to Gyan Kendra, Pranayam, and Dhyam. This was followed by Yoga. The adults were divided into two groups. Samani Sangh Pragyaji conducted yoga for the men and Samani Parimal Pragyaji conducted yoga for the ladies. Several exercises (yogasans) for the neck, shoulders, stomach, back and the knees were demonstrated. Some exercises were quite tough, but everyone appreciated them and the laughing exercise got the loudest response. This was followed by a light breakfast.

The after breakfast session for the adults with Samani Madhur Pragyaji was very invigorating. Samaniji discussed the history of meditation in Jainism for the first hour and a half. Then she made the audience practice what was learnt in the lecture. Meditation, the complete unison of mind and body combined with correct breathing was a great experience. The youth were kept busy by Samani Charitra Pragyaji, who introduced the youth to the subject of Nirjara or self purification. Samaniji explained the 6 external and the 6 internal processes of Nirjara, by which we can clean our souls from the bound karman particles. Then she led them into a practice of meditation. The youth seemed to highly appreciate both

sessions. Samani Sangh Pragyaji and Samani Parimal Pragyaji conducted some very innovative and interesting activities for the children. These included, yoga for children, teaching moral values by telling a story on honesty is the best policy, and Jain principles on conduct. After the very busy and highly motivating morning sessions, the groups broke for lunch.

Immediately following lunch, all the participants took part in Gaman Yoga or a disciplined walk. During Gaman Yoga there were no conversations and people paid attention to their surroundings and walked in an orderly way so as not to hurt any living being accidentally. The afternoon session for the adults began with the practice of Kayotsarg and Samayik. Samaniji explained the principles of Samayik and how through its practice we can close the doors (of our minds) and stop accumulating new karmas for a period of at least 48 minutes. After the Samayik, the adults participated in a quiz competition conducted by Tushar Shah in the presence of Samaniji's. The questions for the quiz came from a variety of topics, including, Tattvarth Sutra, Bhavanas, 24 thirthankars, and Uttaradhayan Sutra. There were 6 teams. Although everyone did very well and the final scores were close, the team consisting of Avani Shah, Dhirenbbhai Mehta, Rasikbbhai Nagda, and - answered the most questions.

The evening session was highly exciting as the children prepared to perform their skits. The program began with the JVB Committee singing Bhajan. The children then presented their skits, first entitled 'Angry boy' and the second entitled 'Sage Nandisen. This was followed by a quiz competition for the youth. It was interesting to see the youth teams so competitive. In the end, three out of six teams were tied for the highest score. The youth competition was conducted by Vijay Lunawat. Then the adults took part in a very interesting extempore speech session. There were several participants and some were first time speakers. Everyone did a great job encouraged by the Samanijis. The first full day of camp ends with an update on the JVB Orlando, and its upcoming activities by Kamlesh Shah, the Chairman of the board.

Sunday morning again started with the recitation of the Bhaktamer and meditation. After breakfast, the children were taught yoga and Samayik by Samani Sangh and Parimal Pragyaji. Gifts were also given to children for their participation in the skits. For the youth, Samani Charitra Pragyaji conducted a session on Samayik and a discussion on the impact of Jainism in the world. Samani Madhur Pragyaji talked about how different colors affect our aura, behavior, and lifestyle and gave a very interesting explanation of the different layers, such as karma particles, 'Adhyavasaya', and 'Leshya', are surrounding our souls and how these affect our actions and overall behaviour. This was followed by an open question and answer session with the Samaniji.

As all good things have to come to an end, the 8th annual camp of the JVB, Orlando also had to come to an end. Kamleshbhai thanked and praised the Samaniji on behalf of the audience and Samani Madhur Pragyaji, who is among the first to be initiated into the Samani order by Acharya Tulsi some twenty five years ago, acknowledged the organizers and people who had contributed towards making this year's camp such a success. These camps are an opportunity for the Jains and non-Jains alike to leave behind all worries and to indulge in the self under the very able guidance of the Samaniji's for at least a couple of days in the year. We look forward to next year's camp and maybe some more during the year.

Committee Members 2004

Ashok Shah	- President
Dilip Mehta	- V. President
Dhiren Mehta	- V. President
Vijay Lunawat	- Secretary
Avani Shah	- Treasurer

Health Column

By Samani Bhavit Pragya



Tadasana (Palm Tree)

Position

1. Stand erect with the heels together.
2. Hands are hanging down close to and facing the body.

Steps

1. Inhaling, raise the arm to the side, keeping them straight.
2. Interlock the fingers and stand on the toes while holding the breath.
3. Stretch the body to its fullest extension. Exhaling, bring the arms down and stand flat on the feet.

Time

Thirty seconds up to three minutes.

Benefits

1. It increases height.
2. Relieves constipation, obesity of the abdomen, hips and stomach, and helps avoid laziness.
3. It is helpful for pregnant women

Board of Directors 2004

Kamlesh Shah	- Director Chairperson
Harsha Nagada	
Kishore Tolia	
Shashi Jain	
Arvind Nandu	

JVB Orlando Center 2004 Schedule

Day	Class
Monday	7:00-8:00PM Back Pain Yoga
Wednesday	7:30-8:30PM Jain Study
Thursday	7:00-8:00PM Obesity Yoga
Saturday (2 nd & 4 th)	9:00-10:30AM Health Management Program
Sunday (2 nd & 4 th)	3:00-5:00PM Swadhyaya (Jainism)

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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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