



Inner Reflections

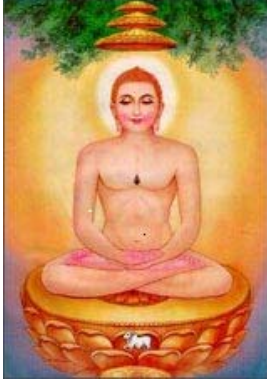
JAIN VISHWA BHARATI OF NORTH AMERICA

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THUS SPOKE MAHAVIR



*Sohee ujjuyabhooyassa
Dhammo suddhassa chitthae
Nivvaanam paramam jaai
Ghayasitta vva paavae*

One who is straightforward attains purity. Religion resides inside the one who is pure. And the one who has religion inside him attains supreme enlightenment much like the dazzling fire adorned with pure ghee.

MESSAGE FROM ACHARYA MAHAPRAJNA

SEVEN ATTRIBUTES OF A GOOD AND SUCCESSFUL MANAGER: A JAIN VIEW

Jain tradition attaches great importance to an individual's emotional competence as the key to



success in his life. But it does not ignore the intellectual side either and calls for balanced development of both the right and the left parts of the human brain. In order to enhance a manager's emotional competence as well as his intellect, I

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1) **Non-Absolutist Attitude (*Anekant Dristi*):**

The truth derived from an absolutist viewpoint makes a problem more complicated. A manager who attacks a problem from a relative standpoint can make progress. In industry and business several persons work together. Their divergent views create an environment of opposition. The philosophy of non-absolutism (*Anekant*) promotes reconciliation of opposing views and creation of an environment of peaceful co-existence.

2) **Good Behavior:**

One can assess the success or failure of a person merely on the basis of his disposition. Courteous, sincere and compassionate behavior attracts the heart of another who can become instrumental in a manager's progress.

3) **Alertness Or Vigilance:**

This has three dimensions - a) Review of the past, 2) Introspection of mistakes made in past, 3) Self-criticism of the present. For example: What have I accomplished today? What still remains for me to achieve? What are those tasks that I am capable of performing but my carelessness has kept me away from? Is anyone else able to see my carelessness or I am able to realize my oversight myself? What is that stumbling block that I am not able to overcome?

4) **Control Over Impulsive Acts:**

The manager who is unable to control his impulsive behavior will not be able to get the work done by his subordinates. He will also make mutual and human relationships bitter.

5) **Self-Restraint:**

Addiction to sensual pleasures and fickleness of mind create obstacles in one's professional competence. It is imperative for a manager to restrain his sensual desires and mind in order to fulfill his responsibilities properly.

6) Human Solidarity: "I am a social creature - I am not alone" - This trend of thinking awakens one's consciousness. "Just as my rights are dear to me, others like to uphold their rights. Hence, I shouldn't be an impediment in the way of others' right to their livelihood."

7) Freeing Oneself From Tension: The person who does not know how to live in the present invites tensions knowingly or unknowingly. Memory is good but inessential memory causes tension, hence it is imperative to restrain it. Imagination is essential but unnecessary imagination creates tension hence it is imperative for a manager to restrain his imagination too. The greatest cause of today's misery is reactive violence. A manager who does not react angrily to a situation and does not give his subordinates a chance to react angrily becomes highly successful.

JVBNA Mission Statement

- To spread the universal message of Jain philosophy and Jain wisdom to the world
- To cultivate an atmosphere that nurtures nonviolence, restraint and divergent perspectives, whereby leading to spiritual enlightenment for man
- To create an environment of unity and social harmony for all mankind

JVBNA EVENTS IN THE RECENT PAST

SAMANIJIS LEAD YOGA/MEDITATION SESSION AT RAJASTHAN CONVENTION

Samani Muditpragyaji and *Samani* Sanghapragyaji led *yoga* and meditation sessions at the Rajasthan International Convention held on July 1-2 in NY. Rajasthan CM Vasundhara Raje was the chief guest at this convention.

SAMANIJIS SPEAK AT YJA CONVENTION

Samanijis delivered discourses on topics such as 'How to overcome obstacles and achieve', 'Relax & Reflect' at the YJA convention held in Connecticut on July 3-4 and attended by over 800 young Jains.

SAMANIJIS GRACE GUJARATI CONVENTION

Samanijis blessed the interfaith meet organized at the Gujarati convention on July 8 in New Jersey and spoke about Jain philosophy.

JVBNA MEDITATION & YOGA FAMILY CAMP

As always, JVBNA *Preksha* Meditation and *Yoga* Family camp organized at Siddhachalam from August 4-6 was a grand success. *Samani* Muditpragyaji and *Samani* Sanghapragyaji along with *Samani* Amitpragyaji and *Samani* Shuklapragyaji, visiting from Orlando, conducted the camp that was attended by over 55 members and guests. Surrounded by the serenity and positive energy of the venue, the participants attended systematic and thought provoking sessions from 5am until 10pm each day. The central theme for this camp was 'Aura & Mantra' and *samanijis* led powerful sessions on *yoga*, *pranayam*, *kayotsarg*, *anupreksha*, power of *mantras*, color therapy, spiritual path of self purification, emotional intelligence and more.

JVBNA PARYUSHAN & DASLAKSHAN

Under the gracious leadership of *Samani* Muditpragyaji and *Samani* Sanghapragyaji, JVBNA celebrated *Paryushan* and *Daslakshan* from August 21 to September 6 at the Raritan Center Sheraton in New Jersey. The program consisted of evening *pratikraman* and *pravachan* sessions on subjects such as the relevance of the message of *Paryushan* and *Daslakshan* in the light of today's problems. As always, the sessions were very well attended. Many participants in age ranges from 3 to 80 observed *Ekasan*, *Ayambil*, *Upvaas*, *Athai*, *Maunvrat*, *Swadhyay* and *Jaap* during this period.

SAMANIJIS GRACE UN INTERFAITH MASS & WOODBRIDGE 9/11 MEMORIAL SERVICE

On September 7, *samanijis* participated in an Interfaith Service organized by UN in NY City. On September 11, *samanijis* prayed for the victims of 9/11 at the 9/11 commemorations organized at the

St. James Catholic Church in Woodbridge, NJ, along with other religious and community leaders.

JVBNA CELEBRATES KSHAMAPANA DIWAS

On September 23, JVBNA celebrated *Kshamapana Diwas* under the auspicious presence of *Samani Muditpragyaji* and *Samani Sanghapragyaji*, at the American Legion Hall in Iselin, NJ. The program began with *Namaskar Mantra* Recital led by *Samanijis* and consisted of a colorful program presented by *Gyanshala* kids, a Jain Quiz contest for the kids and *pravachan* by *samanijis*. The program was very well attended and was followed by *Sadharmik Vatsalya*. A souvenir was published on the occasion that comprised articles on various aspects of non-violence by H.H. Acharyashri Mahaprajna and his disciples - *samanijis*, and provided a look into JVBNA for the year 2006.

SAMANIJIS BLESS AHIMSA DIWAS

From September 28-30, *samanijis* attended and blessed *Ahimsa Diwas* celebrations organized by the Jain Society of Cincinnati, OH

JVBNA DIWALI & NIRVAAN DIWAS JAAP

JVBNA members celebrated *Diwali* & *Mahavir Nirvaan Diwas* on October 22 with a Jaap and *Pravachan* at the JVBNA center in Iselin, NJ.

JVBNA PRANAYAM & MEDITATION CAMP

JVBNA organized a *Pranayam* and *Meditation Camp* on November 12 at Scotch plains, NJ, under the leadership of *Samani Muditpragyaji* and *Samani Sanghapragyaji*. The camp focused on the important aspects of *Pranayam* in meditation and was attended by over 30 members and guests and appreciated by all.

SAMANI ROHITPRAGYAJI & SAMANI VINAYPRAGYAJI GRACE JVBNA CENTER

JVBNA is truly fortunate to host *Samani Rohitpragyaji* and *Samani Vinaypragyaji*, visiting from JVB India, from November 21 to December 13. Members and guests have the opportunity to be blessed by not just two but four *samanijis*.

JVBNA BIDS ADIEU TO SAMANI MUDITPRAGYAJI & SAMANI SANGHAPRAGYAJI

On December 3, at the American Legion Hall in Iselin, NJ, JVBNA members bid adieu to *Samani Muditpragyaji* and *Samani Sanghapragyaji* as they prepared to leave the NJ center for India after their 10-month sojourn. Visiting *Samanis* *Rohitpragyaji* and *Vinaypragyaji* also graced the occasion. Members and *Gyanshala* children expressed appreciation and gratitude for *samanijis'* leadership and guidance, while the *samanijis* blessed all and spoke about their experiences in NJ. A CD entitled '*Atmasmaran*' that features a compilation of 40 *slokas* from *Uttaradhayn* and *Dashvakalik Agams* and sung by *Samani Muditpragyaji* was released and distributed. JVBNA AGM was also held along with the program and *Sadharmik Vatsalya* followed.

JVBNA GYANSHALA NEWS

The new year of *Gyanshala* (2006-07) began on Friday, October 6, with about 65 enrollees and almost 20 volunteer teachers for *Jain* and *Hindi* classes. As before, the children were divided into three age groups, with several skill levels in each group. *Gyanshala* kids celebrated *Diwali* by making *diyas* with dough. *Gyanshala* will celebrate the last week of January as *Ahimsa* week in memory of Mahatma Gandhi and Dr. Martin Luther King Jr.

JVBNA UPCOMING EVENTS

Samanijs' Welcome Program - Mid February (Date/Time To Be Announced) - American Legion Hall, Iselin

Preksha Meditation Day Camp - Sunday, March 18 - 9:30AM - 1PM - American Legion Hall, Iselin, NJ

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Directions to JVBNA Center

* Take GSP exit 131 towards Iselin, turn left onto NJ-27/Lincoln Highway, turn left (North) onto Middlesex Avenue, and pass Oak Tree Road. JVBNA Center will be on your left a little after Subzi Mandi.

* From US-1 (South), turn left onto Plainfield Avenue, turn right (North) onto NJ-27/Lincoln Highway, turn left onto Middlesex Avenue, and pass Oak Tree Road. JVBNA Center will be on your left a little after Subzi Mandi.

TO

JVBNA REGULAR SESSIONS - January - March 2007

For updated information call (732) 404-1430, email jvbnj@yahoo.com or visit JVBNA at www.jvbna.org

WEDNESDAYS 6:30PM - 7:30PM	<i>Yoga For General Fitness</i>	First Presbyterian Church 1295 Oak Tree Road, Iselin, NJ
THURSDAYS 7:30PM - 8:30PM	<i>Swadhyay **</i>	JVBNA Center 151 Middlesex Avenue, Iselin, NJ
FRIDAYS 8:00PM - 10:00PM	<i>JVB Gyanshala for Children</i> <i>Hindi Class for Children</i>	First Presbyterian Church 1295 Oak Tree Road, Iselin, NJ
FRIDAYS (1st & 3rd each month) 8:15PM - 9:15PM	<i>Pravachan **</i> (Parallel with Gyanshala Classes)	First Presbyterian Church 1295 Oak Tree Road, Iselin, NJ
SUNDAYS(1st & 3rd each month) 10:00AM - 11:30AM	<i>Pravachan **</i>	JVBNA Center 151 Middlesex Avenue, Iselin, NJ
SUNDAYS (3rd of each month) 10:00AM - 11:30AM	<i>Jainology Course for Youth **</i>	JVBNA Center 151 Middlesex Avenue, Iselin, NJ

**** These sessions will commence after *Samanijis* arrival in Mid February 2007.**

THE EDITORIAL TEAM WISHES YOU A SPIRITUALLY PROSPEROUS NEW YEAR 2007

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