



Inner Reflections

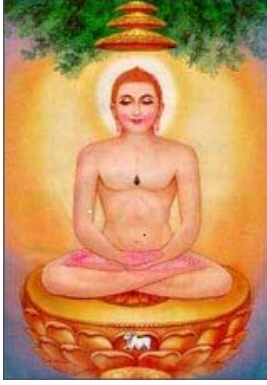
Jain Vishwa Bharati of North America

Volume III

Issue 4

October 2005

THUS SPOKE MAHAVIR



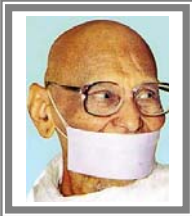
*Panch jagarao sutta
Panch suttassa jagara
Panchahim rayamadiyati
Panchahim cha rayam chae*

The five senses of one, who is awake, always remain tranquil. The five senses of one, who is not awake, always remain effervescent. Through the effervescent five, one acquires bondage. Through the tranquil five, bondage is severed.

MESSAGE FROM ACHARYA MAHAPRAJNA

Fearless & Free From Tension And Pain

Our physical system has an inbuilt capacity to endure a great deal of pain. The body releases certain chemicals that placate the pain. It could be even better when our mental outlook becomes adept at subduing this pain. This can be achieved by attempting to establish a reasonable degree of affability with the ailment. We should make an effort to shape our minds so that it can liberate us from fear, worries and tensions. If we get tensed and drown ourselves in oceans of worries, the pain gets aggravated. Conversely, if we cultivate



fearlessness and strive to become tension-free, we do not feel the pain despite its presence.

People do not experience the phenomenon of pain uniformly; no two persons experience pain in the same manner. Many factors influence the intensity of pain. Fear and worry, for instance, enhance pain. Cowards tend to cry over trifles. In contrast, some are so fearless that they do not even wince despite being hit severely. How we react to pain and to what extent it affects us are dependant on our emotional condition. Our state of mind is instrumental in determining the presence, the degree or the absence of pain.

The preliminary step towards instituting an amicable relationship with an ailment is to liberate ourselves from tensions and suffering. If we center our faith in the disease, we can establish friendliness with the pain. With the transformation of our feelings, our bodily chemicals will adjust, and as a result our entire demeanor will transform. Faith transforms feelings, thus shifting our outlook and attitude.

The power of determination is part and parcel of mental conduct. Affability with pain can be established effortlessly by the power of determination. There was a wealthy and great king whose only son was Anathi. Anathi was married and enjoyed luxuries of life. One day he felt a severe pain in his body. The best physicians in the land were summoned. Despite all the efforts of his parents, his wife, his brothers and relatives, his pain did not subside. Anathi could not bear the pain any longer. Since all external remedies being proffered had been futile, he determined to transform himself. He resolved to become a *muni* and to become one with his pain. He tried to nurture this resolution into his being. Although Anathi's pain had been intense, he slept comfortably due to his deep determination. When he awoke he did not feel any pain. Thus with the power of determination, we too can establish friendliness with the ailment and forget the pain altogether.

H.H. ACHARYA MAHAPRAJNA RECEIVES COMMUNAL HARMONY AWARD

H.H. Acharya Mahaprajna was honored with National Communal Harmony Award 2004 by the Government of India for his role towards unity and communal harmony in the nation. The award ceremony was held on Aug 2 at Vigyan Bhavan, New Delhi and was presided over by President of India APJ Abdul Kalam. Acharyashri is also the recipient of Indira Gandhi Award for National Integration for the year 2002.



JVBNA EVENTS IN THE RECENT PAST

SAMANIJIS ATTEND JAINA CONVENTION

Samani Charitrapragyaji and *Samani* Shuklapragyaji, along with two other groups of *samanijis* from Houston, TX and Orlando, FL, graced the Bi-Annual Jaina convention from July 1-4 in San Jose, CA. The morning sessions featured the practice of *Preksha* Meditation and *Yoga*, while in the afternoons *Samanijis* enlightened the attendees with presentations on *Karma*, The path to self-purification, *Shravak Ke Barah Vrat*, Charity and more. The sessions were very well attended and well received.

SAMANIJIS CONDUCT YOUTH CAMP

Samanijis graced the Chicago Jain Center's Youth Camp for participants 8-15 years old from July 8-10. They led interactive discussions on Science in Jainism and ran meditation sessions.

SAMANIJIS GRACE AHIMSA DIWAS

On invitation from Dr. Jayraman, director of Bharatiya Vidya Bhavan, NY, *Samani* Charitrapragyaji and *Samani* Shuklapragyaji graced their *Ahimsa Diwas* celebration on July 23, in capacity as chief guests. The focus of *Samanijis'* *pravachan* was *Anekantvad*.

SAMANIJIS ATTEND YOUTH SUMMER CAMP

Samani Charitrapragyaji and *Samani* Shuklapragyaji attended the youth summer camp at Dwarkadheesh temple, NJ on Aug 3 and 10 and enlightened children aged 5-13 years old with *pravachan* on values of life.

JVB GYANSHALA SUMMER CAMP

A two-week JVB *Gyanshala* summer camp was organized for children aged 5-13 years at the JVBNA Center, under the auspices of *Samanijis*. The camp was held from Aug 1-12 and featured activities including Art & Craft, *Bhaktamar*, *Yoga* & *Preksha* Meditation and Hindi classes, and was attended by over 20 children. Many volunteers facilitated the Art & Craft projects including Rupal Bhandari, Supriya Bothra, Padmini Jain, Renu Sagar and Alka Singhvi.



SAMANIJIS LECTURE AT DHARMA SUMMIT

On August 13, *Samanijis* attended the Dharma Summit organized at Rutgers University by BHP, VHP and Hindu Students Council. *Samanijis* enlightened the attendees on the importance of non-violence and spoke about H.H. Acharya Mahaprajna's *Ahimsa Yatra*.

JVBNA FAMILY PREKSHA MEDITATION AND YOGA CAMP

JVBNA Family *Preksha* Meditation and Yoga Camp was held from Aug 19-21 at Siddhachalam Jain Tirth, Blarirstown, NJ, under the auspices of four *samanijis* including *Samani* Charitrapragyaji and *Samani* Shuklapragyaji.



Samani Madhurpragyaji and *Samani* Parimalpragyaji, currently residing in Orlando, FL, also graced the camp. The camp was

attended by over 70 participants and featured full days of activities from 5:30am until 9:30pm. The early morning sessions featured *Bhaktamar*, *Preksha yoga*, meditation, and *pranayam*. The



days carried forward with lectures on food and health, importance of meditation, stress management, ways to improve efficiency and more; and the practice

of relaxation techniques, autosuggestion & contemplation, walking meditation and mantra chanting. Parallel children's sessions were also held. The attendees left the camp wanting more.

PARYUSHAN & DASLAKSHAN CELEBRATION

JVBNA celebrated *Paryushan* and *Daslakshan* from September 1-17 under the auspices of Samani Charitrapragyaji and Samani Shuklapragyaji. A 2-3 hour session was held



each evening, at MTI on weekends and at Sheraton on weekdays, both at Raritan Center, Edison, NJ. The sessions comprised daily *pratikraman* and

pravachan from *Kalpa Sutra*, *Thanam Sutra* and on Mahavir's life. The themes of *pravachan* included topics such as – the way to celebrate *Paryushan*, value of fasting, causes that weaken and rejuvenate the power of mind, importance of human life, gateway of spiritual journey, *karma* vs. *purushartha*, value of forgiveness, and the ten *dharmas* of forgiveness, humility, straightforwardness, purity, truth, self-restraint,



tap, renunciation, non-possession & celibacy. Parallel children's sessions were held each day and samanijis led a parallel *pratikraman* in English for the young

on *Samvatsari*. Over the long weekend, *Bhaktamar*, *Swadhyay*, meditation and *Namaskar Mantra Jaap* were held at the JVBNA center. The sessions were very well attended.

Many, including children, observed *tap*, including *athais*, *ayambils*, *upavas* and *ekasans*. A chart was circulated to record one's activities during this time and had an overwhelming response. JVBNA is grateful to Sanmati and Rajeev Vaish for very graciously providing the space at MTI for the weekend sessions.

SAMANIJIS VISIT SENIOR CENTERS

Samanijis visited the Coopertower Senior Center in Iselin, NJ on Mondays in August and Care One Senior Center in Edison, NJ on Sep 6 & 21 and led *Preksha Yoga* and Meditation sessions.

SAMANIJIS BLESS STHANAKVASI GROUP

Samanijis visited the *Sthanakvasi* Group in Livingston, NJ on *Samvatsari*, September 8, and blessed the members with *pravachan* on the importance of *Samvatsari* and *Pratyakhan*.

SAMANIJIS VISIT NY INTERFAITH CENTER

Samanijis participated in the interfaith service held at NY Interfaith center on September 13.

JVBNA CELEBRATES KSHAMAPANA DIWAS

As *Jains*, we are constantly striving to shed our karmas and to purify our souls in the quest for that final salvation. Shedding our egos and



asking for forgiveness and shedding our anger and forgiving others may be the first steps towards this goal. Jain Vishwa Bharati of North America

embarked on this noble journey in the eighteen days of *Paryushan* and *Daslakshan*. And the members and guests gathered on September 25 at the St. Andrews Catholic Church in Avenel, New Jersey to carry this journey forward.

JVBNA's *Kshamapana Diwas* 2005 celebration began with *Namaskar Mantra* recital led by *Samani* Charitrapragyaji. JVBNA members regaled the audience with a selection of *Bhakti*

Geet and a lively *Kawwali* composed by Samani Shuklapragyaji. JVB Gyanshala children presented a colorful and insightful cultural program. The youngest Gyanshala group, a group of children aged 4-7 years, presented *Rhythm in Personality*, directed by Supriya Bothra, Shalini Jain and Alka Singhvi, and reminded the attendees about the qualities one needs to embrace in order to lead a good life.



The intermediate Gyanshala group, a group of children aged 8-12 years presented the dance number *Khilona Mati Ka*, choreographed by

Madhu Bhandari. The oldest Gyanshala group, a group of children aged 12 and up presented the *Inner Dialogue – Kashay vs. Soul* play, created by Kavita Kothari and directed by Sunita Jain, Kavita Kothrai and Varsha Mehta. The students of *Subhanjali* School of Performing Arts presented the vibrant *Tillana* dance number choreographed by Suba Parmar. In addition, several Gyanshala children presented short speeches discussing the importance of *Kshama*.

Special guest, Woodbridge Mayor Frank Pelzman congratulated JVBNA on celebrating the day of forgiveness and noted that each day of one's life should be celebrated as a day of forgiveness. Special guest Pastor James Thomas, who very



graciously continues to provide the space at First Presbyterian church for Gyanshala and other activities, spoke about the importance of the

month of October in all major religions of the world. Special Guest Sri Hira Ratan Manek, a legend in himself, spoke about his research in the theory and practice of sun gazing, which over time, leads to the elimination of the need to consume food and thus to true *tap*, as was accomplished by Mahavir and many others.

In her pravachan, *Samani* Shuklapragyaji said that the message of the festival of forgiveness is

to watch your W.A.T.C.H (words, actions, thoughts, character and habits) and thereby purify yourself, make relationships stronger and lead a peaceful and prosperous life. Samani Charitrapragyaji held that Jainism is not just a religion but it really is a practical way of life. She implored the audience to understand the science behind Jainism, to connect knowledge with conduct and to be true with nature to lead a stress free and happy life. The program concluded with *Mangal Path* led by *Samanijis* and was followed by *Sadharmik Vatsalya*.

SAMANIJIS ATTEND UCON SUMMIT

Samanijis led a symposium and panel discussion on 'Non-Violence and Peaceful Conflict Resolution', organized by Asian American Studies at the University of Connecticut in October. *Samanijis* stressed upon non-violence training among children and the younger generation through the practice of meditation and celebration of inter religious festivals. They also spoke about H.H. Acharya Mahaprajna's *Ahimsa Yatra* and FUREC (Foundation Of Unity Of Religion And Enlightened Citizen) in India.

JVBNA UPCOMING EVENTS

New School Year To Begin At JVB Gyanshala - From Oct 7, 2005

The new school year 2005-2006 at JVB *Gyanshala* is slated to begin on October 7. The classes will be held every Friday from 8:00-9:30 pm followed by a 30 minute Hindi class at the First Presbyterian Church, 1295 Oak Tree Road, Iselin, NJ. Same as last year, there will be three levels, level I for children aged 4-7 years, Level II for children aged 8-12 and Level III for children aged 12 and up. *Samanijis* will be teaching the Level II and Level III classes. Children will learn about Jain teachings and their significance in everyday life. Some special activities planned for the first quarter include Diwali celebration, food drive to coincide with Thanksgiving and toy drive around Christmas.

JVB Gyanshala was very well attended last year and saw a continuous influx of dedicated teachers. Gyanshala also houses a library of religious stories in comic book format that is



extremely popular. A formal graduation ceremony takes place in June and coincides with *Prajna Diwas* celebration. In

addition, Gyanshala children also prepare and present cultural programs at major JVBNA functions. Please contact the JVBNA Center for more information and to register your children.

Preksha Yoga & Meditation To Resume At Kennedy Park School - From Oct 25, 2005

After the overwhelming response from students and staff from last session, JVBNA, once again, will be conducting a six-week *Preksha Yoga & Meditation* session for the children of grades 4 & 5 and staff members at Kennedy Park School, NJ. The sessions will start on October 25 and will be held Tuesdays from 3:30-4:15pm, under the guidance of *samanijis*.

Fourth International Preksha Meditation Camp - New Delhi - November 11-18, '05

Preksha International will conduct its Fourth International *Preksha* Meditation Camp from November 11-18 under the auspices of H.H. Acharya Mahaprajna. The camp will be held in New Delhi at the Adhyatma Sadhana Kendra, Mehrauli. This is a wonderful and rare opportunity. Seats are limited and applicants will be screened for participation in the camp. Please contact the JVBNA center for application and registration information at the earliest.

GOCHARI LABH

To arrange for Gochari Labh, please contact Mrs. Vijaya Daga at (732) 326-9018

President Kalaam to co-author book with H.H. Acharya Mahaprajna

President of India APJ Abdul Kalaam is writing a book with H.H. Acharya Mahaprajna, entitled 'Noble Nation, Better World'. The book will strive to explore how spirituality can help create a noble nation and a better world. There has been a great interest in the book from publishers around the world as this is the first time that a scientist president is joining a spiritual leader to explore how humankind can improve.

CHANDANBALA - A Play by JVBNA - November 20, 2005

Chandanbala is the story of a princess turned abused slave who fulfilled all the thirteen *Abhigrahas* of *Bhagwan* Mahavir leading to his *parna* after nearly six months of *tap* and thus helped him in his quest for *Kevalgyan*. On the occasion of Deepawali, marking the anniversary of *Bhagwan* Mahavir's *Nirvana*, JVBNA will proudly tell the story of *Chandanbala* in the form of a play to be staged at the Hindu Temple Society of North America, 45-57 Bowne Street, Flushing NY, on Sunday, November 20 from 2-6pm. JVBNA members are working very hard under the able direction of *samanijis* to bring this play to you. All are invited to attend. **Although admission is free, seats are limited. Please contact the JVBNA center at your earliest to obtain Entry Passes.** Please support this effort by becoming one of the **sponsors of the event** and/or **advertise in the souvenir** to be published on this occasion. Please contact the JVBNA center for details.

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

BECOME A JVBNA MEMBER

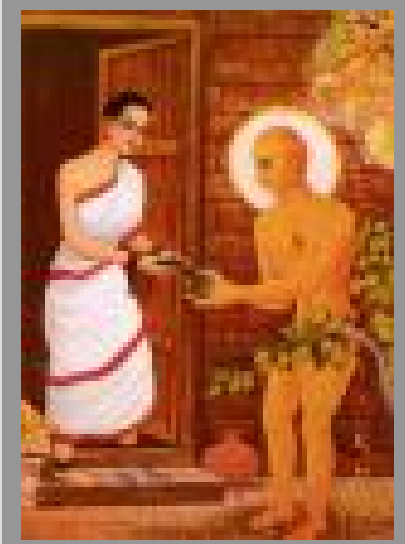
Jain Vishwa Bharati of North America, by virtue of its permanent center in Iselin, New Jersey is able to host *samanijis* year round, who provide you with spiritual guidance and promote the Jain way of life. Such a center dedicated to your well-being has to be funded to carry out different activities. Please show us your support by becoming a member and donating generously. Your donations are tax deductible.

☐	Life Member	\$2,101
☐	Founder Member	\$11,001
☐	Patron	\$25,101

☐	Chief Patron	\$51,001
☐	Special Donor	Any Amount

PARTICIPATE IN TITHI YOJNA

Help maintain the New Jersey Center of JVBNA. Sponsor a day (\$101) to celebrate that special someone, sponsor a week (\$501) or sponsor a month (\$1101). Visit the center on the said *Tithi* for *Jaap*, *Swadhyay* and *Gochari Labh* under the auspices of *Samaniji*. Your contribution is tax deductible.



Chandanbala is the story of a princess turned abused slave who fulfilled all of the thirteen *Abhigrahas* of Bhagwan Mahavir for his *parna* after nearly six months of *tap*. She later took *deeksha* and attained *moksha*. Her life-story depicts the triumph of virtue over caste or creed.

JAIN VISHWA BHARATI OF NORTH AMERICA

PROUDLY PRESENTS

CHANDANBALA

A PLAY

SUNDAY
NOVEMBER 20, 2005
2-6 PM

Free Admission!

HINDU TEMPLE SOCIETY OF NORTH AMERICA
45-57 Bowne Street, FLUSHING, NY
Phone: (718) 460-8592

**SEATS ARE LIMITED. ENTRY PASSES ARE REQUIRED.
PLEASE COLLECT YOUR PASSES FROM JVBNA CENTER**

Please support this effort. Become one of the sponsors of the event and/or Advertise in the souvenir to be published on this occasion. Please contact the JVBNA Center for more information.

**JVBNA CONSOLIDATED FINANCIAL STATEMENT
YEAR ENDING DECEMBER 31, 2004**

BALANCE SHEET

ASSETS	Amount \$	LIABILITIES	Amount \$
Sovereign Bank Closing Balance	39,763	Accrued expenses (Uncleared Checks)	16,019
		Outstanding Loan from Members	21,000
Land & Building	267,524	JVB Ladnun Books	640
		Net JVBNA Assets	269,628
Total Assets	307,287	Total Liabilities	307,287

REVENUE AND EXPENSES

REVENUE	Amount \$	EXPENSES	Amount \$
Contributions:			
General	24,616	Center Maintenance	10,214
Tithi Yojna	3,618	Samaniji Travel	3,689
Membership		Equipment	1,487
Founder	14,002		
Life	20,560		
Program related	18,689	Program related Expenses	11,923
Net Cash Outflow	4,828	Loans repaid	59,000
Total Revenue	86,313	Total Expenses	86,313

Notes: The accounts are audited and approved by the JVBNA Audit Committee. Further detailed Statements are available for review at the JVBNA Center.

Jain Vishwa Bharati of North America
 151 Middlesex Avenue, Iselin, NJ 08830
 Phone: (732) 404-1430 Fax: (732) 404-1440
 Email: jvbnj@yahoo.com Web: www.jvbna.org

TO

Directions to JVBNA Center

* Take GSP exit 131 towards Iselin, turn left 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.

* From US-1 (South), turn left onto Plainfield Avenue, turn right 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.

JVBNA REGULAR SESSIONS - OCTOBER-DECEMBER 2005

The following sessions will be conducted by Samani Charitrapragyaji and Samani Shuklapragyaji. For updated information call (732) 404-1430, email jvbnapr@yahoo.com or visit the JVBNA site at www.jvbna.org

MONDAYS 9:30AM - 10:30AM	Yoga for Obesity Management	JVBNA Center 151 Middlesex Avenue, Iselin, NJ
MONDAYS (Oct 17, Nov 7,28) 6:30PM - 7:30PM 7:30PM - 8:30PM	Yoga for General Fitness For Beginners For Advanced Level I	North Edison Public Library 777 Grove Avenue, Edison, NJ
TUESDAYS (Oct 4,11,25, Nov 1,15) 6:30PM - 7:30PM 7:30PM - 8:30PM	Yoga for General Fitness For Beginners For Advanced Level I	North Edison Public Library 777 Grove Avenue, Edison, NJ
WEDNESDAYS 6:30PM - 7:30PM	Yoga For Stress Management	First Presbyterian Church 1295 Oak Tree Road, Iselin, NJ
THURSDAYS 7:30PM - 9:15PM	Bhaktamar Jeev/Ajeev Swadhyay	JVBNA Center 151 Middlesex Avenue, Iselin, NJ
FRIDAYS 8PM - 10PM	JVB Gyanshala for Children Hindi Class for Children	First Presbyterian Church 1295 Oak Tree Road, Iselin, NJ
SATURDAYS/SUNDAYS Various Times (Call for details)	Pravachan	Various Locations (Call for details)