

# Paryushan 2010



*Let's Forget & Forgive*



## Jai Jinendra!

JVB New Jersey celebrated **Paryushan Mahaparva** under the auspicious guidance of **Samani Sanmati Pragyaji & Samani Shukla Pragyaji** from September 5-12. The 8-day celebration was very well attended and was a true spiritual journey for all. Every evening, participants engaged in **Pratikraman** under Samanijis' guidance. This was followed by Samani Shukla Pragyaji's Pravachan on **Mahavir Jeevani**. She encouraged attendees to learn from Mahavir's life and his virtues; to effect a positive change in their lives in the form of '**Jo mai hun, mai vo na rahun.**' Samani Sanmati Pragyaji discussed the **implication and goal of Paryushan** and the path

to accomplish this goal. She inspired the attendees to engage in various activities for **Atma Shuddhi** and discussed the significance of **Dharm Shraddha, Samayik, Logassa, Swadhyay, Aloyana, Pratikraman, Tapasya and Kshama**. The children participated in parallel sessions with Samanijis, where they imbibed values through moral stories and spiritual songs. On weekend mornings, participants engaged in Samayik and deliberated on '**Shravak Ke Barah Vrat.**' On Samvatsari eve, a 12 hour **Namokar Mantra Akhand Path** at the JVB center was spiritually exhilarating and drew many participants. On the same evening, **celebrated classical singer Maestro Kумmar Chatterjee, accompanied by talented tablist Aditya Narayan Banerjee,** regaled a full house with his mesmerizing rendition of **Jain Sutras and Bhajans** and left the attendees wanting more. On Samvatsari, the attendees engaged in **Samvatsarik Pratikraman** under the guidance of Samanijis. This was followed by **Samuhik Kshamayachana** and **Tapasvi Abhinandan**. In a nutshell, JVB NJ Paryushan Mahaparva Celebration was an exhilarating journey that rejuvenated all participants for a spiritually blissful year.

### [A heartfelt gratitude from Jaya Parmar](#)

**I'm Jaya Vikram Parmar practicing Jainism for past 3 years** and have the opportunity to learn more every year under the guidance of Samaniji. These 8 days of Parushan was more meaningful to my life as I did Fasting, Less Food, Silence, Preksha Dhyan, Samayik, Reading Jain Books which made me to realize and gave me more awareness about myself. I felt like a still water with lots of calmness, blissfulness and good vibration around me all day long. I've given up (tyag) my anger for eight days and will try to control over my anger in my life. I thank Samanijis for their fullest support and motivation towards teaching about Jainism. **Smile and Keep Forgiving others.**

**Regards**

**JVB New Jersey**