

October 2012 Newsletter



ESTD : 2006

Current Events
Ahimsa Day Celebration (Sept 29-Oct 2, 2012)



- Sat, Sept 29 (7-8:30pm): Lecture on 'What we are missing in Life?'
- Sun, Sept 30th (11am-12:30pm): Lecture on Mahatma Gandhi and Jain
- Mon, Oct 1st (7:30pm-9:00pm): Lecture on All is Well- Is it True
- Tues, Oct 2nd (7:30pm-9:00pm)- Lecture on Where we Came From

Location:

Jain Center of Cincinnati-Dayton, 6798 Cincinnati Dayton Road, Liberty Township, OH 45044

Contact: Email: parekhash@aol.com , Phone: 937-367-6291

Seminar for SENIOR CITIZEN GROUP

Arranged by: INDO-AMERICAN SENIORS ORGANIZATION OF NEW JERSEY

Date and Time: Oct 6, 2012 at 10.00am to 1.00pm

Contact: phone: 732-283-8666, email: iasonj@yahoo.com

Upcoming Events

Discourses and Yoga Class at Wateloo, Iowa-USA

Date: Oct 12 to 14, 2012 (Fri to Sun)

Oct 12 - 7.30pm to 9.00pm

Oct 13 - 10.00am to 12.30pm

Oct 14 - 01.00pm to 3.00pm

Contact: sindhu1950@yahoo.com Phone: 319- 277 8740

Discourses and Yoga Class at Washington, DC

Date: Oct 19 to 21, 2012

Contact: schoxi11@yahoo.com (Subhash Arti Choxi)

Yoga Meditation residential Camp and Lectures at Raleigh, NC

Date: Oct 25 @ Place Hindu society of NC, Time: 7:00 to 8:30pm

Contact: madhugangwal@hotmail.com Phone: 919-621-1181

Yoga Camp from 26 to 28

Contact: vigpriya@yahoo.com , madhugangwal@hotmail.com

Yoga camp and Discourses at Memphis, TN

Date: Nov 1 to 4, 2012

Contact: Chanchala Mehta : Phone : 901-826-2064

New Publications:

પ્રકાશન :

મલેશિયામાં પર્યુષણ પર્વ પ્રસંગે

આપેલા શ્રુતપ્રજ્ઞ સ્વામીજીના

પ્રવચનની સી.ડી. આ બે MP3 મા

નીચેના ૧૬ પ્રવચનો છે -

૧. પર્યુષણનું મહાત્મ્ય

૨. દુર્લભ માનવ જીવન

૩. મહાવીરનું જીવન દર્શન

૪. કલ્પસૂત્ર એટલે હું?

૫. પર્યુષણના પાંચ કર્તવ્ય

૬. ભગવાન મહાવીર અને ગણધરો

૭. મહાવીરનું લેશ્યા દર્શન

૮. મહાવીરનું ધ્યાન દર્શન

૯. પ્રશ્નોત્તર અને ધર્મ-ચર્ચા

૧૦. આચાર્યોની ઉજ્જવળ પરંપરા

Books are Available at:

pomyc.org@gmail.com

Paryushana Highlights

London, UK

After the closing of Paryushan in 2011, Mr. Bhupendra Shah, President of Navnat Vanik Association, UK, asked Acharya Lokesh Muni who he would recommend for next year's Paryushan celebrations. And one name came to his mind - Swami Shrutpragyaji. Bhupendra bhai took Acharyaji's words to heart and arranged a telephone conversation with Swamiji in Rajkot. It took only one conversation, and Bhupendra bhai was won over. With Swamiji's level of experience, knowledge and skillset, the Navnat committee members unanimously decided that it would be Swami Shrutpragyaji who would lead the Paryushan 2012 celebrations at Navnat Centre in Hayes, UK.

September 2012 could not have come soon enough. On 5th September, Swamiji arrived at London Heathrow after 20 years to be greeted by Bhupendra bhai and Sangeeta Bavisha (Executive Committee member). It was agreed that it would be Bhupendra bhai's good fortune and privilege to host and accommodate Swamiji for the duration of his stay. On the evening of his arrival, all committee members and associates were invited to pay their respects to Swamiji, and in turn Swamiji delivered a one hour discourse on "well being and leading a good life". It was like a revelation for all present as Swamiji spoke in a language and tone that struck a chord with all. Swamiji had won them over instantly. And the forthcoming Paryushan celebrations were now eagerly awaited.

However, before the celebrations, Swamiji was eager to share his knowledge and experience with everyone and so on 9th September, a yoga class was held for Navnat members where they were able to understand the importance of incorporating yoga, pranayam and meditation in their every day life. Swamiji's unbounded knowledge and wisdom was gratefully received by all. On two other occasions, lectures were held at Navjivan Kendra and Chiman bhai and Jasuben Shah's residence.

Paryushan celebrations began on 12th September, culminating on Samvatsari Day on 19th September. Every day, Swamiji took on a different topic for his discourse and people poured in to receive his wisdom in great numbers. In the afternoon, Swamiji gave Hasmitaben Doshi the privilege of hosting him at her residence where he rested for a little while before the daily Pratikraman and evening celebrations. Those who were unable to attend had the good fortune of hearing and seeing Swamiji on Navnat's youtube channel, which had all recorded videos of Swamiji's lectures, Q&A's and evening Satsang. It was a first for Navnat and an amazing experience for all.

A great many hands were involved to make these 8 days the most memorable and conducive to receive Swamiji's grace and blessings. Swamiji especially appreciated the hard work put in by the youth of Navnat; in fact, Swamiji even held a special English lecture for the youth one afternoon that focused on time and stress management. Needless to say, the youth were pleasantly surprised to hear someone like Swamiji communicating with the teenage group on a level that most parents today find difficult to comprehend.

Swamiji's grace and presence amongst Navnatees will be a memorable one for years to come, and everyone eagerly awaits the day when Swamiji returns to share some more of his infinite wisdom with all.

Report sent by Hetal Shah(London)



London Paryushana



I sent my good friend Dineshbhai to attend his lectures. He is a very well travelled and knowledgeable Jain and his feedback was 'absolutely fantastic'. He said that the language, the style, the content and presentation were all very different and refreshing, and instead of beating the community with a stick he provided lots of cake and made you want for more.

-Atul K.Shah

It is so lovely to hear from you. Good to know your journey to New Jersey was pleasant. I felt truly uplifted at Pajushan listening to your discourses, you manage to deliver the message so beautifully to us and everyday was enlightening. I think I absorbed a lot in the last week from your talks and enjoyed the chanting of the mantras very much too.

-Chetna Mehta



It is a great honour to have The presence of Holy Swamiji, at this great occasion of Paryushan 2012. This was impossible to have this great spiritual Swami's presence without your leadership. This is real blessings from The great Holy Swamiji. I say great because I have attended many pravachan but Swami Shrutpragya has been a unique and amazed me with internal vibration feeling during my 3rd day attendance(Friday

-Harish Shah

"thank you" Shrutapragya Swamiji for the all the wonderful programmes you expertly delivered in London in September 2012. They were truly enlightening, providing helpful practical demonstrations in yoga and meditation, as well as sound instruction in all spiritual matters, with peacefulness at the heart of all you did. I personally benefited enormously from meeting with you and learning how to use yoga and meditation in my everyday spiritual practice. You were very inspiring, and the work you did in London was fully appreciated by

-Dr.Graham Dwyer



Swamiji Shrutpragyaji exhorts all Jains to join in Paryushana / Das Laxana Parva

Jain center of NJ at Franklin Township temple was fortunate to have Swamiji Shrutpragya to deliver pravachana on Das Laxana dharma.

Swamiji Shrutpragyaji started each pravachan with short yoga – breathing linked meditation followed by Om Uccharan and Om manglam bhajan.

Swamiji gave detailed description of ten Dharma starting from Uttam Khsama to Uttam Bhrahmcharya. According to the convention he defined one Dharam a day. The sequence of Khsama, Mardava, Aarjava, Shoch, Satya, Sanyam, Tap, Tyaag, Ankinchanya, and Bhrahmacharya is always followed universally.

Swamiji said “The first four wrong emotions of anger, ego, deceit, and greed can be conquered by Khsama (forgiveness), Mardava (modesty), Aarjava (simplicity) , and Shoch (purity, content) “. The winning over wrong emotions lead to purity of soul. The soul then starting to see higher level of consciousness.

Swamiji linked anger to Prouidness (eight kinds) which can be eased by simplicity and humility. He described six types of deceits and three ways to improve straight forwardness namely honesty, transparency, and use of helping, sweet and friendly words. Hardest one to beat is the greed. The opposite of greed is purity and contentment. Greed related person, place or reason has to be left alone and do not carry with you. The greed remains 24/7 and 365 days whereas anger, prouidness and deceit are for short period. Therefore control of greed is very important for soul’s purity.

Swamiji elaborated Sanyam (restrain – control) for upward movement of the soul. There should be balance in eating, drinking liquid, thinking, socialization, and speaking. He described beautiful story from Shripaal - Charitra of Maina Sundari and her sister Sur Sundari what five items you would like to get from Punya being asked by their father. Mainasundari opted Vinay vs. money, wisdom vs. youth, positive happiness vs. cleverness, Vrati vs, disease less body, and Moksha vs desired husband. Maina Sundari became historical figure because of being vrati (keeping restrain) and belief in karma theory. We should be responsible, determine, discipline and keep balance in use of earth, water, fire, wind, and Vanaspatikaay.

ShrutPragyaji described austerity (Tapa) as required for removing infinite karma. These accumulated karma from infinite period can be removed and lessened in one human life by use of Tapa. Each one takes you one stage higher. Swamiji says Tapa is for (1) improving Vitraagata and (2) Control of body. He summarizes from Tatvartha Sutra Gatha: “ Icha Nirodh Tapa.”

Swamiji described Aankinchanya Dharma in three parts. He elaborated by many famous stories. Likewise he described Uttam Bhrahmcharya with four parts (1) Meditating on soul (2) Keeping Away from Bhog (3) Detachment and control of five senses, and (4) Follow the guidance from right teacher.

Swamiji concluded by exhorting all Jains to join both Paryushana and Das Laxana. He points out that ten Dharma are common to all Jains. He asked every one to volunteer for any work in this beautiful temple. Brief Introduction of Swamiji was provided by Dr.Champaben Bid. Digaber Jain group president Jignesh bhai Shah well come to Swamiji at New Temple in NJ-USA.Arunbhai Shah has Received Swamiji from Airport.



Yoga Exercise Class

150 people participated in the class taught by Shree Shrutpragya Swamiji about Meditation, Yogasan, and Pranayam methods. This yogic exercise class was held at Franklin Township Derasar in New Jersey on September 28th, 2012.



The Unattainable Human Life

In Jainism, there are four stages to a life form - stages in which these form exist: Naarki (Hell), Devgati (God), Tiryanch (animal, insects and other life form), Manushya (human). Out of all these, only the human form can be counted. All other stages of life form are countless, i.e. infinite.

To illustrate the point of how difficult it is to attain human birth, Swamiji recites a shloka from the sutra which was originally vocalised by Bhagwan Mahavir 2600 years ago. The shloka explains that there are four factors that are almost unattainable for human birth. First, being born as a human being. Second, if you attain human birth, then the ability to hear good things is unattainable. Third, if you are able to attain good hearing, then to imbibe faith in it is unattainable. And lastly, if you attain faith, then to implement it in your life is extremely unattainable. It illustrates how unattainable human life, that we take for granted, is.

To further illustrate the point, Swamiji elaborates on Bhagwan Mahavir's teachings from the Uttaradhyayana Sutra. Bhagwan states that there are 10 factors that need to come together to be able to have human life. And a human life that is capable to achieving the highest state of being and connection.

The ten factors or qualities are:

Being born as a human - Contemplate on the fact as to why you are born as a human being, and not a bacteria, animal, plant, insect or any other life form. There are 84,00,000 life forms, and human form is one of them. The first stage itself of being born as a human being is unattainable. Yet, we have been born human.

Born in an "Aarya desh" - To be born in a place where you get saatvik food, are able to listen to spiritual words, have a conducive environment to live a pure and clean life. Even living in a foreign land, today we have such a conducive environment where we are able to live a pure life, whereas people living in true "arya" lands are unable to do the same. It is a great privilege.

Good family - To be born into a good, spiritual family where you hear spiritual teachings, are looked after and brought up with good values. Imagine if you were born into a family that discarded human values, or that which did not imbibe spiritual teachings. We are fortunate enough to have such a family support system, a seemingly unattainable virtue.

Longer life span - Compared to other life forms, human life form has a longer life span. At least we are certain that we will have a natural death and won't be crushed like other one or two sense life forms.

Five senses - Imagine how many human beings are born with fewer than five senses; some unable to see, some unable to hear; some unable to speak. The sad fact of human psychology, however, is that we value what we have only when it's gone. We are very fortunate to have all five senses that should be used to further elevate our human experience and take us to a deeper connection with the self.

Healthy body - How "lucky" are we that we have a healthy human body, without defects. Imagine if you had to perform dialysis every week, or suffered from severe diabetes. Because of your healthy body, you are able to enjoy the fruits of a good life today. And your healthy body is a result of all your good karmas in the past.

Intelligent mind - We are fortunate to have an intelligent mind; a mind that understands quickly and is able to comprehend complex situations and people. Without this mind, we should be lost in this world, aimlessly wandering. However, because of our mind, we have the capacity to contemplate and introspect, an ability that no other life form on this planet possesses.

Opportunity to hear spiritual teachings - How impossible is this to achieve in foreign lands. Imagine 30 years ago, in the UK, there would not have been any opportunity to listen to Jain lectures, spiritual talks and attend such religious events.

Imbibing faith - We have the privilege to listen to spiritual teachings, but also the ability to imbibe faith in what we hear. Since not everything can be proven and understood scientifically, the ability to have faith becomes even more important, and as such, even more unattainable.

Implementation of the faith - After listening to spiritual teachings and having faith in them, we have the capacity to implement the teachings in our daily life. This is the last, and the most unattainable of the ten qualities.

All the above ten qualities / factors are required to enable us to elevate ourselves to a new level. And all of us have this most unattainable human birth. Yet, we waste our human life on mundane existence with very little introspection and spiritual connection. Even animals eat, drink and wander around. We, as human beings, are the only life form to have the ability to think and use this faculty to better our existence.

In the 80 years of average life span that we have, we spend the first 40 years deteriorating our health to earn money, and the last 40 years spending that money to regain good health. This is the story of our human life. Unless we take steps to introspect and reevaluate our life, we would have wasted a diamond of life with no guarantee of attaining this form ever again.

- Composed by Hetal Shah