

New Year: New Beginnings

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Current & Upcoming Events

Current Events:

-Pravachan & Shibir @ Austin, TX
 Date: 12/5-12/11
 Contact: sonalshah2005@yahoo.com

-Shibir on Everyday Jainism
 Date: 12/29/12 1:00pm-6:00pm
 Venue: Jain Society of Metropolitan Chicago
 435 N Route 59 Bartlett, IL 60103, USA
 Phone #: 630-837-1077

Upcoming Events:

-1 Day Shibir @ London
 Date: January 5th, 2013
 Contact: Chetna Mehta @ 777-075-3001

-Mumbai Visit
 Date: January 8th-10th, 2013
 Contact: Tushar Gosalia (tushargosalia@yahoo.com)

-School Shibirs
 Date: January 13-25th, 2013
 Contact: +91 94273 66164

-Samet Shikhar Yatra
 Date: January 28th- Feb 4th, 2013
 Contact: +91 94273 66164



Nature gives You –
 12 month of Happiness,
 52 Weeks of Fun,
 365 days Success,
 8760 Hours Good
 Health,
 52600 Minutes Good
 Luck,
 3153600 seconds of joy
 And that's all!

.....Insiders Edition

This day marks the start of a new year, 2013. It is now time to make new resolutions and new goals for oneself. A new year is a chance to open new doors and move forward in living your highest and best life, moving towards your calling. If there is something that has been in the back of your mind to do, be bold. Do it! Now it is a good time to start a new fresh life. Empty means – life is like an empty canvas. Meaningless means this emptiness has no meaning- Its you who must paint on this empty canvas of your life and It's your painting that gives it a meaning. What have you painted so far? Is your painting having a meaning? If not it's time this new year to start having a meaningful painting on this canvas of your life.

My wish to all of you this new year is may you find peace, love, happiness and a healthy life! Happy New Years to all my friends!

Shrutpragyaji's Visits & Seminars

Lubbock, TX Report

ON Nov 29 to Dec 1, 2013, Shree Shrutpragyaji Swamiji gave 3 Satsang at Lubbock, TX Hindu mandir. Around 60 Jains and Hindus took part in Satsang and Yoga program. Also Swamiji gave the blessing to all the kids for good values. Girish bhai and Varsha Patel invited Swamiji and did a wonderful Seva during the Swamiji's visit at town.



Tulsa, OK

We welcomed Swamiji On November 24 to 28. Swamiji's swadhyay was on four Bhavna. It was excellent so we had record breaking attendance. He explained one Bhavna everyday, starting with Maitri, Promod, Karuna and ending with Madhyst.

It was so interesting that it kept our listener not to miss and we had more attendance than ever. His style to develop background and keep audience in loop is so

unique and with stories, interaction with audience and example



"Its like a new Sunrise... of hope, of Prosperity, of Happiness.

Its like a new beginning.. of Thoughts, of Words, of Actions.

Its like a new day ... of Energy, of Strength, of Ideas.

Its like a Bunch of whole New things "

Greater Austin, TX Sangh

Jain Sangh of greater Austin was again blessed by Swamiji Shree Shrutpragyaji's visit from Dec 5-11th. Swamiji continues to bless Austin Sangh by enlightening people with his supreme, Spiritual, divine knowledge. His lectures were based on Bhagwan Mahavir Swami's "Uttaradhyayan Sutra", the last discourse. The first lecture focused on how Humility is a Vir-

tue, but immodesty is a vice. A modest person is always judicious and intelligent. However, without "vinamrata" everything is in vain, was deeply engraved in our minds. It was very serene and pleasant, teaching real values of life. The second lecture showed us that Kâsyapa Gôtra has declared twenty-two troubles which a monk must learn and know, bear and con-



quer, in order not to be vanquished by them when he lives the life of a wandering mendicant. The camp started with yoga, pranayam, meditation and ended with lecture on third chapter of Uttaradhyayan Sutra.

Vegan Double Chocolate Chip Cookies

Yield: 4 1/2 dozen cookies

1/2 cup coconut oil (room temperature) or vegetable shortening

1/2 cup vegetable oil

1/4 cup applesauce

1 cup cocoa powder, sifted

1 cup granulated sugar

1 cup dark brown sugar

2 tsp. vanilla extract

3 cup flour, sifted

1 tsp. baking soda

1/2 tsp. salt

1 cup vegan chocolate chips

Preheat oven to 350°F. Line 2 to 4 cookie sheets with [parchment paper](#) or [silicone baking mat](#).

Sift together flour, baking soda and salt; set aside. In large mixer bowl, mix together coconut oil, vegetable oil, applesauce, cocoa powder, granulated sugar, brown sugar and vanilla extract. Gradually blend dry mixture into oil/sugar mixture. Add in chocolate chips. Stir until combined.

Using a [cookie scoop](#), drop the cookie



dough onto the cookie sheets about 2 inches apart. Gently press down each cookie. Bake for 10 to 12 minutes. Allow to cool for about 10 minutes before removing from cookie sheet

Eggless Pumpkin Spice Cupcake

Cupcakes:

2 cups all-purpose flour

1 tsp. baking soda

1/2 tsp. salt

1 tsp. ground cinnamon

1/2 tsp. ground ginger

1/4 tsp. ground cloves

1/4 tsp. ground nutmeg

1 cup pumpkin puree

1 cup dark brown sugar

1/2 cup vegetable oil

1/2 cup applesauce

1 tsp. vanilla extract

Cream cheese frosting:

1 (8 oz. bar) cream cheese

1/2 cup (a stick) butter, softened

1 1/2 cup powdered sugar

1 tsp. vanilla extract

To make the cupcakes:

Preheat oven to 350 degrees F.

Place paper liners on two cupcake pans or two mini cupcakes pans.

Sift together flour, baking soda, salt, cinnamon, ginger, cloves and nutmeg. Set aside.

In a large mixing bowl, combine pumpkin puree, brown sugar, oil, applesauce and vanilla extract. Mix in dry ingredients till combined. Pour into prepared cupcake pans about 2/3 full. Bake for 15 to 20 minutes (12-15 minutes for mini cupcakes) or until a toothpick inserted in the center comes out clean. Remove from oven and allow to cool before frosting.

to make the frosting:

cream cheese frosting:

In a medium bowl, mix together cream cheese and butter till smooth. Slowly add powdered sugar and vanilla extract. Beat till fluffy.



The Health Corner

HEALTH TIPS



HOW TO RELAX YOUR EYES WHILE STUDYING OR WORKING ON A COMPUTER

Relaxing eyes is very imp. as it not only relaxes your eyes but also and take away other health problems such as head aches, eye strain , poor vision, migraines etc that should not be underestimated.

Palming is a best relaxation technique. In Palming you simply warm up your hands by rubbing them and cover your eyes for a few min. everyday.



Look away every 2 min for 4-5 seconds and then get back to work.



Try to take Vitamin C and A.



Blink your eyes every sec. It relaxes them by giving moisture to the eyes.





Looking at a wide picture stress the eyes, Healthier option is if the eyes focus on a centralized portion of the picture.



Get up every hour - Take a 5 minute break every hour.



Wash eyes with cold water frequently.



Apply two moist cotton balls that are squeezed in milk to your eyes.



Inside News Headlines...



Increased stress levels can strain your body and harm your health, leading to serious physical and emotional issues, including depression, insomnia, ulcers and heart disease.

Here are three simple measures to help avoid these complications and increase your overall quality of life:

1. Exercise

Whether it's walking or weightlifting, virtually any form of exercise can act as a stress reliever. Exer-

cising regularly can help improve sleep and relax your muscles. It also causes your body to generate extra endorphins – neurotransmitters which work to relax you and improve your overall mood. A brisk walk or swim can be a great way to gather your thoughts and temporarily remove yourself from the usual stresses of everyday life.

2. Eat healthier

By eating a balanced diet, you can ensure that your body is well-equipped to tackle life's daily challenges. Make sure to begin each day with a sensible breakfast

and eat small, balanced meals regularly. You could also try reducing your caffeine intake, as it tends to disrupt sleep and cause irritability, which can exacerbate stress responses.

3. Time management

Using your time efficiently will help relieve stress. If your workload is particularly heavy, set a daily schedule to remove some of the uncertainty from the coming day. Similarly, identifying specific stressors will allow you to anticipate and prepare for them. If possible, try leaving a few minutes earlier for your morning commute to avoid starting the day in a rush.

"It is health that is real wealth and not pieces of gold and silver"



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Uplift your soul in New Year with Unbreakable resolutions

Shri Shrutpragyaji Swamiji is the Founder of Peace of Mind Institution, Rajkot-Gujarat and Peace of Mind Yogic Center-USA. He took birth in Bhuj-Kutch. He is a renowned and accomplished speaker, whose travels range worldwide from U.S.A., Europe, Asia, Africa, to Australia. Swamiji has conducted thousands of yoga and meditation camps as well as trained over five thousand youth in various aspects of life such as personality and memory development, body language, mind power, and living a spiritual life. His speaking engagements span in schools as well as residential and day camps. He will embark on a key topic dealing with our Swamiji wrote books like – Turning point, Home itself the Heaven, Health without Medicine and many more. For more please visit: www.pomyc.org

All well come for one day Shibir:

Shree Shrutpragnaji Swamiji will come and first time blessed us and agreed to come to our home and have an auspicious enlightening Satsang, Everyone has invitation to take LAABH of this auspicious enlightening Satsang, Bhakti and Meditation program. Shree Shrutpragya ji will talk on:

Change for the better

(Uplift your soul in New Year with Unbreakable resolutions)

Change is inevitable. But only you can make the decision to change your life for the better. In this lecture series by Shrutpragya Swamiji, you will learn how to incorporate the four bhavanas-- Maitri (friendship), Pramod (appreciation), Karuna (compassion) and Madhyastha (equanimity) --in your day-to-day activities starting with the new year. Make this the life-long resolution, not the annual one.

Date: Jan 5, 2013 (Saturday)

Time: 9.30am to 9.00pm

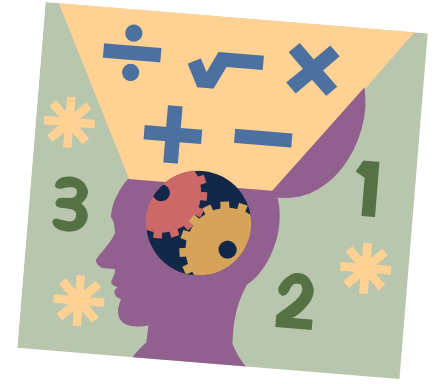
Venue: to be announced

Contact Info: chetna@dilesh.com



Mind Challenge: Jain Crossword:

Panch Parmesthi



E D D A R I H A N T A L E E I
T H A T O T T R A A Y A F A S
D A U H D A S A Y R A H C A N
A A T D H T E I F P Y H T A I
D D R R N D T O H A H N O E N
M R E E A E T R S I D H H A T
E S O J F I T A S A A T N T E
T T E T S N N E D R P N W O R
A E I H H B S O A T U E A T O
O C M E A N L N E A P E L L E
L O S T F W H D T L A E E P L
O I D E O A T E E C D A U N I
T I I O L L A T N H E H N N A
E H D C I E A T E H S O T S W

ARIHANT

ACHARYA

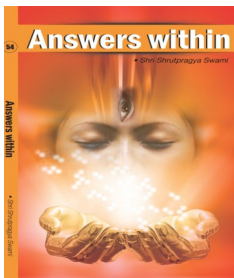
SIDHHA

UPADHYAYA

SADHU

Latest Publications/DVDs

Publications:



I have high hopes that this book will allow you to look at life from a different angle as well as understand and answer your questions. In this world, the questions arise from our surroundings, while the answers and solutions come from within. We tend to look for answers from problems. When we look outside for answers, many more questions would arise. When you try to obtain knowledge about everything, you lose yourself in the process. But in this journey, once you find yourself, you will know everything that is needed to know. Make an effort to know yourself and you will find all answers within.
Price – US \$ 7.00, Rs. 100/- Avalabe in USA –

Dharmi Shah at : dshah24@yahoo.com,
India - +91 - 94273 66164

MP3:

Uttaradhayan Sootra Vyakhyan Mala:
(Austin, TX 2012) - Hindi

1. Vinay Dadati Vidhyam (Ch -1)
2. Sahan Karo- Safal Bano (Ch -2)
3. Durlabh hai Insaniyat (Ch -3)
4. Pramad Mrityu hai (Ch -4)
5. Samadhi Maran ki Kala (Ch -5)

Bhavana Yoga Satsang (Raleigh, NC -
USA -2012) – Hindi

- 1.Maitri Bhav
- 2.Pramod Bhav
- 3.Karuna Bhav
4. Madhyasth Bhav

DVD:

Dvds set of 4 on Four Bhavanas in Hindi

1. મૈત્રી ભાવ

2. પ્રમોદ ભાવ

3. કરુણા ભાવ

4. માધ્યસ્થ ભાવ

CDs:

4 Cds of set for London Paryushan Parv
Pravachans (Gujarati)

2 Cds of Set for Malaysia Paryushan Prava-
chans (Gujarati)

1 Cds of Das Lakshana Paryushan Parv -
New Jersey (Hindi)

1 Cds of Uttaradhayan Pravachan -
New Jersey (Gujarati)

1 Cds of Astitva and Vyaktitva
- Cincinnati (Hindi)

1 Cds of Bhavana Yog Prava-
chan - Raleigh (Hindi)



Reflections From Across the Nation

We're very lucky to have Swamiji conduct 2 day lecture on Jainism view of karma principle. He speaks at a very simple language which helps understand this difficult subject in a practical way.

-Member of HTGW Center

With a keen and observant eye you notice the paradoxes and conflicts in our day-to-day lives, and then suggest appropriate change-of-course actions in your lectures. Your real-life examples are both humorous and eye-opening for me and, I assume, all those who attend your lectures. We see our own reflections in these examples. Maybe the age or maybe the increased maturity, I can see difference in myself due to following your suggested actions. At every juncture of conflicts, I started reviewing a situation and think about your teachings.

-Memphis Member

.I learned a lot from you. Doing the GOCHARY was awesome. I loved it when I got to get the answers I wanted. My favorite part was when we did the laughing exercise. Also the I am... exercise. I thank you also for coming over to CA JCNC Temple.P.S. You are very knowledgeable!

-Palak & Daksh Parikh