

**May 2014****Various Shibirs Across the USA****Current & Upcoming Events****Inside this issue:**

Mahavir Janma	<b>2</b>
Health-Healing Happiness Camp	<b>3</b>
Shibirs	<b>4, 5</b>
Varshitap Parna	<b>6</b>
Jain Cross Word	<b>7</b>

**Residential Shibirs:*****Paryushana Parva:***

Date: August 22-29th, 2014

Location: Chicago, IL

***Das Lakshana Parva***

Date: August 29th-Sept 7th 2014

Location: Jain Center Franklin Township, New Jersey

***Residential Shibir***

Date: Sept 12-14th, 2014

Subject: Mahavir no Sadhana Path

Contact: champavel@hotmail.com

***Residential Shibir***

Date: Sept 26-28th, 2014

Location: San Francisco, CA

Contact: 510-449-6035

**Upcoming Events:*****Programs in Various States:*****Wichita, KS**

Date: May 8-11th, 2014

Contact: Tripti Sheth ([316-744-9755](tel:316-744-9755))**Memphis, TN**

Date: May 13th-17th, 2014

Contact: Chanchala Mehta @ [901-826-2064](tel:901-826-2064)**Chicago, IL**

Date: May 20-28th, 2014

Contact: Dharmi Shah ([630-428-1360](tel:630-428-1360))**Dothan, AL**

Date: May 29th-June 1st, 2014

Contact: Subhash Shah ([334-441-7938](tel:334-441-7938))**Chicago, IL**

Date: June 2-4th, 2014

Contact: Atul Shah (630-428-1360)

**Mumbai, India**

Date: June 6-9th, 2014

Contact: Tushar Gosalia ([9892119553](tel:9892119553))**Rajkot, India**

Date: June 10th- July 31

Contact: 9427366164

## **Various Shibirs Across the USA**

### **Mahvir Janma Kalyanak Celebration**

Georgia, Atlanta...

Jain Society of greater Atlanta invited Shree Shrutpragya Swamiji for a five day lecture series from April 11<sup>th</sup> to April 15<sup>th</sup>. Welcomed by Ketan Bhai Shah at the Atlanta Int. Airport. Swamiji gave four lectures on Bhavana yog. The subject was Maitri Bhav, Pramod Bhav, Karuna Bhav, and Madhyasth Bhav. Swamiji stayed at Jayshri Ben and Mahendra Bhai Shah's residence. Madhu Ben and Jagdish Bhai Sheth and Kaushik Bhai and Rupa Ben Desai also hosted Swamiji. After the lecture series Swamiji was escorted back to the airport by Rupa Ben and Saloni Desai.



## Various Shibirs Across the USA

### A Health-Healing and Happiness Camp, Houston, TX

#### A Health- Healing and Happiness camp at Houston, TX

A Health- Healing and Happiness camp was organized on April 26th and 27th in Houston by Friends of Peace Of Mind Yogic Center .Swami Shrutpragya, a great scholar, orator and a saint of profound knowledge in Jain Religion, Yoga and Meditation, conducted a two day Shibir on Health- Healing and Happiness. Swami is the Founder of Peace of Mind Yogic Center in Austin, Texas & Peace of Mind Foundation in Rajkot, India.

On 25<sup>th</sup> night, a “Warm welcome” to Shrutpragyaji and “Shibir Kick Off” was organized at K.C and Maya Mehta’s residence. About 50 registered members attended. In the presence of “Event Chair Dr. Suresh Moonat” who gave a brief introduction of Shrutpragyaji followed by Official Opening Of Shivir by Mr. Swatantra Jain, the founder of JVB. Followed by Swamiji’s very encouraging discourse on “who will decide your destiny”.

Swamiji taught Art of Meditation and Yogasanas to combat stress, diabetes, cholesterol and blood pressure, common ailments of this modern lifestyle. Swamiji gave information on topics like **"Your Kitchen - Your Medicine Cabinet"**, **"Techniques of Healing by process of Ayurveda"** , **"Healing yourself by Yogic Techniques"** , **"The Golden Path to Joy and Happiness"** and many more. Swamiji captivated the attendees by showing the most practical and logical approach by taking simple steps on how to combat everyday stressful situations and live in peace and harmony with self, family and society.

There were more than sixty attendees, a mixed group of doctors, attorneys, businessmen, consultants, college students and pharmacists. Meals, light refreshments throughout the day were provided to the participants. The Shibir was conducted at Shree Radha Krishna Temple.

The exemplary planning and organizing of this awesome Shibir was done by K.C & Maya Mehta and their friends.



## Various Shibirs Across the USA

### Mahavir Janma Shibir, Austin, Texas

Jain Sangh of Greater Austin was very indebted and gratified to Swami Shrutpragyaji's discourses from April 18th to April 22 2014. As usual he made the spiritual learning and understanding very alluring and elevating. Center was blessed with his sagacious, cognizant knowledge on importance of Mahavir Jayanti and he left the audience with lot to think later. This time the Jain Center had 4 lectures and 2-half day camp where many Jains and non-Jains attended. He focused on Triple A's

- Ahimsa (non-violence)
- Aparigraha (non-possessiveness)
- Anekantvaad ( Non-absolutism)

President Pankil Matalia gave Introduction of Shrutpragyaji and welcoming in Austin, TX.

he also emphasized on different kinds of fasting, as to Why is fasting essential to sustain and live healthy life. "The body experiences weakness by fasting and hunger but that weakness is not caused by the absence of food but because the unclean stuff is cast off. After the body is purified strength returns to the body. It acquires freshness and agility. In this, there is no wonder. After the foreign, unwanted substances are removed from the body, health naturally appears in it. Thereby, briefed us on upvas, ayambil oli, Unodri tap( partial fasting), Vruti sankshep, ras parityag with many instances which we could relate to our day to day lives."

We are very blessed to have such great healing scholars and orators, especially in the time when personal, professional and health problems exist in our day to day lives.

He was picked and hosted by by Nehal Apurva Bhansali and Sonal Ketan Shah. His sermons were held at Kaminiben Pranavbhai Shah and Sonal Nirmalbhai Khanderia. He was dropped off by Priti sheth.



## Discourses in Maryland and Virginia

Swamiji Came to Silver Spring Jain Temple area on May 3rd, Saturday evening, after completing four days of Program of Varsitap parana celebration of Smt Chayaben Nitinbhai Doshi.

On Saturday evening Swamiji spent time with Artiben Subhash Choksi family and settled down, to be ready for Sunday Pravachan - Mahavir and Gautam Swami questions' & answers by Tirthankar Prabhu Mahavir. Sunday Pravachan was initiated by Shri Atulbhai and Pravinbhai at last moment in Jain Temple Maryland.

During Sunday lecture Swamiji started discussion after a few minutes of Meditation and Namokarmantra. During Sunday pravachan Swamiji started the lecture by describing the difference between Samvad and Vivad, since in Adhyatmik way is called Samvad while in Sansar it is called Vivad.

the discourse then proceeded to describe the proper definition of Samvad (Deshana) by describing the background of Krishna and Arjun during Geeta, Astravakra and King Janak, Mahavir and Gautam Swami, etc., by describing Indrabhuti when he comes when becoming Gautam Swami when he gave up his ego as Indrabhuti Brahmin. After giving up his ego as Indrabhuti Brahmin, and surrendering to Mahavir Swami, he became Gautam Swami as Mahavir disciple.

Why a soul goes to heaven after death? Swamiji, explained that it is wrong to keep wishing for heaven but it is good to go to heaven after death and Swamiji explained five qualities for take birth in Heaven.

On Monday, swamiji continued the second question of why a soul goes to Tiryanch Gati after death? Swamiji explained in detail how a soul ends up in Tiryanch Gati by taking advantage of a good friend and cheating a friend. Swamiji also gave one discourse to Virginia where there will be new Temple build sooner. Pinal Majnudar is talking active part for this project and she arranged Swamiji's discourse and it went wonderful.



## Varshitap Parna in Maryland

We are very thankful to Swami Shrutpragya for giving his precious time from Rajkot to here at our residence for the Varshitap Parna of my wife Chhaya Doshi. She did Ekantar Upvas Varshitap. Swamiji gave very enlightening talks on Mahavir Swami's "12 TAP SADHANA" and Gautam Swami & Mahavir Swami's Savand" from 30th April 2014 to 3rd May 2014 at Accokeek, Maryland.

We were fortunate to have Guest from India, London, Canada, Ohio, Florida, Philadelphia. Shruti narrated the high lights of the various unexpected events during the Varshitap. We are very proud to have auspicious speech on Jainisam and how Mahatma Gandhi followed 12 Tap of Mahavir Swami in his routine life from Dr. V.K. Shah, CEO of Shah associate, Maryland, a biggest group of more than 100 Doctors. We also lucky to have Bollywood star Mr Darshan Javeri ( Hero of the film "Gandhi, my father") along with Dr Bhaskar Savani, President of a biggest association of Dentist (more than 100).

We are very much thankful for time, gratitude and ANUMODANA from Swamiji and all Guests. Every one very well appreciated simple but very powerful talks and discussion with swamiji. Your presence, support and encouragement made the celebration of Chhaya's Parna of Varshitap, more unique and wonderful.



# JAIN PUZZLE

C L M K V A M S K D E W K M I N R M D F  
G A S A N A S W A M I G J U N I Y A M A  
Q T I P O F Q A J F J M V Q P D M S E G  
Z N N S W G Y S P C S A N S K R I T F S  
L E I B H A G A V A D G I T A U Z R A X  
M M A R O P J K U O R T H O D O X I H T  
A I J M A D H I N F L U E N C E D B R S  
Q N Y I A J I A M R A K I V G N H A E I  
V D H Z U Y A L T A J H N N I L D K V H  
W E P I C I A Y Y H E N I L P I C S I D  
I V O L I K Y N O P A V Y D T G W Z T D  
I J S A R T U S A G O Y V I S H N U A U  
D P O J T V U Y X R A S O E C T A E T B  
J S L N N Y P A P G P N T G V E B X I H  
M F I A A A B M J N A N A U A N K E D A  
A E H T T S I R R L D F Q M R M P R E K  
B N P A P A R C E L O F L I F E I C M T  
M T M P H Y S I C A L M S J W N S I O I  
M S R A W Q E H E T T S N O I T I S O P  
N S O F F T D M X C Z H T L A E H E Z I

ASANAS  
BHAGAVAD GITA  
BHAKTI  
BODILY POSTURES  
BREATH  
BUDDHIST  
DISCIPLINE  
ENLIGHTENMENT  
EXERCISE  
HATHA YOGA  
HEALTH  
HINDUISM  
IMPROVING  
INDIA  
INFLUENCE  
JAINISM  
JNANA  
KABIR  
KARMA  
MAT  
MEDITATIVE  
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NIYAMA