

# Travel Experience

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## Current & Upcoming Events

### Current Events:

#### -Pravachans:

Date: Jan 7th, 2013

Venue: London, UK, 'Nirvana' (Dilesh & Chetna Mehta)

Date: Jan 13th, 2013

Venue: Rajkot, Gujarat Lions Club Members

Date: Jan 23rd, 2013

Venue: Savarkundala, Gujarat Mahila College & PTC College

#### Samet Shikhar Jatra:

Date: Jan 29th-Feb 3rd, 2013

Venue: Bihar, Zarkhand

### Upcoming Events:

#### Pravachans:

Date: Feb 6 & 7th, 2013

Venue: Bhangar High School

Date: Feb 11th,-15th,2013

Venue: Ludhiyana Panjab Yatra

Date: Feb 16th-28th,2013

Venue: Gujarat Pravachan in Schools

## .....Insiders Edition

*This past month has been filled with various lectures and shibirs in many different places. Each place is filled with a new experience. From talking to students to giving lectures abroad, to going on a group jatra-is filled with new questions and new insights. This month's focus is on traveling. Go to new places, try new things, and embrace new knowledge. You will learn something new each time.*

## Shrutpragyaji's Visits & Seminars

### Chicago's Everyday Jainism Youth Workshop

On Dec 26th, the youths at the Chicago Jain Center got together to attend this successful workshop held by Swami Shrutpragyaji. About 35 youths attended and engaged in yoga/exercise followed by interactive discussions on Competition, Parent Expectations, Peer Pressure & Communication, Time Management, and Meditation & Focus. Workshop ended with a one on one meeting with Swamiji. He inspired all the youths and it became a very interactive discussion.



### Samet Shikhar Jatra

Samet Shikhar is one of the most sacred places to visit as 20 of our 24 Tirthankar have attained nirvana here. On January 29th we began our journey to Shikharji and the atmosphere was divine and dynamic at this magical mountain. We ( Shree Shrutpragya Swamiji, Nutanben and Harishbhai's family) reached the first toons, Gautam Swami and the spiritual vibrations of the land motivated us. With the surrounding natural beauty, lush greenery and breathtaking views

of the mountain. After, we had the opportunity in Veerayatan with Jain Munijis in a school and met with school children. The children were polite, respectful, and studious, and although others may consider these children poor, they had very rich values. We then visited Rujvatika, which is the site of Bhagwan Mahavir's Kevalgyan. We had a wonderful meeting with Acharya Chandanaji and all other Sadhviji's. The next morning we visited kundalpur Jain Tirth (Nalanda), which is the birthplace of Gautam swami as well as Nandavart Jain temple, which are 18 kms from Veerayatan (Rajgiri). We then proceeded to Pavapuri, which is the nirvana bhoomi of Bhagwan Mahavir. Pavapuri is home to the Jalmandir, old, and new Samavasaran mandir. We visited town of Rajgiri where there is a Buddhist temple and also a Jain temple on the mountain where there are 4 kalyanak of muni Suvrat Swamiji.



Gautam Swami's Birthplace



Where Bhagawan Mahavir gave antim deshna

### Coconut Milk Waffles

#### Vegan Coconut Milk Waffles

Makes about 6-8 waffles, depending on the waffle iron

2 cups all-purpose flour  
1/2 cup granulated sugar  
1 Tbs. baking powder  
1/2 tsp. salt  
1 1/2 cups coconut milk  
(1/4 cup sanding sugar, if you're making sugar waffles)

cooking spray or cooking oil

garnish with:  
confectioner's sugar, maple syrup,  
agave syrup  
allowed margarine  
fresh fruit

Preheat waffle iron. In a medium bowl, mix together flour, sugar, baking powder, salt, coconut milk until combined. If you're making sugar waffles, gently fold in the sanding sugar. Spray preheated waffle iron



with non-stick cooking spray. Pour batter onto waffle iron and cook until golden brown. Serve plain or garnish with fresh fruit and syrup

### Chocolate Banana Pops

Makes 8 banana pops

4 ripe bananas  
1 cup [Enjoy Life](#) chocolate mega chunks (you can also use Enjoy Life mini chips)  
2-3 tsp. [Spectrum](#) organic shortening (you can also try Spectrum organic coconut oil)  
1 cup crispy brown rice cereal (or regular crispy rice cereal)  
popsicle sticks or lollipop sticks

Peel and cut each banana in half crosswise and insert a popsicle stick or lollipop stick into the cut side of each half. Place on a tray, cover with plastic wrap and place in the freezer for at least 2 hours or until frozen.

Melt the chocolate and shortening in a double boiler, over low to medium heat and make sure the water is not touching the bottom of the bowl. Remove from heat. Place the puffed rice cereal in a shallow dish or a plate. Dip the frozen banana into the chocolate coating, turning it to coat (you can use a spoon to help you coat more evenly) and immediately roll in the crispy brown rice cereal. Place on a tray covered in waxed paper. Serve immediately or wrap individually in plastic wrap or waxed paper and freeze for up to 2 weeks.





# The Health Corner

## HEALTH TIPS

### THE TOP 5 CANCER-CAUSING FOODS



1-hotdog



2-processed meat &amp; bacon



3- doughnuts &amp; cake



4- french fries



5- chips, cookies &amp; crackers

DR. SANA SAFDAR  
**Pakistan Best**  
 facebook.com/PakistanBest.info

**French Fries**

... If you love your family and friends, please share this info.  
 It doesn't matter if they won't listen, at least you cared! ...

## Inside News Headlines...



"That with the help of which we can know the truth, control the restless mind, and purify the soul is called knowledge."

### Belly Fat

Where you carry your weight affects your health. Carrying extra weight around your middle poses risks to your heart. A waist measurement greater than 35 inches for women and 40 inches for men carries an increased risk of:

- Diabetes
- High blood pressure
- Certain cancers
- Heart disease
- Stroke
- High cholesterol

To calculate your waist to hip ratio: measure your waist at your smallest part or over your belly button if you do not have a narrow part (do not lift up your belly and measure underneath it). Measure your hips at their widest or across your pubic bone if you do not have hip curves. Then divide your waist inches by your hip measurement (waist divided by hips).



# 2013 Swamiji's Schedule

from	To	Travell Day	Day	City	State	Confed.	Host	Program
5/21/2013	5/28/2013	6/29/2013		8 Chicago	IL	Yes	Parul Jayesh Shah	Varsitap Parna
5/29/2013	6/1/2013	6/2/2013		4 Tulsa	OK	Yes	Kanti Shah	Pravachan
6/2/2013	6/6/2013	6/7/2013		5 Wichita	KS	Yes	Trupti Sheth	Pravachan
6/7/2013	6/10/2013	6/11/2013		4 Atlanta	GA	Yes	Madhu Sheth	Pravachan
6/11/2013	6/13/2013	6/14/2013		4 Atascadero	CA	Yes	Dhansukh Bhakta	Satsang
6/14/2013	6/23/2013	6/24/2013		10 Milpitas	CA	Yes	Yogesh Bhapna	Shibir-Pravachan
6/24/2013	6/27/2013	6/28/2013		4 Sacramento	CA	Yes	Jagdish Shah	Pravachan
6/28/2013	6/30/2013	7/1/2013		3 New Jersey	NJ	Yes	Champa Bid	Pravachan
7/1/2013	7/3/2013	7/4/2013		3 Open			Open	Open
7/4/2013	7/7/2013	7/8/2013		4 Detroid	MI	Yes	Jaina	Jaina Convantion
7/8/2013	7/14/2013	7/15/2013		7 Chicago	IL	Yes	Nisha Jani	Vastu
7/15/2013	7/18/2013	7/19/2013		4 Raleigh	NC	Yes	Madhu Gangwal	Pravachan for Shibir
7/19/2013	7/24/2013	7/25/2013		6 Mebane	NC	Yes	Satyanand Sawmi	Guru Poornima
7/25/2013	7/28/2013	7/29/2013		4 Mebane	NC	Yes	Satyanand Sawmi	Youth Camp
7/29/2013	7/30/2013	7/31/2013		2 Greensboro	NC	Yes	Madhu Palvia	Break
7/31/2013	8/4/2013	8/5/2013		5 Austin	TX	Yes	Sonal Shah	Shibir-Pravachan
8/5/2013	8/7/2013	8/8/2013		3 Houton	TX	Yes	Shashi Jain	Pravachan
8/8/2013	8/11/2013	8/12/2013		4 Raleigh	NC	Yes	Manoj Jain	Shibir
8/12/2013	8/18/2013	8/19/2013		7 Lubbock	TX	Yes	Girish Bhakta	Satsang
8/19/2013	8/22/2013	8/23/2013		4 Open			Open	Open
8/23/2013	8/26/2013	8/27/2013		4 Memphis	TN	Yes	Chanchala Mehta	Shibir-Pravachan
8/27/2013	8/28/2013	8/29/2013		2 Chicago	IL	Yes	Atul Shah	Break
	31/31/201							
8/29/2013	3	9/1/2013		3 Mumbai	MA	Yes	Tushar Gosalia	Break
9/1/2013	9/10/2013	9/11/2013		9 Singapore		Yes	Deepak Charadva	Paryushan Parva
9/9/2013				Rajkot				

## 1 Day London Shibir

Chetna and Dilesh Mehta sponsored one day Dhyana yog Satsang Shibir of Shree Shrutpragyaji on Jan 6th at "Nirvana".

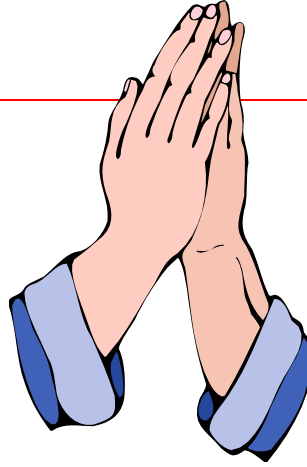
About 70 People participated this Shibir. Swamiji taught them Meditation, Pranayama and Yogic Exercises. He also gave the three Satsang and Q and A.



# Jain Education Corner:

## Jain Stuti of the Month

**SHIVAMASTU SARVAJAGATAH**  
**PARAHITANIRATA BHAVANTU BHUTAGANAH**  
**DOSAH PRAYANTU NASHAM**  
**SARVATRA SUKHIBHAVATU LOKAH**  
**SARVA MANGAL MANGALYAM**  
**SARVA KALYAN KARANAM**  
**PRADHANAM SARVA DHARMANAM,**  
**JAINAM JAITI SASHANAM**



### 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](mailto: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. मैत्री भाव
2. प्रमोद भाव
3. दुर्लभ है भाव
4. मध्यस्थ भाव

#### CDs:

Jain Darshan Satsang ( Hindi)-mp3

- atma nirikshan
- gyan ke panch Prakar
- Mahavir Mahavir kaise bane?
- Paryushan ke Panch Kartavya
- Micchhami dukkadam ke sat tarike
- Swayam ko kaise Badale?
- JIvan Jinesh ke sutra

Maru Man: Mari Shanti- Gujarati - mp3