

October 2014

Happy Diwali & Happy New Year

Current & Upcoming Events

Current Events:

October 4-6th, 2014

Denver, CO

Pravachan & Meditation

Contact: Dhiraj Soni

(dhiraj_s@yahoo.com)

October 10-12, 2014:

Cincinnati, OH

Contact: Pankaj Bothra

panbothra@gmail.com

October 15-17th, 2014

Trip to Mumbai Rajkot

Contact: Tushar Gosalia

(tushargosalia@yahoo.com)

Upcoming Events:

Diwali Program:

Date: October 22-25th, 2014

Contact: Peace of Mind (91 94 273 66164)

Chennai Shibir:

Date: October 31st-Nov 2nd, 2014

Contact: Praful Shah (+91 93 832 13987)

Hydrabhad Trip

Date: Nov 3-5th, 2014

Contact: Vijay Bothra (+91 93 462 34630)

NRI Trip to Rajkot

Date: Nov 6-26th, 2014

Contact: Peace of Mind (+91 94 273 66164)

****2015- Paryushana in Kuala Lumpur, Malaysia**

****2016- Paryushana in London, UK**



Chicago Senior Citizen Lecture

Shrutpragyaji Gave one special lecture to Jain Senior Citizen, Chicago at Dipakbhai's residence. He talked how to live life effectively and positively after 60 +. about 200 Senior were Participates this program along with Chaitya Paripati.



Lecture in Tulsa, OK

Swamiji Shrutpragya has been visiting upon invitation to Tulsa Jain Sangh since 1998 and enlightens members in simple spiritual language. Swamiji visited Tulsa Jain Sangh this year for 3 days in September 15 thru 18, 2014.

Tulsa Jain Sangh is not as big like other center but it has own Derashar and hall. It has only 32-35 family members. During Swamiji's Swadhyay they do invite others members of community with good turnout. During 3 days of Swadhyay Tulsa's attendance is 80 percent and which is far greater than big center. This year Swamiji's Swadhyay was on 3 Bhavna.

1st ASUCHI Bhavna - means it is not sacred, not clean and no smell. It is your body need to change our thinking to see things.

2nd BODHI Durlab Bhavna means you do not get things easy. So you need to forget I and maan

3rd DHARMA Bhavna -12 Bhavna is for spiritual gain or development and 4 Bhavna is for day to day life.

All attending members enjoyed the subject and interaction during Swadhyay, Swamiji will ask question and gives two answers and most of the time members pick wrong answer. Swamiji will explain the right answer with 3-4 different examples so we all can understand and try to apply in our day



Quick Test: Do you know what is Paryushana??

Test Yourself...

1) What is the meaning of Paryushan?

To stay closer to one's soul; To ask for forgiveness and commit to minimize our sins and to suppress our passions

2). What do the Jain Monks do during Paryushan that is different?

Normally, Jain Monks and Nuns do not stay in one place for more than a few days. During Paryushan, they avoid travel to minimize violence and stay in one place.

3). How long is Paryushan?

Eight days for Shwetambers and ten days for Digambers.

4). Name the holy Jain scripture that is used during Paryushan?

Kalpa Sutra – Sadhus read about the life of Bhagwan Mahavir

5). During a special ceremony, small replicas are worshipped. What are they?

The fourteen dreams of Queen Trishala

6). Who is queen Trishala?

Mother of Bhagawan Mahavir

7). What is the stuti that asks for forgiveness?

*Khamemi Savva Jiva, Savve Jiv Khamantu Me
Mitti Me Savva Bhuesu, Veram Majjhan na Kenai*

I forgive all living beings of the Universe,
May all the living-beings forgive me for my faults.
I do not have animosity towards anybody, and
I have friendship for all living beings.

California Report

We attended the "Health, Healing and Happiness" shibir at Anubhuti Center in Novato, CA, USA from September 26-28, 2014. We will call this as a "3H" shibir. The "3H" shibir is the second in the series (the first on "Journey Within" in June 2013) and was conducted very nicely by Swami Shrutpragyaji of Peace of Mind, Rajkot, India. Swamiji, provided the main keys to achieve health, healing and happiness (correctly Bliss or Aanand) in our life. Swamiji handled this topic in a very practical way. Swamiji is not new to Bay Area and we are grateful to him for helping us improve our body, mind and spirit. We participants would like to take the following main tips from the "3H" shibir about selection of food based on our Doshas based on Ayurveda, following the self-repair steps for body's healing, understanding and cultivating the happiness rules. The most important message, we would like to take home is practicing Meditation and Maun on regular basis. By attendance in this shibir have put us in high gear to achieve "3H" fully.

The Anubhuti Center provided an excellent environment for holding this shibir among the natural beauty surrounded by trees, flowers, birds, marshes, and lot more. Sister Hemaben and her team provided great hospitality and everything needed to make our stay enjoyable. They also prepared very nutritious and delicious food, which greatly helped in keeping our health, healing and happiness.

The shibir was well organized by Avni and Mukesh Shah and was supplemented by yoga, bhakati-bhavana, Zen meditation, discussions, etc. by local volunteers. We all were benefited tremendously. We are looking forward to the third shibir in 2015. Last but not least, We wish Swami Shrutpragyaji all the best so this world could become better in every



Camp Lalit, Raleigh, NC

Camp Lalit for 2014 was a huge success for the Jain Study Center of North Carolina. Approximately 80 adults and children attended the camp. In a session prior to Camp swamiji explained the “LOK SWAROOP”. Swamiji established that this Manushya Bhav is the only bhav that we can begin our spiritual journey towards Liberation.

Next three sessions in camp were on the subject of “SAMYAK DARSHAN”. Swamiji explained (1) its importance (2) its components (3) its characteristics. In essence, without Samyak Darshan, all knowledge and rituals have no meaning. Real Dharma Yatra starts from Samyak Darshan.

Swamiji also made a very powerful statement that “Samyak Darshan” is a conscious effort, not a destiny. Another key point made was that, we got Arya Bhumi, Arya Kul, Manushya Bhav and Jin Vani, a very important requirement for Samyak Darshan. Now all we need is true effort for Right Perception (Sachi Shraddha), a missing component for Samyak Darshan, and this is our only chance in this Manushya bhav.

In addition Swamiji showed all the characteristics of Samyak Darshan. Swamiji's teaching and guidance had an everlasting effect on all the camp attendees and I am sure everyone is going to make a conscious effort towards it. We were truly blessed by Swamiji for his teaching to help us further progress in our spiritual journey.



Significance of Diwali and New Year

Diwali lights the temple of heart; it opens the sky of inner heart. It is Diwali which soaks every living beings with love. This festival has been celebrated for quite a long time. But why do we celebrate it? It is the day of Nirvana Kalyanaka of Lord Mahavir. Gautam Swami, the chief Ganadhar, had done the true worship of Lord Mahavir. He got the Omniscience- the ultimate knowledge after the Nirvana of Lord Mahavir. In the absence of Mahavir Swami, he lamented so much that his soul became free from all the bondages of Karmas. This day is the 'New Year Day' in worldly sense. It can also be called the 'New Year of Your Life'.

The Ritual of Diwali festival

Diwāli is the most important festival in India. For Jains, Diwāli marks the anniversary of the attainment of Moksha by Mahāvīr-swami in 527 BC. But the celebration starts in the early morning of the previous day as Lord Mahāvīr commenced his last sermon (final discourse known as *Uttarādhyayan*), which lasted until the night of *Diwāli*. At midnight, he soul left his body and attained liberation, *Moksha*. Eighteen kings of northern India were present in his audience at the time of His final sermon. They decided that the light of their master's knowledge should be kept alive symbolically by lighting of lamps. Hence it is called *Deepāvali* or *Diwāli*, (Deep means a lamp and avail means series or multiple). But the light of Lord Mahāvīr's knowledge cannot be kept alive by just lighting the lamps. That is an external approach. Realistically, we should light up our internal lamps - awaken our inner vision by practicing the path preached by Lord Mahāvīr. As a traditional *Diwāli* lamp needs a clay bowl, oil, and cotton wick.

The inner lamp needs the right faith, right knowledge, right conduct and right *Tap* (austerity). External lamps needs oxygen while internal lamp needs self-effort. The resolution to adopt the practice of good conduct is the way to celebrate the *Diwāli*. Some fast for two days as Lord Mahāvīr did. Some people recite "*Shri Mahāvīr Swami Sarvajñāya Namah*" on every bead of the rosary (108 beads in one rosary) first followed by 19 rosaries of reciting "*Shri Mahāvīr Swami Pāragatāya Namah*" on each bead. In brief, *Diwāli* is for enhancing the spiritual wealth.

The first day of the month of Kartik, i.e. the next day after Diwali is known as the New Year Day.

