

# Camps & Shibirs

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## Current & Upcoming Events

**Current Events:**

**Dhyan-Yoga Shibir @ New Jersey**

-Date: June 28 to 30  
 -Venue : Franklin Township, 111 Cedar Grove Lane, Somerset NJ 08873  
 -Contact: Ranjan Shah @ [732 718 2575](tel:7327182575) or [Email:pomyc.org@gmail.com](mailto:pomyc.org@gmail.com)

**Boston Trip**

-Date : July 1 to 3 Contact: [sshah1585@gmail.com](mailto:sshah1585@gmail.com)

**Jaina Convention**

-Date: July 4 to 7 Contact:[praful0606@yahoo.com](mailto:praful0606@yahoo.com)

**Chicago Trip**

-Date: July 8 to 17 -Contact: [abshah24@yahoo.com](mailto:abshah24@yahoo.com)

**Pravachan at Ashland, KY**

-Date: July 18 to 21 -Contact: Kirti Jain @ [kirtikjain@hotmail.com](mailto:kirtikjain@hotmail.com)

**Upcoming Events:**

**Pravachan at Raleigh, NC**

-Date: July 22 -Contact:[jainm@hotmail.com](mailto:jainm@hotmail.com)

**Youth Shibir at Mabane, NC**

-Date: July 23 to 27 -Contact:[336-421-0690](tel:3364210690)

**Satsang at Greensboro, NC**

-Date: July 29 to 30 Contact: [pcpalvia@uncg.edu](mailto:pcpalvia@uncg.edu)

**Pravachan & Shibir at Austin, TX**

-Date: Aug 1 to 4 -Contact: [pinky.matalia@gmail.com](mailto:pinky.matalia@gmail.com)

**Pravachan at Houston, TX**

-Date: Aug 5 to 7  
 -Contact: [kccanhelpp@yahoo.com](mailto:kccanhelpp@yahoo.com), [mrsdesai@hotmail.com](mailto:mrsdesai@hotmail.com)

## .....Insiders Edition

*This month is filled with various camps and shibirs that Swamiji had organized and led. Many participants enjoyed these camps and truly devoted their undivided attention each day. Take a closer glimpse through their perspective and their thoughts and reflections.*

## Various Discourses

### Tulsa, OK

We invited Swamiji Shrutpragya for Swadhyay and lead to celebrate our 9 Swamiji graciously accepted our invitation to visit Tulsa Jain Sangh from May 28 to June 1 invited members of Shree Lord Krishna society and we had very good attendance on May 29 to 31. Swamiji covered three topics. Everybody enjoyed so much in simple spiritual language with related examples so it made easy to understand and apply in daily life. June 1st Swamiji lead us to celebrate our 9 explained again about giving thru Gheebolies. Our participation was great and our general fund collection was far greater than last 8 Pratishta celebrations. We thank Swamiji for great Swadhyay and our 9th pratishta anniversary.

Report from Kanti Shah



### Wichita, Kansas

Shrutpragya Swamiji arrived in Wichita, Kansas on Saturday 06/01/2013. He was picked up by Nilesh and Trupti Sheth from Tulsa, OK. He was hosted by Nilesh and Trupti Sheth from 06/01/2013 to 06/07/2013. Swamiji also gave Dharm-labh to Hiren & Priya Shah, Biren & Grishma Ajmera, Raju & Parul Sheth, Harish & Pratibah Ghandi, and Nayan & Jayshree Patel. Shrutpragya Swamiji's program consisted of lectures and yoga sessions.

Yoga sessions were conducted from Sunday 06/02/2013 thru Wednesday 06/05/2013 each day from 7:30 AM to 8:30 AM.

Lecture sessions were conducted from Sunday 06/02/2013 thru Wed 06/05/2013 each day. Swamiji's lectures were on Jain Theory of Char Bhavana – Maitri, Pramod, Karuna, and Madhyasth. Swamiji also talked about Vastushastra and steps to remove doshas using vastushashtra.





## Jain Center of Northern California

The shibir was at the Anubhuti Center of the Bramakumaris in the town of Novato, Marin County of the Bay Area, California from June 14-16th, 2013. The location was beautiful, surrounded by a lake, farms and a lot of open space. Accommodations at the center were clean and well managed. Food and other services were excellent. 40 JCNC members attended the shibir from both the JCNC and Jain Center of Sacramento Sangh. Members had a packed schedule from 6:00 a.m. to 10:00 p.m. each day. Activities like, Yogic Kriya, Asans, pranayam, kayotsarg, dhayan, swadhyay, gaman-yog, and stavan chanting were all scheduled for each day.

The lectures on the "Journey Within" were simple, yet advance enough to help participants understand the needs in their day to day lives to live as better Jains and plan for a better future. Swamiji showed us 12 easy ways each individual can practice and to work towards the "moksha". We are truly grateful to Swamiji and hope to have many more of such 'Shibirs' so we may continue on our path of the 'Journey Within'

Swamiji also were gave 4 Swadhyay at Jain Center of Northern Californian and 2 Swadhyay at Angles, CA.

Report from Mukesh and Avni Shah, Fremont, CA



Participants Group Picture



Participants in Meditation



Shibirarthis are doing total body relaxation practice



Campers in yoga position

# Inner Reflection:Feedback

## California Shibir



*Swamiji is indeed a great source of knowledge and inspiration to all of us. His way of keeping everyone engaged with his multifaceted skills of giving something to everyone in terms of the knowledge, the yoga, the meditation techniques, and so on with one big smile and fun. This makes our inner journey really touched and that said we are truly blessed to have him with us. Swamiji's flexibility is an extra ordinary ornament, which keeps us smiling and connected with him all the time. What else one should expect from the shibir, it was full of happiness, full of energy and full of fun. Ritu also simply said, can we keep swamiji for couple months...he offered really lots of learning. Thanks to all of you to attend the camp and make this small step of yogic togetherness; it makes everyone's life bit more pleasant and fulfilled. Let's meet again during lectures and Preksha classes this week to firm up some of the new learning's.*

*-Yogesh & Ritu Bapna*

Dear Swamiji and Shibir Participants,

It was a great experience attending my first Jain shibir. The hospitality of Brahma Kumaris was flawless. The environment was perfect for a Jain shibir. The whole experience was beyond my expectations. What I learned in 2 1/2 days is priceless. I never before imagined, the inner journey can be so joyous. Before I didn't know the ABC of inner journey and in just 2 days, Swamiji explained it all so well in such a simple language that I will never forget the meaning of Bhagvan Mahavir's twelve taps in my life. I will revise what I learned everyday and hope to practice it daily as much as I can.

And lastly thanks to the Organizers for organizing such a great event. I will look forward to attending yet another such Shibir by Swamiji in near future.

*-Neelam Shaw*

# Health Corner

## The World as an Echo Point

One day a small child fought with another student at school. He came home and was murmuring, 'Scoundrel! Villain! I will kill him.' The mother heard this, but didn't say anything. Instead, she took the child to the nearby mountains. She took him to the top of one of the mountains and told him, 'Son, What were you murmuring at home? Please say the same things here at the top of your voice.' The child was a little ashamed but at the insistence of his mother, he shouted, 'Scoundrel!' A voice was heard from the other side. The boy repeated, 'I will kill you'. He said this in such anger as if the mountain was right in the front from him rushing to kill him. At that moment, the boy heard his echo 'will kill you'.

The boy knew about echoes, but today he finally really understood the concept. The mother said, 'Son, now loudly say, I love you very much and may good happen to you.' The same words came rushing back to him. The mother said told her son to not ever forget this principle.

The main message from this story is that it seems as if this whole world is an echo point. Man doesn't want unhappiness, yet he is unhappy. What is the reason for this? Man wants to build his own castle of happiness at the expense of others. Unhappiness spreads from the foundation of such castles. If one expresses feeling of revenge and hatred but expects love and blessings, then that is against the rule of the echo point. Therefore, in order to create happiness, one has to first cleanse one's own mental thoughts. Once these thoughts are cleared, one can notice that the wish for happiness just for one's self will bring unhappiness. One's own happiness will automatically come when one wishes others happiness. When a person's mind gets filled with such good wishes, then there is no need to invite happiness because it will come by itself.





# New Jersey Franklin Shibir

The shibir had everything including Meditation, Kayotsarg, Pranayam, Yoga, Bhavna & Satsang. The Satsang was for 2 & 1/2 days and included topics like

1. How and Why to Meditate
2. True Meaning of Pap and Punya
3. Soul and Supreme Soul

The entire shibir was so fun filled and educational, During the shibir, Swamiji poured his hearts out and gave unconditionally. One can make out that there was only one agenda in swamiji's mind and that was to give knowledge to every sadhak. Swamiji's comprehensive knowledge of Body, Mind and Atma is very noteworthy, very rarely you find such blessed people as swamiji who has mastery over teaching meditation, yoga and satsang.

Meditation made a great impact on campers.

Swamiji's explanation and teachings on purpose of life was very noteworthy, swamiji taught 5 things on "must collect in life", this talk was very beneficial to campers.

1. Pindbal
2. Pithbal
3. Punyabal
4. Pragnyabal
5. Prabhubal

Student having faith in God is the most important thing We have learnt in Prabhubal. We sincerely thank swamiji for enlightening us to the path of Moksha. Dr. Champaben and entire Beed family organized and arranged this camp and for their hardwork and all of us are thankful to her for giving us this opportunity. We would also like to thank Ranjanben Shah. During opening ceremony, the president of Jain Society of New Jersey, Jigar Shah, welcomed everyone and at the end of shibir, Jain Society of New Jersey chairmen, Harshad Shah, gave his thanks to Swamiji and all the participants.

- Vishal Gala



# New Jersey Franklin Shibir



Participants eagerly listening to discourse on Meditation

Group picture of participants in front of Franklin Township Sankul



Campers in total body relaxation at main hall of Franklin Township derasar



Gaman yog meditation

## Art of Enlightenment Camp at NC- USA

Date: Aug 9 to 11,2013( Fri - Sun)

Sponsor by : Jain Group North Carolina.

Venue : Meban (1 Hr.Drive from Cary) check venue details  
at <https://www.lifemissionusa.org>

Cost : \$75per adult and \$25 per kid. Cheques payable to Triangle Jains.

Registration - please contact

Madhu Gangwal [madhugangwal@hotmail.com](mailto:madhugangwal@hotmail.com) [919-621-1181](tel:919-621-1181)

Manoj Jain [jainm@hotmail.com](mailto:jainm@hotmail.com) [919-728-4801](tel:919-728-4801)

Mayur Gundecha [mnamil6@yahoo.com](mailto:mnamil6@yahoo.com) [832-606-1730](tel:832-606-1730)

Vigyan Luhadia [vigpriya@yahoo.com](mailto:vigpriya@yahoo.com) [919-342-5091](tel:919-342-5091)

Seats are limited.

Lodging and boarding is provided at camp site.

4. Web site address of Triangle Jains is <http://www.trianglejains.com/>

## Latest Publications/DVDs



CD:

1. Yog Sutra Satsang (hindi)
2. Dhyana Sutra & Prayoga/Practice (gujarati)

For any questions/concerns please

contact : [pomyc.org@gmail.com](mailto:pomyc.org@gmail.com)