

**June 2014***Various Shibirs*

## Current & Upcoming Events

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**Current Events:*****Mahavir Janma Kalyanak & Pravachan:***

Date: May 14th-18th  
 Location: Memphis, TN  
 Contact: Chanchala Mehta

***Pravachan and Yoga Classes***

Date: May 29-June 1st  
 Location: Dothan, AL

***Private Visit and Break***

Date: June 1-4th  
 Location: Naperville, IL  
 Contact: Arti Shah

**Upcoming Events:*****Sion, Mumbai***

Date: June 6-9th  
 Contact: Tushar Gosalia 022-24075600

***Rajkot, India***

Date: June 10-13th  
 Contact: +91 9427366164

***Trip to Rishikesh***

Date: June 14-17th  
 Contact: Lokeshmuniji +91-9313833222

***Program at Schools near Rajkot***

Date: June 18-30th

***Programs in Rajkot Schools & Colleges***

Date: July 1-10th  
 Contact: Contact: +91 9427366164

## Various Shibirs

### Wichita, KS Trip

On behalf of Wichita community and Jain families, I would like to take this opportunity to thank you for giving us a very powerful spiritual knowledge. This was your third visit to Wichita and as you can see, it has been greatly appreciated with increasing seriously listening audience. You have a strength to keep the people holding. They are paying attention to what you are presenting.

This time it was more Gujarati audience so it they enjoyed Gujarati speeches more. You like to start the lectures on time and in response to that people were already seated before scheduled time. This time you had very interesting subjects that we can remember and apply in our daily life.

Personally me, I was very much impressed with question/answer session. It is not easy to reply to the question when you are not prepared for an answer. They were variety of daily life questions. With this, I would like to say that in the future if we get another opportunity to listen to you, we will be very grateful.

Thank you

Nayan Patel



## Various Shibirs

### *Memphis, TN Trip*

Swamiji Shrutprgyaji's visit to Memphis from April 15 through April 19, 2014 was a spiritual experience which we cherish every day. This time swamiji's lectures were greatly attended by Jain and non-Jains. After listening to his lectures, many non Jains have started living a life on Jainism principles. The people in Memphis look forward to his visit every year. Swamiji's lectures are very spiritual, practical and are explained in easily comprehensible language. We had many new families becoming swamiji's followers. Mahavir Jayanti was celebrated with 200 people where Swamiji's lecture was very well received.

Regards,  
Chanchala Mehta





## **Bhagwaan Mahaveer's Path of Spirituality (Ninth Annual Shibir) By Shree Shrutpragya Swamiji**

**@ Vraj,  
15 Manor Road, Schuylkill Haven PA, 17972**

**(For Adults 18 yrs and older)**

**Friday-September 12, thru Sunday-September 14, 2014**

### **Saadhanaa – Shuddhi - Siddhi**

The most important thing, Bhagwaan Mahaveer said, is spirituality. Without Spirituality there is no Purity and without Purity there is no victory. For those who want Inner Bliss, Lord *Mahaveer* showed 12 types of Spiritual Practice. The Spiritual path of Lord *Mahaveer* begins with Fasting and ends with *Kayotsarg*. This path itself is *tap*. *Tap* is more than just remaining hungry/fasting – it is a deep pool of spirituality. If performed with vigilance, physical *tap* can lead one to the ultimate goal – self-realization. What are the twelve steps *Mahaveer* taught, and how can it be turned into *tap*? In this exclusive *shibir*, we will learn how to live *Mahaveer's* words and feel the true power of *tap*.

### **ભગવાન મહાવીરનો સાધના પથ**

**(સાધના વગર શુદ્ધિ નથી અને શુદ્ધિ વગર સિદ્ધિ નથી)**

ભગવાન મહાવીરે સાધનાને ખૂબ જ મહત્વ આપ્યું. સાધના વગર શુદ્ધિ નથી અને શુદ્ધિ વગર સિદ્ધિ નથી. ભગવાન મહાવીરે આત્મ-કલ્યાણ કરવા ઈચ્છતા સાધક માટે 12 પ્રકારની સાધનાઓ બતાવી. મહાવીરનો સાધના પથ ઉપવાસથી શરૂ થાય છે અને કાયોત્સર્ગ પર પૂર્ણ થાય છે. આ સાધનાને ભગવાને તપ પણ કહ્યું છે. તપ માત્ર ભૂખ્યા રહેવું એટલું જ નથી. તપની દુનિયા ઘણી વિશાળ છે અને એની મહિમા અપરંપાર છે. સમજીને તપ કરો તો શરીરથી શરૂ થતું તપ સાધકને આત્મ-જ્ઞાન સુધી લઈ જાય છે. મહાવીરના પથની એ બાર વિધિઓ કઈ છે અને એ તપના રૂપે કેવી રીતે કરી શકાય? એ કરવાથી સાધકના શરીરમાં, મનમાં અને આત્મામાં કયા ફેરફારો થાય છે એનું સંપૂર્ણ પ્રયોગાત્મક જ્ઞાન આ શિબિરમાં આપવામાં આવશે.

**2 Days of discourses, active discussion, Meditation, Pranaayam, Yoga**

**On the grounds of serene natural beauty of VRAJ BHUMI**

**Please register early as space is limited**

**For more information -Email- [pomyeshibirnj@gmail.com](mailto:pomyeshibirnj@gmail.com)**

**Thank You**

# Announcing 2014 San Francisco Shibir!!!

Hello Friends,

Pranaam,

*It is with great joy this message is written to you that dates and other details for Second Annual Shibir by Shree Shrutpragya Swamiji are finalized. The information re Shibir is noted below.*

**THEME:** Health – Healing and Happiness By Shree Shrutpragya Swami

**Details:** Health is Based on Ayurveda, Healing is Based on Mind Power and Happiness is based on Meditation. Without happiness there will be no healing Power and without Healing power there will be no good health.

**DATES:** Friday-September 26, 2014 3:00 PM thru Sunday-September 28, 2014 5:00 PM

**VENUE:** Anubhuti Center in Marine County, Anubhuti Meditation & Retreat Center 820 Bel Marin Keys Blvd, Novato, CA 94949

**Contact :** Avni Shah @ 510-449-6035, [mukeshavni@gmail.com](mailto:mukeshavni@gmail.com)

**Note:** Please register early as always space is limited.



## **Ayurvedic Methods and Techniques for Health.**

- Shri Shrutpragya Swami

Ayurveda is the ancient science of healing naturally. It gives the knowledge and understanding of healthy living, and longevity, its principles aims to prevent diseases from the root cause by practicing to live healthily and naturally. It is a form of alternative medicine, obtained naturally from the environment.

There are four Vedas, Rigveda, Samveda, Yajurveda and Atharvaveda. Ayurveda is a sub-part of Atharvaveda. Ayurveda is such a comprehensive treatise that it is considered to be the fifth Veda. The founder of Ayurveda is Rishi Charak, further followed by Acharya Shushrut, Acharaya Dhanvantari, Acharya Noghantu, Acharya Parasar.

Later, Acharya Banbhatt, wrote Ashtang Hridayam and Ashtang Sangraham, based on Rishi Charak's principles. He composed 7000 Sutras in his treatise.

Ayurveda believes in the balance of one's constitution of three Doshas in our body:

Vatta Dosha (wind or gati)

Pitta Dosha (acidity, heat)

Kapha Dosha ( mucus, lubrication)

Any kind of imbalance of the three dosha may result in a malfunction in the body and thus a disease can occur.

Following are some Sutras that can be followed even in our modern lifestyle. These Sutras are helpful to live a healthy life.

- Sutra 1: Eat only those foods that have had sunlight and touched by breeze.
- Sutra 2: Food should be consumed within 48 minutes after it is freshly cooked.
- Sutra 3: All types of flour should be completely consumed within 7 to 15 days.
- Sutra 4: Activity of the body- Sporting activity from age 1-20 years; Productive activity from age 21-60 years; Light activity from 61-115 years.
- Sutra 5: Follow lifestyle and diet according to climate and geographical conditions. For example, Vayu Dosha prevails in tropical climate and Kapha Dosha prevails in cold climatic conditions.
- Sutra 6: Balance Vatta, Pitta, and Kapha in your body. Pay attention to various food items and its impact on digestion. Imbalance of Vayu Dosh creates 80 diseases, Pitta Dosh creates 46 diseases and Kapha Dosh creates in 28 different diseases. To lessen or remove the detrimental effects of the above three, for Vayu Dosh, use oil that is thick in texture, use ghee made from cow's milk to reduce Pitta Dosha and for Kapha Dosh, use jaggery and (honey for non –Jains) ajmo (Aniseed), fennel seeds, beetle leaf (nagarvel nu paan), sesame seeds. Trifala is the medicine that helps in regulating all imbalances. (Powder and mix all -> 100gms Harde, 200 grams Baheda and 300 grams Amla). If consumed at night, stir one teaspoon Trifala powder in milk or warm water and drink. If it is taken in the morning, then take it with jaggary.
- Sutra 7: Always drink warm water after one hour of meals. It should be sipped slowly as if you are chewing each gulp. The water should be always warm. Do not ever drink cold water. Drink 2-3 glasses of warm water on empty stomach in the morning.