

Time for Reflection

Inside this issue:

Camps & Shibir	2
Enlightenment Camp	4
Essay Competition	5
5 Duties of Paryushana	6
Paryushana Activities	7
Singapore Paryushana Program & Art	8.9

Current & Upcoming Events

Current Events:

Satsang

- Lubbock, TX
- August 13th-18th, 2013
- Contact: hotelsuites@yahoo.com

Lecture/Pravachan

- Panama City
- August 22nd-24th, 2013
- Contact: Mahesh Shah @ [850-960-8595](tel:850-960-8595)

Upcoming

Events:

Singapore Paryushana

- September 2nd-9th, 2013

Malaysia Trip

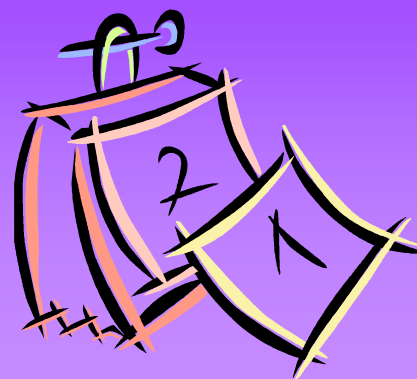
- Date: September 11th-15th, 2013 (Kuala Lumpur)
- Contact: Prabodh Sheth

- Date: September 16th-19th, 2013 (Malacca)
- Contact: Mukund Sheth

- Date: September 20th-22nd, 2013 (Ipoh)
- Contact: Bharat Jassani

India Trip

- Date: September 23rd-26th, 2013 (Mumbai)
- Contact: Tushar Gosalia (tushargoshalia@yahoo.com)



***** Shree Shrutpragya Swamiji's Paryushan Parva will be at Singapore this Year of 2013 *****

1st Annual Essay Competition!

More details about the rules and deadline inside the newsletter. Take a look and participate!

Camps & Shibirs

JAINA **Houston, TX** REPORT

Samanji's visit to Houston was very well received. Although the discourses were scheduled on weekdays, they were attended by several people. The first was held at the Jain Center on Monday evening, with the coordination of Jayeshbhai Sanghvi, the President of the Houston Jain Center. Samanji spoke about the 8th chapter of Uttrayan Stotra and titled his lecture "Lobh ane Labh nu Ganit." He told everyone about the story of Kapil Kevli, and urged us to control lobh in our lives.

The second night was hosted at Pratimaben and Parimalbhai's house. The gracious hosts received guests with dinner, and a warm environment. Several people from the neighborhood as well as far suburbs attended the lecture. Samanji titled the lecture "Aekla Chalo Re" and spoke about the importance of Aekantvaad. He made everyone laugh through his apt observations of everyday life when viewed in contrast to NamiRajeshi's path to the discovery of Aekant.

The third lecture was held at Mayaben and KC bhai Mehta's house. Samanji spoke about "What is missing in life." He encouraged all that had attended to attain the 5 P's: Pindbal, Peethbal, Punyabal, Pragrabal, and Prabhubal. This lecture was held in the Sugarland suburb of Houston, and was attended by many people, Jains and non-Jains alike. The hosts served laichi ice cream after the discourse.

All three days people enjoyed the teachings of Samanji, and were very impressed by his knowledge, orator-ship, and his ability to explain complicated concepts in a way that everyone understood. There is hope that he will come again next year and host a Shibir in Houston



Camps & Shibirs

Lubbock, TX

Shree Shrutpragya Swamiji Visited our area in Lubbock, TX from Aug 15 to 18, 2013. He gave us 5 Satsang. First Satsang he gave at Plainview Mandal and he talk about Life and it's priority. Second Satsang he gave at Mulshoe and he talked on What is true Religion?. Third Satsang he delivered at Lubbock Hindu Group and Swamiji talked on Let's we change the direction of the Life. Forth Satsang he gave at Hanuman Temple at New Mexico and he guide us on four negative emotion and last Satsang he gave at Dumas, TX at Prafulbhai and Urmilaben Bhakta's residence. He talked on Art of Living.

We really like this event that we did in above town. We should have this event next time for all the youngsters. In that event we should tell all the youngsters that they should get the freedom and never take disadvantage of their parents trust. The Satsang that was hold here in Muleshoe was golden opportunity to learn about Hindu religion and we enjoyed every second of it. It was a blissful experience.

Thank you so much, We received the help from Varsha Girish Bhakta, Hasmukh bhai, Jitubhai and Manibhai's Family, Sarlaben, Vasantiben, Prafulbhai, Urmilaben and Sunitaben Bhakta.



Art of Enlightenment Camp

Raleigh, NC

The "Art of Enlightenment camp" Aug 9-11th in Mebane, NC by Swami Shrutprag-yaji was indeed a fantastic experience and exciting venture for Raleigh Jain community. Thanks to each and every one of you that helped directly or indirectly in making this effort successful. Together we did it !

Swamiji's style of making us understand such complex topics like 'Bhagwan Mahaveer Swami's 12 Tup' in such a simple and joyful way speaks volumes about his abilities to capture our attention.

Amidst peels of laughter, happy interactions with kids and mesmerizing Yoga techniques and dance, it was an unforgettable journey in the beautiful settings of Mebane Ashram.

Camp highlights

**Morning Yoga and walk in the beautiful natural surroundings of the ashram.
Sessions each day covering the deeper understanding of 'Bhagwan Mahaveer's 12
Tups'**

Delicious breakfast & food

Meditation & Yoga techniques

Kids interaction with Swamiji (tough questions to a cool guy ;-)

Laugh-a-thon (Laugh Yoga)

Swami Satyanandji "Group Yoga Dance"

Swamiji's punishments to violaters ;-) (Only he can ensure 'Maun' from the ladies)



2013 Essay Competition

POMYC ESSAY COMPETITION

We are pleased to announce all our readers and members to participate in our 1st annual essay competition! We want to encourage everyone to participate and be creative! Below are the topics and guidelines. We will announce the winners in our next newsletter!



GROUP 1:

Age Group: 10-18 years old

Topic: How would you summarize Jainism to your friends?

GROUP 2:

Age Group: 19 -29 years old

Topic: If you had the chance to meet Bhagawan Mahavir, what would you say to him?

GROUP 3:

Age Group: 30 -50 years old

Topic: How has Jainism influenced your life?

GROUP 4:

Age Group: above 50 years old

Topic: How do you practice Anekantvad in daily life

Rules:

All essay papers must be submitted by: Monday September 16th, 2013

Submit all essay to pomyc.org@gmail.com

All essays should be no more than 500 words.



Educational Corner

5 Duties of Paryushana

By: Shrutpragya Swamiji



Once, Lord Krishna and Satyabhama were taking a morning walk. Suddenly, Bhamasa got curious about why Lord Krishna keeps on praising Arjuna. Why is it that you always speak his name? What has he got that you don't get tired of praising him? Arjuna may be a great warrior, but he does not need to be praised that much! Satyabhama felt that he is so close to Krishna that no one else should be as close to him. Lord Krishna only smiles back, without responding to his question. It so happens after a few days that Krishna and Satyabhama were sitting alone, whilst a few feet away, Arjuna was sleeping. But Arjuna's hair was scraping the floor. Krishna could not bear to see this, so he asks Satyabhama to go and lift his hair and put it on the bed. But he asks him to make sure Arjuna does not wake up.

Satyabhama goes and slowly lifts his hair and puts it on the bed. And suddenly, Satyabhama just freezes there for ten minutes. When he returns to Krishna, the Lord asks him the reason for his delay. Satyabhama exclaims that "Lord, your leela is unparalleled. Whilst I was lifting Arjuna's hair, I could hear the words 'Shri Krishna', 'Shri Krishna', 'Shri Krishna' in his hair. You are ever so present in my heart, but you are absorbed into every every cell of Arjuna's body. And now I understand why you talk about him and praise him so much."

When such a bhakti rises in the heart of a devotee, even God has to acknowledge and salute him. If you have the eyes, you can see God in a rock, and if you don't, even when God is in front of you, you will be oblivious to it. We should live such a life, and have such a devotion that a mahapurush will be compelled to remember you in his prayers. So what do we need to do to achieve such a life?

In the Kalpasutra, Bhagwan talks about five essential duties that one must perform during Payushan.

1 - Amaari Pravartana - Amaari = non-violence. Pravartana = to establish. To establish a non-violence attitude in your thought, actions, deeds and words. History is a witness that most wars that have been fought in the name of dharma have sacrificed more innocent lives than atheists have ever done. Swamiji implores that everyone should teach their children at least to eat vegetarian food, if nothing else. He defines vegetarianism, according to Jain dharma, as "no meat, no sea food, no eggs." - adopt a principle of non-violence in food as well. He also requests everyone to visit the website www.meat.org - a website that will be an eye opener for all those that eat meat.

Think about this - all animals that are peaceful and useful to society are all vegetarian; Elephants, horses, cows. All that are dangerous are non-vegetarian; Lions, tigers, cheetahs. All vegetarian animals drink water with their mouth. All non-vegetarian animals drink with their tongue. By human nature, we are meant to be vegetarians. We also have a large intestine which is designed for a vegetarian diet.

Swamiji further states that according to Jain dharma, one should not eat stale food, or left over food. All food that is left over creates a breeding ground for small organisms and life forms. All food that one eats should be saatvik and cooked fresh. This creates positive vibrations and energy in your body. When cooking, one should listen to spiritual music or stavans to create positive energy. This is all part of developing an "amaari" attitude in one's life.

A big aspect of "amaari pravartana" is Jeev Daya. The foundation of Jain dharma is jeev daya. Jain dharma states that if you feed grass to a cow, all your unfavourable planets become favourable for you. If you feed the birds, your family experiences more happiness and bliss. If you feed "rotla" to a dog, your enemies look favourably on you. If you feed flour to ants under a tree, all your debts start to clear off. If you help any fellow human being, your wealth and fortune increases. These are various aspects of jeev daya mentioned in Jain dharma; whilst difficult to establish according to scientific facts, there is still a deep science and spiritual connection behind it.

5 Duties of Paryushana cont'd...

2 - Sadharmik Vatsalya - This does not just mean feeding people at a big occasion, which is still very good. But Jain dharma goes further to state that you should feed five poor people anonymously; "gupt daan". We all share a connection with each other. Before you got married to your husband or wife, his/her parents did not mean anything to you. After you got married, you developed a connection; not only with the parents, but the extended family. Similarly, anyone who builds a connection with Mahavir Swami, inturn builds a connection with the entire community; the Jain praivaar. If anyone within the community is suffering, another should make the necessary arrangements to satisfy their needs. Anonymously. This is Sadharmik Vatsalya.

Swamiji goes on to state a few things we should never forget in our life:

Maatru bhumi - your birth place. Never forget the land where you were born because you are indebted to this land.

Maatru data - mother, or more appropriately, your parents. You are indebted to your parents for the life you have, the values you have. Their blessings are essential to the success of your life. Even Lord Krishna used to remember his mother first thing every day.

Maatru bhasha - mother tongue - Whatever Jain dharma scriptures and material exists today is all in Gujarati and Hindi. At least one must make an effort to understand and speak Gujarati, even if they cannot read and write. The magic of any language can only be understood in that language. Otherwise it gets lost in translation.

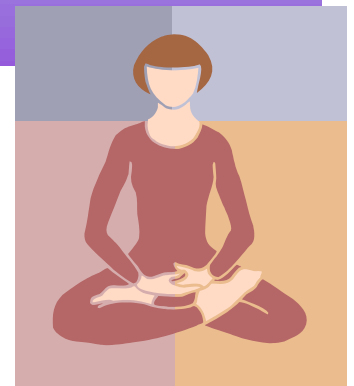
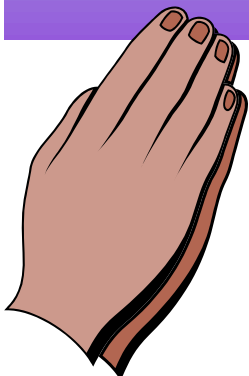
In the times of Mahavir and latter years, there was a provision for four types of daans that were a part of every shraavak and shraavika's life:

- a) - Anna Daan - Feed the hungry and poor with your own hands
- b) - Aushad Daan - Provide medicine to the ailing and needy
- c) - Gyaan Daan - Provide scholarship and education to needy students
- d) - Abhay Daan - Tell all your friends that because of you, there will never be any difficulty for any of them. Regardless of whether you remain friends or not, they can rest assured that you will not be trouble for them. They can be fearless.

3 - Kshamaapna - Forgiveness - Through the eight days of Payushan, forgiveness is the epitome of the celebration. One should reach a state of forgiveness where after Samvatsari Pratikraman, one should go to each of their enemies (or those family members who are not on good terms), and clear out all misunderstandings and problems. Even if you don't ask for forgiveness from the 84,00,000 life forms, it is fine. But you must forgive your near and dear ones, and resolve any disputes.

4 - Attham Tap - When and where possible, one should do at least three upvaas (fasts). It doesn't matter when you do it, but it is imperative that during Payushan, one should do it. There is a divine connection with the three upvaas. When you do these upvaas, the devtaas provide support to fulfill your wish and make your "tap" fruitful.

5 - Chaitya paripati - Every day during Payushan, one should bow down and pray to Jineshwar Bhagwan. If you are a Sthanakvasi, you can at least remember Jineshwar Bhagwan through great devotion and feeling. Chaitya = mandir, Jin Bhagwan. Paripati = tradition. So you have to establish the tradition of remembering and praying to Jineshwar Bhagwan during the eight days.



Time for Paryushana!!

Test Yourself- Some quick facts about Paryushana

1). What is the meaning of Paryushan?

To stay closer (to one's soul) – to purify our souls by looking at our faults

To ask for forgiveness and commit to minimize our sins

To suppress our passions

2). When is Paryushan?

It is during India's rainy season which is in the month of Shravan. According to the English calendar, this is late August / early September.

3). 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.

4). Why is Paryushan important?

This is the time Jains can purify their souls by getting rid of karmas and ask for forgiveness.

5). How long is Paryushan?

Eight days for Shwetambers and ten days for Digambers.

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

Kalpa Sutra – Sadhus read about the life of Bhagwan Mahavir

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

The fourteen dreams of Queen Trishala

8). Who is queen Trishala?

Bhagwan Mahavir's mother.

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

Khamemi Savva Jiva, Savve Jiv Khamantu Me

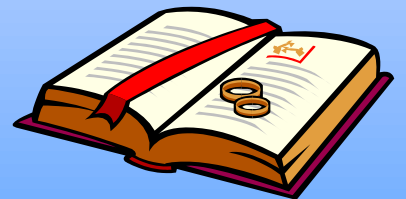
Mitti Me Savva Bhuesu, Veram Majjhan na Kenai

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.



Home Activity

After whichever activity you do during Paryushana, add a tally mark in the column to the right. Main objective for doing this activity is seeing all the activities that can be done during paryushana time and testing yourself how you can control your senses.

Paryushan Activity	Times Done
Do any type of Fasting	
Give up root vegetables	
Give up green vegetables	
Eat less than you want to	
Limit how many different things you eat during a day	
Give up soda, ice-cream and candy	
Give up watching TV	
Give up playing video games	
Give up playing computer games	
Use less water during shower	
Waste less paper	
Use less electricity	
Do not walk on grass	
Watch out for small bugs when walking on the street	
Do morning prayers	
Recite stutis	
Do evening prayers	
Do navakarvali	
Do not talk of violent movies or tv shows with friends	
Respect your parents	
Share things with your brothers and sisters	
Do not get angry at anyone	
Go to the temple	
Do Darshan and pooja	
Say Jai Jinendra to your friends at the temple	
Help in the kitchen with serving food/water	
Help with Aangi or other places where help is needed	
Listen to lectures given by the monks	
Think of all the "paaps" you have committed (being angry, being jealous, lying, cheating, tricking someone, wishing bad things for others etc.) and ask for forgiveness	
Ask someone who is doing atthai (or other such tapa) if they have "shata"	
Do Samvatsari or English pratikramana	
Say Micchami Dukkadam to your family and friends	

Singapore: Paryushan Program 2013

Led by : Swamiji Shrutpragyaji:

Venue : SJRS Sthanak, 18 Jalan Yasin, Singapore 417991

Contact: Mitesh Shah : shah.mitesh@singhealth.com.sg

Detailed Program:

Monday, September 2, 2013 : Aathai Dhar

Time: 8.00- 9.30pm : Pravachan: The unattainable human life

Tuesday, September 3, 2013 --- (Teras)

Time : 9.00 - 10.30am Pravachan: The five duties of Payushan - Part -1 (Kalpsutra)

Time: 8.00 - 9.30pm Pravachan: Aradhana And Prabhavana

Wednesday, September 4, 2013 : (Choudas)

Time: 9.00 -10.30am : Pravachan: The five duties of Payushan - Part -2 (Kalpsutra)

Time: 8.00 - 9.30pm : Pravachan: The System of Karm Satta

Thursday, September 5, 2013 : (Kalp Dhar)

Time: 9.00 - 10.30am : Pravachan : Massage of the Mahavir Swami's Past Life (Kalpsutra)

Time: 8.00 - 9.30pm : Pravachan: Science Behind Daan dharma

Friday, September: 6, 2013 : (Mahavir Jayanti)

Time: 9.00 - 9.30pm : Pravachan: Mahavir Swami - Life Inspiration (Kalpsutra)

Time: 8.00- 9.30pm: Pravachan: Cause of the four type of Life Form

Saturday, September 7, 2013 : Tel Dhar

Time : 9.00 - 10.30am - True Understanding of Punya and Pap (Kalpsutra)

Time: 3.30p to 5.30p: YJS Seminar/Workshop (FOR YOUTHS, 12 - 25 yrs)
(Topic: Social Media: Is it the new Religion?)

Time: 8.00p to 9.30p Pravachan: You are not as Friendly as You Think!

Sunday, September 8, 2013 :

Time: 9.00 - 10.30am : Pravachan: Traditaion of Mahavir Swami's Path- Kalpsutra

Time: 11.30 - 1.00pm : YJS Seminar/Workshop (FOR YOUTHS, 12 - 25 yrs) by Swamiji -
Topic: Social Media: Is it the new Religion?

Time: 8.00- 9.30pm : Pravachan: Pravachan: How Compassion and Tranquility can help you find True Bliss?

Monday: September 9. 2013:

Time: 9.00- 10.30am : Pravachan : Barsa Sutra - Alochana kem levi?

Latest Publications/DVDs

अस्तित्व व्यक्तित्व सत्संग
सिनांसनाटो - USA 2012

428. स्वेत्यात्मक व्यक्तित्व
429. जैन आगमो का परिचय
430. महात्मा गांधी-जीवन और संदेश

श्री श्रुतप्रज्ञ स्वामी

MP-3 HINDI
RS - 60/-
US \$ 5.00

Available at
Peace of Mind Foundation
Abhavalay Vinayak Vatika, Jambhagar Road,
Rajkot, (Saurashtra) Pin - 360006 (India)
Email: pomyc.org@gmail.com / www.pomyc.org
Phone: +91 99253 60605, +91 9427366164

जुवन-परिवर्तन सत्संग

श्री श्रुतप्रज्ञ स्वामी

428. स्वतंत्रता के अर्थ
429. स्वतंत्रता के अर्थ
430. स्वतंत्रता के अर्थ

RS - 60/-
US \$ 5.00

Available at
Peace of Mind Foundation
Abhavalay Vinayak Vatika, Jambhagar Road,
Rajkot, (Saurashtra) Pin - 360006 (India)
Email: pomyc.org@gmail.com, Web: www.pomyc.org
Phone: +91 99253 60605, +91 9427366164

Each Mp3 price US \$ 9.00 including Mailing

Contact: dshah1863@gmail.com ph# 630-428-1360
(Chicago-Home)

For any questions/concerns please

contact : pomyc.org@gmail.com