



The Inner Light

Jain Vishwa Bharati USA for Non-violence, Preksha Meditation, and Yoga

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Savve Paana Na Hantavva Esa Dhamme Dhuve, Nii, Sasae – Hurt not any creature in this World



Physical Health and Preksha Meditation

By Acharya Mahapragya

On meeting our friends, acquaintances and relatives, the very first question that we usually ask is: "How are you? How's your health?" Here, the reference is to physical health. We never ask about mental or emotional health because the mind is subtler than the body, and emotions are also at a subtler level. These are not visible to us. That which is visible is our physical body and so we are inquisitive only about the physical body. So, in this context, we should know something about our body. The body that is visible to us is the gross body. Within this is a subtle body, and within that is an even subtler body. In Jain terminology, the names of the bodies are 'Audarik (Gross), 'Tejas' (subtle) and 'Karma' (subtlest). All the three bodies are interconnected. The macro body being visible to us is the centre of our attention, but without knowing the subtle and subtler bodies, we cannot understand the real nature of the gross body.

How was the physical body created? Who is the creator? The karmic body is the main cause of creation of the physical body, the acquisition of the physical body acts as the external cause for taking on a particular form. The latter absorbs the material (*pudgal*) particles to allow the formation of the gross body. The fruition of each and every karma is present in the chambers of our brain and body. Millions of such chambers exist. Cells abound in our body and brain (latter has neurons). All these cells organized together systematically and gave rise to the shape of a gross body. Why does this happen? Why does this

develop? The cause is the 'karmic body'. The vibrations and consequences emerging from the karmic body manifest themselves through the means of a concordant part of a physical body. Through the medium of that body part, they perform their function. All the consequences of the karmic body are present in some body part or the other. Who is the controller of this gross body? It is the 'Tejas Sharir' (subtle body). Whenever the question of health arises, the functioning of this tejas sharir must be considered. The vibrations of *Tejas sharir* are the vital life force or 'pran' (bio-energy). In Jain Metaphysics, ten kinds of 'pran' have been elaborated.

Ayurveda and *Hathayoga* have described five kinds of *Pran* (vital force):

1) Pran 2) Apaana 3) Samaana 4) Vyaana 5) Udaana

Our body works with the help of electromagnetism. All bodily functions are occurring because of this force. A kind of electric force is in the form of electricity outside, while another such force is within us. There is no part of our body devoid of this electric force and there is no activity of ours which is done without its help. According to physiology, our brain needs 20 watts of electric energy. The brain requires maximum energy for its functioning. The powerhouse of electricity is our aura or the 'Tejas Sharir' (luminous body). The *Tejas sharir* is made up of electric force.

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The simplest answer to questions pertaining to health is: if the *Tejas sharir* is well, our physical body is healthy and if it is weak, our physical body is also weakened. For example: -the clock is working fine. After some time, it does not show the correct time. Why? We say the battery has run out, and hence, the clock stops working properly. Similarly, we, too, have a battery within our bodies in the form of electricity. If this electric force is depleted, the systems of the body start malfunctioning and we are prone to disease. Until our body is backed up well by the luminous body or *Tejas sharir* we remain healthy. *Ayurveda* also believes in the same principle. Why does a person fall sick? An *Ayurvedic* doctor would say that the *Prana* (vital life force) is depleted. According to medical science, the resistance power has lessened, or the immunity system has become feeble: All of these convey the same essence: that with depletion of *the prana*, the immune system has become feeble. Why does the immune system become weak? One of the causes of its feebleness is imbalance. A person who does not maintain a balance between action and inaction lessens the potential of its vital force. Balance should be maintained between action and inaction. If a man keeps on performing actions constantly, while he ever remains engaged in executing his job, his vital force would be over-used, and its strength would lessen. What would happen if your expenditure exceeded your income? The result would be the closing down of the shop, disorder would follow. Hence, it is necessary to check the sources of income and expenditure of our vital force as well. Jain *Aagamas* have described an ascetic discipline, which is actually meant for spirituality, but is very important for the maintenance of our health also. Whenever an ascetic goes out for half a kilometer, one-kilometer or even for 100 steps- on returning, he has to practice '*Kayotsarg*' i.e. relaxation. Relaxation has to be practiced with all monastic disciplinary practices like '*pratikraman*' (a special prayer for repentance, forgiveness) and '*pratilekhan*' (watching their clothes carefully with the aim of not killing or hurting any living organisms). It is necessary for a monk to practice relaxation 15-20 times a day. This means balancing action and inaction. If we practice '*Kayotsarg*' i.e. relaxation, after every action, we establish an equilibrium. Relaxing just once is not

sufficient. '*Kayotsarg*' can be practiced by anyone, twenty to thirty times a day. Whenever you are engaged in activities for an hour or two, you should practice *Kayotsarg* for five minutes. This will help maintain an equilibrium. If you keep on working continuously without a break, your vital energy will be in danger. '*Kayotsarg*' is the best key to good physical health. We have prescribed a technique of meditation for physical health, on the basis of '*Kayotsarg*' called '*Kaayaakalp*'. *Ayurveda* has been practicing the technique of '*Kaayaakalp*'. If a man becomes severely ill or becomes quite old, he loses the power to work. The ancient *Ayurvedic* doctors used to make such people practice *Kaayaakalp*. *Ayurveda* has a very rigorous procedure for *Kaayaakalp*. In *Ayurveda* '*Kaayaakalp*' is put into practice along with medication and spiritual practice. *Preksha* meditation has a systematic schedule for it.

The first step of the procedure of *Kayakalp* is - lie down in the position of *Kaayotsarg* (relaxation). In the relaxed posture, focus your attention on your big toe of your right foot. Give an autosuggestion to relax and experience it relaxing. Now relax all your other toes, one by one. Loosen all the muscles of your toes, sole, heel and ankle and suggest to yourself two, three times- 'They are becoming healthy'. In the same way, concentrate on each and every organ, practice relaxation over there, and autosuggest that they become healthy'. Now relax your Calf muscles, knee, thigh muscles and buttocks. Stand focused there for two to three Minutes. Autosuggest to them- 'Toxins are coming out of my body and it is becoming healthy'. Feel all the infectious and harmful particles going away and feel yourself completely healed in each part. Similarly, practice *kayotsarg* on your left foot- from toes to waist and suggest the same. Now relax inside the abdominal cavity, each and every internal organ- liver, stomach, pancreas, gall bladder, duodenum, small intestine, colon and kidneys. Experience that they are relaxing. By autosuggestion, feel that they are becoming healthy. Now relax your lungs, heart, shoulders, hands, neck, facial muscles, each and every sense organ, forehead and brain. Experience their relaxation. By autosuggestion, feel that they are becoming healthy. Along with *kayotsarg*, concentrate on each and every organ and simultaneously practice

long breathing. Your breath will not reach there, as our breath can't go beyond the sub-diaphragm region, but by your gentle suggestions, the energy of vital force will reach there. Let your vital force spread there. Wherever the vital energy reaches, enough electric force will be supplied and this will spur the exit of alien, infectious particles. You will be able to feel the healthiness of the body. This is the first step of the technique of *Kaayaakalp*.

The second step of *Kaayaakalp* is the practice of Preksha Meditation with '*Leshyaa Dhyana*' (color meditation). According to '*Hathayoga*' and '*Swarodaya*' Science, our body is made up of the five elements. They are earth, water, fire, air and space. Also, our body is made up of seven basic elements, which is why it is sometimes termed an image of seven elements. All these basic elements have their own colors. From the legs to the waist is the region of the earth element, whose colour is yellow. Above this, and up to just below the bellybutton, is the region of the water element, whose colour is white, like water. The complete area of the digestive system, all around the bellybutton, is the region of the fire element, whose colour is reddish yellow, like fire. The area of our heart or where the centre of bliss is located, and this is the region of the air element, whose colour is blue. The part above the neck is the region of the space element, whose colour is smoky: neither completely grey, nor completely white. It is a mixed kind of colour. These are its five colours. We must practice '*Kaayaakalp*' with long breathing and visualize these colors. While concentrating from toes to the part of lower abdomen, imagine and visualize white color there. At the centre of bioelectricity, in and around the bellybutton, feel the radiance of pink colour. While meditating on the centre of bliss, visualize blue colour. Above your neck, experience and imagine grey colour.

JVB Mission Statement

To promote the universal message of Jain Philosophy and study of Jainism worldwide.

To promote the value of non-violence, self-discipline and Anekant (multiple perspectives) for spiritual awareness (enlightenment) through Preksha Meditation

To provide spiritual guidance through the practice of healthy and stress-free living.

INVITATIONS TO SAMANIS

If you would like to extend an invitation to the Jain Samanis to appear at your school, college, university, church, organization or Jain Centers, please feel free to contact the Jain Vishwa Bharati USA at 407-852-8694. Invitations from all regions of the United States and all over the world will be considered.

The third step of '*Kaayaakalp*' is- practice of chanting '*Mantras*'. Practice the mantra of '*Arham*'. After slackening and relaxing your legs completely, start chanting the mantra '*Arham*' three to nine times. In your initial practice, do it only thrice. Focus your attention on your waist and chant '*Arham*'. In this manner, concentrate on each and every part of your body, relax it, and feel the effect of the faithful chant of '*Arham*' mantra, while focusing on these parts. Thus, the procedure of *Kaayaakalp* is accomplished in three steps. The first step is relaxation with expansion of flow of vital energy. The second step is visualization of colors, with autosuggestions of good health. The third step is the chanting of '*Arham*' mantra with the resolve of good health.

These three steps together complete one cycle of *Kaayaakalp*. It may take half an hour. If practiced with perfection, it may take about 45 minutes to one complete hour. This indeed proves to be a very powerful procedure for our optimal health.

A practitioner of Preksha meditation should know that he has to develop a balance. Just sitting in meditation, and closing your eyes for an hour, is not the objective of meditation. Meditation aims to rejuvenate our physical, mental, vocal and spiritual power. I saw Acharya Tulsi at the age of 83 The day he passed away, he completed almost 40 tasks, with his day going from 4 a.m. till 11:15 p.m. He talked to someone, directed another. Analyzing his work on that day we found that he accomplished almost 40 different tasks. How could he do so much work at the age of 83? The reason is that his luminous body was strong and powerful. He left the world because his life span was completed, not because of any disease or illness. His

luminous body was so vigorous that he kept on working right till the end. He never stopped work.

When does our luminous body become vigorous? Wherever there are practices of restraint of the senses and mind, abstinence from the enjoyment of worldly objects and controlled desires, the luminous body becomes powerful.

The first practice for physical health is 'Aasan'. These are of two types. Some of them are meant for meditation (*Dhyanasana*) like *Padmaasan* lotus posture, *Ardhapadmaasan*- half-lotus posture, *Sukhaasan*-simple cross-legged posture, *Vajraasan*-prayer posture etc. These are both meditative (*dhyaanaasan*) as well as for physical well being (*shariraasan*). Those people having weak digestive systems should sit in *Vajraasan* for 10-20 minutes after meals. This would strengthen their digestive system. Those suffering from knee-pain should practice '*Taadaasan*' (palm tree exercise, standing on the toes and stretching the whole body). Specific *aasans* are prescribed for each and every organ of our body. There are *aasans* for liver, pancreas, intestines and colon. Regular practice of *aasans* is necessary for maintaining our physical health.

The second practice for maintaining physical health is -*Pranaayaam*. It means control and regulation of *Pran* (vital energy). The fundamental characteristic of *Pranaayaam* is '*Kumbhak*' (holding breath). Then '*rechak*' (exhalation) and '*purak*' (inhalation) also follow. This lets the fresh air and healthy particles in, while throwing out the toxins and unhealthy particles. The practice of *Pranaayaam* revitalizes our body. An ill man feeling very weak and feeble, when endorsed to practice *Pranaayaam* for 10-20 minutes by an expert practitioner, would experience a new vitality in his body, with increased vital energy. He would feel rejuvenated and refreshed.

So on one hand, there is medication for maintaining good health, and on the other hand, meditation helps us to progress in the realm of spirituality. It enhances the inner powers and controls the mind. If you want to discover how good health can be maintained by the practice of meditation, this may not be so feasible. To attain good health is not the true objective of

meditation. It only assures us that if there is an imbalance of vital energy in our body, meditation will help us in restoring that energy balance. Meditation cannot cure any physical ailments. For that, it is necessary to practice *aasana* and *pranaayaam*. In the schedule of Preksha meditation, *asana* and *pranaayaam* form a part of the practice.

Preksha meditation is not just a procedure of meditation. It is accompanied with the practices of mantras, will power, *aasan* and *pranaayaam*. Hence it has a holistic approach of our life and not a mere meditating technique. The sonic vibrations created by chanting of mantras and will power also play an important role in it.

We must employ them thoroughly and we will then be able to resolve the problems emerging from within us. Only then can we develop a healthy personality.

JVB NEWS

Tampa, Florida

Jain Sangh of Tampa invited the Samanijis from JVB Orlando on the celebration of Mahavir Jayanti in the month of April. Samani Bhavit Pragyaji spoke on training of non-violence in daily life. Samani Amit Pragyaji gave her lecture on the penance of Bhagvan Mahavir.

Houston, Texas

From April 13th through April 18th, the Samani Bhavit Pragyaji and Amit Pragyaji visited the Preksha Center of Houston where they met with the resident Samanis, Jayant Pragyaji and Sanmati Pragyaji. They held a Preksha Meditation Camp where Samani Bhavit Pragyaji lectured on 'Atma Sakshatkar', and Samani Amit Pragyaji gave a lecture on 'Change Our Thoughts'. The camp was enjoyed by all who attended.

Tallahasse, Florida

May 21st Samani Amit Pragyaji and Shukla Pragyaji visited Tallahassee, Florida for a one day Preksha Meditation Camp. Samani Amit Pragyaji spoke on

day to day life and how religion transforms attitudes. Samani Shukla Pragyaji lectured on the subject of Emotions and Desires and how they can lead to a peaceful and healthy lifestyle.

Milwaukee, Wisconsin

June 1st through the 5th, the Samanijis were invited for a 2 day Preksha Meditation Camp by the Jain Society of Milwaukee. Samani Amit Pragyaji talked about the Power of Mantra and how it cures your ailments and rejuvenates your immune system. Mantras create a shield to protect from external influences. Samani Shukla Pragyaji presented a lecture on Health Management. The camp also had sessions on Asan, Pranayam, Contemplation and Meditation. Participants who attended, showed gratefulness of the benefits they gained and how much they enjoyed the camp.

Daytona Beach, Florida

June 6th, the Samanijis traveled to the home of Ashwin and Sharmila Mehta in Daytona where they lectured for family and friends.

Jupiter (West Palm Beach), Florida

June 8th and 9th, the Samanijis visited the family home of Varsha and Naresh Shah, who hosted the Samanijis during their stay. They arranged a Swadhyay on the topic 'roti, kapada, makan, siksha and chikitsa. Samaniji explained how these necessities of life also can be your adhyatmik needs. There was also Stavan-Bhavana program. There will be another Swadhyay on Thursday, July 13th. Please contact Varsha @ 561-744-5000 for more information

Vero Beach, Florida

On the 10th of June the Samanijis were hosted by Rakesh and Indu Jain of Vero Beach, who arranged the Samaniji's lectures for the community which included many non-Jains in attendance.

Samaniji Bios

Samani Amit Pragyaji was born on Jun 1st, 1966 in Wav, Gujarat, India. She is a disciple of His Holiness [Acharyashree Mahaprajnaji](#). She was initiated into the Saman order in the year 1995 at the age of 27, after five years training of [Diksha](#) as [Mumukshu](#) in paramarthik shikshan sanstha . She holds M.A. in [Prakrit](#) Language and Literature and did her Ph.D. in Uttradhyayana. She has traveled in the following countries U. K., Germany, Belgium, Canada, U.S. A. She has traveled throughout India per direction of H .H. [Acharya Mahaprajnaji](#) to propagate [Jainism](#), [Preksha Meditation](#), and [Ahimsa](#) (Non-Violence). She speaks Gujarati, Hindi, Prakrit, Sanskrit and Rajasthani



Samani Shukla Pragyaji was born on November 19th 1973 in Chennai, Tamilnadu, India. She is disciple of His Holiness [Acharya Mahaprajna](#). She was initiated into the [Saman](#) order in the year 1999 at the age of 25, after five years training as [Mumukshu](#). She has an M. A. in Jainology and Comparative Religion & Philosophy. She knows ancient classical languages such as [Prakrit](#), Sanskrit as well as modern languages Hindi, Tamil and English. She is nominated as a teacher in Brahmi Vidyapeeth, one of the schools on the campus of [JVB Ladnun](#). She has traveled in the following countries U. K., USA, and Japan. She has traveled throughout India to propagate [Jainism](#), [Preksha Meditation](#), non-violence as per direction of H.H.Acharya Mahaprajna..



Corrections

The last newsletter (April – June 2006), the following correction applies to the sponsorship:

It should of read: This Newsletter is sponsored by Gulab Chand Kothari, Kansas City, Missouri.
Dr. Raj Kumar, Atlanta, Georgia.
Dr. Shakuntala Kothari, Cleveland, Ohio.

For Movan Bai Kothari's Masakhamman, 2nd Varshitap, 3rd Upadhyayan and Dr. Dhiren Mehta of Orlando Florida for his Chauvihar Atthai.

Jain Vishwa Bharati, Orlando Varshik Mahotsav

The Jain Vishwa Bharati Orlando Florida celebrated the Akshay Tritiya Varshik Mahotsav and anniversary of the center in the presence of Adarniya Samani Bhavit Pragyaji and Samani Amit Pragyaji. Panditji Jayshbhai Khona from Milpitas California graciously performed all the poojas. The highlight of these two days were Varshitap parana of Smt. Sharmilaben Mehta and Varshitap Beyasna Parana of Smt. Harshaben Nagada. Both the Tapasvis had attham during the event and had good sata.



The activity filled two day event started on April 29th with Snatra Poojan followed by Bhaktamar Poojan. The morning session concluded with Aarti and Mangal Divo. The afternoon session started with Mangalacharan and welcome speech by JVB Orlando President Ashok Shah. Samaniji Bhavit Pragyaji gave a lecture on "Leshya Dhyam". The afternoon event concluded with Swamivatsalya sponsored by Indravadanbhai & Saudaminiben and Sharmilaben Ashwinbhai Mehta & family.



The evening program started with Bhavana. Daughter, daughter-in-law and grand daughter of Sharmilaben performed the Akshay-Tritiya dance. Very soon people got engrossed in to the Bhavanas and program concluded late past 11.00pm.



The next morning, Sunday, started at 7.00am with recital of Bhaktamar Stotra and Prekshadhyan.



After the breakfast, the program started with Mangalacharan and Aksah Tritiya song by Sangeet Mandali of Orlando. Next, there was a lecture by Samani Amit Pragyaji on "How to change thoughts". Dharmikbhai, son of Sharmilaben, thanked everyone for their enthusiasm and efforts to celebrate the parana. Committee member Devangbhai Chitaliya thanked everyone for attending the event. At about 11.30am the Parana function of Smt. Sharmilaben and Harshaben started. Everyone attending the function offered Ikshu-Ras to the Tapasvis. The event concluded with Swamivatsalya sponsored by Rasikbhai and Harshaben Nagada and family. This was an inspiring experience to those who participated in the event and created an atmosphere to accept such tapascharyas by themselves. Everyone wished the very best to the Tapasvis.

Master of ceremony was Samani Amit Pragyaji. About 200 people participated in this event.

Jain Vishwa Bharati USA Newsletter Committee

-- THE INNER LIGHT --

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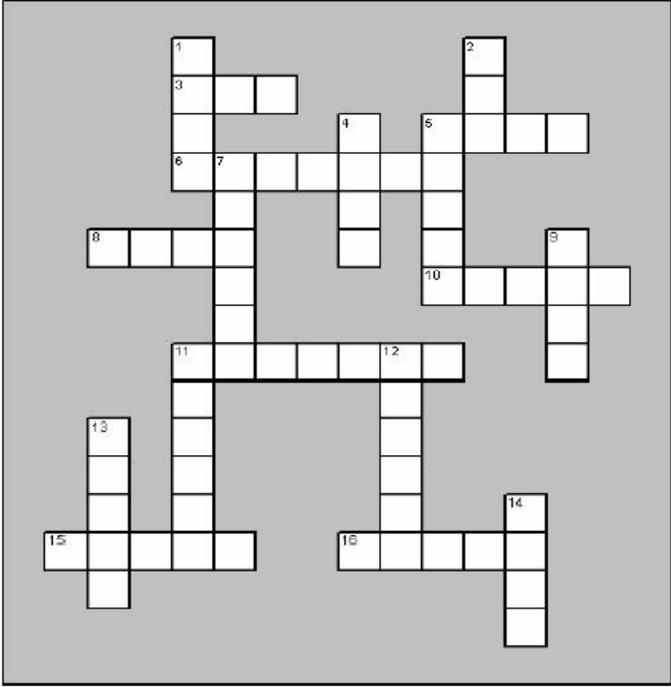
Committee Members: Tushar Shah and Avani Shah

JVB Orlando Center 2006 Schedule

Day	Class
Wednesday	7:30-8:30PM Swadhyay Jain Study Shantsudharas and Pacchis Bol
Thursday Saturday	7:00 - 8:00 PM Yoga and Meditation 9:30 -10:30AM Yoga and Meditation
Sunday (2 nd & 4 th)	2:30-4:30PM Swadhyay / Pathashala Acharang and Thanam

Jain Puzzle

Jainwords



Across

3. This signifies time
5. That abides in body is
6. Influx of Karma
8. Symbol of Mahaveer
10. May make eyes red
11. One who has destroyed four ghati karmas
15. One sensed living beings
16. Cause of life cycles

Down

1. Heavenly beings
2. "I"
4. Movement from one life to the next
5. Truth
7. Universe
9. 24th Tirthankar
11. Not to harm any living being
12. Where hellish beings live
13. A passion
14. Followers of Jina

Created with the help of Virensphere - www.virensphere.com

Please cut out or copy filled in puzzle and submit to JVB Center by end of July. The first 3 correct entries to be submitted will receive a prize. Ties will be broken by a lucky draw.

JVB Orlando Upcoming Events

- July 9th – Pragma Divas (87th Birthday celebration of H.H. Acharya Mahapragyaji)
- July 10th – Chaturmasik Pakkhi Pratikraman
- July 13th - 15th Samaniji will visit Jupiter, Miami, and Vero Beach
- Aug 1st to 7th New Jersey for 3 days Preksha Meditation Camp
- Aug 9th Lecture on Raksha Bandhan –7.30 – 8.30pm
- Aug 13th Lecture on “Adhyatmik Swatantrata Kaise Prapt Ho?”
- August 21st – 28th Paryushan Parva at Jain Vishwa Bharati Orlando
Morning & Evening Lectures.
Pratikraman and Lecture– 7.30 – 9.00 p.m.
24 hours Navakar Mantra Jap on 25th of Aug. starts Friday from 9.00 pm to 9.00 pm Saturday.
Childrens amd Adult Programe ---- Evening Samvatsari August 28 -- Whole day programe (Meals Supplied by JVB—Friday evening, Saturday, Sunday&Monday Morning)
August 29th Samuha Parna.
- October 21st Deepavali 12 hours jap from 7.00pm to October 22nd 7.00am

This Newsletter is Sponsored by:

Rama Nivas Jain of Madison Wisconsin on the occasion of the birthday of his son Anil Jain

Anyone wishing to sponsor an issue of the
--INNER LIGHT--
as a memorial, a dedication, or to celebrate a spiritual achievement can write to:

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