



# NEWSLETTER

**JAIN WORLD PEACE CENTRE (JWPC LONDON)**

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## INSPIRATION BOARD

I first came to know about Respected Samani Ji's about 20 years ago when I first learnt that Jain nuns are in the UK, not for a short duration but on a continuous basis. I was ecstatic at the thought of having Jain saints in our midst and getting their constant guidance & blessings. The ancient Indian tradition of receiving blessings from Gurus and saints for all phases of life became a reality in the Western world. What a foresight of Acharya Tulsi and Acharya Mahapragya to create a new Jain order of Samani Ji's who adhere to all the vows of Jain monks and nuns with a few relaxations such as travelling by modern means of transport. Although there were numerous extra curricular activities, we made it a

priority to take our children to Respected Samani Ji's every Sunday for Gyanshala. They were fortunate to learn the Bhaktamara Stotra and other Jain prayers from them. For me it was receiving spiritual nectar every week and revitalising myself with their blessings. In 2010 I was fortunate to embark on a two year distant learning Masters course in Jainology & Comparative Religions from Jain Vishva Bharati University, Ladnun. With the constant support and encouragement from Respected Samani Ji's, I was blessed to get a Gold medal and rank first in the course. There are many Jain scholars & Jain institutions in the UK. However, what is unique about JVB London is the constant presence of Respected Samani Ji's who



**Mr Rajeev Shah**

not only Talk the Talk, but also Walk the Talk by adhering to the stringent Jain principles. I feel privileged to be a Trustee of JVB London and ensure that as many people can benefit from the presence of Respected Samani Ji's here in the UK.





Jain Vishva Bharati London  
Jain World Peace Centre

## JVB LONDON YOUTH WING presents a talk on

# WESTERN PHILOSOPHY & JAINISM

by

# KEVALEE SHAH



Kevalee was fortunate to have had the blessings of Respected Samanijis since a young age. She learnt Bhaktamara Stotra and more about the Jain philosophy from them. She is currently in her second year reading Computer Science at Clare College, Cambridge University. She is also the founding president of the Cambridge University Jain Society. In this talk she will explore the similarities and differences between some of the Western philosophers & Jainism.

# Acharya Mahapragya : A Saint of Incredible Versatility

- Dr. S.L. Gandhi

Innumerable human beings who come into this world leave its precincts 'unwept and unsung'. They do nothing to distinguish themselves from others and remain engrossed in the struggle to make both ends meet. They appear unnoticed and vanish from the planet without making any contribution. No one ever thinks of them or remembers them. Only a few of them make their mark and leave behind a legacy of uniqueness. The story of Acharya Mahapragya's life is a glorious story of ascetic refulgence. The journey of his life begins from a small village called Tamkor in Jhunjhunu district of Rajasthan. At that time this village didn't have even the most basic amenities like electricity, roads, a school, a dispensary nor were there any means of communication or transport. During the rainy season the village remained virtually cut off from the rest of the state. In such ambience of underdevelopment and ignorance Acharya Mahapragya was born on 14th June, 1920.

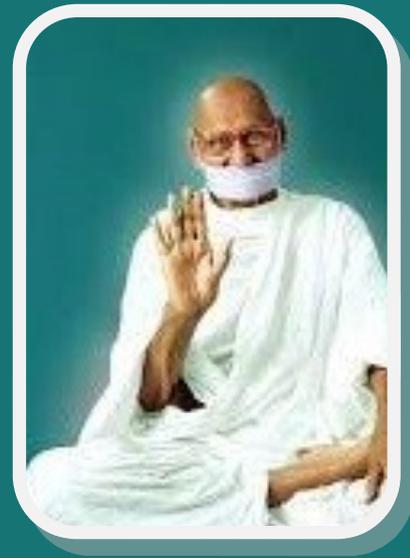
Though he was given the name of Indrachand during the naming ceremony he was renamed as Nathmal since his nose was pierced and a ring inserted into it as a part of the ritual to ensure his longevity. We wonder if the secret of Acharya Mahapragya's long life lay in this occult practice or it was sheer coincidence. The rationalists would shrug the claim off. But I am convinced beyond doubt that the secret of his longevity lay in the calmness of his mind which he had attained by prolonged meditative practices and austerities.

When the child Natthu was hardly two and half months old his father died. What astonishes me is that a child born and brought up in such adverse circumstances, without any formal schooling, develops his Pragma (intelligence or sagacity) to so great an extent that he is widely recognized as Mahapragya (a man of great wisdom). His ascent to the pinnacle of ascetic radiance was gradual and phenomenal. He grew up under the shadow of his devout mother. In those days things were extremely cheap. The child Natthu's family had all the basic resources to live comfortably but the loss of his father at this tender age was in itself a great disaster. His mother evinced extraordinary qualities of patience and perseverance and brought her children up in such a way that they hardly felt the vacuum.

She was a pious woman who woke up early in the morning and began her routine with a samayika (a Jain spiritual practice which enjoins a practitioner to abstain from all sinful activities for a period 48

minutes). During this period she recited aloud a hymn in praise of the twenty four Tirthankaras composed by the most revered Jayacharya, the fourth Acharya of Terapanth Religious Order. She also sang songs eulogizing Acharya Bhikshu's virtues and the true path shown by him. The child Natthu, who remained lying in his bed, listened to these devotional songs and imbibed the spirit enshrined in them. As we look back we come to know that he was temperamental by nature. He used to fly into a rage when his wish was ignored or his demand remained unfulfilled. In an enraged state of his mind he would refuse to eat his meal, stop studying and speaking and catch hold of a pillar or a door and would stay clinging to it. He refused to listen to any one. The members of his family tried all strategies to placate him but they were in vain. When we analyze this aspect of his childhood days today what puzzles us most is how a child who was so stubbornly persistent in his ways could grow into a perpetually peaceful and serene sage. With the awakening of his discretion and development of knowledge, his anger was almost conquered.

I have also discovered a common trait in spiritual leaders and scientists of eminence. Many were not at all bright in their studies at school or college and were considered mediocre by their teachers. Both Albert Einstein and Thomas Alva Edison who turned out to be the greatest scientists of their time didn't evince any mark of brilliance at school or college. Nevertheless they gave the world amazing and miraculous gifts. Einstein's theory of relativity revolutionized our understanding of matter, space and time. What is enigmatic is that this genius of the 20th Century didn't show any sign of genius when he was a student. Thomas Alva Edison who was described by his teacher as 'rotten, addled and spoilt' and who could not study in a school or college and was taught only by his mother, later invented the electric bulb, the phonogram, the telephone transmitter, the megaphone, the carbon transmitter and an early cine camera. He had more



than 1000 patents to his credit and was instrumental in changing the world. Similarly Mahatma Gandhi who shot into prominence as an apostle of nonviolence and who won India her freedom with the weapon of ahimsa was just a mediocre student at school and college. Another philosopher's example is that of Jiddu Krishnamurti, one of the finest spiritual leaders of the 20th Century, who emerged as a cross-cultural philosopher and propounded the 'pathless path' to enlightenment couldn't pass even his high school examination in England. Though the IQ of these leaders might not have developed, their emotional and spiritual IQ was far superior, due to which they were able to provide the people with peerless leadership.

The child monk Natthu's educator guru Acharya Tulsi also found him dull in the initial years, but the seed of his latent Pragya soon sprouted and he developed it further gradually. By the time he was 28, he was considered one of the leading scholars of both Sanskrit and Prakrit not only among the Jains of India but among non-Jains as well. He was only six years younger than his educator guru Acharya Tulsi. Both Acharya Tulsi and Muni Nathmal, his favorite disciple, made a formidable combination. While the teacher was a strict disciplinarian and a great spiritual administrator, the latter developed into a scholar, a profound researcher, a philosopher and above all a muni who was dedicated to his guru's mission.

The combined wisdom of the two took Terapanth Jain Religious Order to new heights. Whether it was the Anuvrat Movement, or Preksha Meditation, or Jivan Vigyan, he was always in the forefront. Acharya Tulsi was a dreamer and wanted to do something new. In Muni Nathmal he found an unrivalled interpreter, a great exponent of his mission and philosophy. The immediate purpose of the Anuvrat Movement was to rid society of the rampant corruption and immorality it was mired in. The communal violence that erupted after India had freed herself from the shackles of slavery took a heavy toll of innocent lives in the name of religion. Acharya Tulsi was deeply concerned about the blatant abuse of religion and the cruelest form of violence committed in the wake of the partition of the country. He opined that a religion without morality was like a corpse devoid of soul. The movement initially listed some small vows that enjoined people to abstain from violence and hatred and adhere to a code of ethics. Acharya Tulsi knew the Indian psyche well. An Indian may break laws but will abide by a vow scrupulously. The sanctity of a vow is deeply ingrained in his mind. Once he accepts a vow voluntarily he would stick to it firmly, come

what may. Thousands responded to his appeal by volunteering to pledge themselves to the Anuvrat code of conduct. Thus Anuvrat Movement became a unique movement of small vows that sought individual commitment to basic vows.

As the movement grew it was felt that it should have a firm philosophical basis. Anuvrat or a basic vow is not just a vow but it is a philosophy of social excellence and harmony. No society can prosper if it is not regulated by discipline and ethical code of conduct. Acharya Tulsi entrusted Muni Nathmal with the responsibility of conceptualizing the Anuvrat Movement by putting it on a foundation of social philosophy. Muni Nathmal had an in-depth knowledge of the ancient as well as the modern schools of thought. He had not only studied Karl Marx thoroughly but also gained an insight into modern science. He authored the much needed classic 'Anuvrat darshan' which was hailed as a philosophical commentary on Anuvrat. To enable the readers to know the maturity of his thinking I quote a few lines from this book which established Anuvrat as a philosophy of life:

'Karl Marx's socialistic philosophy had laid down that an individual should merge himself completely with society and be one with it, but at the same time we are a witness to the fiascos of the communist regimes in Soviet Russia and elsewhere that this objective hasn't been fulfilled nor can it ever be a reality. In a socialistic pattern of society man's selfishness has been limited by the use of force but it has not led to the drying up of the steam of selfishness from within. Communism may be considered an experiment in limiting selfishness but it doesn't inspire a person to restrain his selfishness directly. It tries to limit the individual selfishness by the rule of law. Despite such laws, selfishness, more or less, continues unabated. If the law is not enforced strictly, the individual selfishness may even increase. It means that even in a communistic system man has preserved his 'self-centeredness'. In a democratic society the 'self' is protected. In it the grip of law is not so firm. Hence, everyone is free to nurture his 'self-centeredness'. In any system of life man's self remains indivisible – he doesn't renounce his inflated 'ego' or 'self'. One's boosted ego is the seed of all evils. For whom does a person indulge in violence or lie or steal or accumulate wealth or gratify his sexual urge? He does it only for himself. All material systems are unable to extirpate the 'self' because their basis is materialism. The materialistic system doesn't purify 'the self', it only suppresses it. Hence selfishness remains calm seemingly or outwardly but continues to blaze or burn within. That is why man resorts to immorality on the sly.

Spirituality alone is the truth which purifies the 'self'. It means entering the inner world. Once a person attains that state he finds himself alone though he lives in society. He uses the external world but develops no attachment or selfishness towards it. The renunciation of these feelings of the self or attachment in itself is spirituality. It is also the premise or foundation on which 'Anuvrat ' stands.'

He conceptualized 'Anuvrat ' as the philosophy of self-restraint. After the publication of Anuvrat darshan, the movement attracted leading thinkers like Dr. S. Radhakrishnan, Dada Dharmadhikari, Jai Prakash Narayan and Acharya Vinoba Bhave. The Anuvrat Movement, though based on small or atomic vows, emerged as a leading movement of the regeneration of values, self-awakening and self-transformation. It was Muni Nathmal (Acharya Mahapragya) who lent it a philosophical basis. What I want to emphasize here is that on account of Muni Nathmal's deep insight the Anuvrat Movement turned out to be a national movement of moral awakening, thoroughly non-sectarian in character. It became the social ethos of the nation. It attracted all sections of society irrespective of caste or creed and was also welcomed by the heads of other religious organizations. Muni Nathmal's personality evolved phenomenally with the passage of time. He emerged as one of the leading thinkers of his time.

The greatest mark of his greatness lay in his perpetual calmness. Refulgence was writ large on his countenance. In Jainism as well as in other religions traditions, anger is considered a deadly sin. It is considered to be the main cause of the inflammation of conflicts. It burns the man who nourishes it and can burn a society or a country. While reading about the ancient rishis of our country we note that though these rishis had attained phenomenal spiritual powers, they couldn't conquer anger. Everyone feared Durvasa Rishi lest his anger should be provoked by his carelessness or error. On the contrary we have the example of Lord Mahavira who was bitten by a venomous cobra but his calmness remained firm. He only showered compassion on the animal though it passed venom into his body. In the twentieth century Ramana Maharshi is known for having vanquished anger. I observed Acharya Mahapragya's life minutely from the first day I met him in 1960 when I was a student of a college and to the last days of his life. I have no hesitation to say that his kashyas (passions) had been partially suppressed or maybe they were eliminated. Not to speak of anger or indignation, there wasn't even a trace of displeasure on his countenance. His was an ever smiling face

The word 'meditation' had a special fascination

for Muni Nathmal (Acharya Mahapragya). In the Jain sacred texts the words dhyana, Kayotsarga etc. appear at several places. Whenever a difficult situation confronted Lord Mahavira he entered the Kayotsarga posture. If literally translated 'Kayotsarga' means 'casting off the body'. It is a trans-human state in which a yogi doesn't feel the pangs of bodily torture. Muni Nathmal was perplexed as to how one could attain this transcendental state of mind and how he could experience the inner bliss of which the rishis of yore talked so often. His search for the subtle world began when he was just twenty years old and continued till he himself could attain the state of Kayotsarga. In order to know the truth or reality of the world he would remain immersed in the inner world for hours together. He always woke up at 4.00 am and his day began with meditation.

After years of internal trips he came out with a scientifically based system of meditation called Preksha Dhyana. No doubt Acharya Mahapragya had attained the supersensory state of mind which is evident from the depth of wisdom we discover in his books. His guru was exhilarated at his disciple's achievements. Acharya Mahapragya always believed in direct experience. He wasn't a blind follower of religious dogmas. He authored more than two hundred fifty books, many of which are the bestsellers. Only a person endowed with supersensory perception could edit the Jain Agamas with new interpretations. What astonishes us is that under the supervision of his guru Acharya Tulsi he could accomplish the task of editing the obscure Jain Agamas in less than 40 years whereas the internationally acclaimed scholars who read the Agamas edited by him opined that in the normal course it couldn't have been possible even in 150 years. The journey of his life was a journey to wisdom. I consider myself extremely fortunate that I was blessed with an opportunity to sit at his lotus feet and benefit from his wisdom. He showered deep compassion on me. Many rare moments of my life spent in his benign presence are indelibly imprinted on the screen of my mind. They are my precious asset. His legacy of ahimsa will continue to inspire people for many ages. I pay my humble obeisance to him on the occasion of his birth centenary. A billion salutations to this spiritually elevated auspicious soul.

**Acharya Mahapragya Birth Centenary Lecture Series**



**YouTube broadcast:**  
 JVB YouTube Channel  
<https://www.youtube.com/c/JVBLondon>

**Contact:**  
[jvblondon@jvblondon.org](mailto:jvblondon@jvblondon.org)  
[www.jvblondon.org](http://www.jvblondon.org)

JVB London organised a series of 12 talks given by Respected Samaniji's in London and USA to celebrate Acharya Mahapragya's Birth Centenary in Hindi, English & Gujarati. The talks would take place every Sunday from 2:00-3:00pm.

Numerous topics were discussed with real life examples during these talks. As these talks were during the Covid-19 lockdown, they were really motivating for people and helped with inner engineering of the mind that can be followed in a practical way. JVB London followers really looked forward to listening to these talks and we received over 10,000 views globally.

**Spiritual Wellbeing:**

Samani Him Pragma explained how Mantras can be used for our physical and spiritual wellbeing. Mantra's are a powerful tool within Jain Philosophy, and they can protect us in many ways.

**Mindfulness in Preksha Meditation:**

Samani Chaitanya Pragma's talk was based on Acharya Mahapragya's book 'Mirror of the Self'. Mindfulness is being a prerequisite of Preksha Meditation and is a widely used meditational technique around the globe. The talk covered many aspects of

Mindfulness; from how to reduce stress and suffering to being successful in all endeavours and free from karmic bondage.

**Karma: Our own footprint :**

Samani Jayant Pragma's talk was about Karma. Many aspects of Karma were covered including the cause and effect of Karma, how our vibrations affect what happens to us around the clock. It was a remarkably interesting talk and covered detailed information about Dhruvya Karma & Bhav Karma.

**7 Uniqueness of Jainism:**

Samani Sanmati Pragma's talk was

**Mantra: A tool of Physical &**

about 7 unique concepts of Jainism. All religions carry the same foundation philosophy such as love, compassion, peace however Jainism focuses on detailed explanation from the Jain Aagams on Ahimsa, following the path of enlightenment and salvation, Tripadi, Syadvad to name a few.

#### **Leshya: A Technique of altering biochemistry:**

Samani Swarn Pragya's talk was about Leshya; Colouring of the soul with karmic matters. She explains how the colours vary from person to person depending on the psychic and mental state. Leshya is also discussed in scientific forms along with auspicious and non-auspicious leshya's and how to deal with them.

#### **Exploration of the Path:**

Samani Kshanti Pragya spoke about exploration of the path with a lot of focus on peace. How to be a peacekeeper, peacemaker, peacebuilder & peace seeker. The impact of inner peace in our path of life is explained well and ways to implement it.

#### **Who is Responsible? - Samani Jin Pragya**

Samani Jin Pragya's talk was

about why many things happen with us, and ultimately 'Who is responsible'. Many factors are discussed such as behaviour, situations, hereditary, the environment we are in, karma, misunderstandings etc. She also talks about being in total control of yourself and your own environment and how to overcome such situations.

#### **How to Think:**

Samani Malay Pragya's talk was based on Acharya Mahapragya's book 'Kaise Soche'. There are many reasons for our thoughts such as the environment, experience, education & emotion, however ultimately, we are what we think. During her talk there was a lot of emphasis on the Law of attraction, and the energies we attract from the universe. She also spoke about methods that can be implemented like colouring of our thoughts which enables us to have higher spirited and positive thoughts.

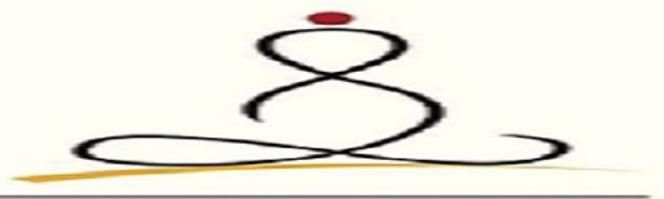
#### **Freedom from Sorrow:**

Samani Neeti Pragya's talk was about attaining freedom from sorrows. People also

associate that freedom comes from happiness; however, she explains the importance of emitting your sorrows to feel free and happy. In everyday life we go through temporary as well and permanent happiness and sadness, however in the form of stories she gives examples of reaching the path to eternal happiness, peace and tranquilities.

#### **Ayurveda & Preksha Meditation:**

Dr Samani Pratibha Pragya's talk was about combining Ayurveda with Preksha Meditation. During this session, Acharya Mahapragya's personal experience and journey of Ayurveda with Preksha Meditation was shared as written in his autobiography. Several elements and benefits have been discussed about our bio energies, elements of the body, importance of Arham Mantra, our psychic centres, nonviolent therapy with no side effects to name a few. In the world we live in today, natural Ayurveda therapy has become extremely popular due to the health and well being benefits received.



**Acharya Mahapragya Birth Centenary 1920-2020**

# JVB Presented Global Quiz Pragyavan 14th June 2020



Acharya Shri Mahapragyaji's birth centenary celebration has been taking place on a grand scale all over the globe. In light of this auspicious event, respected Dr Samani Pratibha Pragyaji and Samani Swarn Pragyaji from Jain Vishva Bharati, London came up with the brilliant idea of organising a quiz. This event would have been impossible without the relentless effort put in by them; they organised the lectures and collaborated with the Samani Ji's from the USA in putting it all together. The Global Quiz Pragyavan took place on Sunday, 14<sup>th</sup> June at 2 pm BST with around 700 participants competing for the grand prizes.

The Quiz began with Dr Samani Pratibha Pragyaji reciting the Navkar Mantra and paying her obeisance to Veetrag Mahavir Bhagwan and reverence to Acharya Shri Mahapragyaji and Acharya Shri Mahashramanji. This was followed by the melodious singing of *Vande Guruvam* by Sagar Malde.

All of the trustees of the Jain World Peace Centre were present for the event; a warm welcoming speech was given by Hashubhai Vora, one of the trustees of JVB London, while the concluding speech was given by Rajeshji Jain, trustee from JVB London.

Shubham Jain was the perfect host for this event and delivered the quiz programme very smoothly.



In order to take part, all participants were asked to watch and listen to 12 lectures presented by respected Samani Ji's from London, Houston, New Jersey, North Carolina and Miami. These lectures were based on 12 books written by Acharya Shri Mahapragyaji during his life. The talks took place on Zoom, but are publicly accessible on JVB's YouTube channel.

Never has there been a quiz organised on such a large scale, and that too globally! The quiz received an overwhelming response and more than 1,500 people registered for the event. Thanks to technology, we were able to connect with people from all around the world, despite the different time zones. Participants joined from India (77%), UK (13%), US (6%) and other countries (4%). These lectures and this event allowed us to distract ourselves from the Pandemic, while lifting our spirits and enriching us spiritually.

The Quiz comprised of 60 questions, and the participants had 10 seconds to answer each one. Each question was thoughtfully put together by Vikas Bumb under the guidance and help of respected Samani Ji's.

Each question had four options, from which one correct answer had to be selected and submitted. Three winners were selected based on the number of correct answers and the least time taken to submit them. After each question, one of our eight respected Samani Ji's from the UK or USA would give the correct answer.

Rupali Dugar, Sagar Malde, Anshoo Dhelaria, Vishal Jain, Prachi

Mehta and Rajeev Shah presented the questions and their options in both English and Hindi, to aid the participants in understanding the questions better.

This event would not have been possible without the immense help of Shiksha Aggarwal and Yash Shah too. They were instrumental in putting together the whole quiz and dealing with any technical difficulties.

Once the Quiz began, the atmosphere turned competitive as the Countdown theme tune marked the start and end of the ten seconds.

We were incredibly fortunate to have Kamal Kumarji Dugar; a mentor and chief patron JWPC, Sureshji Goyal; president of Terapanthi Mahasabha, Arvindji Sancheti; President of JVB Ladhun, Pushpaji Baid; member of the Akhil Bhartiya Terapanth Mahila Mandal, Ashokji Chandaliya; joint secretary of JVB Ladhun and Ranjitji Kothari; Chairman of the Mahapragya International School Tamkore, Nirmalji Kotecha, President of Terapanth Professional Forum, Sandeepji Kothari; President of All India Terapanthi Yuvak Parishad, and Ashokji Dugarwal; President of Anuvrat Mahasamiti, from India pay their respects to Acharya Shri Mahapragyaji, whilst giving an insight into his knowledge and wisdom.

From the USA, Kamleshji Shah; trustee of JVB Orlando, Surrendraji Kankaria; president of JVB New Jersey, Swatantraji Jain; Chairman of JVB Houston, and Nirmalji Baid; Chairman, founder of Jain Education Research Foundation, and Sunilji Anchaliya; JVB North Carolina, graced us during this auspicious event.

Professor **Peter Flugel from SOAS**, University of London was kind enough to recount his experience of meeting Acharya Shri



## Jain Vishva Bharati London & JAIN WORLD PEACE CENTRE, UK



### cordially invite you all to a **Global Quiz**

....based on Acharya Mahapragyaji's Birth Centenary Lecture Series

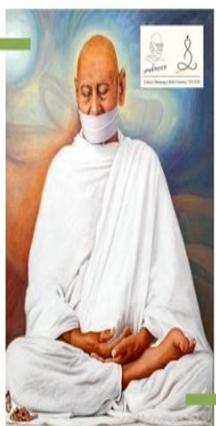


**In Spiritual presence of Disciples  
of Acharya Mahashramanji:**

Samani Chaitanya Pragyaji & Him Pragyaji  
Samani Pratibha Pragyaji & Swarn Pragyaji  
Samani Sanmati Pragyaji & Jayant Pragyaji  
Samani Malay Pragyaji & Neeti Pragyaji  
Samani Punya Pragyaji & Jigyasa Pragyaji  
Samani Jin Pragyaji & Kshanti Pragyaji

**....and in Esteemed presence of Dignitaries:**

Kamal Kumarji Dugar:	Mentor & Chief Patron - Jain World Peace Centre London, UK
Sureshji Goyal:	President - Terapanthi Mahasabha, India
Sandeepji Kothari:	President - All India Terapanthi Yuvak Parishad
Arvindji Sancheti:	President - Jain Vishva Bharati Ladhun, India
Ranjitji Kothari:	Chairman - Mahapragya International School Tamkore, India
Pushpaji Baid:	President - All India Terapanthi Mahila Mandal
Ashokji Dugarwal:	President - Anuvrat Mahasamiti, India
Nirmalji Kotecha:	President - Terapanth Professional Forum, India
Hasubhai Vora:	Trustee - Jain Vishva Bharati London, UK
Nirmalji Baid:	Chairman - Jain Education & Research Foundation, USA
Surrendraji Kankaria:	President - Jain Vishva Bharati New Jersey, USA
Swatantraji Jain:	Trustee - Jain Vishva Bharati Houston, USA
Kamleshbhai Shah:	Trustee - Jain Vishva Bharati Orlando, USA



आचार्य महाप्रज्ञ जन्म शताब्दी परिसमन्वता पर

सबके सिर पर तू रखना तेरा हाथ ये,  
सारी राहें खुलेंगी तेरे नाम से,  
मंजिल पाने को दौड़ेंगे ये पांव ना कभी,  
मंजिल चलके आएगी तेरे नाम से।

तुम्हें पाएं या वो पाएं जो तूने पाया है,  
इस कश्मकश में बहुत समय बिताया है,  
बड़ा नसीब है कि आज सब साफ हो गया,  
ये लम्हां रूह से वो सारी बंदिशें धो गया।



अभिवंदना समर्पित

समणी सन्मतिप्रज्ञा समणी जयन्तप्रज्ञा  
एवं  
आंचलिया परिवार  
राले, नार्थ केरोलिना, अमेरिका




The first prize went to Neha Jinesh Dugar, the second prize to Nidhi Dugar, and the third prize to Ladji Kothari.

We would like to give our heartfelt and sincere thanks to our respected Samani Ji's for their contributions and support for the Quiz: Dr Samani Pratibha Pragyaji, Samani Swarn Pragyaji, Samani Jigyasa Pragyaji, Samani Him Pragyaji, Samani Chaitanya Pragyaji, Samani Jayant Pragyaji, Samani Sanmati Pragyaji and Samani Jin Pragyaji, Samani Kshanti Pragyaji, Samani Malay Pragyaji, Samani Punya Pragyaji and Samani Neeti Pragyaji.

All in all, the Global Quiz Pragyavan was a grand success! Our goals to bring people together, to spread some happiness in these uncertain times, and educate and enlighten ourselves with Acharya Shri Mahapragyaji's teachings have been met with flying colours.

By Sanjana Bengani and Rashmi Bengani

Mahapragyaji and wish the participants great success in the Quiz. Generous cash prizes were rewarded to the first three winners. This would not have been possible without our sponsors from JVB London.



आचार्य महाप्रज्ञ जन्म शताब्दी के पावन अवसर पर

जागे थे तुम स्वयं अतः जग को जगाया।  
जीए थे तुम स्वयं अतः जीना सिखाया।।

१ स्वस्थ रहने का गुर जाना जबसे तुमने।  
बात बात में बोध दे संस्कार जगाया।।

२ आनंद की क्रीमत आंकी थी जब से तुमने।  
बस उसी में जीने का मानस बनाया।।

३ आत्मा का वैभव पाया था जबसे तुमने।  
खुली ज़ुबा से जग को आतम ज्ञान कराया।।

४ पल प्रतिपल खुलते रहस्य के द्वार सारे।  
नया ज्ञान नित दे जगत का भाग्य सजाया।।

५ सार पर ही ध्यान टिकने लगा तुम्हारा।  
दृष्टि से विस्तार हटा, नवनीत पाया।।

६ बोध था करणीय का करते गए तुम।  
कृत कृत्य के पथ पर कदम आगे बढ़ाया।।

७ जीव मात्र को मान दिया अभिमान तजकर  
तभी हवा ने महाप्रज्ञ यशगान सुनाया।।

समनी पुण्य प्रज्ञा जी एवं समनी जिग्याशा प्रज्ञा जी



आचार्य महाप्रज्ञ जन्म शताब्दी के पावन अवसर पर

अंतर का उल्लास जगाएँ  
जला ज्ञान का दीप देहरी पे  
ध्यान मग्न हो जाएँ।

जन्मसदी गुरु महाप्रज्ञ की  
अंतर का उल्लास जगाएँ।।

१ दिया बोध भीतर तुम झांको,  
क्रीमत निज चेतन की आंको।

बहिर्जगत की बियावन में  
नहीं दौड़ा दौड़ लगाएँ

अंतर का उल्लास जगाएँ।।

२ बाहर की इस देह कुटीर को,  
अंतरयात्रा यान बनाएँ

गौताखोरी हो अंतर की  
दिव्य मणि मुक्ता मिल जाए

अंतर का उल्लास जगाएँ।।

३ साँसों की सरगम को साथें  
अनहद नाद जगाएँ।

ज्ञानचेतना वर्ष स्पर्श कर  
ज्ञान स्वयं का पाएँ

अंतर का उल्लास जगाएँ।।

समणी प्रतिभा प्रज्ञा

जैन विश्वभारती लंदन

International Digital Bhakti  
**MAHAPRAGYA'S PEARLS OF WISDOM**

Spiritual Guidance  
Dr Samani Pratibha Pragya  
Samani Swarn Pragya

Sunday 28 June 2020

Minakshi Bhutoria

Pandit Dinesh

Vaibhav Baghmar

Sonam Pipara

Nilesh Bafna

Bharati Sethia

Yash Bothara

Rishi Dugar

Vanita Bhanawat

Sanjay Bhanawat

Ujwal Balar

Reverential Obeisance  
Jain Vishva Bharati  
London

Eternally grateful for showing us the  
illuminating path of humanity and truth

Jain World Peace Centre London

# Mindfulness

**Mindfulness** is about focusing, concentration and one thought at a time. Meditation is also a part of Mindfulness. We can practice Mindfulness in our day to day life and day to day activity. Imagine that you are a pond and in that pond are lots of emotions which are fishes, like angry fish, happy fish, mean fish, kind fish, etc. All you have to do is be just the pond and watch the fishes pass by. But many times, we end up being the fish and hurting others. So here Mindfulness is to be calm and be just the pond and let the fishes pass by.

**How to do Mindfulness** - One way of doing this is to sit straight, close your eyes, hands resting, being calm and relaxed and then take some deep breath and focus on breath. In day to day life, we do Mindfulness in almost everything. Even if we are not noticing, we are doing it. For example, while talking to someone instead of just listening if we respond and give them an answer, it shows a goal of understanding. This is Mindfulness. Imagine our brain is a bubble maker that makes bubbles. Inside these bubbles are our thoughts which don't linger around for long. We can choose which bubbles we want to keep and which we want to let go off. We have the power to pop unwanted bubbles. Also, we have the power to make our bubbles bigger by joining them together. So, it is very important for us to understand which bubbles can stay and which can be popped up. Meditation is also a part of Mindfulness. We can do it with the help of a Mindfulness Magic wand. Imagine a magic wand in front of you, close your eyes and shine the wand on your nose. Feel your breath as it goes in through your nose and out through your mouth. Next shine it over your feet, feel your feet and toes. Then slowly and gradually shine it all over your body. Feel each and every body part. Relax your body and let your other thoughts pass by. Mindfulness is also about being aware of the present moment and not worrying about the past or the future. This is how we will be able to live the moment fully.

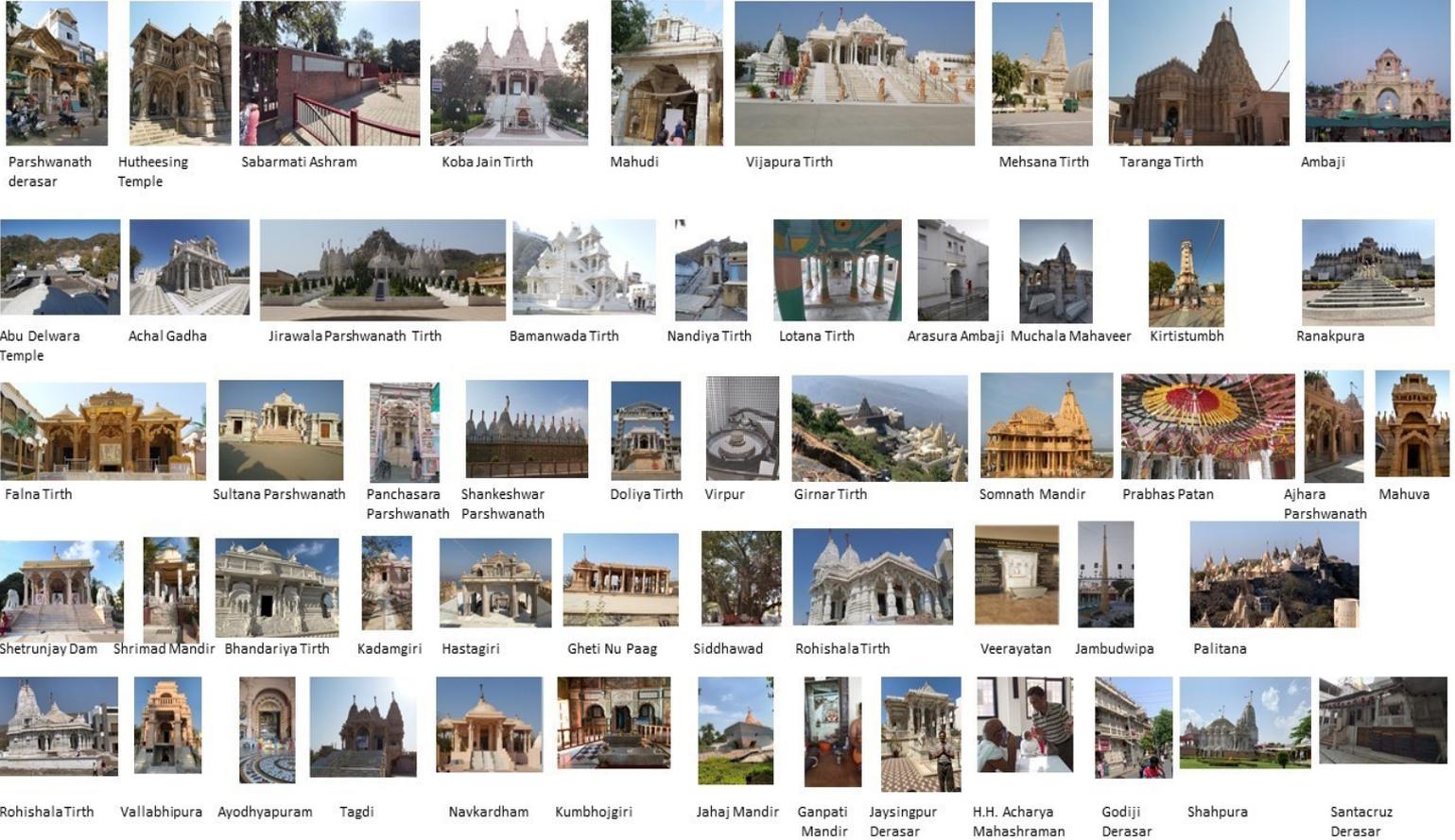
**What does be present really mean?** For example, if you are having a walk in a park with many thoughts in your mind, you are not living the present moment. Instead feel the air and the wind, feel the soft touch of the flower, look at the greenery, etc. In the end I would like to say that this behaviour will lead to lot of benefits for us and we will live a happy and healthy life.

*By Sachee Pritam Bramhecha*

Mindful Kindful Peaceful



# Marathon Yatra in February 2020 by Rajeevbhai Shah



I went on a Marathon Yatra in February 2020 with two of my friends. Within a span of just over two weeks, we travelled around 2000 miles and visited many Jain pilgrim tirths across Gujarat and Rajasthan. I was even fortunate enough to receive blessings from His Holiness Acharya Mahashraman during this trip. A chronological diary of our travels is as follows:

## Day 1

Our Yatra commenced in the city of Ahmedabad where our flight from London landed early in the morning. Our arrival turned out to be perfectly timed as President Trump was visiting Ahmedabad just two days after, which would have impeded our travel plans with many restrictions imposed in the city.

The Yatra began with a visit to a **derasar** near to our Hotel where my family had done pratistha of Shankeshwar Parshwanath Bhagwan in memory of my grandparents.

Our next stop was the **Hutheesing Temple**, which was constructed in 1848 and is one of the most well-known temples in Ahmedabad. It is a truly majestic site and the temple houses a sixty story Kirti Stambh (column of honour) which enshrines an idol of Bhagwan Mahavir. We then travelled a short distance to visit **Sabarmati Ashram** to commemorate 150 years of Mahatma Gandhiji's birth. Visiting the ashram of one of the world's most iconic leaders was a truly sobering experience.

## Day 2

We first visited the **Koba Jain tirth**. It was heartening to learn that this site is where unique Jain research and the preservation of scriptures takes place. **Mahudi** was the next stop where we offered Sukhadi (an Indian sweet) at the feet of Ghantakaran Mahaveer. On the way to the city of Mehsana, we stopped at **Vijapura**, a relatively recent tirth. After praying to Bhagwan Sfurling Parshvanath, we met a Jain monk who

blessed us for our spiritual journey. At **Mehsana**, we did pooja on the gigantic 3.68 metres murti of Simmandhar Swami and here too received blessings from Jain monks including an Acharya Maharaj. By late afternoon, we reached **Taranga** tirth and managed to do the last kesar pooja for the day on Lord Ajitnath. This temple was constructed in 1161 and it is situated in a mountainous region. In the evening, we crossed from the state of Gujarat into Rajasthan and reached the famous hill station of Abu. Despite having covered a distance of over 300km, we did not retire for the night before visiting Nakki Lake.

## Day 3

Early next morning we were excited to visit the renowned **Delwada Temples** of Abu which were built between the 11<sup>th</sup> and 16<sup>th</sup> century. We did pakshal (washing the murtis with auspicious water) and kesar pooja on all of the 5 temples within this complex. The temples were engraved with ornate marble

carvings which were truly breath-taking. Within this blissful temple complex, we were thrilled to see the elephant marble carvings at Hathishala. Within the cellars, we did darshan on an ancient murti of Lord Adinath. There is also a shrine dedicated to Acharya Vijay Shanti Suriswarji Maharaj and such was his prowess that it is believed he had wild animals sitting next to him whilst in deep meditation. It was a moving experience as my grandparents had taken lifelong vows of not eating underground root vegetables from this Guru Maharaj at this location.

We hired a jeep to complete the steep and narrow climb up to our next stop - **Achal Gadha**. This is a fort which was built in the 14<sup>th</sup> Century with splendid Jain temples. We paid our respects to Acharya Vijay Shanti Suriswarji at the shrine which is where he left his mortal body. Then we headed to the miraculous **Jirawala Parswanath** tirth which is believed to have been built in the 12<sup>th</sup> century, but it has been recently stunningly renovated.

Our next stop was at **Bamanwada** tirth, which is exactly where nails were pierced in Lord Mahaveer's ears. The exquisite temple is believed to have been built by King Samprati who had vowed to consecrate at least one temple daily during his lifetime. There were also striking murtis made from precious gemstones in relation to the colours associated with the different grahas (planets). Another famous incident in the life of Lord Mahaveer is when he was bitten by Chandakaushik snake, and the next tirth we visited is **Nandiya**, which is where this is believed to have occurred. Naturally, we were in a state of awe as we prayed at the footprints of the Lord that were on the ground and inscribed with a snake. It was a moving experience simply imagining going back over two thousand years to the exact location where Lord Mahaveer walked the Earth. In a temple nearby, we did darshan of Lord Mahaveer's murti which is believed to be "jeevit" implying it was consecrated by Lord Mahaveer's brother during his lifetime.

A little distance away, our next stop was **Lotana** tirth which is generally desolate, as

hardly any pilgrims visit it. However, this tirth commanded a feeling of serene bliss. The majestic idol of Lord Adeshwar here has an intriguing history, as the pujari explained. It is believed that this Murti was taken to Palitana in the 13<sup>th</sup> century to be installed in the main temple. However, miraculously the murti returned to its original location and since in Hindi the verb "to return" is "lot", this town became known as Lotana. It is hard to imagine the stark contrast, where on one hand millions of pilgrims visit Palitana for darshan of Lord Adeshwar and this same murti could have been there, but instead it is in this discrete location.

As the day drew to a close, we stopped to pay our obeisance to **Aarasuri Ambe Mata**, before finally heading towards one of the most iconic Jain temples, Ranakpura.

#### Day 4

Early the next morning, we travelled to **Mucchala Mahaveer** tirth and as the name implies, Lord Mahaveer's idol had a moustache. The pujari narrated the fascinating history of this temple and the reason why this murti is called Mucchala Mahaveer. We were thrilled to do pooja here in total serenity with absolutely no one else in the temple. Whilst returning to Ranakpura, we stopped at **Kirti Stambh Ghanerao** which is a tower depicting the 27 reincarnations of Lord Mahaveer. We reached **Ranakpura** tirth in time for Pakshal, kesar pooja and mangal divo and the priest gave us a tour explaining the history and the grandeur of the 144 pillars within the temple. Luckily, we were also able to do pooja on the higher story temples, which is open only for a short duration. It would not be an exaggeration to state that given the mind-blowing architectural feat, this temple can easily be one of the wonders of the world.

We then stopped at **Falna** tirth, which has the first Jain golden temple. Our next stop, **Sultan Parshwanath** tirth, has great significance, with its history going back to 1299 at the time of Delhi's Sultan Alauddin Khilji. At Patan, we visited the famous **Panchasara Parshwath** temple with a museum dedicated to Acharya Hemchandra adjacent to it. After this long

and gruelling day, where we covered around 400km, we still managed to reach Shankeshwar in time for the blissful evening bhakti and arti.

#### Day 5

It was a truly beautiful experience to perform Vakshep (sandalwood) pooja on the ancient murti of **Shankeswar Parswanath**, before visiting the newly constructed 108 Parswanath derasar nearby. Although we were energised with spiritual energy, unfortunately, this was not the case for our car battery, which became flat. However, the true Indian spirit of friendship and warm hospitality was bountiful all around us and passers-by enthusiastically got us going.

We did darshan at **Doliya** tirth and distributed many clothes and stationery we had brought along to deserving school children who had come to the bhojanshala for lunch. We then proceeded to the birthplace of Jalaram bapa at **Virpur**. As dusk approached, we could see the temples on Mount Girnar, which we were going to climb the next day.

As soon as we reached Junagadh, we asked for the whereabouts of **Acharya Shree Hem Vallabhvijayji Maharaj** who has taken a lifelong vow of doing Ayembel and climbing Mount Girnar daily. We were fortunate to get his blessings and some words of wisdom. He mentioned that going on a yatra is indeed a noble endeavour, but also how it would be beneficial to us if we relocated to India, the land of ancient spirituality, in order to have constant access to deva, guru and dharma. Furthermore, he explained that the seeds of spirituality stem from self-introspection and confession. As we parted, he gave us a book in English entitled "Confessions of Sins (Bhav Alochana)".

#### Day 6

By 5.30 am we started to ascend the sacred **Mount Girnar** which is supposedly older than even the Himalayan mountain range. The distance from taleti (base of the mountain) to the Jain temples is around 2.7 miles up through 6450 steps (the equivalent to climbing 180 flights of stairs) which took us around 90 minutes to climb. Then, we

decided to further climb to the **Ambaji Temple**. On our way, we saw two dogs, one white in colour and the other black and we learnt that this pair of dogs climb the Girnar mountain daily. Witnessing this was very thought-provoking; what compels these dogs to climb the mountain every day? It must be that they must have a string connection with this tirth in their previous lives and reaffirms one's belief in the theory of reincarnation! We returned to the Neminath temple and received blessings from Acharya Hemvallabh Vijayji Maharaj. He along with other monks recited the pakshal prayers, accompanied with melodious sounds from conch shell and the beating of drums by the pujaris. We were fortunate enough to perform pakshal on Lord Neminath, which is believed to be one of the oldest Jain murtis. The aura was akin to as if we were in devloka (heavens). We then did pooja and darsan at all the peripheral temples.

Rather than descending the same route we ascended, we decided to use the **Shahsavan** route. Along the way, we crawled into **Rajul Gufa** (Cave of Rajul) and did darshan of the statue commemorating the princess who was going to be Neminath Bhagwan's bride, before he decided to follow the path of renunciation after hearing the pangs of pain from the animals who were going to be sacrificed in celebrations of his wedding. The descent was very challenging given the intense heat and it took us almost three hours.

In the evening we reached Somnath, just over 100km south of Girnar.

#### Day 7

We did darshan at the famous **Hindu temple of Somnath** which is believed to be the first of twelve jyotirlinga shrines of Shiva. A short distance away, we went to **Prabhas Patan** Jain temple believed to have been built by Lord Adeshwar's son, Bharat Maharaj. It is thought to be the only Jain temple in India with 9 smaller temples (shikhars) within the main temple, and here, we were blessed to do puja on the miraculous Dokaniya Parshwanath Bhagwan. We then headed to **Ajhara Parshwanath** tirth, which has a

strikingly red idol of Parshwanath Bhagwan. We were amazed to see an ancient ghant (bell) dated to the 11<sup>th</sup> century and got "naman" (holy water) and vakshep (sandalwood powder) to bring back with us. Our next destination, a short distance away, was **Mahuva** where we did darshan of Bhagwan Mahaveer's Jivit murti and paid our obeisance at the shrine of Acharya Nemisurishvarji. The priest explained to us that the flowers which are placed on his feet do not wither at all. After covering a modest 300km we reached Palitana in the evening and were excited to do darshan at the taleti (base of the mountain).

#### Day 8

We decided to visit various pilgrim sites around Palitana. We first went to **Shatrunjay Dam derasar** and did darshan of Sahastrafana Parshwanath Bhagwan. We decided to venture into an adjacent building and we were surprised to see a plethora of ancient murtis, old artefacts and relics. What a treasure trove!

Our next stop was the **Shrimad Rajchandra Ashram**, where we did darshan at the Adinath Jain mandir. The next tirth we stopped at was **Bhandariya derasar** followed by **Kadamgiri** named after the second ganadhar (disciple) of Lord Adeshwar, who achieved salvation here. We then went to another peak close to Palitana, **Hastagiri**, with its majestic temples and pillars and from here, the divine temples of Palitana could be seen in the distance. As a child I recall that when this temple was being renovated my parents had donated one of the pillars and to witness this grand temple was indeed blissful. The next stop was at **Gheti Derasar** and we visited the temples where people doing Navanu (99 pilgrimages of Palitana) descend and climb back up to the main temples of Palitana.

We then went to **Siddhawad Jain** mandir which has a majestic tree where many souls are believed to have achieved salvation. We were told that there are two trees that Jains revere – one is Ryan tree at the top of Palitana and the other is Siddhawad.

There was no better way to finish our day's travel than visiting the inspirational **Veerayatan School and Eye Hospital**. It was beyond impressive to see the high standards and facilities offered to the deserving community of Palitana and nearby villages.

#### Day 9

At 5.30 am, mustering all our excitement, we began our climb of **Palitana**, following the **NavTuk route**. It was amazing to learn about the history of these majestic temples. For example, interestingly, there is a Muslim Pir (shrine) just as one enters the NavTuk temples complex. We were also thrilled to do darshan at the Ajitnath and Shantinath temples where it is believed the Ajitshanti Sutra was composed. We then did Pakshal on Lord Adeshwar's murti and sat in front of the murti in quiet contemplation as to how fortunate we were to be at the holiest of all Jain pilgrimages.

We proceeded to do darshan at many of the prominent temples including the Ryan tree, Pundarik swami temple, the Nem Rajul carvings on the pillar, Chakeshwari mata's shrine and Paap Punya ni Bari (where legend has it one must crawl underneath a narrow opening in a camel statue, to purify yourself). It took us about one hour to descend and before reaching the base, we visited the Kirtistumbh temple and the Samovasaran temples found near the base of the mountain. I was overjoyed to see my name inscribed at the bottom of the photo of Benaras Parshwanath sponsored by my grandparents at this temple.

In the evening, we went to **Rohishala Tirth** which has recently risen to fame for the Arti done near the Shantrunjay riverbank facing the Palitana mountain.

#### Day 10

We left Palitana early and our first stop was **Vallabhipura** where in the 6<sup>th</sup> century it is believed that 500 Acharyas organized a conference and compiled the written Aagams which we currently have. The shrine dedicated to the Acharyas was amazing to see and the adjacent temple is designed to remind one of Palitana with a replica of taleti.

A short distance away we stopped at **Ayodhyapuram** with a majestic idol of Lord Adeshwar. We then did darshan at **Tadgi** and **Navkardham Tirth**. Here we split, with one of the friends going to Mumbai whilst myself and the other friend took a flight to Pune and then a taxi for a 200km journey to Jaysingpur, a town near Kolhapur in Maharashtra.

#### Day 11

We went on a pilgrimage to **Kumbhojgiri** tirth which is on top of a small mountain and takes about 15 minutes to climb. We did pooja of Jagvallabh Parshwanath Bhagwan and some ancient idols found under the open sky. We also did darshan at a unique temple in the shape of a boat, **Jahaj Mandir**, signifying that our Tirthankaras are ford-makers inspiring us to cross the ocean of life and death. We also visited **Ganpati Mandir** by the banks of River Krishna.

#### Day 12

We did darshan at the **Digambar Jain Mandir** and **Swetambar Dharmanath** derasar. It was indeed a great coincidence that at the same time, **His Holiness Acharya Mahasraman** of the Terapanth sect was also in Jaysingpur. I managed to get a special audience with His Holiness Acharya Mahashraman and expressed my gratitude to him for blessing

Respected Samani Ji's to be posted at the Jain World Peace Centre in London. I explained the plethora of activities Respected Samani Ji's are engaged in and how the entire society is benefitting with their presence. Having Jain nuns in our midst is indeed a unique feature of JVB London. I also managed to get blessings from Sadhvi Riddhi Prabhaji (who was previously Samani Rohit Pragyaaji) and Sadhvi Unnata Prabhaji (who was previously Samani Unnata Pragyaaji). They both had previously spent a long time in London. We then took an overnight Mahalaxmi train from Jaysingpur to Mumbai.

#### Day 13

During the last stage of our trip in Mumbai, I first went to **Vimalnath Derasar** consecrated by my maternal grandparents in Matunga. In the afternoon we ventured on the local train and went to **Godiji Parshwanath** derasar. The murti here supposedly originated in Pakistan and this temple is one of the oldest in Mumbai at over 200 years old.

#### Day 14

The next day we visited **Manas Mandir at Shahpura** tirth which is about 80 km from Mumbai. Many people mentioned that there are numerous snakes (nag bapa) who appear in the surrounding trees or shrines. Just as we

were praying at the smaller shrine, a Jain Sadhvi mentioned that a snake can be seen on the roof near the electricity connection. However, only the head was visible (even that barely!). Despite this, I started reciting mantras and lo and behold within a few minutes the snake fully emerged out of the small opening to nearly an arm's length. It was facing the deity and we genuinely felt blessed to do its darshan.

#### Day 15

Our last pilgrimage for this Marathon Yatra was at the **Santacruz Jain** derasar. Coincidentally we met a Jain Sadhviji who blessed us and recited Mangalik for our return trip, a befitting end to our trip!

#### Conclusion

What an epic journey it was, and we completed it just in time. Little did we know that just within days of our return, a barrage of travel restrictions associated with the tragic COVID-19 pandemic would be imposed. Ironically, it seems we covered our "marathon" yatra at a sprint pace, with almost 2000 miles travelled over a period of just over two weeks. We were very fortunate to be able to do darshan at some of the most exquisite and sacred Jain tirths, a once-in-a-lifetime trip.

## JVB Gyanshala London

With the blessings of H.H Acharyashri Mahapragya and under the guidance of Samani Ji's, JVB London Gyanshala has been providing education related to Jainism and wider aspects of spirituality to children since 2004.

Children from 4 to 14 years of ages attend the classes at JVB Centre in Harrow-on-the-Hill as well as at other volunteer coordinated places across London and England. In spite of COVID-19 lockdown, our classes are continuing as normal virtually over Zoom and are broadcast live on youtube.

#### **Our Mission**

JVB London Gyanshala strives to impart to its students

skills for strong physical, mental and emotional health. It strives to inculcate life values in children that help them to grow into responsible adults, who respect their fellow beings, care for their environment, understand & appreciate other religious beliefs and have empathy for those who are less fortunate.

Gyanshala is open to all children between the ages of 4 and 14 years. Classes are conducted by Samani Ji's and volunteer teachers.

Topics include various elements such as yoga, meditation, Jain philosophy, history, prayers, rituals and much more.

**For more details please contact JVB Gyanshala at :**  
[jvbGyanshala@jvblondon.org](mailto:jvbGyanshala@jvblondon.org)

# Young Jain Minds Newsletter



**Mahavir Jayanti  
celebrated by JVB  
London by  
Gyanshala Children  
on 6<sup>th</sup> April 2020**



Follow the Path of Non-Violence,  
Take the Holy Pledge  
on This Auspicious Day of Mahavir Jayanti  
**Happy Mahavir Jayanti!**



## Ahimsa Paramo Dharam

By Sneha Jain

Children from the age of 4 to 15  
presented digitally and very  
beautifully 14 dreams and their

***“Live and let live”***  
***– Bhagwan Mahavir***

Ahimsa ke moti ve lutaane aye the,  
Gyan ke dweep ve jalane aye the,  
Agar tum andhakar mein bhatko  
toh bhagwan kya kare,  
Mahavir toh Andera  
mitane aye the.

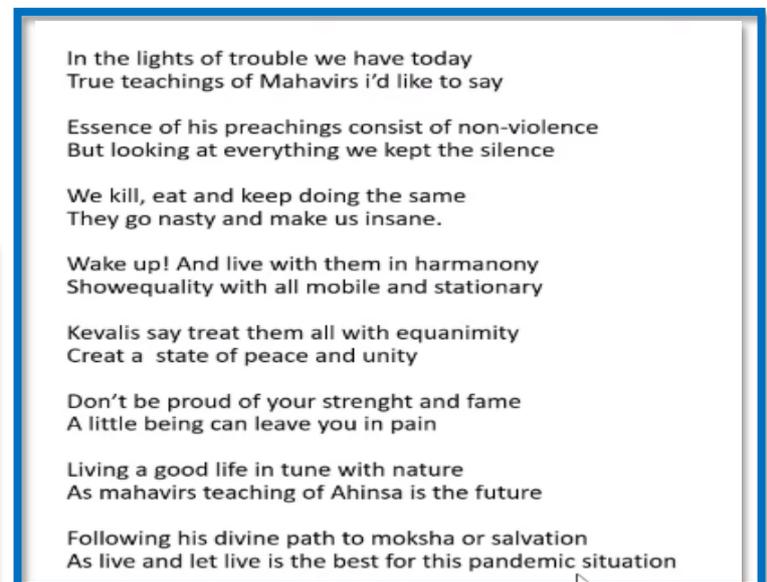
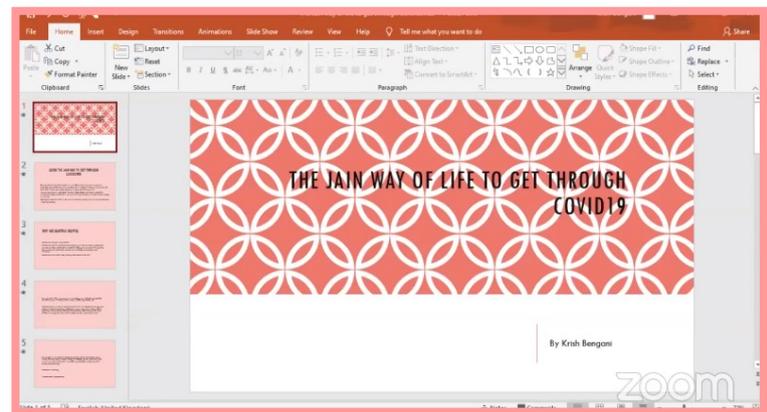
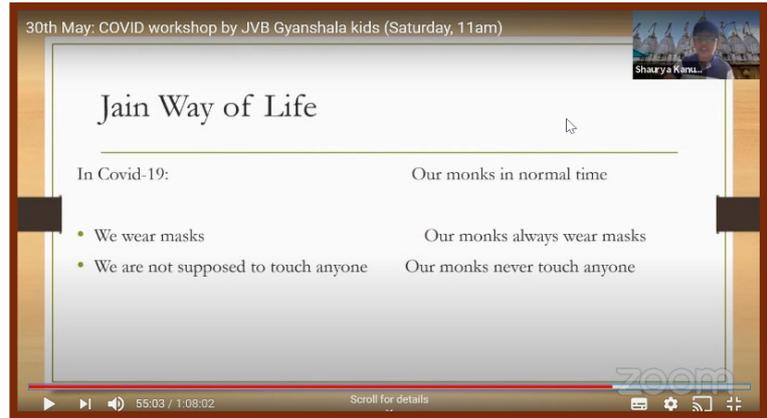


# COVID-19 Workshop *By Shaurya Kanuga*

The COVID-19 Workshop was very interactive (for example) where each children was asked to prepare and present certain aspects of Jain Ways of Life and how to manage life in COVID-19. Some children had prepared a poem, some had made presentations, while few of them made art. There was also useful tips on developing immunity and also a live interactive quiz using Python. Overall it was very informative, fun filled and provided children a chance to show their ability and creativity. Finally we would like to thank Gyanshala teachers in coming up with such a wonderful event and we would also like to thank Neha Aunty and Vishal Uncle for their encouragement and sponsoring a prize to each presenter.

## Below is a list of children's presentation:

1. Siya - Poster
2. Neil Jain (s/o Siddharth Jain) – PPT Presentation
3. Aryana - Speech
4. Aarna Gemawat - Power of Navkar mantra
5. Adhyatam - Poster
6. Aaira - Entertainment Piece
7. Neil (s/o Rupali & Sunil Duggar) - Speech
8. Rachit – PPT Presentation
9. Sanchi - Poem
10. Kshitij - Cooking Session
11. Aarna (d/o Vishal & Neha) - Poster
12. Krish – PPT Presentation
13. Sneha – Art Work
14. Shaurya – PPT Presentation
15. Dhruv – PPT Presentation
16. Divit - Quiz (on python)



### Why you should attend Bhaktamara??

- It is a good way to learn slokas.
- It respects god – adinath bhagwan
- Calms your mind
- Help you learn quicker
- It is consistent, as it is everyday
- Connects us with god
- Increases our brain power
- Some slokas are very core so we must know it

# Learning Bhaktamar Stotra *By Krish Bengani*

Due to the recent appearance of the Coronavirus, it has been impossible for the people of the Jain community to visit Jain World Peace Centre as usual. But thankfully the Samani Ji's' organized Zoom Sessions every single day at 7:30 to 8pm for anyone to join and learn about the Bhaktamar Shlokas, and as of now Pratikaman.

In addition to this there are weekly one-hour sessions where anyone who volunteers can talk, learn, and present anything they want to. Many adults and children participate, and we have found that many children have learnt more than 20 Shlokas in less than a month and a half. In the daily sessions the children learn to memorise each Shlokas of Bhaktamar one at a time and understand the meaning and often many stories are included to make sure even the younger ones of our group enjoy these sessions. The goal of these lessons is so that each individual child can recite as much Bhaktamar by heart as possible and get benefit of the blessings and positivity

generated by recitation of Bhaktamar stotra. We have found that all age groups have progressed and have found multiple positive results.

Bhaktamara **Stotra** is a famous Jain Sanskrit prayer. It was composed by Acharya Manatunga (seventh century CE). The name Bhaktamara comes from a combination of two Sanskrit names, "Bhakta" (Devotee) and "Amar" (Immortal).

तुभ्यं नमस्त्रिभुवनार्तिहराय नाथ !  
तुभ्यं नमः क्षितितलामलभूषणाय ।  
तुभ्यं नमस्त्रिजगतः परमेश्वराय  
तुभ्यं नमो जिन ! भवोदधि-शोषणाय ! ॥२६॥

*Tubhyam namastribhuvanartiharaya natha  
Tubhyam namah kshitalamala bhushanaya.  
Tubhyam namastrijagatah parameshvaraya  
Tubhyam namojina! bhavodadhi shoshanaya. :26*

# Father's Day Card Making!! *By Sanchi Mehta*

The Father's Day card making was a big success and all the children let their creativity go wild. It was a very well organised event because everyone was well prepared, and they knew what type of card they wanted to make in advance so there was no confusion during the card making session. All the children were very excited and enthusiastic about card making.

I bet that this Father's Day was an unforgettable one (as we are in quarantine). We thank Vinita aunty for organising this session. It was great fun.



# Special Zoom Family Birthday Celebration with Samni ji's by

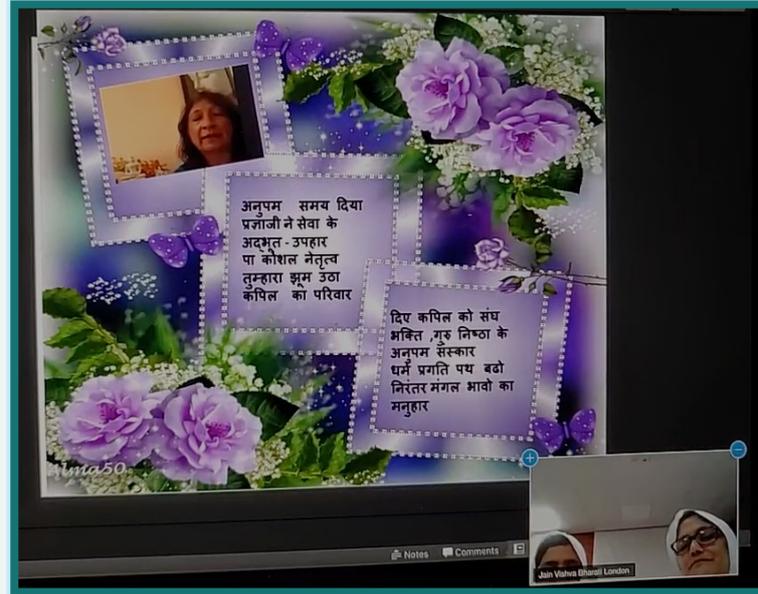
As we have more than 20 family birthdays in the month of June, I decided to do a special Zoom Birthday Celebration for all the family members with our Samnijis.

I had sent all the names and their birthday dates in date chronological order.



On 17<sup>th</sup> June at 5 PM, all family members were waiting for the zoom to go live so eagerly and have Darshan of both Samijis and their special blessings.

We had 22 members joining this special celebration from London,



Sudan, Nairobi, USA and Canada.

I was so excited to welcome all.

Shubham from Digital Committee had organised the zoom meeting.

Shubham welcomed everyone exactly at 5 pm. Everyone was present, more than 30 family members, eagerly awaiting for Samnijis to come on Zoom.

Samnijis started with Maha Navkarmantra and five minutes

meditation for all.

Both Samnijis had prepared special flyer for each member of the family and we went round all of them, welcoming each. Samnijis flyers were shown on the screen and they spoke out loud for each



and every member. It was really fantastic.

All family members were thrilled to get the special blessings for their birthdays.

There were special positive vibes everyone felt from their own home.

Samnijis finished the special celebration with Manglalik and best wishes.

Hasubhai, the President of JVB London also thanked everyone and gave his special wishes to all.



I was overjoyed that we could bring all the family members together from all over the world and could do this in today's Lockdown situation and bring joy to all members of the family.

## JVB London Community Support During the COVID-19 Lockdown 2020

The spread of Corona Virus had become a 'pandemic' by end of February 2020, with increasing number of positive case of Covid-19 across the world.

The effects of this pandemic began to impact UK by early March, when the Government took the decision to impose a complete lockdown across UK. First time in most of our lifetime, where we saw the country come to a complete standstill within days, with closure of all schools, businesses, shops (except essential), hotels, restaurants, attractions etc.

Panic, fear, anxiety are some of the emotions people globally were experiencing due to hearing the daily updates of the death toll and confirmed positive cases.

Supermarket shelves were constantly empty as people began panic buying food and essential items, as rumours spread that there will be shortage and non-availability of certain produce/products.

To control the spread of the virus from country to country, and within the country, many governments took the unprecedented action of banning/restricting all non-essential travel including flights. The repercussion of cancelled flights meant that thousands of people had been stranded in the UK, away from their family and home. This included a large percentage of people from India who were stuck here either living with relatives, friends or acquaintances.

Rajeshbhai Jain, one of the JVB London Trustee, took the challenge of seeing how JVB London can help and support the community at large during this unprecedented and difficult period.

Sharing his vision of helping to the other Trustees, Rajeshbhai came up with the idea that JVB London as an organisation with the support of volunteers will leave no stone unturned to help people whose daily life had been impacted unimaginably, during this extremely challenging times.

The type of services offered to support people ranged from friendly chat on the phone, delivery of essential items to the vulnerable and most importantly medical guidance.

Rajeshbhai spearheaded medical support with a team of doctors who generously volunteered their time for telephonic counselling and guidance, despite being on NHS Frontline duties themselves.

Hundreds of people were informed of the accessibility to a medical team through emails, WhatsApp messages and JVB website. **The team included:**

1. GP's
2. Gynaecologist
3. Paediatrician
4. Dermatologist
5. Orthopaedic
6. Urologist
7. Psychiatrist
8. Cardiologist etc.

The individual doctors re-enforced that they were purely providing

timely guidance, and everyone needed to follow the NHS route for any required treatments.

Four Trustees; Pragnaben Damani, Sunil Duggar, Rajesh Jain & Hasubhai Vora came forward to be the first point of contact for people who were seeking medical advice, so they could connect them with the right specialist. They received calls at all hours of the day, firstly managing to calm the caller with an empathetic approach before arranging a call by the specialist doctor.

Furthermore, the Samaniji's were also playing a pivotal role in with personal telephone consultation for people who were suffering from stress, anxiety, fear and panic. They managed to bring about calmness and reduce the level of fear, through additional meditation sessions, mantra chanting and prayers. JVB London's main aim was to encourage people, not to panic, remain calm and stay positive. The dedication and hard work of JVB London Community Support was acknowledged by the High Commissioner of India – Ruchi Ghanshyam, who arranged a special Zoom meeting to personally express her gratitude to the team.

JVB's key points to follow during the pandemic:

**Don't panic! Keep calm! Remain**



**healthy! Stay safe!**

*By P Damani & A Amlani*

## Navgraha Shanti Preksha Media-

Navgraha Shanti Preksha Meditation class is conducted from 6:00-6:45am and is a perception-based meditation. This session helps us to understand the similarities in the universe and human body on a macro & micro level.

Acharya Mahapragya mapped 9 planets in the psychic centres of Preksha Meditation. The 9 planets

have their specific locations in the human body and this session employs different colours and mantras from Namaskar Mahamantra to pacify the bad effects of the planets and purify our inner energy.

There are many benefits of doing this meditation early morning and is a great way to start your day!

## Activities at JVB

JVB London has been established since 2003 and operates under the auspicious guidance of Respected Samani's, based on the philosophy laid out by Late Acharya Tulsi, Late Acharya Mahapragya and currently His Holiness Acharya Mahashraman.

- **Preksha Meditation :** Preksha Meditation is the path of self-awakening and self-realization. Its practice helps to connect one's soul at its most

profound level and finally achieve a state of super consciousness. All seven process of Preksha meditation puts one in touch with enlightenment, peace of mind and permanent bliss that the whole world aspires for

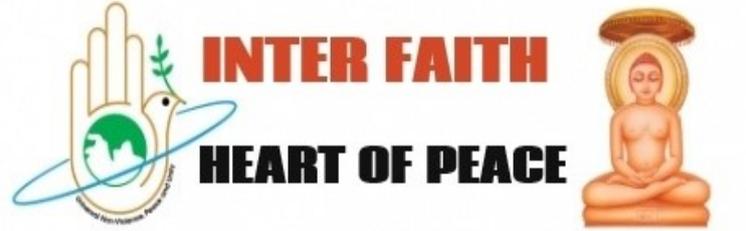
- **Yoga Classes:** Yoga Classes Every Wednesday and Sunday.
- **Gyanshala:** Spiritual Classes for 4-16 Years old.

## Bhaktamara Stotra & Preksha Meditation

Bhaktamara Stotra & Preksha Meditation class is conducted from 7:00-7:30am and the recitation of Bhaktamara Stotra is done followed by Preksha Meditation.

Bhaktamara has miraculous power and consists of 48 verses and includes

devotional poetry of 7<sup>th</sup> Century from Acharya Manthu. Bhaktamara Stotra has significant value of health, well being & protective energy of various types of evil effects. Bhaktamara Stotra is one of the most profound prayers in the Jain tradition.



**INTER FAITH  
HEART OF PEACE**

**JAIN VISHVA BHARATI, LONDON**

**Jainism preaches 'to live and let live'**

*All the faiths focus on peace & harmony*  
*"Do not injure, abuse, oppress, enslave, insult, torment, torture, or kill any creature or living being." - Lord Mahavira*



*Meditation, Yoga and Stress Management Sessions under guidance of Jain nuns*

The Inter Faith Network for the United Kingdom

## Upcoming Events

People with different faiths and culture across the globe are fervently praying for the world to overcome the clutches of the COVID-19 crisis. The Jain community in the UK is blessed to have **Dr. Samani Pratibha Pragyaji** and **Samani Swarn Pragyaji** conducting various spiritual live broadcasts on the **JVB London YouTube channel**.



# JVB London Financials

Purchase of the Centre has enabled us to increase the activities in furtherance of JVB's aims.

There are still Loans outstanding which create a financial pressure on JVB – any support that you can provide will be greatly appreciated and allow us to fulfil our vision to become debt free in the medium term.

This would also reduce our annual ongoing expenses by the amount of the bank interest

## Loans outstanding - August 2020

	£
Bank Loan	225,000
Soft loans	95,000
	<u>320,000</u>
Annual bank repayments	<u>24,000</u>

## Ongoing annual expenses.

### Jain World Peace Centre

	Annually £
Rates & Ins, Gas, Electricity, Telephone, Water & Cleaning	11,800
Bank interest on JWPC Loan	7,500
Sub total	<u>19,300</u>

### Samaniji - Travel

International (including visa fees)	8,000
Local	2,000
	<u>10,000</u>

Total annual ongoing expenses	<u>29,300</u>
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## Jain Vishva Bharati - London Jain World Peace Centre

Jain Vishva Bharati is embarking on a global expansion to propagate the ethos of Jainism and Peace with its esteemed ideals of Anekant (multiplicity of viewpoints), Ahimsa (non-violence), Tolerance and Peaceful co-existence for the amelioration of mankind by establishing a permanent centre of JVB in London to be named as Jain World Peace Centre (JWPC).

With the gracious blessings of His Holiness Gurudev Acarya Mahashramanji, the centre will have constant presence and guidance of Samanijis for the benefit of all Jains and the wider community. This will be the only Jain institution in Europe to have a continuous presence of Jain saints.

It is with immense pleasure and joy we wish to inform you that JVB London (JVBL) will be completing the purchase of 39 Roxborough Road, Harrow, HA1 1NS, UK around 31 April 2018 depending on when all legal formalities are complete. This property will be called Jain World Peace Centre (JWPC) and will meet all our objectives and criteria for this unique centre. The property is a landmark location for JVBL, has D1 use, with large double story floor space for events, on-site parking and walking distance to Harrow-on-the-Hill tube station.

We welcome you to be part of this momentous foundation to propagate Jaina principles of universal



peace and to establish a pinnacle of holistic development for future generations.

We have come up with a scheme of supporting bricks with each Adult Brick having a value of £5000. Our funding requirements will be met if we get support of 108 Adult bricks.

We also believe that children and the youth can sponsor with each Child Brick having a value of £100. These are suggested schemes, however, depending on individual circumstances and preferences, any amount you are able to support will go a long way to establishing this unique centre to benefit the entire society and future generations.

Even a support of £1 from a child's piggy bank given with heartfelt feelings will be most welcome.



**ADD YOUR BRICK**  
(To create landmark for peace!)

Adult Brick Value of £5000  
Child Brick Value of £100

### MyDonate

on-line link as follows:  
<https://www.totalgiving.co.uk/donate/jain-vishva-bharati-london>

### Bank Transfer

Account name: Jain Vishva  
Bharati London  
Sort Code: 60-24-04  
Account number: 85716065

### Contact Us

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Mr. Rajesh Jain | 07796 134301  
Dr. Sunil Dugar | 07878 312314  
E-mail: [jvblondon1@gmail.com](mailto:jvblondon1@gmail.com)  
[www.jvblondon.org](http://www.jvblondon.org)

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[Ahimsa Paramo Dharma]

Find us on the Web:  
[www.jvblondon.org](http://www.jvblondon.org)

Charity No: 1106357



# TRUSTEES



**Mr. Hashubhai Vora**



**Mr. Manickji Choraria**



**Dr. Sunil Dugar**

## ACTIVITIES

- Gyanshala for kids of different age groups
- Regular Preksha Meditation training/sessions
- Weekly Yoga Classes
- Weekly Classes: Stepping into Jainism for Beginners
- Weekly Classes: Introduction to Tatvartha Sutra
- Jain Teachers Training Workshops
- Certificate Course on Jainism : Religion, Life and Philosophy
- Dissolve the Past & Evolve The Future : Family Camp and Retreat
- Women's Health and well-being
- Children's Yoga and Meditation Classes
- Various Guest Lectures and workshop
- Jain Cultural/Community



**Mr. Rajesh Jain**



**Mrs. Pushpaji Banthia**



**Mrs. Pragnaben Dama**



**Mr. Rajeev Shah**



**Mr. Jeet Dhalaria**



**Mr. Bansi Shah  
(Treasurer)**

**JVB London remains eternally grateful for the following Generous Donations received towards establishing a permanent abode - Jain World Peace Centre London**

*Designed by Y Jain*