



May 2017

Jain Digest

Volume 5



A Publication by the Federation of Jain Associations in North America



“Samavasarana: The Divine Preaching Hall
of the Tirthankar”

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A Publication of the Federation of Jain Associations in North America (JAINA)

JAINA is an umbrella organization of local Jain Associations in U.S.A. and Canada. The purpose of the organization is to preserve, practice, and promote Jain Dharma and Jain Way of life.

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Editor's Note



Om Shri Veetragey Namah

Jai Jinendra,

Thank you very much for your compliments on the December issue. It is really heart-warming to see how appreciative our readers are! We are grateful for your support and encouragement.

Our scriptures describe "Ten Supreme Virtues" – often known as "Das Laxana" – which begins with Forgiveness and next in line is "Humility", that is our theme for this publication. Our journey on the spiritual path starts with humility or "Vinay". But quite often our ego becomes an obstacle on this path. Hence any discussion about humility is not really complete unless we also talk about the ego. And thus, the theme was changed to "Ego and Humility".

The cover page shows "Samavasarana" where Tirthankar Bhagvan gives sermons. Prior to His Nirvan, Bhagwan Mahavir gave a 48 hour long sermon which is compiled in Uttaradhyayan Sutra. The first adhyay in it is on "Vinay". Hence this picture was chosen for the front cover. Article by Swadhayaykar Dilipbhai Pasat provides the summary of the Vinay adhyay. The article "Multi-faceted Ego" explains the eight types of ego from Jain scriptures.

A few other articles show how ego is the root cause behind some of the behaviors that we consider 'normal' and how ego prevents us from marching ahead on the path to eternal happiness.

The article "Developing Humility" shows how this virtue can be developed. In addition to describing how religious practices, the article also shows some introspective practices that can be followed to become more humble. Many times, the best teacher is seeing some real-life examples. In the article on humble personalities, we show you how a few eminent world figures exhibited this quality.

In each issue of the magazine our attempt has been to provide you various aspects on the theme that we select. I hope that you find this educational, enriching and introspective.

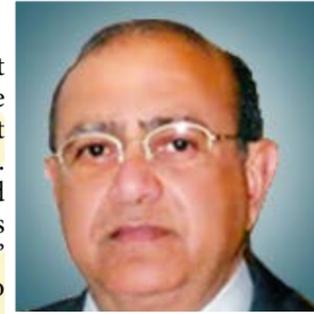
In addition to these thematic articles, we also bring you details of the upcoming JAINA Convention and in the article about "Luvin Arms", Dilipbhai Shah takes you on a tour of this amazing animal sanctuary near Denver, Colorado.

We certainly hope you enjoy reading the May issue and provide us your valuable feedback by writing to us at jaindigestpublication@gmail.com.

In Seva,
Dilip Parekh

Jain Digest-Chairman's Message

Jai Jinendra,



I am happy to announce that the past Jain Digest issue (December 2016) was the first to be financially self-sufficient. We worked diligently and found that one of the factors in this success was the "Sponsor a Leaf" campaign. Our sincere thanks to all the contributors.

I invite you to continue your participation in future campaigns and contributions that help this publication fulfill its meaningful mission to strengthen our communities and spiritual bonds.

We have been hard at work with our April 2017 issue. Its themed "Ego & Humility". I am sure you will enjoy reading articles from different authors who have put their valuable time and efforts in writing on this topic. Please note that the pdf version of the magazine will be available at jaina.org.

On behalf of the Jain Digest and JAINA Calendar committee, I want to take this opportunity to thank everyone who gave an abundance of compliments. We had testimonials from hundreds of members appreciating the priceless gift provided by bringing out the 2017 Calendar illuminating ancient Jain Art.

The JAINA Calendar committee thanks and appreciates each and every one who mailed their donations from \$5.00 up to \$2,000.00 towards this beautiful 2017 calendar. Your contribution is the force behind our efforts to come up with exceptionally high quality calendars year after year.

We are always looking for volunteers that can help with content development and design. If you would like to participate in this creative and rewarding endeavor, please contact us at jaindigestpublication@gmail.com. As always, your input is also welcome on any improvements we can do to our publication.

On behalf of Jain Digest Committee I ask for forgiveness if we have missed or misrepresented any information while presenting any of the material to the best of our knowledge.

My sincere gratitude goes out to all the authors, the editorial and graphic teams for job well done.

Thank you with warm regards
Mahesh Wadher

JAINA PRESIDENT'S MESSAGE



Jai Jinendra!

My term as the President of JAINA is coming to an end in July 2017. I would like to look back at the entire term with a sense of pride and satisfaction as phenomenal progress has been made in last 2 years for JAINA. The honor and respect I have received while carrying out my responsibilities has been a humbling experience. JAINA is now a very well-known and well-respected organization around the globe. Today, not only Jains in North America but Jains, worldwide benefit from the good work of JAINA. Blessed are the souls who have inherited Jain religion.

My visit to many Jain Centers in North America, Australia, New Zealand, Europe and India gave me a better insight into our global Jain Community. I was fortunate to meet many Jain Center Leaders, JAINA Directors, held town hall meetings and participated in Q&A sessions about member's expectations from JAINA.

The accomplishments and activities, which made my Presidency so rewarding, are summarized below:

JAINA has become much **stronger financially** over last 2 years. Our vision of outsourcing JAINA work to a team in India in 2015 has already saved over \$ 150,000, while tripling JAINA staff. Jain Digest, for the first time, has become self-sufficient since 2016 and it will save \$ 60,000 per year. Thanks to Maheshbhai Wadher for realizing this elusive vision of JAINA for last 35 years. These savings are also our earnings which help us to do more philanthropic work. It is important to note that such systematic change will **reduce JAINA costs by over \$ 150,000 every year**, thus ensuring JAINA will be self-sufficient in the future.

JAINA in last two years has attained many firsts. JAINA, with its presence in the social fabric of USA, could organize its exclusive event in **White House** for the first time in the history of USA. The Event was blessed with the presence of Acharyashri Chandanaji and Sadhvi Sanghmitraji. As your JAINA President, I got the opportunity to address White House on opportunity to achieve "World Peace through Non Violence" – Theme of the Conference.

In our further debuts, JAINA organized Padmavati Devi Pujan at **Capitol Hill**, which was a history in the making. These events show the way JAINA has been accepted by not only Jains in North America but also by the highest levels of Government in North America.

For the growth of our religion, knowledge of our religion and values being shared with the main stream non-Jain Community is also a very important step. Today, with the support of generous Donors to the tune of total \$ 25 Million, we have established **Jainism Chairs in 15 Universities** across USA – mostly over last 2 years. My special thanks to Dr. Sulekh Jain and Dilip Shah – Philadelphia for leading this effort.



Government of India also recognizes the work of JAINA. I had an opportunity to represent JAINA at a **Luncheon with PM Narendra Modi**. JAINA Delegation recently met the first **JAIN Chief Minister of Gujarat**- Mr Vijay Rupani in Ahmedabad. Mr Rupani expressed interest in partnering with JAINA on Keep Palitana Clean project.



We have increased the frequency of **JAINA eNewsletter** from **monthly to weekly** with distribution to 20,000 families globally. We have seen steady increase in our weekly eNewsletter hits. It is indeed a monumental project to produce eNewsletter every week. In addition, we published daily Newsletter for all **18 days of Paryushan and Das Lakshana Parva** last year

As I write this message at end of March, 2017, we are preparing for upcoming launch of **24x7 JAINA Mangalam App**. It will be available at any time and from anywhere on your home TV, Smart Phone, Tablet or any internet connected device. It will provide a variety of programs like Global Jain News, Stavans, Religious lectures, videos etc.. It is a huge collection already and new content will be added regularly. Thanks to Mamta Shaha, Chairwoman – Media Committee, for her outstanding efforts to realize this vision for JAINA.



JAINA recently created history by launching **On-line Pathshala** through its youth wing YJA and it will help us nurture our future in a befitting manner. Today, with this on-line Pathshala, every child born in a Jain family and residing in any part of the world has the opportunity to gain basic knowledge of Jainism.

JAINA Convention in Atlanta in July 2015 was a life-time memorable event. After its huge success, JAINA is going to create history again with upcoming JAINA Convention in New Jersey as for the first time we will have JAINA Convention for 5 days. Please do attend JAINA Convention as its going to be an amazing experience. Thanks to Gunvant Shah, Convener, for his strong leadership for JAINA Convention 2017.



JAINA had taken a lead in collaborating with global Jain leaders to attain stay order from Supreme Court of India at the time when Rajasthan High Court outlawed practice of **Sallekhana/ Santhara**. We at JAINA shall always support with such causes whenever the principles of Jainism are challenged.

Membership growth of JAINA has been phenomenal and we could increase our membership strength from 64 in 2015 to 68 Jain Centers in 2017, which is a record over last decade. Thanks to Haresh Shah, Chairman – Membership Committee, for his extra-ordinary efforts to achieve this milestone.

JAINA had co-sponsored **AHIMSA award at Parliament of World Religions**, which was introduced for the first time. Jain Temple replica at the entrance of the Conference at Salt Lake City was an attraction for 30,000 attendees. JAINA booth was also well visited. Many Jain scholars were keynote speakers at the Opening and Closing ceremonies.

JAINA has always stood by victims of any natural calamity and same was true when **Nepal Earthquake** struck. World Community Services Committee, under leadership of Prakash Mehta, was successful which was used for school and infrastructure development projects in Kathmandu, Nepal.

Virtual tour of temples is a new feature that was introduced at our web site www.jaina.org. You can do virtual darshan in real time at anytime from anywhere.

In this world of technology, today JAINA has much stronger **Social Media presence**. We increased from 100 to over 15,000 followers in last 2 years on Social Media platforms including Facebook, Twitter, Instagram and Blog. Social Media channels and our website are updated daily.



JAINA strongly believes in interacting with Inter faith religious leaders and acknowledges **Pope Francis for recognizing JAINA** for keeping its commitment to protect and care for Earth in a meeting held in Vatican, Rome in June, 2016.

JAINA has its strong presence amongst the youths of America through **YJA- Young Jains of America**. Congratulations to YJA team on completing 25 glorious years in 2016. YJA was formed in 1991 at JAINA Convention held at Stanford University. **YJA Convention** held in July 2016 in Los Angeles was very successful. Personally, it renewed my faith in our Youths, the future torch bearers of JAINA. Our Youths may not visit Temple regularly but they practice Jainism in daily life. Our Youths' humility, energy, enthusiasm for Jain values, discipline, organization prowess and honesty gives me confidence that Jainism will be alive and well in 21st century in North America.



Youth Exchange program of JAINA in collaboration with JITO – the largest Jain organization in India was started in 2015 and is a huge success. 15 youths from India visited USA. They participated in JAINA Convention, met global business leaders, and visited leading enterprises. This delegation also met various Jain leaders also. In future, JAINA would be sending such Youth delegation from USA to India.



YJP – Young Jain Professionals - is another important and strong wing of JAINA for our working Youths. YJP Board is enthusiastic and arranges many local programs for our professional youths. I remember one famous saying that the Community in which elders question and youths answer is the Community that has enormous growth. Today, with YJA and YJP, JAINA is growing leaps and bounds in spreading Jainism to our next generations.

In order to facilitate marriage within Jain Community, **Jain Milan** was held in 2016. It was organized in New Jersey under able leadership of Purvin Vakharwala.

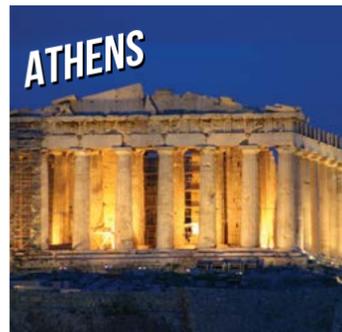
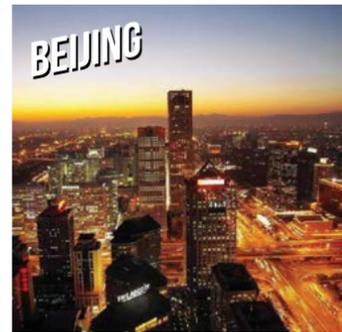
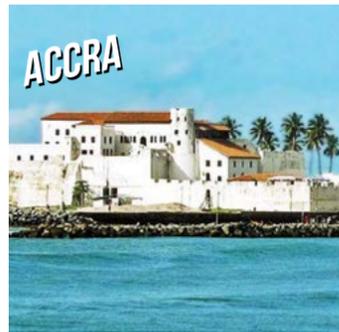
Eighty Yatris from USA and Canada participated in a very successful **99 Yatra** to Palitana and Girnar in November. A unique International Networking conference was held in partnership with JITO. The Conference was dedicated toward fostering **entrepreneurship** and providing opportunities for global networking to the JAIN Community.



JAINA Leaders participated in **Veerayatan Global Conference** at Rajgiri, Bihar in 2016 and in Veerayatan - Kutch in January 2017. JAINA partners with Veerayatan in various projects, such as sponsoring a school for orphans in Nepal, sponsoring a school in Pawapuri etc..

All these major accomplishments have been made possible with the support of JAINA EC, JAINA Board of Directors and Jain Community of North America. **THANK YOU** for your support and your unwavering faith in me.

With Warm Regards,
Ashok Domadia
JAINA President



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JainDigest

I am a Jain

By: Sara Jain



Age 14

10th Grade, River Hill High School, Clarksville, MD

I am a Jain.

What compels me to be so?

Silver pots of chandan and wooden trays of sweetly fragranced pushpa,

Rosary beads and adorned white marble murtis,

The constant hum of people in reverent prayer,

The tapping of the tablas and the rustling of the sadhu's robes

as he moves through the empty chamber,

The gentle chime of the bells providing background to the lilting melody of the divo,

Praiseful stavans being devotionally sung.

The word more powerful than us all, creating a bond even stronger than blood- kshama.

Nothing is keeping me bound to this religion, yet even so I stay.

The feeling of being in another state of consciousness,

transcending above my everyday self-awareness.

I am in awe, transfixed by the sheer knowledge radiating from the Acharya,

And by the little things making me proud to be able to proclaim,

I am a Jain.

I am tied to this religion in more ways than I thought possible.

Each new morsel of information only causing me to be hungrier for more.

So proudly I say, I am a Jain.

The Multi-Faceted Ego

By Reena Shah



Reena is one of the Jain Digest editors. She is a USC graduate and currently teaches English and US History in middle school and high school. Her industry experience includes Market Research, Non-Profit and educational institutions. She practices deeper aspects of spirituality and is a follower of Shrimad Rajchandra Atma Tatva Research Centre, Mumbai.

“The ego is only an illusion, but a very influential one.” – Wayne Dyer

The basic assumption about ego is that it is bad. Most of the time we are either advised to ignore it, dissolve it, or to kill it like an evil creature without understanding its real meaning or implications. Interestingly, there are some who also believe that ego is unreal and hence they prefer to not do anything about it. In Latin, the term ‘ego’ simply means ‘I’. It is in fact a term which was made popular by Sigmund Freud who, incidentally, did not give it a negative connotation. He referred to it as what it is – a sense of “I”. It is really interesting to see how the sense of “I” became the ultimate source of joy or hate (due to false beliefs) and transformed lives for better/worse. Though the ego, one of the four passions in Jainism, and its manifestations in 8 different ways, will play an influential role in a person’s life, vigilance by being aware of the soul under the supervision of a guide can help one overcome this foul passion.

Ego plays a leading role in nurturing our false belief about body resulting in a love-hate relationship with it for most of us. In the positive, it gives us a distinct personal identity that helps us fulfill our life purpose, allowing us to share our unique talents with the world while working out our karma. In the negative, the ego fools us into becoming overly identified with our bodies, thoughts and emotions. This attachment tricks us into believing we are fundamentally not separate from our soul, which leads to suffering. This is in reality the root cause of the nourishment of ego where in one believes that body and soul are one entity. It sends us false messages about our true nature. It causes us to fall into the void of self-absorption again and again, not knowing that we need only shed the false idea of who we are.



The description given by Sogyal Rinpoche in The Tibetan Book of Living and Dying is a wonderful explanation of this discovery: “Two people have been living in you all of your life. One is the ego, garrulous, demanding, hysterical, calculating; the other is the hidden spiritual being (we can interpret as soul), whose still voice of wisdom you have only rarely heard or attended to.”

To take this analogy a bit further, one of these two people, is the host and the other guest. But oftentimes we confuse the two and reverse their roles from being guests to host and host to guest.

Jain scriptures categorize the ego in 8 different types: ego of knowledge, ego of worship, ego of family, ego of race, ego of power/strength, ego of superhuman attainment, ego of austerity and ego of body.

A short description of each would help us understand the minuteness and subtlety with which it operates in our lives.

Ego of Knowledge stems from the fact that one’s knowledge in various fields, scriptures is superior to others’ knowledge. If one gets the opportunity to learn from teachers, guru or learned ones, that knowledge should be implemented in practicing humility and other virtues, instead one stops learning by developing arrogance and disrespect for people



who have not had this opportunity.

Ego of Worship is the result of excessive pride from the belief that if one possess several types of human and super-human virtues, his/her fame may spread all over the world and he/she may gain admiration and worship from leaders and scholars, from the rich and the famous, and might become arrogant and look down upon people who may not have these virtues.

Ego of Family stems from the belief that one is superior to others because of members of his/her family are great political figures, renowned saints, famous athletes, or scholars. Eventually the person gets disillusioned, and may start resenting his/her own family, falls prey to all the vices that are harmful to the soul.

Ego of Race is the false pride of person that may have ancestors that are from a noble family or a respectable race or caste. They consider people with other races as inferior to themselves.

Ego of Power/Strength stems from the belief that a person is superior to others because of their physical strength or because of the status they get due to their achievements in athletics, sports, performing arts etc. They may abuse such power in causing harm to others or consider themselves as supreme.

Ego of Superhuman Attainment is the result of a person’s belief that they are supreme since they have superhuman abilities, such as ability to walk on water or fire, flying, telepathic sight, hearing and other psychic powers through self-control or other means.

Ego of Austerity is the belief of a person that since they practice penance, fasting, meditation they are tapasvis of higher nature and they look down upon other people.

Ego of Body arises from the notion that since one is blessed with fine facial features and body, they are superior to others who may not be as fortunate as them. In the renowned story of Bahubali and Bharat, Bahubali might have killed his brother Bharat due to the ego about his body.



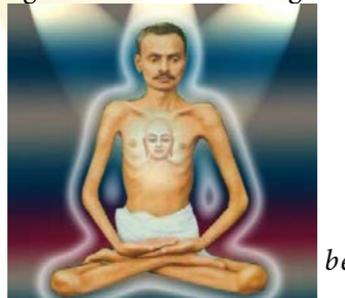
Hence to reiterate the point that if one continues to allow the guest to be the host, one might be responsible for their annihilation. There is no truth beyond soul, and these eight types of ego shoot from the conviction that body and soul are one. In entertaining the guests – the 8 types of ego - for a long time one might become homeless by forgetting the host which is the soul.

However, it is almost impossible to remove ego on our own. This can be achieved in the guidance of a true sadguru, with ease and swiftness.

In gatha number 18 of Atmasiddhi Shastra, Shrimad Rajchandra says:

Mänädik Shatru Mahä, Nij Chhande Na Maräy;
Jätä Sadguru Sharanamän, Alpa Prayäse Jäy

(Mighty foes like egotism cannot be destroyed by one’s own indulgence; they can overcome with little effort by surrendering to a true Guru.)



It only takes a slight shift to turn an egotistical mind into a humble mind, and gurus are the ones who steer that shift.

Egoistic Behaviors

By Vritika Parikh, Freshman at Del Norte High School, San Diego
and Dilip Parekh, Editor, Jain Digest



It was ten minutes until two-thirty. Heart pounding, I grasped my flute and viewed the doorway. I looked back to the impending grandfather clock, each tick and tock sounding like a step into doom. I closed my eyes and thought to last year. How I had failed the practical and the shame and disgrace that had come with it. But, not this time. I would stand my ground no matter what. I would show the world my ability to perform. Then, I let the light flood back to my eyes and wiped my brow.

One other individual, a student whose name tag read 'Aarti, Level 10', gazed curiously at me from the center of the room. Wearing a black strapless dress, she waddled uncomfortably in her black wedges over the red-fringed carpet. She uncovered a silver-plated intermediate flute from behind her back.

"Well, well, well. Look what we have here: a Level 5 flute player. I remember when I was a Level 5. I played the best out of all my competitors. My friend, however, dropped the flute, like five times during her recital." Her amber eyes flickered over me. "Hm. Want to be friends, darling? You'll probably need one when you drop your flute five times during your recital." She smirked. "I play like Jeanne Baxtresser. Want to hear?" She waited a moment, expecting to hear a compliment. When she didn't hear one, she raised her embouchure to her lips, getting ready to blow. Just then, a knock came, softly at first, and then became louder with each passing moment. I shifted my attention to the grandfather clock beside me. It was two-thirty. Turning the golden doorknob, my music teacher, Mrs. Lafayette, grabbed and hustled me out. To my surprise, a shrill, high pitched noise erupted from the room we had just exited from.

"Ah, that must be Aarti, a flutist with a certainly unusual musical skill. Don't mind her words and actions. She usually doesn't pay attention to what she does half the time, and doesn't pay heed to her well-wishers. As a result, she doesn't have any now." Mrs. Lafayette half-heartedly sighed and rolled her eyes. Then, she led me down the hallway, twisting and turning at each corner. When we finally arrived at the performance room, she stopped and bent down to eye level. "Remember, breathing,

posture, and fingering. Just have confidence and believe in yourself. Only you have the power to define who you are." Then she stepped outside and winked to me from behind the glass panel window. Mrs. Lafayette was gone.

I turned and walked over to the music stand. Fumbling with my papers, I heard a cough from behind the stand. I peered over and noticed a friendly looking man sitting behind a desk. He had a dark brown jacket, black rimmed glasses, and a warm, glowing smile.

"Hello. My name is Mr. Broecker and I will be your flute judge for today. You may begin when you are ready." Taking a deep breath, I blew. The song burst from the end of my flute. The sweetest song I had ever heard started to play. The notes started to dance. They twirled around me and filled the room. Even the judge seemed to be at ease. My fingers seemed to have a mind of their own and I breathed naturally, slowing down and speeding up, blowing louder and getting softer.

Finally, the notes started to fade, and my fingers grew slower. My air into the flute subsided, and my body stopped its magic with the flute. I looked up, and to my astonishment, the happiest face I had ever seen grinned back at me. "Bravo, bravo! All that practicing paid off! For a Level 5 student, I am amazed! You received perfect scores and an invitation to the Branch Honors Recital!" Mr. Broecker handed me my papers and for a while, I was awestruck. All my playing and practicing had paid off! I jumped up and wrapped my hands around his waist. Then, smiling ear to ear, I opened the door. Across the hallway, I watched Aarti exit from her performance room. Her smirk slipped off her face as she eyed the red marks on her Certificate of Merit papers. With sagging shoulders, she made her way towards my direction. When she noticed me, she hesitated. I simply wished her better luck for next year and strolled off in my violet stilettos, knowing I had left Aarti with high spirits.

In the above story, how many egoistic behaviors do you see? Since we typically associate "ego" with boasting about one's capabilities, most people find one or two in the third paragraph of the story. Those are the most obvious. But there are many ways our ego shows up that we are not aware of. These behaviors are:

- Desire to show off, Boasting
- Finding Faults in Others
- Not taking advice
- Naming famous people
- Arriving late to meetings, events
- Interrupting conversations
- Feeling that you are not good enough, Mild Depression
- Expectation of Compliments
- Putting people down, Insulting
- Desire to do better than others, Comparing
- Complaining
- Avoiding eye contact, body language

If you read the above story again, you will find several of the above that you did not even notice before! And that is the point! We experience such behaviors so often that we think that is normal and not even think that the root cause for such behaviors is the ego. Let us look at some of these in more detail.

Expectation of Compliments: Let us say you are a good dancer and you had an opportunity to perform a solo dance at a wedding reception. You dance your heart out and many people congratulate you afterwards. You politely thank everyone and don't start saying that you are the best dancer in the world. So from that perspective you are not exhibiting any ego. But are you really happy with the compliments you have received or are you looking for more? As you approach others in the crowd, are you waiting for them to praise you? Do you have a slight resentment for those who did not show any appreciation? Then that is egoistic behavior.

From spiritual perspective, a compliment is like a brick. If we use it to boost our ego, it creates a brick wall between us and the divine. We can still accept the compliment and politely thank the person. But internally, we should thank the divine for giving us such talent, thank the teachers for their coaching.

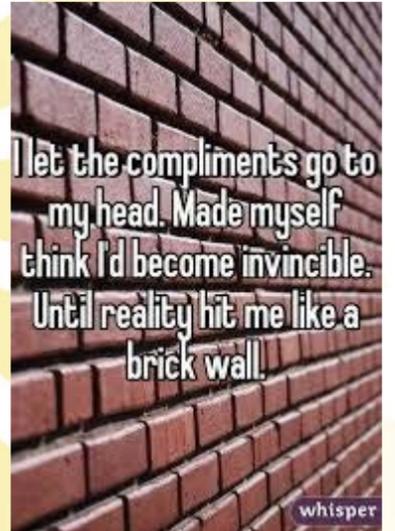
Finding Faults in Others: All of us have a tendency to notice faults in others and ignore our own shortcomings. The main reason that happens is our ego. It tells us that we are always right and others are wrong. It is very detrimental to our spiritual progress when such behaviors become a habit.



Complaining: Many people are habitual complainers; they will complain about the traffic, the weather, people and life in general. This also stems out of ego. They think that they deserve better or they are better than others. They feel that they have all the answers and everyone should do as they say. They want to do things their own way and want to change others. They also have tendency to look at what is lacking in their life instead of being appreciative of what they have.

Feeling that you are not good enough, Mild Depression: You may wonder why this is considered as an egoistic behavior. Isn't the opposite of this - I am the best - considered as egoistic behavior? When a person thinks he/she is not good enough, it is sometimes termed as "reverse ego" in order to separate it from the "there is no one like me" behavior. A closer examination will show that in many cases, such people suffer with mild depression because they have very high expectations of themselves and others. They have a very little tolerance and can't accept the things as they are. They want life to work out according to their plan. Hence in many cases, obviously not all, the root cause of depression is ego.

To summarize, the ego can show its ugly face in many ways in our life. We need to increase our awareness, pay attention to our thoughts, emotions, actions, spoken words to make sure the ego does not suppress the wonderful human being we are!



Ego: A Hindrance in the Pathway to Eternal Happiness

By Hema Pokharna, PhD

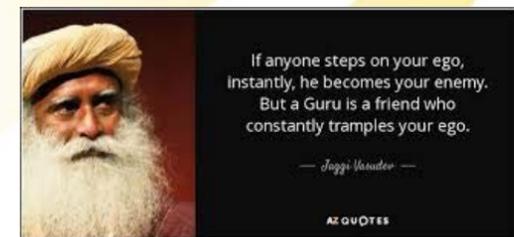


(Dr. Hema Pokharna is a Certified Nonviolent Communication (NVC) Trainer. As an Executive Coach and Consultant she works with leaders and their teams to improve personal and organizational collaborative leadership. Hema is also an interfaith peacemaker and mediator, and has served on the board of Parliament of World Religions, Play for peace and presently serves on the board of Council of Religious Leaders of Chicago and also on JSMC and the JAINA Interfaith Committee. Email: hemapokharna.phd@gmail.com)

The story is told of a man whose city council decided to honor him with a medallion for his humility. But a mere week after the presentation, the award had to be withdrawn. Much to the embarrassment of the council, the man had brashly worn the medallion everywhere he went.

Humility can disappear the moment we think that we have attained it!

Like me, many of you have been in this predicament. In the egoistic phase of my life, I gave some big presentations that did not go in ways I liked. In introspection and review, I realized the core question I had focused on was, 'what's my worth?' It was all about me, my ideas, my background, my dream, my vision, my 'my my my my'...



Our ego is active and alive, when we are taking about ourselves, all the time and relentlessly

using the words "I," "my," "mine" and "me." That's when we need to shift our genuine interest to talking about others, listening to others and using terms such as "we," "they," "us," "your," and "team".

There's also the question of the inverse ego. It nags at us saying "you are no good", and wraps itself around our depression, pain and suffering. The more we suffer, the stronger this inverse ego feels. It makes us think that being in pain is who we are. The ego does not care about truth or reality.

Being ingrained in the practice of nonviolent communication, my own focus is on how I can provide value. What matters most behind my expressions? What

values will my audience awaken in themselves? What values are they there to hear from me? Who are they? What do they care about? What would help and inspire them?

I have lots of places inside me that are regularly trying to 'Prove Worth' instead of 'Provide Value.' And those pieces are now places of growth and humility for me. Having a spiritual teacher actively inspecting and monitoring is one of the surest ways we can make progress on this path. Nonviolent communication and a strong practice of introspection really help.

Gandhiji's quote, 'The spirit of nonviolence necessarily leads to humility,' deepens the clarity of the fine line between ego and humility.

As Jains we all know that anger, ego, deceit and greed are the soul's impurities. Greed is a big one. The ego loves to wrap itself around materialistic ideas. It makes us desire objects, hoping to gain status, admiration and envy through them. Money itself becomes an end. "It'll make you happy," the ego lies. The similar desire for power is of course also pure ego.

Without this powerful ego, there simply wouldn't be war. The seed of all the world's battles is clearly visible any time we have an argument with someone, or want something someone else has. War could be ego's whispers expanded into the group egos of tribes, religions, nationalities: Our attitudes of 'we are right and they are wrong,' 'we are holy, they are pagan' and 'they have something we want; give it to us' are all rooted in fear driven by ego.

Jainism believes that the vast majority of the world's suffering is caused by the ego. 'Ego' is something to avoid, to work to free ourselves from. It interferes with our spiritual sense of well-being, gets in the way of generosity, and keeps us focused on 'narcissistic' desires such as recognition or being seen.

The cardinal virtue of the Jains is nonviolence. Living in alignment to this virtue means living in alignment with the Soul or in connectedness with one's SELF, where there is no ego present.

We Jains are the followers of Tirthankars. Tirthankars are those who have freed themselves from fear and ego. The prescribed practices like Samayik and Pratikraman are to build awareness and experience our own invulnerable Soul, which is described to have an infinite capacity for happiness and love.



Humility is then the ability to love in the face of hate, offer empathy and understanding in the face of confusion and compassion in the face of conflict. Nonviolence then becomes an embodiment of courage and a benevolent presence in the world of conflict and confusion.

The practice of Jainism is the art of unlocking the full potential of love and compassionate action. The responsibility to do so exclusively belongs each one of us. When we see an absence of humility around us, it is time for all to awaken to our capacities of Love and Wisdom within and talk about our vision and values, instead of our fears.

Daily, we live in an inner battle of pride vs humility, which is really just a war against two halves of ourselves. It's you vs. you. We are the only enemies against our inner greatness—against our humility.

Can you imagine for a moment a world where the word 'ego' has lost its meaning? This would give us full access to the beauty of what our hearts and minds can be: instruments of great cognitive and emotional capacity in the service of all life. A world where collaboration and sharing is both easy and effective. A world where conflicts move towards loving connections and relationships. The joy of enriching and contributing to life becomes everyone's joyful occupation — that is the world we could create if we transcend our ego.

"It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err."

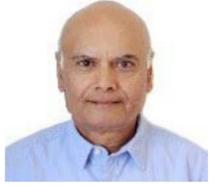
Mahatma Gandhi

"There is a universal respect and even admiration for those who are humble and simple by nature, and who have absolute confidence in all human beings irrespective of their social status."

Nelson Mandela, Conversations with Myself

Ego and The True Self

By Ramesh Khandhar



Ramesh Khandhar is a former secretary of executive board and a past pathshala teacher at Jain Center of Southern California. His current activities are: conducting swadhyay on various Jain scriptures, reading and contemplating on spiritual scriptures, listening to the spiritual discourses and visiting several religious ashrams in India for 3 to 4 months every year. E-mail: ramesh.khandhar@gmail.com

Ego is a false identity of the True Self. The root cause of ego is wrong beliefs about the nature of True Self. The wrong beliefs in mind, a false thought system are nurtured during endless cycles of birth and death. Ego arises out of wrong beliefs that our existence is limited to five senses, mind and intellect and identifying with them at every moment. Therefore, the structure of the Ego is an unconscious factor, which forces the individual to reinforce his/her identity by associating with external objects; mainly body, thoughts, family, relatives and society. The ego tries to derive its identity and satisfaction through name, fame and recognition.

and other socio economic success magnifies the ego. The wrong beliefs are reinforced in subconscious mind. Ego constantly demands more and more and therefore never gets true satisfaction and happiness. It thrives on comparative analysis to other people. It can't tolerate the success of other people. Ego always is interested in winning rather than do your best. Ego blames others when things don't go its way. The ego loves to strengthen itself by complaining—either in thoughts or words—about other people, the situation, something that is happening right now but “shouldn't be,” and even about itself.

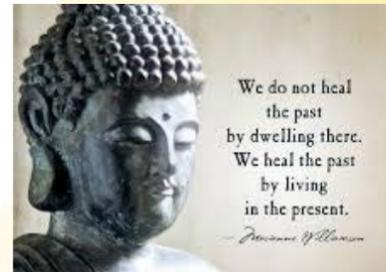
The names 'ego', 'acting personality' and 'spiritually unconscious person' are synonymous.

How to transform the Ego and realize your True Self?

If you get the internal beliefs about your True Self right, the outside will fall into place. One has to transform the internal thought process first. Then only the external daily behavior will start to get corrected with least effort. The spiritual practice is aimed at transforming ego and attain Self Realization. All the attributes, habits, reaction, vice arising out of subconscious mind has to be emptied, dissolved and/or transformed. The most important aspects of developing spiritual attitude are introspection, reflection, contemplation and meditation.

Introspection: In the past, we have always consciously or unconsciously chosen our emotional reactions. Reactive violence arises out of chronic habitual tendencies. The Law of Karma describes this reaction resulting out of wrong behavioral action we had given in the past. However, you have a choice not to accept the fruits of karma or even annihilate the karma before its fruition. There is a choice point, where you can consciously choose to respond instead of habitually react. For most of us, the choice point is not immediately obvious. Our conditioned egoist mind reacts so quickly and automatically which makes it difficult to see this choice point. To discover the choice point, we must become aware of our past conditioning thorough Introspection.

Introspection is defined as the examination of one's own conscious thoughts and inner feelings. It is closely related to human self-reflection and is contrasted with external observation. It will allow you to hear your inner voice and focus attention on the feeling inside you. Don't let the feeling turn into thinking. Don't judge or analyze. Don't make an

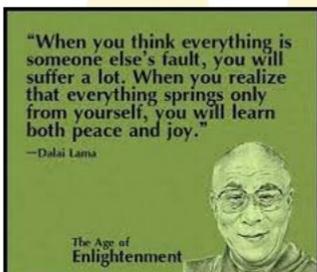


The ego tends to believe that someone or something is responsible for its emotional reactions. It thrives on past and future. All past conditioning gives ego an identity and projects its endless desires to fulfill through future.

All negativity is caused by an accumulation of waste in subconscious mind through denial and/or reactive behavior during each unfolding moment in the past. The mind carries heavy burden of the past. Each unfolding moment is colored by all past conditioning and makes present moment just the modified past. This gives rise to guilt, regret, resentment, grievances, sadness, bitterness and all forms of nonforgiveness. Unease, anxiety, tension, stress, worry etc are caused by future expectations. Ego is thus totally dependent on past conditioning and future expectations. Both are illusions.

Ego strengthens the false identity of Self known as “I”, “me” and “mine”. Ego leads to ingratitude, the refusal to accept the present moment scenario, the process of rejection and incapacity to receive any good. The roots of entire structure of ego is the false identity of True Self, wrong beliefs about the innate nature, the attributes of True Self.

The most important trait of ego is to find the faults of others. That elevates the ego by making him feel superior to others. The name, fame, recognition, material wealth



identity for yourself out of it. Ego loves to make some sort of identification through past conditioning. This will distort your present moment. Stay present, and continue to be the observer of what is happening inside you. Become aware not only of the inner feelings but also of “the one who observes”—the silent watcher. The moment you do introspection, you, as a silent observer, are able to observe and witness your mental reaction. You must act as a third person witnessing the external event and inner feelings. This will increase your awareness, which prevents subconscious mind to color the event through past conditioning. The wasteful content of subconscious mind loses its strength through conscious suppression of the content. You must be able to observe your internal thought process with your commitment to walk the spiritual path. You can't fix anything you don't see! You can't transform what lies outside of your conscious awareness. It is very important to impartially observe your internal thought process driven by ego and past conditioning.

Once you see and recognize wasteful thoughts, its strength will start to diminish. 'Knowing your weakness is your strength'. In essence, you have pulled the rug from underneath! You have stopped supporting the reaction arising out of past conditioning. Your awareness of the present moment puts a brake on impulsive reaction from the subconscious mind. You must continue to observe your mind—the internal thought process through introspection and reflection.

Reflection: Reflection means serious thoughts about your ideas and/or opinions. It is focusing inwards when analyzing situation through new acquired knowledge, understanding and right belief. Everyone makes some comments, reaction or judgement while passing through present moment. This is out of chronic habit of coloring the present moment through past conditioning. The aspirant will always look back and reflect on it to make sure it is in line with his goal of walking the 'Path'. Reflect upon those reactive behaviors in presence of your scriptural knowledge and preaching of enlightened Master.

Many times, you realize your temperamental reaction arising out of hurt caused in the past. Upon reflection, you candidly confess your mistake. This is called 'alochana'. If the confession is followed by repentance, then the content of subconscious mind is cleansed to that extent. If aspirant's commitment to goal is strong then it will reprogram the subconscious mind to cultivate virtues such as confession, repentance, forgiveness and compassion. Through introspection and reflection, recognize your weakness, the past conditioning. Acknowledge and just witness in the light of spiritual master's preaching that you are committed to implement in your life. This will create the seed of spirituality, the seed of Self Realization.

Contemplation: Contemplation is defined as an action of looking thoughtfully at something for a long time. It is a

deep reflective thought, long hard thinking, prolonged and profound thinking. Contemplation will help to get to the bottom of all waste content of subconscious mind. In Jainism, it is called 'anupreksha', the deep provoked thinking about something, such as 'who am I?', until you realize its essence. The meaning should become transparently clear and must be accepted by inner wisdom and feeling. Inner wisdom is a set of new right beliefs, the preaching of Master that your heart—the inner conscious, has accepted and committed to implement in your life. The seed of spirituality must be nurtured through practice of discriminative judgement (practice of 'bhed gnan') during each unfolding moment of your life.

Meditation: The combined practice of introspection, reflection and contemplation will help you firm up your spiritual goal and pursue it through meditation towards self-realization. There are many ways one can meditate such as focusing on the breath, moving from thinking to awareness, witnessing or glad acceptance of the thoughts, etc.



The practice of 'glad acceptance' in daily routine can be done at any time. It is meditation in real time! It creates more space, more time, so we can witness our emotional reactivity as it arises, then consciously intervene, and choose a different, more intelligent response consistent with our goal of realizing the True Self. The consistent practice of glad acceptance will enable you to stay consciously present (Awake) in the face of anything that arises. Now nobody can make you angry, disconnect or shutdown. This practice in every situation will eventually lead you to act consciously and compassionately. This is the awareness that will lead you to Self-Realization.

Eckhart Tolle says, “Most meditators are attempting to achieve a particular state; not happy with the state they are in. The perfect state is, Acceptance of Now.” Any non-acceptance on our part is 'doing'; whereas glad acceptance is, to be in the state of 'being'. When you rise above surface noise – the sensations, feelings, thoughts, stories and self-referencing streams of ego, then only you experience the nature of True Self. Now you will be able to see what is happening without any emotional and conceptual filters. The past conditioning will not distort the perception. It will recognize, enlighten and transform our habitual destructive emotional reactions into conscious compassionate responses.

Remember, this is a life practice. You may not succeed at first. Keep practicing. The support from spiritual master will help you overcome external obstacles and internal resistance also. This is the spiritual path of awakening.



Vinayshrut, Adhyay 1, Shri Uttaradhyayan Sutra

By Dilip Pasad

Dilip Pasad mostly lives at Shrimad Rajchandra Ashram, Dharampur, India and spends most of his time in seva as a swadhyaykar and in sadhana, under the guidance of Pujya Gurudevshri Rakeshbhai.

Shri Uttaradhyayan Sutra is one of the Jain scriptures, which is based on last 48 hrs of sermon given by Lord Mahavir before His nirvana. In that last gathering, a lot of questions were asked by the audience. When no more questions were asked, Lord continued the sermon and gave answers to the unasked questions (what was in the minds of the people but not asked). It includes important aspects of Jain principles, ethics and metaphysics. Shri Uttaradhyayan Sutra is based on this part of sermon of the Lord. It is in the format of Shri Sudharma Swami, one of the 11 principal disciples (ganathars) of Lord Mahavir, narrating to his disciple Shri Jambu Swami, what was spoken by the Lord. This Sutra was compiled in the written format for the first time, about 980 years after Lord's nirvana. Prior to that, it was passed on orally from Guru to disciple.



It has 36 adhyays (chapters) in ardhamagdhi, the spoken dialect of that time. The first chapter is Vinayshrut, which covers the quality of humility. It includes the responses and conduct of disciples who are humble as well as those who are not humble (impolite, rude or egoistic).

Humility is not just polite gestures of speech and body of the disciple, but it is the inner quality, where disciple's ego is dissolved. He has dropped his likes and dislikes and attachment to sense objects. For the humble disciple, carrying out instructions (Ajna) of the enlightened Guru is of the utmost importance. His thinking is fully aligned with the Guru. In such a situation, all his expressions reflect humility.

For any disciple to progress on the spiritual path, humility is the most important quality to have. Humility leads to the development of many other qualities in him, including discrimination, the ability to choose between the right and the wrong or even between the two 'rights'. He is able to judge wisely between the two 'rights' by evaluating the importance or significance of each in the given situation. His mind is peaceful, simple and clear. All his energies are utilized in creative and constructive endeavors.

Humility is one of the six inner penances (Tapa) that leads to the removal of karmic impurities. When a bad karma is activated or when a bad instinct from the subconscious mind surfaces, he is able to remain calm and non-reactive and thereby, he renders the karmas/instincts ineffective. He can quickly replace bad thoughts with good thoughts with his alertness and awareness. Humility is such a fundamental quality that it inevitably leads to the inner transformation of the disciple and earns him the most important asset for any disciple, Guru's smile and delight (rajipo). The delighted Guru eagerly reveals the supreme secrets of the spiritual path to such a disciple.

There are 48 gathas (couplets) in this chapter. These gathas focus on various aspects of humility of monks. Following is the summary of each gatha.

1. Sudharma swami tells Jambu swami that I'll tell you about various aspects of the humility of monks, who have renounced worldly attachments, take alms from householders and have no fixed home. Listen attentively.

Humble Disciple and Impolite Disciple:

2. A humble disciple is the one who (1) thoroughly fulfils the ajna of the enlightened Guru for whom he has utmost reverence (2) remains in close proximity of the Guru and serves Him with all his heart and (3) is so pure that he is able to grasp the will of the Guru from His eye movements, facial expressions and body language.
3. On the other hand, the impolite disciple does the opposite in the above 3 aspects.
4. Such impolite disciple, with his bad attitude and behavior towards the Guru, is thrown out of the group disgracefully, just as a female dog with sore ears is thrown out from everywhere.
5. With his beastly attitude, the impolite disciple indulges in perverse behavior like a pig that gives up grains and indulges in filth.
6. The Guru has compassion for such impolite disciple too. He exhorts him to change his thinking and attitude and establish himself in humility, considering his own long term good.
7. Knowing this, one who establishes himself in humility, becomes like a beloved son of the Guru and is never thrown out of the group.
8. In front of the Guru and other enlightened beings, the humble disciple is able to remain calm and peaceful; his mind and body are at ease, does not talk unnecessarily and learns useful aspects of spirituality from them.

When disciplined by Guru..

9. Learned disciple never becomes angry when he is disciplined by the Guru for any of his faults. He does not have a revengeful attitude towards anyone as he is always in a forgiving mode. Mostly, he tries to stay away from people with bad attitude and behavior, as he has no interest in useless games and jokes.
10. He is able to manage his passions well and does not do anything harmful in provocative situations. He talks little, studies scriptures and meditates when alone.
11. If he does something wrong in some state of excitement, he will never hide it from the Guru. Whatever wrong is done is revealed to the Guru as is, no less, no more.
12. As opposed to the untrained mean horse that requires the whip again and again, the trained and disciplined horse drops the wrong course and runs properly on the right course simply with a hint of the whip of the master. Similarly, like a trained horse, the humble disciple drops all sinful thoughts and activities with just a hint from the Guru.
13. Humble disciple gives top priority to the instruction of the Guru and completes it with great enthusiasm. Thereby, he can pacify and please even a high-tempered Guru. As opposed to that, impolite talkative disciple, who does not listen and follow the instructions, can make even a soft and tender Guru angry.
14. Humble disciple speaks only when asked, does not lie no matter what and if he senses any anger within himself, he is able to dissipate it immediately. He willfully accepts any disciplinary action from the Guru.

The humble disciple practices self-control:

15. Humble disciple knows that sense pleasures are nothing but temporary excitements that do not lead to lasting happiness. Although control of sense pleasures is very difficult due to inherent desires and instincts, the one who is able to do it, gains happiness in this birth and next.
16. He thinks that I should subdue myself with the help of restraints and penances. That only is best for me. It is not good if I am subdued by others by torture, confinement etc. in the next birth in hell (narak) or tiryanch (animal, insect etc) if I don't follow restraints and penances in this birth.
17. Humble disciple never behaves badly with the Guru or other enlightened beings either by speech or by action, when alone or in presence of others.

Etiquettes about sitting:

18. He does not sit in a way that any part of his body can touch the Guru, whether he sits on the sides or in front or back of the Guru. He also does not touch the seat or any of the implements used by the Guru.
19. He does not sit in any disrespectful manner in front of the Guru, like arms folded around raised knees or the legs stretched out.

Responding to Guru:

20. The disciple, desirous of moksha and Gurukripa, is not unresponsive or silent when Guru calls. He drops everything and immediately makes himself available.
21. He does not remain seated when called upon by Guru. He immediately approaches the Guru, accepts whatever ajna received and begins to implement it.

Speaking with Guru:

22. Whenever he needs to ask a question to the Guru, he never does it while sitting on the bed. He comes forward and in proper posture and with folded hands, he asks a question.
23. When humble disciple asks in this manner, the Guru reveals the meanings, mysteries and deep significance of sacred texts that he himself has learned and realized from his Gurus.
24. Such humble monk never lies and does not use assertive, misleading and deceptive language.
25. When questioned, he does not use sinful and hurtful language, does not speak if it is needless, and does not reveal secrets of self and others.

Etiquettes about women:

26. He stays away from a woman who is alone and neither speaks to her alone in locations where there can be people, nor in a desolate lonely place, nor in a lonely house, nor in corners and passages of a house with people.

More about response to disciplinary action:

27. When Guru imposes soft or harsh disciplinary action for his faults, he accepts it in the right spirit with the strong faith that my Guru will always do what is beneficial for me.
28. He considers that this discipline is for the eradication of my misdeeds and is for my good. On the other hand, such disciplinary action becomes the reason for aversion in an impolite disciple.
29. While the harsh disciplinary action of the Guru is taken as beneficial and purifying by the intelligent humble disciple, it becomes the cause of hate towards the Guru for the foolish disciple.

Seat of a disciple:

30. The seat of disciple should be lower than that of the Guru. It should be firm and not make any noise. Once seated, the disciple should remain seated still.

Following a schedule:

31. The disciple monk should do all his activities at the stipulated times, not at the inappropriate times. He should go out for alms at the right time and come back in time.

Etiquettes about taking alms:

32. When going out for alms, he should not stand in line with other beggars. He should accept food from the householder following the tradition of restraints for the monks.
33. If other beggars are standing outside the house of the giver, then the monk should wait neither too far nor too close from the house, not in close proximity of the giver and certainly not jump the line of the beggars. He should wait away from the sight of the beggars and the giver.
34. The monk should accept the food devoid of life and if it is made for the family of the householder. He accepts small amount of food from different houses. While accepting the food, he should not be too far above or too far below the giver and also not too far or too close to the giver.

Consuming food:

35. He consumes the food in presence of other monks in a place with a roof and covered from the sides and void of flora and fauna. He is careful that the crumbs are not scattered on the floor.
36. While eating, he should not have any opinion about the food like "tasty, delightful, well cooked, nicely cut, well seasoned etc". Such opinions are sinful for monks.

Guru's training of humble and impolite disciples:

37. Just as a charioteer is pleased when driving with a well trained horse and is sad when driving with nasty horse, Guru is pleased with the humble disciple and enthusiastically shares knowledge with him but is sad when training foolish and impolite disciple.
38. Impolite disciple with sinful attitude thinks of Guru's beneficial disciplinary actions as "He is kicking, slapping, abusing, torturing me"
39. Because of his wrong sinful attitude, he thinks Guru is treating me like a slave and is not able to see his long term good in Guru's actions. On the other hand, the polite disciple feels that Guru is treating me like a son, like a close family member, and that all his actions are for my well being.
40. Polite disciple does not loose temper and become angry at Guru or even at himself. He does not give anguish to the Guru and never tries to look for Guru's shortcomings.
41. If he sees Guru angry due to any of his fault, he will use soft pleasing convincing words to bring smile on Guru's face again and plead with folded hands "I'll never do this again".
42. Fully adhering to the religious code of conduct and practicing what the enlightened beings have followed, he never becomes the cause of criticism from anyone.

Spiritual Elevation of the humble disciple:

43. He is able to grasp the thoughts and spoken words of the Guru, confirms to Guru that I'll certainly fulfill your ajna and then, he actually does it.
44. He is always ready to fulfill the tasks without being pointed, but when pointed; he completes the task nicely with interest and zeal.
45. Such humble intelligent disciple's fame spreads in the world and just as all living beings rest on earth, all great qualities rest in him.
46. Pleased with all these great qualities in him, Guru bestows all the secrets of massive scriptures that can lead to liberation.
47. Having thus obtained massive scriptural knowledge, all his doubts are gone. He earns a lot of respect in the world. He remains engrossed in penances and meditation. Practicing five great vows, his glow rises.
48. Worshipped by humans and deities, this humble disciple gives up the impure body at the end of life and attains eternal freedom (liberation) or with a low karmic balance, he becomes deity with great prosperity.



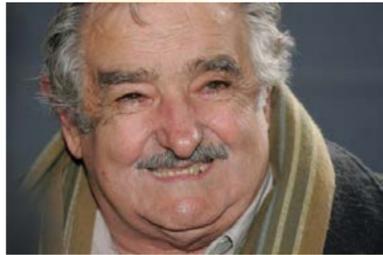
Humble Eminent Personalities Around the World

Compiled By Giriraj Jain

Giriraj Jain is one of the Jain Digest's editors. He is an active community volunteer and in past has served as Board Member and Executive Committee member at Jain Center of Northern California, Milpitas. By profession, he is a software engineer and lives in Cupertino, California. e-mail: girirajjain@yahoo.com

Humbleness is a quality of the strong. When you are humble, you are free from pride and arrogance. Humbleness is a quality of being courteously respectful of others. Rather than, "Me first," humility allows us to say, "No, you first, my friend." Humility is the quality that lets us go more than halfway to meet the needs and demands of others. Here are some of the world's most humble people I would like to mention.

Jose Mujica (Former President, Uruguay)



Uruguay's former president, Jose "Pepe" Mujica, was dubbed the "most humble leader in the world" and "world's poorest president" for good reason.

A former Tupamaros guerrilla fighter in the 1960s and '70s, Mujica was shot multiple times and spent 14 years in jail in harsh, isolated conditions. When he was elected Uruguayan president in 2009, Mujica donated 90 percent of his presidential salary to charity and ditched the lavish presidential palace, opting instead to live in his ramshackle farm with his wife. For the longest time, his sole personal asset amounted

to a 1987 Volkswagen Beetle.

"I'm called 'the poorest president', but I don't feel poor. Poor people are those who only work to try to keep an expensive lifestyle, and always want more and more," he says.

"I have a way of life that I don't change just because I am a president. I earn more than I need, even if it's not enough for others. For me, it is no sacrifice, it's a duty," is another quote from him shows how he internalized humbleness without being carried away by his good habits dubbed as sacrifices.

Joyce Banda (Former President, Malawi)

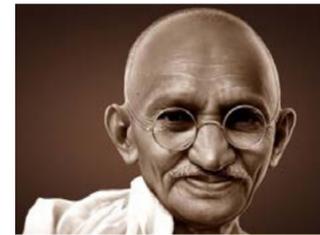


Joyce Malawi was the first female president of Malawi. An educator and grassroots women's rights activist, she was also Minister of Foreign Affairs and Vice-President of Malawi prior to being president. She was also named as 40th most powerful woman in the world and the most powerful woman in Africa by Forbes in 2014.

Shortly after being elected the first female president of Malawi, Joyce Banda sold off the presidential jet and the fleet of 60 Mercedes limousines in an effort to steer the then-struggling country to financial austerity. At the time, she said she didn't mind flying commercial: "I am already used to hitchhiking," she had joked.

Later, the money earned from selling the plane went to feeding more than 1 million people, the treasury department said. As someone who fled an abusive marriage to become the head of state, Banda also touted the importance of Malawian women's economic independence. Banda was the founder of the National Association of Business Women in Malawi aiming to lift women out of poverty by strengthening their capacity and empowering them economically. Banda also has been involved in many projects to bring policy changes about education of women.

Mahatma Gandhi (Father of Nation, India)



One of Gandhi's most outstanding traits shown was being humble. Gandhi was self-assured about what his goals were and how he planned to achieve them, although he was always open to ideas and opinions from the people around him. His non-violent method of protesting against the British caused thousands of people to follow him.

Despite being born in a wealthy family, Gandhi demonstrated humbleness by living in relative poverty voluntarily. He made his own clothes, and he guided personally every movement he made. This shows how he lead other citizens by being a great example.

Watching this frail man living in poverty trying to make a difference in a peaceful way inspired thousands of Indians to follow him. Citizens from all over the country began to imitate some of the characteristics of his way of living. They started to make their own clothes of khadi (cloth spun at home) and burned any foreign made clothes. "This also provided employment to poor people, thus reviving the village's economy". This was a representation to the British to show them that they can be independent, thus not needing clothes made in other countries.

Another example of Gandhi showing humbleness was when he lead the Civil Disobedience Movement. To do this, he broke the rules, with the purpose of going to prison, and many of his followers did the same. As more and more people got thrown into jail, the government was pressured to release them. In 1930, the contract stating that the prisoners would be freed if the Civil Disobedience Movement came to an end was signed. Gandhi was the first one to lead this movement, and he guided all his followers to do the same. He knew about the risks that this could cause, but he still took the chance to cause a change in his nation.

"I claim to be a simple individual liable to err like any other fellow mortal. I own, however, that I have humility enough to confess my errors and to retrace my steps." – Mahatma Gandhi

"The seeker after truth should be humbler than the dust. The world crushes the dust under its feet, but the seeker after truth should so humble himself that even the dust could crush him. Only then, and not till then, will he have a glimpse of truth." – Mahatma Gandhi

Warren Buffet (Chairman and CEO, Berkshire Hathaway)



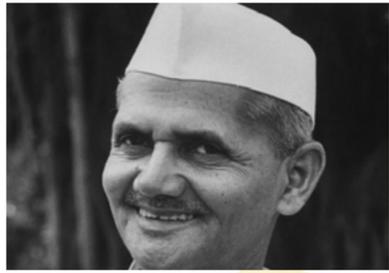
The business magnate is widely considered the most successful investor in the world. In spite of his mind-boggling wealth (about \$66.7 billion total), Warren Buffett still pretty much lives the same kind of life as he did before becoming a billionaire. His frugal ways are legendary — Buffett has lived in the same house in Omaha, which he bought in 1958, and has expressed disdain for splurging on luxury cars and items.

Buffett has pledged 99 percent of his fortune to charity, and is a vocal advocate for economic equality, having publicly urged lawmakers to raise taxes on him and the rest of the 1 percent.

Despite of being so successful in what he does, Buffett remains remarkably humble and grounded. He is quoted "I don't work to collect money. I work because I love what I'm doing." Another famous quote by him that says to "always to live your life by an inner scorecard, not an outer scorecard" shows the thought process Buffet has that discourages you to be carried away by how worlds sees you successful. Success is defined by your own internal assessment of yourself.

Warren Buffet also opposes prejudice and discrimination. He believes that "Nice people come in all colors" and he did quit the Omaha rotary club to protest against club's racist and elitist policies. He also pressured the Omaha Club—an exclusive dining spot for local businessmen—to reverse its policy of not admitting Jews and when denied, he went on to take the membership of Highland Country Club – that was founded by Jews to convince and succeeding Omaha club to change their policies towards Jews.

Lal Bahadur Shastri (Former Prime Minister, India)



Lal Bahadur Shastri, the third prime minister of India, shares his birthday with Mahatma Gandhi, which was on October 2. He was one of the most honest PMs and was an ardent follower of Gandhian principles.

Lal Bahadur Shastri was completely against the caste system and therefore dropped his last name, Shrivastava. After India's independence, Shastri was appointed as the police and transport minister of India. He was the first to appoint women bus conductors.

During the freedom struggle of India, Lal Bahadur Shastri's daughter had fallen severely ill but he couldn't save her as he couldn't afford the costly medicines. At that

time, he was jailed for his involvement in the Indian independence movement but was granted a parole of 15 days when his daughter died. He completed the last rites and returned to the prison even though the parole duration wasn't over. Lal Bahadur Shastri had taken a loan of Rs. 5000 from a national bank for purchasing a Fiat car even though he was the PM of India. A portion of his loan was paid off posthumously by his wife.

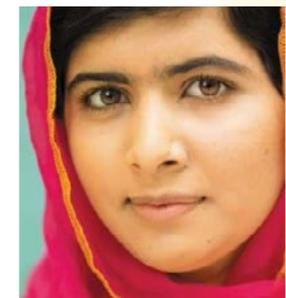
Mother Teresa (Missionaries of Charity)



Mother Teresa is a synonym of humbleness. From beautiful and safe convent school, she chose to go and live among the poor in the streets in order to help them. Her initial request to join the slums was declined because it was not considered save for a women to be her own in slums but she kept asking until she got the permission and rest is all history.

Mother Teresa practiced and taught humility through her actions and words: "Humility is the mother of all virtues; purity, charity and obedience. It is in being humble that our love becomes real, devoted and ardent. If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed, you will not be discouraged. If they call you a saint you will not put yourself on a pedestal." Mother Teresa kept the following list of ways to cultivate humility for the sisters in her care.

1. Speak as little as possible about yourself.
2. Keep busy with your own affairs and not those of others.
3. Avoid curiosity (she is referring to wanting to know things that should not concern you.)
4. Do not interfere in the affairs of others.
5. Accept small irritations with good humor.
6. Do not dwell on the faults of others.
7. Accept censures even if unmerited.
8. Give in to the will of others.
9. Accept insults and injuries.
10. Accept contempt, being forgotten and disregarded.
11. Be courteous and delicate even when provoked by someone.
12. Do not seek to be admired and loved.
13. Do not protect yourself behind your own dignity.
14. Give in, in discussions, even when you are right.
15. Choose always the more difficult task.



Malala Yousafzai (Education Activist)

Malala Yousafzai is a Pakistani activist for female education and also the youngest Nobel Prize laureate. She is known mainly for human rights advocacy for education and for women in her native Swat Valley in the Khyber Pakhtunkhwa province of northwest Pakistan, where the local Taliban had at times banned girls from attending school. Malala's advocacy has since grown into an international movement.

She was shot by Taliban's gunman and was critically injured. She later recovered against all

odds. While she was in the hospital, her father showed her a poll in the newspaper of the ten most influential people in the world. He said, "Look at this! Doesn't this make you happy?" Malala replied, "No, I don't think human beings should be categorized in such a way."

After recovering, Malala continued her efforts towards advocacy for education for the women continued despite of continued threats from Taliban. On her 16th birthday she spoke at UN to call for worldwide access to education. The UN called this day as Malala day but Malala's comment was: "Malala day is not my day. Today is the day of every woman, every boy and every girl who have raised their voice for their rights."

When Malala was nominated for Nobel peace prize in 2013, she said "There are many people who deserve the Nobel Peace Prize and I think that I still need to work a lot. In my opinion I have not done that much to win the Nobel Peace Prize." This shows her truly humble nature despite so many achievements and admirable attributed.

On 10 October 2014, Yousafzai was announced as the co-recipient of the 2014 Nobel Peace Prize for her struggle against the suppression of children and young people and for the right of all children to education. Having received the prize at the age of 17, Yousafzai is the youngest Nobel laureate.

Jimmy Carter (Former President, USA)



Former President Jimmy Carter and former first lady Rosalynn Carter demonstrated their commitment to social justice and basic human rights over and over again during their time in the White House, and their resolve has only deepened since moving on, most notably through the Carter Center in Atlanta. They have also worked on numerous Habitat builds both in the United States and around the world alongside diligent volunteers just like you.

In March 1984, President and Mrs. Carter worked with Habitat in Americus, Georgia. This led up to their long-term involvement with Habitat for Humanity. They quickly realized that this mission closely aligned with their values, and a partnership was formed. Just a few months later, in September of that same year, the Carters led a Habitat for Humanity work group to New York, serving 19 families in need of safe, affordable housing. That was the inaugural Carter Work Project, which is now a weeklong event taking place in a different location all over the world each year.

By 2013, the Mr. & Mrs. Carter Work Project had helped more than 3,800 families move into safe, affordable shelter in 14 countries. Over the years, more than 89,000 volunteers from all over the world have signed up to build alongside the Carters.

Angelina Jolie (Actress)



If you're in need of someone to look up to, look no further than Angelina Jolie. For the most part, her extraordinary list of good deeds gets her more media coverage than her films do – and that's saying something. Jolie has proven time and again that when it comes to the silver screen, she's more than just a pretty face. Off screen, Jolie has developed a reputation for championing the advancement of human rights; in fact, Jolie is a Special Envoy for the United Nations High Commissioner for Refugees (UNHCR), a legit designation she has actually earned.

Aside from her work with the United Nations, Jolie is an advocate for conservation, education, and women's rights. She is doing an excellent job at making the world a better place.

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Developing Humility

By Anop R. Vora, Rochester, NY

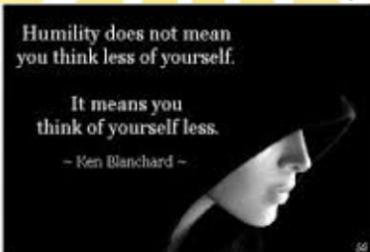
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Ego is a false "I claim to be a simple individual liable to err like any other fellow mortal. I own, however, that I have humility enough to confess my errors and to retrace my steps." - Mahatma Gandhi

The above quote is from a great soul; the soul to whom millions of people bowed in reverence, yet he did not show any sign of arrogance; instead he preached and practiced humility every day of his life.

When he was in South Africa, he was an invited guest of honor by the students of the London University. Instead of showing up at scheduled program time of 7:00 pm, he showed up at 2:00 pm - unannounced, went straight to the kitchen cellar and started helping the students who were preparing the food. The students were simply stunned! They learned a life-long lesson on humility in action.

His virtue of humility sprouted early in life and that is probably one of the primary reasons why he rose so high. It melted the hearts of even the hard core British rulers and many others, paving the way for India's independence. Mahatma Gandhi demonstrated in real life that the humility can indeed be a lot more powerful than arrogance.



When we exhibit humility, we acknowledge our imperfections and limitations. We agree that we could be wrong in our approach or in our way of thinking and acting. If we genuinely accept this basic wisdom, we will be more flexible, our life journey will be much smoother, we will get more respect and co-operation, and generate positive vibrations while dealing with other people.

Often times when we look at our surroundings, it feels like to be successful in the material world, one needs to be aggressive, arrogant. This certainly is not the case in the spiritual world. And even in the material world, there are many real-life recent examples of financial success associated with the use of humility. This is what Mercury News (San Jose, CA) observed in 2015: "Along with the Indian immigrants leading companies such as Adobe Systems, Nokia, Global Foundries and Mastercard; Pichai and Nadella are the evidence that a generation of Indians has benefited from upbringing in a culture that, at its best, values humility, close-knit family ties and respect for

all walks of life, according to cultural experts and Indian executives themselves. Such traits are highly valued in the corporate suite, not just in the U.S. but at any global corporation. This means humility and related traits could translate into millions!

What prevents us from being humble? The Ego, Arrogance. It is a serious destructive human emotion like anger, deception, and greed. It shows up in many shades and forms such Conceit, Egotism, Superiority, Self-righteousness, False Pride, Overconfidence, and Self-importance. But humility is a powerful antidote to overcome it in whatever form it manifests.

If we wish to control arrogance, we may need to study anger too because both are closely connected. Although anger and arrogance-both are very bad vices, which one is worse? In my opinion, arrogance is far worse than anger because anger at least needs a catalyst from outside while arrogance does not. We can hide anger but arrogance is apparent to all around us. Anger in many cases is transient in nature, it may subside in due course, and may be easy to forget and forgive but arrogance is an ongoing phenomenon fueling fire on a continual basis. An arrogant person is constantly occupied in boosting his own ego and does not hesitate to employ devious means to earn undue respect, prestige or salutations. Anger may exist without arrogance but arrogance is almost invariably accompanied with anger.

How do we develop the virtue of humility to save us from the damaging aspects of arrogance and anger? Jain masters, going all the way back to Lord Adinath's era, have identified these vices, among others, offered spiritual corrective actions, and have structured many religious practices to correct the problem. They are designed to develop humility and to soften one's arrogance from the early childhood. Some of these practices are:

- Salutations to enlightened/liberated souls through daily recitation of Navkar Mantra – By bowing to the purest of the pure, one seeks their qualities.
- Humility shown to monks, nuns and teachers – when one shows humility and bows to others, it reduces one's ego.
- Respect shown to Parents and elders as 'Vinay' regarded

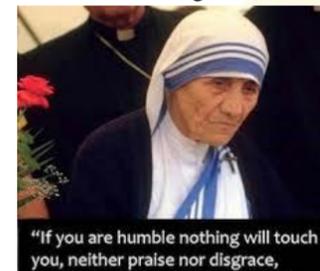
as the birthplace of knowledge – as a practice followed from early childhood. It moulds one's attitude towards showing respect to those who are older in age and wiser.

- Samayik (48-minute meditation to improve self awareness) – meditation and dhyana calms the mind and one's inner self. This improves clarity of thought and help gain equanimity.
- Pratikraman (Introspection and Asking for forgiveness for one's mistakes) – this is an extremely powerful tool because it provides an opportunity to acknowledge one's faults, seek forgiveness and reduce hostility that is associated with arrogance.
- Daily reminder of 12 Bhavanas (Reflections) – it serves as a reminder of the "truth", the way things really are. It removes false beliefs and helps eliminate negative emotions of greed, arrogance, deceit, etc.

These practices- if carried out consciously and regularly- have the power to make one humble and ego-free. Every one of these practices has a purpose and has an additive value; sum total of which could have a profound impact on us. Another very effective way to develop humility is to get guidance from a sadguru who can steer us in the right direction, help us see the truth and more importantly our faults and put us on the right path.

In addition to the spiritual practices described above, following additional steps can help us in recognize our problem and rectify our behavior:

- 1) Do a reality check - One way we can deflate our ego is to see that there is always someone who is better than us no matter how inflated we feel about our wealth, power, knowledge, talent, appearance etc. Karma theory (Cause & effect) teaches us that the objects of our arrogance and good fortune are the fruits of our karmas from the past. These could all disappear some day because every thing in life is transient and cyclic.



- 2) Know that this too shall pass - Every time we go through an ego boosting situation, we need to come back to earth by remembering this important scriptural message: All material things in life are temporary and come with an expiration date, a date which is out of our control. (Anitya Bhavana). History is full of so many examples. On his death bed, even Alexander the great was helpless although he had conquered the whole world.

- 3) Remind ourselves that truth has many angles and perceptions are relative – Like the blind men describing the elephant, we must remind ourselves that ours is not

the only correct viewpoint. To find the right approach, we need to be polite and receptive enough to listen to the ideas and view points from people with different cultures and backgrounds. Some times we will discover that we were grossly mistaken in our approach! Being polite does not mean a total agreement with the view points of the opponent. It only means listening to the other party consciously. Listening with a spirit of reconciliation cannot co-exist with arrogance! This is the main message of Anekantvad.

- 4) Recognize the equality of souls - We need to respect all life and all human beings. Jainism clearly says: "All souls are equal." This means that any temporary perception of superiority should not blind us and make us arrogant.



- 5) Arrogance obstructs and humility fosters resolution of conflicts - More problems have existed throughout history because of ego clashes. If we show humility to others in resolving a conflict, even our opponents will calm down and show a way to get out of it. On the other hand, if we are perceived as arrogant, our opponents will play hardball and devise ways to teach us a lesson, thereby lowering the chances of resolution.

Conclusion

Being polite is divine; being arrogant is like committing a spiritual suicide. Looking at the history of mankind and judging from the way arrogant people at all levels have fallen; we should be fully convinced that arrogance never pays in the long run. Having said that, let us also accept that very few of us lead a perfect life. We may have become arrogant at one time or the other in our interactions with others. But if we remain alert and examine our own behavior objectively, we will find that every time we became arrogant and asked our inner voice; it would almost always tell us that we were wrong in what we did.

Going forward, let us be more vigilant and aware of arrogance and other destructive emotions that are our inner enemies. Just being aware of them is a giant step in the right direction. It holds the key to developing humility. Next time, if we run into a trying situation, let us act with a spirit of conciliation and humility. We may get surprised at the positive results. This should motivate us to keep trying again and again until we lessen the intensity of our vice in a significant way. We will never know about miracles can humility produce until we try!



Ahimsa in Action at Luvin Arms

By Dilip V. Shah

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During last Paryushan at our Jain center, we had a guest speaker Shaleen Shah who talked about an animal sanctuary in Colorado that he and his wife Shilpi had created. I read the literature he provided and heard him answer questions from the audience. Since it was the only sanctuary run by Jains outside of India, I was interested in learning more. I was curious to learn about a few things like: the motivation behind it, its financial support, where the animals came from, if they would be raised on vegetarian diet and if it was Jain sanctuary. He invited me to the sanctuary by telling me that “seeing is believing” and even offered me to stay with them.

For weeks, I kept thinking about that tempting offer – corresponded with Shaleen and explored their website until I made up my mind and finally booked a flight to Denver. Shaleen and his two little boys picked me up as I arrived at Denver airport early on a Friday evening in mid- December. His home and the sanctuary were about 30 miles from the airport. Shilpi greeted me at her home and welcomed me with warm vegan dinner. After the kids were put to bed, conversations about the sanctuary began. I wanted to learn about them and how they got the idea to start an animal sanctuary. They were equally eager to share their story:

Both Shaleen and Shilpi (Shahs) were born in India but grew up in Florida when their parents immigrated to America. Shaleen was an entrepreneur even in his high school years and Shilpi studied to be a CPA. They got married and in 2011, they were eagerly looking forward to the birth of their first child. – a baby boy they lovingly named Aarav. But then the life threw a curve; the newborn baby was not able to tolerate mother's milk. His face developed rashes and kept crying excessively. Their pediatrician diagnosed the child as “Lactose Intolerant” and advised Shilpi to stop consuming any dairy products at least for the next six months. Shilpi believed that as a committed vegetarian, she was eating all the right foods to raise a baby but promptly complied with doctor's order. She gave up milk, butter, yogurt or ghee and the baby got well soon.

Shilpi quickly adjusted to life without any dairy products – but she wanted to learn more about the factors that caused her son's sickness. She embarked on an extensive research and read in detail about the dairy industry and dairy animals. To her horror, she discovered extreme

cruelty the cows were subjected to. In order to maximize the milk production, they were artificially impregnated every year and fed antibiotics. Natural life span of cows is 20 years but at the age of six or seven, milk production starts declining and at that point they are sold to the slaughterhouse. Her heart was shaken to the core when she learned that newborn male offspring of the cows was routinely separated from their mother within 24 hours – never to meet again and shipped off to slaughterhouses within six months to veal industry. More she read, more she became sad. For centuries, humans have raised farm animals only to exploit them and in the end use them for food. In this age of industrialized food production, farm animals are confined to smallest possible space. Many animals never get to move around and birds are never given room to spread their wings or see the sun. They are not thought as God's creatures to be adored or loved but as commodities for consumption.

Shilpi's motherly instincts turned into compassion for all farm animals. She thought her son; Aarav had come into her life as a messenger from God to awaken her to the true meaning of Ahimsa. She discovered that just being vegetarian was not enough – use of all animal products – leather, wool, honey, dairy products like milk, butter



and cheese was the product of cruelty and violence. She turned into a complete vegan. A few months later, Shaleen joined her and turned vegan. Three years later the family grew again when Avi was born. Thankfully, he was born healthy. The family moved to a small town near Boulder and was enjoying the small town life surrounded by farms, thinking about what they can do to reduce the suffering of farm animals.



In the summer of 2015, Shahs learned of an animal auction nearby. Among thousands of animals destined for slaughterhouses were a pregnant mare (female horse) and two foals (baby horses) that the couple wanted to rescue. Shaleen rounded up some cash and headed to the auction to rescue this horse family from certain death. He did buy the mare and two foals but spent hours on the auction ground. He was emotionally drained seeing all kinds of animals – baby goats, sheep, horses, cows - many just days old being pushed on the weighing scale and on to the auction platform. All unwanted byproducts bid by the pound for buyers to take them to slaughterhouses. After saving the horses, while driving back home, Shaleen was consumed by the haunting cries of animals he had just left at the auction grounds. He kept praying, “if only we had land, we could do something.”

That very night, his prayer was answered! Someone called to ask if he knew of anyone who might be interested in a 23-acre land parcel just a few minutes away from home. Shahs took that phone call as a sign from God. All night the two of them debated if they were ready to accept the massive responsibility of running an animal sanctuary along with raising two little kids. Shaleen could not erase the memory of all those animals he had seen on the auction ground and together they could not ignore sign from the God. Next morning they signed a lease for the farm and in August of 2015 “Luvin Arms” was established.



The property they leased was neglected for many years and needed a lot of work to convert it into an animal sanctuary. To create a sanctuary, one requires the knowledge of safe rescues, animal husbandry, farm and pasture management, trailering and hauling of animals, barn design, construction skills, animal first aid and local and

state regulations. In addition to the knowledge, one also needs equipment. A tractor with implements, skid steer, several sized animal trailers, utility and dump trailers, manure spreader, UTVs, and general land management skill. Depending on the variety of animals you plan to shelter you need several barns, automatic water systems, heating, miles of fences, etc. One must also develop strong network of partnerships relationships with dozens of vendors, suppliers, and professionals to help them align with the organization's values and culture. As a functional non-profit, one has to master the basic skills of non-profit governance, tax and compliance regulations, fundraising, marketing, volunteer management, strategy development, and community development. And on top of it one needs a lot of money to run this.

In addition to all that, Shahs had unwavering commitment to non-violence and compassion for all beings as their guiding principle. They would only provide plant-based feed or medicine not animal based products. Their faith and value system did not permit compassion for some at the cost of cruelty to others. This meant that they would only rescue and shelter birds or animals that thrived on grass or grains. They were to accept some omnivorous animals but certainly not any carnivorous animals. They also decided to not purchase animals. The sanctuary was created to shelter abused or neglected animals with a firm “No Kill” policy. Once adopted, they would keep them to the end of their natural lives. They would not breed animals nor return them to previous owners. As a commitment to not exploiting animals, they would compost eggs laid by any bird.

They also firmly believed that a sanctuary, as a practical matter could only do limited amount of work. Their 23-acre farm could possibly save a hundred lives directly. But extending compassion to a large number of animals, education and outreach was critical to their plan. Their sanctuary would serve as a host - a meeting place for humans to interact with farm animals.



People were surprised to learn that a pig was the fourth most intelligent animal in the world or cows have four stomach compartments or goats could climb a tree and some could jump as high as 5 ft. Visitors to the sanctuary could observe animals and birds in somewhat natural habitat and begin to appreciate their majestic lives. Through outreach programs

and education, visitors could choose to become vegetarian or vegan. Imagine this fact: One vegetarian can spare lives of 100 animals annually and over the lifetime may spare lives of 6,000 or 8,000 animals – far more than any animal sanctuary can possibly achieve.

Hence the Shahs decided to make theirs an open sanctuary. They shared innovative ideas in creating a more efficient and effective sanctuary and published all they learned with other existing and upcoming sanctuaries around the world to make a bigger impact for animals around the world. Their home for abandoned, abused and neglected farm animals was going to be a platform through which their stories could be heard and it resulted in the more compassionate world for animals everywhere. Through tours, community events, vegetarian and vegan cooking lessons and support programs it would inspire more people to adopt a plant-based lifestyle resulting in the rescuing of the multitude of animals from the life of suffering and cruelty.

The open sanctuary concept drew attention of scores of volunteers from neighboring towns. Their first volunteer workday drew 35 kindhearted strangers. They had found a winning formula – “**Connecting Communities through Compassion**”. Most of these volunteers were vegan and members of a local animal rights organization. After the first three resident horses, two pigs, two goats, chickens and roosters rescued from abandoned backyard were adopted in the sanctuary. Slowly the sanctuary became home to 30 animals. Every bird and animal was given a name like Franklin, Felix, Rudy, Benjamin, Oliver, Rocky and so on. Volunteers helped erect barns, and collect donations of surplus vegetables from nearby grocery stores for the animals.



A wealthy animal rights activist noticed their progress – and made a generous offer of \$600,000 as the matching grant to assist in purchasing a 40-acre farm with a barn, more amenities, and a 3 bedroom house. The new property was within 30 miles of 1.5 million people and more adaptable to convert into an animal sanctuary. In September of 2016,

the new property was purchased and is now the permanent home of the Luvin Arms Sanctuary. It is centrally located for everyone from Denver to Ft. Collins to Boulder just outside Erie, CO. It has a bigger parking area, community and education center, a food garden, and medical and quarantine barns. The slow process of moving from the rental property to the current property will be complete by March of 2017. The existing barn on the new property was eminently suitable for three horses and they were transferred first. In the first phase of construction activity, three barns; a multi-species barn for cows, goats, sheep, and pigs, a bird barn for hens, ducks and turkeys, and a dedicated rooster barn all of the various sizes, will have to be built before all animals can be transferred at the cost of \$300,000. Local ASPCA (American Society for Prevention of Cruelty to Animals) has already requested that they accept a few cows they have rescued. The sanctuary will be able to shelter 130 animals where animals will be able to graze freely.

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We got up early on Saturday morning to be at the new site as 20 volunteers were scheduled to arrive there to assist three construction workers in erecting of the first of the three barns that was going to be 50’ wide barn for cows, goats, sheep and pigs. Volunteers were already there when we reached the farm and the contractor’s men were guiding them into correctly positioning the tall posts as the outer periphery of the barn into ground.



had to finish making three barns in coming weeks. That evening as we were preparing to go home, Shaleen got a call from a farm hand at nearby feedlot that had 50,000 sheep. Two 6 months old sheep had stopped eating for a couple of days and were very weak. The farm hand asked if the sanctuary would accept them and Shaleen just sprang into action. He and a volunteer hitch a trailer to his truck and headed to rescue the two sheep. The sheep were brought to the new sanctuary and put in one of the empty stalls in the horse barn. A volunteer stayed behind to make them comfortable with blankets, feed, and water. It was past eleven that night when Shaleen reached home but he was still on the phone talking to the volunteer about how the sheep were doing.

When they broke for lunch, I got my chance to speak to the volunteers. I was amazed at their passion and determination that they

The next morning, the nearby church was to bring 15 sixth graders for a tour of the old sanctuary. This was my chance to see rest of the animals and see actual operation of the sanctuary. As soon as we got there, Shaleen got to work. He had to move some piles of feed and assist a couple of volunteers who were moving manure to a pile designated for it. When the kids arrived, they first presented a donation check for the sanctuary in the amount of \$350.00. Shaleen thanked them and proceeded to give a tour of the facility. He introduced each resident of the sanctuary by its name and told the story of how they arrived at the facility. A designated volunteer for every day of the week for morning or evening shift was responsible for feeding them and cleaning their stalls. Animals were weighed once a week and received wellness visit from veterinarians. There were four different veterinarians affiliated to the farm and each one of them responsible for certain species of animals. Kids asked many questions and promised to return as volunteers once they reached the age of 18.

Later in the day Shaleen and Shilpi were planning to take me to a vegan restaurant in Boulder before my flight back home but our plans changed abruptly with a phone call from the volunteer nurse practitioner at the sanctuary regarding deteriorating health of the two sheep that arrived the previous day. We were told that sheep needed to be examined and treated immediately by a veterinarian. Fortunately, CSU - Colorado State University in Ft. Collins (30 miles from the Sanctuary) has a Veterinarian Teaching Hospital with 24/7 staffing. Both sheep were loaded in a trailer hitched to Shaleen’s truck and the whole Shah family and I was on our way to the hospital. The vet at the hospital was briefed by the nurse practitioner at the farm about the symptoms observed by her and they were prepared to handle the emergency at 5:00 pm on a cold Sunday evening. Luvin Arm has an active relationship with the hospital and the paperwork was ready for admitting the animals quickly. After the initial diagnosis, we were told that the emergency tests and the first-night stay will cost around \$1,000 and the costs may escalate as treatment options become clear after 24 hours. Both Shilpi and Shaleen immediately consented to the cost estimates and instructed the hospital to do everything they could for both the sheep. As it turned out, the sheep might have to remain in the hospital for about two months, one sheep would be blind in one eye and the final bill from the hospital would be approximately \$10,000. We headed back from the hospital to the sanctuary, unhitched the trailer and headed to a restaurant near Denver Airport. My visit to the Sanctuary and with this remarkable couple was coming to a close. It just dawned on me that for the first time in my life, I was a vegan for the weekend and I liked it.

On my way home, I kept thinking about Shah family’s journey of compassion for the farm animals with steely determination. I watched them, on a cold December morning, as they got ready in the morning and went to the

sanctuary dressed like farmers rushing to go to work. They both had trained themselves to handle all kinds of tasks on the farm - driving the tractor, handling and feeding the animals, cleaning the stalls and some construction work etc. Shaleen shared that he devoted 60% of his time on the sanctuary and 40% of his time on his business that he runs from his home. In addition to raising the two boys, Shilpi considers looking after wellness of all the animal residents of the sanctuary, recordkeeping and all the office work for the sanctuary as her mission in life. Their little boys, Aarav and Avi know names of every resident of the sanctuary and think of themselves as guardians of them all.



Transitioning to a new permanent location, Shahs have undertaken a huge financial project. They have borrowed money against their home to fulfill urgent need to start building proper barns to house the animals that will need \$300,000. There is monthly cost of \$5,000 per month to feed for Wellness/Vet care and eventually there will be need to hire 5 staff positions for animal care, Outreach/Education and fund raising etc. at the cost of \$18,000.

Many animal shelters in America, like The Humane Society, keep the animals they receive for a fixed number of days and offer them free as pets to any takers. If no one comes forward in that period of time, shelters consider it humane to euthanize them – “put them to permanent sleep”. Luvin Arms is a “No Kill” facility. Jains of North America need to adopt this sanctuary as their own, as a token of their commitment to compassion and support the sanctuary. They need immediate help to build miles of fencing, and a medical barn.

Your generous support will continue to serve animals over many years. Luvin Arms is a 501 C (3) registered nonprofit organization and donations to it may be tax deductible. You may send the donations via Jivdaya Committee of JAINA and forward it to Rita Sheth
5308 E. 80th Place, Tulsa, OK 74136

Or send directly to:
Luvin Arms 3470 Country Road 7, Erie, CO 80516-8613.

For more information, visit their website at: www.LuvinArms.org or on facebook.com/luvinarms



19th Biennial
JAINA Convention
 Jainism and Science
 Edison, NJ | June 30 – July 4, 2017
 convention.jaina.org



Convener's message



Guntant Shah
Convener
JAINA Convention 2017

Jai Jinendra,

We are only about three months away from having a wonderful convention in Edison, NJ, one of a kind, five days planned with exciting, energetic, lively and full of fun-filled jubilant activities for young and adults. Countdown has begun, and respectable level of registrations are already coming through...if you have not registered yet, I highly recommend you to not miss out this great opportunity to experience extravagant, enriching, educational and superbly planned convention hosted by JAINA.

This is a premier Jain event of North America where the Jain Community from many parts of the world with their friends and family get together and have a wonderful time while learning many aspects of Jainism. This year, the theme of our convention is "Jainism and Science". Who would want to miss out on such great opportunity to explore and experience our rich heritage and learn about Jainism's link to science?

To register and check the latest details of our programs on our website, please copy/paste the link shown below in your browser:

<http://bit.ly/2fq13Fu> or visit www.Jaina.org or visit <http://convention.jaina.org>

Upon completion of registration, more information on hotels is provided in Accommodation section to book hotels at very reasonable and special prices near convention center for your convenience. Please reach our Accommodation Team if you need any additional details by emailing to accommodation2017@jaina.org. All Jain meals and snacks are included as a part of the registration

Our JAINA Convention will bring delightful, informative and enriching educational experience during daytime sessions and the evenings will be full of fun and joyous activities with wonderful plays, melodious music and delicious meals. Hundreds of dedicated volunteers enrich the convention experience and produce value far in excess of the registration cost.

Spiritual dignitaries, scientists, and professionals will highlight how Jain principles, values and heritage have numerous links to science. They will elaborate on the ways in which Jainism had an understanding of today's environmental challenges and of science, centuries ago.

We have planned a wide variety of programs, including lectures, panel discussions, and interactive sessions with dignitaries and scholars from all over the world. The sessions are designed to be enriching, enhancing and enlightening!

Families with children and young adults of all ages will have fabulous opportunities to experience our heritage and network. Separate programs are planned for Jain Milan (Ages 21-42), Young Jain Professionals - YJP (Ages 24-42), Youth Activities (Ages 14-23) and Kids' Club (Ages 6-13).

The convention will be a great opportunity for families and community reunions and professional networking. Additionally, NY, NJ and Philadelphia have lot to offer and are excellent vacation areas. Tours of our local temples and the Siddhachalam Tirth are under consideration.

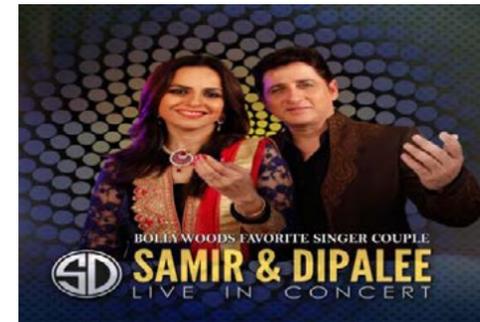
Venue

New Jersey Convention and Expo Center
 97 Sunfield Avenue, Edison, NJ 08837
 Friday June 30 to July 4, 2017

We have extensive plans in place to make everyone's stay at JAINA as pleasant as possible.

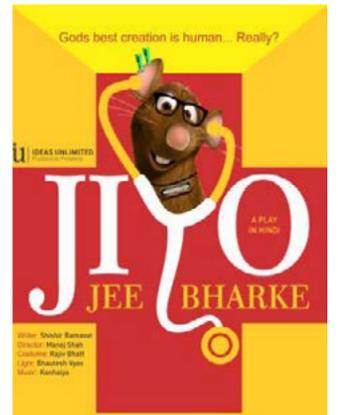
Transportation will be provided to those who request it ahead of time, from the Newark Airport (EWR) to JAINA approved hotels on June 30, the first day of the convention and then from those hotels to the Newark airport (EWR) on July 4th.

Evening Programs:



Our evening entertainment includes a unique musical show with many artists. Samir Date and Dipalee Somayia Date from Mumbai will present Bollywood night - prolific singer performers and award winning Bollywood playback singers. They are today much sought after world over as a performing couple with over 300 international shows to their credit in the past 3 years.

We are especially proud to announce a play in Hindi, **JIYO JEE BHARKE**, about Jivdaya and animal rights. Human beings are the most intelligent, powerful and evolved species on earth. But they are the most manipulative and insensitive too. This play depicts and explores the inhuman aspects of human beings in a dark and unusual manner.



2017 marks the 150th Birth Anniversary of Param Krupaldev Shrimad Rajchandraji who was a spiritual guide to Mahatma Gandhi. We will celebrate this occasion with a sensational play – Yugpurush (Mahatma Na Mahatma) on how the teachings of Shrimadji helped Mohandas Gandhi turn into Mahatma Gandhi. This play has had over 250 performances in multiple States of India during the past five months.

Don't miss out – become a part of this historic global event by attending, volunteering, or sponsoring the JAINA Convention. For up-to-date information, please visit our website at convention.jaina.org.

Daytime Programming:

At JAINA Convention, there will be programs that rejuvenate your spiritual beliefs, stimulating lectures to listen and learn from, and time to enjoy the company of friends and family. If you would like to interact with Jain leaders from Europe, Far East or Africa, look out for "JAIN Diaspora sessions". We plan to have Lectures, Prayers/Stavans, Yoga and Interfaith Panel. Below is a list of excellent set of session tracks

- Jainism and Science
- Jain education
- Jain Diaspora
- Quality of Life
- Community & Social services
- Others – Professional, Entrepreneur, Ecology...





Shri Abhay Firodia, industrialist, philanthropist and President of Veerayatan will be the keynote speaker of the convention.

Another featured speaker at the convention is **Dr. Kanti Mardia** from UK who has done years of research and published books on Jainism and Science.



Many spiritual dignitaries, scientists, and professionals from all corners of the world will showcase how Jain principles, values and heritage have numerous links to science. They will elaborate on the ways in which Jainism had an understanding of today's environmental challenges, and of science, centuries ago.

We will have lectures and sessions each day on these tracks in English, Gujarati and, Hindi to make this event successful and memorable one. There will be Religious and Spiritual discourses by prominent sadhus, sadhvis & scholars

JAIN Milan Program (Ages 21 to 42)



Jain Milan events begin on the first day with icebreakers and an opening session. All Jain Milan registrants will attend sessions together. The program will include traditional icebreakers, speed dating sessions and breakout sessions. The topics will range from career development to relationships to the application of Jainism in modern-day life.

Jain Milan provides an opportunity for Jain youth throughout North America and around the world to meet in person, make friends, engage in networking, develop business contacts and possibly find a life partner. Jain Milan sessions facilitate these interactions in as many ways possible, through icebreakers, interactive sessions, mixers, meet and greet events, and relationship workshops. **You must register for Convention and also register for Jain Milan to be eligible to participate.**

YJP: Young Jain Professionals (Ages 24 to 42)

Young Jain Professionals programs are open to young Jains who are interested in professional networking. The YJP Programming team works to build strong alliance among young Jains through professional, social and spiritual activities. YJP members have diverse skill sets and interests that allow them to build friendships and carry the Jain religion into the next generation. YJP aims to provide interactive sessions that relate Jainism into real-world challenges, as well as workshops that connect professionals with similar skill sets. The YJP experience involves many types of activities to allow Jains to make friendships that will last a lifetime, with many social opportunities to strengthen the YJP network. The schedule is designed to also allow YJP participants to take advantage of the Jain scholars, monks and other speakers during the general sessions at the convention



Each night of the convention there will be a social and cultural program that Youth Group participants will be able to participate and/or attend. In addition, there will be a social event for YJP-only participants each evening. The YJP team is also working on a **special cruise with a formal dinner. You must register for Convention and also register for YJP (Young Jain Professionals) to be eligible to participate.**

Youth Activities (age 14 – 23)

Youth Activities aim to educate young Jains on various aspects of Jain philosophy and its applications in the modern world. These sessions are designed to help youth think about Jain values in their personal and professional lives, and to develop great skills and strategies to do so.



Youth Activities will also incorporate evening activities to engage in cultural entertainment opportunities. The evening activities will be in parallel to the adult cultural programs. Evening activities are open to young Jains who are interested in educational, social, charitable and cultural networking with other like-minded young Jains, meeting new and old friends, and learning more about Jainism. We are planning on various events including an Ahimsa Concert, a DJ Dance and much more. **You must register for Convention and also register for YA (Youth Activities) to be eligible to participate.**

Kids Club:



The primary goal of Kids' Club is to provide a safe, healthy, well-supervised, and fun environment for all children ages 6-13. The Kids Club program provides opportunities for each child to be involved in self-directed and group activities. Past activities have included magic shows, science shows, Masterminds International sessions, shake-and-make vegan ice cream, face painting, and many more activities. Kids' Club runs alongside other sessions, with the option for parents to pick up their children as needed. **You must register your child for Convention and also register them for Kids Club to be eligible to participate.**

More information regarding each category variety of sessions is regularly updated on our website so check them to plan your schedules accordingly!

Jains Got Talent



Do you want to showcase your talent to perform? We've got the stage! Does your band rock and roll? Do your rhymes have rhythm and soul? Is there a juggler within you or a comedian too? Do you dance with stars or have a singer's voice? Then it's time to bring your talent to the JAINA Convention!

"Jains Got Talent" offer you a unique opportunity to showcase your talent in front of the entire Jain Community during the JAINA convention You can perform a skit or a comedy routine, recite a poem, dance, sing, mime, play a musical instrument, perform gymnastics or a martial art, do magic, puppetry no matter the talent, we have a platform for you!



Remember! You must register for Convention to be eligible to participate and compete for this wonderful event. For complete rules and regulations please go to convention.jaina.org.

This is going to
be a competition
of Stars!

Jain Academic Bowl

Jain Academic Bowl (JAB) is a team-based competition for young Jains (up to age 21) held each year at the JAINA and YJA Conventions. This competition tests the students' overall knowledge of Jain Philosophy, Jain History, Sutras, Tirthankars, revered Jain personalities, the Jain Way of Life, and more in a fast game show format.

JAB is a great experience for all participants. It helps everyone to increase their knowledge of Jainism, provides an opportunity to forge new friendships with Pathshala students nationwide, and much more. In the end, every participant is a winner because of the immense knowledge they acquire and having fun by being a participant in this team based competition. You must be registered for the Convention and for JAB to participate.

Cultural Programs: JAINA Sparks Radiantly



JAINA invites all Jain Centers in North America to participate in the cultural programs competition on the main stage at Convention. We look forward to having many Jain Centers take part in this friendly competition. The Welcome Program will include performances from the local Jain centers.



JAINA RECOGNITION AWARDS

As done in past JAINA conventions, individuals living in North America (USA and Canada), who have contributed significantly to the promotion of Jainism and its principles, will be recognized during 2017 JAINA Convention. For more information to nominate individuals, please contact by e-mail to AwardsCommittee@jaina.org.

Get Involved with the JAINA Convention



Convention will kick off with a **Raas Garba event** on the evening of June 30th led by award winning playback singer and music director Uday Mazmudar with Rekha Trivedi from Mumbai. Rekha Trivedi is regularly featured on Gujarati Radio and TV stations. The duo has many albums to their credit and is famous for performing live Navratri Garbas.

We are also excited to have a parade (Varghodo) complete with floats and a Rath (a chariot) to usher in Tirthankar Pratima into the convention hall on the morning of July 1st. Two lucky families in pooja clothes will get opportunity to ride in the Rath and lead the procession. All of these events promise to be fun and exciting for every attendee.



In the evening, we will have Cultural Programs from several Jain Centers and also top performers selected from "Jains Got Talent" on stage that will rock you. One of local region Talent young and energetic Miss Ayushi Haria, resident of Chester Springs, PA who is learning classical Bharatanatyam dance since she was 7 years of age will depict events in life of Bhagwan Mahavir. This 20 minute solo performance "Jai Mahavir" depicts the rigorous harassment that Sangam Dev tried on Bhagwan Mahavir and how Bhagwan Mahavir remained calm, merely showing his compassion towards Sangam Dev.

The convention hall will have exhibition and vendor booths showcasing articles and items of interest for purchase at very reasonable prices. If you are interested in having a booth at exhibition to promote your products and or services, please contact our Booth exhibition Team at Booth_exhibition2017@jaina.org

JAINA publishes a colorful souvenir book at each convention. If you are interested in advertising in our souvenir book and reaching thousands of Jain families across the country write to souvenir2017@jaina.org. We invite you to present an article in English, Gujarati or Hindi exploring the theme "**Jainism & Science**". Letters from Political & Religious leaders and well-wisher's messages from all advertisers will also be published in our Souvenir. JAINA Souvenir committee is inviting you to participate by giving your advertisement for our Souvenir. For further details, please write to: souvenir2017@jaina.org

JAINA is a nonprofit organization, and welcomes sponsorship support for JAINA Convention events. There are several opportunities to contribute. We know such events are only possible **through outstanding support and contributions from our Leaders like yourself and many young and adult volunteers of our community**. We sincerely appreciate your generous donations to continue to cherish our culture and heritage. **To support the convention by becoming a Mahasanghpati or Sanghpati, please contact** convener2017@jaina.org or sponsorship2017@jaina.org

To register and check the latest details of our programs on our website, please click the link below:

<http://bit.ly/2fq13Fu> or visit www.Jaina.org or visit <http://convention.jaina.org>

We look forward to welcoming you in JAINA Convention in Edison, New Jersey!

Accommodation	accommodation2017@jaina.org
Audio video	audiovideo2017@jaina.org
Booth exhibition	booth_exhibition2017@jaina.org
Convention 2017	convention2017@jaina.org
Convener	convener2017@jaina.org
Convention secretary	convention2017secretary@jaina.org
Cultural program	culturalprogram2017@jaina.org
Day time sessions	daytimesessions2017@jaina.org
Dignitary & Delegates	dignitary2017@jaina.org
Evening programs	eveningprograms2017@jaina.org
Facilities	facility2017@jaina.org
Float & Procession	float2017@jaina.org
Fundraising	fundraising2017@jaina.org
Helpdesk	helpdesk2017@jaina.org
(JAB) Jain academic bowl	JAB2017@jaina.org
(JGT) Jain got talent	jaingottalent2017@jaina.org
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Transportation	transportation2017@jaina.org
Volunteers	volunteers2017@jaina.org
Welcome Program	Welcomprogram2017@jaina.org
YJP	YJP2017@jaina.org
Youth Activities	youthactivities2017@jaina.org

SPONSORSHIP OPPORTUNITIES

For more information on sponsorship opportunities, contact sponsorship2017@jaina.org.

- **Corporate Sponsorship: Platinum, Gold, Silver and Bronze**
- **Individual Sponsorship: Diamond, Emerald, Ruby, Sapphire, Tanzanite**
- Bus Transportation
- Souvenir Book advertisements
- Cultural Program
- Evening Entertainment
- Exhibition Booths
- Jain Academic Bowl (JAB)
- Jain Got Talent (JGT)
- Jain Milan and YJP
- Meals and Snacks
- Musical Shows and Drama
- Raas-Garba
- Religious Discourse
- Sadhus, Sadhis and Speakers
- Souvenir bags
- Website
- Welcome Program and Parade Floats
- Youth Activities and Kids' Club

“As long as you are proud you cannot know God. A proud man is always looking down on thing and people: and, of course, as long as you are looking down you cannot see something that is above you.”

C.S. Lewis, Mere Christianity

“Every person that you meet knows something you don't; learn from them.”

H. Jackson Brown Jr.

Jamaica Surgical Mission – An Humbling Experience

By Shrenik Shah, Dr. Nitin Shah

A team of doctors from India and USA, a nursing assistant, a medical student and volunteers go to Jamaica to help people with their vision and come back with a deeper insight in to the culture and people of this Caribbean island. The amazing success they achieved in 2.5 days has not made them proud but more humble. Here is their story.



Meet Akelia, a 7 year old girl. She was blind from birth due to congenital cataract. Since the needed surgery could not be performed by the available ophthalmologists in Jamaica, the parents were planning to send her to USA.

Two years ago when a team of doctors went there on a similar mission, one of our surgeons, Dr. Vipul Prajapati, operated on her right eye and she started seeing for the first time!

In April 2017, Dr. Prajapati operated on the left eye and now she can see from both eyes. Akelia now has a bright future ahead of her due to these surgeries.



Meet Isaac Brown, a 86 year old man. Issac is jumping with joy, dancing, and hugging everyone he can find. His reason for being ecstatic? He was able to see his grandchildren for the first time! He had not been able to see for the past 20 years.

It is moments like these that motivate us to go the extra mile and help the needy around the globe.

Our team of doctors and volunteers had conducted two Cataract Surgical missions in 2014 and 2015. In 2014, we did 225 cataracts in 5 days. It was sponsored by Drs. Kiran and Pallavi Patel Foundation, MBS Health Ministry, Inc., Alcon & Anekant Community Center (ACC). In 2015, 227 cataracts were performed in 3 days. This mission was sponsored by ACC, Chokshi Family, Alcon & MBS Health Ministry, Inc.

With each mission we learn and grow with our medical team in hopes of helping more and more patients with cataracts. Eye Surgeons keep performing better with each mission! We actually have been beating our own previous records. And we continued this tradition with our 2017 mission.

Here are some details about our April 2017 mission:

- Title: Jamaica Surgical Mission April 8-10, 2017
- Task: Perform Cataract Surgeries
- Location: Mandeville Regional Hospital, Mandeville, Jamaica
- Facilitators: Dr. Nitin Shah, Dr. Dhiren Buch, Horace Morgan, Dipak Patel, Sadhana Patel, Kevin Roy, Shrenik Shah
- Surgeons: Dr. Nirav Modi and Dr. Vipul Prajapati
- Sponsors: Drs. Kiran and Pallavi, Patel Foundation, Tampa, Florida and MBS Health Ministry Inc., Tampa, Florida, Alcon Company
- Collaborator: Anekant Community Center (ACC), Los Angeles, California
- Results: 257 successful Cataract Surgeries in 2.5 days! Our patients ranged from 7 years old to 92 years old.
- Cost: Out of pocket expense of \$ 40.72 per patient

Our volunteer team had 9 people - two eye surgeons, two anesthesiologists, one 3rd year Medical Student, one nursing assistant and three additional volunteers. Mandeville Hospital's Eye clinic staff did all pre-operative preparations and post-surgical follow ups.



Working with the Jamaican culture has shown us that they are full of humility and respect. Each and every patient was very thankful for the opportunity we were able to provide the

57 year old Ms. Eslyn Stevenson said “I could not see anything for many years and now I can due to God sent team to take care of my cataract” 50 year old Karen Richards said “I could not see and read from my left eye - read paper now - grateful to them and God, many more need help and will be waiting for them”

To our surprise, on the last day, all the patients and their families got together and sang a holy song “We are together again” in honor of their appreciation for us.

This has been a humbling experience for us all and we definitely look forward to going back to Jamaica and also other places!

There is growing need for services like these all over the world. If you want to serve, the opportunities are always there. YJA member Shrenik Shah took the opportunity this year and came away with a very satisfying experience.

Jain Digest congratulates the team and a special tribute to Dr. Nitin Shah; this was his 76th International Medical/Surgical mission!! He has organized/managed 167 Free Community Health Fairs in USA since 1992. He helps with running Three Free Clinics every week between Thursday and Sunday in Southern California. And he also arranges Free Outpatient Surgeries One Day every Three Months for Uninsured Under income patients!

“Life should be all about what can we do Tomorrow and not about what we did not/could not do Yesterday” – Dr. Nitin Shah.

If you have a desire to start a Health Fair locally or do a Mission abroad to serve Underprivileged and need help and guidance please contact us.

Shrenik Shah at 714-331-4082, shrenik.shah.la@yja.org (He is a Banker in California and YJA Member) or Dr. Nitin Shah at 562-244-9035, nitinshahmd@gmail.com (He is a Professor of Anesthesiology and Critical Care Medicine at Loma Linda University, California).



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