



YOUNG JAINS

INTERNATIONAL NEWSLETTER

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Volume 18 No.3/2004

OPENING EYES TO JAIN DHARMA

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until you uncover it."

Bhagwan Mahavir

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YOUNG JAINS

A non-profit making society dedicated to the promotion of Jainism in the western world.

CORE OBJECTIVES

- ☆ To create a better understanding of Jain philosophy, practise and culture.
- ☆ To address the problems faced by young Jains in the UK.
- ☆ To take a further step towards adapting to a multi-cultural environment and living in multi-racial harmony.
- ☆ To prove that each one of us is talented and by working together, we can learn to respect ourselves and all around us.

Young Jains is an organisation that encourages the discussion and exploration of Jain philosophy, spirituality and its practical importance to life, in an open and friendly environment. Formed in 1987, it is an independent charitable organisation.

Events include discussions, retreats, debates, quiz nights, musical evenings, etc which are held on various themes and topics including; understanding Jain principles, ethics, the environment, debating social concerns, health matters, visiting temples and increasing awareness about other faiths.

Young Jains provides an opportunity for its members to be actively involved in delivering events and develop skills that are applicable to all aspects of life.

Events are ideal for young professionals, predominantly delivered in English, although everyone is most welcome (regardless of caste, age etc). ■

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Please mark Newsletter correspondence
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Check out the pictures from events on our web site, which is designed & developed by the Internet Sub-Committee.

If you want regular information about Young Jains events via email, then join the Young Jains E-Chain by writing to the address below, stating your full name: bulletin@youngjains.org.uk ■

Young Jains has an International presence covering America, East Africa, Australia and the U.K.

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(www.YJPOnline.org)
(YJPcommittee@yahoo.com)
(P.O Box 586-00606, Sarit Centre, Nairobi, Kenya) ■

Young Jains International Newsletter is the quarterly newsletter distributed freely to the members of Young Jains, a not for profit organisation seeking to increase the understanding and practise of Jainism in the Western world.

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Jai Jinendra, I hope this Newsletter finds you all in good spirits.



Representing roots, blossoming branches, flowering fruition!

PRESIDENT'S MESSAGE

As we enter another special year, one can see the vision spreading over the horizon. Have you ever wondered what the meaning behind the Young Jains logo, the YJ tree is? This is the essence of the organisation, i.e. planting the seed of Jain Dharma and nurturing it so that it grows into a much bigger aim. A tree is a symbol of life, and its branches a symbol of growth and progress. A tree stands firm and adapts to all calamities or changes in its surroundings, and rather than clamouring for its rights and privileges, fulfils its duties of providing

food and shelter for all.

There are various qualities which we can draw great inspirations, from such a harmonious natural plant. These can be portrayed in many forms. As a tree is:

- ❖ A provider of the shelter we seek, the air we breathe, the serenity we look at...so too is *Young Jains*, a Jain Service Provider (JSP). The vision expresses the aim to be universally recognised as a centre of information/activities on Jain Dharma and related matters, providing a distinctive services platform to drive spirituality.
- ❖ Different to any other neighbouring tree...so too is *Young Jains* - differentiable and uniquely identifiable from other organisations. Young Jains specifically provides eye-opening offerings, which is what entices people to stop, look, listen, understand, live and realise.
- ❖ Nurtured and cultivated with sunlight and rain water...so too is *Young Jains*, as are those involved with the organisation nurtured and cared for. People are the key to the continual efforts of what the organisation has to offer. Our strength in involving a solid and ever growing base of active volunteers highlights encouraging appeal.
- ❖ Growing and evolving day by day...so too is *Young Jains* progressing and changing in every step of the way. The aim is to build upon past endeavours and continue to inspire innovation, creativity and ideas to ensure that Jain Dharma is easily accessible to all. Working alongside other organisations, will help to strengthen the offering to the Jain community and the community at large.
- ❖ Always adding value with its wisdom...so too is *Young Jains* utilising its foundations to continue to develop and deliver high calibre events every month, in addition to the regular events of Sweet Harmony and Yoga & Meditation, annual landmark events of Paryushan Parva, Mahavir Bhagwan's Janma Kalyanak, and Diwali – Mahavir Bhagwan's Moksha Kalyanak. Registration for the 6th Young Jains International Convention, 'Tasting The Mango 2 ~ The Next Slice!' has begun. Check out: www.youngjains.org.uk for exciting details of how *you* can get involved.
- ❖ Flowering with many leaves and flowers...so too *Young Jains* wishes to spread the fragrance of Jain Dharma indiscriminately.
- ❖ Spreading its branches far and wide...so too is *Young Jains* reaching out providing opportunities for those who wish to take on adventurous challenges in order to strive to uncover their potential, divinity within!



We as individuals represent our own unique offerings as trees, and as we come to work together, these trees come together to become forests. Our roots draw inspirations from various sources and values; the trunk symbolises the backbone to the support system; the branches bring a wealth of potential opportunities *our* way; the buds portray the seeds which *we* need to plant; the leaves convey the expansion of these endeavours and the colourful flowers which flourish reveal the individual proactive nature and fruition which helps make the difference. As a gardener, understand that this is *your* forest: respect and nurture it well.

Deepa M. Shah, President, Young Jains

OPENING EYES TO JAIN DHARMA

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- Dr. Jean Dreze

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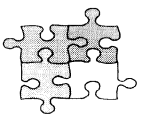
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Tasting The Mango™



Experiences of the Tasting The Mango™ Convention 2002, shared by Adarsh Shah (UK) and Shilpa Shah (USA)

First of all let me tell you how I felt about the whole experience in Priti's words: **"FANTASTIC & PHENOMENAL!"** Having lived in India for 8 years I have attended many religious lectures and seminars. The one thing that differentiates most of those and the Convention was that learning was made fun and practical. It was not somebody just giving out information that you could not relate to that much, here the presentation team consisted of people that I can relate to who all are enthusiastic learners themselves. There was no sign of MBA (Mane Badhu Avde che) among them:- this was a refreshing quality to see.

The energy created by the **"Mango Dancing"** was just amazing. The blood started flowing through the body and woke and geared me up!! Similarly the High-5s and the Mango Hugs created warmth and a sense of unity amongst the crowd. When people started to doze off the massages really to again wake up and feel alive. The style of the presentation was very creative and strikingly imaginative. ***I have never before seen people present Jainism in such a practical and easy way that we can easily relate to.*** This was evident all around me, as the audience were taking a keen interest in what was going on and accepting the various challenges that were set.

I really enjoyed being a facilitator and being trained up for the Drama Workshop. This was a very different experience for me as it gave me a better understanding of the impact that **karma** played in Mahavir Bhagwan's life as well my own life. It also gave me an opportunity to do a bit of acting, which was fun allowing me to apply the Convention Fun Keys, to play full out, have fun, and be silly as well. The discussion of the qualities of the different characters made me understand the karmic cycle much better. It also gave me an opportunity to make new friends from the group, whom I keep in touch with.

Adarsh Shah UK

Over the years I had been hearing great things about the Young Jains conventions from fellow Americans who had attended. Although I had always been active with Jain conventions in the US, I had never quite gotten around to going overseas to attend a Young Jains UK convention. After all, a trip to London from the US is not exactly a small matter. But for some reason, this year I felt compelled to finally cross the pond and check out the convention.

Although I was not successful in convincing any of my friends to join me, I was sure that I would run into other people I knew from the US, since several Americans had attended YJ conventions in previous years. When I arrived, however, I was surprised to hear that I was the only delegate who had come from America. Would I enjoy myself? Would I be able to find people to hang out with? Or would I just get bored and lonely?

When I arrived Friday evening, I was greeted with high fives by several enthusiastic committee members, who appeared happy to see me. I found the energy of these committee members to be contagious as I learned the **"Mango Dance"** and noticed the energy spreading all over the room. The theme, **"Tasting the Mango"**... what is that really about? Having been raised by a Jain scholar, and then having attended many other Jain conventions, the content itself turned out to be very familiar to me, but the style was quite novel experience. Never before had I seen ordinary Jain concepts presented with such creativity and imagination. Light sabres, sunglasses, beach balls, and of course, the music, proved to be quite an effective way to enliven concepts such as **Atma, Karma, Samyak Darshan, Nav Tattva, and Moksha**, and it was quite refreshing to see the audience take such a keen interest in learning the material. Although there were times when I was feeling a bit jet-lagged, I found that starting off sessions with mango dancing, high fives, shoulder rubs, and mango hugs was a great way to wake up and feel alive, as well as meet other delegates.

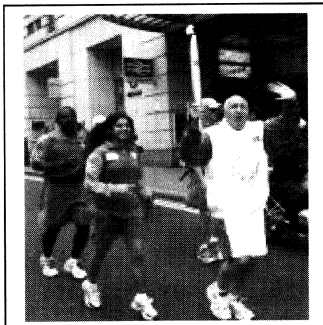
Although I hardly knew any of the delegates when I first arrived, I never felt lonely at any time. All through the weekend, people would approach me and talk to me as if I had always been part of their crowd. The organizers, as well as my host, especially made me feel welcome.

I just want you all to know that I really enjoyed the convention as well as the trip afterwards. I know you've all heard me say this before, but I really mean it. Usually, by the time my vacation is finished, I'm ready to come home. But this time it was different. This time, I was really sad about having to leave England and come back to my regular day-to-day life. .

Shilpa Shah(USA)

OLYMPIC TORCH

On Saturday 26th June. the Olympic Torch was in London. Young Jains member, Kalpana Sheth was chosen to represent T-Moblile at the Olympic Games as one of two Escort Runners to the Samsung Torch Bearer, Chris Holmes a Paralympic Swimmer. He has no eyesight, has 9 gold medals and broken several world records in his swimming career. ■



YJ Team Award

The Young Jains Team Award was launched at the AGM in 2002, to recognise the achievement and contribution volunteer teams make to the members of Young Jains – yes that is to YOU! It is awarded to one exceptional team annually. The 2003 Award was presented to the Sweet Harmony team – Shila Tushar, Kala Pareesh, Tushar Amratlalbhai, Punit Jayendra (Volunteer Dev. Officer) & Jatin Amratlalbhai. Sweet Harmony is also regularly supported by Palvi Satish, Alpa Satish, Parul Tushar, Bella Tushar, Daxa Satish, and Prakash.



Sweet Harmony began in 2000 and has continued to grow, consistently providing a forum for participants to sing *stavans* and take part in *bhakti*. The current team has shown tremendous commitment to ensuring the regularity of the sessions, developing clear and simple to understand content, providing translations to explain the meanings of the songs and prayers both in Gujarati and English. In addition the team create with the audience a warm, welcoming and safe atmosphere encouraging everyone to sing openly and feel the *bhakti* from within.

For more information about celebrating an event through Sweet Harmony or being a guest vocalist/ instrumentalist, please contact Shila or Tushar on 020 8907 7235 (day/eve).

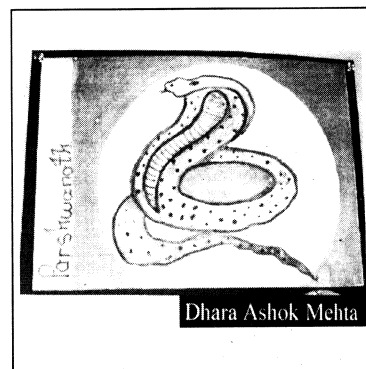
Past winners of this Award are:

2001 Internet Team - Shital Mansukhlal, Suraj Dinesh (now Vice President), Manoj Amratlal and Khilna Nishad (now eMedia Lead)

2002: Paryushan Team – Seema Navin (now Membership Officer), Adarsh Dilip, Prakash, Kalpa Dinesh, and Pujna Kishore. ■

JAIN ART COMPETITION NAIROBI 23/11/2003

The Jain tradition has given us a series of timeless values, which provide a guide to peaceful & healthy living. One of those timeless values that Young Jains practices and promotes is that every living thing has a right to exist. It preaches a way of life that is peaceful and in complete harmony with its surroundings. AND what is more harmonious than art? LIFE IS ART!



Art inspires people. It reminds us of who we are, what is our history and where we are going. It is a visual language that tells stories. The majority of the people in the past did not read books, they read pictures, thus deriving knowledge and information from them.

Art gives joy and peace. It is a form of meditation as you truly lose yourself in your creation. Most people report that they feel immense pleasure, joy and inner peace. Beautiful things make us feel good spiritually and physically. What art can express, words cannot. It heals. People go to art galleries and museums because looking at beautiful & colourful pictures relaxes them.

Jains have been some of the greatest artists, as is evident from our breath-taking derasars and Bhagwan Mahavira emphasized the creative potential of each & every soul. Art has played a vital role in keeping Jainism alive and is the innate quality of every soul! Thus, to tap this potential, Young Jains Nairobi decided to hold an art competition. On 22nd November 2003, some 245 Jain artists of all ages gathered at the Visa Oshwal Secondary School, Nairobi. This unique event had nine categories, with a variety of themes based on our beautiful Jain religion. The themes such as 'Lanchhans of Tirthankar Bhagwan', 'Ashthamangal Symbols', 'Mata Trishla's Dreams', to name a few, encouraged the participants to research and enhance their knowledge. Our youngest participant was 3 years old and the eldest, 71! The pieces created were of a very high standard and people were clearly stumped that we have such an enormous amount of talent amongst us. It was a brilliant event and we look forward to uncovering even more hidden talents. ■

BEHT CHARITY WALK

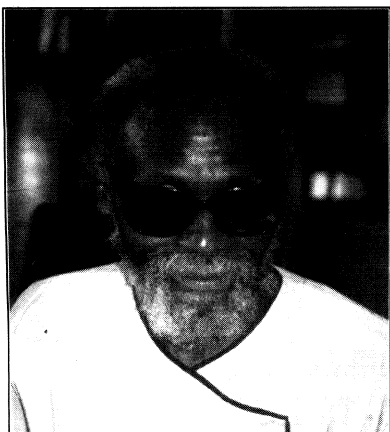
On Saturday 3rd July, many members from the community took part in an approx. 10KM sponsored charity walk along the River Thames. The walk was organised by a local charity BEHT to raise funds for Education Projects in Gujarat, India, where it helps to run 2 schools. The walk was a family event where the whole family could take part. For children or adults who could not manage the 10km, then a 5km walk was allowed (by crossing the Millennium Bridge). The walk started at London Eye, across the Westminster Bridge, walk towards the Tower Bridge on the North side, cross the Tower Bridge and returned to London Eye walking along the South side of the river. Contact Ajay at ajay@caprin.co.uk for more info. ■

REUBEN THUKU

On Wednesday 23rd 2004 Brother Reuben Thuku, National Lecturer for the Theosophical Society and guest Speaker at the YJ 1998 convention, passed away in his home town of Nakuru, Kenya. Unfortunately, Reuben contracted cerebral Malaria after a lecturing trip to a small town Kakamega and never recovered from it.

Reuben lost his beloved wife a few years ago and it is really heart-breaking since they now leave behind four children Muneno, Juguna, Wandya and Wachira (12 years). May God give them the strength and spirit to overcome this tragedy.

Reuben had been blind since the age of five but, this handicap was never a barrier for him. He was a man of determination and conviction.



He completed his education at the Thika School for the blind and then worked as a telephone operator in Nakuru. Here he came into contact with the Theosophical Society (TS) over thirty years ago. The TS is an organization that is focused on the study of all world

religions and philosophies but their core belief is "*There is no religion higher than truth.*" Reuben was obviously soul searching during this time in his life and joining the TS was the opening to his life path. After being an active member of the TS for a few years he dedicated his life to the society. He then spent a few years at the TS headquarters in Adyar, India studying and reflecting on spirituality, life and its purpose. Reuben had a fantastic

memory, learning ability and a real passion for philosophy.

Upon returning to Kenya he became the National Lecturer for the TS. He gave numerous lectures not only to the TS but to the African nation at large. He spoke at numerous schools, churches and other organizations spreading the message of love, peace and harmony but, more importantly on practical ways of absorbing these qualities into our life. This I feel is the greatest loss to the people of Africa; Reuben was instrumental in showing this nation the light amongst the difficulties they face in today's society.

One of Reuben's strengths was that he could clearly communicate with everyone young, old, children and babies! He spoke eloquently not only in English but in Kiswahili and Kikuyu.

Reuben's knowledge, eloquency, clarity, humbleness and presence have taken him a long way. In 1998 he was the guest speaker at the YJ "Art of Living" convention. Here he spoke on Jainism: the message of Bhagwan Mahavir and the Jina's and how to incorporate their message into our daily lives. He spoke as though he was a Jain scholar who had a deep inner understanding of the subject. The delegates were so moved that he received a standing ovation.

"When Reuben shares his thoughts – you don't connect with the man, a blind, black African, but you connect with the soul" Priti Shah

After the success of Reuben's YJ trip in 1998 he was invited again a few times by other organizations to speak on spirituality both here and in the US. He has also written articles in the "Jain Spirit" magazine. From his writings and words we know that he has SEEN much more than many of us and he has travelled widely with his imaginative powers.

I feel a great sadness to think that we will not be able to hear his spoken words and feel his vibrant presence, however, the beautiful fragrance that his life and spirit has created will always remain with in our hearts.

We are doing a collection for Reuben's family. If you are interested in contributing please call Ananti Shah on 020 8909 9877. ■

YJ AWARD

In addition to the YJ Team Award, the YJ of Year was also presented at the AGM. This year the recipient was Kavit Haria, 17years old. Kavit has actively been involved with Young Jains since his cousin Punit (Volunteers Officer) encourage Kavit to attend the Tasting The Mango convention in 2002. Kavit is always helping out on teams and also leading various teams. He has been involved with Mahavir Jayanti, Paryushan and choose your opportunities. He has written articles for the Young Jains newsletter as well as Jain Spirit. This year he leads the Paryushan team – and only 17! ■

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Young Jains South – 6 months on...

Compiled By Umesh Parekh & Krishna Shah

Young Jains South London Team has got off to a superb start, with the support of Shree Chandana Vidyapeeth, Gujarati Classes and the Community and is now gearing up for the remainder of the year. By the time you read this article the team will have hosted 'TTM2 – What's the Big Deal?' on 11 July. This event has already been held in North London, delivered by the Jain Jedi Knights. By bringing it to South London it will also give everyone a flavour of the convention, Tasting The Mango 2 – the Next Slice! that is taking place on 3-5 September. The Picnic on 25 July, will be bringing both North and South Young Jains together and should be great fun.

Future events still being planned in the South, include:

- Young Jains Students - Aug
- Young Jains International Convention - Sept
- Paryushan Parva - Sept
- Raas Garba – Oct
- Diwali, Mahavir Bhagwan's Moksha Kalyanak – Nov
- Crisis at Christmas -Dec

The YJ South team is composed of about 16 people aged from 16 to 50, all with plenty of enthusiasm. Not only are they having fun planning and running the events, they are also learning vital skills in working as a team, managing meetings and furthering their knowledge and understanding of Jain Dharma.

The Team is very keen to get more people involved and would be very happy to hear from anyone who is interested. They are especially looking for people within the 20 – 35 age group. If you are interested or know of anyone who could be then please contact Shrikesh Malde (Secretary) on 020 8677 1838. ■

Vegetarianism

A word that conjures up many images. What do you think of when you hear the word, vegetarianism? Grains, lentils and greens? For everyone who attended our second YJ South event, a talk on vegetarianism presented by Nitin Mehta (of Young Indian Vegetarians), you will know that vegetarianism is not just about what we eat. Vegetarianism is a way of life. Along with not eating meat, fish or eggs, vegetarians practise *ahimsa* (non-violence) through everything they do. Vegetarians do not accept any products tested on animals such as soaps and even medicines, where it can be avoided. They do not accept anything made from animal products or animal skins, such as watches with a leather strap, leather shoes or belts. How to implement our non – violent, vegetarian ideas in our everyday life were explained through a mix of different examples and viewpoints.

This was followed by a video demonstrating the harsh, animal cruelty that would be condoned through a non – vegetarian lifestyle. Scenes of slaughter houses, new born chicks having their beaks cut and animals being deprived of sufficient and adequate food and living space and conditions, shocked and appalled all who watched. These animals were being reared for their meat and eggs and then being left to die when they could no longer produce what was necessary. Their poor treatment reminded everyone what being

vegetarian and practising *ahimsa* meant and how important a vegetarian lifestyle is to the animals that are being kept so cruelly.

The scenes from the video and the talk invoked many thoughts and feelings in everyone. A very emotive and compelling question and answer session followed in which everyone was able to appreciate the real difficulties of being vegetarian in the society today and express their own feelings about what they had seen and heard. The impact of vegetarianism on our moral beliefs was also an issue of great interest and dilemma. The powerful questions flowed and allowed vegetarianism to be explored through the Jain perspective by both adults and the younger participants.

Vegetarianism is very important in Jainism and how it reflects our beliefs about soul, karma and reincarnation were a hot topic of discussion. Of course vegetarianism is a only a part of the practise of *ahimsa*, since in Jain tradition *ahimsa* extend to non-violence in thought and speech, as well as physical action. This directly stems from the understanding that all living beings are soul, that any kind of harm to another soul, is harm to your own soul, due to the karma that you bind, which then keeps you in the cycle of birth and death, hence denies you the bliss of *moksha*.

The event concluded with light refreshments – pure Jain vegetarian of course - and an ideal opportunity for everyone to reflect on what they had heard. The atmosphere during the event was very encouraging and full of enthusiasm. Everyone was left with positive comments and a lot of food for thought! (Sorry, couldn't resist the pun). ■

Mahavir Bhagwan's Janma Kalyanak

Mahavir Janma Kalyanak was celebrated by Young Jains South on 3 April 2004. This consisted of a cast of children from Shree Chandana Vidyapeeth (SCVP



South London) and the Gujarati School. Also attendees from the Adult Class of SCVP joined in. The event was a real family affair.

Approximately two hundred people attended the event in all, which consisted of:

- The Dreams of Queen Trishala, before Mahavir Bhagwan was born, heralding that a great son was to be born to Queen Trishala and King Siddhartha
- Celebration of Mahavir Bhagwan's birth upon Mt Meru
- Dramatised scenes from Mahavir Bhagwan's Life
- Aarti and various songs and dances performed by the children, culminating with a raas garba with everyone joining in making it a real celebration

The whole team had a great time preparing for the event and making it happen, they all got a real buzz from putting on such a big event. ■



FURTHERING THE JOURNEY ON THE PATH TO MOKSHA



Summer is a time which is full of joy, light and warmth for all of us. In the summer of 2003, over 100 seekers gathered for a unique spiritual weekend with Param Pujya Bhaishree, Nalinbhai Kothari, to experience his warmth, know his joy and to have light cast on the path to Moksha.

Bhaishree, as he is affectionately known, is the spiritual head of the Raj Saubhag Ashram in Sayla, Gujarat. He is Self-Realised, and represents the continuous tradition of living True Gurus in Sayla since the time of Shrimad Rajchandra.



The Yuva Shibir (Youth Retreat) was held in the beautiful grounds of the Royal Holloway College, at Egham from the evening of 1st August 2003 to the 3rd. While within easy reach of London, participants were surrounded by nature, with the Swadhyay (Study) Hall set in a small copse, as though deep in the forest.

The Shibir covered some very profound subjects in a very practical manner, as Param Pujya Bhaishree shared the wealth of his experience. Bhaishree was accompanied by several leading members of the Ashram: Rasikbhai Shah, Bhupatbhai Sheth, Vikrambhai Shah, Lalitaben Shah, and Sudhaben Shah, who is frequently in London and Nairobi. Participants were able to spend a great deal of time in workshops with Bhaishree and with those who came with him, which enabled them to become better acquainted with his personality and begin to understand the nature of the path to Moksha.

Apart from the nine people from India, there were 110 participants, some all the way from Kenya and Uganda. The Shibir was open to all and 54% of those present were not formally members of the Ashram. The youngest participant was 11 and the eldest was over 60, while the largest grouping was between 20 to 35 in age, and 2 out of 3 participants were female.

Param Pujya Bhaishree began by addressing a key concern of youngsters in search of spiritual meaning. We often hear that, to attain Moksha, we need to turn our back on the world, to leave it behind. Upon hearing this, many of us are turned away from the path to Moksha and believe we cannot walk it.

To illustrate his message, his Bodha, on this issue, Bhaishree related the story of an ascetic yogi, who had attained great powers through his penance, but who had to learn a spiritual lesson from a butcher. Normally, we would think that the yogi would have a much higher spiritual state than the butcher, on whom we might look down. However, the yogi had become proud of both his great penance and the powers he had attained. Meanwhile, the butcher had lived a life of selfless service, and only conducted as little business as he needed to make ends meet, and no more. The yogi was sent to the butcher to seek guidance, and the butcher gave him the simple advice to remove his sense of pride and to be selfless.

Bhaishree thus showed us that, even in the midst of performing our duties in family and business life, we can certainly also walk on the path to Moksha. However, all our activities have to be conducted with purity of heart and mind, in a wholesome way, and, most importantly, without a sense of ego. He explained, that to remove ego, we have to remove the sense of identity, of belonging and possessiveness, from our actions and thoughts, for them to be selfless. In this way Bhaishree taught the art of living a spiritual life, while balancing the demands of our worldly duties.



During the weekend, there were several other Swadhyays in which Bhaishree shared the wisdom of his experience, taking references from stories, and from Shrimad Rajchandra's writings. Apart from the Swadhyays and workshops, there was time to interact with other participants in outdoor games in the green surroundings. Bhaishree, and those with him, participated fully. There was plenty of beautiful Bhakti



FURTHERING THE JOURNEY ON THE PATH TO MOKSHA



and even a cultural evening on the Saturday night, ending with a spontaneous Garba.



During this weekend, we all came much closer together. Bhaishree strongly wanted to meet each and every participant. The process of increasing acquaintance and close observation of such Self-Realised individuals, whether in games or in conversation, or otherwise, also provides much practical insight into the path to Moksha.

Bhaishree's closing message, Bodha, related to the path to Moksha. He explained it in terms of a phrase which we may have often heard: "Sat Dev, Sat Dharma, Sat Guru." The path requires us to have faith in these three. For Jains, the Sat Dev, True God, is the Tirthankar Bhagwan, totally free from attachment (Vitrag), who has taught us the Sat Dharma or True Religion which will take us to Moksha, to ultimate bliss. The final element in this trilogy is Sat Guru, or True Guru. This is a person who is Self-Realised, who has experienced Atma for themselves, is Atmagyani.

We must understand the true nature of the Sat Dev, True God, our Tirthankar Bhagwan, which understanding comes through the guidance of a True Guru. The religious message, Sat Dharma, which the Sat Dev has shared, can be understood and practiced through the guidance of a True Guru.

We must thus seek out a True Guru and then follow their guidance with firm faith and dedication.

In life we function with mind, body and speech. We have a sense that this is "my mind, my body and my speech," while in reality our true nature, the Atma is distinct from them all. Identifying with mind, body and speech, we develop a sense of ego and possessiveness discussed earlier, which brings us deeper and deeper into worldly life. If we can remove this sense of ego and possessiveness, of "me and mine," we will move forward very fast on the path to Moksha.

Similarly, if we follow the guidance and instruction (Agn) of a True Guru, with full faith and determination, we will progress, if we put all our effort, with mind, speech and body, towards reaching this goal.

This dedication of mind, speech and body, surrendering them to the True Guru, and following his or her guidance, is called Samarpan Bhav. While the True Guru wants nothing from the Seeker, this is essential for the Seeker. With this Samarpan Bhav, we, at once, overcome ego and possessiveness, as we are now dedicating all our actions to the True Guru and their Agna, and thus learning to live selflessly.

Bhaishree explained that a True Guru would give guidance according to each person's spiritual development. Eventually, the Seeker would be guided in meditation. With much effort, under the Agna of the Sat Guru, the Seeker would experience the happiness of Atma, in Self-Realisation.

This brief article can only attempt to convey a fraction of the depth of experience and compassion felt by each participant. Here follow some memorable quotations from those who attended.

"I would love to have prolonged it." [Sheena Gudka, 23, Optometrist]

"It has given me exactly what I wanted, motivation to further my path to Self realisation." [Prashant Punater, 30, Investment Advisor]

"Personally very, very enlightening and answered a lot of my doubts and questions." [Sanjay Shah, 37, Pharmacist]

"Personally from this weekend I feel encouraged and inspired ... to persist in following Guru's guidance" [Sarita Sheth, 26, School Teacher]

"It has reawakened me from the daily grind and reminded me a) how I need to be and b) my innate nature." [Nemish Mehta, 40, businessman]

I learnt how PP Bhaishree, Vikrambhai and Sudhaben got to where they are now. All three stories were very interesting. I learnt that we should think not about body, but our soul because the soul will be with us forever, our body is only with us for one life. [Sapna Sanghvi, 15, Student]

For further information, please contact Ashik Shah on 020 8950 3397 or ashik@compuserve.com □



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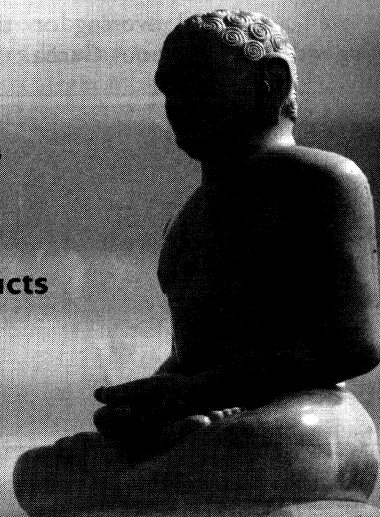
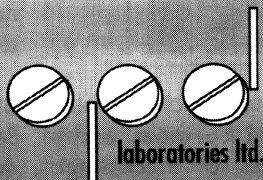
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Mango Magic

(Preparing for the next tasty slice)

KIDS

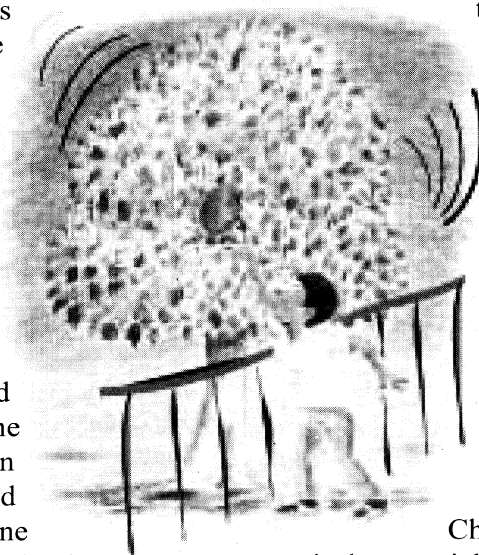
by Narendra Shah

KORNER

By now you must all know about TTM (Tasting The Mango Convention of 2002), where several tools were mentioned to help us grow spiritually. 2004 sees the next slice of the mango and we are re-visiting the Mango Magic page so we can prepare to be most receptive to its offerings. One tool is *Vinay*, humility, which helps us overcome our ego and a sense of superiority and self-importance. This enables us to be receptive to new learnings.

The story below illustrates this very well.

In Rajgir, under King Shrenik's rule, there lived a Chandar whose wife was expecting a baby. One day she had a desire to eat a mango. So she asked Chandar to get some mangoes. But he said, " I can't do that as the season is finished. Otherwise I would get the mangoes from any mango tree by using my special power to bend the branches without touching the tree". His wife told him that there was a mango tree in King Shrenik's orchard which gave fruit even out of season. So he went to the orchard and stealthily used a spell to bend the branches over the fence, picked a mango and then with another spell bent the branch back. In this way he began plucking a mango everyday and walked away carefully so no one would see him. The gardener, having noticed the disappearance of the mangoes, informed the King's advisor and wise-man, Abhay Kumar. So one day Abhay Kumar decided to hide in the orchard and when Chandar came to pluck the mango, he caught him. He took Chandar to the King and explained the theft. When Chandar asked for forgiveness, King Shrenik said he would pardon Chandar if he taught him the special spell. Chandar agreed to do so and sat down in front of the King, who was seated on his high throne, and



started teaching the King. After the lesson when King Shrenik tried to bend the branch of the tree, the spell did not work! Since Abhay Kumar had

seen Chandar bend the branch without

touching it he knew that

Chandar was not lying. After

thinking for a while, he asked

the King to step down from

his high and mighty throne,

sit where Chandar was sitting

and let Chandar sit high

above him. He then asked them

to begin the lesson again. The

King agreed and after the

lesson when he tried to bend

the branch of the tree, it bent!

The spell worked!

So when the King displayed

humility and stepped down to

Chandar's level he was able to

attain the special power. Even though Shrenik

held a high post, that of a king, he was humble

enough to show respect to someone who was more

knowledgeable than him. In one of the scriptures,

Uttaradhyayan Sutra, *vinay* is even described as

the root of spirituality. *Vinay* is not just showing

humility when one wants something, but it

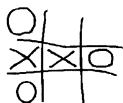
translates to showing respect to others, be they

elders, teachers, people who may have helped you

in the past and even strangers.

Did You Know

Hosing the car for 10 minutes uses almost 100 litres of water. Washing it with a bucket uses much less water.



What A Laugh!

Patient: I'm not well, Doctor.

Doctor: What seems to be the trouble?

Patient: I work like a horse, eat like a bird and I'm as tired as a dog.

see a vet, not a doctor!

Doctor: Sounds to me like you ought to

Reminder of the 2002 Convention

This year the Young Jains 6th International Convention is Tasting The Mango 2 - The Next Slice! and builds upon the foundations shared during Tasting The Mango in 2002. To remind you of what was shared in Tasting The Mango during 2002 please read the below and get registered now so you can be a part of TTM2 – The Next Slice! (You do not have to have attended TTM 1 in 2002)

The Young Jains UK 5th international convention was a landmark event, that saw over 250 delegates dedicating their weekend to the learning of Jain fundamentals, in an innovative, creative and interactive way. Participants spent 2½ days, from 23rd – 25th August 2002, “Tasting the Mango,” a title derived from a famous quote of Bhagvan Mahavir’s, an important Jain Thirthankar (leader):

“Just as a mighty mango tree is hidden within the stone of the mango, even so, o man, divinity itself is hidden within you. Rest not until you uncover it.”

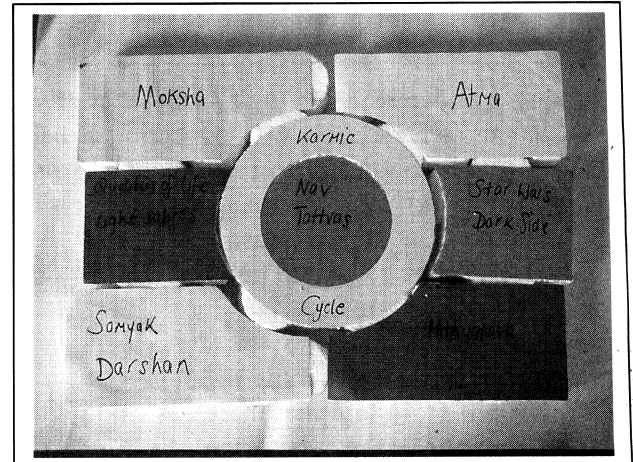
The organisers wanted the convention to be “fun, memorable, creative and totally different” and it certainly outlived everybody’s expectations. Through the adoption of Young Jains’s four fun keys:

- Play full out!
- Have fun!
- Capture the information!
- Use what you learn!

the deliverers, *Jain Jedis*, having trained for a year, shared the path from the acceptance of the soul (*Atma*) to ultimate liberation (*Moksha*).

The plan took the form of a jigsaw where Jainism was broken down into key ideas, each making up a piece of the jigsaw that fitted together to form the overall picture. Cornerstone sessions included fundamentals such as *Atma*, *Samyak Darshan* (realisation of the soul) and *Moksha*. Other interesting parts included Star Wars Jain Style – the Dark Side and Light Sabres, where the analogy of Star Wars was used to illustrate the fight between good and evil within us.

Each session was delivered confidently and clearly, leaving the participants with a greater understanding of Jain principles. In particular, delegates were set different challenges to complete either during the weekend or within the following 10 days, which consolidated the ideas shared. Many different tools and techniques were implemented, from acting and role-playing in workshops, to challenges where delegates were set tasking to complete. Music ranging from Brandy to Michael Jackson, and visuals were used to further enhance the sessions.



Apart from so informative, there was something for everyone at the convention and whether it was the delicious Jain-vegan meals, crêche, the fun and games, or the garden party, everybody had a memorable weekend, making friends and meeting new people, whilst fulfilling the aim of coming away “juiced about Jainism.” Atul Shah, editor of Jain Spirit, an international Jain magazine said that this was “a phenomenal achievement” and that we should all “take pride in it.” He added that Young Jains has provided “hope for future generations” with its continued efforts to share the Jain religion to all.

As one of the delegates summed it up

“It was my fifth convention and it was the first time that I have walked away from an event thinking that I actually know something more about the basics of Jainism. All the conventions have been brilliant but this one was quite different in so many ways, and even quite radical in the methods and tactics employed. Those tactics paid off as a lot of knowledge has embedded in my mind. The team put in a tremendous amount of hard work and I and many others are very grateful for what you delivered. The long overdue use of modern language, in a western setting with great English music was a magical formula.”

[Shailan Shah (31-35)]

The weekend continued for some of the delegates with a 5-day trip to Yorkshire, Northern England. Time was spent in the natural surroundings, having discussions, exchanging ideas and of course relaxing and having fun. As one the trip attendees shared,

Reminder of the 2002 Convention

"It was phenomenotastic. Activities, accommodation and Jain vegan food were great. The only thing I would add would be an extra day so that in between all the activities we could have a rest day to catch up on sleep. I was pretty tired by the end of the trip! Otherwise I had loads of fun. I have been looking for likeminded people who I can relate to. The trip provided an excellent opportunity to get to know some interesting characters and see things from

different points of view. We had some terrific discussions and I look back on the week as an adventure. Definitely consider going again. Thanks to everyone for the company."

[Ajay Sanghvi (21-25)]

For more information about the convention or other Young Jains activities, the website address is www.youngjains.org.uk or you can email enquiries@youngjains.org.uk

For your information:

- Session 1 What is the big deal of Jainism – *Atma* (soul), *Mithyatva* (body consciousness), *Samyak Darshan* (expereince of soul consciousness), *Moksha* (Freedom)
- Session 2 *Nav Tattva* – essential truths in understanding what is happening all around us
- Session 3 *Karma* – what is the impact? Play entitled "27 Significant Lives of Lord Mahavir" written by Young Jains of America. Small group role play with a follow-up exercises showing the impact karma has upon our lives
- Session 4 *Star Wars* – investigation into the *Dark Side (Kashays/Passions)*. Based upon our gross tendencies, which lead to likes and dislikes (*Raag/Dwesh*) as a result of a mis-identification with the body (*Mithyatva*) not the soul
- Session 5 *Star Wars* – stories that can be your *Light Sabres* to conquer the Dark Side. Cultivating qualities (*Upsham*), like *humility, straightforwardness, forgiveness, contentment* etc to progress along the path to *Samyak Darshan* and ultimately *Moksha*
- Session 6 *Qualities of Life* – foundational qualities to be cultivated i.e *Maitri* (universal friendliness), *Pramod* (appreciation of the qualities that we see in others), *Karuna* (compassion) and *Madhystata*, (equanimity)

Have had an absolutely brilliant weekend.
Would definitely recommend it to others.
It was quite an experience. THANK YOU!
- Bhavna Shah, Northampton (21-25)

Very friendly atmosphere.
Helped bring out the best in a
person. How about
organising events out of
London?

- Kundan Shah, Bolton (41+)

The content was very good. It made me think how Jain principles are relevant and can be practised in everyday life.
- Sonal Shah, Kenton (21-25)

Excellent Style & Method of teaching about Jainism in a Fun & Funky Way!

- Malini Kothari, Wembley (31-35)

INTERNATIONAL PREKSHA MEDITATION CAMP

Compiled By Ashok Shah

On reading about the above event in the Jain Spirit Newsletter, I followed it through on the Preksha Meditation website. The immediate attraction of the camp was the combination of meditation with the knowledge from religious books, modern science and the research and experiences based on practice by Lord Mahavir. The added attractions to the camp were, amongst obvious benefits of meditation, the health and body aspects, international participation without any distinction of caste, creed or religion and in the presence of Acharya Mahapragya. All this led to an immediate decision, followed by planning and booking, to experience the event in Gujarat in India. The journey, from London to Mumbai and onward to Surat by train in hot and humid weather, was comfortable. The reception at the railway station was well organised, the accommodation was of high standard and the meals were tasty and nutritious.

The camp was held from 8 to 16 October 2003 in Surat (Gujarat, India). It was a nine-day intensive seminar on Preksha Meditation and related subjects. The everyday sessions were from 5.00 am to 9.00 pm covering Meditation (Theory and Philosophical background of various aspects and contemplation), Yoga Asans and Prayanam (Yoga Asans and Breathing Exercises), Relaxation with Self-Awareness, Spiritual Talks, Body Science (Anatomy & Meditation), Mangal Bhavna (articulation of sacred wishes), Interactive Dialogue (Questions/Answers).

The camp was held at a Terapanth Community Centre, where Acharya Mahapragya and his group of *Sadhus* and *Sadhvijijs* were staying during the months of *Chaturmas* (rainy season). Shree Acharya Mahapragya himself gave discourses daily and *Sadhus*, *Samanjijs* and *Samnijijs* conducted many of the above sessions. The delegates to the camp came from various countries including England, USA, Germany, Malaysia, Nepal and Russia.

PREKSHA MEDITATION

Preksha meditation course is for the development of integrated personality by bringing about suitable changes in our attitude and modifying our behaviour. It is based on the wisdom of the ancient Jain seers as well as the knowledge of modern science. So it is a scientific cum spiritual technique, which is easy to learn and practice. Acharya Mahapragya has developed it with guidance from

Acharya Tulsi, one of the greatest living saints of India. This course can be practised by anyone who wants to become free from mental tension and attain complete peace of mind by modifying ones emotions and impulses so as to develop the positive attitudes in life.

Preksha means concentration of mind on perception of one's own self, i.e. on one's body, on one's psychic centres situated in the body and on one's processes of the body. In Preksha Meditation we have to perceive or see mentally. Its motto is: *See Yourself Through Yourself* - through your own conscious mind. When we want to see our self, we see through some of these aspects connected with our body and life. When we perceive our own breathing we call it perception of breathing (*swash preksha*). When we perceive our body, we call it perception of body (*sharir preksha*). When we perceive our psychic centre, we call it perception of psychic centres (*chitanya kendra*) and so on. These are the tools for developing the power of reasoning mind.

Acharya Mahapragya has developed it with guidance from Acharya Tulsi, one of the greatest living saints of India.

The main benefits/ advantages of Preksha Meditation are to :

- Develops will power and spiritual energy enabling one to develop self-control, self-discipline and overcoming passions and emotions.
- Revitalise the whole body – each and every cell.
- Improve digestion.
- Make respiration more effective and efficient.
- Improve blood circulation and the quality of the blood.
- Improve concentration of mind.
- Clean and relax the mind.
- Offer a means to treat psychosomatic diseases.
- Overcome addiction and bad habits.
- Control anger, fear, inferiority complex, etc.
- Bring about changes in our endocrine hormones, which ultimately result in attitudinal change and behavioural modification.

This results in the attainment of complete equanimity, which is the highest spiritual enlightenment.

Preksha is free from all theological dogma and comprises the following:

- Total Relaxation – *Kayotsarga* – Relaxation with Self-Awareness with the abandonment of body with a high degree of conscious awareness.
- Internal Trip – *Antaryatra* – Increased flow of energy whereby conscious mind travels from *sakti*-

INTERNATIONAL PREKSHA MEDITATION CAMP

Compiled By Ashok Shah

kendra (centre of energy) to *janana-kendra* (centre of knowledge, top of the head) via the spinal cord.

- Perception of Breathing – *Svash-preksha* – To live equanimously and impartially whereby proper regulation of respiration by the conscious mind results in the development of the controlled activity of the mind.
- Perception of Body – *Sarir-preksha* – Changes one's perception for the development of totally impartial perception of pleasure and pain.
- Perception of Psychic Centres – *chaitanya kendras* – Results in the firm control of the reasoning mind over all actions by built in mechanism through which our subtle spiritual self can exercise its authority and control the grosser elements of the physical body located in the endocrine glands.
- Perception of Psychic Colours – *Lesya-dhyan* – Has proved to be a practical means of transformation. Hormones and Neuro-hormones generate feelings and also command actions to satisfy the need and urges. We either progress or retrogress depending on whether we can control and subdue our primal drives or succumb to them.
- Auto-Suggestions – *Bhavna* – Conceptual concentration of mental faculty coupled with intense willing results in the fulfilment of the desired objective.

- Contemplation - *Anupreksha* – Reflect on what is eternal, true and real so as to be face to face with reality AND to effect attitudinal change by the process of autosuggestions and repeated recitation.

On the last day of the seminar, there was a tremendous flow of energy and vibrations amongst the delegates and the atmosphere was like that of one family. Over one hundred delegates from around the world from all walks of life, i.e. professionals, engineers, doctors, therapists, businessman, housewives, students, etc. were highly appreciative of the camp and were eager to share their experiences personally or on the stage to the audience.

HEALTHY BODY & HAPPY SOUL.....IS THE BIGGEST TREASURE KNOWN TO ALL !!

For Preksha Meditation Courses contact JVB
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Samani Pratibha Pragyaji from the JVB is one of the Key Speakers at the Young Jains Convention - Tasting The Mango 2 – The Next Slice!

MAILBOX

I wanted to congratulate Young Jains on putting together a fabulous play to celebrate the Mahavir Jayanti celebrations. Special congratulations to all the participants who portrayed the message of Mahavir Bhagwan so well that it really hit the mark with one 6 year old who watched the play. He came home and contemplated on all he had seen and heard.

A few days later he asked his mum, "Mum, do you love me and my sister the most?"

Mum replied, as any mum would, "Yes, darling - I love you both the most. All mothers love their children the most. Why do you ask that, son?"

The young boy said, "You know mum, you shouldn't really love us any more than anyone else because

Mahavir Bhagwan says love everything equally whether they give you pain or happiness. All living things are important and have feelings. Do you remember they mentioned this in the play we saw last week?"

His mum was left speechless but smiled warmly - how true his words were. If only his mum could apply Jainism that well in her life! A few weeks later this boy went and talked about Jainism to all his friends at Beavers-Scout group and talked about the special festivals that Jains celebrate. He now remembers why Mahavir Jayanti is celebrated thanks to the play.

Received via email. ■

YOUNG JAINS STUDENTS

Compiled By Priya Kothari (YJS Cambridge)



I had been brought up in a Jain family and taught Jain values and these were all really important to me. At university having not met many Jain people I had lost touch with these, but I definitely knew that I had not lost the knowledge of these values.

An Introduction to Young Jains Students

Bhavin Shah

YJS Co-ordinator

students@youngjains.org.uk

University is a very important stage in one's life. Often we leave the comfort of our homes and our family and move away to a place far away. Many of us feel that we are at university to get a degree so that our family and elders can pat us on the back and say 'Beta, you are so clever'. However university should also be a time where one develops into a young adult and discovers themselves. It is often what you learn outside that large lecture theatre that will help shape your career and your post-graduate life.

Arriving at university can be daunting. Someone once put it to me that it was like being 'a small fish in a giant pond'. Imagine this atmosphere where you have nowhere to turn for support. It is likely that you will make friends with people around you but sometimes this is not enough. During my first few weeks of university I felt lost and I could not pinpoint why! I had made many friends, the course was going well and I had even managed to find some girls who were willing to cook for me! So why was I feeling empty inside?

The joyous festival of Diwali soon arrived – a time to celebrate an important day in the Jain calendar. However my first Diwali at University was not as I had expected. It turned out to be a quiet and depressing day for me. There was no joyous celebrating or gathering in the University and my family was far away. This is the moment when I fully realised why there was still an empty feeling inside of me, despite having made many new friends in the first few weeks of my university life! I was losing touch with my culture and my roots. I had been brought up in a Jain family and taught Jain values and these were all really important to me. At university having not met many Jain people I had lost touch with these values, but I definitely knew that I had not lost the knowledge of these values. My Hindu, Muslim, Christian and Jewish friends all had groups on campus where they could interact with like minded people, however there was no place for me to talk to and meet Jain students in an atmosphere such as a Young Jains event or Jain classes at Shri Chandana Vidyapeeth. The homely atmosphere that a Jain gathering could provide was not available to Jain students such as myself. Something had to be done and I was certain that there were other people in the same boat.

After talking to the necessary people within the University and the Students Union, we set up YJS

Warwick. The goal of the society was to create an atmosphere for Jain students where they could keep in touch with their Jain roots whilst they were away from home. Another aim was to increase awareness of Jainism and to establish Jainism as an integral part of life on campus. All of this was possible due to the great support that we had from our parent organisation, Young Jains and from other Jain organisations such as Jain Spirit.

Now that I am graduating this summer I can fully appreciate the impact YJS has had on my three years at University. During the first year I was losing touch with my Jain roots that were ever-present at home. Through YJS Warwick I was able to strengthen these connections. Students across the country have also been able to share in this experience at Aston, Bristol, Cambridge, Leicester, LSE, Manchester and Oxford.

Are you joining University or are you already at University? Have you heard about YJS? Does it exist at your University? If not, you could make it a reality.

Feel free to contact me or anyone else involved within YJS if you would like to get more involved. So are you interested? I can see that you are nodding and getting quite excited....well a YJS event is just around the corner....

Jains@Uni is back in town!

It is THE opportunity to get involved with Young Jains Students and meet other Jain students. Find out if YJS is present at your university or if you could help set a node up. Catch up with all the friends that you will have made at this year's Convention and meet many more! Besides offering you a chance of emulating these two lovely ladies, there is so much more to life at University. Come find out how YJS can spice up your life!



Date: Friday 10th September 2004

Time: 7.30pm – 9.30pm

Venue: Harrow High School

PLUS SOCIAL AFTERWARDS!

YOUNG JAINS STUDENTS

Compiled By Priya Kothari (YJS Cambridge)



YJS Cambridge
Priya Kothari
pjk36@cam.ac.uk

This term has seen a new committee take over with Dilesh Haria as President. Despite the hectic timetable of exam term, the team managed to hold two excellent events for its members. The first was a pure Jain dinner at a local restaurant where over 25 people attended. The aim was to introduce the new committee and to find out what the members thought of the past year's events and what they would like to see more of. The members were also able to learn about particular aspects of Jain food as the committee had prepared a handout detailing why we abstain from eating certain foods such as root vegetables. Finally at the end of the night, a newsletter was distributed with information about the current committee, forthcoming events, and YJ-related activities such as the Convention.

Traditionally all Cambridge societies hold a garden party during May Week, the week of parties, balls and post-exam celebration, and CUYJS was not going to miss out! Our garden party, which was held on a sunny Tuesday afternoon, was well attended and gave the members an opportunity to relax, play sports, listen to music and have any questions that they might have about Jainism, answered. The committee had also prepared delicious Jain-style fajitas followed by fresh fruit salad which was very well received.

The committee is now taking a well deserved break and is looking forward to meeting you all at the Jains@Uni event in September, and then again at Freshers' Week!

YJS Oxford
Palvi Shah
shahpalvi@hotmail.com

*Anjool Malde interviews Pratibha and Punya Pragma
reproduced from BBCi Religions and Ethics website*

Jain nuns (*Samanis* or *Sadhvis*) Pratibha and Punya Pragma came to Oxford University in May to launch a new society aiming to raise awareness of the religion, which is still relatively unknown in the United Kingdom.

Originally from Rajasthan in India, the *sadhvis* live a nomadic lifestyle, sleeping on the floor, relying on the community for food and owning nothing but two pairs of clothes.

To get initiated they took five major vows: non-violence, truthfulness, celibacy, to not steal and to not become attached to possessions.

During the year they have been in the country, they've acted as a 'spiritual catalyst', by trying to highlight how basic principles and values are more important than material goods and technological advancement, even in the 21st century.

So how did they get involved in Jain Sainthood? "I lived a normal lifestyle up until 16, and then my parents began talking about an early marriage", says one. "I realised I had a compassionate nature, a love for education and the desire to help others, but if I marry I would only be able to give this to one family. So I thought, why not take the alternative route? I knew little about the *sadhvis*' lifestyle, but went to see what it was like, joined and did seven years of training."

The afternoon meal saw the *sadhvis* partake in Gochri, a symbolic mutual exchange between the community and saints. "We give them physical food, and in return they give us spiritual nourishment", says Dr Atul Shah, founder of Young Jains UK. "It brings us together, and indirectly reminds us of interdependence - we all need each other."

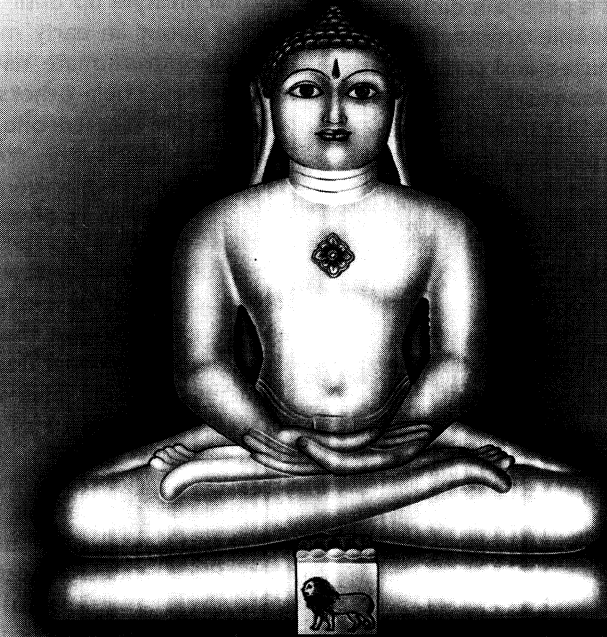
At present, the *sadhvis* are running several classes at the Jain Vishva Bharati in London, including Preskha ("to see carefully and profoundly, and to perceive by your mind's eye") meditation and yoga, Jain philosophy, and Sambodhi ("path to purification"). With classes open to everyone, 565 people are said to have benefited from Preskha last year.

"We have a holistic approach, and give personal consultation" says Samani Pratibha Pragma. "People now call us when approaching exams and interviews, and even to celebrate their birthday with our blessing and Jain values."

Young Jains actively sponsors YJS and offers sponsored membership to Young Jains UK. For more information on free Young Jains Student membership, go to:

<http://www.youngjains.org.uk/students>

You can meet the Young Jains Students at the Tasting The Mango 2 – The Next Slice! Convention in September.



*"There is nothing so small and subtle as
the atom, nor any element so vast as space.
Similarly there is no quality of soul more subtle than
non-violence and no virtue of spirit greater than reverence for life."*

Lord Mahavir

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British Indians' craze for running marathon truly took hold this year with a huge increase in the number of participants for this year's Flora London Marathon on April 18th.

A sizeable group, many doing the marathon for the first time, was lead by Piyush Gudka, veteran of a major marathon on each continent in under 11 months and numerous London Marathons.

"I have been trying to encourage the ethnic minority to take up exercise, physical fitness, and running since I have been involved in it for 10 years now," says Piyush.

He continues: "This is the first year we have managed to enlist 17 participants, 13 of whom trained together every Sunday." They aged from 20 to 48 and were collecting money for their favourite charities – Shishukunj (Food 4 Children), SEWA International and Get Kids Going.

Piyush very often says:

"A marathon is a race without race, colour, religion, sex, prejudice, nationality, hate, where everyone starts as an equal, and everyone finishes as a winner."



For more information on the runners, interviews, team activities and training contact

Team Leader: Piyush Gudka Telephone No: 07958 553 101

E-Mail: pgudka@hotmail.com

Ajay Sanghvi a Medical student at Bristol University and Young Jains Students Co-ordinator for Bristol ran the Marathon this year.

An extract of his article form the Student section of the Young Jains Website (www.youngjains.org.uk) is below:

It all STARTED last summer at Niagra falls, when a person I respect greatly taught me that the intensity and magnitude of my determination and strength of mind should match the thundering force of the water flowing over the falls if I was to reach the ocean of knowledge and happiness just as the water reaches the Atlantic.

I realised that it was my weakness and willpower that was limiting my progress in life. I had run half-marathons before, but among other things I had the idea of running the London Marathon to improve my fitness but also to strengthen my will power.

Once I got a place I decided to raise money for charity along the way. Having fundraised for CLIC (cancer and leukaemia in children) and run clinics to recruit people onto the Anthony Nolan Bone Marrow Registry, running for 'Children with Leukaemia' was a natural step and followed the theme. Inaugurated by Princess Diana, this very worthy charity provides treatment and welfare for children suffering with leukaemia and their families, as well as research into future treatments. The charity operates centres across the

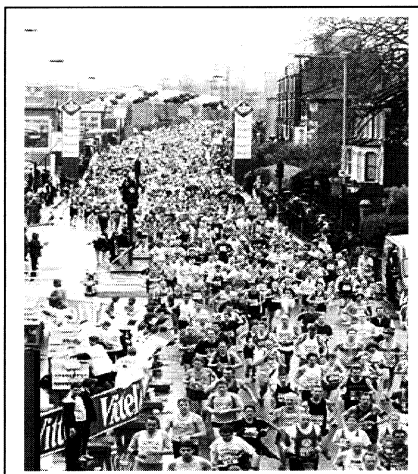
country with one at Great Ormond Street Hospital, and also one in Bristol in the hospital that I am currently working at. In fact the new Children's Hospital in Bristol is named after Paul O'Gorman the boy who inspired the formation of the charity.

It is a credit to all those that generously sponsored and supported me that we raised an incredible £2000 for charity. It was also all those people that came and cheered me on that kept me going and made it such a memorable day.

There are certain things that through a lifetime you feel you should do once, just to experience it, and the marathon is one thing I can now tick off my list. But more than that it is an achievement that I previously thought of myself incapable of achieving.

I would now like to apply this to my life. Discover my purpose, set my goals, and have something to work towards, a focus, something to measure myself up against. Just like the mile posts, we have milestone in achieving the ultimate aim. It is our perspective in life that determines our direction, but our strength of mind that keeps us going, keeps us walking the path. We all have that strength and we can all get there. Some slowly and some faster but we *will* all get there....

Nothing is impossible.....
I'll see you at the **FINISH** line! ■



Executive Committee 2004/2005

DEEPA Mahendra Shah
President

Jai Jinendra. Imagine Young Jains is a *board* game. As soon as you walk into the '*board*', you are welcomed by a host of smiles and friendly faces. This is what inspires me most about being part of this game, the amazing and vibrant people playing full out!

As I move the counters forward, there are many opportunities to continue to excel and drive through the varying challenges presented. This enhances my spiritual growth and progress along the way.

There is a huge support structure which exists, and encouragement around every corner. This allows Young Jains to develop fruitfully and adapt with the environment and circumstances.

The Young Jains experience will, for me, be brought to life ever further to life through this '*role*' of the dice!

'Your imagination is a preview of life's coming attractions.'

SURAJ Dinesh Shah
Vice President

Jai Jinendra. Having just experienced an action-packed year on the Young Jains Executive Committee working alongside a bunch of talented and passionate individuals, I would have been crazy to miss out on a second year surrounded by a high energy team. This time, I am truly able to live out my passion for developing and supporting a magically powerful team.

The skills I develop this year will launch me into a career that taps right into my true potential. Without a doubt, it's set to be a year packed with an abundance of magical moments. You can get in touch with Suraj through www.surajshah.com.

NISHMA Vimal Shah
Secretary

Jai Jinendra. Having joined the Young Jains team for the first time last year and after having a number of enriching experiences, I decided to join the team

again to continue the amazing journey for yet another year. Reflecting back over the year, had I not been part of the organisation, I would have been very difficult to have some of the experiences and learning's that I had. Over the next 12 months, I look forward to developing personally as well as spiritually through all the interactions and experiences that are awaiting while supporting Young Jains in its endeavours.

KISHORE Motichand Shah
Treasurer

Jai Jinendra. It is with great pleasure to serve Young Jains as Treasurer, to keep the accounts up to date. I feel to serve the community in whatever capacity I can. The team spirit among the committee is great and I enjoy helping out during the events. My involvement with Young Jains has increased my understanding of Jain Dharma. I affiliate the teaching and apply in daily life. My family are a great support and often help. Also Pankajbhai (Kajaine) and Nileshbhai (Ashmar) provide invaluable support and advice.

ASHIK Kiran Shah
External Relations Officer

Jai Jinendra. My first active involvement with Young Jains was at the Mahvir Jayanti play in April 2004, it was a real eye opener. The enthusiasm and dedication the whole team shared in preparing the event was amazing, as everyone involved all had their own busy lifestyles but each gave so much time to prepare a truly unique event. I felt I had achieved something special and it was a great feeling. I wanted to continue to remain part of team where not only could I develop my personal skills but help and support to convey the understanding of Jain Dharma in a simple, clear and fun manner.

I aim to build new contacts and enhance on building on Young Jains existing external contacts so that together we can promote Jain Dharma over a wider spectrum. By working hard and having fun I will achieve my goal.

I look forward to working with a bright and dynamic team, who have given me so much support and encouragement. The opportunities in Young Jains are endless and it's a way to discover hidden talents that you never knew existed.

What will I bring to the team? My commitment, dedication, enthusiasm and positive energy.

Executive Committee 2004/2005

BHAVIN Manish Shah
Students Development Officer

Jai Jinendra. My name is Bhavin and I am graduating from The University of Warwick this summer. I helped launch YJS Warwick and really enjoyed my role. I did not want to end in there and so have undertaken this role. My generation is the future of Young Jains and I feel that it is important to develop the Young Jains leaders of tomorrow while they are in University. From a personal point of view I am looking forward to developing a greater understanding of Jain Dharma and utilising the values from Young Jains into daily life. To all students, if you have any queries about anything at University or if you even want to know how to go about starting a YJS Society at University please contact me at: students@youngjains.org.uk.

THE FUTURE IS BRIGHT...THE FUTURE IS YJS!

SEEMA Navin Shah
Membership Relations Officer

Jai Jinendra. It is an honour to have this opportunity to join the Young Jains committee. I am very enthusiastic to learn more about Jain Dharma in a fun and unique way. I see this opportunity as a challenge geared towards personal development and in tune with my personal aspirations. To be a part of this positive organisation with like-minded people will also give me the opportunity to work as part of a dynamic team to promote Jain Dharma and fulfil the core objectives of Young Jains. As the Membership Relations Officer, I aim to make a positive and meaningful contribution, devote my time and services to the best of my abilities.

KETAN Pravin Shah
Events Officer

Jai Jinendra. Hi, I'm Ketan and I have only recently become involved with Young Jains. I went to the AGM purely to support YJ and the next thing I knew I had been nominated to be in the committee!! I am very grateful to YJ members who have given me an opportunity to get really involved in a very worthwhile cause. I am excited as well as nervous about the challenges ahead of me in the

coming year - but I am convinced that I will learn a lot over the next year and will not regret one minute of it!

PUNIT Jayendra Haria
Volunteers Development Officer

Jai Jinendra. What inspired me to join the committee? I had been on the committee once before, as the events officer, and had a thoroughly wonderful year working together within an exciting and dynamic team.

After taking some time out to backpack around Australasia and S.E. Asian countries, I felt it was time to join the committee once again. I want to experience more and play full out in the new committee.

My talents vary, from being able to befriend anyone; versatility, ability to adapt to any situation ~ improvisation; unity in diversity; unique and humour.

Expectations of the year ahead:

- Yearn to learn more about the Jain Dharma.
- Bring happiness and smiles to all faces.
- To be able to inspire the youth of today, to learn more about their religious background, and for them to want to do it willingly, not being forced so by their parents/family.
- Also the young professionals (21-35 age group) who have finished university and professional exams; to show them that there is a way of going about the day to day life, and making it easy by using the tools that are given to us by the great Jain Dharma.
- To be able to command an audience and speak freely and fully about Jain Dharma.
- To be able to recall at will the encounters of the whole year ahead.
- To have mega-fun working with various groups, committees, and volunteers.

VIMAL Amritlal Shah
Media Officer

Jai Jinendra. Having been part of the team last year and enjoyed all the challenges while working on a variety of events including the Navratri Raas Garba. I now look forward to taking on new opportunities to continue supporting Young Jains while developing spiritually as well as improving my personal skills. While taking on the role of Media Officer this year, I would like to continue supporting the Young Jains Book Club and recognise opportunities where Young Jains can be represented in the media.

FROM FASTING TO FORGIVENESS TO FREEDOM

By Shaileen L. Shah

There was an order of monks that regularly practised various penances, *tap*, including fasting. They would quite often fast for many days at a time. One of the younger monks found it quite difficult to practise the fasting. He would try and try, developing his will power, but would often feel very hungry and in need of some food. He would go out to the village with his begging bowl and get some food and eat it. He struggled with the practise though he tried his best. The other monks would taunt and tease the younger monk as he was the only one who could not perform the fasting to the extent that they all could.

One time during Paryushan they were fasting; the younger monk was so hungry he had again gone out with his begging bowl and collected some alms. On his return all the monks taunted and teased him again. They said he was not fit to be a monk and other such horrible things. They even spat on the food in his begging bowl in order to spoil it knowing that monks were supposed to eat whatever they were given in the bowl without picking and choosing what they liked or disliked. The younger monk did not get angry or seek revenge, he looked at all food in his bowl as *amrut* (nectar); and ate it while contemplating. As he took each morsel, each grain of rice and chewed it slowly and deliberately he reflected on the qualities of each of the other monks. He appreciated and admired how they had the strength and ability to perform the *tap*, on how hard they worked at what they did; how diligently they performed their duties; forgiving them for what they had done; etc.

Through this the younger monk gained spiritual insights and spiritual growth – attaining *Keval Gnan*. The other monks realised this as well as the error of their ways. They had bound paap karma by their actions. They asked for forgiveness from the younger monk, which he happily gave, and thereafter they all approached *tap* with better understanding that it is not just what you do (*kriya*), but the way you do it (*bhav*), that is important.

During Paryushan the focus for many is on fasting and forgiveness. This article touches upon how both of these aspects play a role in the spiritual journey to Freedom, Moksha (Abundant, Infinite, Eternal Bliss – Anant, Anant Sukh). It emphasises that fasting is more than just a physical act and provides some thoughts on what fasting is, how to do it and why to do it.

“When talking about fasting, I will make it *quick*; give a *taster*; share some thoughts to *chew* over; *digest* some ideas; provide *food* for thought; show fasting is a *piece of cake* and that the *proof is in the pudding*. Hopefully it will make you *thirsty* to find out more and *whet your appetite* for this spiritual discipline.”

What is Fasting?

It is something that David Blaine does. Fasting is abstaining from food for a period of time; it can be a spiritual discipline practiced, in one form or another by most of the world's faiths. Most if not all of the Spiritual Masters have performed fasting during their inner journey; these include Adinath Bhagwan, Mahavir Bhagwan and Jesus Christ.

How do you do it?

- Do not Eat!
- Do not eat for 1 hour; repeat 24 times daily for 1 day or more.

Many people say they cannot fast for even one hour. Why is it then that the first meal of the day is called

breakfast; literally breaking the fast of 6 hours or more, whilst one has slept.

Fasting is more than the physical act of just not eating. It involves the mind, body and soul. Instead of asking how to fast we should really be asking...

Why?

Listed here are some of the reasons why people fast.

- Save money – saving money from the food shopping budget and also by not eating out;
- Lose weight – probably lose about a stone in a week (but depends on how long you fast);
- Helps save food and wastage of food;
- Give the digestive system a rest – allowing detoxification, cleansing and purifying to occur as well as no intake of junk food or artificial colouring;
- Compassion – empathy with others in the world who do not have food At least with a voluntary fast you know that you will be eating after a certain number of days while there are many who have no idea when the next meal will come;
- Compassion in the Act of Ahimsa entailed in not eating any living beings;
- A discipline that helps develop will power and mental muscle;
- Provides time to study. But to study what?

FROM FASTING TO FORGIVENESS TO FREEDOM

By Shaileen L. Shah

It provides time to study and reflect on *Jain Dharma* – the Nature of Self. In *Jain Dharma* it says that the path to *Moksha*, Freedom is by the realisation of Three Jewels (*Ratna Traya*) and Penance (*Tap*). The Three Jewels being *Samyak Darshan* (Enlightened Perception), *Samyak Gnan* (Enlightened Knowledge) and *Samyak Charitra* (Enlightened Conduct).

What role does Tap (Penance) play?

The *NavTattvas* (Nine reals) help explain the association of Karma to the Soul and that Freedom from the cycle of life and death, *Moksha* (Abundant, Infinite, Eternal Bliss –Anant, Anant Sukh) can be achieved by stopping and removing *Karma*. *Tap* helps us become aware and reduce the influx (*Ashrav*) and binding (*Bandh*) of karma and really comes into play with the shedding (Nirjara) of Karma. One of the causes of the influx of Karma are the *Kashayas*, the inner enemies/passions which stem from our desires of attachment and aversion (*Raag* and *Dwesh*). This is due to our senses and identifying with the body as opposed to our true nature, the Soul. *Tap*, which can be both internal and external, helps us to become aware of our desires and cravings, instead of having a knee jerk response to stimuli like Pavlov's dogs. Professor Padmanath Jaini states in his book (The Jaina Path to Purification) that *Tap* helps reduce the attachment to the body.

Fasting is an external *Tap* that helps awareness over the mind and senses, cravings, food and tastes. As each day goes by the cravings lessen. *Upvas* is a term often used to mean a fast. However the real meaning of *Upvas* is staying close to the Soul. Fasting is not just about not eating but more so about having the right *Bhav*, attitude to do the inner work so as to purify the mind, body and Soul. *Tap* is a tool to help us stay on the path to *Moksha* (Abundant, Infinite, Eternal Bliss –Anant, Anant Sukh) and develop the qualities to progress along it.

There are 12 types of *Tap* – 6 internal and 6 external. We have said that fasting is an external type. Atonement/repentance is an internal type fostered by forgiveness, reflection and Pratikraman.

Mahatma Gandhi who was influenced by Jain Philosophy through his interaction with Shrimad Rajchandra used fasting to up-hold the principles he believed in.

Tips on how to fast successfully

- Know your reasons for fasting and write them down;

- Take time out from your normal routine – book days off from work;
- Make a schedule/plan of how you want to spend the time;
- Go to the various lectures during the day time and evenings;
- Support from family, work, friends is really uplifting and helps you stay in *sata*;
- Read spiritually inspiring books/articles;
- When you are engrossed or focussed you forget to eat;
- Become aware of the ego in particular when thinking that “I” have done something great compared to others such as an *athai* (eight day fast).
- Do the best you can but do something.

In summary, there are 12 types of *Tap*, of which one is fasting; it is an external type and another is atonement/forgiveness; an internal type. *Tap* helps to reduce the Karmas that we bind and in particular helps with the shedding of Karmas thereby bring us closer to *Samyag Darshan* and to *Moksha* (Abundant, Infinite, Eternal Bliss –Anant, Anant Sukh). It helps us become aware of our cravings, likes and dislikes and also the *kashayas*, inner enemies. During fasting we can reflect on qualities, Jain Dharma and do inner work with the right attitude, *bhav*, to progress along the path to Freedom. It is not just what you do but the way that you do it. Remember the story of the monks!

Michammi Dukhadum!

The content for this article was first shared as a talk at the Kshmapana Day coordinated by the Institute of Jainology and held on 14th September 2003 at the Victoria & Albert Museum.

Shaileen Shah is an active member of the dynamic organisation Young Jains, a non-profit making society dedicated to the promotion of Jain Dharma in the Western World. Within the organisation he has played many roles including those of President, Vice-President, Convention Team Leader and Newsletter Editor. He has fasted for eight days or more during Paryushan for the last 5 years. Shaileen is an eager learner and contributor who enjoys studying Jain Dharma, practising it and a sharing it. Professionally he works in IT for an investment bank. ■

WHOM AM I? ♦ WHERE AM I FROM? ♦ WHAT IS THE PURPOSE OF MY EXISTENCE?

By Ashik Arunkant Shah

Jain thinkers have provided a great number of insights, based upon the experience of the Tirthankars and their resultant message, recorded posthumously. This message has been explained by a series of Self-Realised Saints, who were monks or householders, and many of whom wrote first hand.

The basic positive message is that our true nature is a spiritual one. Each one of us is an eternal Soul, charged with consciousness. The very person who asks the questions of identity and purpose is this consciousness, is the Self.

We are eternal and so, in that sense, have always been here. However, from the perspective of any particular life, from the eternal cycles of our lives, we have come from a previous embodiment, and this current circumstantial body of ours is the result of our past deeds, words, thoughts, inclinations. However, in our short-term perspective we identify wholeheartedly with this mortal coil, the flesh, the body. When the body is in favourable circumstances we respond to the sensation of like, and we respond to dislike when in unfavourable circumstances. These responses are the passions of anger, pride, deceit and greed. This very identification, the resultant like and dislike, and the resultant passions are the very causes of our embodiment, as they cause the Karma which bind to us and bind us to the cycle of worldly life.

Typically our purpose centers on the search for happiness and peace. However, the very passions prevent true harmony in our lives and they arise from the like and dislike which also cause most of our worries. All these ultimately arise from the false sense of identification with the body. We pamper the body but neglect the soul, our very essence. Indeed, the very happiness, which we attribute to those around us, is actually within us.

The nature of the Soul, the Atma, of each and every one of us is Pure, Blissful, Vibrant with Energy, and Charged with Consciousness. We can all realise our full potential by following the path to Self-Realisation and then progressing to Moksha, with the Tirthankars as our model. The path can be shown and taught to us by one who themselves is already Self-Realised, a True Guru.

The Jain tradition provides us with the insight, the message and the examples to facilitate progress on this path. Each of the practices with which we are familiar, or might be aware, has, as its purpose, progress on the path to Moksha, the realization of our ultimate, eternal, true nature, and if this purpose is born in mind, the act will itself be more rewarding.

Mahavir Swami is the most recent Tirthankar who walked on this earth. His life is full of many examples for us to emulate and messages to imbibe. In the play of his 27 significant lives (by YJA and available on the YJ UK website) we can map his spiritual progress to a certain degree. To understand it better require more study, thought and guidance.

In the related stories we see how each of his, and so each of our, actions has consequences. In his incarnation as Naysar, his initial sense of duty and charity, as well as respect for the Dharma, led to two monks teaching him the path and his attaining Samyag Darshan. His pride in his family had consequences, as did his willingness to take advantage of others as a false Guru. In one of his lives, his strong desire that all Souls attain and take interest in the Path and the Dharma led to his auspicious birth as a Tirthankar.

As Bhagwan Mahavir's inclinations, thoughts, words, deeds had consequences in the many lives of his Soul which we know, so are their consequences for us. The tools which the Jain Dharma provides as practices, insights, ways of thinking, train us to cultivate qualities which will enable us to act in awareness and to bring harmony in our relations with the outside world. The ethics of Ahimsa is informed by the realization that we are souls just like all living beings. We have been given the tools of the qualities of life, to make ourselves more gentle and compassionate; the qualities to overcome the passions, to attain calmness of the passion, Upsham. The 12 Bhavnas enable us to foster detachment, Vairagya, so as to overcome duality. The Tattvas help us understand the, dynamic Soul-Matter relationship so we can overcome our delusion, Mithyatva, and chose between liberation and bondage.■

TTM2 – the Next Slice: Drama to Real Life: Workshop I – A Case Study from Bhagwan's Previous Lives

Below is part of a worksheet for a short scene, from a play written by Young Jains America, portraying one of the lives of Bhagwan. At Tasting the Mango 2 – the Next Slice! we'll take the scene as a case study to understand how to use the tools which the Dharma provides and then we can begin to apply them practically in our lives by taking a problem or source of worry and applying the same analysis to it.

Act III Scene I

(Guards at the gate to a garden)

NARRATOR: Now, in his sixteenth birth, this soul was born as the nephew of King Vishvanandi of Rajgriha. The nephew's name was Vishvabhuti. One day Vishvabhuti was out with his queens in the royal gardens. His cousin, Vishaakhanandi, the son of the king, also arrived there shortly after that . . . (Prince Vishaakhanandi enters.)

VISHAAKHANANDI: Please step aside. I would like to enter the garden.

GUARD: Prince! Please wait here. You cannot enter the garden. Your cousin, Prince Vishvabhuti, and his queens are already occupying it.

VISHAAKHANANDI: What! This is ridiculous! As the king's son, I cannot enter the royal gardens when I want to. I can't believe it. (Walks away visibly upset.)

CHARACTER	KASHAY	TATTVA	KARMA	BHAVNA	OTHER CONCEPTS
To be completed by	workshop grps	@ TTM2!			

TTM2 Tasting The Mango 2 The Next Slice!

HOW CAN YOU GET INVOLVED?

Every two years Young Jains develops an international convention, a weekend event with speaker sessions, workshops, discussion, drama, song, a crèche for young children and of course lunch and dinner. It is all done with the active involvement of volunteers and there are of course many ways of contributing:

People can give their time, their skill and or a financial contribution. Some people give all of this, but you can decide how you want to get involved:

During the Convention

■ **Catering Team:** Dinner on Friday evening and lunch and dinner during the weekend are provided to all delegates. The meals are prepared by volunteer group of ladies and gentlemen led by Ranjanben Kishorebhai. Would you like to join this group and make a contribution? It is a full days work, in very fun atmosphere, with lots of singing and spiritual conversation. If you are interested and want to find out more, please call Ranjanben on 020 8951 5393 (day/eve). Note: Registration is not required for TTM2, but it unlikely that you will be able attend many of the sessions of the Convention.

■ **Book Stall:** You've already decided that you are going to attend TTM2. During the break period and lunch-times the Young Jains book desk will be open, providing delegates time to browse through the books, comics, CD's etc and people can buy any of the resources that they wish too. Would you like to be part of the team that looks after the book desk? The team is led by Vimal (Book/Media Officer, YJ), and a rota system is devised to ensure that you get a break whilst you are helping. It is a lot of fun, and you meet lots of people as they come over to the desk. Who knows, maybe you'll even find a great book for yourself or for a friend!

■ **Crèche:** At the Convention there is crèche for children aged from 5-9 years old. This is provided so that parent can attend the weekend and the children are close at hand, without any other child-care facilities having to be made. Children take part in the crèche activities, perhaps short scene from Mahavir Bhagwan's life, story telling, colouring pictures of the *laachans* etc. During the break period, and meal times the kids return back to parents. Again a rota system is devised, but it is unlikely that you would be able to take part in the Convention sessions. The crèche is led by the Jain Parent & Toddler group, who would welcome additional volunteers.

■ **Friday set-up:** A group of volunteers arrive at Canons High School on Friday afternoon, transforming it into the Convention venue. Signs are put up, posters displayed, the hall and dining area set-up, the crèche area prepared etc. Can you come during the early afternoon on Friday 3 Sept and help with this? (Remember, dinner is provided on Friday evening).

■ **Re-Registration Desk:** On Friday evening and Saturday morning all delegates are asked to re-register. Security tags are given, name badges, workshop group details. The desk is operational from 6p.m. on Friday and restarts again on Saturday morning at 8.30a.m. So if you would like to meet and welcome delegates with a warm smile to TTM2, volunteer for this.

Before the Convention.....

■ **Exhibition:** At TTM2 there will be an Exhibition, about Jain Dharma and related activities and the activities of Young Jains. A chance to let your creativity fly, or make someone else's design take shape and form. The group will meet before the Convention and spend a day designing and making thing. How to get involved?

■ **Financial Contributions:** The registration fees do not cover the full cost of the event. Every effort is made to negotiate costs and get great deals. If you cannot perhaps give your time or skill, consider making a financial contribution, as your way of taking part. If you would like to make a financial donation towards this TTM2, then one of the easiest ways is by completing the Registration Form to attend the convention with an added donation. There are also a number of other ways that you could contribute: a one-off advert in the next issue of the Newsletter (Subject to the Newsletter Team), £251 for a meal, Venue Hire £500 or perhaps a general donation of any amount that you wish. Please call Priti or Kishore on 020 8951 5393 to discuss things further.

HOW? For any of the following please contact Punit Haria (Volunteer Development Officer) on 020 8206 0629(eve) or potto14@yahoo.com, who will register your interest and pass your contact details onto the team leads. The Catering and Creche team require no registration for the Convention, all the other opportunities do. You can volunteer for more than one activity (except for the Catering and Crèche team)! ■

TASTING THE MANGOTM 2 THE NEXT SLICE!

“Just as a mighty mango tree is hidden within the stone of the mango, even so, O man, divinity itself is hidden within you. Rest not until you uncover it.” **Bhagwan Mahavir**

This Convention is ideal for all.

If you weren't at TTM 1, make sure you are there at TTM 2, where a summary of TTM 1 will be provided. If you were at TTM 1, make sure you continue to build upon the Jain Jigsaw puzzle, better understanding the 'jigsaw-pieces'.

The difference with TTM 2 is that it is building upon TTM 1. Further steps on the Path to Moksha will be shared, not just in lecture format, but with active workshops where you can explore things for yourself. The concepts of Vairagya (to be without likes and dislikes) and the 12 Bhavnas (contemplations on the difference between the true self and other worldly things) will be explored and essential on the Path to Moksha.

The Convention will be a rare opportunity to be able to spend the whole weekend with Key Speakers with a depth of experience, insight and practical wisdom. There will also be the Return of the Jain Jedis and the opportunity to ask questions to our representative Panel of Speakers. There will be the sharing of some of the tools/rituals/practices and how they fit into the Path e.g. Samayik, Puja, Bhakti etc.

We are still sharing the fundamentals of Jain Dharma, the Jain Jigsaw and more, in a clear, simple, fun, creative, remember-able and usable manner. The “Whole-Mind Common-Sense approach” is used incorporating workshops, use of music, plays, presentations and Q&A. An opportunity to meet & mingle with like minded people and enjoy great Jain vegan food.

This Convention is for you if you know:

- ⇒ very little about the basics of Jain Dharma and would like to increase your understanding
- ⇒ about various topics but do not know how they all fit together
- ⇒ a little bit more, and would like to consolidate and use it in every day life
- ⇒ You are curious to experience a different approach to learning, sharing and developing
- ⇒ You want to take the '10-day Challenge' and transform your life

It is an opportunity to develop your understanding of the fundamentals of Jain Philosophy such that you can Consistently Use it Every Day.

If you would like to help as a volunteer, make a donation, be a sponsor or have any questions then firstly see the FAQ section on the Convention area of the website and then Contact convention@youngjains.org.uk

Comments from The Tasting The Mango TTM 1 – Funky Fundamentals 2002 Convention.

“Great experience. Fun but educational at the same time. Well done.” [Raj Bavishi 16-20]

“The practical exercises were brilliant and also the analogies used. Very interactive and fun. Thank you for delivering in such great style.” [Minal Shah 31-35]

“I thoroughly enjoyed my weekend as it was very informative. I am going to take on board and USE IT! Thank you for the awakening.” [Rakhee Shah 21 –25]

“Was a very well organised and fun Convention. I am glad to say that I have become a lot more open minded to Jain ideas.” [Deepa Kothari 16-20]

“Excellent Convention. I was very impressed by the effort gone into coming up with such brilliant ideas and methods of conveying concepts which are complex and abstract in such a beautiful enjoyable and truly inspiring way - well done and hats off to the team!” [Anjli Shah 26-30]

A Unique Experience not to be missed! Play Full Out! Have Fun! Capture the Info! Use It!

September 3 – 5 2004, Canons High School, Edgware, London