



Anekantvaad

Aparigraha

Ahimsa

Monthly Newsletter

Vol:1 | Issue#3 | Jain Society of Seattle

### Announcement

As per state guidance for COVID19 situation Jinalaya remains closed and all in person activities are cancelled until further update.

Mahavir Janam Kalynak 2020 Kids' Arts competition entries due April 30th.

Online interactive session with Samani Suyashnidhi ji on April 12th, Sunday from 8:30pm to 9:30pm.

Login at <https://smile.amazon.com/> instead of <https://www.amazon.com/> to donate **0.5%** of all your purchases with zero cost to you when you shop at Amazon. Search for "**Jain Society of Seattle**" in pick your own charitable section

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**Follow Jain Way of Life (JWOL) and stay safe!**



## Message from the Secretary

Jai Jinendra,



A brief introduction, this is my 5th year serving on Jain Society of Seattle board, and around 15 years serving in other volunteer positions in this incredible organization. I have seen this community grow from 50+ families to now 300 or more. I am so proud of all the work we were able to accomplish together. To name some, having our own temple, daily and weekly programs, regular Paathshala for different age groups, and swadhyaya.

Today with COVID-19, I hope and pray this message finds everyone in good health and that everyone is safe indoors. As we promote JWOL, the current situation drives the importance and relevance of those learnings once again, be it drinking boiled water, washing hands often, social distancing, wearing masks, or meditation. Though we might not be there, our intent to learn and continue on this path is evident from us being part of this community. Kudos to our temple volunteers for maintaining daily rituals and to the community for following guidelines and still participating in our rituals and prayers.

It has been a privilege and a responsibility serving on this board and this community. For myself, one of the key differences which makes this organization so different from other organizations, and motivates me to be part of it year after year, is really living one of the core principles of Jainism, "Anekantvaad". Learning from multiple viewpoints brings out the best in us. I am very confident that we will continue to keep this momentum and our next steps will only help grow and continue to unify our community.

Thanks,  
Vandana Jain  
Secretary, JSS



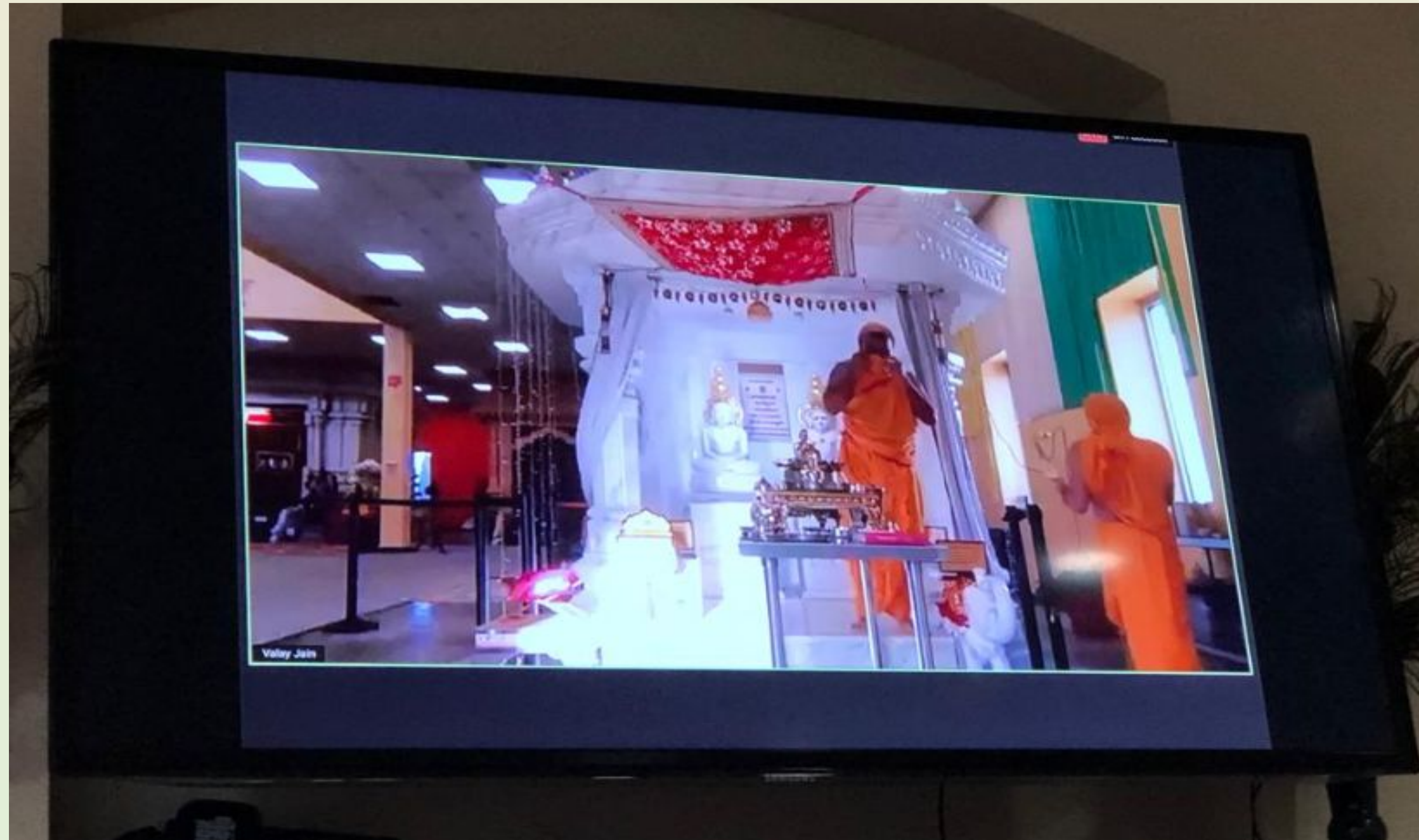


# Reflections and Highlights

## Mahavir Janam Kalyanak 2020

One of our biggest celebration took a new form this year due to COVID-19. All of us did online pooja and celebrated this grand occasion. Vaibhav Jain and Valay Shah followed the Covid guidelines diligently, performed **abhhishek and pooja** and helped broadcast the live event over facebook and through webinar. We had 100 viewers on facebook for live event and 40 families joined us through zoom webinar. The community came to pray together in these difficult times. We appreciate all of you making this a memorable event. Thanks for generous donations post event. We will donate certain percentage of the collected donation for COVID-19 causes. We will announce the details on selected charities by the end of this month.

**Event Coordinator : Nagarjun Jain, Vaibhav Jain**



## Online Swadhyay Series

JSS has started online Swadhyay series everyday at 8:00 pm. There are two separate series currently going on:

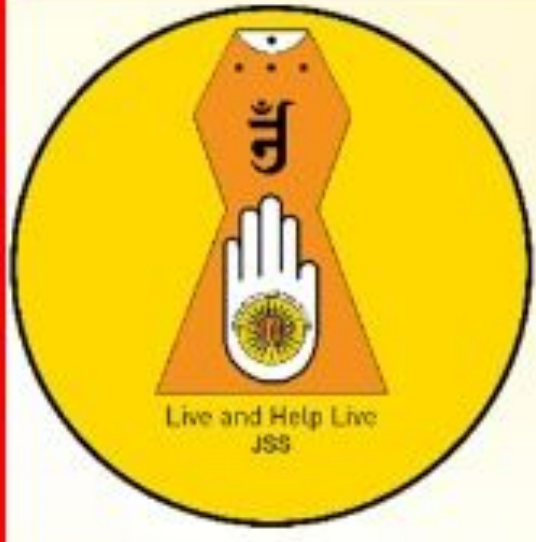
- The first series follow **Chhah-Dhaala**. The lectures are conducted by Valay shah everyday at 8 pm except Fridays.
- Richa Jaini is conducting a separate online Swadhya series every Friday, on variety of different topics. Current topic is **Gunsthan**.

30+ families are participating in this daily event and benefiting from this online series. We are receiving great feedback from all the participants for this event. Please join and take “dharam laabh”.

**Coordinator : Richa Jaini (Education committee)**



# News from Kids' Corner



## MAHAVEER JANAM KALYANAK 2020 KIDS' ARTS COMPETITION

**Inviting all kids and youth to bring forward their creative talents and express themselves through their own original work**

**THEME: JAIN PRINCIPLES / JAIN WAY OF LIFE**

**Participation Groups**

- Little Jains (3-5 years)
- Young Jains (6-11 years)
- Youth (12-17 years)

**Competition Categories:**

Music – Dance or Singing (2-5 mins),  
Visual Arts - Photography or Drawing  
or Painting

**Submission Guidelines:**

Please submit your entries via email attachment before April 30<sup>th</sup> 2020 @ [jainsocietyofseattle@gmail.com](mailto:jainsocietyofseattle@gmail.com).

In the email, please write name of the participant, age of the participant, and creative category. You can attach picture of your Visual Arts or video clipping for your Music entry.

Participants can send multiple entries in both music and visual art categories.

**Judging & Recognition:**

Entries will be judged in both categories on the following parameters:

1) interpretation of theme, 2) Creativity, 3) Skills.

Winners' names will be announced in JSS newsletter and other electronic medium with the link to their art work.

*We look forward to celebrate Mahavir Janam Kalyanak in a creative way !*

For enquiries, please contact [jainsocietyofseattle@gmail.com](mailto:jainsocietyofseattle@gmail.com)

Organized by- Jain Society of Seattle

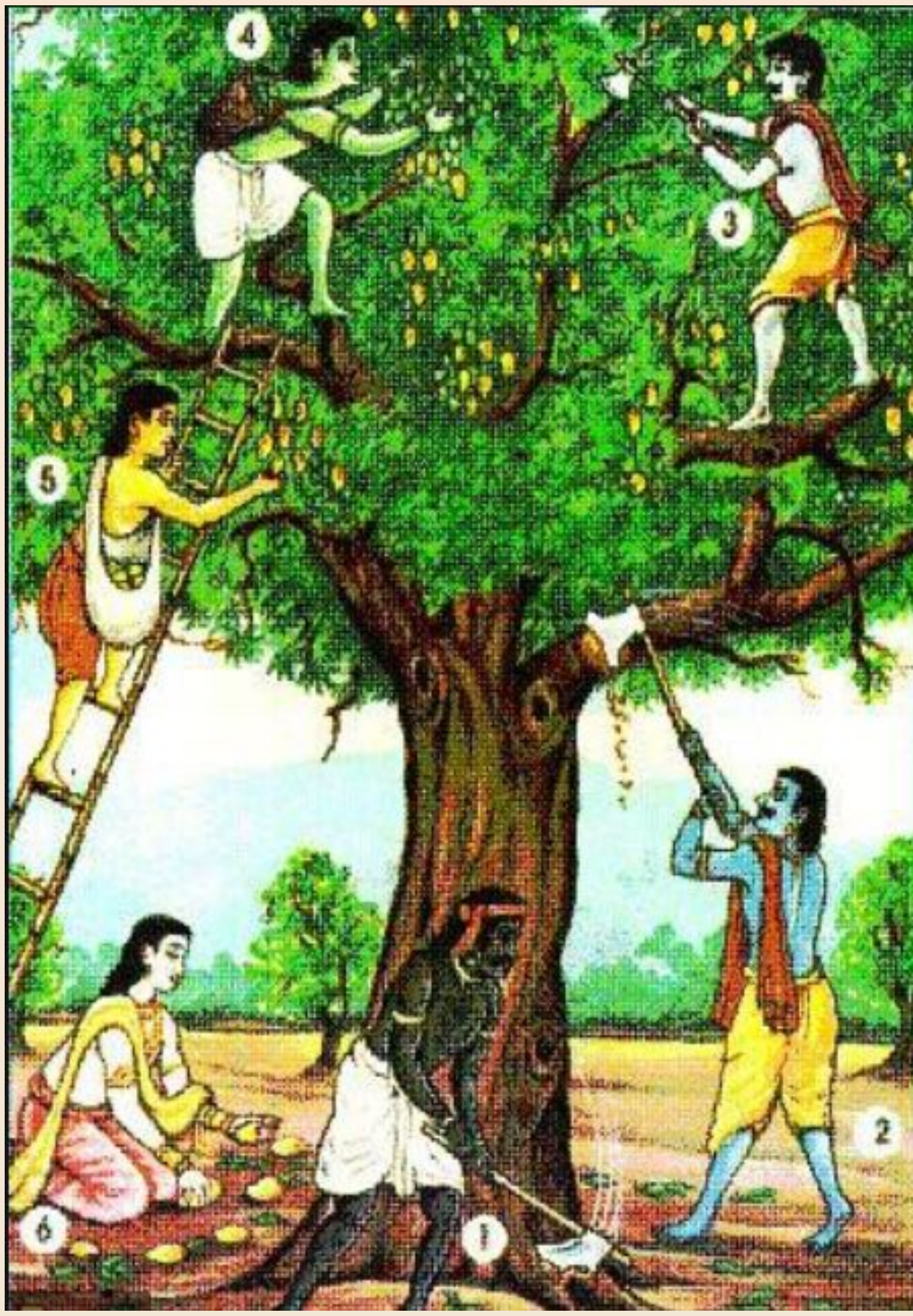
Please refer to the poster here to get details about kids' Arts Competition.

**Paathshala Update** : All paathshalas are currently conducted online on their regular cadence. Kudos to our paathshala teachers for continuing with their efforts despite the in home stay guidelines.

**Youth group** started online and is coordinated by Nihal Jain and Richa Jaini. The first class had 18 students attending (Middle school, high school).



## Lesya (Mental Attitude) in Jainism



Lesya, according to the Jain theory of karma, is the coloring of the soul on account of its association with the karmic matter. The color of leśyā varies from person to person depending on the psychic states and mental activities behind an action. The coloring of the soul is explained through the analogy of crystal, that acquires the color of the matter associated with it. In the same way, the soul reflects the qualities of color, taste, smell and touch of associated karmic matter.

In Jainism, there is a great deal of importance given to Leshya. It refers to the state of Mind. Our activities reflect our state of mind. The following illustration shows how our activities vary with the state of our mind. Once there were six friends who were going on a trip, but along the way got lost in a forest. Soon they became hungry and thirsty.

They searched for food for some time and finally found a fruit tree.

As they ran to the tree, the first man said, "Let's cut the tree down and get the fruits." The second one said, "Don't cut the whole tree down, cut off a big branch instead." The third friend said, "Why do we need a big branch? A small branch has enough fruit." The fourth one said, "We do not need to cut any branches, just climb up and take the bunches of fruit." The fifth man said, "Why pick that many fruits and waste them, instead just pick the fruits that you want to eat." The sixth friend said quietly, "There are plenty of good fruits on the ground, so let us just eat them first."

You can see that the states of minds of these six friends cause a range of thoughts which begin with the destruction of a tree and end with picking up what is on the ground. The six friend's minds represent six types of leshyas.

- The first friend's state of mind represents **krishna** (black) leshya.
- The second friend's state of mind represents **neel** (blue) leshya.
- The third friend's state of mind represents **kapot** (brown) leshya.
- The fourth friend's state of mind represents **tejo** (red) leshya.
- The fifth friend's state of mind represents **padma** (yellow) leshya.
- The sixth friend's state of mind represents **shukla** (white) leshya.

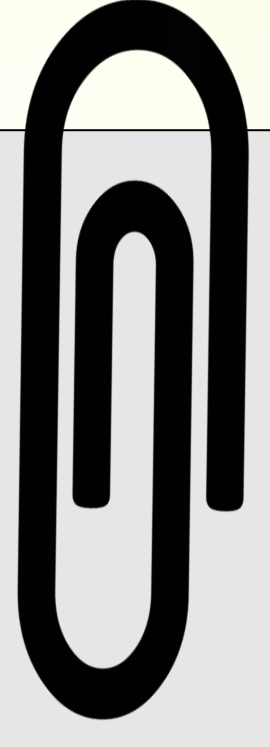
The first leshya is the worst and the sixth leshya is the best. The first three leshyas lead the soul to ruin and the last three lead the soul to spiritual prosperity. Therefore, people should strive for the white leshya and not the red leshya. It is not so that a person's state of mind remains the same at all times and therefore, it can be changed for the better or for the worst. Your state of mind and Leshya on that state lead you to karm bandh and that decide the future of soul (Jeev). White will help you to towards Moksha.

*by Ambar Singhai*

*Volunteer, Pooja Team*



# Kudos to our Volunteers!!



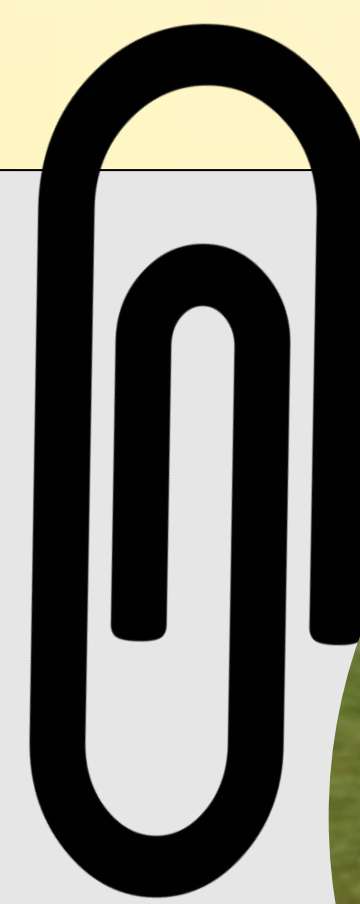
**Rahul Jain**

Rahul has been helping with our cultural and religious activities. Your efforts are truly appreciated!!



**Daksha Ji**

Daksha ji is helping us in all religious activities. Your enthusiasm and energy has been a great support for our entire team.



**Shweta Poonater**

Shweta has been helping in Young Pathshala as an assistant and also lead the cultural activities of younger kids for events likes Mahavir Jayanti and Diwali.