



VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

# VANIK VOICE

April 2018

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## EDITOR'S REPORT

It is very pleasing, when someone's hard work and selfless actions are appreciated by the wider authorities and community members.

Our Chairman Shri Manharbhai Mehta has received OneJain Lifetime Achievement Award at the House of Commons by Lord Bourne. This award is recognition for his many years of service and consistently hard work for the Vanik Community. It is also an inspiration to all of us to serve our community. Congratulations to Manharbhai and his family.

In the many years of service to the community, Manharbhai has brought various projects to the attention of our community. Our matrimonial service, Vanik directory, Jain Chaplaincy, Health care, Living Organ donation have all been well appreciated by our community. We have made this country our home and have our own problems and needs that are difficult for our host to understand unless we make special efforts and work with one voice. We are fortunate that this need is met through the persistence and hard work of our community leaders and volunteers.

Congratulations also, to Shri Jayant Doshi for receiving OneJain Excellence in community service award for his work. He has been associated with Navnat Vanik association as editor of Navnat Darpan, Navnat Yuva Mandal and Navjivan Vadil Kendra. -Anil Parekh

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## Mr Manharlal Mehta Receives OneJain Lifetime Award

**Vanik Council (UK) is proud to announce that Mr Manharlal Mehta, Chairman of Vanik Council (UK), has been presented the OneJain Lifetime achievement award at the house of commons by Lord Bourne on the 28<sup>th</sup> Mar 2018.**

Mr Manharlal Mehta came to Leicester, from India, in 1968 where there were fewer than 10 Jain families in the city, with no organised activities. As the Jain population grew Manharbhai established “Jain Samaj Leicester” and became it’s founding Chairman – a post he held until 1977. Manharbhai remained a Trustee of Jain Samaj for a further 30 years, through the period of development of the Leicester Jain Centre and the organisation’s renaming as “Jain Samaj Europe”.

- Manharbhai has served on the executive of the NCVA (recently rebranded as the “Vanik Council”) since its inception in 1978, and Chairman since 1995.
- Manharbhai also served as a trustee of the Navnat Vanik Association from 2010-15

Manharbhai has started a number of initiatives including-

- Matrimonial Gathering of Vanik/Jain youths in 1982. This project is still running and has helped hundreds of young people of Vanik/Jain community in their search for matrimonial partner.
- Manharbhai has been the driving force behind setting up a Jain spiritual care system in



hospitals across the UK. Volunteers are given training in Jain Spiritual care. His efforts led the NHS to recognise “Jainism” as a faith option for patients. In 2017, NHS have included ‘Jainism’ as one of the faiths, in their computerised records of patients.

- Reorganised Jain funeral Rites support to the community. Raised a volunteer force and trained them across the UK.

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- Initiated recognising and honouring the members of Vanik community who have given their selfless service for the benefit of the community. Twentytwo people have been honoured till now.
- Regularly gives talks on Practice of Pratikraman
- Runs a course, 'Fundamentals of Jainism- Atma, Karma and Dharma', since 2015
- In addition, Manharbhai has represented the Jain community on the NHS Healthcare Chaplaincy Multi-Faith Group for many years, and served as the Group's Chairman from 2009-11.
- He has continued his effort in publishing of Vanik Community Directory and developed this as an online database of the community. He continues to support organisations affiliated to Vanik Council (UK).
- He represents Jain faith in Religious Education Committee SACRE in London Borough of Brent. The most recent project that has been undertaken has been on Living Organ Donation to raise awreness of Kidney diseases and need of donation of live kidney within Jain community. The project has successfully achieved the planned objectives and milestones set at the inception of the project,



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Upon receiving this award, Manharbhai stated:

*“My sincere thanks to the OneJain organisation and the members of the judging panel for selecting me for this Lifetime Achievement award. Without the backing of my family, especially my wife, I would not have been able to do even a small fraction of the community work that has been my passion for the past 50 years. I would like to dedicate this award to her, for her unwavering support over the years as I built up Jain religious activities in Leicester, and for even the greater amount of time I have spent after I supposedly “retired.”*”



On behalf of Vanik Council UK, we congratulate Manharbhai on this award which recognises the many years of dedication, commitment and tireless work towards enhancing community work across the UK.



**ONE JAIN - AWARD TO JAYANTBHAI DOSHI FOR EXCELLENCE IN COMMUNITY SERVICE at HOC on 28-03-2018**

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Shri Jayantbhai Doshi was awarded One Jain Award for excellence in Community service at House of Commons on 28<sup>th</sup> March, 2018 by Lord Bourne.

Jayantbhai has been active in various roles in community service from the age of 14 in Kenya when he revived a library, raising funds. At the age of 21 he became vice president of youth association and introduced many sport and leisure activities. He then launched a newsletter and formed a group of volunteers to offer services to community. He joined his family business and studied at home and got a degree in Economics.

After coming to UK at the age of 28 he studied law and was called at the bar at Grays Inn. He never practiced law but started a business of jewellery business that thrived. He continued his services to the community and joined Navnat Vanik Association as executive committee member and soon became editor for Navnat Darpan. He was editor of Navnat Darpan on and off for almost 30 years. He became vice President and then President of NVA and introduced Bride Club in Navnat at the time he was President. Jayantbhai was jointly instrumental in formation of NCVA and had formalized and expanded the activities of Navnat Yuva Mandal. He was also instrumental in forming Harrow Elderly group and set Navjivan Vadil Kendra. with a membership of more than 400 members with a long waiting list. He has been regularly organizing outings and trips for elderly

both locally and internationally giving many elderly people to explore places beyond individual possibility.

He has been on Himalayan trekking at the age of 65 and later again raising funds for various charities.

His contribution to the community has been consistent and selfless and very inspiring to all the community.

In his speech Jayantbhai said: "I have always believed that giving Sewa or service to community should be part of

one's upbringing and thinking and that service should be given without expecting anything in return. To me that is the true religion."

Vanik Council extends congratulations and best wishes to Jayantbhai and Ramaben and wish them best for the future.



# VANIK COUNCIL (UK)

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## Speed Dating



**Sunday 13th May 2018 11-4pm**

**Navnat Centre, Printing House Lane, Hayes, UB3 1AR**

**Register & purchase tickets online: [www.tinyurl.com/vcdating2018](http://www.tinyurl.com/vcdating2018)**

**Prices (+ fees): Feb - £17, March - £21, April - £25**

**Includes a vegetarian lunch**

**For more information, contact:**

**Ramesh Shah**

**02084228988 / 07742045154**

**[speed.dating@vanikcouncil.uk](mailto:speed.dating@vanikcouncil.uk)**



**Open to all Gujarati Hindu & Jains**

**Boys: 26 & over**

**Girls: 36 & under**

**Vanik Council also provides a Matrimonial Register Service, please visit**

**[www.vanikcouncil.uk](http://www.vanikcouncil.uk)**



Organised by Vanik Council UK

To register: [www.tinyurl.com/vcdating2018](http://www.tinyurl.com/vcdating2018)



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THE PRIME MINISTER



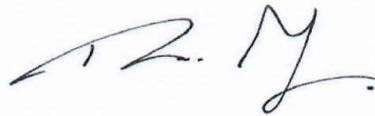
10 DOWNING STREET  
LONDON SW1A 2AA

It is with great pleasure that I send my very best wishes to the Jain community of the United Kingdom to mark Mahavir Jayanti.

I know that this is a very important festival for Jains, as you come together to celebrate the birth of Mahavira.

The Jain communities of Britain have brought much to this country. The fundamental principles of Jainism, including Ahimsa and respect for all, are well recognised, and are as important as ever. I would like to thank the Jain community for all you do in encouraging peace and harmony in our society.

Happy Mahavir Jayanti.



29 March 2018

## Experience the Truth by Gurudev Rakeshbhai

Truth is real only when it is your own experience, not someone else's. Truth cannot be given, transferred, borrowed, stolen or received in alms. Truth is a wealth that must be earned by your own effort. What you consider as truth is actually a concept of truth. It is not what you have realised. You have blindly accepted what has been passed on to you by your ancestors, parents, society, scriptures or spiritual teachers. What is passed on cannot be truth. Truth lies within you and hence you must realise it by your self.

If it is not possible that someone loves and you feel its joy, or someone dies and you experience death, then how can it be possible that someone realises truth and you experience it? You are in delusion if you think that someone, out of compassion, will give you truth in charity. This is never possible. If it was impossible, then all the Enlightened Ones thus far, would have given truth to others, and today, everyone in the world would be enlightened.

### **Scriptures Can Not Give Truth**

It is a misconception that scriptures contain the truth, and by reading and memorising Agams, Upanishads, Bible or Quran, you will acquire it. You can get words from scriptures, not truth. Words can give a road map, not the experience. Words can't even fully explain truth let alone giving truth. For that, each one must go through the process of spiritual evolution. Nothing can ensue from mere reading or memorising of scriptures. To experience truth, you must bring a revolution within, a transformation in your self.

The Enlightened Ones, out of compassion, give pointers to explain the truth. Their constant endeavour is that you get inspired to realise the truth, the quest for truth is kindled in you, and the yearning for truth begins your journey. But the ignorant fail to grasp the intent hidden in the words of the Enlightened One and remain deluded.

### **Don't Just Believe. Understand!**

The Enlightened Ones ask to begin your journey of truth with thinking, not with believing. You benefit not by blindly believing in what has been said about truth, but when you independently reflect upon it, experiment with it, and then conclude based on what you find from your effort. Believing without thinking is harmful. It limits your understanding, stops your experimentation, brings an end to your quest and eventually, there is no inner transformation.

The Enlightened Ones want that Their teachings are not blindly believed, but rather Their intent be grasped and understood. In order to understand, you need open-mindedness and awareness, not a belief. Those who form belief by hearing alone put in no effort to understand. And without the earnestness to understand, truth is not realised. Without the dawn of thinking, old values and thought patterns do not undergo transformation. This is why, in spite of 'possessing a right belief', no transformation is seen in life. Instead, if you go through the process of right thinking, and arrive at the same conclusion, its impact is certainly seen in your values, inclinations and conduct. In following the right process, there comes an upheaval in your wrong concepts, opinions, interpretations and insistences.

When this order is reversed, then belief comes before thinking. Believing before thinking is like becoming pregnant before marriage. Beliefs formed without thinking create doubts en route and hinder your spiritual progress. This does not mean that you must not have faith. Not accepting without thinking isn't doubting. It only shows that you wish to think before you can own it. Understanding after deliberation can free you of all doubts.

### **Mental Laziness**

The more you try to understand, the deeper you grow in understanding. But your eagerness is not in understanding Guru's intent; it is in blindly accepting His words as truth. You have misinterpreted blind acceptance as faith! Your hasty acceptance is not faith; it is your mental lethargy. Surrendering to the Guru is not slavery, helplessness, or laziness. Faith must precede surrender but faith without thinking will ruin all three - faith, understanding and surrender.

When you are lazy to do the inner work, you are driven by someone's impressive personality or clouded by people's opinion, and you start accepting without understanding! You accept Guru's words as truth, but if it has not become your truth, then under challenging circumstances, you start doubting. If you are not ready to think, then progress on the path to liberation is impossible.

### **Disciple is Interested in Discrimination**

A true disciple is one who is discriminative. He acquires the ability to discriminate between truth and untruth, through purity and right thinking that have manifested in him by following his Guru's teachings. And where there is discrimination, there is awareness. Such a disciple lives in present moment awareness.

But the follower is not discriminative. Therefore, he is always in fear and confusion. Life changes each moment, new situations and confusions arise every day, and for these, he wants a fixed answer. Like readymade garments, he wants ready answers proudly calling them 'guidance'. He wants such 'perfect guidance' that lasts his lifetime! Fixed answers to changing situations naturally keep failing and his problems remain unresolved.

In a village in Japan, there were two temples. The priests of these temples had such enmity towards each other that they even discouraged their children from being friendly to each other. Children being innocent would still talk and play with each other. One day, one of the priests saw his child talking to the other priest's child. He angrily asked his child about what they were talking. The child said, "I was asking him where he was going, and he said, 'Wherever the wind takes me!' I was dumbstruck with his answer." The priest's ego was hurt. He prepared his child, "The next time he says that, ask him, What would you do if the wind stops?" The next day, when they met, the child asked, "Where are you going?" The other said, "Wherever my legs take me." The child wasn't prepared for this, and was again dumbstruck with that unexpected reply. The father priest heard this and became furious. He started accusing the other priest's child for not being consistent and changing his answers every time. Once again the priest prepared his child, "If he says that, ask him, what will you do if your leg breaks? Would you still go?" Next day when the children met, the child asked, "Where are you going?" expecting the reply to which he could give his prepared response. But to his surprise, the other child once again responded differently. He said, "To get some vegetables." What would the child do now?

### **Fear of Making a Mistake**

Expecting ready answers or guidance is not the spirit of a true seeker. It is foolishness and laziness, disguised as surrender. Without properly understanding the problem, you err in even seeking guidance. You may remember by heart the words of the Enlightened Ones and yet, without right thinking, you will always remain dependent, unsuccessful, immature, confused, and in fear.

So examine what is behind your asking. Is it surrender to the Guru, or is it the fear of going wrong, making mistakes and getting hurt? Seek guidance for strengthening discrimination, not to escape from the responsibility. Asking again and again is not surrender or devotion unto Guru. It's not a sign of dissolving ego, but it shows a lack of right understanding, and the need to keep the ego alive. Lack of discrimination is not surrender. Surrender, means surrender to the truth, to the discrimination.

Fear of making mistakes will not let you cultivate your discriminative ability. Learn from your mistakes. Own the mistake as soon as you have realised it and do not repeat the mistake. When longing for security supersedes courage, seeking stops. He does not have the will to continue; he remains confined whereas the adventurous seeker takes the leap. When the situation in which the guidance was taken changes, a seeker focuses on Guru's vision and His intent rather than sticking to His words, and then takes a decision accordingly! One who loves and is devoted to Guru's intent, his spiritual welfare is certain.



"A sacrifice to be real must cost, must hurt, and must empty ourselves. Give yourself fully to God. He will use you to accomplish great things on the condition that you believe much more in his love than in your weakness."

— [Mother Teresa](#)

## Trading places: how to boost post-Brexit Britain

Hetal Mehta – Senior European Economist  
Legal and General Investment Management

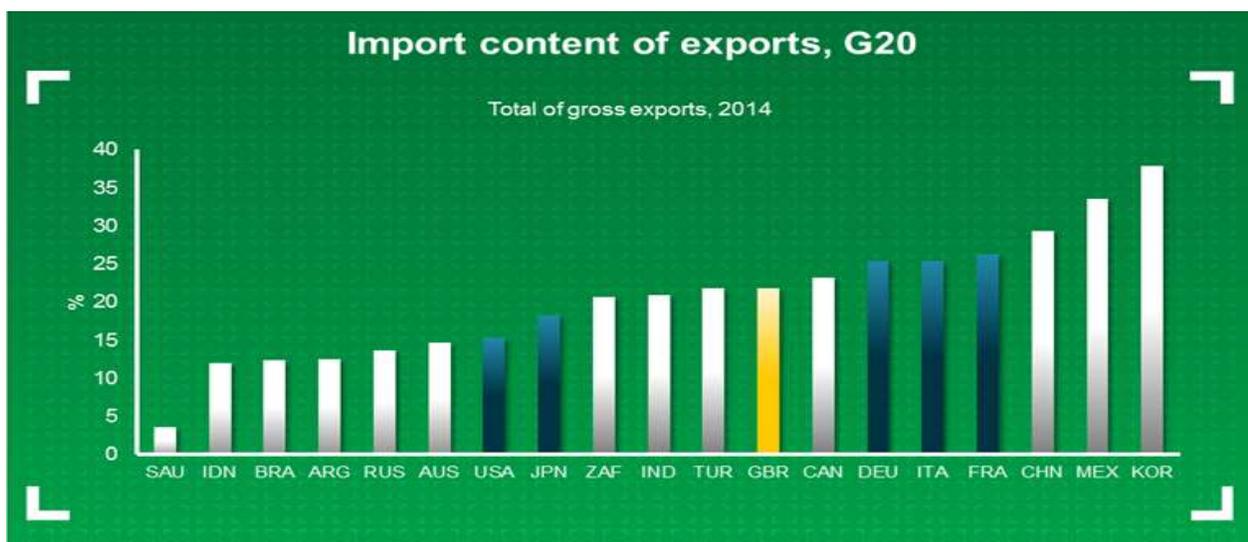
In less than a year's time, the UK will no longer be a member of the EU. There are still many parts of the future relationship to be negotiated, including trade. But for now we are full member, and trade performance is something worth taking a closer look at.

Following the EU referendum in the middle of 2016, financial markets initially expected the worst, with the weakness of the pound the clearest indication of deteriorating sentiment. And yet, many saw the depreciation as an opportunity for the economy to rebalance away from consumer spending and towards more trade. With this in mind, how successful has the UK been?

There has been some improvement in the UK's trade balance since the referendum although the degree of this improvement has been relatively disappointing. Sterling remains around 10% lower against a basket of currencies than its pre-referendum level, which should be a boost to competitiveness. The period has seen a global environment of strong growth, particularly within the UK's biggest trading partner, the euro area. And in the past few months, a renewed widening in the trade balance has taken hold.

### **Why is the UK struggling to make the most of these opportunities?**

There are a number of reasons why the UK trade data have not improved as much as the standard textbook approach may suggest. One is that the import content of UK exports is slightly higher than average, and much higher than say the US or Japan. This is the portion of a country's exports that originated from abroad; as such, it dulls the boost to competitiveness as UK exporters' costs of imported inputs have risen.

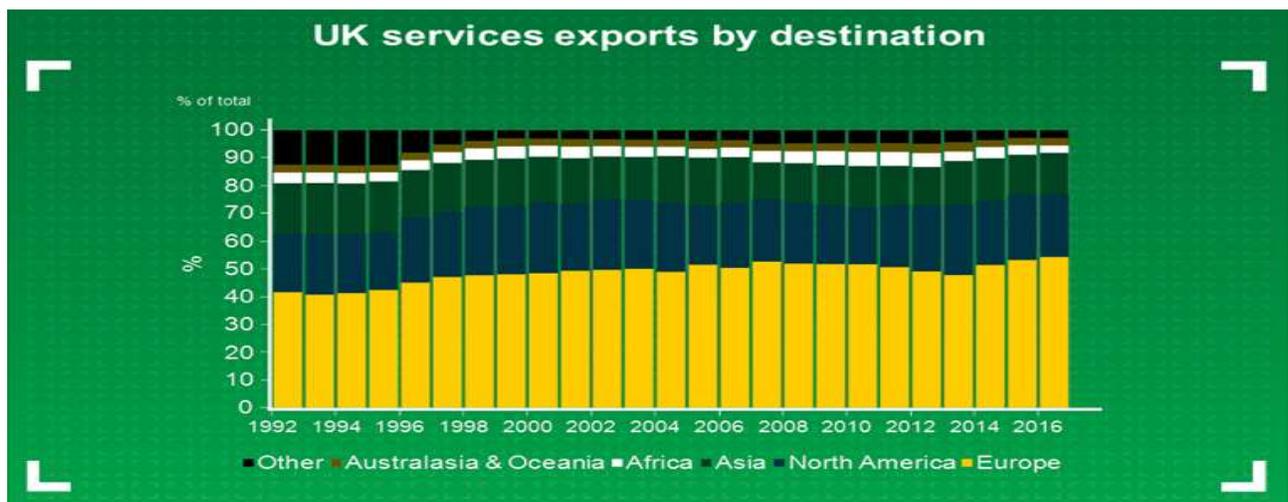


Source: OECD

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Another factor is that the consumer has shown to be a bit more resilient than expected in light of the squeeze on real incomes from higher inflation, which in turn has helped to support imports.

Furthermore, it is important to remember that the UK is a service-based economy, and a major services exporter, particularly in terms of professional services and the financial sector. Five of the top ten law firms in the world are headquartered in the UK and the UK is the leading global net exporter of financial services. However, the biggest recipients of our exports are richer – but slower growing – developed markets.



Source: Macrobond

### What can the UK do?

As emerging economies become richer and demand more services, the UK may be able to capture that changing pattern of their demand.

This requires the government to be proactive in seizing these opportunities. For example, the government may look to put policies in place to support the following areas:

- Labour: Producing world-class services will mean targeted investment in skills, attracting sufficiently skilled people as part of a new immigration regime
- Entrepreneurship: The government can help encourage innovation and R&D through targeted tax breaks and other financial support
- Legal protection: Ensuring that the UK legal system remains fit for purpose and offers a significant advantage for international deals will also help our exports of professional and business services

In short, playing to the economy's strengths will be key to helping the UK thrive in a post-Brexit world.

## Some Stray Gems Of Life

### **Teji Ne Takor (Timely Advice or Tender Rebuke) - Upen Kapadia (A Little Spur To A Restive Steed)**

It was the end of winter and everybody was eagerly waiting to welcome Spring. In the distant horizon, sun was rising from behind the mountains awakening the Earth with its tender rays, animals were slowly coming out of hibernation, birds began building their nests, flower - buds were slowly peeping out to bloom and blossom to spread their beauty, colours and scents all around! Activities have started in full swing, people preparing for Holi while Wedding Season too was picking up the pace. It was also a time for Dacoits to take out their swords, bows and arrows to rob people.

One of the Dacoits came with tidings to their Head there was a long Wedding Procession of some rich people passing through their forest that afternoon. There would be people in carts and on horses with lots of money, jewellery and other things. The head Dacoit made a plan and explained to all his gang how to tackle and rob them and make the most of this opportunity.

In this lonely forest there was no work available and robbery was an easy way for their livelihood. So, the head formed a gang of ten to twelve so that they could even rob people in groups. He was about 32 and experienced since he was in his teens, also ruthless and dominating. The people in the surrounding area were trembling even to hear about him!

It was getting hot and after travelling on foot, carts and horses the people of wedding procession with their families decided to have a short break for food and drink. But soon those robbers came and surrounded and captured some children as hostage. Some started snatching money, jewellery while others were pointing their swords and arrows towards them. Some women and children started crying out of fear. Some men from the wedding procession resisted and did some scuffle with them but of no use.

At this time there was a group of Sanyasis, Sadhus in orange cloth passing by. They came near these bandits and one of them said to their leader:

Why are you robbing and being cruel to these innocent men, women and children?! You are all committing great sin and would suffer in hell for long time.

Head Dacoit: Sadhu Maharaj, we have to feed our families, and this is the only way in this forest.

Ssadhu: Have you ever asked your family if they would share your sin and suffer with you in hell?

Head Dacoit: No, but they know that I am doing this mainly for them.

Sanyasi: Go and ask each of your family members, we will wait until you come.

The main dacoit went home and on asking his parents

Parents: We are always against your Robbing and Violence, it's inhumane and we won't share your sin.

Wife: It's your duty to feed and look after me, I cook and clean and wash for you. If you rob people and commit sin and crime, why should I go to hell with you, I didn't want you to do that. I am always worried about you when you go to your dacoity, some day you will be caught and punished. There must be some better way, also think about the future of our son who is only 7 years of age! As he was leavings

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Son: Dad, I heard everything what mum, grandma and grandpa said, I agree with them. Whenever I say something, you always say I am too young to understand but please do Not do Dacoity and Violence any more!

The Head Dacoit was shocked, horrified and deeply hurt that nobody from his family was prepared to share his sin! When his son also told him it pierced his heart! He went straight to the Sanyasi , fell to his feet with tears of repent.

Dacoit: All my family members do not want to share my sin and please show me a right way to live and atone for my big sins over a long period! At this time other dacoits were also surprised and felt ashamed.

Putting his hand on his head and solacing him

Sanyasi: Now on you earn your living right way, Pray to God every day and help the poor and unfortunate. God is gracious and will pardon your sins and bless you with good things!

Later the Bandit bought a large piece of land in the middle of the forest and turned it into an Ashram with large beautiful garden with varied fruits, flowers and vegetables. He was daily Praying God, Practising Meditation on Him and slowly perfecting it continuously so much for years that wild moss, soil and shrubs covered him chanting Ram, Ram, Ram! He also helped travellers and became a famous Rushi

This Dacoit's original name was Ratnaker but was later known as Shri Walmiki Rushi who was celebrated for writing Epic Ramayan!!! He gave shelter to Sita when Ram abandoned her to forest because someone of his kingdom doubted her purity and piety after she was abducted by Ravan. Walmiki Rushi also looked after and imparted religious and varied knowledge and culture to her two sons Lov and Kush in his Ashram !

Note: Walmiki means one covered with wild growth of moss, soil and shrubs.

We could all do with a bit more joy in our lives couldn't we? The wonderful thing is that when we start spreading joy, we begin to actually experience more joy in our lives too!"

— [Steve Goodier](#)

### FEAR

Fear can be very crippling. Whether you are a student who has to face exams or a corporate executive who has to meet company goals, it is not easy to live in fear. You may even feel pressure to overcome this fear, but may not have the right tools to understand it. To be against any negative feeling is a wrong approach. One has to be in harmony with what is and not in conflict with what is. So if someone says be against fear, it is not proper. Do not be against anything. Just be aware.

Learn from fear what it wants you to learn. If you can learn to assess a situation properly and see fear clearly you will be in control of it, rather than have it controlling you. Unfortunately, we become imprisoned by fear. If you live a conscious life, you will find there are deeper layers to yourself. If you live in the lower centres, then fear, anger, jealousy, etcetera is the outcome. If you live in the higher centres, then commitment, love, creativity, passion for innovation will be the outcome.

A musician uses his power of observation to deepen his awareness and thus increase his skill, like that use awareness and operate from higher centres. But if the musician says it is natural that my voice is like this and thus keeps quiet then higher possibilities don't open up. Therefore, the musician learns to culture his voice and thus, along the line, create magic in his voice. Hence, one should be aware of the deeper layers in oneself and should not limit oneself by unproductive conclusions. In today's high stress environment, many are working in a company that sets the budget and targets to be achieved.

Executives are expected to reach the corporate goals, within the set time frame. Hence, their inner conversation is how to handle the fear arising out of a possible failure. For the present, just learn to pause and look at fear. You have your goal, and you have to reach it. Why should the mind, in fact, I hasten to say the disorderly mind, come and doubt whether it will happen or not? Your mind can be supportive or interfering. Observe how the mind is not supporting you and instead interfering in your pursuit to reach the goal in an effective way. Learn to observe the interfering mind and learn to put it aside.

One has to learn the ability to put away the interfering mind. When you justify that it is natural to have fear, then you are empowering such a fear to operate like a boss, and you become a victim. When you have to reach your corporate goals, learn to teach your mind to be committed to reaching the goal and thus go away from the doubting mind. Then, fear will not block you. This discipline one must have.

The etymological meaning of discipline is learning. So learn how to use the mind and not get used by it. In the spiritual sense, going beyond mind and using intelligence is true awakening. When you allow fear to take over, it can cripple your life. Fear in the name of protecting life is destroying life. If you open your eyes and see clearly, you can see this as an obvious fact.



By Swami Sukhabodhananda