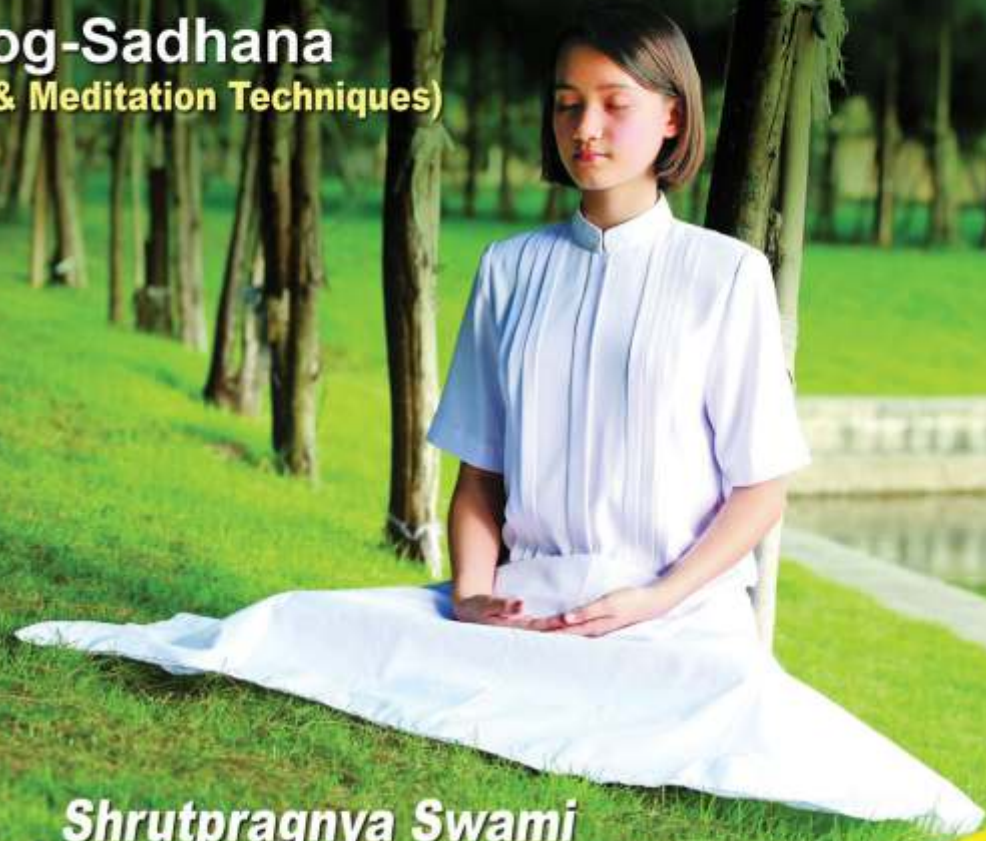


Peace of Mind Foundation

Pran-Yog-Sadhana
(Holistic Healing & Meditation Techniques)



**The Art of Healthy,
Happy and
Spiritual Living**

Shrutpragnya Swami
Spiritual Master



Peace of Mind Foundation (India)

'Abhavalay', Vinayak Vatika, Opp. Madhapar bus stop, Jamnager Road, Rajkot-360006. Gujarat, India.
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Peace of Mind Foundation :

Mission Statement

Peace is a universal desire. The goal of Peace of Mind Foundation is to bring peace to both the individual as well as the world. To achieve this, it is necessary that a person be physically healthy, mentally content, and emotionally balanced, and that fundamental changes occur in the norms and practices of society, both locally and globally.

When changes are implemented at the individual level, societal changes tend to follow suit, thereby facilitating resolutions to national and international challenges.

Through the auspicious inspiration and guidance of Shrutpragya Swamiji, the Peace of Mind Foundation (located on Jamnagar Road in Rajkot, India) was established in 2006, with the aim of providing Training on meditation, yoga, spirituality, and personal Transformation.

Through the warm and generous support of donors across the globe, these centers serve to make a significant contribution to the overall growth and development of humankind.

The mission of this organization is to promote social change through individual change, and It strives to achieve these goals by means of spiritual practice, fostering culture/values, Publications and community service.



About Shrutpragya Swami :

Shri Shrutpragya Swamiji is one of the most articulate and charismatic young spiritual leaders of this generation. He was born on December 11, 1966 in Bhuj-Kutch. After completing his education (Masters in Science and Arts), at the tender age of 20, he was initiated into the newly-established Saman order by His Holiness, Acharya Tulsi, and entered into monastic life.

Swamiji has traveled to over 30 countries across the globe. He spends 4-6 months of each year abroad, delivering transformative lectures, conducting meditation and yoga seminars, and instilling values which promote contentment and harmony. Through his tireless efforts, Swamiji has succeeded in spiritually awakening communities across the world.

Swamiji's multi-generational appeal comes from his unique ability to not only convey the message of Jain scriptures in a simple and succinct manner, but also skillfully integrate religious philosophy and modern science into his teachings. In addition, by teaching how to apply principles in everyday life, Swamiji interweaves spirituality and practicality. His eloquent and engaging speaking style reaches the mind and touches the heart.

Swamiji has also authored over 60 books, and has created both CDs and DVDs on various subjects including, spiritual awakening, Jain philosophy, mediation, yoga, personal transformation/empowerment, stress management, anger management, successful relationships, etc.

For more information you may visit : www.pomyc.org



Spiritual Practice (Sadhana)

After 25 years of personal spiritual practice, and the organization of thousands of meditation camps, Shrutprayga Swamiji has compiled Integrated Meditation Techniques, called 'Praana – Yoga - Sadhna'.

In fact, aside from meditation, there is no better way to improve the concentration of the mind or develop inner peace. So, let us begin our practice to unfold the richness of contentment and bliss from within !

This compilation includes 11 meditation techniques.

1. Omkaar Meditation
2. Gazing Meditation
3. Stillness of Body Meditation
4. Mantra Meditation
5. Contemplation Meditation
6. Breath Awareness Meditation
7. Energy Balancing Meditation
8. Soham Meditation
9. Chakra Meditation
10. Tathaata Bhaav Meditation
11. Present Moment Meditation



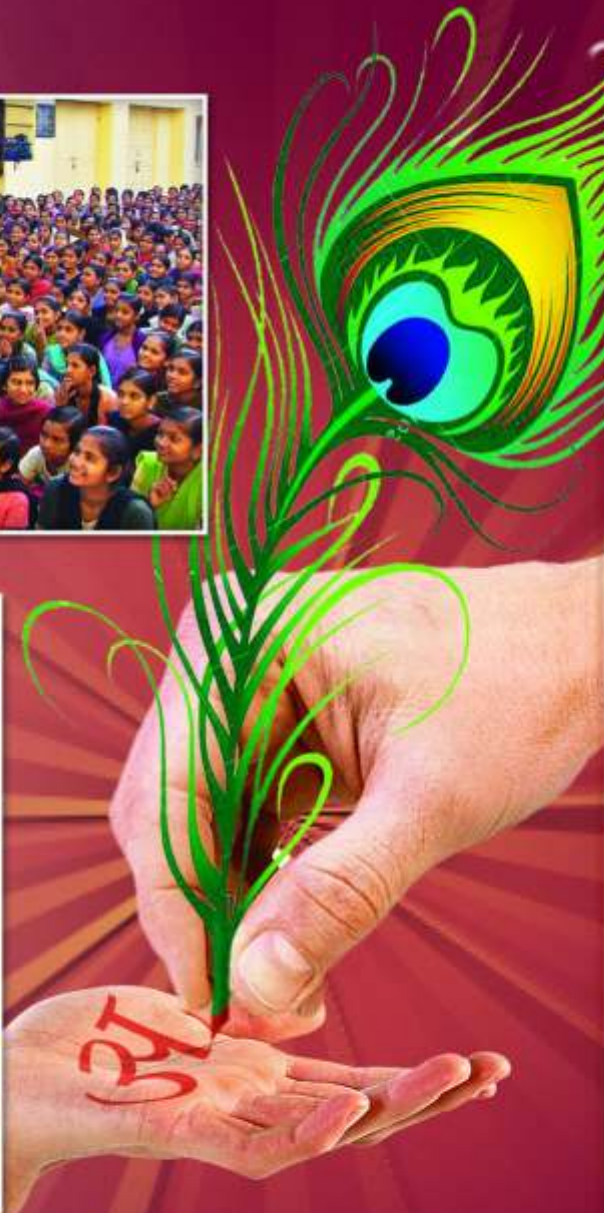
Spiritual Practice (Sadhana)

Although every individual desires to achieve success, most are not willing to put forth the effort into practice. One who desires to achieve success without practice is essentially cheating himself. This principle holds true not only for life in general, but for spirituality as well. Only through spiritual practice does life become truly meaningful. In order to teach these meditation techniques, Swamiji conducts 3- or 5-day training camps. After learning the proper meditation methodologies under his supervision, one can then continue practicing these techniques at home.

Certainly, meditation is not a new age fad, nor is it an activity meant to be practiced solely by those who have renounced the world. Instead, meditation techniques given to us by the enlightened souls since time of immemorial, are the oldest methods of becoming the master of our minds and experiencing our true nature.







Values Based Learning (Sanskar)

Education is that which helps to manifest the goodness present in an individual. Values are what transform that goodness into your inherent nature. Education is not merely taking in information from outside. Instead, it is the awakening of knowledge already within us.

A person may reach the heights of glory or monetary success but if he cannot find humanity within himself, then it is all worthless. Values are what make a human being wealthy in the true sense.

The true person of education is to develop self-confidence in children. To be resilient in the face of adversity is the true mark of an educated person. In order to instil discipline, value, and proper moral character in students, Shrutpragya Swamiji personally conducts camps in educational institutions. In a short 3 day course totaling only 8 hours, students develop a strong sense of self-confidence, goal awareness, and the ability to unleash their creativity. To date, Swamiji has organized thousands of such camps. Education is His passion and expertise, and teachers, students, and youth are among his favorites.

Media and Publications

Shrutpragya Swamiji is a prolific writer in addition to being an excellent orator. Books written by him in a simple and clear style have helped change the direction of the reader's life and enabled the reader to see the world in a new light. His book titled "Ghar ej Swarga", "Home itself the Heaven" has been read by over 100,000 readers. His book titled "Kalpataru" is a guide to daily living. This book is meant to be read one page per day, each day of the year. In addition, his books titled "Aarogya Na Prayogo" (Experiments for health), "Manas Dukhi Kem Chhe?", "parivartan" and more than 50 others such books have helped promote religious awareness in India and across the world.

We invite you to acquire these books, and form a habit of spending some time everyday reading these books. You may also consider gifting ("Lahani") of these books on special religious and family occasions, such as birthday etc, and help thousands to improve their lives. Knowledge is the best form of wealth, material wealth can be lost, but knowledge is never lost. In fact, knowledge protects you in this life and ensures better lives in the future.

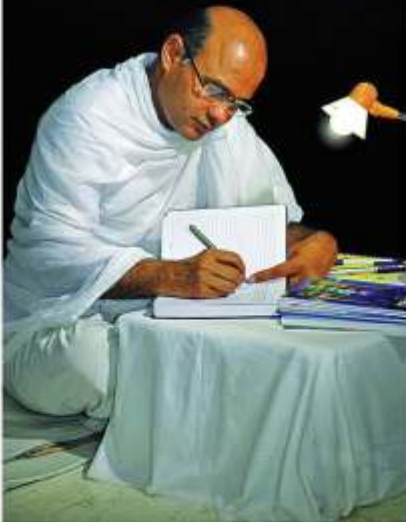
List of the books written by Shrutpragya Swamiji

- ♦ ઘર એ જ સ્વર્ગ
- ♦ કલ્પતરુ
- ♦ આરોગ્યના પ્રયોગો
- ♦ વ્યક્તિત્વ વિકાસ
- ♦ માણસ દુઃખી કેમ છે ?
- ♦ સ્મરણ શક્તિ વિકાસ
- ♦ બોડી લેંગ્વેજ
- ♦ નવકાર ધ્વનિ
- ♦ ક્રોધ
- ♦ જીવન એ જ ઉપવન
- ♦ જીવન જીવવાની કળા
- ♦ Personality Development
- ♦ Turning Point (Read-Page a Day)
- ♦ જીવનમાં શું ખૂટે છે ?
- ♦ પરિવર્તન (બોધ પૂર્ણ પ્રસંગો)
- ♦ યોગ-પ્રયોગ
- ♦ Transforming Yourself Through Yoga
- ♦ પ્રારબ્ધનું પુષ્પ : પુરૂષાર્થની સુગંધ
- ♦ Body Language
- ♦ Smart Student
- ♦ દૈનિક જીવનમાં જૈન ધર્મ
- ♦ દૈનિક જીવનમાં કર્મ
- ♦ ધર્મ મોટો કે વ્યવહાર
- ♦ મુમુક્ષુ કોણ ?
- ♦ તમે આવતા જન્મમાં શું હશે ?
- ♦ સૂર્ય કિરણ ચિકિત્સા
- ♦ આટર્શ શિક્ષક
- ♦ સ્માર્ટ વિદ્યાર્થી
- ♦ પાનખરમાં વસંત ઋતુનો અહેસાસ
- ♦ સંબંધોની માયાવી દુનિયા
- ♦ Look no Further
- ♦ યોગ પ્રયોગ ૬ પુસ્તિકાનો સેટ
- ♦ પર્યુષણ પર્વ
- ♦ The Touching Impact
- ♦ શ્રુતવાણી (પ્રકાશાધિન)



Media and Publications

In this fast changing world and age ideas are keys to success and are like diamonds. Your success is more dependent on ideas than your efforts. Even one idea in a book and cds may change your character and revolutionize your life in wonderful ways.



Educational Scholarships : Seva

Hands that serve, are better than those that pray. Selfless Service is our way to pay our rental debt to mother Earth. You, and only YOU, can repay this debt. India is a country stricken with conditions of extreme poverty, and illiteracy.

Although majority of the children in India are very smart, intelligent and talented, and have a desperate desire to go to school and get a sound education, they do not have the resources available to achieve their dreams. Thousands of students in India are in need of

financial support to further their education, which their families are unable to provide. These students have great potential and a keen desire to specialize in a particular field of study. If these children get the right financial support at the right time, these poor kids will

become the bright future of India. Peace of Mind Foundation Rajkot, Gujarat, has been giving scholarships to such Deserving students since 2008. This has been possible with help from thousands of generous donors around the world like India, With help from more donors, we plan to expand our service to touch many more lives. We humbly request able donors like you to support these students in any way that you can.



Donors :

We request you to consider one or more categories of sponsorships to sponsor a student for one year.

1. Rs. 10,000 (US\$175) for high school education.
2. Rs. 20,000 (US\$350) for high school science education.
3. Rs. 30,000 (US\$525) for college education.

Please write a check/ Draft payable to "Peace of Mind foundation".

Applicants :

You must meet following required qualifications at a minimum :

Your high school marks must be more than 80%. If applicable, your college marks must be more than 70%. And Your parent's income cannot exceed Rs.1,50,000 per year. Please contact us and download the application form through our Website.

Thank You :

We are grateful to

Bharatbhai and **Kirtidaben Mekani** from Singapore, who, in memory of their daughter, Veda, have consistently provided their full support for this scholarship project. In addition, Singapore, Malaysia Gujarati Sangh, U.K and USA donors have contributed their full support to this endeavor. We are also thankful to Indian Members from **Memphis-TN (USA)** who have given their help towards this cause.

For more details, please visit
www.pomyc.org or +91 9427366164

Rendering service belonging to social activities 1



Facilitating to the daughters living in the cottages on the eve of their marriage.



One's own hand meal to the needy people for social aid.



Inspiring life improvement speech to the prisoners in the jail.

Center Activities :

1. Meditation Yoga camps for Physical health, mental peace, and Spiritual awakening.
2. Meditation Yoga teachers and instructors training.
3. Camps for students in schools, colleges and universities. These camps cover Body language, Self-confidence, Vidhyarthi panch Lakshanam, Success milestones, Healthy habits, etc.
4. Scholarships for bright yet needy students.
5. Deserving, gifted and revered students who have had a morally sound and cultured upbringing as deemed appropriate by The Peace of Mind Foundation.
6. Media and Publications. Swamiji has written over 57 books, as well as recorded CDs and DVDs.
7. Lectures and Spiritual activities in USA, Europe and Asia.
8. Vocational placement. Helping poor families to find meaningful employment or business.
9. Young adult classes for character building.
10. Research on Ayurveda and astrology sciences.
11. Private consultation regarding personal problems.

Board of Members :

- | | |
|----------------------|---------------------|
| 1. Shrutpragya Swami | 2. Kirti Doshi |
| 3. Jagdish Doshi | 4. Dhruvkumar Kavia |



Head Office - Rajkot