



Peace of Mind: March 2017

Tribute to our 2017 Scholarships

Volume 1, Issue 1

Saman ji
Shrutpragyaji's
Gujarati and English
blog available, link :

[http://
www.pomyc.org/blog/](http://www.pomyc.org/blog/)

**We wish everyone
a happy and
healthy new year
ahead for 2017!**

Inside this issue:

***Take a look at
our various ac-
tivities from
Kutch to having
visitors from
across the world.
And a big tribute
to our winners of
2017 Scholarship.***

Current & Upcoming Events

Samanji's forthcoming trip to the USA will be from 28 March until 15 July 2017, a period of four months. From July until 10 August 2017 he will reside at Abhavalay in Rajkot. And from 11 until 15 August 2017 Samnaji will be visit Singapore, particularly for Paryushan.

Specific dates for Samanji's forthcoming America trip are as follows:

3-11 April 2017 Chicago (for the Aymbil Oli Function)

13-16 April Cincinnati OH (for Mahavir Jayanti)

17-20 April Tulsa OK; and 21-26 Memphis TN.



Four Day Shibir on Life Transformation, at Srimad Rajchandra Adiyatmik Sadhana Kendra,

Koba, Gandhinagar, Gujarat, 12-15 February 2017

Saman Shrutpragya carried out a four day shibir in Koba, Gandhinagar. It was held at Srimad Rajchandra Adiyatmik Sadhana Kendra on the personal invitation of Puja Gurudev Atmanandji, the spiritual head of the centre. The event was organised in order to commemorate 150 years since the birth of Srimad Rajchandra, as well as being an occasion to celebrate the Jain saint's samkit parava (self-realisation). During the four day camp, Pandit Sursehji presided over the events, and he conducted a number of additional classes. Videos of Puja Gurudev Atmanandji's lectures were also televised during the shibir. Samanji gave a total of eight separate discourses altogether dedicated to the key subject of the specially arranged camp: life transformation.

Samanji opened the camp with an introduction to his eight discourses, of which the introduction was the first lecture. He explained that life itself is constantly in a state of flux, this being life's defining quality. Essentially, two kinds of change were identified, one being external change and the other one being internal change. Samanji stated that various situations and circumstances are always altering in the outside world and that one has to learn gladly to accept them, this being necessary in order for any individual to gain inner stability. Although atma is itself pure, Samanji pointed out that it is critical for all spiritually-oriented people to peel away bad habits and transform their behaviour so as to realize the soul's purity. Everyone has to work on themselves, he proclaimed, changing themselves from the inside in a positive direction. Samanji's second lecture focused on the issue of how to change one's attitude. He talked mostly about how to eradicate anger, and he went on to explain that people typically exhibit four different kinds of attitude arising from

The third lecture looked at how to understand ego and how to become transformed by transcending ego. Ego's typical nature is seen in the demand for respect, which can even cause a person to beg for recognition. But it is also clearly present whenever a person is in the habit of seeking fame through the endless demands of self-interest. According to Srimad Rajchandra, moksha means freedom, this being attainable only when ego itself is removed. Not knowing the self within is the main cause of ego. Ego is forever thirsty and is never satisfied, no matter how successful one becomes in life or however many times praises are heaped upon an individual. Lack of self-awareness is the source of ego's strength, and it is often observed in the amassing of wealth for its own sake or with the collecting and hoarding of money. Collecting money directly boosts the ego but so does the giving of money. Similarly, acquiring knowledge is a way to build up one's ego, as is the sharing of that knowledge. Nevertheless, to silence and overcome it one has a choice. This is what Samanji specifically drew attention to during the course of the lecture. Primarily the choice here means to find the way to know one's self. If another person does not give respect and does not even know one, that is unimportant from the perspective of enlightenment; what matters most is simply for one to know one's self, and when this knowledge is gained ego is automatically removed.

Deceit and greed were the main considerations for Samanji's fourth discourse. Importantly, he discussed ways to change them effectively. He gave the example of one disciple who once asked Mahavira a number of questions about nirvana. The disciple here started by asking: "Who gets nirvana?" Mahavira replied, commenting: "One who is pure gets nirvana." A second question was then put to Mahavira: "Who is pure?" Mahavira then replied: "A religious person is pure." Who is a religious person," was the final question asked, to which Mahavira said, "One who has a transparent attitude is pure." Here Samanji pointed out that what is meant is that one who is transparent and who hides nothing has a pure soul, never being deceitful, and that it is he or she achieves nirvana. So what is needed is for one to practice goodness

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on the outside as a mirror of what is found on the inside. As within, so also without is the motto of the pure soul. In terms of the matter of tackling greed, Samanji stated that it can never be satiated and is only controlled by means of self-satisfaction. When a person is fulfilled within he or she does not crave the stuff of the material world. Such a person always being content is a conqueror of all forms of greed.

The fifth lecture focused on aartta dhyan as a negative type of meditation and the sixth lecture examined raudra dhyan, this being found where a strong aggressive attitude pervades one's thoughts. Always wanting to harm others through violence of any kind or form, such as by means of cheating, stealing, or merely by collecting and hoarding things, are signs of the presence of raudra dhyan. Samanji explained how one should be aware of these signs whenever they arise, an awareness that comes by way of positive techniques of meditation as well as by way of introspection.

Samanji's seventh discourse was concerned with the process of bringing about transformation. Here he assessed in particular the means by which to achieve it. Ways to effect positive change within one's self were explored in terms of five important practices, namely, through satsang, self-introspection; glad acceptance, repentance or confession, and through resolution (sankalp).

Samanji's eighth and final presentation took the form of question and answer. All mumukshus attending the lectures were very sincere and attentive. Dedicated to the spiritual journey, they were really inspired by all Samanji's discourses. Samanji in return was delighted to receive their questions and comments from which all participants learnt a great deal. Samanji was particularly happy to meet Puja Gurudev Atmanandji. He thanked everyone present, especially his friend Dr Graham Dwyer who also contributed to the shibir, supporting Samanji in his work, as well as giving two short talks: on vegetarianism and on Samanji's mission through the inspiration of Acharya Sri Tulsi, Samanji's diksha guru. All mumukshus and participants warmly welcomed him too.



Visitors to Abhavalay, February 2017

We had the privilege to have the following visitors come to Abhavalay from across the country. We were very pleased to have them visit and hope it was a great visit for them as well.

Darshita and Mukesh Shah from Chicago, USA visit on 8th February 2017

Kantibhai Sheth from Kuala Lumpur, Malaysia Visit from 24 February 2017

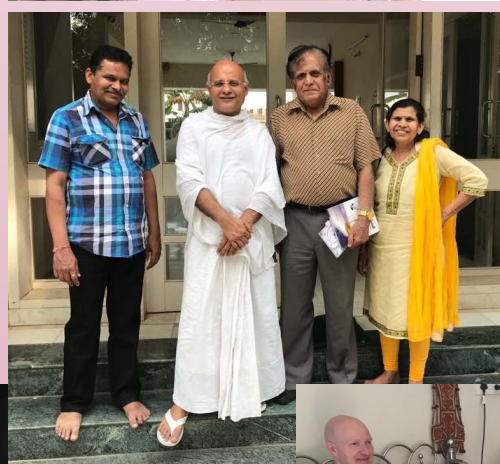
Lata and Dr Ramnik Zota from Raleigh, NC, along with Navinbhai visit on 16TH February 2017

Vinubhai Kotecha from London, on 18th February 2017

Tushar Gosalia from Mumbia on 27TH February 2017

Hiren Shah and her mother Snehlata visited on 4th March 2017

Dr Champa Velji Bid visited from New Jersey, USA along with Priti and Sandipbhai. Mansukhbhai and Pravinbhai along with their wives from Jamnagar also joined the company on 5th March 2017



Bhuj-Kutch Trip, 25-27 February 2017

Samanji visited his family in Bhuj-Kutch. This was a valuable time for sharing with his brothers and their families, as well as with his mother who traveled back to Rajkot with Samanji. Samanji's mother will depart from Abhavalay after spending a few days in Rajkot. She will soon go on a spiritual retreat to Srimad Rajchandra Adiyatmik Sadhana Kendra in Koba, Gandhinagar, which Samanji has organized for her. While staying in Bhuj, Samanji traveled to nearby Bidada and visited the Matru Wandana Institute where senior citizens spend their time in spiritual and creative activities. Another center close by called Sadhana Ashram was also visited. There Samanji conducted a satsang. Throughout his stay in Bhuj-Kutch, Prafulbhai Shah and his wife Nayana accommodated Samanji at their private residence; and they, as well as their daughter Meera, enjoyed a helpful spiritual discussion with him. Sandip Mehta kindly managed the whole Bhuj-Kutch trip for which Samanji is most grateful.



Scholarships and Other Important Seva Activities

Scholarships are an essential focus of activities of the Peace of Mind Foundation. Many poor and disadvantaged children who are clever and talented sadly often cannot afford to study. However, the Peace of Mind Foundation reaches out to them and offers a large number of students every year the chance to embark upon much needed study programmes. Over the past seven years (since 2011) until now more than 5,000 students (especially girls) have benefited from this initiative. It would not have been possible to do it, of course, or to continue the valuable work without the support of generous donors living in the USA, the UK, Malaysia and Singapore. To all of these donors the Peace of Mind Foundation is most thankful and greatly appreciative.

Over the last two months under Samanji's guidance the Peace of Mind Foundation has not only awarded scholarships to many more disadvantaged students, but has also provided many food parcels to deprived and impoverished families. Again, the Peace of Mind Foundation is thankful to all the donors who have given their financial support, making all this crucial seva work possible. Images and details of those who have recently received scholarships from the Peace of Mind are provided below:





2017 Scholarship Winners



Chintan Lakhani



Nancy Dalal



Dhruvita Ranpapara



Hemang Domadia



Hiloni Doshi



Jaanvi Mehta



Jainil Jasani



Kaashyap Kothari



Rinkal Doshi



Krupali Udani



Mahi Khandol



Mansi Makwana



Mansi Mehta



Priyanka Doshi



Poojan Doshi



Riya Sanghavi



Smit Doshi



Swati Ranparsa



Urja Parekh



Vaibhavi Trivedi



Vilas Katesia



Dhara Joshi



Monika Sheth



Ankit Jilka

2017 Scholarship Winners



Kinjal Paresha



Juli Umraniya



Kruti Gandhi



Aditya Mehta



Krishna Chavda



Dhara Kavathiya



Digvisha Limbasia



Janvi Ramani



Alpa Meriya



Vaibhavi Trivedi



Sahaj Tank



Kaushal Tank



Riddhi Hadiyal



Trupti Khandhar



Nandini Mehta



Krishna Parsana



Urvashiba Zala



Mitali Kalola



Kausha Akhja



Shyam Morjariya



Mansi Ranpara



Nidhi Vashnav



Vishali Chodhari



Chirag Ranpara



Mihir Sheth