

Peace of Mind: March 2015

Activities across the nation

Current Events

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties”

-Helen Keller

Gopal Int. High School

Location: Jetpur, Gujarat

Date: Feb 27, 2015

Marwadi Collage

Location: Rajkot, Guj.

Date: March 1,2015

Akodia, Madhyapradesh

Date: March 5 to 8, 2015

Vijyanagar,Gujarat

Date: March 9 to 12, 2015



Upcoming Events

Vijaya nager, Guj

Date: March 9 to 12, 2015

Sambodhi, Rajasthan

Date: March 21 to 25, 2015

Chicago,IL

Date: March 27 to 31,2015

Mahavir Jayanti

Date: April 1 to 5, 2015



Visit to the Sambodhi Upvan Centre in Rajasthan

Swami Shrutpragyaji with Dr Graham Dwyer visited Sambodhi Upvan in Rajasthan, enjoying satsang, meditation and lectures presided over by Shubh Karan Muniji. They stayed at the centre from the 4th to the 8th February 2015. Swamiji's own mother and uncle from Bhuj-Kutch also accompanied Swamiji on the visit, equally benefitting from all the events that took place, as well as enjoying a restful time in the peaceful environment of the Sambodhi Upvan centre. While staying at Shubh Karan Muniji's place of residence in Rajasthan, swamiji discussed with muniji the future of Sambodhi Upvan. Swamiji was invited to take a central role here, particularly in terms of the development of Sambodhi Upvan as a place for increased spiritual evolution. Swamiji cordially accepted muniji's kind invitation to be centrally involved in this project, one that will undoubtedly bring them into closer association over the coming months and year ahead.

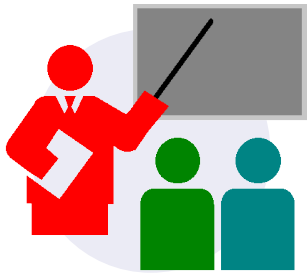
On his visit to Rajasthan swamiji and the visitors with him also made a number of excursions to Tasol, a small village some 20 kilometers away. There swamiji with his mother, uncle and Dr Dwyer met with Sidhartha Muniji and held discussions about spiritual practices, gaining much benefit from the talks and from the enjoyment of association with Sidhartha Muniji. Dr Graham Dwyer first met Sidhartha almost 25 years earlier, when Dr Dwyer was a Ph.D student at Oxford University. Sidhartha Muniji together with Swami Shrutpragyaji, both came to Oxford in 1992 to give lectures and demonstrations on spirituality, particularly on yoga and key aspects of meditation. The reunion with Sidhartha was thus a friendly and emotional meeting, especially as it was almost a quarter of a century since Dr Dwyer and Sidharthaji last spent time in each



Shibir at Life Institute at Rajkot for Yoga and Women

Shrutpragyaji conducted a shibir at Life Institute and focused on yoga and women. From 23 to 27, 2015, Swamiji arranged two shibirs – one for all for Yoga shibir and one for Women for Health and Happiness Shibir. A total of 100 men and women participated in this Shibir.





Lectures Delivered in Saurashtra, Gujarat

On the 12th and 13th February 2015 Shrutpragya Swamiji travelled to the Saurashtra region of Gujarat. He addressed large groups of both junior and senior pupils in schools there, as well as gave an evening lecture on the 12th February, organised by Gopal Bhai Bharad and Nita Ben, Principal of the Killol School in Upleta. His lecture on The Power of Self-Discipline drew in some 200 participants, which included adults as well as children and staff from the Killol School.

Talks given to the children at the Killol School over the two day period, were enormously enjoyed by the children, as well by the staff at the school. A second lecture he gave to senior pupils at the neighbouring Delta School on the subject of How to be Successful in Life was equally greatly appreciated by the students and by the staff there. Yitin Bhai Garada, the Delta School Principal, cordially received swamiji and presided over the event. The 400 children at the Delta School learnt much from swamiji's presentation, which, according to both students and staff at the school, was informative and full of fun. Everyone involved expressed their heartfelt gratitude and sincere appreciation for the enjoyable and thought-provoking talk swamiji delivered.



Jain Senior Citizens Monthly Meeting at the Grand Regency Hotel

Sharsubhai Tamboli invited Shrutpragya Swami, together with Dr Graham Dwyer, to the Jain senior citizens monthly meeting at the Grand Regency Hotel on 15th February 2015. At the meeting swamiji gave a talk on the topic of the connection between mind-body. One key focus of the talk was on Ayurveda, according to which a person's life expectancy should be in the order of some 800 years.

Although in modern times this may seem an unrealistic age to achieve, swamiji drew attention to the teachings of Ayurveda for facilitating longevity. Five tips from Ayurveda were thus discussed and promoted to help one live a full and long life. These five tips are 1) play with children for some time every day; what one believes about one's body, mind and health become one's reality; 3) refrain from being extreme in any form of practice or habit; 4) take part in dance for some time on a daily basis, whether or not one is skilful in the art of dance; and 5) do meditation daily for a minimum of 10 minutes.

Following swamiji's talk a question-answer session took place, which generated a lively debate. During the session too, Dr Graham Dwyer responded to a number of questions about his research on bhut-pret in Rajasthan. This also created a point of interest for the Jain senior citizens who attended the function. The event then was celebrated further in the hotel's restaurant, where all participants were treated to a delicious six course meal.



Dhaval Int. High School Jetpur,

Shrutpragya Swamiji gave one talk at Jetpur in Dhaval Int. School. About 600 student Participants in this program. Prof. Greham Dwyer from London also talk about his research on Spirit in Hinduism. Students have also did one session on Q and A with Swamiji and Prof. Greham. Meneging Director Mr. Dinesh bhai Bhua gave lots of thank to Swamiji. Mr. Bharat bhai coordinated this program.



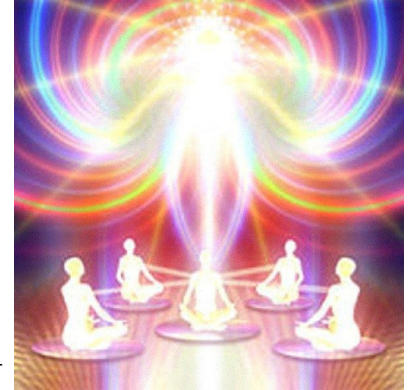
Swamiji Visit Akodia, Madhyapradesh:

Shrutpragya Swamiji gave seminar on unlimited power at Akodia School and 400 Students Participants in seminar. Swamiji talked about Goal setting, Human Values, Healthy Habits, Belief system etc. At night Swamiji talked on where are you going? 700 people attended this lecture. Swamiji also have program along with Panyas pravar Pundrik vijayji M.S and Mahabodhi Vijayaji M.S.



Satsangs Held in Kodiavada, Sabarkantha District, Gujarat

On the 10th and 11th February 2015 Swamiji, accompanied by Dr Graham Dwyer from the UK and by Kanji Bhai from Badoli, journeyed to the farming village of Kodiavada in the Sabarkantha District of Gujarat. In Kodiavada Shrutpragyaji gave lectures and held satsangs on each of the two days, as well as giving a presentation to children in a local government school. The satsangs, which were very well planned and effectively organised (thanks to the tireless effort of Trusha Patel, a young resident in the village), were well attended events, with some 500 villagers participating.



On the 10th February the evening satsang on the topic of 'The Importance of Spiritual Association and Meditation in One's Life', as well as discussing other key aspects of what helps one to cultivate a happy life, was greatly appreciated by the village's residents. They all received swamiji with open hearts. The first satsang was so much appreciated that all the residents of the village invited swamiji on the following day to visit their homes to share food with them and to benefit from extended talks with him. The second satsang, followed up on some of the themes of the first meeting with the local residents, but focused more specifically upon the subject of behaviour, paying close attention to the subject of How One should behave in Relation to Others. Again the villagers warmly received swamiji and enthusiastically participated in the evening's activities.

The local residents were emotionally expressive throughout swamiji's entire visit to the farming community of Kodiavada, with key figures there suggesting to him that he should consider constructing a sister centre of the Peace of Mind Foundation in the village. Swamiji will return again soon to Kodiavada to build upon the relationships he has now established in the village, with a commitment to extend further the work that he has started there.



NEW PUBLICATION: Shaktipat

