

# Peace of Mind: August 2015

## *Summer Swadhyays*

### *Current Events*

#### **Turakia Jain Bhavan, Bangalore**

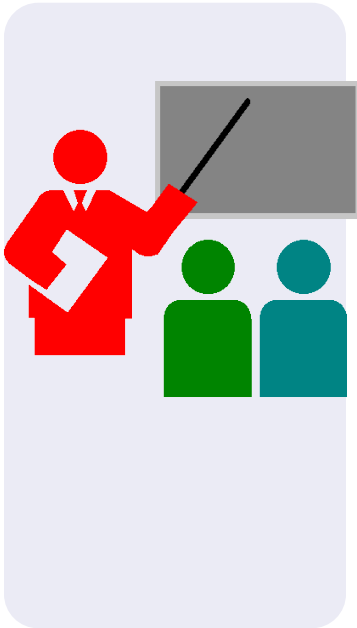
Date: Aug 2 to 5, 2015

Venue: Shree Gujarati Vardhaman  
Sthanakvasi Jain Sangh,

No, 11, 4th Cross, Opp. Children  
Park, Gandhiniagar, Bangalore –  
560009

Tel: 080-22261858. Preferred Num-  
ber : +91-99020-07425 (Kiritbhai  
Turakhia)

Email: [cmd@rajeshindia.com](mailto:cmd@rajeshindia.com)



### *Upcoming Events*

#### **Abhavalay, Rajkot, Gujarat**

Date: Aug 5 to 15, 2015  
Contact: +91 9427366164

#### **Sambodhi, Rajasthan Trip**

Date: Aug 16 to 30, 2015  
Contact: +91-8561955893

#### **Three days Pravachan in Singapore**

Date: Sept 4 to 8, 2015  
Contact: [sanjay@stamfordllp.com](mailto:sanjay@stamfordllp.com)

#### **Kula Lumpur, Malaysia for Paryushan Parva**

Date: Sept 9 to 18, 2015  
Contact:

[bhashkar@fortuneenvoy.com](mailto:bhashkar@fortuneenvoy.com)



# *Shibir at Northern California*

## SHIBIR AT NORTHERN CALIFORNIA WITH SAMAN SHRUTPRAGYAJI

Peace of Mind Foundation, under the leadership of Mukesh and Avni Shah organized a Shibir on July 24,25,26 under the guidance of Saman Shrutpragyaji. This is the third annual Shibir of its kind in recent times. It was set at the beautiful Anubhooti Center in Marine County belonging to the B.K. Raja Yoga group.

The title and the theme of the Shibir was: **'Say Yes to Life'**.

Over the 2 ½ days Samanji graced our group of about 35 people with a series of lectures. He started with the description of different types of Jnana. Knowledge acquired by the senses or the intellect is limited, whereas the intuitive knowledge (Prajna) is the pathway to understand consciousness. This in turn leads to limitless and everlasting peace and bliss. He explained different practices of meditation suited for this goal.

Following this theme, Samanji proceeded to connect meditation to everyday life. Daily practice teaches us how to be light hearted, how to cope with adversity and the inevitable ups and downs of life and how to say 'yes' more often than say 'no'. Say 'Yes' without expectation demonstrates compassion, equanimity and wisdom. It is a prayer coupled with faith. One should not only say 'yes' to other people more often, but more so, say 'yes' to one's own situation (acceptance), such as physical and emotional discomforts, old age, loneliness, loss of a loved one and many others.

Further emphasizing the regular practice of meditation, he connected the same to right attitude, right thinking, right acceptance, and right appreciation of other's viewpoints, right understanding, a positive joyful attitude and living in the present.

The Pravachans were interspaced with Yoga exercises, Pranayama, meditation, Kayotsarga, nature walks, sun gazing, etc.; not to undermine the delicious, *satvik* meals prepared by the Brahmakumari sisters. Daily Yoga practice was conducted by Yogi Mahendra. Harshad Sheth introduced the different topics and also organized a group discussion. Kirti Doshi conducted color meditation and Kirit Bavishi did Bhavana in his melodious voice. -Suresh Mehta

# *Shibir at Northern California*



Group Picture



Kaishal Dalal 2015





# *Swadhyay with Tulsa Jain Sang*

Tulsa Jain Sangh was again blessed by Samanji's Swadhyay for 3 days, Saturday, Sunday and Monday July 11 thru 14, 2015. Samanji has been visiting our Sangh since last 20 years. We are honoured to have him in Tulsa.

This time Samanji spoke 3 different topics. Saturday's 1st sawdhyay was on How to recognize person. He explained in simple language to largest crowd we ever had. He highlighted persons behaviour, his possessions, his attitude and week ness. Person should work on himself that other people wants to listen you for ever and wants permanent relation with you.

Sundays 2nd Swadhyay was on what is right approach for happiness and unhappiness. He stared with writing of Shrimad Rajchandra saying Je Swroop samjiya vina pamyo dukh anant, explaining Religious connected with places and Spirituality is connected with you (atma). He explained Bliss, Happiness, Pleasure and comfort. We had largest audience and also Lunch.

Monday 3rd Swadhyay was on Death - Smadhi Maran. This was explained so well that Birth and death is not in our control but person can change it by how you leave your life from birth to death, that will decide your next birth and death. He gave many example to simplify concept. Death should be celebration. Tulsa Jain Sangh thanks Samanji and always welcome to Tulsa.



## *Swadhyay at Wichita, Kansas*

Saman shri Shrutpragya arrived in Wichita, Kansas on Monday, July 06, 2015. He was picked up by Nilesh and Trupti Sheth at Wichita airport. He was hosted by Nilesh and Trupti Sheth from July 06, 2015 to July 11, 2015. Saman ji also gave Dharm-labh to Suresh & Shila Bhakta, Biren & Grishma Ajmera, Raju & Parul Sheth, and Niranjana & Ranjan Baxi.

Shrutpragya Saman ji's program consisted of lectures. Lecture sessions were conducted from Monday July, 06, 2015 thru Thursday, July 09, 2015 each day from 8:30 PM to 10:00 PM. Saman ji's lectures were on Understanding life, Relationship in day to day life, how to recognize a human being, and Keys to happiness. On Friday, July 10, 2015 Samanji visited Raju and Parul Sheth house and had satsang on nav-tatva including five gates of Ashrav and Samvar.



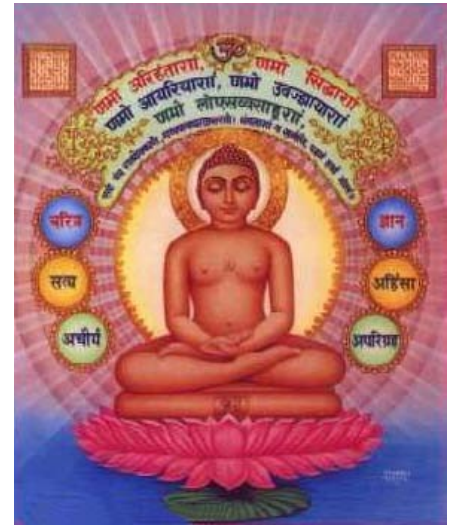


# Getting Ready for Paryushana...

Paryushana and Das Lakshana are both right around the corner, so thought we would help you prepare and get a quick refresher of its significance. Paryushana is one of the most important festivals of Jainism and according to Svetambar, it is made up of 8 days spent doing spiritual activities and going towards your soul. We spend the entire year doing various activities, but it's only these 8 days of the entire year we spend mainly for our soul. Thus, during this time, we try to do activities that will help shed our karmas from the entire year. There are various activities one may do such as fasting, avoiding greenery, minimizing our passions and vices and meditating. There are 5 essential activities of Paryushana one should try to do:

- 1). Amari Pravartan (leading a non-violent life)
- 2). Sadharmik Vatsalya (supporting humanitarian activities)
- 3). Attam Tapa (observing fasting for 3 consecutive days)
- 4). Chaitya Paripati (visiting different temples, libraries, etc)
- 5). Kshamapana (seeking forgiveness)

On the very last day of paryushana known as Samvatsari day, Jains do pratikraman which is the time and day to ask for repentance of our past sins and ask for forgiveness to others. Also, Jains read the scripture called Kalpa Sutra, throughout Paryushana which describes the life of Bhagawan Mahavir and other tirthankars, the conduct of lay people and life of acharyas.



Das Lakshana Parva is observed by the Digambar sect and is made up of 10 days starting with the first day being the day of forgiveness. Remaining days are dedicated to a different virtue, which are the inherent qualities of the soul. The 10 religious virtues are as follows:

- 1). Kshama (forgiveness)
- 2). Mardava (Humility)
- 3). Arjava (straightforwardness)
- 4). Shaucha (contentment)
- 5). Satya (truthfulness)
- 6). Samyam (restraint of all senses)
- 7). Tapa (austerities)
- 8). Tyag (charity)
- 9). Akinchanya (non-possessiveness)
- 10). Bramacharya (celibacy)

Michhami Dukkadam



## *Visit to Sacramento Sangh*

The Jain Center of Greater Sacramento was very fortunate to have Saman Shrutpragyagi Ji visit us from July 17 through July 19. Anytime a Jain scholar visits our sangh, we get a wealth of knowledge and information about being better people and better Jains. On July 17th, Saman Ji's lecture topic was "How to Identify Man." On the 18th, he talked about "Life is a Mystery." And on the 19th his topic was "How to be Happy During Ups and Downs." This is not Saman Shrutpragyagi Ji's first visit to Sacramento; he has been here many times before, and every time he leaves us in better spirits. His lectures are always entertaining with a mix of comedy and deep thoughts and he keeps the audience spellbound for hours. We look forward to hosting him again and hope he can return to Sacramento soon.

