



## Programs at the Jain Centre Leicester, UK

6 August 2023

The Vanik Association invited Samanji to speak to their group via Zoom on the topic "Do We Know and Appreciate How Fortunate We Are?" and the Zoom lecture was kindly arranged and coordinated by Rakshaben Chimanlal Shah, President of the Vanik Association.

This was the second visit Samanji made to the Jain Centre in Leicester, the first one being many years ago on his first ever trip to Britain in 1991. The congregation of around 250 people at the Jain Centre warmly welcomed Samanji who gave a dynamic discourse on Three Steps for Spiritual Development. The pravachan was profoundly interesting and inspiring for all those who participated, and they expressed their wish for Samanji to return on future UK visits to speak again.

The whole event was both professionally organized and smoothly coordinated by Ushaben Rajni Mehta. Samanji, who was supported in Leicester by his London friend Gangaram, are extremely grateful to Ushaben and to the temple management in Leicester for their kind invitation for Samanji to speak. Samanji also met former students of Purusharth vidhya mandir: Bhanvad.



Ushaben Introducing Samanji



Manglik in Leicester



Manglik in Leicester

# “Who Am I?” - Yoga and Meditation Workshop, London: UK

7 August 2023

At the residence of Chetnaben and Dileshbhai Mehta a group of some 30 family members and friends participated in a half day spiritual workshop. Hosted by the Mehta family, it included yoga and meditation, and its central theme focused on the question: “Who Am I?” Inspired in part by the teachings of Shree Ramana Maharishi, Samanji engaged the group in a deeply penetrative and interactional spiritual exploration of the workshop’s main theme. It was an extremely spiritually uplifting workshop, which was followed by a delicious, healthy lunch and during which all participants observed maun.

Samanji and his friend Gangaram are sincerely grateful to the Mehta family for hosting the event and for welcoming them to stay in their home. They were also very happy to meet Yogesh Mehta and his wife.



London Shibir Group Photo



Who am I Workshop London



Meditation During Shibir



Walking Meditation During Shibir



Yogesh and Dilesh Mehta Having Satsang with Samanji



Samanji Giving Pravachan Navnat



Yoga at Navnat



London Navnat Pravachan

## Management of Pain by Spiritual Power Lecture at Navnat: London

8 August 2023

Samanji led a large group of some 300 participants in the practice of yog-dhyan, followed by a lecture. Samanji explained from a spiritual point of view how physical and mental pain can successfully be managed by the application of spiritual practice. The long morning event culminated with a delicious vegetarian feast. Many participants later approached Samanji for spiritual counsel and to receive blessings from him. Samanji is thankful to the Navnat President and to Bhupendrabhai Shah and Geeta Shah for organizing the program.

# Samanji's Visit to Families and Friends

8 August 2023

Samanji and Gangaram were both invited to the residence of Arunaben and Pradipbhai, and they met with their daughter Kinjal and son-in-law Rachit. They had a delightful satsang together and Samanji gave his blessings to the family, as well as being enormously thankful to them for their warm hospitality and kindness. Samanji also met and visited the Home of Sanjitaben Doshi. Samanji also invited by Sheela and Paresh Mehta and their family and friends and also Sonalben and Nipul bhai Dedhia invited for gauchari



Gauchati at Nipul bhai's Home



Samanji Taking Gauchari in Geeta Shah's Home



Listening to Manglik Given by Samanji



Samanji with Aruna and Pradip Mehta's Family



Satsang at Geeta and Harish Shah's Residence London



Samanji's Visit to London

## Independence Day Celebration in the Boys Wing, Purusharth School, Bhanvad (Dwarka)

The chief speaker at the event was Samanji. Other speakers included Gopalbhaia, Dr. Kaneriya, Mansukhbhai, Kanubhai Karkar. Gautami, a student at the school, was the Master of Ceremonies. The celebration started with a grand parade, and everyone present assembled in the boys' wing of the school. A special song was then sung by girls, and Samanji raised the flag of India on the flag pole, as all the assembled participants sang the national anthem.

The main message that Samanji gave focused on sacrifice, the giving of oneself sincerely to the cause of India, for its betterment and continued development. He said that, while it is always important to remember all those brave Indians who gave their lives or dedicated themselves fully to achieve independence, it is equally important to keep in mind that this is a continuous process. It is not something that was merely done in the past but something that has to be worked at now every single day, as India advances and moves forward towards greater development. We all have to give ourselves in sacrifice to ensure this improvement, he said, ever continuing to enrich and support the people of India throughout the length and breadth of the country. Samanji also took part in a tree planting event in Tapovan: Ghumali, as well as leading the core group of Purusharth School meeting. He also surveyed the on going construction of Bhajalshala for the Girls Hostel.



Purusharth Bhojashalaa  
Ongoing Construction



Tree Planting at Tapovan



Samanji Talks on Indian Independence Day



Samanji Raising the Flag with Staff



Samanji Leading Purusharth School's Core Group Meeting

## Udhaipur, Rajasthan Trip

20 - 21 August 2023

Samanji and Gangaramji (Dr Graham Dwyer from London) were warmly welcomed to the home of Archana Charan Singh and her family. There they provided a discourse on spirituality. First of all, Samanji talked about four major pillars of spirituality: forgiveness, seva, self-introspection, and meditation. We must learn, not only to forgive, he said, but also to forget the wrongs done to us by others. Seva, he continued, is essential in whatever ways we can do that, with everyone being required, according to their capacity, to carry out charity work. Self-Introspection, he further went on to add, is important for discovering our deep-seated transgressions or faults. For, it is by means of self-introspection that we can identify the faults, as well as learning to correct them, bringing about positive change in our lives. Finally, Samanji talked about the importance of meditation, this being the major key for spiritual development, a tried and tested instrument for advancing spiritually.

Ganagarmji spoke next. He emphasized the root of the term spiritual, namely, the term 'spirit' (self or atma). Meditation, he said, is a powerful way to go within and to connect with one's spirit or self. The beauty of mediation, he also added, is a completely neutral tool that is not tied to any sect, religion, caste or creed. Because of this, anyone can practice meditation, gaining benefit from it, without compromising any religious rules or sentiments.

Samanji met with a group of students at a college in the city of Udhaipur. There he blessed all the college students present and delivered a motivational speech.

Samanji and Gangaramji visited the family residences of Mukesh Kachhara and had wonderful satsang with them and their grand parents and grandchildren. Samanji also stayed the night along with Gangarama and Jesangbhai.

Samanji visited for a satsang at Prema Sudhir Dosi, and had an inspirational meeting with her mom and family members. Chanchala Mehta from Memphis, TN kindly arranged this satsang.

Jyoti Aanand Choradia Invited Samanji and Gangaramji at their home for a spiritual satsang and they stayed overnight. . They gave gauchari in their home. They enjoyed a private viewing of Jyoti's artwork.



Samanji & Graham with Jyoti Anand Choradia



Spiritual Discourse with Archana Charan Home



Samanji with Motilalji Kachhara at their Family Home



Dhruv bhai welcoming at Rehab Center

## Udhaipur, Rajasthan Trip



Presenting books at the home of Prema Dosi and Family



Meeting with College Student

## Sadhana and Shibir at Sambodhi Upvan, Rajasthan

24-27 August 2023

A four day visit was made to Sambodi Upvan for purposes of sadhana and for a weekend shibir. Samanji, along with Jesingbhai, Kanjibhai, Gotambhai and Gangaramji, spent time doing intensive meditation there. During the visit, Samanji also lead a weekend-long shibir, focusing on sadhana and spirituality.

Besides guiding and speaking at the shibir, Gangaramji contributed, giving a satsang on the meaning and importance of sadhana in spiritual life, and Dhruvbhai Kavia spoke about jyotish in relation to spirituality.

It was an enlightening program attended by the Sambodhi Upvan Trust representative Vinod Soni as well as by Lalabhai, his family and Sambodhi staff members. Other participants also travelled from the city of Udhaipur to join the shibir.





## **Samanji's Upcoming Asia Trip**

**Kuala Lumpur : Malaysia**

**Sept 8-20 : Kuala Lumpur, Malaysia**

Program: Paryushan Parva

Contact: Dipak Damani +60-12-393 8858

Venue: Gujarati Association, Jalan Maarof, Bangsar, KL

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**Tokyo: Kobe : Japan**

**Date: Sept 22 - 31, 2023**

Sept 23 & 24 Yoga Program/ Lecture on Jain Dharma in Tokyo

Contact: +81- 80-6129-5730 ( Kentaro )

Sept 25 & 26 : Pravachan at Jain Center Tokyo

Sept 27-30: Kobe ( Japan ) Satsang & Yoga Class

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**Singapore**

**Date: Oct 2- 8, 2023 :**

Oct 6-8,2023: Shibir with Samanji

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<https://bit.ly/2Iho0dN>

You can equally physically, mentally and spiritually gain enrichment from Samanji's exiting blogs (in Gujarati and English)

<https://www.pomyc.org/blogs>

