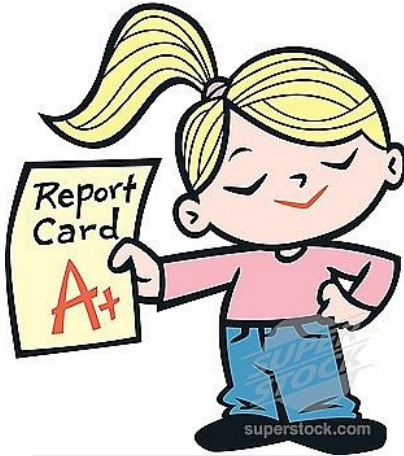


## Peace of Mind: February 2015

# Focus on Students!



### 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

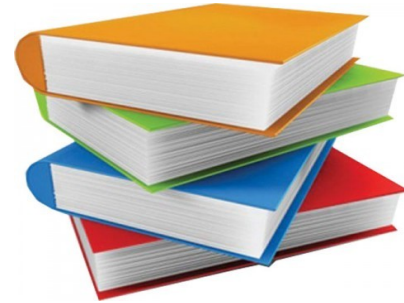
**Visnagar and Satlasna( Near Mahesana) Gujarat**  
Shibir in Schools from Jan 5 to 8, 2015

**Bhuj and Mandvi – Kutch: Seminar in Schools**  
Jan 15 to 17, 2015

**Atkot ( Rajkot ) Gujarat: Shibir in Schools**  
Jan 19 to 21, 2015

**Essay Competition and Swamiji's Presentation**  
At School in Rajkot  
Jan 29, 2015

**Swamiji's Invitation and Speech to Beginning Teachers & Students**  
At Abhavalay Rajkot  
Jan 30, 2015



### Upcoming Events

*Education is a vital part to become successful. It opens the doors to new opportunities and a whole world of options. We are focusing on educating students at a young age to teach them the importance and guide them towards this path to improve their future. This newsletter shows just some of the programs we have done to help our students. We truly appreciate all the teachers out there- you are making a world of a difference!*

**School Annual Program:Feb 2<sup>nd</sup> 2015**  
At Bhanvad, Jamnagar

**Medical Camp for T.B presents at Bhanwad**  
Feb 17, 2015

**Trip to Sambodhi Upwan, Rajasthan**  
Feb 3 to 8, 2015

**Yoga Shibir in LIFE Rajkot**  
Feb 23 to 27

**Shibir at Upleta Schools**  
Feb 12 to 14, 2015

**Lecture with Senior Citizen Rajkot**  
Feb 15, 2015



## *Seminars in Visnagar and Satlasana ( North Gujarat)*

Shree Shrutpragya Swami was invited by N M Nootan Sarva Vidyalaya and K M Kothari High School Satlasna to take part in a number of seminars on the subject of Miracles of Discipline, which took place over a three day period from the 5<sup>th</sup> to the 7<sup>th</sup> of January 2015. Both boys and girls participated in the events, comprising some 15,000 students. Swamiji taught them 10 types of discipline, including topics such as clear thinking, learning skills, goal setting, health, and time management.

Mr Govind Bhai and Mrs Kamini Patel organised this well received programme. Summing up the events, Mrs Patel said, “The topics presented were really a miracle for the students”. She also said about Shrutapragyaji: “You are a swamiji by name but a friend by nature. Your down-to-earth nature touched me tremendously. Your simple way of delivery made the topics very interesting for students. Your simple tips will make big effects in the lives of all of us.” The Principal of Sarva Vidyalaya, M S Nayak, also added overall feedback from the students, stating that these seminars truly created a miracle. According to Mr Nayak, all students easily and fully understood the seminars; and a number of students who previously were reticent to be involved in school activities readily took to the stage. One girl promised to rise at 4 am everyday in order to give attention to her school work, as well as committing herself to help in her neighbourhood impoverished or poor people and also suffering animals, so as to help bring improvement to their lives. Mr Nayak further added that Shrutpragyaji really gave the students eyes so as to make progress and have success in the world.

Mr Dinesh Bhai, the Principal of K M Kotari High School, additionally expressed his sincere gratitude for the seminars. He commented that they were very useful for the students, and for this he gave his heart-felt thanks. Mr Govind Bhai, who is also the CEO of the Samarth Diamond Company, together with Mrs Patel, approached swamij, making a request for him to further arrange a special seminar for the some 500 employees working for the Samarth Diamond Company. The topic Swamiji was asked for here should have a focus on personal and social success in life, for which Mr Govind Bhai said the subject has great demand.

All in all, then, the seminars that took place on Miracles of Discipline were highly successful indeed, and all who participated stated that they gained enormous benefit. Both school principals and the Samarth Diamond Company head are looking forward for a return visit from Swamiji later this year.



Focus on Students!



Samarth Dimand Lecture



Satlasna School Kids



Focus on Students!

## **Seminar in Saurashtra-Gujarat Schools on the Power of Self-Discipline**

The Power of Self-Discipline was the focus of Shrutpragya Swamiji's seminar programme in three different schools in Saurashtra-Gujarat, the seminars being delivered on the 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> January 2015. The three schools who requested seminar presentation were: Matushri D. B. Patel Education Trust at Atkot (with 800 girls); Omkar Shaikshanik Shankul in Jasdan (with 1000 boys and girls); and Sadbhavana Shaikshanik Shankul in Babara (with 600 boys and girls).

During the delivery of the seminars various types of discipline were examined, with emphasis given to the topic of learning. Swamiji demonstrated the power of self-discipline in terms of the process of learning, stressing the point throughout the seminars that there are no limits to what can be learnt and should be no barriers in a truly self-disciplined approach to knowledge. He also taught that this means, for example, that there is no age limit for learning new things. He also commented that new learning is important for everyone; and that if one wants to earn more money, for example, one must learn more and more in order to achieve this.

Curiosity, reading and being observant are some important tools for learning, Swamiji stated. And he added that, as today's world continues to move at a fast pace, so everyone should be prepared to move with the times, which often requires one to learn more and more. While Swamiji made it clear that not every person can be a high-minded thinker or achieve great genius, he emphasised the point that by reading expertly authored books, one's mind will automatically be lifted to a higher level of knowledge and intellectual capacity, an achievement which the power of self-discipline brings.

The seminar programme in the three schools in Saurashtra-Gujarat was arranged by the Peace of Mind Foundation and supported by Arjun Bhai Ramani and Vipul Bhai and Vitesh Bhai. Program supported by Rector Nayana, Badhavi and Sapna from Atkot D.B Patel Hos-



Focus on Students!

## Center Visitors

Dr Graham Dwyer from the UK is currently residing at Abhavalay, the Peace of Mind Foundation centre in Rajkot. His visitation period is from 20<sup>th</sup> January until 3<sup>rd</sup> March 2015. While visiting and staying with Shrutpragya Swamiji, with whom he has been a close and personal friend for some 25 years, Dr Graham Dwyer and Swamiji are presently engaged in writing a new book. The volume under construction will be a collection of question and answer discussions on a number of spiritual themes, concerned with the nature of consciousness, atma or soul, mind and emotion. The book is intended to cast a new and refreshing light on these age-old, perennial concerns that will be of interest to spiritual seekers both in the West and in the East.

Mr Devdeep and Deena Ben, with their daughter Jaina, visited the centre in early January. They had satsang with swamji as well as came to provide much needed scholarships to bright students from disadvantaged backgrounds. A special reason for their visit to the centre was personally to present the scholarships to the successful students who, thanks to Mr Devdeep and Deena Ben, can now happily move forward with their educational plans.



Focus on Students!

## Scholarship Winners!

*Scholarships were awarded to: Swati Ranpara, Krupali Udani, Rinku Doshi, Ramya Doshi, Harmik Doshi and Heta Doshi. Each of the above students received a scholarship award of 10,000 Rupees from the Peace of Mind Foundation, thanks also to the gratefully received donations of Dev Dip and Deena Parekh from Chicago, America.*



## *Abhavalay Teachers & Students!*

### **Saurashtra Prani Kalyan Mandal, Rajkot**

*Shrutpragya Swami on 29<sup>th</sup> January 2015 was invited to speak and give awards for the best essays on the topic of “The Importance of the Cow in Daily Life” at a local school in a deprived part of Rajkot. He spoke directly about the subject of the essay competition, emphasising the importance of the cow, with all its myriad forms of benefit and value, in Indian society. He then participated in the presentation of the awards to a welcoming and appreciative audience, which celebrated the event with performances from the school’s young students, with teachers enthusiastically supporting the event.*

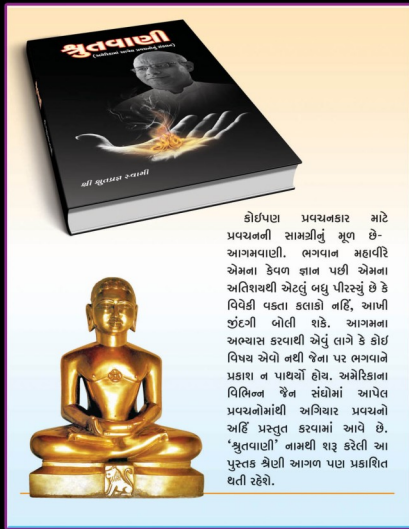
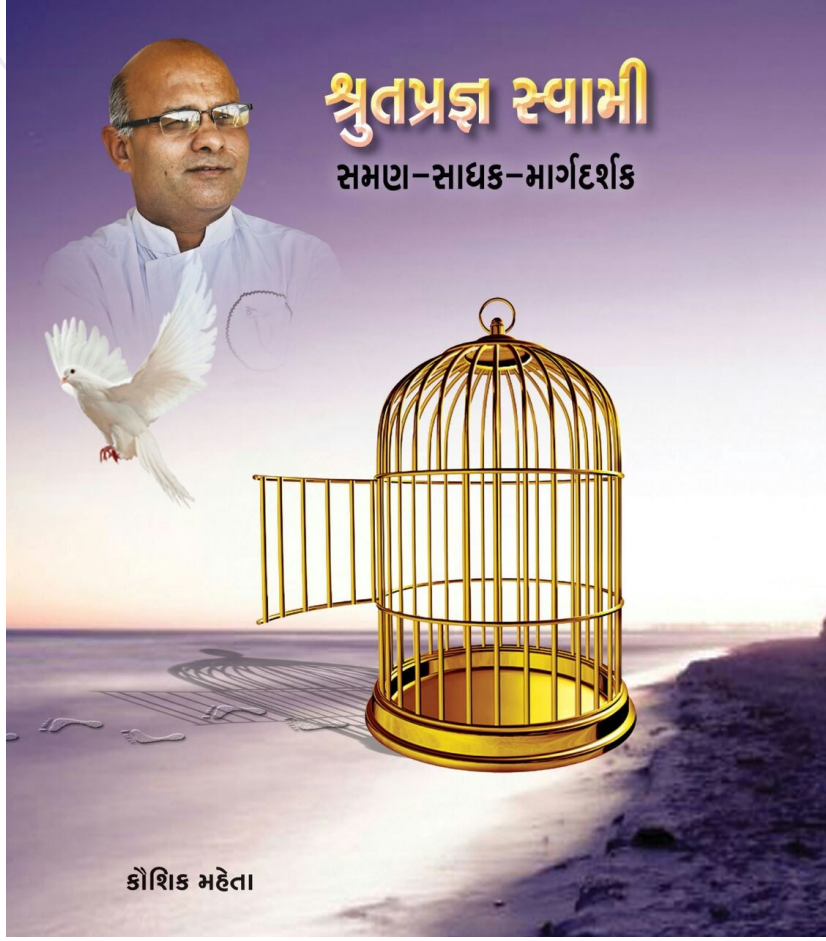


### **Swamiji’s Invitation and Speech to Beginning Teachers and Students at Abhavalay**

*On 30<sup>th</sup> January 2015 Shrutpragya Swamiji welcomed both beginning teachers and their students to Abhavalay, the Peace of Mind Foundation’s centre in Rajkot. Students gave presentations and performances supervised by both beginning teachers and school coordinators, as well as being overseen by the principal himself and the school’s founder. The performances were well received and appreciated and very much enjoyed, as were the brief talks given by the heads of the school and swamiji lecture.*



## NEW PUBLICATION



કોઈપણ પ્રવચનકાર માટે પ્રવચનની સામગ્રીનું શૂન્ય છે- આગમવાણી. ભગવાન મહાવીર એમના કેવળ જ્ઞાન પછી એમના અતિશયથી એટલું બધું પીરસ્તું છે કે વિવેકી વક્તા કલાકો નહિ, આખી જીંદગી બોલી શકે. આગમના અભ્યાસ કરવાથી એવું લાગે કે કોઈ વિષય એવો નથી જેના પર ભગવાને પ્રકાશ ન પાડ્યો હોય. અમેરિકાના વિભિન્ન જૈન સંઘોમાં આપેલ પ્રવચનોમાંથી અગિયાર પ્રવચનો અહીં પ્રસ્તુત કરવામાં આવે છે. 'શ્રુતવાણી' નામથી શરૂ કરેલી આ પુસ્તક શ્રેણી આગળ પણ પ્રકાશિત થતી રહેશે.



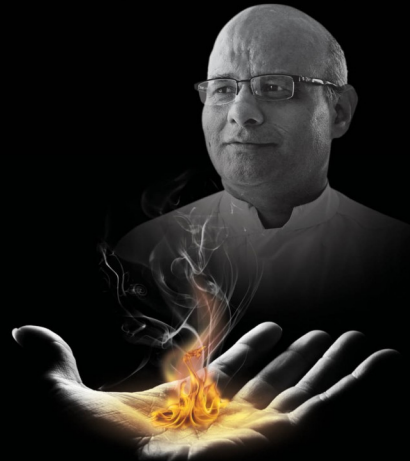
**પીસ ઓફ માઈન્ડ ફાઉન્ડેશન**  
આભાવલય, વિનાયક વાટીકા, જામનગર રોડ,  
રાજકોટ-૩૬૦ ૦૦૬ (સોરાષ્ટ્ર, ગુજરાત), ભારત.  
Mobile # +91 99253 60605, +91 94273 66164  
Email: pomyc.org@gmail.com  
Website: www.pomyc.org

Rs: 115/-  
US \$ 7/-

## શ્રુતવાણી

(અમેરિકામાં આપેલ પ્રવચનોનું સંકલન)

શ્રુતવાણી



પ્રવચન આપવું એ માટી સાધના છે, જ્ઞાનની આરાધના છે. હું લોકો માટે નહીં, પરેલાં મારા પોતાના માટે બોલું છું. હું જ્યારે પણ મંચ પરથી બોલું છું ત્યારે એમાં ખોવાઈ જાઉં છું. પ્રવચન આપતાં પરેલાં મનનમાં એક જ ભાવ હોય છે કે, લોકો પ્રવચન સાંભળી આજે અને અત્યારે જ એ પ્રમાણે જીવી શકે તો પ્રવચન આપવાની સાર્થકતા છે. શ્રાવકો સરળતાથી સમજી શકે માટે મારા પ્રવચનોને પાંચવધી દૂર રાખવાની કોશિશ કરું છું. શ્રોતાઓને કંટાળો ન આવે અને વિષય સહન ન બને માટે વચ્ચે વચ્ચે જીવંત દાખલાઓ- ઉદાહરણોનો સંહારો લઉં છું. આ પ્રવચન પુસ્તક શ્રોતા અને વક્તાઓ બંને માટે ઉપયોગી થશે એવી શ્રદ્ધા છે.

શ્રી શ્રુતપ્રજ સ્વામી