



August – 2020

Saman Shri Shrutpragyaji

♦ Spiritual Guide ♦ Author ♦ Educationist

Peace of Mind Foundation

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Embrace Happiness, not Helplessness!

In this world, there is probably no one who has never been helpless, hopeless, or sad. At some point in life, we all pass through extreme situations which shake us up. While sitting in a bathtub full of water, you cannot expect to be dry. You have to get up, get out, and use a towel. Similarly, one has to change their situation by doing something about it. One has to think of the solutions and find a way to execute the right solution to solve the problem. Just like when you see an insect on your body, you immediately shake it off because you know it may harm you. Similarly, when you feel helpless, hopeless, or sad, you must quickly shake it off and move forward.

If you don't focus on finding a solution, helplessness will persist. When it persists for a long time, it can become dangerous and lead to depression. You may feel life has become useless and it is not worth living. You may become aloof and quiet or become very angry and frustrated even to the point of harming yourself. So, it is very important to take the initiative, request help if necessary, and find a way to come out of such situations as soon as possible.

When you have issues in relationships, you may break up the relationship, but you are never able to disassociate yourself completely. In today's technology terms, instead of permanently deleting such miseries from your life forever, you continue to save them in the recycle bin. This will clog up your life and you will not be able to function properly. Please remember that all relationships pass through phases and this shall pass too. Sometimes you may give too much importance to one person and when that person moves away, you may fall apart. But remember that just like no mountain can stop a stream from flowing, you must also continue to flow and move forward. Don't forget that your life is linked with many other individuals and you need to fulfill your responsibilities towards those relationships also.

In good times, everyone feels strong and confident. But your willpower is truly tested during tough times, and it is only when you rise from crisis that you emerge as a more successful, a more confident, and a stronger person than before. If we look into the life stories of famous people, we find that each one of them went through tough times too. However, they never gave up. It is their courage to rise above the situation that led them to become successful and famous.

Remember that we all are human beings and just as we experience moments of happiness in our lives, we will face moments of sadness too. But never let these moments make you weak. Don't take life too seriously. Do not let stress build. Only you can deal with your stress. It is paramount that you accept life as it is. You must face the situations and remove the obstacles for a clear path forward. Laughter and happiness are always near you, so embrace them instead and be happy!

To be happy, exercise regularly, practice meditation and pranayama, read spiritual books, keep a positive attitude, and above all smile more every day.

Saman Shrutpragyaji

Essay Competition: July 12-23

The Peace of Mind Foundation organized an Essay Competition where the following four groups participated:

1. Primary School Students
2. High School Students
3. College Students
4. Professional and Elderly People

A total of 600 individuals participated in the competition, and Peace of Mind Foundation offered a certificate to all participants, as well as awarded prizes to top 10 participants with the highest marks.

Sr.	સ્પર્ધકનું નામ	શિક્ષણ	નિબંધનો વિષય	શાળાનું નામ
1	જોટાંગીયા સહ્યાદ્રિ	8	મારી માં મને બહુ ગમે છે !	પુરુષાર્થ શૈક્ષણિક સંકુલ - ભાણવડ
2	સહાની પ્રગતિ	9	ભાગ્યની ત્રીજી પેઢી હોતી નથી	કેતન ગર્લ્સ સ્કૂલ - રાજકોટ
3	કુશવાહ પિન્કી	9	એક સૈનિકની આત્મ કથા	કે.બી. બેરા ગર્લ્સ સ્કૂલ - ગોંડલ
4	ગવિયાવાવા મહેક	10	એક સૈનિકની આત્મ કથા	સી.સી. શાહ સ્કૂલ - સુરત
5	તિવારી અનમોલ	11	શિક્ષણમાં આયુર્વેદ: કેટલું જરૂરી?	પી.બી.કોટક ગર્લ્સ સ્કૂલ - રાજકોટ
6	વોરા સ્નેહા	12	વુમન - મેનેજમેન્ટની યુનિવર્સિટી	વિઝડમ ઇન્ટરનેશનલ સ્કૂલ - સુરત
7	વારા કાજલ	B.A	વુમન જો ધારે તો!	શ્રી એ. વી. જસાણી વિદ્યા મંદિર - રાજકોટ
8	ખત્રા વૃંદા	BSW	વુમન - મેનેજમેન્ટની યુનિવર્સિટી	કણસાગરા મહિલા કોલેજ - રાજકોટ
9	પાનસેરિયા નયના	M.Com	બોર્ડની બહારની દુનિયા ભણાવતા શિક્ષકો જોઈએ છે !	ડી.બી. પટેલ એજ્યુકેશન ટ્રસ્ટ - આટકોટ
10	જોશી દર્શનાબેન	M.A.B.Ed	બોર્ડની બહારની દુનિયા ભણાવતા શિક્ષકો જોઈએ છે !	શ્રી એ. વી. જસાણી વિદ્યા મંદિર - રાજકોટ

Open Book Exam (August 14, 2020 at 4.00pm)



Under the Guidance of Saman Shrutpragyaji, the Peace of Mind Foundation is currently arranging an online Open Book Exam. The exam will have a specific focus on the best-selling book, entitled "Ghar EJ Swarg". More than 800 students and other readers will participate, although additional places to sit are still available. The response has so far been very high. Registration is closed. The online exam date and time will be August 14, 2020 at 4.00Pm (India time).

July 5 - 11

Samanji visited Mans Hanumant Dham Ashram in Nava Katariya on the invitation of Respected Bhanuprasadji Maharaj, and Samanji stayed in the Holy Hanumant Ashram for seven days, practising maun dhyana.



July 12 - 14

Samanji went on to Bhuj and stayed there for three days in order to give dharmlabh to families and friends.



July 15 - 16

Samanji visited Rapar and Gedi in the Vagad area and gave a Satsang there to a small group of devotees.



Cincinnati-Dayton Jain Sangh, OH, USA: July 26



Samanji conducted an online swadhay for Cincinnati-Dayton Jain Sangh. Every person has their own story to tell was the main focus of Samanji's pravachan (in Hindi). He explained that each one needs to develop the good habit of writing or documenting their own personal story, as this has practical and reflective power, which helps everyone to move forward positively, building a foundation for a bright future and a bright next generation. Samanji suggested eight types of question for helpful consideration when engaged in the writing one's own personal story, namely:

1. Why I cried and with whom and how many times I cried?
2. Why I laughed and with whom and how many times I laughed?
3. Why and how many times I was afraid and for what reasons was I afraid?
4. How much I earned and how I spent my money? Was this money earned honestly?
5. What was the biggest mistake I made in life or which of my mistakes do I keep especially secret from others?
6. Did I do any great works for humanity? What where they and why did I do them?
7. Am I satisfied with my spiritual life? Have I experienced meditation, or have I had any self-realization ever?
8. What kind of great assets do I want to leave for the upcoming generation?

Paryushan Maha Parva: August 15-22

Jain Center Of Cincinnati And Dayton is inviting you to a scheduled Zoom meeting.

Topic : Paryushan Pravachan by
Shri Saman Shrutpragyaji Join Zoom Meeting
<https://us02web.zoom.us/j/84894683847>
Meeting ID: 848 9468 3847
<https://us02web.zoom.us/j/84894683847>

Saman Shrutpragyaji's

Pravachan Schedule during Paryushan Parva.
All Pravachan will be in HINDI.

#	DATE	DAY	OH(USA) TIME	INDIA TIME	TOPIC
1	15/8/2020	SAT	8.30PM	6.00AM	संसार में सब से बड़ा दुश्मन - द्वेष
2	16/8/2020	SUN	8.30PM	6.00AM	आत्मा का सब से बड़ा रोग: राग?
3	17/8/2020	MON	8.30PM	6.00AM	जीवन यात्रा: आरंभ से अंत तक
4	18/8/2020	TUE	8.30PM	6.00AM	जैन श्राविकाओं का योगदान
5	19/8/2020	WED	8.30PM	6.00AM	पांच वस्तुओं में व्यक्ति स्वतंत्र है
6	20/8/2020	THU	8.30PM	6.00AM	आत्मा का अनुभव कैसे करे ?
7	21/8/2020	FRI	8.30PM	6.00AM	क्षमा की चामत्कारिक शक्ति
8	22/8/2020	SAT			NO SATSANG



With the challenging global situation, entire world is engulfed by Coronavirus. As per prior commitment during Paryushan Parva, Samanji will be conducting online pravachans using Zoom, hosted by Cincinnati - Ohio - USA Jain sangh. Now and for the first time, anyone can join Samanji's online programs and listen to his pravachans. They will be in HINDI. Please find the details in Paryushan Parva program.

Note:

Although, Samanji prefers an interactive pravachans where he enjoys in-person swadhay to do his own spiritual practice with Shravak & Shravika. Despite what is now affecting populations all over the world, Samanji believes we need to remain

positive to focus more on the self in relative isolation and to develop better our inner richness. Many centers have requested Samanji for online discourses, but Samanji has had to refuse the invitations, so that he can focus own sadhana. Please accept apologies for his unavailability.

Charity Activities

The Peace of Mind Foundation has been continuing actively to provide food kits and other necessary aid to needy people. Many individuals directly approach the Abhavalay office at the Peace of Mind Foundation centre, and the charity work it does is never stopped whenever something needs to be done for those in need. The Peace of Mind Foundation additionally donated Rs.100,000/- to two separate key institutions in Rajasthan during this Covid-19 critical situation.





Bhanvad (Dwarka) Visit: July 20-28

Saman Shrutpragyaji journeyed to Bhanvad, Dwarka District for seven days spiritual practice. A Tapvan was arranged for Samanji's lodging and boarding, and he carried out meditation and yoga there, as well as observed silence throughout his week-long stay. Whilst residing in Bhanvad, Samanji along with Bhimsibhai visited Kushal Sir's residence where he was offered gauchari.

In India, although the monsoon season is still ongoing, Samanji last week went to Bhanvad and took part in a special tree plantation program at the Tapovan Maun Mandir Center. As is now well known, India and the whole world has been experiencing both a harsh and steady decline of trees and forests for many years. Samanji was delighted to be invited to the tree plantation program, believing that every effort to support and aid nature through whatever means possible, or however small that might be, is crucial and necessary for the very survival of the planet. During his week-long stay in Bhanvad, Samanji also carried out maun sadhana there.



Samanji's New Book is coming soon!

Samanji is an expert speaker, but he is a very successful writer too. He has written more than 70 volumes, and his forthcoming book, entitled "Suraksha Kavach," will be out very soon. It will be published by the Peace of Mind Foundation, Rajkot. In this exciting new work, many of Samanji's daily articles originally published in respected newspapers will be made available for the first time in a special, single collection.

સમણ શ્રુતપ્રજ્ઞ ધ્યાન-યોગના સાધક છે. દેશ અને દુનિયાનાં ૩૦ થી વધુ દેશોમાં એમને ધ્યાનની શિક્ષા-દીક્ષા આપેલી છે. તેઓ ૩૦ થી વધુ પુસ્તકોનાં લેખક છે. કોરોના કાળમાં એમનું નવું પુસ્તક આપના હાથમાં છે - 'સુરક્ષા કવચ'.

આ પુસ્તક વિશે એમનું કહેવું છે : 'શરીરની રોગ પ્રતિકારક શક્તિ સારી હોય તો એ શરીરનું સુરક્ષા કવચ છે. વાતાવરણમાં રહેલું ઓઝોન પડ તે પર્યાવરણનું સુરક્ષા કવચ છે. મનનાં વિચારો પોઝીટીવ અને સક્ષમ હોય તો એ મનનું સુરક્ષા કવચ છે. ભાવો પવિત્ર હોય, નિર્ભયવૃત્તિ હોય અને શરીરની ઉપરના ચક્રો જાગૃત હોય તો એ ઓરા દ્વારા આપણા અસ્તિત્વનું સુરક્ષા કવચ છે. દીક્ષા એ ગુરુ દ્વારા પ્રદાન કરેલું શિષ્યનું સુરક્ષા કવચ છે.

'ચારેય બાજુ આપણે અશુભ ઉર્જાના સંક્રમણના પ્રભાવમાં છીએ ત્યારે ૩૦ મિનિટના ધ્યાનના અભ્યાસ દ્વારા આપણે પોતાનું શક્તિશાળી ઓરાનું સુરક્ષા કવચ ઉભું કરી શકીએ છીએ. આ પુસ્તક બહારના બધા જ પ્રકારના નેગેટીવ સંક્રમણોથી બચવા માટે પ્રેરણાસ્ત્રોત સાબિત થશે એનો સમણજીને વિશ્વાસ છે.

સમણ શ્રુતપ્રજ્ઞ

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સુરક્ષા કવચ

સમણ શ્રુતપ્રજ્ઞ

પ્રકાશન :
પીસ ઓફ માઈન્ડ ફાઉન્ડેશન
 'આભાવલય' વિભાગક વાટીકા, જામનગર રોડ,
 માધાપર બસ સ્ટોપ સામે, રાજકોટ-૩૬૦ ૦૦૬. (ગુજરાત) ભારત
 Email : pomyc.org@gmail.com
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₹ : 150.00
 US \$: 5.00
 GBP £ : 3.00

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YouTube link for Samanji's pravachan.

The Peace of Mind Foundation online resources on YouTube with Samanji's satsangs and boosting one's immunity system through Twinkle Pethad (in English) as well as special satsangs (in Gujarati). Please subscribe by visiting the link bellow and get tremendous benefit from it.

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

You can equally physically, mentally and spiritually gain enrichment from Samanji's exciting Blog (in Gujarati and English).

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

Upcoming Events

- Aug 4-23: Sambodhi Upwan - Rajasthan
- Aug 24-26: Koba - Gandhinagar
- Aug 27- Sept 5: Rajkot - Saurashtra