



Saman Shri Shrutpragyaji

◆ Spiritual Guide ◆ Author ◆ Educationist

Peace of Mind Foundation

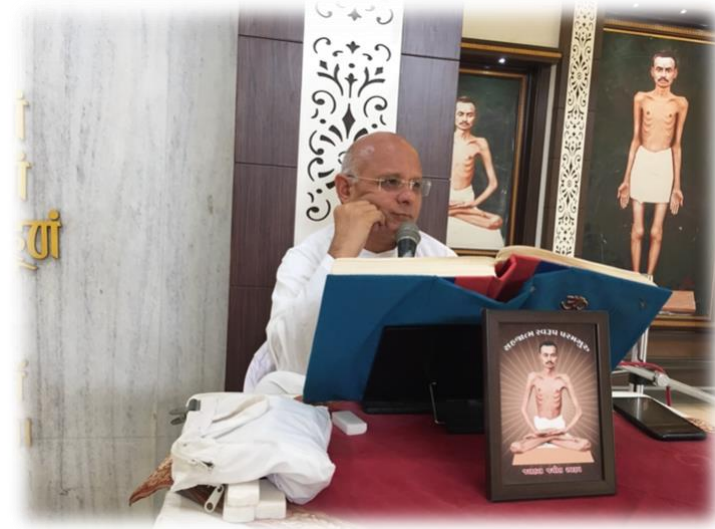
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July – 2022

Satsangs & Shibir at Shrimad Rajchandra Gyan Mandir

June 10-12, 2022

Samanji held three days of satsangs during his shibir at Gyan Mandir, Rakot. He carried out three in-depth fruitful discussions on Shrimad Rachandra Vachanamrut. He talked on how to deal with physical pain, past karma and what a gyani can do in relation to pain and matters of karma. He also talked about the question of who can understand Mahavir Swami's teachings correctly and how a mumukshu should live in terms of spiritual development. Samanji said that Shrimad Rajchandraji explained dharma in a very simple manner, his message being profound yet easy to understand and follow. The satsang shibir was executed professionally, and people who attended it over the course of three days felt elevated and spiritually uplifted.



Talk on Pain from Gyani's Perspective, Koba Ashram

June 14, 2022



Before Samanji left for his trip abroad he gave a discourse on 'Pain According to Gyani's View.' This was carried out among all mumukshu at Shrimad Rachandra Hall at the Koba Ashram. Samanji spoke about three things in relation to this topic: the nature of the body; the nature of karma; and how to be a gyani in dealing with pain and karma.

Whenever Samanji stays at the Koba Ashram his talks are always well attended and in high demand, especially highly valued by mumukshus and respected spiritual teacher Suresh bhayaji. Samanji's talks being simple to follow and easy to understand, as well as being

applicable in every daily life, continue to be especially popular in Koba.



Samanji spent a week in London at the family home of Bridget, Gangaram and Maggie Dwyer. They did daily meditation together and, on Sunday 19 June, Samanji conducted a meditation seminar for them and for friends, with a Zoom meeting also bringing in participants from the USA, Kenya, Malaysia, Singapore and India.

When Samanji arrived in London on 16 June, Geeta and Harish Shah met and welcomed him at Heathrow Airport, and Samanji spent some time with them and with their

guests from Singapore. Samanji had a small satsang with them and carried out in their residence a guided meditation.

During his Sunday Living Meditation Online and Offline Seminar - to celebrate International Yoga Day - Dr. Graham Dwyer (Gangaram), introduced Samanji and welcomed all participants in his family home. Samanji began by explaining what meditation is and how to do it. After that he led a guided meditation session, which everyone both enjoyed and greatly benefited from. Towards the close of the session there was a question and answer time with Samanji and Gangaram. Bridget and Maggie then served a delicious vegan lunch.

On his last day in London, Samanji again visited the home of Geeta and Harish Shah, and his close friend Gangaram took him to Heathrow Airport for his onward journey to Denmark.





Samanji had an opportunity to visit Copenhagen, capital city of Denmark during 22nd June to 28th June, on invitation by Ashishbhai Sanghavi and his family. Ashishbhai had earlier met Samanji in Singapore/Indonesia during a Shibir, in 2019. He had again met Samanji in Bhanvad and Rajkot in 2021 and had invited Samanji to visit Denmark, on his way to USA or UK.

This was probably the first ever visit of any Jain spiritual teacher to Denmark or even to Northern Europe. Denmark has a small population of Indians and a few Jain families most of whom have arrived to Denmark within the last 10 years or so. On the occasion of Samanji's visit, a satsang and lunch for Jain community was held at Ashishbhai's home on 25th June and was attended by nearly 40 participants across different ages. During the Satsang, Samanji delivered a lecture on "Five life lessons through Jain Dharma" and addressed questions from participants. Further, Samanji had special interaction sessions in English with the youth and the children. The satsang provided the community an excellent opportunity to meet each other in a spiritual and friendly atmosphere, while listening to samanji's lecture.

Next day, in another event organized by Denmark Gujarati Samaj and held in a prominent external venue, Samanji delivered a lecture on "Living a balanced and purposeful life". The event was aimed at broader Indian community cutting across religions and was attended by about 40 participants.

The visit was made special by support and active participation from Ashishbhai's family members. Ravindrabhai (father), Dakshaben (mother), Swethaben (Wife), Dhairyra (Son - 17 years) and Vihaan (Son - 14 years) joined Samanji for the morning meditation and yoga on some days, apart from spiritual discussions. Vihaan enjoyed working with Samanji on Peace of Mind Foundation's YouTube channel and presentations, and hopes to join Project Aastha later in the year.

While Denmark is ranked as one of the happiest countries in the world, Copenhagen is rated as one of the most livable cities globally. The trip gave Samanji an opportunity to first-hand experience the city and surroundings, while visiting some of its famous tourist places. It was very interesting to see how cycling tradition is so common - where more than 30% population uses cycle in their daily life, including travel to work or school. After the visit, Samanji proceeded to USA, via London.



Young Jains of America (YJA), 15th Biennial Convention

July 1-4, 2022



Saman Shree Shrutpragyaji was invited both to attend and to speak at the YJA's 15th Biennial Convention, held in Dallas, Texas. The YJA's impressive work, which has created a space for more than 10,000 members across the whole of North America, is an organization established over 30 years ago. And, during the course of the last three decades, it has aimed successfully to build faith, culture, community and religious values, and to ensure that these values are applied in daily life.

Samanji was delighted to address members of the YJA who received him at the 15th Biennial Convention with great enthusiasm. Besides teaching yoga and meditation, Samanji gave lectures on the topic of Destination Addiction, a concept which denotes the universal problem of searching for happiness or joy in the imagined

future rather than finding happiness within oneself in the present moment. Samanji discussed the causes of this problem, as well as explained how to tackle it, with emphasis given to establishing inner contentment, overcoming ego and pride, doing meditation and practising social media fasting. His spiritual and practical wisdom on the topic of Destination Addiction was enlightening for everyone who participated. Samanji also taught Meditation, Laughing Yoga and Namokar mantra Postures. Dessa Ajmera and Ayush Jain coordinated Samanji's program in such a meaningful manner.



Meditation Class and Satsang

July 4, 2022

Samanji was invited by Mukesh and Sangita Patel in Dallas and Urmila and Praful Bhakta in Dumas to conduct a meditation session at their family home. Besides family members a number of others also attended the guided class. After the meditation session was carried out, a satsang was held for spiritual benefit and for upliftment of all those who participated. From Dumas Samaji travels to Austin, TX.



Texas, USA Visits

July 7-11, 2022

Austin, Tx

Jul 7-9, 2022

Samanji gave the two private Satsangs on Karma and Dharma at Piyush and Tanu Jain and what religion gave us? at Pinky and Pankil Matalia. Shashi and Subhash Jain arranged this trip.. all members of jain center participated in both satsangs. Samanji visited Gochari at Parul and Mukesh Kamdar.



Houston, TX

July 10-11, 2022

Samanji stayed at Nitin Kalpana Mehta and Pratima and Parimal Shah's residence and had long satsang at both places. Samanji also gave one satsang at Jain Center Houston and went very well.. afterwards Samanji traveled to Tulsa, OK.

Online Resources

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/2lho0dN>



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

July 10 - 11	Houston, TX	Kalpana Nitin Mehta
July 12 - 13	Tulsa, OK	Aruna Kanti Shah
July 14 -19	Chicago, IL	Bina Nilesh Shah
July 20 - 24	Cincinnati, OH	Kalpana Ashwin Parekh
July 25 - 26	Maryland, DC	Arti Subhash Choksi
July 27 - 30	Denver, CO	Rama Jain
Jul 31-Aug 2	Las Vegas, NV	Nita Daulat Desai
Aug 3 - 8	Fremont, CA	Avni Mukesh Shah
Aug 9 -12	Memphis, TN	Chanchala Mehta