

# Peace of Mind: June 2016

## *Summer Winners*



## Upcoming Events

*Saman Shrutpragya ji Upcoming USA program as follow -*

FROM	TO	CITY
1	Jun-12Sun	Jun-16Thu Chicago, IL
4	Jun-17Fri	Jun-19Sun Chicago, IL
2	Jun-20Mon	Jun-23Thu Springfield
3	Jun-24Fri	Jun-26Sun Atlanta
4	Jun-27Mon	Jun-30Thu Austin, TX
5	Jul-01Fri	Jun-04Mon YJA - L.A.
6	Jul-05Tue	Jul-07Thu Milpitas, CA
7	Jul-08Fri	Jul-10Sun San Diego, CA
8	Jul-11Mon	Jul-15Fri Mayben, NC
9	Jul-15Fri	Jul-17Sun New Jersey



# Women's Yoga and Meditation Camp

Women's Yoga and Meditation Camp at Abhavalay- Rajkot

After quite some time, the Peace of Mind Foundation organized a successful women's yoga and meditation camp at Abhavalay, Rajkot. It ran from May 30th to June 11th, 2016. More than 35 women participated in the camp. The yoga instructor Nidhi Vaishnav taught yogasan and yogic exercises, as well carried out meditation, including use of mantras and different mudras for purposes of developing and maintaining a healthy body and mind. All women's needs and requirements were fully catered for, with requests to establish this type of camp on regular basis. Because of the interest shown and expressed, the Peace of Mind Foundation is currently organizing a second camp of this type. The next camp will be held form June 20th to June 25th, 2016 at Abhavalay in Rajkot.

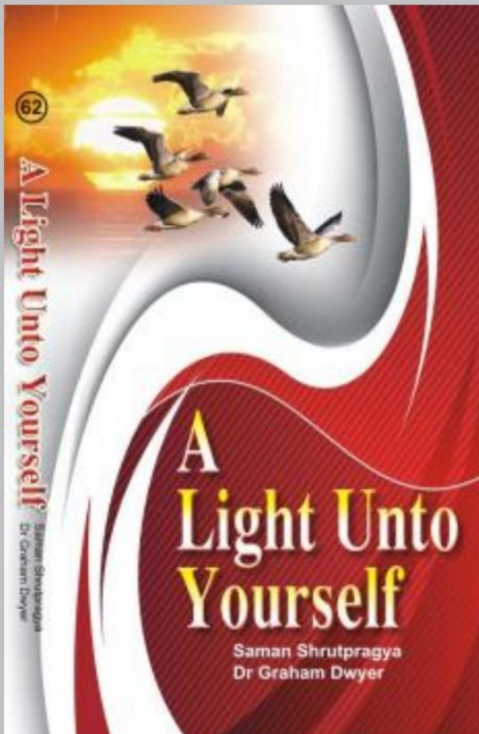


# Samanji's Book Talk

Samanji's Book Talk at Rajkot Midtown Library, 21st May 2016 from 6 to 7pm

Javaharbhai Mehta kindly arranged Saman Shrutpragya ji's book talk at Rajkot Midtown Library. Samanji talked about the main content of this very well-received title, "A Light Unto Yourself," a work written in collaboration with Dr. Graham Dwyer, who received his D.Phil from the University of Oxford in the UK. A key focus of the talk Samanji gave centered upon the two ancient religious strands of Vedic culture and Shraman tradition.

Samanji explained in particular the teachings of the Buddha and Mahavir, emphasizing that all spiritual truth is found within each and every soul, and that by engaging in the time-honored practices of meditation and deep-introspection this truth can be accessed and realized by all sincere spiritual seekers. Samanji also provided a brief overview of each of the chapters of "A Light Unto Yourself," all of which proved to be both inspirational and greatly motivational for the audience. For all these reasons, the book talk event was a great success.



**Rotary Midtown Library**  
**Book Talk**

This book emerged organically during daily question and answer sessions held between Saman Shrutpragya and Dr Graham Dwyer in 2015 at the Peace of Mind Foundation in Rajkot, Gujarat, India. Both the questions and the responses to them address a large gamut of spiritually focused concern, ranging from thoughts about the state of enlightenment and how to achieve it using techniques of meditation, for example, through to the nature of mind, emotion, consciousness and the soul, and including comments on other crucial themes of major spiritual relevance, particularly karma, attachment and detachment, guru, renunciation and yoga, as well as matters of love, peace and death. This book, in fact, offers much food for thought, which readers with a special interest in essential spirituality will greatly enjoy.

Programme	: A Light Unto Yourself
Date	: 21 May, 2016
Time	: 6 pm to 7 pm
Speaker	: Shri Shrutpragya Swamiji
Admission	: Free
Location	: Rotary Midtown Library Amin Marg, Rajkot
Phone	: 2454537, 2454538



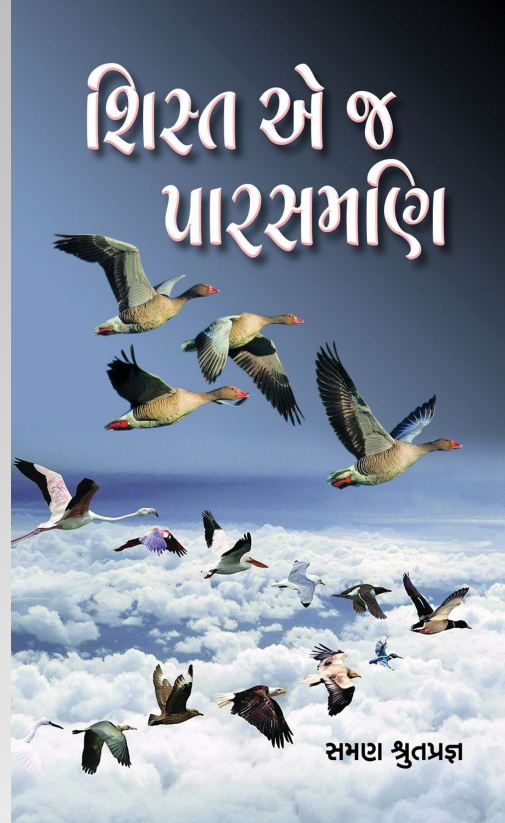
# Vadil Vandana Utsav at Lake View Resort- Rajkot

Saman Shrutpragya ji and Sadhvi Smitabai M.S. gave the blessing on the Occasion of Vadil Vandana Karyakram of Bhupatbhai and Kalavantiben Mau. Program was wonderfully arranged by their Sons Saileshbhai Mau and whole family members, along with great support of Jitubhai and Rinaben Benani family.



# New Books Launched

Peace of Mind Foundation Launched new Three books of Saman Shrutpragyaji at Purusharth School Bhanvad, Dwarka district by Krishnamani ji Maharaj from Jamnagar. Narottam bhai Palan and Bhimsibhai Karmur also was present at the function.





# Varshitap Parana at Abhavalay

By Peace of Mind Foundation organized Varshitap Parana of Mansi Kirti Kumar Doshi at Abhavalay on May 8 to 10, 2016. more then 250 people from Kutch, Mumbai, Surat and Rajkot attended this holly program and enjoyed the Parana program.. Peace of Mind also arranged Musical program and Malde bhai Ahir did wonderful job for this function. Pallviben and Kirtibhai host this programs. Sadhviji and Saman ji gave wonderful wisdom to all participants.



# Scholarships 2016

## **Scholarship Project 2016 - Part 1 given at Abhavalay, Rajkot**

For the past six years the Peace of Mind Foundation has provided scholarships to many students suffering hardship. Since that time, it has, in fact, ensured through its scholarship initiative that more than 400 young people have received the support they need. These and other students have thus benefited enormously in this way, and every year new learners continue to benefit too. A large part of Samanji's work is directly focused on young people in need of financial help with their studies, and Samanji's loving care and attention to their requirements is a valuable dimension of the the Peace of Mind Foundation's important activities. The Foundation is and continues to be thankful to the donors from Singapore, Malaysia and the USA. It is because of these generous donors that this noble project is all made possible, and the Peace of Mind Foundation is enormously thankful for their contributions. On 21 May 2016 at 4.00pm., 40 students from Mumbai, Kutch and Saurashtra gratefully received scholarships. They were presented by Urja Parekh and Rinkal Doshi, who talked about the importance of education as well as scholarships. The chief guests at the programme were Tushar Gosalia, Mayur Shah and Dhruv Kavia. Saman Shrutpragya ji presided over the event and gave his blessing to all students and to all those who participated.

## **Scholarship Project 2016 - Part 2 given at Purusharth School, Bhanvad, Dwarka**

The Peace of Mind Foundation awarded scholarships part -2 in Bhanvad, in the District of Dwarka, on 28th May 2016, amounting in the region of some Rupees 45,000. The scholarships were given to students achieving more than 80% in their study scores, with the students who received the scholarships themselves all coming from low-income backgrounds. Saman Shrutapragya presented the scholarships and gave his blessings to the successful students in the presence of their family members.





# Scholarships 2016





# Scholarship 2016 cont'd



Ankita Mehta



Chintan Lakhani



Nancy Dalal



Deval Jilaria



Jainil Jasani



Dhruvita Ranpara



Kashyap Kothari



Hemang Domadia



Rinkal Doshi



Hiloni Doshi



Jaanvi Mehta



Krupali Udani



Madhavi Kothari



Mahi Khandol



mansi makvana



Vilas Katasia



Vibhavi Trivedi



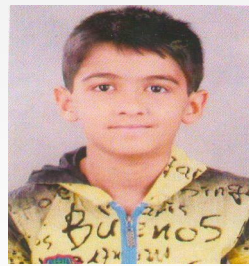
Mansi Mehta



Priyanka Doshi



Poojan Doshi



Smit Doshi



Swati Ranpara



Urja Parekh



Zeel Adhikari



Shivangi Ramaiya



Swati Ramaiya



Alpa Meriya



Dharmi Mehta



Bhavana Thila



Ambada Krupali



Bhanusali Manali



Sanathara Devang



Komal Bambhava



Aanadi Gadhavi



Bhavika Suchak



Bhumi Kanjariya



Karmul Jalpa



Parmar Sandhya



Pindariya Naga



Bambhava Divya



Jaydeep Zilariya



Deep Joshi



Astha Doshi



Nidhi



Vidhi Joshi



# Shibir Information

Jai Jinendra

Bhagwaan Mahaveer's Path of Spirituality  
Shibir with Saman Shree Shrutpragyaji  
[www.pomyc.org](http://www.pomyc.org)

**Date:** Friday August 19, 2016 – 5:00 p.m. to Sunday August 21, 2016 – 3 p.m.

**Venue:** Siddhachalam Jain Ashram, 111 Hope Road, Blairstown, NJ 07825

## Shibir Theme

**Bhagwaan Mahaveer's Path of Spirituality  
Saadhanaa – shuddhi – Siddhi**

“The most important thing, Bhagwaan Mahaveer said, is spirituality. Without Spirituality there is no Purity and without Purity there is no victory. For those who want Inner Bliss, Lord Mahaveer showed 12 types of Spiritual Practice. The Spiritual path of Lord Mahaveer begins with Fasting and ends with Kayotsarg. This path itself is TAP. Tap is more than just remaining hungry/fasting – it is a deep pool of spirituality. If performed with vigilance, physical tap can lead one to the ultimate goal – self-realization. What are the twelve steps Prabhu Mahaveer taught, and how can it be turned into tap? In this exclusive Shibir, we will learn how to live Mahaveer's words and feel the true power of TAP.”

Details of Shibir and Registration form are attached

Please register soon as space is limited

For more information write or call

[pomycshibirnj@gmail.com](mailto:pomycshibirnj@gmail.com)

Ranjan Shah – [732 718 2575](tel:7327182575)

Kanchan Shah – [845 356 4097](tel:8453564097)

# **“Mindful Living - Joyful Living”**

## **Shibir with Saman Shrutpragyaji**



Saman Shri Shrutpragyaji is one of the most articulate and charismatic young spiritual leaders of the new generation. His teachings integrate ancient scriptures and modern science which validate our day to day experience and knowledge. His eloquent speaking style keeps one fully engaged on the topic and makes understanding easy. The message is pure, simple and valuable for all age groups.

In the Bay Area Samanji has offered spiritual guidance on many occasions since 1992. Samanji has traveled widely around the world for discourses, lectures, yoga/meditation shibirs and more.

**Theme: Mindful Living - Joyful Living**

**Activities:** Yoga, Pranayaam, Meditation, Spiritual discourses, Nature walks

No prior experience needed

Suitable for all age groups

**Date:** Friday, July 22, 2016 5:00 PM – Sunday July 24, 2016 4:00 PM.

**Location:** Anubhuti Center, 820 Bel Marin Keys Blvd., Novato, CA **Cost:** \$210 per person (accommodations and 3 wholesome Jain meals each day)

**To Register:**

- 1. Complete the attached registration (one per family)**
- 2. Write a check made out to ‘BKWSO’ (\$210 per person)**
- 3. Mail to: Avni Shah, 43245 Luzon Drive, Fremont, CA 94539**

Please feel free to forward this information to friends and family and invite them.

Detailed schedule and additional information will be sent directly to all participants. **For any questions or information, please contact Avni Shah at 510-449-6035**