



PEACE OF MIND

PEACE OF MIND YOGIC CENTER, USA
PEACE OF MIND FOUNDATION, INDIA



Swami Shrutpragyaji's

NEWSLETTER

New Publications

DVD

Vastu Shastra in Gujarati

BOOKS

Jivan Jivavani Kala
Parivartan
Prarabdh Nu Puspa: Purusharath Ni
Sugandh
Turning Point

New CD and Discourses

New CD:

-3 steps of Meditation (Hindi)
-3 steps of Meditation
(Gujarati)

MP3 set of 2: Discourses in Hindi & Gujarati on:

Karmic Account

Remote Control of your life
Who determines your Destiny
What is Inner peace?
Four types of Shrivak
Spiritual practice in busy life
Kaal Chakra in Jain Dharm
and more!

Contacts for Books

GEORGIA

Kaushik Desai - (770) 476-3874

ILLINOIS

Dharmi Shah - (630) 428-1360

NEW JERSEY

Dr. Champa Bid - (973) 533-1942

OKLAHOMA

Aruna Shah—(918) 605-8805

June 2011

- Biweekly

‘Education is an ornament in prosperity and a refuge in adversity .’

Current Activities

May 8th-11th:

Topic: Anekant Darshan & Aparigraha
Darshan

Location: Arti & Prerak Shah;
Darshana & Rajesh Shah ;
Nilesh & Bina Shah

May 12th-16th:

Pravachan

Location: Tulsa, OK
Contact: Kanti & Aruna Shah
tjpresident06@yahoo.com

May 18th-22nd:

Pravachan and Yoga

Location: Jain Sangh of Austin, TX
Contact: Sanjeev Kothari
sanjeev.kothari@gmail.com

May 28th, 2011:

Discourses at DC Jain Temple

Topic: Karmic Account

Contact: Bhupesh Mehta:
bhupyash@gmail.com

Upcoming Activities

June 3rd-5th, 2011:

Management Yoga Camp

Location: Vraj, PA

Contact: Aarti Choxi:
email:a_choxi@yahoo.com

June 7th, 2011

Special Sansang by Swamiji

Location: Centreville, VA

Time/Contact: 8-9:30pm 202-607-4592

June 9th-13th, 2011:

Karma Science Discourses:

Location: Caldwell Derasar, NJ

Contact: Dr. Champa Bid
champavell@hotmail.com

June 18th:

Special Satsang with Swamiji

Date: June 18th, Sat.

Welcome by Invitation

Location: 11322 Highland Dr
Plainfield IL 60585

Contact: Piyush Gandhi
piyushgandhi@hotmail.com

Special Announcement:

Shrutpragya Swamiji's Paryushashana
for 2011 will be in Cincinnati, OH

Jain Way of Life Meditation & Yoga Class

May 8th, 2011

It was a beautiful Sunday morning on May 8, when about 110 “gyan-pipashu” members of Jain Society of Metropolitan Chicago (JSMC), started a three hour dedicated session with auspicious “Oooooouuummm..”. Founder of “Peace of Mind” institution of Rajkot, India, Swami Shree

Shrutpragyaji agreed to provide a lecture and practical guidance on “Jain way of Meditation & Yoga in practice”, and JSMC opened up the registration for an event to happen just a week later. Swamiji was very precise in delivering the topic and conveyed the real meaning of Yoga and Meditation and what the significance of it in Jainism. Swamiji also explained and taught 10 steps of basic yoga to follow in every day life. JSMC’s East community hall was filled-up with yoga mats and unique environment was created when everyone was in action of “Surya-Namaskar” and some of the techniques of “Hatha-Yoga”. 3 basic meditation for “vaat-pitt -cuff” was explained showing breathing techniques by Swami Shrutpragyaji.



Tulsa Pratishtha Anniversary

Page 3

May 12th, 2011

Tulsa Jain Sangh Tulsa, Oklahoma

Shrutpragya Swamiji arrived here in Tulsa on May 12, 2011 to inspire us and celebrate our 7th Derashar Pratishtha anniversary on 14th May. Our attendance was more than 80% during following four days. We invited other members of our community.

Swamiji started with swadhyay on May 12th with discourse on “Jindgini remote control koni pase? It contained detail regarding Anger, Quality, happiness and Thoughts.

May 13th with discourse on “Karmic Account” contained the act of pap and puniya will be paid and rewarded somewhere some how. Swamiji pumped up our member’s duty as Sangh and our 7th Derashar Pratishtha anniversary on 14th May.

May 14th we started with Snatra Puja. Before our gheeboli Swamiji gave us swadhyay on “Anumodna and Antray”. It was so effective we doubled our gheeboli amount.

May 15th, we arranged a swadhyay at Shree Lord Krishna Society. It was over whelming attendance and interest. Swamiji gave discourse on “Apnu Bhagya kon Banve Chhe? He gave 7th keys. It was well received and wants invite again for meditation.

May 16th, it was last day of swadhyay on “Where is Shanti?”



Austin Camp Reflection

Shri Shrutpragya Swamiji arrived in Austin, Texas on May 18th. Swamiji gave five satsangs. Swamiji also conducted a weekend meditation shibhir. Around forty people participated. We are very grateful to Swamiji for taking the time to be with Jain sangh of Greater Austin and conducting satsang, meditation shibhir and question answer sessions. Swamiji's visit was received very favorably by the Austin Jain community. The satsangs were very enlightening.

The mediation camp was very helpful and informative. We had several children attend each day and they understood and enjoyed the yoga techniques. The last day Swamiji gave satsang on '*Health and Spirituality*' to the Hanuman Bhakti Group. In his satsang, he mentioned that doctors should not treat the disease, but the patient. The man himself is sick with disease. Swamiji discussed how man spends the first half of his health for wealth and in the last half of his life, man spends his wealth on his health. Swamiji also mentioned several solutions to disease.

1. Alternative medicine: Swamiji mentioned the importance of aloe vera and hardar.

2. Suryanamaskar and exercise.

3. Eating healthy food. He mentioned that it would be wise to not eat after 8 pm and to minimize dairy products in the diet. Swamiji provided an example by explaining how with an expensive car, many will pump the car with premium level gas. In the same way, the body should be given the best foods to prosper.

4. Unconditional love. The UNO found that as love and affection decrease in family and societal relations, illness increases. Swamiji stated that the definition of ill is "I like love."

5. Always have a sense of humor and laugh a lot.

6. Music therapy. Ancient classical music has a profound effect on healing diseases. For example, if one has an asthma problem one can listen to Bhervi Raag to help heal this problem. For digestion disorders, there is Pancham Raag. For high blood pressure, there is Anand Bhervi. For low blood pressure, one should listen to Malkosh. And lastly, for depression, there is Raag Dharbari.

7. Meditation. One should begin and end his day with meditation. These are the spiritual keys by which we can heal our physical, mental and emotional illnesses.

Who Controls Remote Control in Our Life??

Shri Shrutpragya Swamiji's talk , as usual, was thoughtful, interactive, humorous and provocative---all at the same time. Yes, it provoked us to think.....think about why can we not do three simple things that can allow us to hold our own remote control, allow the life to be more fulfilling and ultimately, happier!! Certainly, the following summary does no justice to his presentation, either in content or in its effect, but is meant to give you a sense of what was discussed!

With numerous little stories that were funny but illustrative, he explained that we allow others around us to hold our life's remote control. We allow anger to "happen" to us by action (or lack of action) of others without any control of our own. Why? Because we have expectations from others around us whether it is spouse, child, friend or employee. And when expectations are not met, we get angry.

He spent some extra time on getting us to understand what "expectations" mean. Expectations mean that we want the other person to behave in a certain manner, or to put it other way, we predict the behaviour of the other person beforehand in our mind. The other person often does not have knowledge of what we predicted. More importantly, expectations is developed without knowledge of the "true nature" of the other person. By true nature, it is meant that each person has some positive qualities that make the personality of that person. Now if a wife expects the husband to dance tango with her when tango dancing is not in the true nature of the husband, she is going to be disappointed. Or if a parent expects child to be a top tennis player while competing is not in the nature of the child, disappointment is going to result. When questioned about certain expectations being central to certain relationships, Swamiji explained that the most important thing is that we should not be disappointed when our expectations are not met (and truthfully, once you are not disappointed when expectations are not met, they are probably not expectations in its true sense!).

The last point Swamiji focused on was that we depend on others for our own happiness. Once again, we have given our remote control to others. By practice, and by little steps at a time, we can learn to depend upon ourselves for our happiness. He asked everyone to understand the difference between *sthiti* (स्थिति) and *paristhiti*. While *sthiti* refers to our own state, *paristhiti* refers to conditions surrounding us. We can only control *sthiti* and not *paristhiti*. However, we all want to control *paristhiti* and not *sthiti* ! And that is the *root cause* of unhappiness. This does not mean that we should not *try* to change our surroundings but it means that we should not be unhappy if they do not change. And we would have better luck changing ourselves. And we would be happier. And takes us back to the central message of Gita: *karmanye vadhikaraste ma phaleshu kadachana* (do your duty and do not expect results....).

Kirti and Asha Jain