

Peace of Mind: August 2016



It's that time! Time of Reflection

Current Events

Memphis, TN
Pravachan and Shibir:

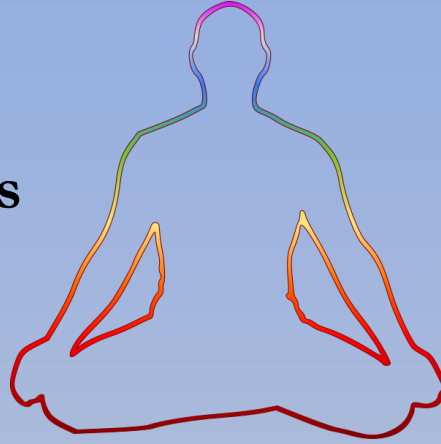
Date: Aug 2 to 7, 2016
Contact: Chanchala Mehta
cvnmehta@gmail.com

Clarksville, TN
Pravachans
Date: Aug 9 to 11, 2016
Contact: Pravin Mehta
p1mehta@hotmail.com

Check out new blog!

Saman ji Shrutpragyaji's Gujarati blog link.. Also very soon English blog also available :

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



Upcoming Events

Denver, CO

Pravachans

Date: Aug 12 to 14, 2016
Contact: Nirav Dave
nirav22@hotmail.com

Dumas, TX

Date: Aug 15 to 17, 2016
Contact : Praful Bhakta
phone: [806-282-2644](tel:806-282-2644)

Siddhachalam Camp

Date: Aug 19 to 21, 2016
(See detail in Flyer)

Wichita, KS Hindu Temple

Date: Aug 22 to 24, 2016
Contact: Trupti Sheth
timnil@yahoo.com

Paryushan Parva @ London

Date: Aug 28 to Sept 6th
(See datain in this News letter)

Shibir at London

Date: Sept 12th 2016
Contact: Chetna Mehta
chetna@dilesh.com

Trip to Milpitas, California

Samanji gave a lecture series at Milpitas, CA Jain Sangh. Saman Shrutpragyaji gave a three day lecture series from July 5 to 7, 2016 on the Uttaradhyayan Sutra (Chapters 12, 13 and 14) at the Jain Center of Northern California. The key topics delivered were on Inner Transformation, the Result of Virad-hana, and the Impact of Satsang. Avniben offered an intro-duction to Samanji and to his work, and the program was very well received both by the Shravakas and Shravikas.



KOJain Convention in New Jersey

Saman Shrutpragyaji attended the KOJain Convention in New Jersey on July 16, 2016. He gave the Key-note Speech on SEVA, focusing his main delivery by offering an explanation of the KUTCHHI world. He posed the question: Who is a real Kutcchi? He then went to elaborate a number of important points, stressing in particular that K means Kindness, U means Unity, T means Teamwork, C means Coopera-tion, H means Hard Work, finally with I meaning Introspection. If any Kutcchi possesses these six essen-tial quality, he pointed out, he or she can then undoubtedly perform true SEVA in the community.

He also delivered one other talk, a Discourse on How to be Happy in Life? 800 Kutcchi attended this event and every one who took part greatly liked and appreciated this Discourse very much indeed. Samanji's program at the KOJain Convention was successfully conducted by Salish Gala.



Youth Camp at Mebane, NC

Saman Shrutpragyaji attended a Youth Camp at Mebane, which was arranged by the Life Mission of USA. Samanji delivered a lecture series on the Power of Self-Discipline. He also taught yoga and meditation. Samanji additionally held two satsangs on the Art of Attitude and on Sankalp and Sanskara. These programs were provided for an all adult group of participants who joined the camp from July 11 until July 15, 2016. Swami Satyanandji equally provided beneficial training to all the youth here, and Manojbhai and Pallviben skilfully coordinated the camp.



Trip to Tulsa, OK

Shree Samanji Shrutpragya accepted our invitation to visit our small Tulsa Jain Sangh in Tulsa, Oklahoma. Our Sangh is small but we have Derashar and our building with Swadhyay hall, Upashray, library and class room, all together we have 5,200 square feet. We have 32 + family. We are blessed that Samanji is visiting our center since 1994 and providing Jain religion knowledge in very simple and practical language to understand and apply in daily life.

This year Saman gave us three days Swadhyay on Power of self discipline from July 18 thru 20. He explained in simple language saying that you already know all this, I am just trying to revive it and with example trying to give you back. There are 10 types of self discipline. Shree Samanji explained in detail with many practical example that how power of discipline helps us spiritually and also our daily worldly life. Every one enjoyed it and promised to apply in daily life because some of the example was so true that we do it but do not realize that it is Power of discipline.



Visit to Tampa, FL

Jain Samaj Of Tampa had organised three day shibir with saman Shrutpragya from July 29 to July 31. 80 member took advantage of this very exciting and informative event. Morning session included yoga and meditation attended by children and adults up to age 80.

Samanji makes lectures very simple exciting and humerus and his style of keeping lectures interactive, kept the the audience attentive. He uses our everyday life experiences to make understanding of Jain principles fun and easy and emphasizes application of these in our daily life.

His way of conveying Jainism message is amazing. logically scientifically he taught us how to practice in day to day life. I liked the way took interest and listened to my question and taught in the way, I can practice right now. Samanji is very simple flexible & friendly person with very few needs. it was easy to be a host..He is very knowledgeable and humble. everyone experienced Ananda and asking Samanji to return back.



Saman Shrutpragyaji at Fresno, CA

The Bhakta Gujarati Group invited Samanji to conduct satsang in Fresno, CA on July 25 to 27, 2016. Here he gave a total of four separate satsangs, including the Atascadero Satsang. The main topics covered were: Tapasya in the Geeta; What we are missing in LIFE?; Four Kashays and Seven Punyas. Samanji further gave dharmlaabh to Dhansukhbhai and Nivedita Bhakta, Hemant and Mayaben Patel, Manjuben and Praful Patel, Rajubhai and Shilaben and Geetaben and Ravindrabhai Patel.



2016 Meditation Shibir in Northern California

For the fourth year in row, a Shibir was organized in the San Francisco area from Friday 7/22 to Sunday 7/24, conducted by our respected Samanji, Shrutpragnaji. Once again, Avni and Mukesh Shah provided the leadership for arranging the same at our favorite location, the scenic Anubhuti Center, managed by B. K. Raja Yoga sisters in Novato.

The theme this year was the most contemporary and yet most meaningful topic, 'Mindful Living- Joyful Living'. On the first evening, Harshad Sheth set the stage by describing mindfulness practice with practical examples of mindful walking or even taking a shower. He pointed out that for most of us the mind is always wandering and not present in the present moment. This was followed by Gaman Yoga, actual mindful walking on a beautiful path with views of the area with its trees, water and birds, along with the setting sun with its shadows.

For the next two days, in the form of four well researched and well organized lectures, Samanji explained the different aspects. He explained the lower layers of the mind as described by psychologists and most importantly the higher levels of consciousness as explained by the great spiritual teachers. He pointed out that full awareness in all our actions, truly being present moment to moment, meant the same thing. It left no room for opinions, likes and dislikes, judgments and reactions, etc. Correct mindful breathing is important. With practice, this watching attitude, every moment, becomes effortless. Regular practice of meditation helps in this effort with a suitable method we chose. Ultimately, this leads to Ananda-Bliss, our true nature. Bliss is different from comfort, pleasure or so called happiness. Meditation further helps us realize the difference.

On the practical side, the talks were supplemented by Yoga, Pranayama, Kayotsarga, meditation and mindful walks. Samanji pointed out the true meanings of Samayik and Pratikraman. The regular practice is a must along with Satsanga.

For physical well-being, excellent wholesome and delicious meals were lovingly served by the Brahmakumari sisters that helped us with our mindful eating practice! We also enjoyed an evening with a wonderful Bhavana performed by Kirit Bavisi and his team. This was supplemented by some melodious songs by sister Elizabeth.

We are all grateful for a memorable Shibir.
-Suresh Mehta



Paryushan Celebrations 2016 @ London

Monday 29th August to Monday 5th September 2016
Navnat Centre, Printing House Lane, Hayes, UB3 1AR

We are honoured to have Pujya Shrut Pragyaji from Bhuj, Kutchh India with us at Navnat Centre during Paryushan Celebrations 2016 Swamiji has travelled around the world covering more than 30 countries, giving inspirational lectures to spread Tirthankar Mahavir's message. His mesmerising presence and the unique way with which he conveys this message has touched many hearts. With his simple approach he gets to the true essence of the religion. You are cordially invited to take part in this year's Paryushan Celebrations.

Daily Programme Timings | 11:00am - 12:50pm Bhakti & Lecture by Pujya Saman Shrutpragyaji | 1:00pm - 2:00pm Lunch 3:00pm - 4:00pm Satsang & Q&A 5:30pm - 6:15pm Dinner 6:30pm - 8:10pm Derawasi Pratikraman | Pakhi Derawasi Pratikraman on Wednesday 31 August - 5:30pm 6:45pm - 8:10pm Sthanakwasi Pratikraman 7:00pm - 8:15pm Pratikraman in English * Except Saturday and Sunday - starts at 6:30pm * 8:15pm - 9:15pm Lectures by Pujya Saman Shrutpragyaji

For further information: please contact Bhupendra Shah: 07944 532780 · Sangeeta Bavisha: 07761 647285 · Nemish K Mehta: 07866 444544 Dhiru Galani: 07956 127631 paryushan@navnat.com

Trip to San Diego, CA

Over the past weekend Pujya Saman Shrutpragyaji conducted a Shibir on **Power of Discipline** at San Diego Jain Center.. He gave three Pravachans during the Shibir. The Pravachans were in Hindi-Gujrati Mix. All the participants greatly appreciated his guidance regarding The Importance of Discipline, the Benefits and How to Achieve Discipline in practical and spiritual parts of our life. Manish Shah welcome Samanji at the center.



Jai Jinendra

Bhagwaan Mahaveer's Path of Spirituality

Saadhanaa – Shuddhi – Siddhi

Shree Shrutpragya Swamiji

(Founder of Peace of Mind Yogic Center)

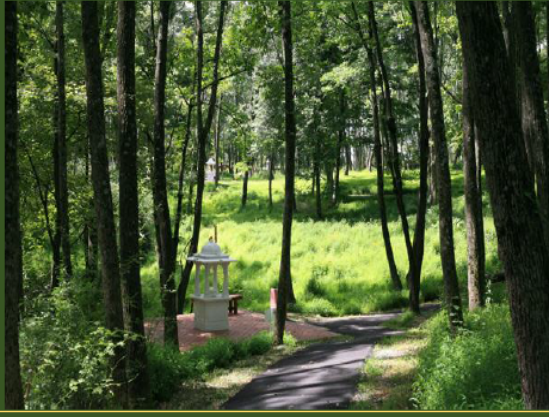
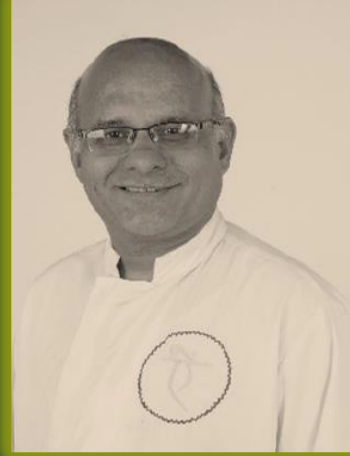
Friday August 19th 2016

thru

Sunday August 21st, 2016

@

Siddhachalam, Jain Teerth & Ashram,
Blairstown, NJ – www.imjm.org



We are blessed with Swamiji's visit to New Jersey and holding a Shibir. This Shibir will be held at **Siddhachalam Jain Teerth & Ashram**, surrounded by serene natural beauty. Most of us are familiar with Swamiji's effortless, eloquent speaking style which keeps you fully engaged on the topic and makes understanding easy. Swamiji's message is pure, simple and valuable for all age groups. To learn more about Swamiji please visit www.pomyc.org

**2 Days of discourses (Gujarati), active discussion,
Meditation, Pranaayam, & Yoga**

On the serene natural beautiful grounds of SIDDHACHALAM

Space is limited ---- Please register early

Recommended age 18 and up

Fee: \$ 180.00 (accommodation, 3 wholesome Jain meals each day)

For registration and more information - write OR contact

pomycshibirnj@gmail.com

Ranjan Shah -732 718 2575

Kanchan Shah – 845 356 4097

Thank you