

Journeys Across India



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Current & Upcoming Events

Current Events:

-Haridwar, Rushikesh Trip:

April 4th-12th, 2013

-Delhi Trip : Ahimsa Vishva Bharati

April 13th-15th, 2013

-Kumpli, Hospat – Karnataka Body Language Yoga Camp:

April 17th-21st, 2013

-Kutch – Gujarat Yatra:

April 29th-30th, 2013

Upcoming Events:

-Pravachan and Meditation at Jain Center Toronto, Canada:

May 17th-20th, 2013 Contact: Rohit Sheth

-Varshitap Parana at Parul Shah at Chicago, IL

May 21st, - 27th, 2013 Contact: Atul Shah

-Jain Center Anniversary Program at Tulsa, OK

May 29th, 2013- June 1st, 2013 Contact: Kanti Shah

-Satsang and Yoga Program at Wichita, KS

June 2nd-June 6th, 2013

.....Insiders Edition

This month is filled with many adventurous experiences and visits. We had the privilege of guest visitors that took us on a spiritual journey to various areas. This journey led to open our eyes to many different views and experiences.

The Spiritual Journey to Haridwar- Rishikesh -Delhi

The spiritual journey and events from 1st till 12th April 2013 shared by Shrutpragya Swamiji and friend of 20 years Graham Dwyer was a powerful and inspirational experience. In Rajkot meditation at Swamiji's Peace of Mind Centre and the interview Graham Dwyer gave to the Akila newspaper were all very successful. The interview published in the Akila newspaper brought a large number of responses, as well huge expression of interest in Swamiji's Centre.



Following on from the Rajkot visit Shrutpragya Swamiji and Graham Dwyer travelled together to Haridwar. There Swamiji conducted yoga and meditation classes to a large group of mostly Punjabi yatriya, and the classes were held at a splendid dharamshala arranged with the kind help and support of R.K. Agrawal. The Punjabi participants found Swamiji's yoga and meditation classes challenging and inspirational, and they requested his leadership and masterful guidance to continue.

However, both he and Graham Dwyer had to move on from there to the next holy dhama, Rishikesh. In Rishikesh Shrutpragya caught the imagination and interest of mostly western spiritual seekers. He met and shared thoughts and experiences with westerners from a variety of different countries. One Russian pilgrim in particular exchanged deep spiritual understandings with Swamiji and both gained mutual benefit from the encounter.

Finally, Shrutpragya Swamiji and Graham Dwyer travelled to Delhi and were received there by Dr Lokesh Muniji. Discussion about spirituality, peace and harmony in the world was a key topic of their deliberations, as well as enjoying good wholesome vegetarian food together!



Inside Scoop from Graham Dwyer...

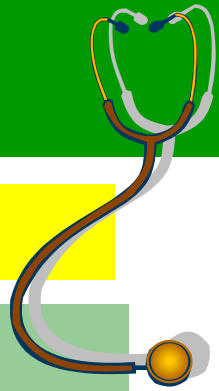
Graham Dwyer is a lecturer at one of the best university, Oxford, in London He met Swamiji for the first time in 1990 in Rajasthan. He then invited Swamiji in 1992 to Oxford University for 21 days to teach Yoga and lectures. He then reconnected with Swamiji in London in September 2013 during Paryushana, where he invited Graham to visit Peace of Mind Center in Rajkot. Graham decided to visit Swamiji in India, where they set up a program to visit Hardiwar and Rishikesh from April 1st-12th. Graham visited Rajkot as well and stayed for 2 days at Abhavalay to practice meditation and yoga. This was a wonderful trip and adventure in India.



Cookies & candies were donated to poor children



Health Corner



Throw Out Your Mental Garbage

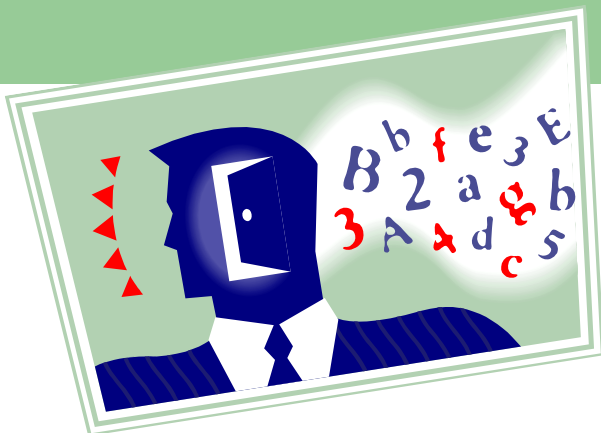
Once there lived a Zen master from Japan named Bankei. A philosophy professor from the University of Tokyo went to visit him. The professor thought, "Surely this master will be able to tell me about truth, religion, and God." He reached the ashram and the Zen master asked him to sit. The professor sat and immediately started asking, "What is truth? What is religion and God?"

Bankei slowly said, "Sit for a while. You are tired. You have climbed this mountain to reach here. You are short of breath, so relax. I will go make some tea. After you drink it, we will discuss. But it is possible that you may find the answer while drinking the tea and you may not need to discuss it afterwards."

The professor became confused. He thought, "I struggled to come here this far. This man seems to be out of his mind and not a master as I hear. How can I get my answer by drinking tea? What is the connection between tea and my questions? Besides, I drink tea at home everyday. There was no need for me to climb this mountain to come here to drink tea." Then again, he thought, "At least let me drink the tea, other than that I don't think I can accomplish anything here."

The master brought the tea. He gave the professor the cup and the saucer. From the kettle the master started pouring out the tea into the cup. The cup was soon filled and overflowed into the saucer too, yet the master was still pouring. The professor said, "What are you doing? The saucer is also already full. The tea will pour down onto my clothes. There is no space for even a single drop."

The master said, "That is exactly what I was trying to tell you. You want to know about truth, religion, God, but, is there any space in the 'cup' of your mind? Your mind is filled with attachments and aversions (Raag and Dvesh)¹. There is no space unless one makes some room first." The professor became scared and could not even finish his tea. He said, "I will come back when I have made some room in my mind." The master said, "O simpleton! When your mind becomes empty, God himself will come to you. You will not have to come here."
-Shrutpgraya Swamiji



Body Language Yoga Camp

From April 18th-20th, 2013, there was a Body Language Yoga Camp at Kampli Karnataka. There were 200 participants in the Yoga camp and 150 participants in the body language camp. The camp was arranged by Brahmakumari Ashram Kampli, Karnataka and Bharti Didiwas was the main motivational force behind these camps. Shrutpragyaji gave 3 lectures on 'Body Language and it's importance', 'How to read Face?' and 'How to know personality by hand writing and Signatures.' Shrutpragyaji also taught various meditation methods, the process of pranayam and yoga postures in Yoga camp. He also gave one sat-sang at Jain Upashray in Kampli and stayed at Mahavir Ranka's residence.



Latest Publications/DVDs

CD:

1. Jivan Ke Aaspas Rale

2. Jivanyatra Satsang



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