

Peace of Mind: May 2015

## Visits to the USA Centers

### Current Events

*“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host again difficulties”*

-Helen Keller

#### **Satsang at Dallas, TX**

Date: May 7 to 9, 2015

Satsang at Hindu Temple

Contact: [918-361-5937](tel:918-361-5937) ( Sangita Patel )

#### **Pravachan at Houston, TX**

Date: May 10 - 12, 2015

Jain Temple, Sugarland, TX

Contact: [281-213-9700](tel:281-213-9700) ( Pratima Desai )

#### **Shibir at Cincinnati, Ohio ( see detail in this NL )**

Date: May 15 - 17, 2015

Jain Center, Cincinnati, OH

Contact : [513-256-1041](tel:513-256-1041) ( Ashwin Parekh )



### Upcoming Events

#### **Pravachan at Denver, CO**

Date: May 22 - 26, 2015

Jain Sangh, Denver, CO

Contact: [303-513-2740](tel:303-513-2740) ( Dhiraj Soni )

#### **Private Trip to Chicago**

Date: May 27 - June 3, 2015

Contact: [630-428-1360](tel:630-428-1360) ( Dharmi Shah )

#### **Pravachan at Washington, DC**

Date: June 4 to 7, 2015

Chantilly, VA

Contact: [703-984-9075](tel:703-984-9075)

(Pinal Mazmudar )

[240-418-0360](tel:240-418-0360) ( Arti Choxi )

#### **Private Trip at Life Mission, NC**

Date: June 8 - 14, 2014

Contact:

[336-421-0690](tel:336-421-0690) ( Satyanandji Swami )

[919-467-2186](tel:919-467-2186) ( Ramnik )

#### **Residential Camp ( See detail in this NL )**

Date: July 24 - 26, 2015

Anubhuti Center,

820 Bel Marin Keys Blvd.,

Novato, CA



# *Mahavir Jayanti Celebration*

## **Cincinnati, OH**

Shrutpragya Saman ji came to Cincinnati and the Jain Center of Cincinnati-Dayton invited him for celebrating and giving knowledge on the occasion of Mahavir Jayanti. Saman ji will stayed here for four days from April 3 to 7 and gave the discourse on Life is Precious, Use Your Time Wisely, The Biggest Secret of Man, Refining your Intention. Saman ji also gave one talk on 'What we miss' at Hindu Temple. every one of Jain Sangh enjoyed his discourses and benefited from his wisdom. Jain sangh also inaugurated Shrutpragyaji's biography by Mahesh Shah, wrote by Kaushik Mehta. Saman ji was Hosted by Saileshbhai Patel's family.



Cincinnati Hindu Temple



## *Mahavir Jayanti & Shibir, Memphis*

Jain center of greater Memphis has celebrated “Mahavir Jayanti” on Friday, May 1<sup>st</sup> 2015. The event on Friday was honored by “Saman ji Shrutpragya”. His devotional speech on Lord Mahavira’s life and his principles taught us the lesson of Jainism. He told us the meaning of non-violence (ahimsa) which we can find and change to positive within ourselves. **Self-introspect**, he said is the key to bring non-violence within yourself.

Followed by Mahavir Jayanti celebration, we had an opportunity to join 2 day camp organized with Samanji’s presence on very important subject “**IMPROVING RELATIONS FOR A HAPPIER LIFE**”. Days in camp started with activities like Pranayam, Yoga and Meditation to be physically and mentally strong while bringing in spirituality in mind. “Full body relaxation” was another exceptional activity to relax the body and to learn mind concentration for relaxing the mind. Saman ji gave few tips to utilize the exercises in day to day life to keep ourselves emotionally and mentally strong.

The two day camp had 3 lectures on “Relationships.” Saman ji talked about various levers that are required in nurturing the relationships: Like Communication, Expectations, Forgiveness, Being Judgmental, Attachment are just a few. He explained how our perception, words, reaction, and judgement changes the relationship and way we look at people. One beautiful saying “we can’t change anyone, but we can change ourselves”. How we are from inside, reflects outside and impacts the people surround us. Camp was concluded with a small workshop where in we all shared our learnings and the things we are going to implement in our lives based on this beautiful transformation learning.

We all feel very much obliged for attending this workshop. It had immense learning and very touching with our day to day life. I have taken oath to start using the necessary ingredients in my life daily to keep myself happy and if I could make someone happy too associated with my life. We all have started doing a self-introspect daily to identify our weaknesses and improve them. We are very much thankful to Saman ji organizers Chanchala and Vinay Mehta for such a nice camp and workshop. We feel, we are **TRANSFORMED**. Looking for next one to attend and enhance our learning.



# Meditation & Discourse Series by Saman ji Shrutpragnya

## Hosted by: Austin, Texas Jain Sangh

Austin Jain Parivar, Texas hosted 5 day Meditation, Yoga and how to live life discourse series by Saman ji Shrutpragnya. Shrutpragnya used the analogy of comparing human's mind to a mirror, as overtime mirror collect; dirt and dust, which almost makes it very difficult to see, so a sensible person would often clean with a spray and clean cloth, in order to improve the visibility and see things clearly; human mind (soul) also accumulates dust in the form of materialistic values, hatred for others and jealousy, due to which it becomes very difficult to see our clear inner self and separate our emotions, feelings and see our inner self. Due to this the external behavior of humans starts to get impacted and thus whatever a human does with hatred, ego and jealousy it will only cause negativity and harm for everyone.

Saman ji explained that Self-Introspection is one such exercise and activities which can help remove such "dust from our soul and mind". Self-Introspection means; "to understand what weakness one has, accept them and then work on improving ones thoughts, actions and reactions. Lack of Self-Introspection causes unpredictable results for any other spiritual activities. One who spends hours, weeks or years performing religious rituals and activities and may not attain any spiritual heights, mainly if s/he does not do any Self-Introspection, but instead of someone does 10-15 minutes of Self-Introspection daily may gain lot more benefits and better spiritual growth. Lord Mahavir has specially emphasized on Self-Introspection. Here Saman ji educated us on four topics which is based on Jainism principal of Self-Introspection; 1) Secret of Life 2) Relationship 3) Human is a unpredictable being and 4) Foundations of Life. These four (4) lectures were held at; Kamini Pranav Shah, Parul Mukesh Kamdar, Pinky Pankil Matalia, Sonal Nirmal Khanderia, Saman ji also hosted Yoga and Meditation camp at Steiner Ranch Community Center. It is really commendable that Austin, Texas has 100+ Jain families.

Austin Jain Community is also actively working towards building their own Jain Center. Saman ji gave blessing for unity for Jain sangh. Saman ji was welcomed in Austin by Kilol Tejas Shah. He will now depart to go to Dumas and Lubbock, Texas.



## **Satsang at Amarillo and Lubbock, TX**

Saman Shrutpragya also visited Laxari Inn, Amarillo, Lubbock Satsang Mandal Hall, Irish inn, Muleshoe and Dumas, TX. They arranged Satsang on 'Understanding Your Anger', 'How to free from Fear' and 'Experiencing Inner Peace.' Ranjanben & Mohanbhai Patel, Kamleshbhai Patel, Varsha & Girish bhai Bhakta and Urmila & Praful Bhakta all arranged and hosted this Satsang.



## Say “Yes to Life” 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 camps and more.

**Theme:** ‘Yes To Life!’ *Positive personality through the path of meditation*

**Activities:** Yoga, Pranayaam, Meditation, Spiritual discourses and discussions

**Date:** Friday, July 24, 2015 5:00 PM – Sunday July 26, 2015 4:00 PM.

**Location:** Anubhuti Center, 820 Bel Marin Keys Blvd., Novato, CA

**Cost:** \$180 per person (accommodations and Jain meals) **Space is limited**

To make a reservation:

1. Please e-mail participant names, and phone number to [shah\\_mukesh@yahoo.com](mailto:shah_mukesh@yahoo.com)
2. Please write a check made out to ‘**Anubhuti Center**’ and mail to: Avni Shah 43245 Luzon Drive, Fremont, CA 94539

Detailed schedule and additional information will be sent directly to signed participants.

# YOU'RE INVITED!!!

HEALTH, HEALING, AND HAPPINESS MEDITATION CAMP!

JAIN CENTER OF CINCINNATI- DAYTON PRESENTS...

## *Three Day Camp on Health, Healing, and Happiness*

*With Swami Shrutpragyaji*

(Peace of Mind Yogic Center)

**Host:** Jain Center of Cincinnati-Dayton

**When:** Friday, May 15 5:00pm to 9:30pm  
Saturday, May 16 7:00am to 9:30pm  
Sunday, May 17 7:00am to 2:00pm  
**(Times are subject to change)**

**Where:** Jain Center of Cincinnati-Dayton  
6798 Cincinnati Dayton Road  
Cincinnati, OH 45044

**Phone#:** 513-252-7727

**Cost:** \$25 per person  
Includes Breakfast, Lunch, & Dinner  
Folder with Handouts, paper, and pen, etc. will be given

**SPACE IS LIMITED PLEASE REGISTER!!**

### **Health, Healing, and Happiness:**

Health, Healing, and Happiness are all connected to one another. If a person is happy they can heal faster, and by healing faster they can become healthier. To stay healthy there are five golden rules. To stay happy there are six golden rules, and to heal there are seven golden rules. We will discuss more about these golden rules at the shibir. At this workshop we will learn and do exercises on how to be healthy by ancient ayurvedic techniques, and how to heal ourselves for physical, mental, and spiritual fitness, and how to be happy, in every situation in life. Also we will learn about meditation, breathing technique, and yoga postures. Swami Shrutpragyaji is expert and he himself practice since last twenty-five years and conducted thousands of camp for spiritual awakening.

