

October 2019 Newsletter



Peace **OF** Mind
EXPERIENCE YOUR INNER BLISS



October Program

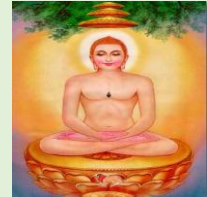
London Trip and Satsang (Oct 9 - 13, 2019)

1. Thursday, Oct 10th, 2019
Time: 4.00 - 5.30pm
Venue: 201 W Hendon Broadway,
Hendon, London NW9 7DE
Contact: Vinubhai Kotecha
+44 7956 847764

2. Oct 10th, 2019, Thursday
Venue: Hounslow Shakti Centre
Contact: Geeta Shah@+44 7832 345891

3. Friday 11th October 2019
Venu: 14 Mersham Dr. Kingsbury NW9
9PN
Topic: KNOW YOUR SOUL/ SELF
Time: 8.00pm to 9.30pm
Contact: +, 44 7956 847764

4. Rajkot - Abhavalay
Oct 15 - 30, 2019



Sneak peak inside this issue:

This month we held several shibirs in different USA cities and Vancouver. We also carried out paryushana, so do take a look here for details!

Please visit our website at
www.pomyc.org

YouTube link for Saman Ji's pravachan.

Jai Jinendra. Peace of Mind Foundation Rajkot will be regularly uploading Saman Shrutpragyaji's videos on YouTube. In these short clips, Samanji shares his wisdom on practical and current topics. We humbly request you to click the link below and subscribe so you don't miss a new video.

<https://bit.ly/2Iho0dN>

Pravachan@ Devdeep & Deena Shah's Residence on Sept 21, 2019

Pravachan By Shri Saman Shrutpragyaji on Saturday September 21st, 2019. At the home of Devdeep and Deena Parekh in Chicago, Saman Shrutpragyaji delivered an inspirational and spiritual lecture where 50 guests took part in listening to the inspirational and spiritual lecture. He focused on the importance of the life for setting out on the spiritual journey, and he outlined a 4 main stages of life. He provided practices for all stages to become more spiritually motivated individuals in each stage and step of life. This was an eye opening and powerful lecture to most of the guests. The key of the lecture was surrounded by how to create a more meaningful, peaceful and spiritual life. Samanji used very simple examples for everyone to easily understand his teachings. The lecture was then followed by a lively question and answer session. Saman ji simply touched our heart with warm feelings as we all were truly inspired by his lecture. Listen Pravachan@ <https://youtu.be/OAH8kmLYdZM>



Pravachan@ Vipuj and Amit at Naperville, IL on Sept 28,2019

In his recent visit to Chicagoland, Saman Shrutpragya was very kind and generous to grace our home in Naperville, IL. He blessed us and our daughters Myra and Inaaya. His presence created a divine aura and an atmosphere of Jain learning and curiosity. Along with us, we were fortunate to have 10 of our close friends attend his pravachan, followed by Q&A on the topic of Nayvad in Jain Dharma. He spoke about the 7 different types of Nay and how a deep understanding of them can help one lead a life of harmony. In essence, Nay is "gyata no abhipray". He described each Nay in detail with examples from day-to-day life that enabled everyone to relate to the concepts. We thank him for giving us this opportunity to learn from him.

Pravachan@ Kalpanaben & Arvindbhai Shah's Residence (Sept 23, 2019)

Pujya Samanji's visit on September 23rd, 2019 at Arvindbhai & Kalpanaben Shah's residence in Des Plaines, IL. On this auspicious day, their home was visited by many Shraavaks & Shraavikas and were fortunate to be part of Samanji's pravachan. The topic for the Pravachan was "Five things beyond KARMA".

Pujya Samanji started his Pravachan by briefly practicing Dhyaan. The Pravachan enlightened everyone with the knowledge on how one creates his own happiness and unhappiness in his life. Samanji stressed on, "One should avoid blaming their own Karma for their happiness & unhappiness".

He shared his insight on the following five essential items and how each individual can take ownership of these items. These items are within one's own control and are independent of karmas. He also shared useful tips on how easily one can adhere to daily practices for cultivating these items.

1. Punya - Increases with Seva & Tapasya
2. Prem - Unconditional equal love to every living beings
3. Prasannatta (Happiness) - Be happy with what you have and be thankful for having it.
4. Pavitrata (Soul Purity) - Never think of hurting anyone, be a well wisher for everyone
5. Krupa (Blessings) - Increase humbleness and receive Krupa from Guru, Parents. It is an experience. <https://youtu.be/QFPhJNqtqZc>



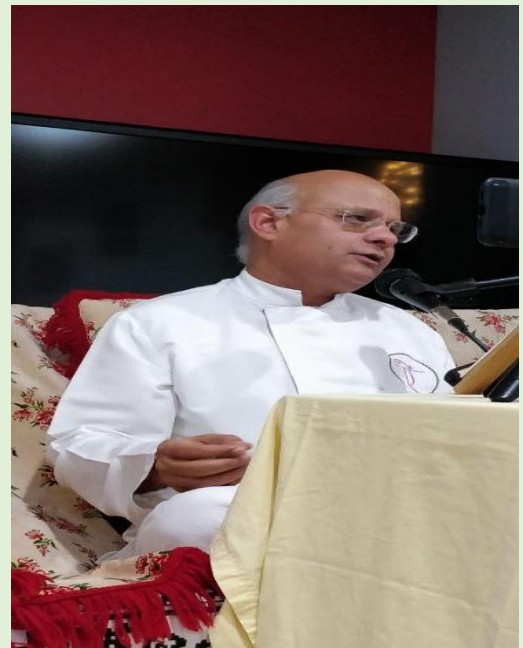
Pravachan@ Hemant Lina Shah's residence

This time in Chicago it was a very effective and successful approach to meet in a smaller group of devotees and present a Pravachan on a touching subject of daily life.

Saman Shrutpragyaji in his series of local gathering, at Linaben & Hemantbhai's home in Carol Stream presented totally new topic of "Madhur Sambadho na Sutro" and inspired about 50-60 people. On the occasion of Linaben's Atthai tap celebration and Hemantbhai's Birthday, Samanji gave his blessings and awakened the neighbors and friends with three keys of successful relationships in life.

Rishabh Shah, son of Linaben gave a wonderful introduction of Samanji. 90 minute lecture on this unique topic is also available now on you tube at this link: <https://youtu.be/NsCZtUs7Z2A>

Samanji is going to complete his lecture series in Chicago on this Saturday and coming back to Aabhavalay-Rajkot after his successful visit of USA.



Pravachan@ Bina & Nilesh Shah's Residence (Sept 27th, 2019)

Date: Sept. 27th 2019

Nilesh and Beena Shah, Naperville, IL

Topic: Five Steps: Life's Journey

Samanji was very pleased to be invited to present this topic to the some 50 participants who attended his pravachan hosted by Nilesh and Beena Shah. The five steps of life's journey covered were Active Phase; Inactive Phase; Retirement Phase ; Dependent Phase; and the Phase of Demise. His main message in the discussion emphasised that, although the whole of one's life should have a spiritual focus, this is especially critical after the age of 65. This, he explained, is because, if the end phase of life one needs to be free from attachment and desire and also without fear and other negative emotions. This then will bring an auspicious departure for one who is so spiritually oriented, as well as being greatly beneficial for that individual in next life.



Pravachan@ Minesh and Dipali residence (Sept 29, 2019)

It was great opportunity for us to have Saman Shrutpragyaji on my first Athai tap celebration. We are really very thankful to you for spending some time with us and provide some details about Jainism principals. Your Pravachan about '5 bhav' was really good and in very simple language to understand. It was really informative to live day to day life better way. For our kids it's a great privilege to listen to you and connect to our Jainism roots. My half family who are non-jain they also admire and thankful to you and us for inviting them for your beautiful Pravachan. Please give us opportunity to listen to you again and again in future when you visit to Chicago!

<https://youtu.be/sUO4eCk6JAK>



Cincinnati Trip

Saman Shrutpragyaji came to Cincinnati and we had 3 days of camp on theory of Karma. Our Sangh has always been ready for his amazing speech, mesmerizing lectures and his style of delivering Lord Mahavira's messages.

This time he taught us about theory of Karma.

What we think, what we say and how we act are deciding our Karma. He taught us that in all these three things our intentions are very important. We make our own destiny by having positive and negative thoughts, speech and Action.

Samanji also gave us insight into how we create our Sanskars.

If we continue to have same good or bad thoughts, speech and actions, we build our sanskars. They stay with us for not only in this life time but for many births. So he gave us freedom to choose our own bad or good destiny by doing bad or good Karma.

He also met with families in one on one sessions to guide us how we can move forward in our spiritual journey everyday.

We would love to have him next year to enlighten us more and also see our commitment to our spiritual journey.

Thank you Samanji from our sangh and please continue to shower us with your blessings.

Dayton, OH

Samanji also visited In Dr.Kamlesh Sanghvi's office and Englewood Reserve park, Dayton, OH, along with her wife Surekha and son Neel..

Samanji also gave pravachan at their residence



Pravachan at Dharmi and Atul Shah's residence on Oct 5th 2019

Saman Shrutpragyaji delivered a Pravachan at Dharmi and Atul Shah's residence on Oct 5th 2019, on the lessons for a spiritual life. The five lessons he specially covered include: Life without Purpose, Heart without feelings, Money without Satisfaction, Face without Smile, and Actions without Awareness. Through the words of Saman Shrutpragyaji, we were able to look at life from a better, positive perspective. It is stated that we must find our purpose, who are we, in life. One's purpose should not be through society but should come from ones heart, and our heart is only worldly when we experience feelings for others, not just ourselves; a tear of empathy for someone else is truly having a heart. The third lesson addressed is having no satisfaction towards money. One cannot be happy in life if they are not satisfied with what they have earned. If satisfaction is not seen today, then how will we be content with our growth in the future? In order to sense satisfaction, there must be happiness in our lives. Samanji's Pravachan allowed everyone listening experience joy through his real-world examples; smiling is the only way we can see the world positively. Finally, we must be aware of are actions. An example given was multi-tasking; how can we be aware of our actions if we, ourselves, don't know what our focus is? These are only a few examples, but Saman Shrutpragyaji's entire Pravachan really allows one to see the world in a different way. His overall lesson is that we must self- reflect to live a spiritual life.

