



Peace of Mind



December - 2022

Peace of Mind Foundation

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Feedback from Jain Class's Students



Vandami Namansami Samanji "Thank you" - a very small expression of my gratitude. Very blessed I am to join your online classes to get more knowledge and understanding of Jain Dharma. For more than four months' classes, I learned so many new things with better and clearer understanding. It touched my soul trying to apply and practice in daily life. It gives peace and stable relations with others. Thank you for giving your valuable time and prabhu knowledge for me to become a good shravak.

Panna Timbadia, Singapore

Jain Tattvagyan classes by Swami Shrutpragnya started on July 18th. He has covered many topics, from Navkar mantra, Manglik, Samayik, Karmasatta, Dharmasatta, Anekantdarshan, Miseries and happiness, karma theory, Jain Lifestyle and more. His style of delivery is very unique. He explains difficult subjects in a very simple way with lots of stories and humor, making them very interesting. He inspires us to follow Jain religion so that we are not afraid of the difficult times we might face. The positivity he spreads through his words makes us cheerful. The best thing about his talks is how we can imply the Jain principles in our modern times and give up all sinful activities, kashay and vyashan. His sermons are for our spiritual upliftment. I feel fortunate that we have him as our guru to guide us.



Ketki Shah, Chicago, IL



Thank You, Pujya Shri Samanji, for Blessing us with the Classes of Jain Dharma. Topics of the Pravachans in these classes are deep, and very helpful in understanding the Principles of Jain Dharma and how to apply them in our day-to-day life.

Vastupalni 7 Prarthana, that I had not heard about before, touched me so deeply, because Prarthana, if done with True Bhaav, can be so Powerful and Effective! I learned in this Pravachan that how the Prayers should be done, and what should we ask for, from the Almighty! Thank You so much Pujya Shri Samanji, for taking so much interest, time and effort for the benefit of our own Atma Kalyaan

Jyoti Mehta, Austin: TX

I have been keenly following Samanji's classes for the last several months. Samanji's way of explaining complex concepts in an easy-to-understand manner helped me learn several unfamiliar concepts of Jainism. I avidly listen to Jain discourses from various scholars and find Samanji's unique perspectives on Jainism most relatable.

I learned about the importance of the sangh members, the role and qualities of a trustee, and other officials to run the day to day operations of the temple.

His impeccable humor and practical tips can easily be adopted by Jains globally. I remain indebted to Samanji for his teachings over the past decade through his lectures, visits, and Jain classes. I humbly bow down to Samanji!



Smita Jain (Greenville, SC, USA)

Jain classes and lectures are giving us so much knowledge about Jainism that I have not even thought about watching any Hindi movie for the last few months. I have learned a lot from Jain lectures. I am implementing little little in day to day life as well.

Jain lectures have taught me the fundamentals of Jainism, which had enabled me to bear the death of my father and mother in a span of 13.5 months, without doing Aarta-Dhyaan while staying in Samataa Bhaav and Acceptance (Sweekaar) Bhaav.

Nilesh Shah, Memphis, TN – USA



has been great privilege to be a part of the online classes of PEACE OF MIND RAJKOT. Residing in a foreign land far away from the native place it sometimes feels aloof and deprived of great saints and gurus imparting knowledge of jainism and it's scriptures.

Yet it would be some fruits of our good karmas that we are blessed with such gurus who are eager and keen to shower their knowledge to people who have the thirst of acquiring knowledge.

Every topic selected is so vivid and vast explained with so much depth that one would not like to miss a single topic. His humorous, witty yet grave style of preaching keeps us hooked till the end and waiting for the next audio. I am very very grateful to Samanji for the selfless service and i would be forever indebted to him. Man vachan kaya thi khoob khoob dhanyavaad.

Mansi Shah, Vancouver, BC

We consider ourselves very fortunate that you have offered the spiritual teachings not only recently but in the past as well. During Covid you have started forwarding pravachans. You have also conducted online courses on Meditation, Yoga, and many more. I also noticed that your presentations are very appealing and were never boring. That's why so many of us are following you. Your command in both languages is excellent. I don't know where to stop! however you might have space limitations in your magazine, therefore, you may edit and/or delete as appropriate.

Shrutpragyaji, you are true hero in my books, because you are providing all voluntary services, not only us NRIs but also providing to locals in Rajkot and within India. That makes you a true hero!

**Mahendra and Saroj Shah
Centreville, VA USA**



Jai Jinendra, I have been listening to samanji's lectures as part of his online class on Jain Dharam which has been going on for about 6 months now. It has been very helpful in improving my day to day behavior as well as improved at how I look at things on a daily basis. Overall I feel, these lectures have been very helpful and I look forward to finishing the remaining part of the online class.

Anand Shah, Raleigh, NC - USA

Samanji's First trip to Melbourne: Australia



Nov 4 – 15, 2022

Jain sadharmiks in Melbourne have been very fortunate to have a visit by Saman Shrutpragya ji from Peace of Mind Foundation earlier this month. Samanji who has been a regular visitor abroad had decided to visit Australia in view to spread his knowledge & wisdom based on teachings of Prabhu Mahavir.

Samanji was in Melbourne between 4thNov and 15thNov and he also visited Sydney from 6thNov till 9thNov inclusive. During the 7 days period that Samanji was in Melbourne, we were extremely lucky to be part of a Swadhyay with him practically on a daily basis. The Jain community also gained the opportunity to listen to Samanji on Sun, 13thNov where a session was held specially for kids aged between 8 & 15 years old as well as another session for adults during a Shrut Samayik held at Melbourne Shwetambar Jain Sangh (MSJS) centre in Moorabbin.

Some of the topics covered by Samanji included “Five qualities of Spiritual Growth”, “Gratitude is a Miracle”, “Understanding and practising Dhyhan” as well as “Current day parenting tips and discussion”. Feedback from the kid and general public was well received due to the fact that Samanji made the explanations really simple to understand and it was very inspiring. Kids particularly enjoyed their sessions extremely well as Samanji was well versed to communicate in English.

We certainly look forward to more such sessions with Samanji in the near future with some members taking advantage of joining Samanji's Dhyhan session recently.

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Samanji giving Pravachan in Sydney: Australia



Satanish bhai Patel: Sydney with Samanji

power of Gratitude Shibir@Singapore



Singapore Trip

Nov 15-23, 2022

After more than 3.5 years, Singapore Jain Religious Society had the labh of having Samanji Shrutpragyaji in Singapore once again. SJRS's divine connection with Samanji goes back a long way and Samanji's last visit to Singapore was in early 2019 as he led SJRS members in an offsite shibir in Batam.

SJRS Management Committee took the opportunity to organise a weekend of activities with Samanji from Friday 18, Nov 2022 till Sunday 20, Nov 2022.

Samanji conducted a shibir on Gratitude that was attended by more than 80 members of the Sangh at the SJRS Sthanak. Over 3 sessions, SJRS members were guided on the importance and meaning of gratitude, the stages and direction of gratitude, and the characteristics of gratitude.

The shibir left a deep impact on those who attended who came to realise this most important quality of Gratitude as expounded even by Tirthankar Bhagwawan Mahavir to Gautam Swami. SJRS members were truly blessed and expressed their heartfelt gratitude to Samanji for helping them understand the greatness of Gratitude.

Samanji also organised a Swadhyay session on Jiv nu Kartavya with members of the SJRS Swadhyay group. The SJRS Swadhyay group was an SJRS initiative that was started after the Batam shibir based on the guidance from Samanji. Samanji was happy to note the establishment of the group and advised the Sangh members to give importance to this weekly activity and also ensure that everyone had the opportunity to take a topic and do deep study of the topic and share the findings within the Swadhyay sessions.

Samanji also had the opportunity to conduct separate sessions with Singapore Jain Shala children and the Young Jains of Singapore. SJRS Sangh is thankful to Sanjaybhai Mohnot who hosted Samanji at his home during this visit and also to all members of the Sangh who took the labh of hosting Samanji for gocheri. Samanji's 8 days in Singapore gave the opportunity to the SJRS Sangh and many members of the Sangh to rekindle their connection with Samanji.

Singapore YJS Seminar



Date: Nov 20, 2022

Youth Seminar Samanji Shree Shrutpragyaji's talk on Gratitude and Attitude was extremely beneficial to the youths. There were around 25 youths who came together for this talk on 20 November 2022. The word Gratitude helped us understand & appreciate people, things, ourselves much better. He went through with us the different kind of gratitudes and what the difference between attitude and gratitude was. He made us realise the importance of understanding oneself the best, and taught us to remain unaffected by external factors. Such a topic for the youth and understanding through the examples provided was easy. The session was also interactive to involve everyone, by samanji asking us questions.

The youths especially enjoyed the part where he showed how to hack our sleep via a yoga pose and when he made our youths do the pose as well! The meditation and the benefits of doing it everyday truly enlightened us all. Overall it was a really fun engaging session and the youths cannot wait for the next one!



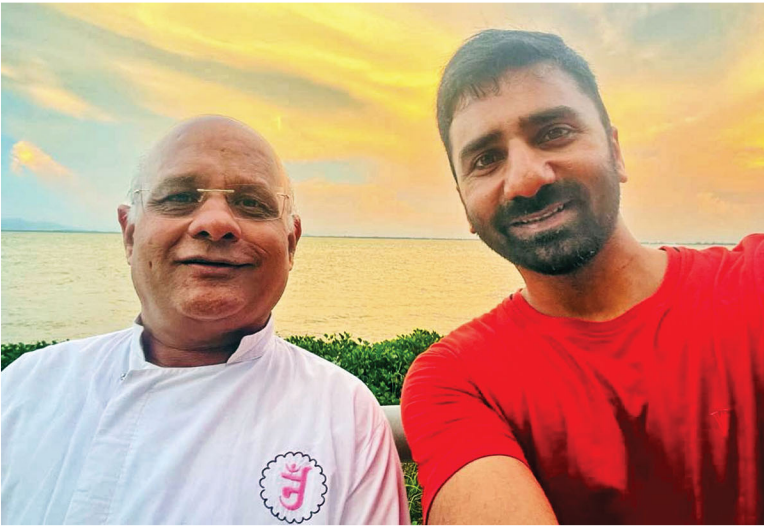
Samanji Malaysia trip: 2022



Samanji giving Pravachan at Melaka - Malaysia



Samanji trip at Ipoh - Malaysia



Samanji visit at Chitu Shah in Penang - Malaysia



Samanji visit at Melaka - Malaysia



Samanji hosted by Bharatiben
Vinodbhai Mehta's Family@KL: Malaysia

Nov 24- Dec 6

Samanji journeyed to Kuala Lumpur, Malaysia on 23rd of November, travelling there from Singapore where on arrival he delivered a pravachan in Gujarati. Samanji first stayed at Vinod bhai and Bharatiben's residence.

On Nov 25 and 26 Samanji stayed at Chintu Shah's residence, and on 27 Nov he spent one day with Taruben and Bharat bhai Jasani with whom he enjoyed a wonderful satsang. On Nov 28 and 29, Samanji gave dharm laabh at Melaka, as well as one satsang. Samanji then stayed at Jyotsna and Jiten Khandhar's residence. Until the 6th of December Samanji will reside with KL and have a one-on-one satsang there.

His Malaysia visit has truly been a great success. Finally, on the 7th Dec Samanji will depart for Mumbai.

JAIN TEACHER TRAINING PROGRAM

*Become an ambassador
for the Jain Dhama*

Coming soon!

Jain Teacher Training Program

This new and exciting program offers the perfect opportunity to become a qualified teacher of Jainism, as well as representing the Peace of Mind Foundation in your home country and abroad. It will deepen and build upon your existing knowledge of Jain teaching and practice and enable you to conduct key Jain religious festivities, such as Paryushan, under the expert spiritual guidance of Saman Shree Shrutpragyaji (Samanji).

Be ready!

Registration starts in 15th December 2023. The course begins on 1st March 2024.

If you are interested to enroll on the Jain Teacher Training Program and become an ambassador for the Jain Dharma, let us know by email:

pomyc.org@gmail.com

Whatsapp +91-9427312162

Peace of Mind Foundation, Rajkot



परस्परोपग्रहो जीवानाम्



Samanji : Upcoming Schedule

Date: Dec 10-16, 2022
Shibir@Modi School

Date: Dec 17-21, 2022
Puniya Tithi & Shibir
Sambodhi:Rajasthan

Date: Dec 22-27, 2022
Shibir@Modi School

Date: Dec 28-31, 2022
Guest from California

Date: Jan 1-7, 2024
Kutch & Sabarkantha Trip



Dr. Graham Dwyer (Gangaram) visiting Peace of Mind Foundation, Rajkot Gujarat on December 5th and he will do social & Educational work together with Samanji.