

Peace of Mind: May 2016



Spring Events

Upcoming Events

May 8 & 9 Varshitap Parana Program at Abhavalay, Rajkot.

May 15th 2016, Time: 10.00- 11.00am

Scholarship Program at Abhavalay Rajkot, Contact: [+91 9427366164](tel:+919427366164)

May 17th 2016, Scholarship Program at Kutch-Bhuj

May 25th 2016, Scholarship Program and Launching Science Department at Purusharth School, Bhanvad, District: Dwarka Contact: [+91 99 09 520165](tel:+919909520165)

June 3rd 2016, Time 9.00 to 11.00am

Vanue: Lake view resort, Behind khirasara palace, Kalavad road.

Village -motavada, Rajkot. Contact: [+91 98245 37536](tel:+919824537536)

Subject : Peace in Family

Rotary Club Baroda

June 5th 2016, Time: 7.00 to 8.00pm

Arranged by Rotary Club of Baroda Jawaharnagar (Inaugural Function of Golden Jubilee Year)

Keynote speaker :Saman Shrutpragya

(Gujarat) [See the card for detail]

An invitation card with a decorative gold border. At the top left is the Rotary Club logo. In the center, a red banner reads "Entering the Golden Jubilee Year of Service and Fellowship". Below this, the text reads "Rotary Club of Baroda Jawaharnagar". To the right is a globe logo with the tagline "Be a gift to the world". The main text of the invitation reads: "The President & the Members of the Board of Directors of the Rotary Club of Baroda Jawaharnagar invite you to attend their Golden Jubilee Year Inaugural Function". It lists the Chief Guest as "Shri O.P. Kohli, Hon. Governorshri of Gujarat" and the Keynote Speaker as "Saman Shrutpragya". The event is on "Sunday, 5th June, 2016" at "7 pm" at "Nandalaya Garden, Rajesh Tower Road, Gotri, Vadodara". It requests attendees to join for dinner after the function, starting at 6:45 pm. At the bottom, it lists the President (Rtn. PP Mohan Nimkar), Hon. Secretary (Rtn. PP Hemang Vahia), and Chairman (Rtn. Devanshu Vaishnav).

Life Awareness Program, Rajkot City

The Peace of Mind Foundation, the Navarang Nature Club and the Phulchhab Dainik Newspaper have collectively organised an awareness discourse series in which different societies in and around Rajkot are participating. Its main theme is to promote an awakening of well-being, particularly with awareness raised about healthy mind and body and the relationship between mind, body and spirituality.

The first event was arranged by the Neelkanth Society and was made possible with the help of V.D. Bala and the Society members. Kaushik bhai Mehta was the chief guest and Saman Shrutpragyaji was the main speaker. Sukhdevbhai Dangar also addressed the audience of more than 200 participants. The programs are continuing with various events planned up until the end of May.



Samanji addressing CA Students, Rajkot

Many students embark on a course of study in Chartered Accountancy but struggle a great deal. When they choose this as a course of study or profession, they often find it is not an easy task at all. Although admission to an institution to begin such study may be relatively easy, many students who do it do not succeed, with many of them also trying very many times to achieve their goal. For this reason many Chartered Accountancy students endure a great deal of stress and pressure and face a great burden, and all of this further disturbs their personal and social lives.

Fortunately, a large number of Chartered Accountancy students got an opportunity to meet Samanji Shrutprganaji, who gave his guidance to them. During his meeting with these students, Samanji discussed genuine heroic figures who faced tremendous burdens and hardship but overcame the difficulties and obstacles. He also gave examples from the Bhagavad Gita in a clear and easy manner of presentation, as well as offering the students very helpful and supportive tips from yoga tradition.

Samanji's inspirational guidance helped the students particularly in terms of dealing with the pressure of examinations. After completing his session with the students, they expressed how Samanji's words had been greatly motivational for them, making them feel fresh and renewed to tackle their studies and examinations with confidence.

Because of his invaluable words of support and encouragement, the students equally were very thankful indeed to Samanji Shrutapragya for visiting them and for giving up his time to be of help to the students.



TB Treatment & Support Camp at Bhanvad

Bhanvad-Dwarka district kindly arranged a T.B. treatment fair and camp, and Saman Shrut-pragya ji was invited by Bhanvad Mahajan Panorapod to inaugurate this for the benefit of T.B patients. Samanji explained that since Dhansulhbhai Mehta past away this is the first camp of its kind, and many young people took part in it, which is also welcome news for needy and poor people suffering from T.B. Guj.government, Dhara Sabhyo Mudji bhai also praised the camp initiative, and he about promised to raise support by taking help from the government. Mukeshbhai Sanghvi welcomed all the chief guests. Because of all the helpful donors all T.B families received more than 50 valuable items for home use. All patients were very happy indeed.



Sadhana and Shibir in Rajasthan

Samanji carried out 15 days of maun and meditation for personal spiritual development, and it was a great spiritual experience for him. Along side him, saint Shubhkaraji also did maun and spiritual sadhana for one complete month. After completion of this sadhana, Sambodhi Upvan arranged a three day meditation camp, and at this camp Saman Ji gave instruction on meditation and provided yoga and life style training. Saint Shree taught about Shrimadmad Rajchandra and spirituality. The whole shibir was a great success.



Samanji visit Vishwa Nilyam Institute

This sans that work with poor and slamm area sarounding Rajkot...Saman Ji and Javahar bhai visited this place and looked there great social work. Jitu bhai had welcome both of them.



Abhavalay Rajkot visitors

*Pritiben Jayesh bhai Doshi
and there families*



Kothariya Junction Program

Samanji and V.D.Bala address Kothariya Junction local people on April 27th on Live and help to live Subject. Samanji talked on Clean your surrounding, keep you body healthy, develop Understanding, keep your relationship healthy and live with honesty. ..V.D.bala saheb talked on environment and our duty.



Gratitude for Speech at Gondal

Pram Pujya Shrutpragnaji Swamiji Graced our function of "Mala Paheraman (Honouring) to Aaradhnas of Chairtra Aaradhna Updhan Tap.

He was invited to Address the gathering on importance of 'Dhyan ' in our daily life . Swamiji first of expressed high regards and tributes to 76 years ascetice life of " Ma Swami " pravartini charitnajayestha Jayvijayaji Mahasatiji who is 93 years old , the Function was held under her Auspices.

Swamiji then Explained the meaning of Dhyan in very simple language .He told various incidences of our daily routine life which involves Dhyan, Concentration and Meditation.

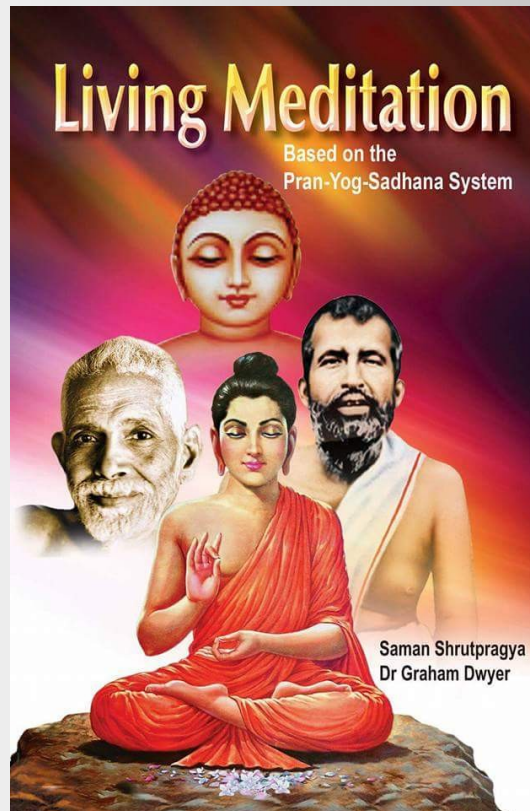
The Audiance was thoroughly engrossed in the thoughtful speech and expressed high honour to Swamiji .

We are grateful to Shrutpragnaji Swamiji for gracing the Occasion. Our Vandan and Abhinandan to Swamiji for the Noble Human Welfare cause which swamiji is pursuing throughout the Life and he is dedicated to the same .

USA Swadhyay Schedule for 2016

Saman Shrut-pragya ji Trip for 2016					
	From	Day	To	Day	City
	6-Jun	Mon			Baroda -Mum
	Jun-10	1:50	Depart	Mu	Flight-Chicago
1	Jun-12	Sun	Jun-16	Thu	Chicago, IL
4	Jun-17	Fri	Jun-19	Sun	Chicago, IL
2	Jun-20	Mon	Jun-23	Thu	Springfield
3	Jun-24	Fri	Jun-26	Sun	Atlanta, GA
4	Jun-27	Mon	Jun-30	Thu	Lubbock, TX
5	Jul-01	Fri	Jun-04	Mon	YJA - L.A.
6					
7	Jul-05	Tue	Jul-07	Thu	Milpitas, CA
8	Jul-08	Fri	Jul-10	Sun	San Diego, CA
9	Jul-11	Mon	Jul-15	Fri	Mayben, NC
10	Jul-15	Fri	Jul-17	Sun	New Jersey
11	Jul-18	Mon	Jul-21	Thu	Tulsa, OK
12	Jul-22	Fri	Jul-24	Sun	Fremont,CA
13	Jul-29	Fri	Jul-31	Sun	Tempa, FL
14	Aug-01	Mon	Aug-07	Sun	Memphis, TN
15	Aug-08	Mon	Aug-11	Thu	Austin, TX
16	Aug-12	Fri	Aug-14	Sun	Denver, CO
17	Aug-15	Mon	Aug-18	Thu	Amrillo, TX?
18	Aug-19	Fri	Aug-21	Sun	New Jersey
19	Aug-21	Mon	Aug-24	Thu	Wichita,KS
20	Aug-26	Sat			London
21	Sep-13				Mumbai
22	16-Sep				Rajkot

New Publication



Throughout the pages of this book the dynamic power of meditation to enable practitioners to realise and explore the inner world of being is explained clearly as well as celebrated. It shows that beauty, vitality and happiness so often obscured by the noise and confusion of the mind is directly accessible to everyone. Both for readers seeking peace of mind and for spiritually-oriented people everywhere, Living Meditation offers a practical approach to the discipline and joy of meditation.

This book is based on the wisdom and application of the Pran-Yog-Sadhana system, a system of building blocks that caters for beginners as well as experienced practitioners. In simple yet profound ways, the emphasis throughout the book is practice itself, and it will be of great benefit to anyone interested in doing meditation, whether they have never experimented with it before, or whether they wish to enrich and deepen their experience of it.

If you are interested order this book by emailing on pomyc.org@gmail.com