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Peace of Mind Foundation

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Prerna na Pragsthiya

આપણાં ઉછેર, ઉત્થાન અને ઉર્ધ્વગમનમાં કેટલા લોકોની મહેનત હોય છે? કોઈ વ્યક્તિ પોતાની વીતે આગળ વધી શકતી નથી. કેટલા બપા લોકોએ આપણો હાથ ઝાલીને આપણને એક પછી એક પગથિયાં ચઢાવ્યાં હોય છે? માણસ અગાથીએ પહોંચ્યા પછી આખી સીડીને જ ભૂલી જાય છે.

કેટલાક જુના અને કેટલાક નવા લેખકોના લેખ વાંચ્યા પછી મને મહેસૂસ થયું કે આ બપા જ લોકો કોઈકની પ્રેરણા અને પ્રોત્સાહનથી વિકાસના પગથિયાં ચઢી રહ્યા છે, ચઢી શક્યા છે. આનંદની વાત એ છે કે આ બપા લોકોએ પોતાના પ્રેરક વ્યક્તિઓનો પોતાની સ્ટોરીમાં ઉલ્લેખ કર્યો છે. કદાચ એટલે જ આ લેખમાળા પુસ્તકનું નામ 'પ્રેરણાનાં પગથિયાં' આપવાની પ્રેરણા થઈ. આ સ્ટોરીમાંથી એકાદ બે લોકોની સ્ટોરી તમારા જીવનની સ્ટોરી બનાવવામાં પ્રેરક બનશે તો લેખકોની લાગણીને તૃપ્તિ થશે.

-સમજ શુભપ્રજ્ઞ



Peace of Mind

: પ્રકાશન :

પીસ ઓફ માઈન્ડ ફાઉન્ડેશન

ભાગલાલ વિનાયક વાટિકા, જામનગર રોડ, મહાપાર બસ સ્ટોપ સામે,
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પ્રેરણાનાં પગથિયાં



સંકલન- સંયોજન
સમજ શુભપ્રજ્ઞ

The new book publication, of the Peace of Mind Foundation, "Prerna na Pragsthiya," was launched by Sant Shree ShubhkarANJI at his spiritual center in Rajasthan. The new book is comprised of 39 inspirational personal stories from both new and experienced writers. Sant Shree ShubhkarANJI gave his blessing at the launch for the success of this new exciting publication.



Program on the Occasion of Saman Shrutpragyaji's 53rd Birthday



Samanji himself does not feel it is important to celebrate his own birthday, as this should be reserved for the occasions of the birthdays only of great, self-realized souls.

Samanji believes that his birthday, however, is a valuable opportunity to do humanitarian work as a point of celebration.

With this in mind, on behalf of the Peace of Mind Foundation, he will travel to Bhanvad, Dwarka, Gujarat and distribute woolen blankets.....woolen blankets to those who do not have adequate shelter or warmth during the cold winter season.

In addition to this, he will meet with the 39 new and experienced writers who contributed to the new Peace of Mind Foundation, a book entitled "Prerna na Pragathiya," in Gujarati. They will have a special informal meeting and get together, as well as introduce themselves to one another. The 39 invited writers will also join Samanji in carrying out charity activities.

Dr. Narttambhai Palan from Porbander, Bhimsibhai Karmul (the Chief of Tapovan in Bhanvad) will also join the program.

Charity Activities in Sambodhi and Udaipur, Rajasthan and in Gujarat



The Peace of Mind Foundation's charity work in India is continuing successfully with the support of its kind donors. Its recent and ongoing activities include feeding and attending to the welfare of cows in Sambodhi, Rajasthan, with two months food for them provided.



During Diwali, Samanji also offered special gifts to the 10 member staff in Sambodhi. In the area close to and surrounding Sambodhi, he further provided special gifts to poor families there.



Following his Sambodhi visit, Samanji travelled to nearby Udaipur to support Senani VP Singh Sasthan in his work with children suffering from AIDS/HIV. On behalf of the Peace of Mind Foundation, Samanji donated supplies of medicines and treatments. He was warmly welcomed on arrival there by Nilima.

In Udaipur Samanji visited an orphanage for girls run efficiently by Mahila Mandal. Samanji delivered a hearting address there, which was highly motivational for all the girls and staff at the orphanage.

Samanji additionally went to Narayan Seva Sansthan in Udaipur, where he observed its work and expressed great happiness for what he learned there. He was accompanied on the trip to the institute by Dhruv Kumar Charan, as well as Jesangbhai and Mayurbhai.

Besides all these activities, Samanji has continued to provide many food kits, notebooks, track suits and scholarships to needy students and families.



35 Days Virtual Meditation Course



On November 3rd for 35 days, the Pran-Yog Virtual Meditation Course started with the blessing and design of Saman Shrutpragyaji of the Peace of Mind Foundation in Rajkot. This popular course has been made available in three different languages: Gujarati, Hindi and English. At the beginning of it, 600 people enrolled for it.

After two weeks, however, a small number did not do it with the necessary regularity and dropped out. In a way, this shows that it is not easy for lay people to do it consistently and certainly requires strong discipline as well as dedication. Nonetheless, Samanji is very happy indeed, since the vast majority of enrollees to

the course are doing it still and in a committed way. Even though many practitioners have found it hard, they have also found it both enjoyable and a spiritually uplifting experience.

Samanji himself has offered the course in Gujarati and in Hindi, while under his guidance Dr Graham Dwyer (Gangaram, from the UK, who has been doing meditation consistently for more than five years) has provided it in English.

On this virtual meditation course, seven different meditation sessions have been offered, lasting for a period of 35 days, with each meditation class being practiced for five days in a row.

Samanji and Gangaram are now planning at the end of the course to arrange a feedback opportunity for all those who have been participating in the virtual meditation program. This will take the form of a Q and A session. Once it has been worked out and established, we will inform all participants about it and let them know all the relevant details so that their experiences and thoughts can be expressed and acknowledged.



Community Services



Samanji met the Rajkot Department Head of Police and had a fruitful discussion with him about how effectively to manage tensions living with the Coronavirus problem in the city. Samanji gave inspirational and helpful advice to him on how to handle stress in the city and on how to become tension free. He was joined in the meeting by Dhruvbhai and Mayurbhai.

In October through November when the coronavirus pandemic had reached a critical point, Samanji stayed at Sambodhi Upwan together with Chintan Trivedi, Jesangbhai and Mayurbhai. Along with Jesangbhai and Mayurbhai, he enjoyed spiritual association throughout this time in the company of Sant Shree Shubhkaraji and had spiritually enriching satsangs with him.



Samanji's pravachan

The Peace of Mind Foundation online resources on YouTube® with Samanji's satsangs and boosting one's immunity system through Twinkle Pethad (in English) as well as special satsangs (in Gujarati). Please subscribe by visiting the link bellow and get tremendous benefit from it.

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



You can equally physically, mentally and spiritually gain enrichment from Samanji's exciting Blog (in Gujarati and English). <http://www.pomyc.org/blogs>

Upcoming Events

- December 6 & 7: Bhuj
- December 8 to 11: Rajkot
- December 12 to 20: Bhanvad
- December 21 to 31: Rajkot