

November 2018 Newsletter

Peace **OF** Mind

EXPERIENCE YOUR INNER BLISS



Upcoming Events

Saman ji's Upcoming Program in Oct 2018

1. Shrimad Rajchandra Sadhana Kendra –
Koba – Gandhinagar Shibir

Date: Nov 5 to 7, 2018

2. Kukma – Shrimad Rajchandra Ashram

Date: Nov 7 & 8, 2018

3. Visitors visit at Abhavalay, Rajkot from
Singapore

Date: Nov 9 to 17, 2018

4. Shibir at Various cities and Schools &
visitors visit at Abhavalay

Nov 18 to 27, 2018

5. Kenya Trip

Nov 29 to Dec 17, 2018

2019

Jan 1 – Jan 7 – Shibir in Schools

Jan 7 – Jan 13 – Guest from Canada

Jan 14 – Jan 20 – Guest from California

Jan 21 – Jan 30 – Shibir in Schools

Feb – 1 – Feb 15 – Singapore & Kuala
Lumpur Shibir

March 15 – June 15 – USA and Canada Trip



Sneak peak inside this issue:

This month we had a great time doing Project Aashta. We also participated in several shibirs and had the privilege to have several visitors at Abhavalay as well.

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>

The Third Annual Project Aastha is Starting Soon! --> Need your Help

The Third Annual Project Aastha will be carried out from 22 to 29 December 2018. The past two Project Aastha programs have been highly successful, and the Peace of Mind Foundation is delighted to announce the dates for the upcoming program this December. Five talented young individuals have already registered for it: one from Atlanta, two from Las Vegas, one from London, and one from India. The Peace of Mind Foundation still has spaces left to participate in this popular project for one or two more youths. So all young people interested to apply for this are encouraged to inquire and sign up for this now!

The Third Annual Project Aastha event will be carried out in the city of Rajkot and in the Kutch area of Gujarat. It will be coordinated by Taruben, Pallviben Doshi, Prafulbhai Mehta and Sandip Mehta. The NRI trip coordinator for this will be Saloni Desai from Atlanta, USA.

Project Aastha has been created to improve education and provide charity for local schools, hospitals, senior homes/shelters, and animal welfare. One of the main goals is to motivate students at some of the most severely under-resourced schools on the outskirts of Rajkot, Gujarat. This project offers true assistance for people in need by raising funds and supplying students with essential study materials and related provisions. Volunteers who participate in the upcoming December Project Aastha will also enjoy a spiritual retreat with a perfect mix of yoga and meditation daily. Volunteers will start their trip in Rajkot, Gujarat and travel to the region of Kutch, fulfilling the mission of making a true difference in people's lives there. At the end of the program they will make a special journey to a Jain Derasar in Bhuj, Kutch to reflect on their own spiritually uplifting experiences and on their good work which has directly helped themselves and others.

Volunteers will play an essential role throughout Project Aastha. In the process they will also be given the opportunity to experience amazing culture and cuisine and further learn much about the people of India, whilst developing their talents and skills. It will undoubtedly be the trip of a lifetime for all those participating as well as for those receiving the help!

The Peace of Mind Foundation feels assured that all volunteers who participate will find this cause uniquely inspiring, and it is for this reason that we ask for your support in any way that you feel you can assist and contribute.



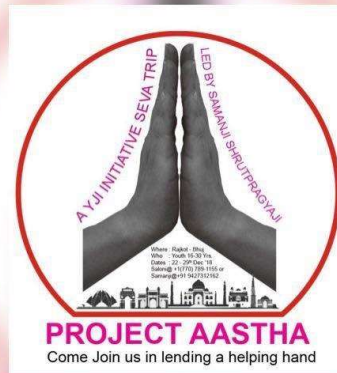
It is crucial to point out that throughout the whole of 2018 in the Kutch - Gujarat area there was not a single drop of rain. The government declared it as a Duary - Dushkal (a disastrous time for all - human and animal). Many cow owners have had to send their suffering animals to other parts of India in order to maintain their welfare. However, many dairy farmers do not have the provisions to ensure their cows are adequately watered and fed. Undoubtedly, many of these and other livestock will sadly become diseased and die because of the disaster. With the help of sponsors, the Peace of Mind Foundation on its part is committed to doing all that it can to alleviate this terrible suffering.

Attached you will find a sponsorship packet in which you can become a sponsor for any aspect or category you like, and thus become a welcome part of Project Aastha. Your kindness will directly enable the Peace of Mind Foundation appropriately to distribute to all students suffering hardship during this dynamic Project Aastha trip. Your help, therefore, is much appreciated, and we thank you in advance on behalf of all the needy students whose lives will be positively transformed as a result for your loving support.

The sponsorship opportunities list is below and you can sponsor as many as you can. For more detail about Sponsoring donation for this project contact by **whatsapp @ +91 9427312162** or **email to**

Pomyc.org@gmail.com

- 1 SPONSOR STUDENT KIT FOR ONE STUDENT (STATIONERIES AND NOTEBOOK) \$20
- 2 SPONSOR SCHOOL UNIFORM AND SCHOOL BAG FOR ONE STUDENT \$30
- 3 SPONSOR SPORTS EQUIPMENT FOR ONE SCHOOL \$40
- 4 SPONSOR ONE WIDOW'S WELFARE (1 MONTH) \$50
- 5 Sponsor One animal Care (Food) for one YEAR \$60
- 6 Sponsor special needs for orphanage Child (1 YEAR) \$75
- 7 SPONSOR NEEDY MEDICAL PATIENT (1 YEAR) \$100
- 8 SPONSOR food kit for Needy Families (1 time) \$125



Shibir at Sarojini Naydu Girls School, 8-10 October 2018

At Sarojini Naydu Girls School Saman Shrutpragyaji talked about Five A, Five B and 5 Five C Qualities. This was done during a three Shibir for 9th to 12th Standard Girls. Attitude, Appreciation, Activeness, Awareness and Ability were the Five As; Blessedness, Balance, Book Loving, Boldness and Brilliance were the Five Bs. And on the third day and final day of the Shibir Saman ji explained the Five C qualities – Calmness, Confidence, Cooperation, Creativity and Cheerfulness.

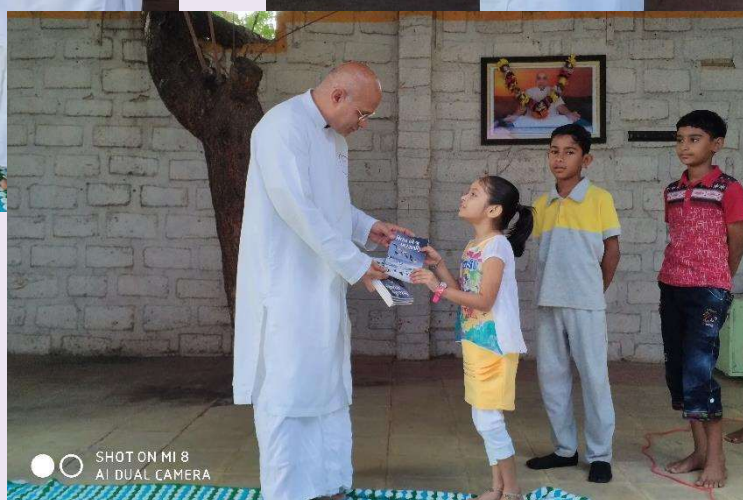
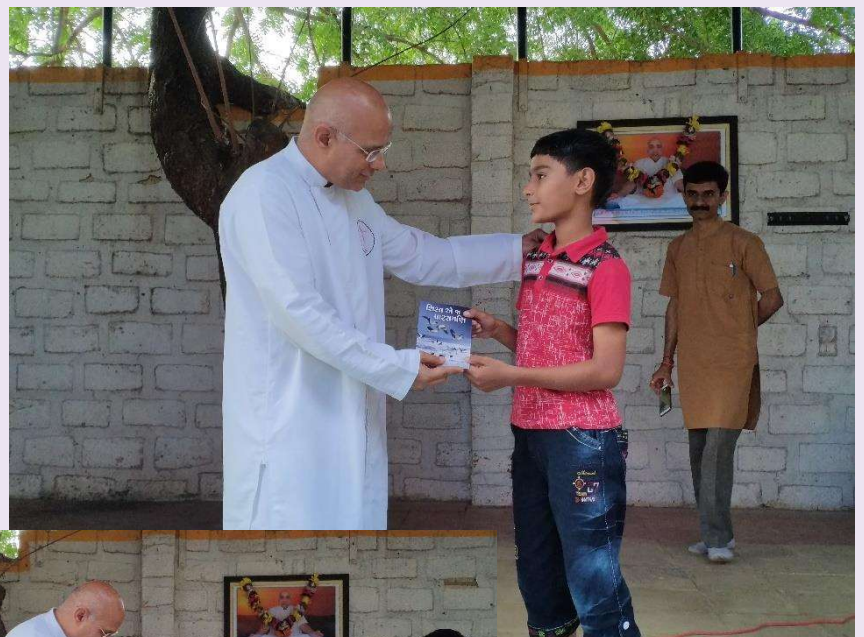
The Pricipal of the school Sonalben Fardu wholeheartedly welcomed Samanji; and on behalf of the Peace of Mind Foundation Samanji provided more than 2,000 notebooks, giving 50% discount to every student. All the teachers together with the Principal attended the shibir, which had a great impact on everyone who was present.



Counseling Programme Launch at Purusharth School - Bhanwad (Dwarka), 16 October 2018

Saman Shrutpragyaji visited Bhanwad, and on this important occasion it was to launch the school's innovative Counselling Programme for the benefit of both students and staff. Some 50 teachers and other staff members personally meet with Samanji in order to take his guidance for a successful and happy life. Also, more than 100 students participated, as well as taking guidance from Samanji regarding various difficulties they have been experiencing.

Samanji listened carefully to individual students and teachers and helped them to establish appropriate solutions for dealing with problems. In addition, he delivered a pravachan on Karma Siddhant and responded to all questions from teachers. Bhimsibhai, the Managing Trustee of the school, welcomed Samanji and offered sincere thanks to him. It was a very successful and useful event for all students and teachers. With the successful launch of the new counseling programme completed Samanji believes that this should now be rolled out widely so that other education institutions can benefit from it. Please see the Youtube link below about this programme:



Motivational Speech and Send Off Ceremony at M.D Mehta Girls School - Dhrol

This event was arranged by the M.D. Mehta Education Trust on 29 November 2018. Samanji delivered here a motivational talk on Five Ds for students: Dreaming, Daring, Determination, Doing and Discipline. These are the best qualities students can possess and develop, he stated, pointing out first of all that great people always dream with open eyes and that this means they equally always think big, as well as exploring great ideas.

Samanji said that students need to have daring power to combat any difficulties that arise, with the power of determination to do meaningful projects. Students must additionally be active and free from laziness, Samanji insisted. Finally, a student's life needs to be disciplined at all times, he taught. Samanji himself provided numerous examples of good and great people.

Dr. Harsukhbhai Mehta, Chairman of the M.D.Mehta Education Trust, gave his blessing and expressed his happiness to meet with Samanji and to listen to his speech. At the event two groups of students presented, with a cultural dance that was both delightful and enjoyable. The Department Head, Shobhanaben, gave a speech as well, and Varshaben also shared information and thoughts about school life and experience. Dhruvkumar Charan kindly attended the programme with Samanji. Samanji is thankful to him and to the school's Chairman Dr. Harsuhbhai Mehta from Mumbai Secretary and to Shri Sudhaben and Hansaben for addressing students and staff. The event also afforded the opportunity to carry out a special Send off Ceremony for Varshaben Bhalera.



Programme at Shriji Gaushala, Jamnagar Road, 22 Oct 2018

Saman Shrutpragyaji was invited here with the Jalsa Group Focused Yoga Class in Rajkot to give a talk. He delivered a discourse on the topic: Small Things are the Most Important. Mr. Vagasia introduced Samanji, and the programme coordinator was Mr. Rambhai who offered Samanji his heartfelt thanks for the enlightening discourse he delivered. More than 200 participants attended and greatly enjoyed the programme and speech. Some participants celebrated their birthdays at the event, and the Jalsa group congratulated them all.



Saman ji Visited Gadhedhad and met Respected Lalbapu at his Ashram on Oct 21, 2018. Saman ji address people and motivate them for Spiritual Sadhana



Saman ji Visited Padadhari and looked the environmental work which is done by Sadbhavana Seva Trust (Vijay Dobaria), Rajkot. He Grows more than 200 thousand trees surrounding Rajkot District.



Visitors

Dr.Harsukhbhai Mehta, Chairman of M.D.Mehta Education Trust visited Abhavalay along with Sudhaben and Hansaben on 30th Oct 2018.



Visitors

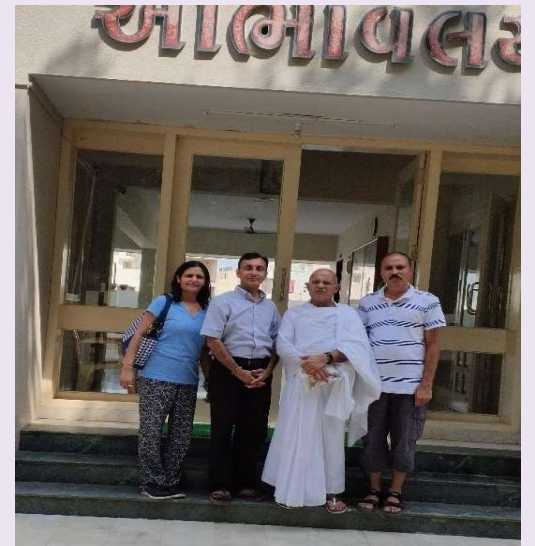
Dhruvkumar Charan visited Abhavalay and he has nice Satsang with Samanji from Oct 28 to 30 Oct 2018.



Mahila Mandal Chennai visited Abhavalay, Rajkot and did the one hour Satsang with Saman ji.



Yogeshbhai, Nisha Jani from Chicago, IL and Sandipbhai (Kakubhai) visited from Nadiyad, Gujarat and spend time and did Satsang with Samanji.



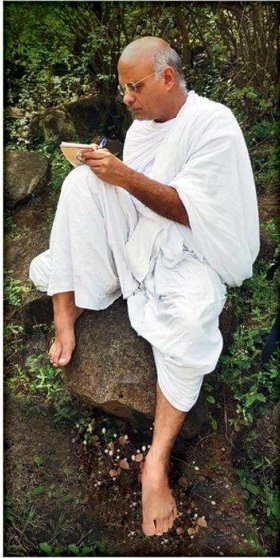
Niyati Vij and Dinki Shah visited from Surat from Oct 19 to 21, 2018 and spend time with Saman ji.



જીવન કળા સમણ શ્રુતપ્રજ્ઞજીના મનનીય ભાગ-૧

૧૫૦ થી વધુ પ્રવચનો

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|----|-----------------------|-------------|
| 01 | જીવનનું મેનેજમેન્ટ | (9 પ્રવચન) |
| 02 | જીવનની આસપાસ | (8 પ્રવચન) |
| 03 | જીવનની આરપાર | (4 પ્રવચન) |
| 04 | નવતત્ત્વ | (4 પ્રવચન) |
| 05 | આઠ કર્મ | (7 પ્રવચન) |
| 06 | પ્રભુ તું ચાદ આવે | (સ્તવનો) |
| 07 | જૈન પ્રવચન | (6 પ્રવચન) |
| 08 | જીવન દર્શન | (5 પ્રવચન) |
| 09 | ધ્યાન - વિજ્ઞાન | (3 પ્રવચન) |
| 10 | મોક્ષમાર્ગ | (5 પ્રવચન) |
| 11 | ગીતા દર્શન | (5 પ્રવચન) |
| 12 | ચક્રોની શક્તિ | (6 પ્રવચન) |
| 13 | ધ્યાન - પ્રયોગ | (3 પ્રયોગ) |
| 14 | જીવન દષ્ટિ | (20 પ્રવચન) |
| 15 | મંત્રોનું વિજ્ઞાન | (8 પ્રવચન) |
| 16 | વાસ્તુનું મહત્ત્વ | (1 પ્રવચન) |
| 17 | જીવનનું આયોજન | (10 પ્રવચન) |
| 18 | જિનવાણી | (3 પ્રવચન) |
| 19 | જીવન પરિવર્તન | (7 પ્રવચન) |
| 20 | ધ્યાન - ત્રણ ચરણ | (3 પ્રયોગ) |
| 21 | જીવન યાત્રા | (7 પ્રવચન) |
| 22 | દૈવી સંપદા | (5 પ્રવચન) |
| 23 | ભાવ સંતુલન | (10 પ્રવચન) |
| 24 | મારું મન : મારી શાંતિ | (7 પ્રવચન) |



Jivan kada: New Pan Drive

16 GB
Flash Drive

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સહયોગ : ડૉ. ચંપાબેન વેલજીભાઈ બીડ