



PEACE OF MIND

PEACE OF MIND YOGIC CENTER, USA
PEACE OF MIND FOUNDATION, INDIA



Swami Shrutpragyaji's October 2011 NEWSLETTER

'The person who regularly recites mantra attains liberation from the fears of disease and death.'

New CD and Discourses

BOOKS

Jivan Jivavani Kala
Parivartan
Prarabdh Nu Puspa:
Purusharath Ni Sugandh
Turning Point

New CD and Discourses

MP3 sets:

Hindi:

Moksh Marg Satsang
Management Satsant

Gujarati:

Jain Dharma Satsang
Management Satsang
Power of Chakra Satsang

*any further questions, can
contact by email:
Pomyc.org@gmail.com*

Books Are Available at:

GEORGIA

Kaushik Desai - (770) 476-3874

ILLINOIS

Dharmi Shah - (630) 428-1360

NEW JERSEY

Dr. Champa Bid - (973) 533-1942

OKLAHOMA

Aruna Shah—(918) 605-8805

Current Activities

Midwest Youth Convention

Date: August 12th-14th
Topic: Modern Jain: One Soul, Two Selves, Three Principle
Location: Holiday Inn
Rolling Meadows, IL
Contact: Piyush Gandhi (630-765-0872)
youth@myjsmc.org

Paryushan Mahaparva:

Date: August 25-September 11th:
Location: Cincinnati, OH
Contact: Ashwin Parekh -
parekhash@aol.com

Discourses in Lansing, MI

Date: September 15-18th
Topic: Karmic Account
Contact: Dhiraj Shah
(shahassoc@yahoo.com)

Power of Mantra Shibir

Date: Sept 23rd-25th
Location: Vraj, USA
Contact: Dr. Champa Bid
(www.pomyc.org)

Upcoming Activities

Discourses:

Date: October 10-13th
Location: Memphis, TN
Contact: Chanchala and Viany Mehta
cvnmehta@yahoo.com

Date: October 14th– 16th
Location: Atlanta, GA
Contact: Janak and Indira Shah
janak48@yahoo.com

Date: October 19th-23rd
Location: Fresno, CA
Contact: Tansukh Bhakta
805-466-0794

Date: October 24-26th
Location: Sacramento, CA
Contact: Jagdish Shah
916-751-6708

Date: October 27-30th
Location: Milpitas, CA
Contact: Ramnik Gohel
Ramnik_gohel@yahoo.com

Date: October 31st-Nov 2nd
Location: San Diego, CA
Contact: Narendra Sheth
NarendraSheth@jivdaya.org

Power of Mantra Shibir

This was the first time I attended the shibir and felt a tremendous shift in my being. I have been going to Washington DC temple for many years now and am not the typical religious person. I do believe in spirituality and have been looking for spiritual leaders who put more of an emphasis on the goal more than the path. Being raised in a strict Jain family, I was having trouble accepting my quest to be in alignment with the Jain principles I was raised with. I felt like I did not know where I belong.

Swamiji and all the shibirarthis have given me so much hope and cleared a huge mental block that I had. I can't thank Swamiji enough to help me see that I was not wrong in being non-traditional and worshipping non-Jain saints and believing in the good of the soul. I wish we had these shibirs more often, but was a wonderful experience. Thank you very much

- Bindu Bhavsar

I would like to say a huge thanks to Swamiji for amazing training and excellent knowledge you have given us. You have given us amazing positive approach through mantra, prakruti, brahamand, and surrounded us with blessings, positive energy.

It was sincere bhaav of camp to happen and by god's krupa and power to have us meet during kids camp in Shri nathji. And his amazing dedication to vray opened favorable doors. It is true and godly experience that happened in our life and sankalp for something good came true. We should obey what we learned from shibir and it is prakruti that transforms due to good bhavna and positive vibrations.

- Arti Choxi



Power of Mantra Shibir

Peace of Mind Foundation brought a wonderful 3-day shibir at the divine abode of Shrinathji in the beautiful terrains of Vraj, PA. The vibrations of the temple area provided were optimal to dive into the depths of yoga, mediation, and mantra sadhna. The shibir was held Sept 23-25th and included 55 participants varying from Maryland, Pennsylvania, Chicago, Virginia, New York and New Jersey. It was a wonderful mix of spiritual people ready and eager to grasp the knowledge rendered by Shrutpragyaji Swamiji about Mantra Sadhana to assist in living a fulfilling life.

'Everything is a form of energy', is how the first day began along with meditation, yoga and pranayam. Swamiji taught us how energy, once awakened, can accomplish many siddhis. His vast knowledge about Yoga Sadhana tied together Mantra and Energy. He explained about the different types of mantras and their efficacies, uses, and mantras as tools to take us forward in our spiritual quest. He shone light on the prowess of mantras for anger management, relationship enhancement, depression antidotes, and ways to achieve a healthy mind and body. Swamiji also explained that the mantras do not belong to certain religion or cult. The Om mantra is universal. The Navkar Mantra does not have any Jain deity worship, so we should surrender to the divine forces and reach out to Vitrag in each being.

We had a fun filled and busy day with discourses and meditation. We practiced kayotsarg, which helped assist the body in complete relaxation and Swamiji said it takes away our fear of death. We even observed Maun Vrat or no talking for a few hours to experience the preservation of our energy and see how much peace and calmness it brought to our minds. At the end of the three days, it was very life altering and brought new beginnings. We truly appreciated everyone's hard work and the amount of wisdom we learned and can apply to our day to day life. (prepared by Bindu Bhavsar)

Shibir News was covered in Akila news paper and article can be seen by visiting:
http://www.akilaindia.com/2909/news_html/main33.html



Exploring Lansing, Michigan

From September 16th to 18th, Swami Shrutpragyaji visited Lansing, Michigan and gave a program for three days. He spoke at the Bharatya Temple and all Jain and Hindu families had participated. We had a good turnout and hope the audience gained something new!



Exploring Edison, New Jersey

On September 29th, Swamiji visited Senior organization ISONJ along with Tansukhbhai Maru and others. Shree Ramanbhai Shah, Rameshbhai, Rajubhai, Himanshubhai and Ushaben Shah, Vinubhai Patel, Chandrakantbhai Shah and Dr. R.D. Patel, and members of the ISONJ were present. Swamiji performed a brief Navakar Mantra prayer here.

Swamiji visited Gujarat Darpan Magazine office, where Subhash Shah and Kalpesh Shah welcomed him. Dr. R. D. Patel, Social worker Josephbhai Paramar, Naranbhai Patel were also present. Swamiji donated a set of his books to the Gujarat Darpan Gujarati Pustakalay.

Swamiji also visited Yogita and Bharat Kotak at Jalaram Sweets. Yogitaben is a daughter of Rajkot Mayor Shree Janakbhai Kotak "Raja". Swamiji's Peace of Mind Foundation HQ is in Rajkot. It was a courtesy meeting. Bharatbhai Kotak discussed to support for Students' Scholarship and Textbooks support for the needy program by Raghuvveer Sena Trust. During Swamiji's Edison, NJ. visit, Kaushik Amin of Gujarat Foundation remained present.

