



# May 2012 Newsletter

## Current Events

### Inside this issue:

Singapore Youth	2
Singapore Feedback	4
Thankful Feedback	6
Health Corner	7
New Publications	8

### BOOKS

Jivan Jivavani Kala  
Parivartan  
Prarabdh Nu Puspa:  
Purusharath Ni Sugandh  
**New CD & Discourses:**  
**Hindi:**  
Moksh Marg Satsang  
Management Satsant  
**Gujarati:**  
Jain Dharma Satsang  
Management Satsang  
Power of Chakra Satsang

### Books are Available at:

#### GEORGIA

Kaushik Desai - (770) 476-3874

#### ILLINOIS

Dharmi Shah - (630) 428-1360

#### NEW JERSEY

Dr. Champa Bid - (973) 533-

#### OKLAHOMA

Aruna Shah—(918) 605-8805

### Singapore Jain Religious Society

**Date: April 27th-May 3**

**Topic: Pravachan, Shibir**

### Shantiniketan at Ippoh -MA

**Date: May 5th (pravachan) & May 6th (shibir)**

**Contact: Bharat Jasani [shantiniketan\\_my@hotmail.com](mailto:shantiniketan_my@hotmail.com)**

### Gujarati Vanik Association

**Date: May 7th**

**Location: Malacca - Malaysia**

### Pravachan at Masjid Tanah Malaysia

**Date: May 8th**

**Contact: Mukund Shah ([mahek\\_jaan@yahoo.com](mailto:mahek_jaan@yahoo.com))**

### Pravachan at Kuala Lumpur

**Date: May 12th, 13th**

**Contact: Kanti Sheth ([prabodh@cleveredge.com.my](mailto:prabodh@cleveredge.com.my))**



## Upcoming Events

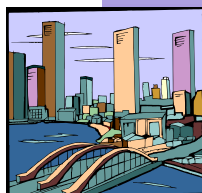
### Mumbai Visit

**Date: May 15 to 18th**

**Contact: Tushar Gosalia # 022- 24075600**

### Shibir In Rajkot Central jail

**Date: Last week of May**



# Discourse with Jain Youth of Singapore

On the 28<sup>th</sup> and 29<sup>th</sup> of April 2012, the youths of Singapore Jain Religious Society had a fun-filled and very informative session with Shree Shrutpragya Swamiji. A group of approximately 15-20 youths attended the Saturday afternoon and Sunday morning session where Swamiji covered two topics; “Who’s Life is the Best Life” and “Healthy Habits”. These topics were aimed to help us as students manage our time better as well as reduce the stress and pressure we face from the demands of schoolwork. Swamiji first started off the session by demonstrating a few useful meditation techniques to improve memory power, concentration as well as focus. Subsequently, he began his interactive session, engaging and involving all present in his discussion of the above topics.

Points such as time management, attitude, power of words and present living vs goal oriented living were covered to demonstrate the characteristics needed to ensure that we too can have the best life. **“Great things always begin from within”**. Our attitude and the words we use can shape our thinking and our actions and the message for the day was to always manage your time while maintaining a positive attitude and do not always be stuck in the future but instead take time to enjoy the present as well.

The youths present were also taught about simple healthy habits that could go a long way in helping keep our good health as well as low stress levels. Swamiji kept us laughing non-stop while we still grasped the important points such as waking up early, eating properly, respecting our elders as well as time management and to keep away from electronic addiction. The close interaction we had with Swamiji and his ever-smiling presence made the sessions extremely fun-filled and fruitful ones and we were all sorry when the session came to an end. We certainly hope to have many more sessions with Swamiji in times to come.

*Report from Sonam Damani*

# Discourse with Jain Youth of Singapore



# *Journey in Singapore*

At the invitation of the **Singapore Jain Religious Society (SJRS)**, respected Shree Shrutpragya Swamiji visited Singapore from the 27<sup>th</sup> of April 2012 to the 2<sup>nd</sup> of May 2012. During the course of the visit, over 188 members attended and Swamiji held 3 Pravachans and a one day shibir at the Sthanak of the SJRS.

We had 4 enriching days of Yoga / Meditation / Pravachans and Question and Answer sessions catering to the needs of members of all ages starting from children as young as 4 years old to the senior citizens above 60years old. All the sessions were very well attended and the one day shibir was a tremendous success.

During the course of the 3 Pravachans the following topics were covered - Who Determines your Destiny? ( कौन बनाता है आपका भाग्य?), *What Is Inner Peace and How To Achieve It?* ( માનસિક શાંતિ અને તેના ઉપાયો), How to Fix Karmic Account? (કર્મનો હિસાબ-કિતલબ). Yoga and Pranayam sessions were held in the mornings of the 28<sup>th</sup> and 29<sup>th</sup> of April. On the 29<sup>th</sup> of April, Swamiji had exhilarating sessions - with the Jainshala students (children below 12yrs).

On Tuesday the 1<sup>st</sup> of May Swamiji held a one day Shibir on the theme '**The Science of Life and Death**'- which had 3 sessions covering the following topics: જિંદગીમાં શું ખૂટે છે?(What is lacking in our Life?), સંબંધોની માયાલી દુનિયા.(Relationship in the real world ), મહાપુરુષોની નજરે મૃત્યુ શું છે? What is death in the eyes of great people).

Swamiji held the attention of the people through his unique way of explaining difficult topics in very simple language giving practical examples which helped the people attending to understand and grasp the subject being discussed. In order to ensure that the attention of everyone was focused on the topics being discussed Swamiji made use of humor and anecdotes which lightened the atmosphere as well as raised the level of interest in what was being discussed.

Shrutpragyaji also invited by **Mayur and Rupal Ghelani** on April 30<sup>th</sup> for Satsang at his residence.Swamiji gave 90 Minute Satsang on 'Body: Mind & Soul'.People also learned Meditation from Swamiji.about 40 Mumukshus Participated in the Satsang.

*Report from Bharat mekani*

# *Journey in Singapore*



# A Very Thankful Feedback!!

*Jai Jinendra Shree Shrutpragya Swamiji,*

*I am aware, inspired, encouraged and provoked to take actions in my life from your teachings. You might not remember me. My name is Sarika Parikh and I met you in Milpitas temple during your 2011 visit. While you were here, I attended few and missed few of your lectures. I was very fortunate to have access to your recordings in CD. I purchased 18 recordings and two books Anger and Stress Management. I have been listening, re-listening, taking notes, self-analyzing and now recently reinforcing sankalp's to enlighten my inner self. I could not express my gratitude to you in words fully. Please accept my Dhanyavad from bottom of my heart.*

*I have two kids 8 year daughter and 5 year son. In one of the lecture you mentioned that one day you will elaborate topic of teaching parents how to pass values to their children. I am very much interested in learning how to better parent in Jain ways. Me and my husband both come from Dharmic family from Pune, India. Yet, at this stage of life, I feel, I wish, I was more aware from childhood. What can I do now so my kids do not feel the same way as I when they grow up. How can I inspire them to realize correct "Lakshya" in life?*

*Sincerely,*

*Sarika Parikh, Milpitas, CA*

# Health Corner: Main Causes of Heart Problems

## Mental Stress:

Today's society is filled with competition, materialism, and the desire for physical luxuries, which results in the increase of mental stress. Mental stress is often a primary cause for heart diseases. An abundance of ambition and the need to always be ahead causes people to adopt a hurried and speedy lifestyle, which adversely affects the heart.

## Vices:

People become addicted to vices in order to free oneself from mental stress due to peer pressure or momentary pleasure. People smoke to avoid stress. Today 'Gutka', a form of tobacco, is becoming a silent killer. Even though one may experience momentary relief by using these substances, it is due to a temporary stimulation of the nerves of the brain. Frequently, induced stimulation of these nerves reduces working efficiency, thereby resulting in a variety of diseases.

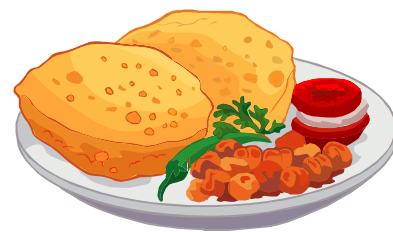


## Lack of physical work:

In our society, individuals lead a life devoid of any physical work. The lack of physical activity causes the heart and blood vessels to lose their elasticity and therefore causing the growth of heart related problems.

## Consumption of fatty foods:

Any ghee (clarified butter) and oil like substances causes the body to become obese. Obesity hinders functioning of the heart. In addition, all of these foods increase cholesterol causing blockages in the arteries and obstruction of the flow of blood, which causes the heart to work even harder. Such a lifestyle may lead to the eruption of the arteries.

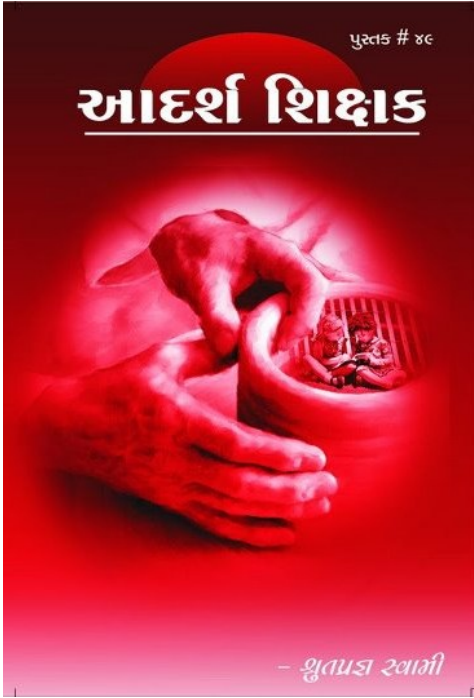


**Diabetes:** People with diabetes are at a higher risk of experiencing heart complications.

**High Blood Pressure:** Excessive high blood pressure can also become a cause for heart complications.

**Genetics:** An individuals' genetic history is an important factor in determining if one is predisposed to have heart attacks. 13 million people die of a heart attack in the world every year and that number is increasing day by day.

# New Publications of Peace of Mind Foundation



પુસ્તક # ૪૮...સાચો શિક્ષક લક્ષ્મીનો નહિ પણ સરસ્વતીનો ઉપાસક હોય છે. હજારો વિદ્યાર્થી શિક્ષકની નીચેથી પસાર થતા હોય છે. એ ધારે તો વિદ્યાર્થીને શ્રેષ્ઠ જીવન જીવવાની પ્રેરણા પૂરી પાડી શકે. તમે સ્કૂલના પાઠ ભણાવવાની સાથે જીવના પાઠ ભણાવી વિદ્યાર્થી માટે આવા પ્રેરણાના શ્રોત બનજો. આ પુસ્તિકામાં શિક્ષક પ્રત્યે ઘણી અપેક્ષાઓ રાખવામાં આવી છે. વિશ્વાસ છે કે આવા શિક્ષકો શિક્ષણ જગતનું મોડેલ બનશે.



પુસ્તક # ૫૦... વિદ્યાર્થી વિદ્યાનો અર્થી કેમ બને? એનામાં આત્મ-વિશ્વાસ કેમ જાગે? એની સ્મરણ શક્તિ કેમ વધે? એનામાં નિર્ણય લેવાની શક્તિ કેમ ખીલે? આનું સમાધાન છે- સ્માર્ટ વિદ્યાર્થી.



પુસ્તક # ૫૧... પાનખરમાં વસંતઋતુનો અહેસાસનો અર્થ છે - વૃદ્ધાવસ્થામાં યુવાનીનું આયોજન કરવું. શરીર છે તો પાનખર તો આવવાની જ છે. એ પાનખરમાં વસંતઋતુનો અહેસાસ કેમ કરવો એ શીખવાની જરૂર છે. બધા પાંદડા ખરી પડે પછી પણ કોઈ વૃક્ષે આત્મહત્યા કરી હોય એવું પ્રકૃતિમાં ક્યાંય બન્યું નથી. ગમે એવી વિપરીત સ્થિતિમાં પણ વૃક્ષ ધીરજથી ઉભું હોય છે. પાનખર પછી વસંત પાંગરે જ છે. આ બધું બોલવું સરળ અને કરવું અઘરું છે. એ અધરાને સરળ કેમ કરવું એનું સમાધાન છે આ પુસ્તિકા- પાનખરમાં વસંતઋતુનો અહેસાસ.