



April 2018 Newsletter

Upcoming Events



Sneak peak inside this issue:

This month we spent time holding a yoga shibir as well as some youth shibirs. We also are proud to show our latest publications we've spent a lot of time and efforts on and hope many people can relate to.

Saman ji Shrutpragyaji's Gujarati and English blog available, link :

<http://www.pomy.com/blog/>

Saman Shrutpragya Spiritual Trip USA - 2018							
4/20/2018	Fri	4/26/2018	Thu	London	UK	Confirmed	
4/30/2018	Mon	5/9/2018	Wed	Chicago	IL	Confirmed	
5/9/2018	Wed	5/16/2018	Wed	Cincinnati	OH	Confirmed	
5/17/2018	Thu	5/20/2018	Sun	Cleveland	OH	Confirmed	
5/21/2018	Mon	5/23/2018	Wed	Wichita	KS	Confirmed	
5/24/2018	Thu	5/25/2018	Fri	Kansas City	KS	Confirmed	
5/26/2018	Sat	5/28/2018	Mon	Denver	CO	Confirmed	
5/29/2018	Tue	5/31/2018	Thu	Dumas	TX	Confirmed	
6/1/2018	Fri	6/5/2018	Tue	Memphis	TN	Confirmed	
6/6/2018	Wed	6/7/2018	Thu	Los Angeles	CA	Confirmed	
6/8/2018	Fri	6/10/2018	Sun	San Diego	CA	Confirmed	
6/11/2018	Mon	6/14/2018	Thu	Fremont	CA	Confirmed	
6/15/2018	Fri	6/18/2018	Mon	Las Vegas	NA	Confirmed	
6/19/2018	Tue	6/25/2018	Mon	Vancouver	BC	Confirmed	
6/26/2018	Tue	7/7/2018	Sun	YJA-Chicago	IL	Confirmed	
7/8/2018	Sun	7/13/2018	Fri	Atlanta	GA	Confirmed	
7/14/2018	Sat	7/15/2018	Sun	Austin	TX	Confirmed	
7/16/2018	Mon	7/18/2018	Wed	Houston	TX	Confirmed	
7/19/2018	Thu	7/22/2018	Sun	Greenville	SC	?	

One month Yoga Shibir at Abhavalay Rajkot (March 1-31st)

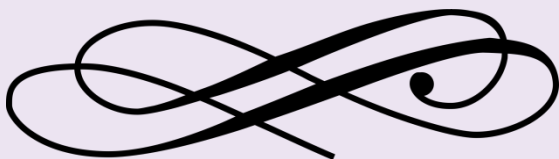
Yoga and Meditation Shibir at Abhavalay, 1-31 March 2018 Saman Shrutpragya's month long shibir at Abhavalay, the Peace of Mind Foundation headquarters in Rajkot, has been a great success. Many local residents in the area, as well as practitioners from other parts of Rajkot, have been attending the morning sessions (from 7 am to 8 am). Apart from yoga, pranayama and meditation, Samanji has been teaching throughout the shibir the art of living from a yogic perspective, which all participants have enormously benefited from, with many tips being given each day for healthy eating and for conducting a healthy lifestyle.



Feedback from Bangalore Youth Shibir

All, I had the opportunity to attend his session yesterday. It was a Sunday noon and I wanted to go out compared to taking a nap... The talk was very powerful, non boring and his style of speaking was similar to what you would find in contemporary organization's such as Art of living and others... I have been listening to a lot of gurus and reading quite a bit too, Saman Shree Shrutpragyaji is definitely contemporary, easy to understand and relate to... You all will enjoy his talks, find it entertaining and powerful

-Vaibhav Sheth, Bangalore



One Day Shibir on Happy and Healthy Society, March 16, 2018

Samanji held at Abhavalay the key session of this important programme. It was arranged by Dr. Kanubhai Karkar (Chief of the District Education and Training Institute, Junagadh and Jamnagar). The one day shibir, which started at Abhavalay, concluded at Nachiketa School. During the event, Samanji gave a talk on the meaning of a Happy and Healthy Society. The lecture was delivered from 10.00 am to 12.00 noon. In it Samanji outlined a full map for achieving a healthy and happy society. Vijay bhai Dobariya also gave a short speech on how to live a happy life. Dr. Kanubhai Karkar introduced Samanji and Vijay Dobariya. All in all some 150 teacher trainers participated. The Peace of Mind Foundation distributed its booklet to all the students and teachers who attended. After the morning programme finished all the students and staff visited Vrudhashram (at 150 Ft. Ring Road, Rajkot). At the close of the day long shibir the founder of Nachiketa School (a popular Gujarati comedian, known as Sairam) gave a wonderful talk full of wit and humour. All the students were very much happy and joyful after attending the one day shibir.



Visit to Rural Gujarat to Meet Jain Munis, 13-14 March, 2018

Saman Shrutpragyaji and Dr.Graham Dwyer visited Zadala and Korada and met with head monk Muni Madan Kumarji and Muni Siddhartha Kumarji on 13th and 14th March. Both Samanji and Graham Dwyer fully participated in the vihar from Zandala to Korada, Korada being the birthplace of both Siddharth Muniji and Saman Shrutpragyaji. On the journey they talked happily about the beautiful surroundings and the natural beauty of the earth, as the meditational yatra unfolded. In Kordada Samanji united all the pilgrims who took part in the vihar and Graham Dwyer reflected in his talk on the great vision of Acharya Shri Tulsiji (who created the saman and samani order of monks and nuns), the diksha guru of Muni Madan Kumarji, Muni Siddhartha Kumarji and Saman Shrutpragyaji.

Samanji's family members also took part in the two day vihar. It was a wonderful programme, spiritually elevating and spiritually invigorating for all participants.



Ayambil Oli at Bengalore (March 23 to April 1, 2018)

Saman Shrutpragya Ji is celebrating Ayambil Oli at Shri Gujarati Vardhman with the Sthanakvasi Jain Sangh in Bengalore. It is at Maganlal Keshavji Turakhia Jain Bhavan in Gandhinagar. Every morning from 10 to 11.30 he is giving lectures on the Jain tradition inspired by the original teachings and practices of Lord Mahavir. Samanji is focusing in particular on the key relationship between Keshi Swami and Gautam Swami, and concentrating on the inspiration gained by Gautam Swami from Mahavir Swami.


Every night from 9 to 10 he is also giving special talks to young people. During the weekend he gave talks on the application of Jain dharma in everyday life, with major topics focusing on Healthy Relations, the Key to Success, and the Joy of Giving. More than 100 young people participated in Samanji's talks. During the following (upcoming) weekend, he will give a further two talks. So far the programme is going very well, with all participants (young and old) gaining benefit and spiritual empowerment. Samanji will stay at this center in Bengalore until 2nd of April. Then on 20th April, he will depart for London and shortly after that will continue his work in the USA.



NEW PUBLICATIONS FROM PEACE OF MIND FOUNDATION


Jain Dharma: Reflections on the Original Teachings and Practices of Mahavir Swami

In this new book jointly authored by Saman Shrutpragya and Dr Graham Dwyer (Gangaram) Mahavir Swami's teachings and practices are explored in terms of their original intention and message. It explores key aspects of spiritual life from a Jain perspective, a must read for all its practitioners and for anyone who wishes to understand the Jain religion.



Dr. Graham Dwyer

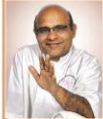
Dr. Graham Dwyer received his D. Phil from the University of Oxford for his contribution to the understanding of spirit possession (bhut-preet) and healing rituals (exorcisms) in north India. He is the author of three scholarly books and many academic articles dealing with various aspects of Indian religions traditions. His interest in Jain Dharma began when he first met Jain monks as a young student and has remained in close contact with them for over 25 years.



Jain Dharma
Reflections on the Original Teachings and Practices of Mahavir Swami


Jain Dharma is a long-awaited title, which followers of the religion can now fully enjoy and use in their day-to-day spiritual lives. All too frequently other volumes dedicated to the study of Jainism available in libraries and bookshops are inaccessible to religious practitioners themselves, as these texts are mostly authored by scholars and designed for academic use. Alternatively, other books on the religion written from the perspective of Jainism are not always found to be sufficiently comprehensive in a way that practitioners can easily digest. It is for these reasons - a necessary attempt to bridge this gap - that this present work has been constructed.

Jainism is sometimes viewed as being an obscure or confusing religion. By returning to the original teachings and practices of Mahavir Swami, the authors of Jain Dharma show that this is not the case, and this is the reason why this book was conceived. It is at once essential reading for all practitioners of Jainism, as well as being an important new resource on Jainism.



Saman Shrutpragya

Saman Shrutpragya ji is a Jain monk and charismatic spiritual master. He has travelled to over 30 countries worldwide and is especially popular in India and in America, Britain, Malaysia and Singapore, where he continues to deliver inspirational lectures and conduct spiritual camps. He is a prolific writer, having written more than 70 books, and is a highly celebrated educationist. For more information visit: www.pomf.org



**Saman Shrutpragya
Dr. Graham Dwyer**

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₹ 150.00
US \$ 7.00
GBP £ 5.00

Book # 72

60 Pacchini Yuvani (for sinior Citizen) - Gujarati Book

This new title ("How to live after 60") authored by Saman Shrutpragya ji is a new publication relevant for all readers entering the prime years of their lives. It explains what is essential for a healthy lifestyle and for healthy behaviour, as well as much more.


યુવાની અને યુવાવસ્થા એ સર્વોચ્ચ સ્થિતિ તો છે જ, પરંતુ મનોદશાની અવર શાંતિ પર સૌથી વધુ ભારી હોય છે. ઉત્કર્ષાઈ અને અભાઈ માદાસમા શાંતિ પર વાદપાટા બંધ મોકું ઉતારે છે. વિતા અને નિરાસાલમા સ્વભાવ ધરાવનાર યુવાન જરૂરી શરતો શાય છે.

‘60 પાછીની યુવાની’ આ પુસ્તકમાં યુવાવસ્થામાં માદાસને કયા કયા પદાર્થો શાય છે તેનો સંક્ષેપ સ્વરૂપમાં આપ્યો છે. યુવાવસ્થાની કુલનકર્મથી કેવી રીતે બચવું અને સ્વભાવ કેવી રીતે હોવું તેથી કેવી ૬૦ પાછી પાછા યુવાનીનો અભુલપ કરી શકાય તેની સમગ્રી આ પુસ્તકમાં પૂરી પાઠવામાં આવી છે.

સમણ શ્રુતપ્રગ્યા
હાઈન્ડર, પીપા એન્ડ માર્લ્ડ હાઈન્ડરેશન

60 પાછીની યુવાની

સમણ શ્રુતપ્રગ્યા



યુવાવસ્થાની વાકિલોને આપવા જેવી નિષેઠ

સમણાશ્રી શ્રુતપ્રગ્યાજી નીતરની દુશિયામાં મત્ત અને વજારાઈ દુશિયામાં વાદર શેઠનાર લાગણીથી માનવી છે. જાણીતર જાણે વજારાઈ વાદરના સીતરની મત્તની વિવરણ એ છે જ્યારે તેને એકાંતી વગ પાછે છે. જંગલમાં કોઈ અજાણ્ય જઈ મીન-દલામાં ઘૂલી જવું એવને નમે છે.

એ એવેત પાછી નીતરમાં પાછ એ સિરોપ શેઠા પ્રમાણ કરે છે. મીનના અભુલપ પાછી વાણીમાં પાછુ સિરોપ વગ આપાઈ એવના વ્યાખ્યાન સંભારાઈ વાનો અભુલપી વાકિલો કરીને, એવની કાન અભુલપ નજર ભવાઈની નીતરોનું સિરોપ આપાઈને શાંતિ અને પુણીની કુવાવસ્થાની કાન આપે છે.

સમણ શ્રુતપ્રગ્યા
પીપા એન્ડ માર્લ્ડ હાઈન્ડરેશન
અભુલપ (સમણ શ્રુતપ્રગ્યા) નામનાર ડી. સમાવ નજર શેઠા અને, આશો: ૨૬૦ ૦૦૧, (ગુજરાત) હાઈન્ડર
Email: pomf@pomf.org
Website: www.pomf.org
Phone: + 91 94272 66164

₹ 50.00
US \$ 3.00
£ 2.50

Book # 73

Ratanna Jatan (for Parenting) - Gujarati book

This new title is focused on the art of parenting and offers Samanji's thoughts and philosophy on how to be both a good and effective parent. In the book, Samanji explains what parents should do for their children. The author gives 15 major tips as well as providing important advice for healthy parenting.



નેપોલિયન બોનાપાર્ટે કહેલું 'તમે મને એક સારી મા આપો, હું તમને સારું રાષ્ટ્ર આપીશ.' આ વાચ્યથી રાષ્ટ્રનિર્માણમાં મા મા ભૂમિકા સ્પષ્ટ થઈ જાય છે. સારા માવતર બનવું એક મોટી-મીઠી જવાબદારી છે. આ જવાબદારીને નિભાવવા માટે માવતર બનવાની તાલીમ લેવી જરૂરી છે.

સંતાનો મા-બાપ માટે રતન સમાન છે. આ રતનનું જતન કરવું એ દરેક માવતરની અથવા વાલીઓની ઐતિક ફરજ છે. આ ફરજ જ્યારે વાલીઓ સૂઝે છે, ત્યારે સંતાનો યુવનની એવી રાહ પકડે છે, કે ત્યાંથી ફરી પાછા વળવું ક્યારું બની જાય છે. એટલું જ નહીં, સંતાન અને માવતર બન્નેને યુવનભર પછતાઈને આંસુ વહાવવાનો વારો આવે છે. 'રતનનાં જતન' કરશો તો તમારું સંતાન દિવ્ય બની દિવ્યતાનો સ્ટેશો જતનમાં ફેલાવશે. માવતર અને વાલી આ દિશામાં જાગૃત બને એવા અભિપ્રાયથી આ પુસ્તિકાનું સર્જન કરવામાં આવ્યું છે.

સમણ શ્રુતમણ
કાર્ટુનર, પીસ ઓફ માર્હન્ડ ફાઉન્ડેશન

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અને સંસ્કારની હૂંફ
એટલે જ...

રતનનાં જતન

સમણ શ્રુતમણ



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પૃષ્ઠા # 74

Notebook for students

The Peace of Mind Foundation has created 10,000 new notebooks (120 pages and 200 pages types of provision now being available for the benefit of students).

All above Publications can be purchased or ordered directly from the Peace of Mind Foundation, Abhavalay, Jamnagar Road, Rajkot: 360006 (Gujarat) (ph - +91-94273 66164).



જ્ઞાન પ્રાપ્તિ અર્થે અવિરત સાધના જરૂરી છે

પીસ ઓફ માર્હન્ડ ફાઉન્ડેશન



અવિરત જ્ઞાન

પીસ ઓફ માર્હન્ડ ફાઉન્ડેશન



જ્ઞાન પ્રાપ્તિ અર્થે સ્વચ્છ શરીર અને ઠંડ મનોભાવ જરૂરી છે

પીસ ઓફ માર્હન્ડ ફાઉન્ડેશન



પીસ ઓફ માર્હન્ડ ફાઉન્ડેશન



નોટબુક



જ્ઞાન પ્રાપ્તિ અર્થે એકાગ્રતા જરૂરી છે

પીસ ઓફ માર્હન્ડ ફાઉન્ડેશન