



Saman Shri Shrutpragyaji

♦ Spiritual Guide ♦ Author ♦ Educationist

Peace of Mind Foundation

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January – 2021



Year-2021: What we will do in an upcoming new year?

We are entering in Year-2021 with a very unique circumstance. Let's all celebrate a new year as a Healthy year. With a self-introspection and Yoga, we all should progress in our spiritual journey. Be positive and keep smiling to adopt Friendship, Appreciation, Compassion, and Equanimity. Let's all pray Arihant Prabhu to bless us with a mental and physical strength to achieve our goals.

Online Meditation Course



Under the guidance of Saman Shrutpragyaji, the Peace of Mind Foundation in Rajkot recently completed its popular 35-day online meditation course. This came at a much-needed time, during a difficult period when the coronavirus has throughout the whole of 2020 created so much suffering for so many people.

The key activities of the Peace of Mind Foundation during the pandemic have included:

1. An Essay Competition
2. A Satsang Series
3. An Open Book Examination
4. Paryushan Celebration
5. A New Book Project for Writers (with two new books being published: "Suraksha Kavach" and "Prena na Pragathiya")
6. An Online Meditation Course
7. A Better YOU - Health Webinair (still ongoing)

The online meditation course itself, which ran from 23rd November to 27th December, has been very successful indeed, with many people all over the world having participated in it as well as gaining from the course a great deal of benefit and spiritual upliftment.

Saman Shrutpragyaji and Dr. Graham Dwyer (Gangaram) jointly lead the course simultaneously in Hindi, Gujarati and in English. Participants have all reported having had a very positive experience of it, and we are currently collecting their valuable feedback and reviews, some of which are also published in this edition of the newsletter



Feedback on Meditation Course



Thank you very much for all your spiritual help which gave me strength to deal with my jobless situation. Since March 2020. As I said I have been attending a few well-known organizations of meditation and looking for spiritual guidance - I learned some stuff from them and felt that is not what I want!! But now after following Samanji from Peace of mind foundation since March 2020, I feel I am on my path now and I got what I was looking for and searching for it. These all activities help improve our physical and mental health
Thank you Samanji, Thank you Peace of mind, khub khub Anumodana.

Varsha Bhavsar, NJ, USA

This class helped me get regular with meditation. Since we started, we have been doing it regularly daily. I think it will take time to show more benefits, but it has added discipline to the practice of meditation. Getting to the thoughtless phase while observing the breathing is slowly happening for a few breaths at a time. Overall, I noticed that on days when nothing significant has happened, it's easy to concentrate.

Dr. Mosmi Shah: Chicago, USA



We have been very grateful to you for enlightening us with Jain Philosophy. Since we were born as Jain we had some understanding. However, with your lecture series and Meditation course we feel very peaceful within us. You have selflessly taken time and big effort to enlighten us. Thanks a lot. You have thoroughly developed lecture series and meditation. This kind of production requires a lot of effort. I guess Jinendra Bhagwan has blessed you with.

Saroj and Mahendra Shah, Centreville, Virginia: USA

First of all, thank you soooo much for taking us on the journey of meditation and on the path to experience the aatmik shanti. It was a great, unique experience to enjoy different kinds of meditation. I almost tried to do it every day and was enjoying it.. will try to continue. Please bless me that I could continue my dhyaan journey and enjoy it's benefits.

Chetna Avlani, Kuala Lumpur, Malaysia





Pranam, Jai Jinendra, Shrutpragnaji, I am fine with the full course of Pran Yog Sadhana. I really enjoyed it and I had lot of anxiety since last two years as four members of our family members passed away with in down of 18 months but I'm feeling much better and I will continue with my meditation I am grateful to u Thanku and Anumodna.

Sarj Shanti Shah, Nairobi

I was looking for some guidance, for meditation. Pandemic gave me all the time, I had and I got this email from Peace of Mind Foundation. I have tried to do meditation before, it took me so long to concentrate. Your program is set up so nice, it teaches you step by step , 5 days of one session. Totally 7 sessions of 35 days. It gives you something different to do. It is not monotonous. My mind goes so much faster than my vocabulary. It taught me day by day to know my body, I was not bored , looking forward to another session and finally I found that shunyavkash. Thanks to the Peace of Mind Foundation for teaching me to sit down, introducing myself to me. The joy I experienced from meditation can not be expressed. You have to experience yourself.



Mita Patel, Boston, USA



We really Enjoyed Saman Sitpragiya Swamiji 7 meditation virtual course. We really liked the fact he built each course on top of each other!! Advancing meditation techniques one week to next. We learned the subtle art of inner moun!! It's something we know about but until Samanji helped us put in practice so easily, we never thought about it!! And one of my favorite part was the very serene/peaceful flute meditation-music in the background, very subtle!! We want to Thank Samanji from the bottom of our heart and we hope he will keep inspiring us with more of this unique innovative way, to keep our meditation/sadhana progressing!!

Sangita and Mukesh Patel, Dallas, TX - USA

It was very easy to follow with your guidance and gave me amazing experiences. It fits in my lifestyle now and helps me stay calm and focused. I will continue doing meditation as per your guidance and looking to add paranayam followed by stotra/mantra chanting. This is all possible due to your guidance and several helpful videos you have been posting.

I came to know about amazing seva work you have been doing in Rajkot and surrounding villages. I would like to participate and help as much as I can for the seva work. I would like to take opportunity to send my thanks by small contribution to the peace of mind foundation. I truly appreciate meditation training which was kick start for the healthy routine for me and truly life changing.



Priti Shah from New Jersey - USA



I have completed each session and have experienced a renewed joy in doing so. I am also continuing the practice as part of my daily routine. The first meditation to see one's own faults or shortcomings was very helpful as it provided an eye-opener. It has made me think through realize the importance of self-introspection and the need to change one's self. The meditations were offered in Gujarati, Hindi and English for the convenience of the user and I must say that I tried all three for every meditation. A special thank you to Brother Graham Dwyer, the English practice was excellent. His voice has a very soothing calmness to it and he guided the practice with ease. I truly enjoyed meditating with him.

Avni Shah, Fremont, CA - USA

Thank you so much for conducting online Dhyaan sessions over the past month. The seven types of Pran Yog sessions were very useful for my inner peace and spiritual upliftment. All the sessions in different languages were excellent. I have been very fortunate to meditate with you on several occasions in the past, and this time also enjoyed the English sessions conducted by Dr. Graham Dwyer. Practicing meditation over the past month will help me make this a daily habit in my spiritual journey.



Mukesh Shah, Fremont, CA - USA



I am grateful for arranging a meeting with Dr. Graham Dwyer. I am going to follow his advice on being disciplined to accommodate the meditation time in my everyday life.

The seven meditations have made me in a tranquility mode to an extent that family members have commented on my quiet presence. I hope to continue meditating so that it becomes a secondary nature to me.

Savita Savla, Nairobi

A better YOU! Online Webinar

Modi School of Rajkot invited Saman Shrutpragyaji as a keynote speaker for a weekly Webinar. This educational webinar focuses on Health Awareness for Students, Teachers and Parents. The webinar sessions are held on every Wednesday.

Below is the link for Webinar talks of Samanji's.

<https://youtube.com/playlist?list=PL9i9Uvdb6n1grwIVeEWB3M3CTfcfHYCLY>

SEVA Activities

Blanket Distribution at Bhanvad, Dwarka District

December 11th to 31st

The Peace of Mind Foundation and Pabubhai (from Porbandar) distributed woolen blankets in the town of Ghumli and in the nearby area to a total of 150 disadvantaged families. The poor people who received them did so happily, as they were in great need of the support. Narottam dadaji from Porbandar and Tapovan Chairman Bhisibhai from Bhanvad also participated in the charity work.



Prerna Sangam in Tapovan - Bhanvad (Porbandar)

The Peace of Mind Foundation with Tapovan Ghumli organized a Prerna Sangam for the writers who composed their stories for "Prerna na Pagathiya." The writers from Bhavnagar, Surendra Nagar, Rajkot, Bhanvad and Ahmedabad joined the exciting Prerna Sangam program under the guidance of Saman Shrutpragyaji in the presence of Narottambhai Palan from Porbandar.

Everyone who attended and participated had an opportunity to speak and to share their life experiences. Samanji warmly welcomed all their comments and contributions but emphasized that they should not simply be content with having written just one article. He encouraged them all to continue composing and to author a whole book, as well as consider going beyond even that so as to produce more than one full book-length title.

Samanji talked about his own experience as a prolific and successful author, sharing reflections on his long career as a writer. His encouragement to the writers group and his words of wisdom were both welcomed and greatly appreciated.

Samanji gave the writers his blessings, as did Palan dadaji and Mansukh bhai. Bhimsibhai (the Tapovan Chairman) spoke about the culture of the tapovan tradition and thanked everyone present for attending the event.

Everyone who participated received a copy of Samanji's "Prerna na Pragathiya" and a warm winter season blanket as a special gift in celebration of Samanji's birthday. Samanji also taught yoga and pranayam during the event.

After it was concluded all participants took part in the distribution of blankets offered to poor families living close to the tapovan site. Everyone further joined in the lively satsang that was held and had an enjoyable time.



Editor's Message

Pranam,

For the past 20+ years, Chicago Jain Sangh and I have been fortunate to get blessings and Gyan Prabhavana from Pujya Samanji Shrutpragyaji. In addition, I am honored for getting a SEVA opportunity and to work with Pujya Samanji for the past many years on designing and publishing a monthly newsletter in English & Gujarati. I am grateful to Pujya Samanji for considering me and giving this Laabh. Pujya Samanji's newsletters are truly inspiring with his tireless Dharma Prabhavana in many different ways. My key learning from the newsletters is that even during challenging Covid-19 time, Pujya Samanji remained active with safety measures and conducted various spiritual activities. He conducted his Adhyatimic, Dhyaan Saadhana, Community Services, Online Swadhyay, Education, Jivdaya, and many more. It has been a motivation for all of us to maintain our samadhi and utilize pandemic time for introspection.

On behalf of everyone, I pray to Arihant Prabhu to bless us with Pujya Samanji's continued preaching and enlighten us in our spiritual journey.

Please feel free to share your suggestions pertaining to these publications.

Pranam,

Tejas Shah
Chicago, USA

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/2lho0dN>



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

- Jan 1 to 6: Abhavalay, Rajkot
- Jan 7 to 20: Sambodhi Upvan:
Nathdwara, Rajasthan (Dhyan Sadhana)
- Jan 21 to 25: Gandhinagar, Gujarat
- Jan 26 to 30: Abhavalay, Rajkot