

August 2019 Newsletter

Peace Mind

EXPERIENCE YOUR INNER BLISS



Peace of Mind



Upcoming Program

1. **Denver, CO – Aug 2-4**
Contact: Chiraag Shah – 860-227-6666

More Details:
2. **Atlanta, GA – Aug 5-11**
Contact: Madhu Sheth – 404-234-8002
3. **Tulsa, OK – Aug 12-14**
Contact: Aruna and Kanti Shah: 918-557-6907
4. **Austin, TX – Aug 15-22**
Contact: Ketan Shah: 512-350-1442
5. **Panama City – Aug 23-25**
Contact: Jayesh Patel – 850-319-5319
6. **Paryushan Parva: NJ – Aug 26 -Sept 3**
Contact: Champa Bid – 973-641-8702
7. **Memphis, TN – Sept 4 -9**
Contact: Chanchala Mehta – 901-826-2064

For More Details please visits:

<http://www.pomyc.org/calendar>



Sneak peak inside this issue:

This month we held several shibirs in different USA cities and Vancouver. We also are preparing for paryushana, so take a look at some facts!

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>

Vancouver, Canada

Date: July 18-24

Venue: residence of

1. Mahendra and Usha Mehta,
2. Jagruti and Mayur Khajuria
3. Darshana and Prajay Shah
4. Neha and Gaurav Kapadia
1. Sushila and Natubhai Bhagat
2. Jain Mandir
3. Shiv Temple

Activities: Theme: "Science of Karma"

Meditation, Yoga, Pravachans, Personal Guidance, Q and A, Meeting with Satsang Group, Interviews by Joy TV and Rimzim Redio

Feedback:

Six lectures in all emphasizing and explaining the Jain Karma Theory. The Shibir was an enlightening experience and we look forward to having Shrutpragyagi visit us next year considering the overwhelming response for the Pravachans. I would also urge my fellow youngsters to make an attempt to learn more about this beautiful religion by attending the Jain pathshala. We shall try and arrange a seminar type of day for the younger generation during Samanji's next visit.

I would like to stress the fact that without the devotion and help from my team members, this whole event would have been almost impossible. My sincere thanks to all those who helped and hosted.



Las Vegas, NV

Date: July 25 -28

Venue:

1. Jaldeepbhai & Neetaben Daulat
2. Chandraji & Mahendraji Mehta
3. and Himansu & Lopa Shah
4. Hindu Jain Temple

Theme:

“Dharma and Karma”

We had an enlightened weekend with Samanji thanks to Jaldeepbhai & Neetaben who invited him to Las Vegas. Jaldeepbhai & Neetaben , Chandraji & Mahendraji and Himansu & Lopa organized discussions at their homes. He was very enthusiastic and had lectures on Karma theory from the basics to more in depth lessons. Samanji is an amazing speaker who delivers his message with such grace and humor. The Jain Samaj of Las Vegas was very fortunate to host Samanji's lecture series and his lessons were appreciated by Jain and non-Jain listeners both. Samanji also held a Yoga + Meditation session that was accessible for teenagers and parents alike and brought a new element to his lectures. His ability to preach about theory in depth while supplementing with very practical lessons is truly unique and something all of us have come to appreciate. We can't thank Samanji enough for a weekend of interesting lectures, introspective lessons, and lots of fun overall and cannot wait for his next visit.



Denver, CO

Hosted by the Jain Samaj of Colorado (JSOC)

Date: 1st to 5th August.

Theme: Science of Karma

Activities:

Pravachans, Pranayama/meditation workshop and also a shibir for kids aged 9+.

Feedback:

Many people were meeting Samanji for the first time and were extremely impressed with his depth of knowledge and his humorous way of presenting the concepts of Karma theory. The effect of Samanji's speech was so much that the number of people attending kept on increasing over the lecture series with new people signing up just to listen to him. The other thing people liked about the lectures was the simple and subtle solutions Samanji gave to overcome the different kinds of karmas.

The kids attending Samanji's shibir were jubilant upon finishing their session and were amazed to learn more about the soul and the principles of ahimsa. Samanji also gave homework to the samaj to follow and implement in order to lead a better and peaceful life.

A special session this time was to guide people personally for their spiritual progress. Around 10 families met Samanji on a one on one basis to get personalized solutions for spiritual progress based on their current state as Samanji said he believes each person is in a different spiritual growth state from the others and the same solution cannot work for everyone.

Overall, Samanji's visit was as fantastic as always for the small but growing Jain Samaj of Colorado that is always excited to learn new things from Samanji every time.



San Francisco, Bay Area

Saman Shrutpragyaji graced the Jain community of San Francisco Bay Area through his spiritual guidance on various topics. His programs included the following:

1. Discourses on “Four Dhyān in Jain Dharma” at Mukesh and Avni Shah’s residence.
2. Discourse on “Three secret keys of life” at Yogesh and Reetu Bapna’s residence.
3. One full day Shibir on “The Science of Karma in Today’s Living” at the Jain Center in Milpitas, California. The Shibir was attended by 85 attendees and it included yogic kriya, pranayama, meditation, discourses, and group discussion. All the attendees found the Shibir very insightful and engaging.
4. Three day Personal maun sadhana at AnubhutiCenter in Novato, California.

The families of Hiren & Prerana Saraiya, Mukesh & Avni Shah, Yogesh & Reetu Bapna, and Kaishal & Dipti Dalal were blessed with the opportunity to host Samanji’s stay at their residence.

As always, all the participants enjoyed these lively sessions and gained valuable tips on types of dhyān, and karma philosophy in Jainism. We are very thankful to Samanji for visiting the San Francisco bay area and sharing his deep knowledge and experience in how to live a meaningful life with spirituality.



Paryushana is around the corner...here are some facts!

If there's one big festival accordingly to Jainism, it definitely is considered Paryushana. This festival is 8 days according to the Svetamber tradition and 10 days according to the Digamber traditions. During these days, the main message and focus is the idea of forgiveness and internal purification. Each day is focused on removing impurities such as our passions or kashays (anger, pride, deceit and greed). The very last day of Paryushana is known as Samvatsari consisting of doing Pratikraman. During this time, one asks for forgiveness for the entire year's worth of sins or bad deeds. The final phrase to end the 8 days is Micchami Dukkadam, which asks for forgiveness. This phrase should be said to all of our friends but also, especially to those who you may have hurt in the past. During the 10 days of Das Lakshana, each day has significance. There are ten virtues which are: forgiveness, humility, straightforwardness, content, truth, restraint of all senses, tapa, charity, non-possessiveness, and celibacy.

Test Yourself- Some quick facts about Paryushana

- What is the meaning of Paryushan?
To stay closer (to one's soul) - to purify our souls by looking at our faults

To ask for forgiveness and commit to minimize our sins

To suppress our passions
- What do the Jain Monks do during Paryushan that is different?
Normally, Jain Monks and Nuns do not stay in one place for more than a few days. During Paryushan, they avoid travel to minimize violence and stay in one place.
- Why is Paryushan important?
This is the time Jains can purify their souls by getting rid of karmas and ask for forgiveness.
- How long is Paryushan?
Eight days for Shwetambers and ten days for Digambers.
- Name the holy Jain scripture that is used during Paryushan?
Kalpa Sutra - Sadhus read about the life of Bhagwan Mahavir
- During a special ceremony, small replicas are worshipped. What are they?
The fourteen dreams of Queen Trishala
- Who is queen Trishala?
Bhagwan Mahavir's mother.
- How can we control our passions?
By doing tapa (fasting) and meditation