



Peace of Mind: August 2017

## PARYUSHANA TIME BEGINS

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

[http://  
www.pomyc.org/blog/](http://www.pomyc.org/blog/)

**We wish everyone  
a happy and  
healthy new year  
ahead for 2017!**

### Current & Upcoming Events

#### Upcoming Events:

Sion, Mumbai: August 9th & 10th

KL - Malaysia: August 11th

Melaka: Aug 12 and 13

Pinang : Aug 14 and 15

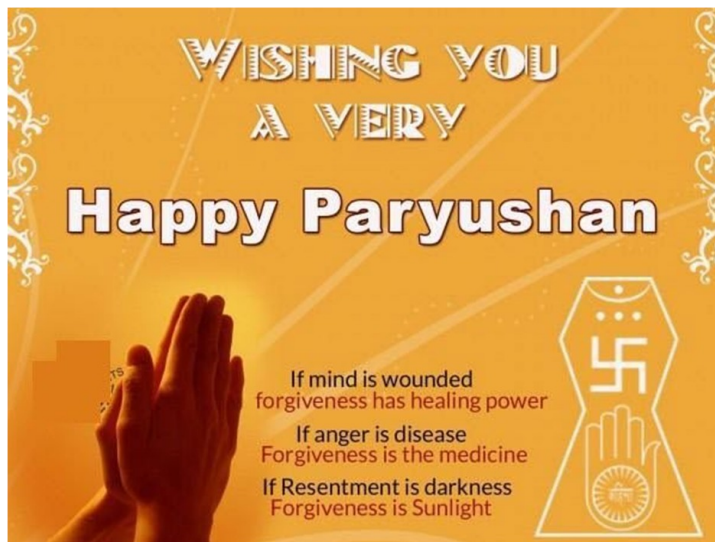
KL: Aug 16 and 17

Singapore for Paryushan: Aug 18 to Sept 01,2017

Rajkot: Sept 3 to 10

Inside this issue:

**Take a look at all  
the shibirs and  
education pro-  
grams back in In-  
dia took place.  
Also, time to pre-  
pare for Paryu-  
shana begins.**





## Tree Plant Festival in Bhanvad

Saman Shrutpragyaji was invited to take part in a tree planting programme in the Kumbali area of Gujarat, as well as the giving of an address and lecture to teachers and a



pecially selected audience of students at the nearby Purusharth School in Bhanvad on July 29th. In the forest area of Kumbali invited guests participated in the planting of new trees and then returned to the Purusharth School in Bhanvad for snacks. Purusharth School will continue to play a central role with land it has been given in the planting of more trees and plants, particularly trees and plants that have Ayurvedic or medicinal benefits. Guests at this event included Moodubhai and a number of other prominent government officials. Samanji spoke about the importance of respecting and helping nature to thrive. He emphasised that everyone is careful to protect him or herself against threat and pointed out that everyone wants to live life to the full. In the same way, Samanji taught that everyone should be mindful of the importance of nature and the environment. Nature should be honoured and respected rather than being destroyed or damaged, he taught. To plant one tree is such a goodly activity to be involved in, and he urged everyone to put their time and energy into this valuable work. Moodubhai and other government officials, as well as staff and students at Purusharth School, numbered some 500 participants altogether. It was a both a joyous and a very educative program.



Samanji giving training to Purusharth school

Bhimsi bhai Karmul, head of Purusharth



## London Trip, 13-17 July 2017

Saman Shrutpragyaji's visit to London was a great blessing to all who met him and who had the opportunity to take part in his spiritual activities and listen to his discourses. He spoke at the Navnat Centre in Heyes on 16 July, as well as carried out yoga and meditation there. He was warmly welcomed at Navnat by the Centre's President, Dhirubhai Ghelani, supported also by Bhupendra Mehta and by the management team. All participants greatly benefited from the yoga and meditation and from his lecture. On the evening of 16 July Samanji then went on to the Jain Centre in Colindale in the London Borough of Barnet, where he also gave an inspiring discourse and conducted yoga and meditation.

During his London trip, Samanji, along with his friend Dr Graham Dwyer, was kindly invited to stay at Nirvana, the home of Dilesh and Chetna Mehta. Samanji also spent time with Taraben and Santaben and was given a special evening meal during his visit at the home of Minesh and Inna Parekh with whom he conducted a family satsang. In addition, Samanji went to meet a frail, elderly lady during his London visit to give a blessing for which she and her carers were greatly appreciative.

On 17 July before his evening departure to India, Samanji spent the day with his friend Dr Graham Dwyer (Gangaram) along with Priscilla Rukwira. They visited the local area of Brixton together, enjoying a vegan meal there, as well as meeting some local residents and spending time in meditation within the tranquility of Brixton's Brockwell Park. Subhash Mehta picked up Samanji from Airport and did Satsang with his family.



Samanji with Taraben Parekh and her family at London.



Samani teaching Meditation to Graham Dwyer (Gangaram) along with Priscilla Rukwira



Yoga Shibir at Navanat Sangh at London



Samanji with Shantaben and her family at London.

## Visitor at Abhavalay Rajkot

Dr. Vipuj and Amit Shah along with daughter Mayara visited Abhavalay, Rajkot on Aug 5th and did Sat-sang and Meditation with Samanji. On behalf of Peace of Mind Foundation Vipuj and Amit provided Scholarship to girl Dhruvita Ranpara, who studying first year in College.





New Publication Coming Soon...  
**Jain Dharma**  
( Reflections on the Original  
Teachings and Practices of Mahavir Swami )

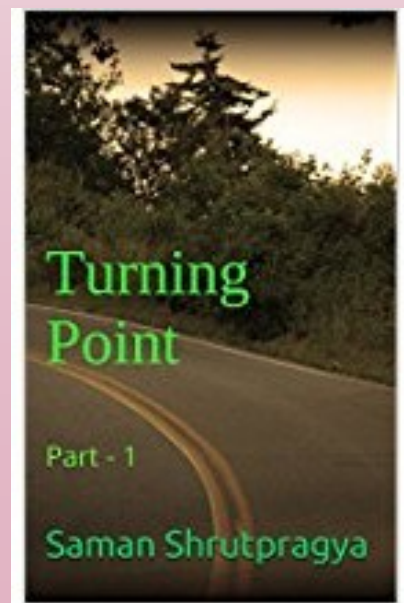
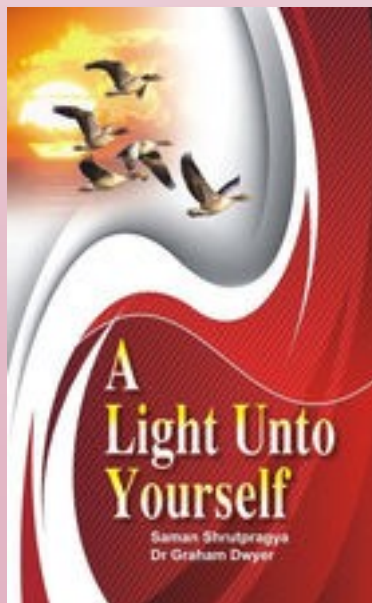
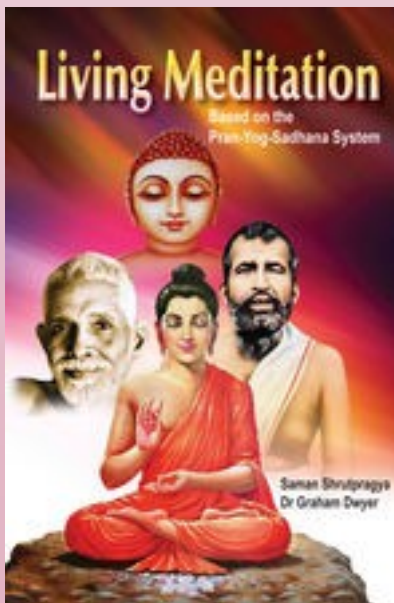
By  
**Saman Shrutpragya**  
&  
**Dr. Graham Dwyer**

*Saman Shrutpragya ji and Graham Dwyer books available on-line at itunes as well as Amazon Kindle- link follows:*

<https://itunes.apple.com/us/book/a-light-unto-yourself/id1238016462?ls=1&mt=11>

<https://itunes.apple.com/us/book/living-meditation/id1236996336?ls=1&mt=11>

[https://www.amazon.com/s?ie=UTF8&page=1&rh=n%3A133140011%2Cp\\_27%3AShrutpragya%20Saman](https://www.amazon.com/s?ie=UTF8&page=1&rh=n%3A133140011%2Cp_27%3AShrutpragya%20Saman)



## Preparing for Paryushana..

Paryushana is a time of reflection on actions and meditation on the past year. Paryushana is marked by strict observance of the ten cardinal virtues: Forgiveness, Charity, Simplicity, Contentment, Truthfulness, Self-restraint, Fasting, Detachment, Humility and Continence. During the eight-day Paryushana festival, the Swetambaras recite the religious text, the Kalpa Sutra (including a section on the birth of Lord Mahavira), on the fifth day. During this festival, Jains of all ages visit the divine Temples/Derasar or Upashrayas to listen to the discourses and readings of Kalpa Sutra. In the evenings, Jains perform a kriya called Pratikraman, a form of meditation to reflect on spiritual journey.

Most Jains fast in some form or the other in these days. It is not and uncommon sight to see 8 day fasters, who do not consume anything in these eight days. Even water must be boiled and can be drunk only between 9-10 a.m. to 5- 6 p.m. (approx.) Every now and then one does come across a faster who has not eat for a whole month too!!! Penance and fasting are the key words in these days. Many Jains abstain from onions, garlic, potatoes, fermented food, root vegetables and green vegetables.

The last day is called Samvatsari, short for Samvatsari Pratikramana. Seven days are days of attainment and the eighth day is one of fulfillment or achievement. It is at this time that Jains embark on their respective annual pratikramana - a reflection on their spiritual journey for the past year.

On this day they also observe a unique custom, where they ask every individual they may have offended during the year for forgiveness. Old quarrels are forgotten and friendships and relationships renewed, as they fold their hands and ask for "Micchamidukadam" or forgiveness. Michchhami means to be fruitless (forgiven) and Dukkadam (Dushkrut) means bad deeds. Therefore the meaning of Michchhami Dukkadam is my bad deeds (with you) be fruitless. So concept behind saying or writing someone "Michchhami Dukkadam" is that if I have done any harm to you then those bad deeds to be forgiven (be fruitless).

