

# Peace of Mind: July 2015

## JAINA CONVENTION



### Current Events

#### Jaina Convention Atlanta

Date: July 2 to 5, 2015

#### Wichita, KS

Date: July 6 to 9, 2015

Contact: Trupti Sheth

Email: [timnil@yahoo.com](mailto:timnil@yahoo.com)

#### Tulsa, OK

Date: July 11 to 14, 2015

Contact : Jasmina Doshi

Email: [tjspresident@gmail.com](mailto:tjspresident@gmail.com)

#### Sacramento, CA

Date: July 16-19, 2015

Contact: Kalpna Shah

Email: [kcslove22@yahoo.com](mailto:kcslove22@yahoo.com)

### Upcoming Events

#### Fremont, CA

Date: July 20-23, 2015

Contact: Avni Shah

Email: [shah\\_mukesh@yahoo.com](mailto:shah_mukesh@yahoo.com)

#### San Francisco, CA Shibir

Date: July 24-26, 2015

Contact: Avni Mukesh Shah

Email: [shah\\_mukesh@yahoo.com](mailto:shah_mukesh@yahoo.com)

#### Bangalore, india Program

Date: Aug 2 to 4, 2015

Venue: Shree Gujarati Vardhaman Sthanak-  
vasi Jain Sangh,

No, 11, 4<sup>th</sup> Cross, Opp Children Park,

Gandhiniagar, Bangalore – 560009

Tel: 080-22261858. Preferred Number : +91-

99020-07425 (Kiritbhai Turakhia)

Email: [cmd@rajeshindia.com](mailto:cmd@rajeshindia.com)

#### Rajkot, Gujarat

Date: Aug 5 to 15, 2015

Contact: +91 9427366164

#### Rajasthan Trip

Date: Aug 16 to 30, 2015

#### Singapore Trip

Date: Sept 4 to 8, 2015

Contact: [sanjay@stamfordllp.com](mailto:sanjay@stamfordllp.com)

#### Kula Lumpur, Malaysia for Paryushan

Date: Sept 9 to 18, 2015

Contact: [bhashkar@fortuneenvoy.com](mailto:bhashkar@fortuneenvoy.com)



# *Visit to Denver, Colorado*

*Denver visit: May 22<sup>nd</sup> – 26<sup>th</sup>, 2015*

Jain Samar of Colorado was blessed by the benevolence of Swami Shrutpragyaji who visited Denver, Colorado from May 22<sup>nd</sup> - 26<sup>th</sup>, 2015 on his eight visits. The topics of his discourses included 1) Life: What is life, what is meaning and purpose of life 2) Relationships: What is relationships and how to keep it healthy and happy 3) His philosophy of Happiness: What is happiness and how to be happy all the time 4) Adam kop paisa pahechane: How a person changes shape and form in different situations and how it gets difficult to recognize a person, and in which ways to recognize a person 5) Spirituality: what is spirituality, what is the power of spirituality who is spiritual and how to recognize the spiritual personality.



These discourses were held at residences and temple; Gajendra & Bhavna Punatar, Shri Shridi Saiababa temple, Chirag & Suchita Shah, and Raj & Ketna.

Swamiji had a beautiful welcoming ceremony by the Sai temple; it was nicely organized with big gathering. It was indeed an incredibly memorable and amazing experience for all of us. Swamiji would speak in a language and tone and injecting humor so as to make his lectures easy to internalize and comprehend that would strike a chord with everyone. As such, time would fly and would always leave us wanting for more.

Kritagyasmi Swamiji, from the bottom of our hearts!



## *Chicago Anniversary Trip*

Chicago Jain Temple's anniversary program addresses by Lokesh Muniji, Saman Srutpragya ji, Hukamchand ji Bharil & Vidhikar Hitesh Bhai on June 28th, 2015. Samanji and Lokesh MuniJI also gave the discourses at the residence of Dina - Davedeep Parekh, Prabodhbhai - Lataben Vadya and Hemant and Leena Shah. also they gave one Satsang at BAPS Shri Swaminarayan Mandir in Bartlett, IL on June 29th 2015.



# *Visit to Maryland, DC*

Jai Jinendra!!!

We were blessed with Shri Shrutapragya Samanji's visit at our house on June 6th Saturday. We had audience ranging from 11 years to 80 years of age. We started the program with Samayik Aradhana. During the Samayik, Saman ji explained us how to utilize the time wisely by performing different activities so that our mind does not wander anywhere and our Samayik becomes more meaningful. He told us that we should first do Jaap Yoga by chanting mantra to activate our 7 chakra's, 2nd is Smruti Yoga which helps to activate our memory cells, 3rd is Dhyana Yoga for concentration, 4th is Stuti Yoga where you sing the Stuti's of Tirthankar Bhagwan and the last is Swadhyay to gain knowledge on Jainism. All this 5 steps has to be done for 10 minutes each. Samayik is the activity that helps us to focus towards our soul.

After completing the Samayik Aradhana, Samanji demonstrated some exercise that we should do routinely for healthy body and mind which was concluded with Laughing exercise which everybody enjoyed the most. We concluded the session with the Q & A from our Look n Learn students. The kids had prepared some questions to ask Samanji which was answered and explained by Him in simple language so that they can understand. We were able to offer GOCHARI to Saman ji in his patra, which was a good practical experience for our kids. Everybody enjoyed this



## *Virginia & Maryland Visit*

Saman Shrutpragya ji's trip to Virginia on June 4th & 5 was welcomed by all the attendees. Even though, June 4th was a middle of work week and weather was damp almost 22 to 25 people attended. I have been observing that everyone was in sync with you all the times. Delivery of your lecture was well received by the attendees. Majority of the attendees were below 50. His message was loud and clear to all of us. When we encounter an adverse situation we fall back to what you have said "no reaction". It really works. On behalf of my friends in Virginia I thanks to Saman ji for uplifting our spiritual level. Once again looking forward to attend future shibir. Saman ji also gave one talk at Jain Temple Virginia, VA and Pinal Muzmudar arranged this talk. Saman ji stayed at Arti and Subhash Coxi's residence.



# JAINA CONVENTION

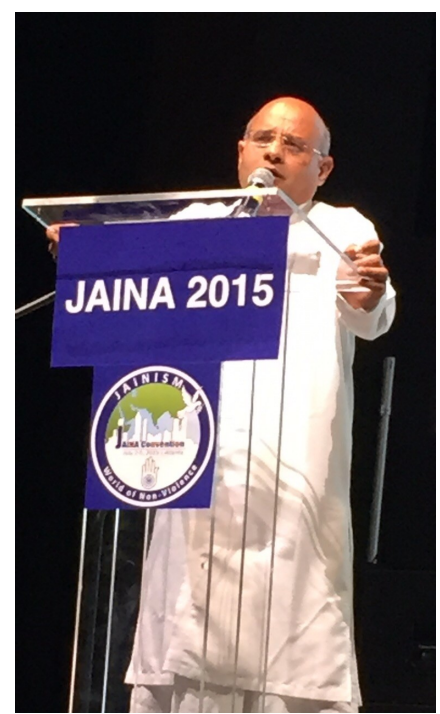
## Atlanta, GA

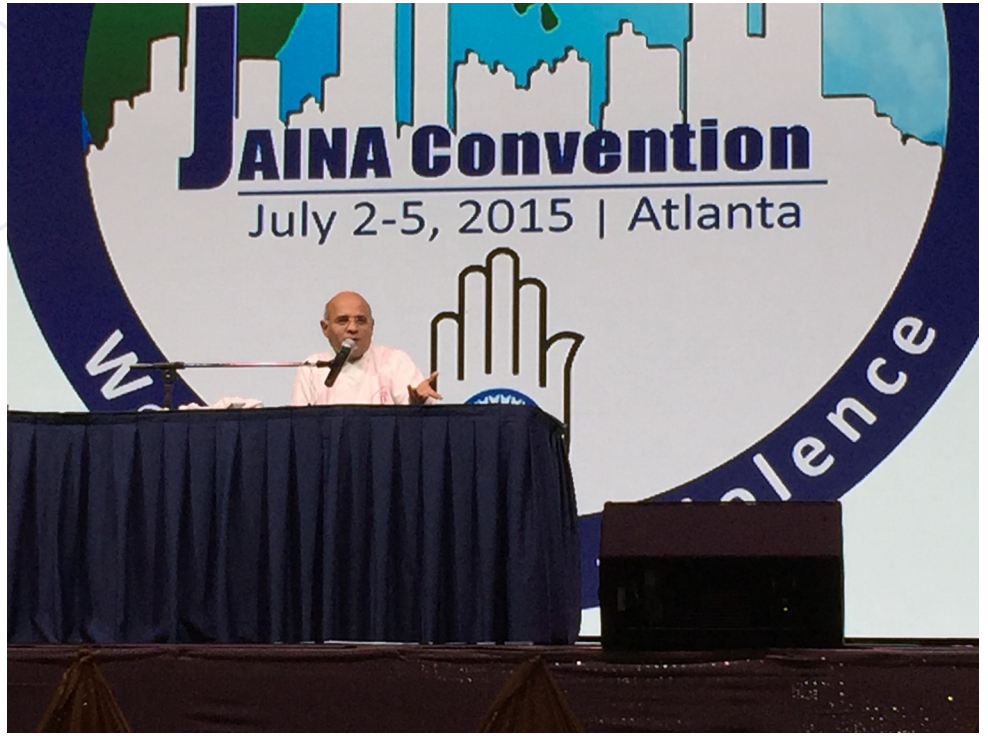
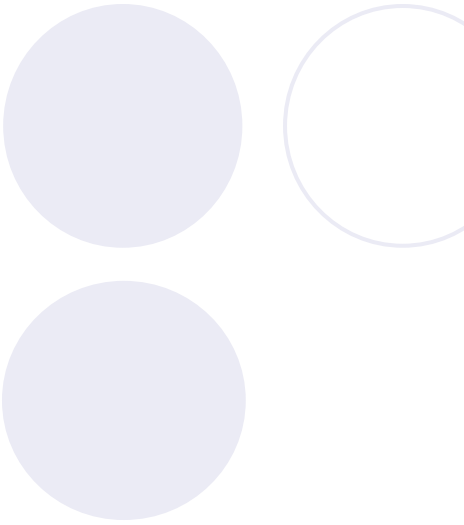
Today in the world there is violence, cruelty and competition because people misuse the name of the religion, power, and terrorism. In this day and age, we need the teachings of non-violence shown by Lord Mahavir. Violence is more relevant in today's world than it was Lord Mahavir was alive. If every person were to develop enmity in their emotion, respect other's ideas, self-discipline in their behavior and kindness in their attitude then anyone can be a true Jain.

The world is afraid of wars between nations, violence between sects, and terrorism between one party to another. For the reason, Jaina has organized their eighteenth biannual convention, and the theme was Jainism: World of Non-Violence from July 2-15, 2015. This thought was integrated by Saman Shrutpragya on the opening ceremony of Jaina convention. In this occasion, Acharya Lokeshmunija, Muni Rupchandji, Acharya Chandnaji and Samani ji also gave the blessings on this auspicious occasion. Puja Rakeshbhai Zaveri, Charukeerthi Bhattaraka, Samani Parimal Pragya, Muni

Amrendra Kumarji, Manak Muniji, gave their discourses in the Jaina convention.

More than three thousand people and forty-five dignitary participated in this convention. To make this a unique and successful convention, both members of Jaina and Jain Center of Atlanta worked hard. Jaina also recognized and gave awards to those who have committed their services to Jainism in North America, and many cultural programs helped in this convention.





## Say “Yes to Life” with Saman Shrutpragyaji



Saman Shri Shrutpragyaji is one of the most articulate and charismatic young spiritual leaders of the new generation. His teachings integrate ancient scriptures and modern science which validate our day to day experience and knowledge. His eloquent speaking style keeps one fully engaged on the topic and makes understanding easy. The message is pure, simple and valuable for all age groups.

In the Bay Area Samanji has offered spiritual guidance on many occasions since 1992. Samanji has traveled widely around the world for discourses, lectures, yoga/meditation camps and more.

**Theme:** ‘Yes To Life!’ *Positive personality through the path of meditation*

**Activities:** Yoga, Pranayaam, Meditation, Spiritual discourses and discussions

**Date:** Friday, July 24, 2015 5:00 PM – Sunday July 26, 2015 4:00 PM.

**Location:** Anubhuti Center, 820 Bel Marin Keys Blvd., Novato, CA

**Cost:** \$180 per person (accommodations and Jain meals) **Space is limited**

To make a reservation:

1. Please e-mail participant names, and phone number to [shah\\_mukesh@yahoo.com](mailto:shah_mukesh@yahoo.com)
2. Please write a check made out to ‘**Anubhuti Center**’ and  
mail to: Avni Shah 43245 Luzon Drive, Fremont, CA 94539

Detailed schedule and additional information will be sent directly to signed participants. For any questions or more information, please contact Avni Shah at 510-449-6035.