

Peace of Mind: October 2016



Happy Diwali & Happy New Year!

Upcoming Events

Saman Shrutpragyaji will be in Rajkot from Sept 25 to November 30, 2016.
-He may travel various school in Kutch, Gujarat and Rajasthan.

December 8 to 18, 2016

-Singapore youth will come to Rajkot for volunteer work and Peace of Mind Rajkot will look after all there program.

March 15, 2017 to July 10, 2017

-Samanji will travel USA and he will do Ayambil Oli at Chicago Jain Sangh

Paryushan parva for 2017

-Samanji will celebrate Paryushan for 2017 in Singapore Jain sangh.



Check out new blog!

Saman ji Shrutpragyaji's Gujarati blog link.. Also very soon English blog also available :

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

Paryushan at Navnat Association, London, UK, 29 August - 6 September 2016

Saman Shrutapragyaji gave spiritual discourses and provided group as well as family and individual consultations, all of which were deeply informative, spiritually uplifting and warmly welcomed by all participants. The Navnat Association Paryushan event structure included the following daily programs:

Morning Samyak Darshan: the Pathway of Self-Enlightenment. The main topics here were: the real meaning of Samyak Darshan and its characteristics, and the practice to realise Samyak Darshan

Afternoon Question-Answer Sessions: These sessions concentrated on a variety of topics, including: Sadguru, mantras, unity in Jainism, the meaning of sect and cult, veganism, and the significance of Paryushan

Evening Events, focusing on how to be a true Jain, included: The concept of divinity (God), the four auspicious qualities of human beings, anekant philosophy, vegetarianism, and four types of meditation

Acknowledgements and special thanks are especially due to Dhirubhai Ghelani (Navnat Association President), Bhupendrabhai (Paryushan Festival Coordinator), and the Committee of Navnat Association Members.

For further information of the recorded events and discourses, see the following You Tube link:

<https://youtu.be/Lu1cUOXjgQs>



Sanatan Mandir, Wembley - UK 9 September 2016

Saman Shrutpragyaji gave a discourse at this famous London temple - Sanatan Mandir at Wembley on the subject "How to know thyself." It was a well organised event, made possible due to the kind support of Vinubhai Kotecha, and was attended by some 200 participants, representing diverse Indian religious communities. Following the discourse, a brief question-answer session ensued, leading to a lively discussion. Samanji was heartily received and the Chairman of Sanatan Mandir, Mr Narendra, who enthusiastically expressed his appreciation, invited Samanji to come to the temple on his next London visit to deliver a follow-up discourse. Mr. Gangaram also talked about Inner and outer world connection.



One Day Healing and Living Meditation Camp, 12 September 2016

This one day spiritual event conducted by Saman Shrutpragyaji and Dr Graham Dwyer was held at the home of Dilesh and Chetna Mehta (Venue: 'Nirvana', Common Road, Chorleywood, Herts, WD3 5LT). In the morning, after a brief introduction and a number of meditation techniques being undertaken, Samanji led an energetic yoga session. This was then followed by an in-depth discourse on the subject of the new book (authored jointly by Samanji and Dr Dwyer), a book entitled "Living Meditation." A delicious and wholesome lunch was then enjoyed in silence, with maun being observed by all the 60 participants. In the afternoon, a question-answer session was held, followed by a healing meditation and a discourse focused on the subject of Samanji and Dwyer's 2015 book publication "A Light Unto Yourself." After the discourse, an open discussion was then carried out on the topic of "The Purpose of Life," led by Samani Unnati ji. Every one got one book of 'A light unto yourself', prabhavana by Chetna and Dilesh. Finally, a mindful tea meditation was undertaken, and the spiritually uplifted participants gave warm and appreciative feedback. It was a very enjoyable and successful shibir.



Laxmi Narayan Mandir, Hounslow - UK

11 September 2016

Geeta Shah with the support of Mr Premji, representing the temple's Board of Trustees, organised Saman Shrutpragyaji presentation at London's Laxmi Narayan Mandir, Hounslow an event attended by some 300 participants. The talk he gave was on the topic "How to Discover Hidden Treasure Within." This spiritually informative talk was a warmly received discourse, greatly welcomed by all participants.

Education Corner: Significance of Diwali

Diwali, the festival of lights, soaks every living beings with love. This festival has been celebrated for quite a long time. But why do we celebrate it? It is the day of Nirvana Kalyanaka of Lord Mahavir, and it is the time when Gautam Swami, the chief Ganadhar of Lord Mahavir got omniscience- the ultimate knowledge after the Nirvana of Lord Mahavir. In the absence of Mahavir Swami, he lamented so much that his soul became free from all the bondages of Karmas. This next day is the 'New Year Day' in worldly sense. It can also be called the 'New Year of Your Life'.

**The night may be dark,
The path may be difficult,
Light lamps of love and affection
Then it will be Diwali of heart.**



The New Year day

The first day of the month of Kartik, i.e. the next day after Diwali is known as the New Year Day.

The Ritual of Diwali festival

On the day of the Niravana Kalyanaka of Lord Mahavir, the Jap of 'Shri Mahavir Swami Sarvgnaya Namh' is done at night and at midnight the Jap of 'Shri Mahavir Swami Parangataya Namh' is done. On the early morning of the New Year Day (Kartik Sud-1), the Jap of 20 Navakarvalis (string with beads) is done. The Pad is 'Shri Gautam Swami Sarvgnaya Namh'.

The rituals and meditation should be done with total concentration. So the problems of life are removed. And ultimately, it helps the soul to reach at the Moksha.

Diwāli is the most important festival in India. For Jains, Diwāli marks the anniversary of the attainment of Moksha by Mahāvīr-swami in 527 BC. The festival falls on the last day of the month of Ashvin, the end of the year in the Indian calendar. But the celebration starts in the early morning of the previous day as Lord Mahāvīr commenced his last sermon (final discourse known as *Uttarādhyayan*), which lasted until the night of *Diwāli*. At midnight, he soul left his body and attained liberation, *Moksha*. Eighteen kings of northern India were present in his audience at the time of His final sermon. They decided that the light of their master's knowledge should be kept alive symbolically by lighting of lamps. Hence it is called *Deepāvali* or *Diwāli*, (Deep means a lamp and avail means series or multiple). But the light of Lord Mahāvīr's knowledge cannot be kept alive by just lighting the lamps. That is an external approach. Realistically, we should light up our internal lamps - awaken our inner vision by practicing the path preached by Lord Mahāvīr. As a traditional *Diwāli* lamp needs a clay bowl, oil, and cotton wick.

The inner lamp needs the right faith, right knowledge, right conduct and right *Tap* (austerity). External lamps needs oxygen while internal lamp needs self-effort. The resolution to adopt the practice of good conduct is the way to celebrate the *Diwāli*. Some fast for two days as Lord Mahāvīr did. Some people recite "Shri Mahāvīr Swami Sarvajñāya Namah" on every bead of the rosary (108 beads in one rosary) first followed by 19 rosaries of reciting "Shri Mahāvīr Swami Pārāgatāya Namah" on each bead. In brief, *Diwāli* is for enhancing the spiritual wealth.