

Peace of Mind: September 2015

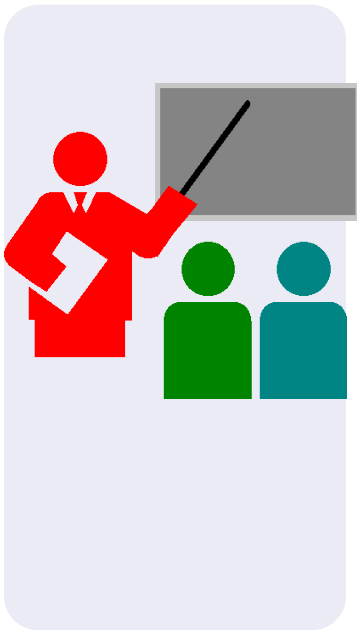
Time for Forgiveness

Current Events

Singapore Jain Group

Date: Sept 4 to 8, 2015

Contact: +65 90295212



Paryushan Aradhana Program:

Date: Sept 11 to 18, 2015

Kuala Lumpur, Malaysia

Contact: bhashkar@fortuneenvoy.com



Upcoming Events

Malaka, Malaysia Trip

Date: Sept 20 to 24, 2015

Contact: +60172184021

Home: +60126980170

Mumbai Trip

Date: Sept 25 to 28, 2015

Contact: Tushar Gosalia @ 22-24075600

Rajkot Program

Date: Sept 29 to Oct 19, 2015

Contact: +91-9427366164

Chennai Program

Date: Oct 21 to 25, 2015

Contact: Praful Shah @ +91-9383213987



Visit to Bangalore

For the first time in history of any Jain Sangh in India, Shree Gujarati Vardhman Sthanakvasi Jain Sangh of Bangalore launched a unique "Chaturmas Mahotsav" for 51 days. The only aim of which is "Dharma Prabhavna" to the Sangh. World famous Dignitaries were invited, Eminent speakers, Devoted Bhaktis, Fun Game shows and Creative Dramas all in this 51 days.

On the 3rd day of this unique Mahotsav, Bangalore Sangh at Turakhia Jain Bhuvan, Gandhinagar experienced a "never heard before" discourse by eminent speaker Saman ji Shrutpragyaji. Soon it was a 4 day retreat!! 3 sessions a day for 4 days yet saw jam packed house!!!

He explained the essence of Jainism, in his unique style where he covered the four bhavanas- Maitri, Pramod, Karuna and Madhyatsta. The afternoon sessions were well received by ladies where he explained the topics like power of mantra and knowledge. The night sessions were attended so enthusiastically even being on a weekdays. His unique and practical way of teaching was truly life transforming for young and all. Sangh suddenly saw youngsters enter the sthanak performing spiritual activities. This itself is a success of Chaturmas Mahotsav .

Topics like Swastha Kem rehv? Paap thi mukt thavani ABCD, Sukh - dukh pasandgi no khel were elevating and made so much fun by Samanji's kathiavadi style. It felt was nothing less than a "Paryushan parva".

Thanks to Samanji Shrutpragyaji, youngsters of Bangalore realized that Jain Dharm can be simple and fun!!

A special youth seminar on "unlimited power of mind" was really mind-blowing where youngsters broke their belief of "I can't" to start afresh with a positive attitude of "I can". Bangalore

Sangh truly thanks Saman Shrutpragyaji for changing their lives in just 4 days!!





2015 Scholarship Winners!



Ankita Mehta
Rs.3000/-



Chintan Lakhani
Rs. 5000/-



Nancy Dalal
Rs. 5000/-



Deval Jilaria
Rs. 3000/-



Dhairya Doshi
Rs. 5000/-



Dhruvita Ranpara
Rs. 5000/-



Yas Gandhi
Rs. 5000/-



DOMADIYA HEMANG S.

Hemang Domadia
Rs. 5000/-



Heta Doshi
Rs. 5000/-



Hiloni Doshi
Rs. 14000/-



Jaanvi Mehta
Rs. 5000/-



JASANI JENIL K

Jenil Jasani
Rs. 5000/-



KASHYAP KOTHARI
15-11-2013

Kaashyap Kothari
Rs. 3500/-



Rinkal Doshi
Rs. 10,000/-



Krupali Udani
Rs. 10,000/-



Madhavi kothari
Rs. 4000/-



Mahi Khandol
Rs. 12000/-



mansi makvana
Rs. 5000/-



Mansi Mehta
Rs. 5000/-



Pooja Joshi
Rs. 5000/-



Priyanka Doshi
Rs. 3000/-



Poojan Doshi
Rs. 5000/-



Riya Sanghavi
Rs. 10,000/-



Smit Doshi
Rs. 5000/-



Swati Ranpara
Rs. 10,000/-



Urja Parekh
Rs. 10,000/-



Vaibhavi Trivedi
Rs. 7000/-



Vilas Katesia
Rs. 5000/-



Dhara Joshi
Rs. 10,000/-



Vipul Bambhava
Rs. 5000/-



Jalpa Kurmul
Rs. 5000/-



Naga Pindaria
Rs. 5000/-



In India, many unprivileged children lack the financial capacity to attain a proper education. Therefore, scholarships are crucial as they provide the means for merited students to further their studies.

The revered Shrutpragya Swamiji held a scholarship programme on 30th August in Aabhavaly. Chief guest Hiren Shah and his daughter Kshama Shah graced the ceremony from Chicago. Among the visitors were also well wishers of Peace of Mind Shree Jawaharlal Mehta and Tantri Shree Shree Kritibal Doshi. Ms Kshama gave an inspirational speech, sharing her life experiences while pointing out that life's struggles make you stronger. Hiren Bhai then added his kind words, saying that there should be four things in life. These are teaching, playing, extra activities and talent. Additionally, Jawaharlal Bhai said, "Move ahead with high aims. A student coming from a middle class family can also achieve good education.". Lastly, Swamiji added his thoughtful words saying that great success can be achieved even by studying at an ordinary college. "Studies alone are not enough. Along with studies, students should have the capacity to do other creative activities." he said.

This scholarship was given by kind donors in Singapore and Malaysia. The programme was started in 2006 in the memory of Veda. As of today, more than 300 students have gotten the benefit of it. The students shared their experiences, telling how they enjoy social work and creative activities.

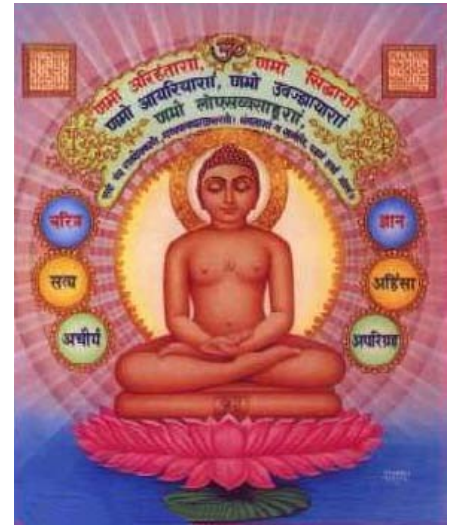


Getting Ready for Paryushana...

Paryushana and Das Lakshana are both right around the corner, so thought we would help you prepare and get a quick refresher of its significance. Paryushana is one of the most important festivals of Jainism and according to Svetambar, it is made up of 8 days spent doing spiritual activities and going towards your soul. We spend the entire year doing various activities, but it's only these 8 days of the entire year we spend mainly for our soul. Thus, during this time, we try to do activities that will help shed our karmas from the entire year. There are various activities one may do such as fasting, avoiding greenery, minimizing our passions and vices and meditating. There are 5 essential activities of Paryushana one should try to do:

- 1). Amari Pravartan (leading a non-violent life)
- 2). Sadharmik Vatsalya (supporting humanitarian activities)
- 3). Attam Tapa (observing fasting for 3 consecutive days)
- 4). Chaitya Paripati (visiting different temples, libraries, etc)
- 5). Kshamapana (seeking forgiveness)

On the very last day of paryushana known as Samvatsari day, Jains do pratikraman which is the time and day to ask for repentance of our past sins and ask for forgiveness to others. Also, Jains read the scripture called Kalpa Sutra, throughout Paryushana which describes the life of Bhagawan Mahavir and other tirthankars, the conduct of lay people and life of acharyas.



Das Lakshana Parva is observed by the Digambar sect and is made up of 10 days starting with the first day being the day of forgiveness. Remaining days are dedicated to a different virtue, which are the inherent qualities of the soul. The 10 religious virtues are as follows:

- 1). Kshama (forgiveness)
- 2). Mardava (Humility)
- 3). Arjava (straightforwardness)
- 4). Shaucha (contentment)
- 5). Satya (truthfulness)
- 6). Samyam (restraint of all senses)
- 7). Tapa (austerities)
- 8). Tyag (charity)
- 9). Akinchanya (non-possessiveness)
- 10). Bramacharya (celibacy)

Michhami Dukkadam



Phulchab Newspaper

Phulchab News Paper Rajkot annual gift draw event addressed to people by Samanshri Shrutpragyji

Date:16/08/2015

The worship of words is to be journalist. The Phulchhab is the oldest newspaper of Rajkot. The prestigious tour from Meghani to Sanghani is being successfully and peacefully achieved. At present Kaushikbhai Mehta is doing the tantri's responsibility with sheer ability, we all pray that from his ink or from his words the honesty and positivity always spread among us and development of people never stop. Media is fourth jaagir. This fourth jaagir is the most powerful weapon in recent times. The media which was telecasting the news for the good sake of humankind even that also nowadays is spreading harmful and negative poison in the form of fake news among people. Media is mirror of social assets or humankind so it is necessity that it keeps on spreading good news and blissful news.



Event by Saman ji at Bhanvad Distrcit Jamnagar

Date:20/08/2015

Saman Shrutpragyaji arrived to Bhanvad today itself. While addressing somewhat around 400 students of PUTUSARTH school,Bhanvad he said that,"We can brighten up or could make our life successful with the gems like positive belief,Positive thinking or mindset,discipline,honesty and hard work. By adapting this all we can achieve anything in life."moreover three students of this school awarded with scholarship by peace of mind foundation. Simultaneously Samanji also held one question-answer type of session with teachers.the solutions which was given by him regarding the problems of a teachers life and the prosperous discussion on this made ever teacher feel satisfied. Bhimsibhai from this institution thanked every-one and specially Samanji for this session.



“Vidyarthi Panch Lakshnam”: August 20-24th, 2015

Programme named " Vidyarthi Panch Lakshnam" was organized by Sambodhi Upwan near Dhanin and its was managed or conducted by Saman Shrutpragyji through Peace of Mind organisation. With the inspiration of Sant Shri Shrutkaran ji, Shrutpragya ji addresses about 500 students of Shri Jee High School, Nathdwara and said that, 'goal and disciple, with these two moral values of humankind is adopted then the student life will be very beneficial for the world. 'There was also supports like Director Mr.Hemant Sharma and Principal Mr.Haridas Parekh. At Aasind (Bhilwada) Vidyapith, Saman Shri specifically told to focus on our inner strengths and try to develop them make them alive and use them. Saman Shri was introduced by Dhruvkumar Kaviya. Literature or we can say lecture series was also being held at Kankroli very famous school named is Alok

School and Guruji's School. Samanji also gave talked in Amet's two schools.Mr. Khabia ji supported for these program. Mahesh ji also sported from Sambodhi Upwan trust.



Kshama Shah's 3 week in India

After four months of hectic city-hopping in America, Saman Shrutpragnaji traveled to Rajasthan in mid-August for a much needed halt from his fast-paced life. Sambodhi Upvan, located 90 km north of Udaipur, is a 25-acre ashram built and maintained by Maharaj Shubhkaraji. Samanji helps with the upkeep of the property on a regular basis, but this time, the main purpose of his trip was to host two guests from Chicago, Illinois, USA – Hiren M. Shah and his daughter, Kshama Shah.

Hirenbhai is a mechanical engineer, and Kshama is a sophomore studying Political Science and Global Health at Northwestern University. She completed some independent research by interviewing women of all walks of life (widows, divorcees, single mothers, financially struggling, happily married, etc.) and plans on sharing their stories to inspire other girls and women. Kshama also completed a Peace of Mind meditation course under the guidance of Samanji during her short stay in Rajkot directly afterward, since her interests also include alternative therapy and yoga. When asked about her ten-day experience, she commented:

“My time at Sambodhi Upvan and the Peace of Mind Foundation was deeply spiritually enhancing. Surrounded by greenery and mountains in the distance, waking up to birds chirping and falling asleep while catching glimpses of stars, I forgot about daily stresses. Anxiety slipped away between meditation sessions and interviews I conducted. I am more spiritually aware and find myself living in the present, appreciating the minute joys in life. Resumes and emails can wait; we need to listen to and take care of our souls first. Ten days spent with Samanji were ten enriching, memorable days.”

Kshama will return to Chicago, where she will continue her studies and multiple ongoing projects. Feel free to visit her new blog, where she will add her interviews and stories in the coming weeks: tidal-souls.wordpress.com. Samanji is currently in Singapore for his upcoming Paryushan program.



Independence Day Festival

The festival of independence was celebrated very joyously in Purusharth Pathak School near Gandhigram, 150 ft ring road. The flag was hoisted by hands of shrutpragya swamiji who remained present in the programme. He gave an inspirational speech explaining "Peace of mind". Where as Ranabhai Gojiya described the importance of Independence day. Students and teachers present in large number created an atmosphere of patriotism.



Singapore Trip

Singapore is blessed to host the presence of our great spiritual leader, Samanji Shrutpragyaji. His visit to Singapore is rare but absolutely invaluable - for he delivers thoughtful, encouraging and inspiring messages.

His stay in Singapore is from September 4, 2015 to September 7, 2015. His intention from his stay in Singapore is to warm us up before the paramount festival of Jains, the festival of paryushan begins.

On Friday September 4, 2015, he delivered a powerful lecture on the seven basic principles of Jainism @ Ritu and Sanjay Mohnot Residence. His lecture was short, simple and very much applicable to our daily routine. We could connect with him easily on the role Jainism plays in our daily lives.

Singapore is really grateful to have Samanji Shrutpragyaji. His spiritual guidance has allowed us to develop a deeper understanding of what is most primordial in our lives.

