



PEACE OF MIND

PEACE OF MIND YOGIC CENTER, USA  
PEACE OF MIND FOUNDATION, INDIA



Swami Shrutpragyaji's

## NEWSLETTER

### New Publications

#### DVD

Vastu Shastra in Gujarati

#### BOOKS

Jivan Jivavani Kala  
Parivartan  
Prarabdh Nu Puspa: Purusharath Ni  
Sugandh  
Turning Point

### Swamiji's US Trip

Last Day in U.S: Nov 2nd, 2010

For any further questions, can  
contact by email:  
Pomyc.org@gmail.com

### Contacts for Books

#### GEORGIA

Kaushik Desai - (770) 476-3874

#### ILLINOIS

Dharmi Shah - (630) 428-1360

#### NEW JERSEY

Dr. Champa Bid - (973) 533-1942

#### OKLAHOMA

Aruna Shah—(918) 605-8805

April 2011

- Biweekly

'Have compassion towards all living beings. Hatred leads destruction -  
Bhagawan Mahavir

### Current Activities

#### Mahavir Jayanti Programs:

##### April 4th:

Jain Center of Greater Memphis  
Topic: Power of Bhakti

##### April 14th-20th:

Jain Center of Metropolitan Chicago  
Topics: Why are we so busy?, Who  
decides destiny, Be Master of the  
Mind, Who is my real enemy, What is  
actually peace, emotional intelli-  
gence, how to clear our karma  
Account, and what is great effort?

Contact: Atul Shah  
(abshah24@yahoo.com)

##### April 22nd-24th:

Location: Ashland, KY

Contact: Dr. Kirti Jain  
(kirtikjain@hotmail.com)

Lecture Times:  
Friday: 7:30pm  
Saturday: 2:00pm  
Sunday: 1:00pm at monthly pooja  
gathering

### Upcoming Activities

#### Mahavir Jayanti Celebrations

##### April 26th– May 1st

Location: Harrisburg, PA

Contact: Kishor and Aarti Sheth  
(shethkishor@hotmail.com)

#### Varshitap Parna:

Location:

Jain Society of Metropolitan Chicago

Contact: Atul Shah  
(abshah24@yahoo.com)

##### May 28th-30th:

Young Professionals: Art of Life  
Management Shibir

Location: Vraj, Pennsylvania

Ages: 14-26 y/o

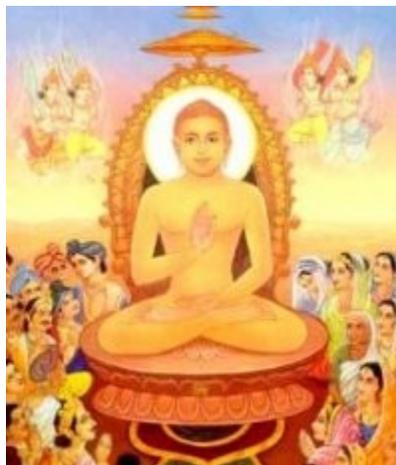
Conducted by: Shrutpragyaji Swamiji  
and Shivali Choxi

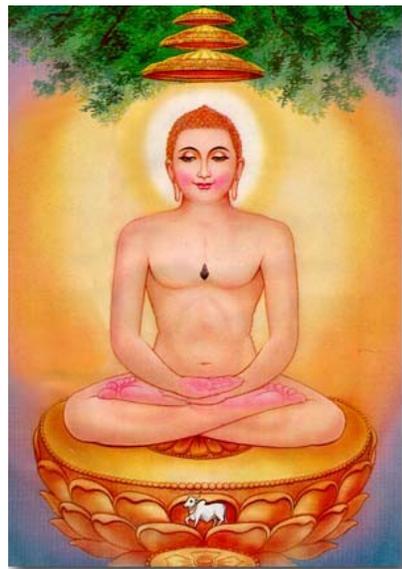
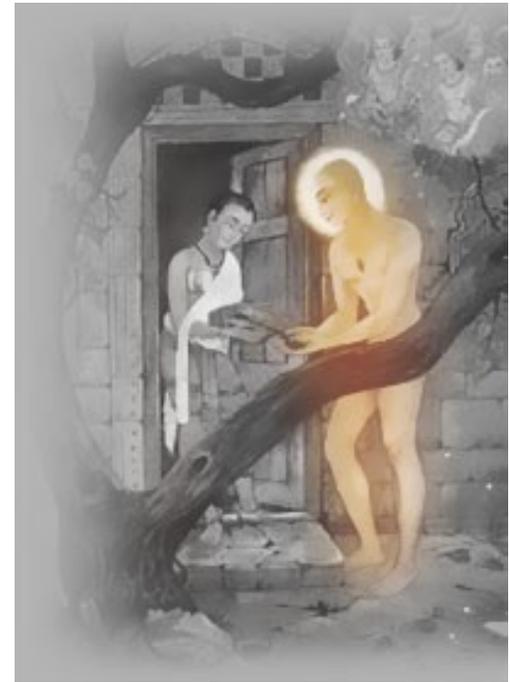
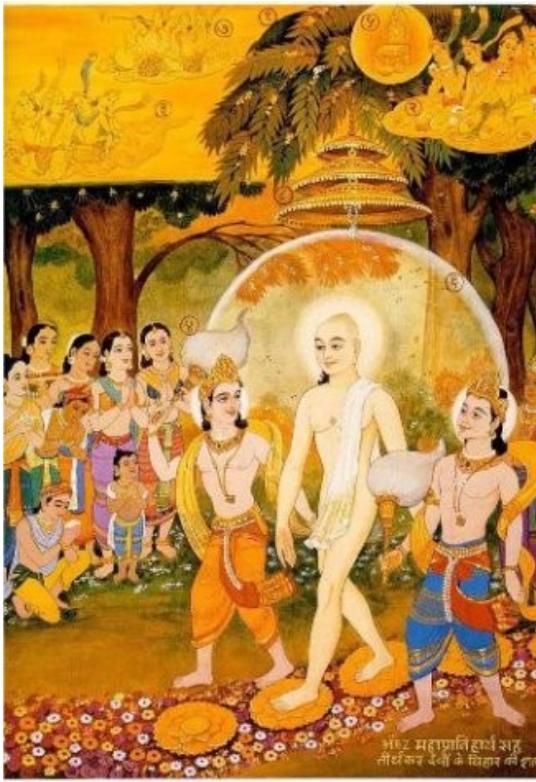
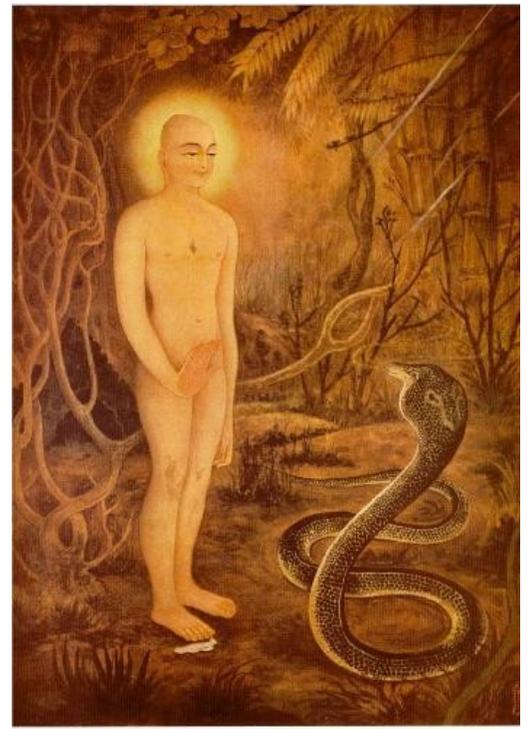
# What is Mahavir Jayati ??

Mahavir Janma Kalyanak is the proper term in Jainism for the birth of Bhagawan Mahavir. This day is very auspicious in Jainism and is celebrated across the world as the day Bhagawan Mahavir was born. Lord Mahavir was born in 599 BC on the 13th day of the rising moon, Chaitra. This typically falls in March or April in our month. On this religious holiday, temples across the world celebrate this day in various aspects. The day typically begins by doing abhishek to the idol along with some kind of puja. Most Jains also engage in a charitable act and do austerities, mediation, and listen to lectures given about the life of Bhagawan Mahavir.

When listening to the life of Bhagawan Mahvir, it is truly an inspiration and guidance to learn the amount of obstacles and character he went through. At the age of 30, Bhagawan Mahavir decided to renounce the worldly life and took diksha. He spread his knowledge to others and spent time doing deep meditation and getting to know his soul. At just the age of 42, he gained the ultimate knowledge known as kevaljnan or omniscience. During the remaining 30 years of his life, he moved place to place to explain the meaning of life and emphasized the basic principles of Jainism, including Anekantvad (multiplicity of viewpoints), Ahinsa (non-violence), and Tap (austerities).

After learning about his life, one can only admire his qualities and follow his footsteps. We should try to follow the principles Bhagawan Mahavir has taught us, which can help us free the bondage from the cycle of birth and death. Jainism is based off of his principles and one can only follow the path that Bhagawan Mahavir has shown us.





# *Mahavir Jayati Celebrations*



## ***Jain Center of Greater Memphis:***

Jain Center of Greater Memphis was privileged to have Swami Shrutpragya as chief speaker. Among the other guests, David Waters from the local Commercial Appeal newspaper and Dr. Mark Muesse, Professor at Department of Religion at Rhodes college, Memphis, TN.

The celebration began with recitation of Namokar Mantra followed by a dance from Jain Center children. Swami Shrutpragya delivered speech on five sutras- Self-Introspection, Sanskar, Straightforwardness, Self-restraint and Service based on Lord Mahavira three jewels - Ahimsa, Anenkantvad and Aparigraha. Swami Shrutpragya went on to say how the teaching of Lord Mahavira is even helpful in today's stressful lives. Today Mahavira's principles are more applicable than the time of preaching. Swami Shrutpragya advised that we need to change ourselves according to Mahavir and not try to change Lord Mahavira according to our own belief. Also, Swamiji gave two lectures to the public Jains and Non-Jains on Karmic Account and Who has the remote control of your life? The audience left with very high spiritual satisfaction.



# Swamiji's Visit to Atlanta:

**April 8th - April 11th**



During Shrutpragyaji's visit to Atlanta, there were several lectures given to the community that benefited the new young generation as well as the older generation. There were a total of 5 lectures that were given and each topic had a deep meaning and learning experience from it.

The first topic was 'Why are we so busy?' We are constantly busy in our day to day activities that we don't have time to take time for our own soul and do atma-kalyan. In order to be successful, the main message that was given was to stay away from socializing and give a set amount of atma-kalyan each day.

The second topic was Who Decides our Destiny. There are multiple factors that determines one's destiny including karmas as well as one's own efforts and behavior. There are seven simple steps that determines one's own destiny including: circumstance, thought process, imagination, habits, personality, approach, and sanskar. Main lesson to learn from this is to always be positive and be in good thought process.

The third topic was Karmic account. One's destiny is based on their own karmas. One must understand that our positive and negative karmas are determined by our speech, thoughts and actions. The most important thing is to have control over one's mind and our own karmas are responsible for our own actions.

The fourth topic was 'Who has the remote control of your life?'. This was an interesting topic because it is only oneself that can push buttons on a remote control. Similarly, it is one's actions that controls what you do. Always keep in mind to focus on things and not lose one's temper. Always stay focused and positive.

# ***USA Young Professionals Shibir***

***May 28th-30th, 2011***



For More Information and  
Registration, please visit:

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

Will be an experience you will NEVER forget!