

Peace of Mind: November 2015

Diwali Celebrations

Current Events

Program at School in Rajkot

Date: Oct 30 to Nov 10, 2015

Phone: +91-9427366164



Diwali Shibir @ Upleta,
Saurashtra

Date : Nov 12 to 14, 2015

Phone: +91-9427366164



Upcoming Events

Shibir for Student @ School

Date: Nov 16 to Nov 21, 2015

Phone: +91-9427366164

Rajasthan Trip

Date: Nov 22 to Nov 25

Phone : +91-94273 12162

Kutch – Gujarat Shibir

Date: Nov 26 to Nov 30

Phone : +91-94273 12162

Program at Abhavalay

Date: Dec 1 to Dec 10

Date: Nov 26 to Nov 30

Phone : +91-94273 66164



Paryushan Calibration @ KL, Malaysia

During the recent auspicious Paryushan Parva (Sept 11 – 18, 2015), the Gujarati Association of Wilayah Persekutuan and Selangor (GAWPS) was extremely blessed as we were enlightened by the distinguished Shri Shrutpragya Samanji in Kuala Lumpur, Malaysia. The pravachan (lectures) which were conducted twice daily were tremendously beneficial and informative for all the adults and youths. Special shibir sessions were organized for the Mahila Mandal (Women's) with a total of 120 participants, Youth Wing (age 15 – 35) with a total of 60 participants as well as the Look & Learn and Magic Touch (age 3 – 10) children. The response was simply remarkable!

The feedback was unanimous – that the lectures were simple to understand, interesting, very much related to everyday life and experiences, and the humor kept us wonderfully engaged. The Q&A sessions were the best. We cleared all our doubts and multiple topics were covered in a short session. Based on the history of paryushan celebration in Kuala Lumpur, **this was the first time the youths participated in full force for all evening pravachan sessions.** The clarity and simplicity in Saman ji's presentation makes Jain Dharma easy for everyone to follow and practice without any confusion.

On Day 9, the Jain community celebrated Samuh Parna and received further blessings from 9 tapasvis which included a Maskhaman (30 days upvas) parna. This took place once again after 25 years in the history of Kuala Lumpur Samaj.

The GAWPS committee members, lead by the President, Datuk Bhupatrai Shah, did an astounding job in organizing the entire 9 days celebration along with great support from the entire community. Due to the immense interest and support from the community, the President of GAWPS has requested our esteemed Shrutpragya Saman ji to join us for Paryusan Parva in year 2018/2019. Saman ji was hosted by Mr. Kantilal Sheth and family in Kuala Lumpur.





People enjoying Samanji



Meditation Program



GAWPS wishes Happy Mahavir Jayanti



Group Picture with Committee Members



Women Camp



Youth Seminar

Trip to Maleka, Malaysia

Swamiji continued his trip to Melaka where pravachans were organized at Gujarati Vanik Sangh, at Mrs. Naina and Mr. Niteen Timbadia's residence in Melaka, at Mrs. Neeta and Mr. Rajesh Sanghvi's residence in Masjid Tanah and at Mrs. Joshna and Mr. Jitesh Khandar's residence in Melaka. The topics covered were 5 Steps to Increase your Knowledge in Jain Dharma followed by Q&A session, Teachings of Jain Dharma, 5 Important Things in Life and Importance of Self Introspection. Swamiji was hosted by Mr. Anilbhai Shah and Mr. Mukundbhai Shah and family in Melaka.



Gujarati Vanik Samaj Members in Malacca



People listening to Samanji

Program with Vaichavshriji

After Coming back from Malayisa trip Saman Shrutpragya ji gave the Pravachan @ Kahar, Mumbai in the presence of Sadhviji shri Vaibhav shri ji... Saman ji talked about Path of Spirituality and its Impact in our Life.



Chennai Trip: 10/21-10/25

President of C.U.Shah Bhavan Mr.Prafulbhai Shah on behalf of Gujarati Shwetamber Sthanakvasi Jain Association, Chennai invited Swami Shrutpragyaji to conduct a shibir in Chennai. They were overwhelmed when Saman ji agreed to come. They welcomed him with great Love and respect. Swamiji conducted the shibir from 21 Oct to 25 Oct, 2015.

Every morning Saman iji gave discourse based on various Jain stories. He further explained to us several important topics:

1. The Importance of Knowledge
2. The effects of attachment and liberation from attachment
3. Unconditional SEVA
4. Journey towards enlightenment.
5. What is Religion?

Every noon he conducted Meditation classes in the special Pyramid hall. Saman ji explained the importance of and the various techniques of meditation. There was a lot of enthusiasm seen in meditation classes. Many questions were asked and Saman ji cleared all our doubts in a very simple language.

On Saturday and Sunday he had special classes for the students of Look and Learn group arranged by Seema and all Didis. He also gave a special talk to the Marvadi group during their Prayer time. The program was very successful. All of us made commitment to practice meditation on a daily basis and bring small but important changes in our lives. The program was successfully organized. The Sangh requested Saman ji to come every year and guide them and bless them with his spiritual knowledge.



A Personal Touching Experience

Jain monk involved in social activities – Ashokbhai Luhadiya from USA

It was my first exposure to come in touch with the school children of several schools of Rajkot who were hard working, independent and exuberant despite coming from poor backgrounds. They all seemed proud of themselves and were very eager to learn. Certainly the credit goes to their teachers who hold very high values of imparting not only the book education but also other values necessary to be a good human being.

Saman ji Shrutpragyaji is personally involved in the spiritual development of all these children. This appears to be his life mission. I could see and feel his influence in the children of all the schools I visited. He also gives financial assistance to the needy and deserving children through the organization 'Peace of Mind foundation' by him. This was a wonderful experience for me to see a Jain monk involved in social activities. I think more of Jain monks should follow his footsteps and work for the upliftment of the society. I also hope many people like us join him to make this world a better place. My best wishes are for Saman ji.



Bhimsibhai giving gift to Ashokbhai



Ashokbhai and Ushaben

A Personal Touching Experience

My most wonderful visit to Rajkot - Usha Luhadiya from USA

On October 10th my husband and I visited Rajkot for four days. We were very fortunate to have this opportunity to be in the company of Saman ji Shrutpragyaji. I had met Him in Cincinnati- USA in a seminar conducted by him on 'Health Healing and Happiness'. My experience in Rajkot took us beyond his spiritual teachings. I was witness to the expansion of his spiritual being. Saman ji is very passionate about the wellbeing of all humankind. This includes education of young school children who lack financial resources. Peace of Mind, the organization through which Saman ji works is involved in various activities to help education of children.

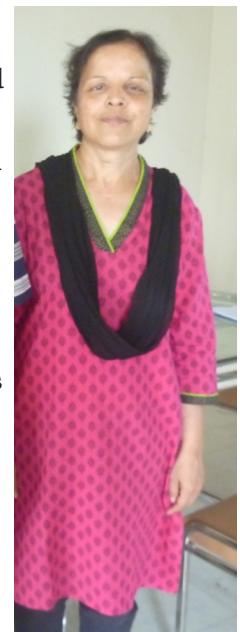
On the first day Saman ji had arranged to meet with the local students. All the students were deserving students coming from very poor families. They came from different educational backgrounds like Medical College or business management. The students and their parents expressed gratitude for the help granted by Peace of Mind and stated it helped reduce their stress.

On the second day of my stay we visited Prusharth School which is about 150 kms from Rajkot. This school's founder Shri Bhimsibhai is a living example of Mahatma Gandhi's principles. The school has an ambience of peace, self-dependence and progress. The students come from poor backgrounds. The teachers who are extremely dedicated also work outside school hours to help all round development of children. Saman ji conducts spiritual shibirs for the children and also motivates the children by way of scholarships.

On the third day we visited Sarojini Naidu School and Prayas school. Although Sarojini Naidu is a municipal school but it's standard is much higher than a private school. It's Principal and teachers do a great deal of personal and financial sacrifice to support well deserving students. No wonder that the school has a long waiting list for admission. The students come from very poor backgrounds and are well taken care of in the school. Prayas School is a result of an effort led by an amazing woman Puja Patel to care for and educate mentally challenged children. Three years ago the school had just two children and now eighty children attend the school. Thanks to the dedication and humongous effort of Puja Patel. We also visited D.B. Patel Girls High School, which is a model for the holistic approach for the development of the girls. Almost 30 percent of the girls practice yoga and pranayam on a daily basis pursuant to the teaching of Saman ji.

Saman ji also took us to an amazing farm which was once destroyed by the chemical fertilizers and has been revived by the cow dung and cow's urine. The farm was beaming with the plants of turmeric and peanuts. It was a living example of nature's way of self-dependence and productivity at it's best.

During our time with Saman ji I was also blessed by his guidance for living a better and more fulfilling spiritual life. My visit which was short but it is still very fresh and exciting in my mind and will remain so in times to come. Thanks to Saman ji.



Educational and Experience Sharing Trip

In the month of October from 11-15, Peace of Mind foundation received 2 guests **Ashokbhai and Ushaben Luhadiya from United States of America**. They had met Saman ji in Cincinnati USA during his visit in the month of June 2015. They attended the shibir of 'Health Healing and Happiness' conducted by Swamiji. They learnt from Saman ji about his involvement in the schools and therefore they visited Saman ji in Rajkot during their visit to India. Saman ji planned an **educational and experience sharing trip** for them which involved visits to four different schools which included: Purusharth school in Bhanvad which is 150 km from Rajkot, Sarojini Naidu school, Prayas school for mentally challenged children and D. B. Patel Girls High School in Atkot.

Saman ji arranged for get together with the students and teachers. There was remarkable amount of learning and sharing of knowledge from both sides. Ashokbhai and Ushaben were greatly impressed by the environment and dedication of the teachers and the excitement on the part of the students to learn something new. Ashokbhai shared his knowledge about natural and artificial food colours, and the impact of use of these colours in foods. He explained the good effects of natural colours and adverse effects of the artificial/ synthetic food colours. Ushaben shared her personal experiences of eating satvic food, practicing yoga and meditation and also the importance of education and work. Swamiji later explained and reiterated the whole thing in a very simple and easy to understand language to the students as to how they can use this information in their lives. This was followed by question and answer session where students came forward with number of questions and sought clarification.

Ashokbhai and Ushaben were very impressed by the efforts of schools' staff. Purushath school is just not merely imparting knowledge to students but also building their character on the teachings of Gandhiji. Sarojini Naidu School, which is though a municipal school exceeds the standard of any private school. While Prayas School, which has taken up a herculean effort of caring and teaching mentally challenged children. The residential school, D.B. Patel Girls School is involved in holistic development of girls.





Free educational classes at Abhavalay



Giving scholarship and guidance at Bhanvad School



Purusharth school bhanvad staff



Shibir at Ahmedabad, Gujarat

The shibir under the guidance of Almighty Panyas Pundarik Vijayji in Prerna Tirth at Ahmedabad was highly motivational and educational. The main focus was on how to live life at it's best. Distinguished maharaj sahebs, sadhvijis, youth and women attended the shibir.

Saman Shrutpragyaji conducted the shibir on both the days, 17th and 18th October. He mainly focused on the immense power of our internal voice (heart) and how to use that power. Saman ji gave several examples of the unlimited power of our feelings and thoughts. One very striking example was that of Jessica Cox, who is born without arms. But Jessica's courage, passion and hard work has resulted in her obtaining a license to fly a plane in America. She flies the plane by using her legs alone. Despite the abnormality she lives a normal life like anyone us. Saman ji explained that nothing is impossible only if we can get out of the shell of uncertainty and try out the impossible with full confidence. Saman ji further gave some methods of meditation that can help one build confidence to achieve the unachievable.

With womens he also focused on changing their personal nature instead of changing others nature. Saman ji gave simple meditation techniques that can help a person make dramatic changes in the personal nature and help live more peaceful and productive life. Almighty Pundarik Vijayji and Mahavideh Muniji expressed feelings of joy and blessed all of us.



Happy Diwali and Happy New Year!

Diwali is one of the most popular and colourful festivals in India. Better known as Deepavali or the festival of lights, Diwali is a nocturnal celebration embraced by Hindus, Sikhs, Buddhists and Jains across the country. It unifies every religion, every home, and every heart and India transcends into a land of myriad lamps.

The mode and significance of Diwali celebration is multi faceted, varying according to mythology and scriptures. In Jain Dharma Diwali festival is celebration of the glory and achievement of Lord Mahavira. Diwali is the jubilation to commemorate the salvation or Moksha attained by Lord Mahavira.

On The fifteenth day of the dark half of the month of Kartik, 527 BCE, Mahavir was observing a two days fast. He sat in the Samavasarana and gave his last discourse which became famous as Uttaradhyayan Sutra, Vipak Sutra, etc. Just before the hour of midnight he shed all his remaining Karmas and attained 'Nirvana'(Moksha). For a few moments the whole world was enveloped in darkness. Gods dispelled the darkness with the help of gems and humans lit earthen lamps to have the last glimpse of their savior. In memory of that day people celebrate the festival of lights or Dipawali. Gods and human beings celebrated jointly the events of attainment of Nirvana by Mahavir and omniscience by Ganadhar Gautam. He could conquer his desires and was beyond humanity. Jain scriptures also mention that one of the ardent disciples of Mahavira, Gandhara Gautam Swami attained complete knowledge on this day. Diwali marks the beginning of the year for the Jain community.

Diwali is the occasion to pay tribute to the ardent sacrifice of Mahavira. The Svetambara faction of Jains observes fasting during the three days of Diwali. The festival usually falls in the month of Kartik (October-November). The devotees sing and chant hymns in praise. They recite phrases from the Uttaradhyayan Sutra which contains the last preaching's of Lord Mahavira.

Jains as a religion gives more stress on austerity and simplicity. Unlike other religious practises, who celebrate Diwali with lots of fire crackers, noise, songs and dances, Jainism follows a different form of celebration altogether. To jains, physical triumph and pomp are just worldly emotions of joy and gratification. So they practice penance during the period. The temples are decorated during this period and there is distribution of sweets among the devotees. Jains from India and all over the world visit Pavapuri, the home town of Mahavira.