

July 2020 Newsletter



Peace of Mind

Peace **OF** Mind
EXPERIENCE YOUR INNER BLISS



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Upcoming Events

- **July 5, 2020:** (Save the date)
Guru Poonima Online Program
- **July 6 to 12:** Katariya & Rapar -
Kutchchh for Personal Sadhana
- **July 13 to 15:** Bhuj - Kutchchh
- **July 16 to 22:** Rajkot, Gujarat
- **July 23 to 29:** Palitana, Gujarat
- **July 30 to Aug 7:** Rajkot, Gujarat
- **Aug 8 to 22:** Sambodhi Upwan,
Rajasthan (Tentative)



During Covid 19, Samanji forwarded a total of 51 Satsang in 51 days to his devotees. After the Satsang project was over, Samanji arranged three steps of test and 15 devotees joined for giving tests. here are three Numbers who got First, second and third Price -

First Place: Sonal Sheth, Singapore (42 Marks out of 45)

Second Place: Varsha Bhavsra, New Jersey, USA

Third Place: Hinaben Patel, Dallas, TX - USA

Congratulations to all winners and all Participants by Peace of Mind Foundation.

During the Covid19, Peace of Mind Foundation Continuing Support needy people. Peace of Mind Providing food kits and other regular needs during this critical time of Corona.

This year Samanji will not visit the USA or the UK. However, if the situation permits him to travel, he hopes to go to Australia, Malaysia and Singapore in Nov-Dec 2020.



YouTube link for Saman Ji's pravachan.

The Peace of Mind Foundation has created a number of YouTube presentations, providing online access to Samanji's satsangs and boosting one's immunity system through Twinkle Pethad (in English) as well as special satsangs (in Gujarati). Please subscribe by visiting the link bellow and get tremendous benefit from it.

<https://bit.ly/2Iho0dN>

You can equally physically, mentally and spiritually gain enrichment from Samanji's exciting Blog (in Gujarati and in English).

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

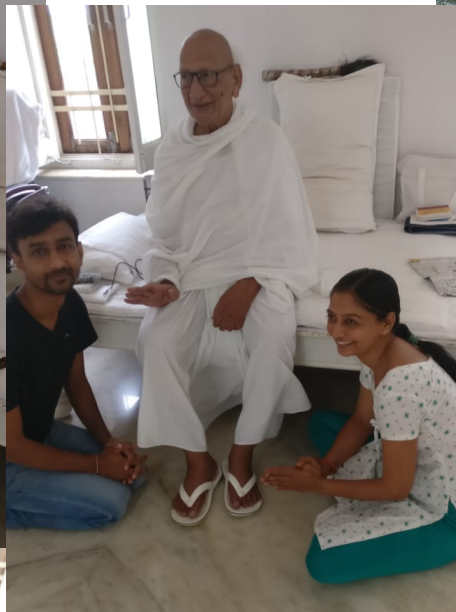
Himatnagar Trip

Saman Shrutpragyaji Visits Abhipsa Ba at Himatnagar, Sabarkantha in Gujarat. Samanji did one-week Spiritual Sadhana along with Maun and Dhyan and Writing. He visits Kabir Ashram at Sathiyada in Mahesana District. In Presence of Abhipsa Ba, Rajuda Saheb and Yogidas Bapu Samanji gave discourse on Five Type of Strength. He explains about Health, Friends and Family Supports, Good did, Intuitions, and Surrender towards Nature. Rajuda saheb talks on special massage of Kabir. Yogidas Bapu did nice Bhajan. Samanji also visits Old age Home and few other Ashrams.



Sambodhi Upwan Trip

Samanji and Abhipsa Ba also visited Sambodhi Upwan in Rajasthan and did Darshan of Sant Shree Shubhkaraji M.S. Under the presence of Sant Shree, we did daily Dhyan, Satsang and Prayer for five days. Sant Shree Shubhkaraji gave blessing and motivation to do a spiritual journey with full of awareness. On the day of Surya Grahan, we did more than 3 hours of special Jaap.



Limbhoy, Ider – Gujarat Trip

Samanji was invited by Sant Seva Ashram, Limbhoy for delivering Pravachan on the occasion of Abhipsa Ba 39th Birthday. Samanji talked on Five needy qualities which everyone needs to keep in their life and those qualities are:

- (1): Create self-identity by Smart and Hard work
 - (2): Be Honest in your speech, Business and Behavior
 - (3): Keep good Sanskara in every step of Life. One can stop and Hesitate to do which is not appropriate to do at all and don't stop yourself if something needs to be done for the betterment of living beings.
 - (4): Be strong in any unfavorable situation which comes in your Life journey and
 - (5): Conduct daily self-introspection for changing yourself in a good direction in Life.
- Samanji gave the Special Blessing to Abhipsa Ba for Bright Future. Pujiya Ramdas Bapu, Dayalji Saheb, Abhipsa Ba and few other speakers also give the blessing to the function. Providing Healthy and Delicious food sponsored by Abhipsa Ba.



Feedback

Please allow me to express my feelings and experience towards your pravachan mala during this



Covid19. Usually whenever I became job less feel lot of pressure, worry etc. This time I have just leave everything on god's hand - as you mentioned with example in your pravachan no 2. I actually started looking for job but not being panic any more this is a big big difference. Also, listening all pravachans I learn lot of new things and feel really good I did not even know that I have this quality. Staying calm, do all necessary task for my family and work on myself mean observing my actions, knowing them what is not correct try to fix them. Create a good healthy routine in my daily life including meditation time plus read/ listen pravachan/ stotra/ mantra jap and I am surprised how I be able to set all tasks in my life!!

Thanks to you

Lakh lakh Vandana from Varsha Bhavsar (NJ - USA)

Pujaya Samanji

Vandami Namam Sami! This is Kaishal from San Francisco Bay Area in USA. I just wanted to keep you posted on how I am doing.

I had retired since March 2020. Since then I have implemented lot of positive changes into my daily routine. Since March, I have been doing 3 hours of Yogic Exercise, Asanas, Pranayam and Meditation daily. Also I do 1/2 hour of treadmill and 3 miles of walk (1 hour). I have also started reading some very good books. I just finished reading the book "The Monk Who Sold His Ferrari." It has made long lasting impact on my life. I usually wake-up around 5.00am to 5.30am in the morning to start my day. Physically, mentally and emotionally, I feel very good. Life has become very happy and peaceful. I have not been taking any medication since last 2-3 years. My health has been very good in all respect.



As you know, I had learned from you when you came first to the Bay Area in 1992 and 1993. I started doing this every day in 2020, after my retirement. It has been only 3 months but feels that my life has changed forever for good. I know that you had worked very hard to give us all your knowledge. You have supported me during my challenging time. While I can't express in words your contribution to my well-being, I wanted to say thank you from the bottom of my heart. You had given us all this treasure with so much love.

Dipti is also doing fine. She has also said Vandami Namam Sami! Now we will be in touch more frequently

With Love,

Kaishal Dalal from California, USA

Feedback

જય જીનેન્દ્ર સમણજી,

હાલમાં વિશ્વમાં જ્યારે કોરોના (COVID-19) વાઇરસે જ્યારે ભરડો લીધો છે ત્યારે



તેનાંથી બચવા અને અમારા જીવનને એક નવો જ દ્રષ્ટિકોણ આપવા માટે આપ સંકટ સમયે જ ગુરુ તરીકે માર્ગદર્શક બની અડીખમ ઉભા રહ્યાં છો. જેમાં આપે આપની તપશ્ચર્યા/સાધના વડે જે કાંઈ સિદ્ધિ અને જ્ઞાન સિદ્ધ કર્યું છે તે દ્વારા અમોને 51 દિવસના દૈનિક સત્સંગ દ્વારા લાભાન્વિત અને પ્રભાવિત કર્યાં છે તે બદલ આપના ઋણી અને આભારી છીએ. ઉપરોક્ત 51 સત્સંગોથી અમારા દૈનિક અને નિજી જીવનમાં જ નહીં પરંતુ સમગ્ર વિશ્વનાં સજીવ/નિર્જીવ જીવ માત્ર પ્રત્યે દયા-લાગણી, પ્રેમ, કરુણા અને હુંફ જેવાં સદગુણોનો વિકાસ થયો છે.

આપે અમારા જીવનમાંથી કામ, લોભ, મોહ, ક્રોધ-ભય જેવા વિકારોથી મુક્ત કરી ભય મુક્ત કર્યાં છે. હવે અમો અમારાં દૈનિક જીવનમાં સુખ-દુઃખથી અલિપ્ત હર્ષ, આનંદ , પ્રસન્નતા અને નિરંતર શાંતિનો અદભૂત અને અકલ્પિય અનુભવ કરી રહ્યાં છીએ. આપના દ્વારા ઉપરોક્ત 51 સત્સંગો બાદ જે ત્રણ કસોટીઓનું જે આયોજન કરવામાં આવ્યું તે ખરેખર પ્રસંશનીય રહ્યું કારણ કે આવી કસોટીઓ વડે જ પુનઃ વાંચન શ્રવણ દ્વારા જીવન પ્રત્યે સતત જાગૃત રહી જ્ઞાનવર્ધન અને જીવનને ધબકતું રાખી પ્રસન્નતા આનંદ અને શાંતિની અનુભૂતિ કરતા રહીએ છીએ. આપની આવીજ લાગણી પ્રેમ હુંફ, દયા અને આશીર્વાદ અમારાં પર વરસાવતા રહો તેવી ભાવના સહ...

રાજકોટથી મનસુખભાઈ કેસુરના જય જીનેન્દ્ર અને ચરણ વંદન

Abhvalay Visitors

Abhipsa Ba and her Team visits Abhavalay

From Himatnagar Abhipsa ba, Ashutos, Tejasbhai and Chintanbhai visited Abhavalay on 12th and 13th June. They all did Meditation, Yoga, Plantation and Satsang for two days with Samanji.

