

Sharing Knowledge...



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Current & Upcoming Events

Current Events:

-Tulsa, OK Pravachan:

-Date: May 28 - June 1st, 2013

-Contact : Kanti Aruna Shah (tjspresident06@yahoo.com)

-Vichita, KSS Pravachan:

-Date: June 2 to 7

-Contact: Nilesh Trupti Sheth (timnil@yahoo.com)

-Sacramento, CA Pravachan:

- Date: June 8th-10th, 2013

- Contact: Rajeev Rajni Jain (arham108@gmail.com)

Upcoming Events:

-Pravachan at LA:

-Date: June 11th-13th, 2013

-Contact: Rajesh Harsha Parikh (741-521-5271)

-Shibir and Pravachan at Milpitas, CA:

-Date: June 14th-23rd, 2013

-Contact: Mukesh Avni Shah (mukeshavni@gmail.com)

-Shibir and Pravachan at New Jersey

-Date: June 24th-30th

- Contact: Dr. Champa Bid (pomyc.org@gmail.com)

-Satsang in Boston

-Date: July 1st-3rd

-Contact: Vivek Shital Shah (sshah1585@gmail.com)

-JAINA Convention

-Date: 4th-7th, 2013

-Contact: Praful Shah (praful 0606@yahoo.com)

.....Insiders Edition

This month is filled with the power of sharing knowledge. This is done through various ways including lectures, camps and communication. We had the privilege of guest visitors that took us on a spiritual journey to various areas. This journey led to open our eyes to many different views and experiences.

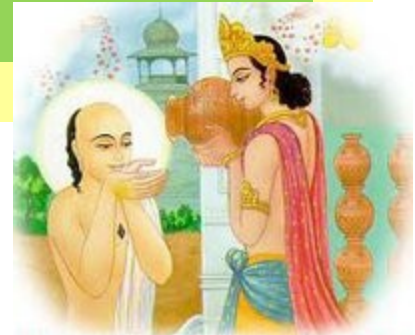
Lectures Across the USA...

Last Lecture In Mumbai to USA...

En route to USA from Rajkot, Swamiji spent two days (May 13th and 14th, 2013) in Sion, Mumbai. Swamiji was invited to speak at the Sion Jain Upashray for the first time, where he delivered a total of four lectures over two days. The topics included, "What is missing from life" (Jeevan ma shu khoote che) and "Maitri Bhavana" in the daytime, and "Body Language" and "Personality Development" in the evening for the younger adults. In addition, a special lecture was arranged by the Mahila Mandal Group at Manav Seva Samaj Hall on the importance of Samayik and Pratikraman. The programs were arranged by Meghanaben Shah and Tushar & Asha Gosalia, and were well-received by the audience.

Lecture in Chicago, IL: Celebration of Varsitap Parna of Parul J Shah & Kekin Shah

On May 25th, 2013, Shrutpragya Swamiji visited Chicago Jain Sangh for the varsitap parna (yearlong fast celebration) of Parul J. Shah and Kekin Shah. He gave a lecture on "Aradhana and Prabhavana." "Aradhana" means what one does for oneself and "Prabhavana" means how others are inspired by one's Aradhana. For instance, Mahavirswami fasted and stayed in meditation for over twelve years, which is his aradhana. After attaining kevaljnan (omniscience), Mahavirswami delivered sermons and inspired thousands of people to follow his spiritual path, which is his prabhavana. This topic was specially delivered on this auspicious day, those that completed the yearlong fast did aradhana for one year, and when they inspire others to complete the yearlong fast, it is their prabhavana.



Rishabh Dev Breaking His Fast With Sugarcane Juice After One Year



Lectures Across the USA...

Satsang at Jain Center of Toronto

Jain Society Of Toronto (JSOT) and Shrimad Rajchandra Bhakti Group, Toronto were blessed by Swami Shrutpragyaji's religious discourses. The committee members were trying for some time for Swamiji's lecture series in JSOT. Very graciously Swamiji accepted the invitation and visited us from 17 May to 21 May, 2013. Swamiji showered us with highly charged and electrifying five spiritual lectures, each 2 hours. It was soul searching and moments of spellbinding experience for all of us. He chose the topics like: "What is missing in your life," "You make your own destiny", "Body, Mind and Spirit", "Who am I", & "Principles Of Karma".

His lectures were very spiritual, philosophical, practical and yet linked with the principles of Jainism. He was able to take us to the journey of Jainism, greatness of Jain religion and Tirthankar Prabhu's message. Swamiji's discourses are coming from his heart and his conviction of Jain principles. His speech (vani) is intrinsic and spontaneous. JSOT is very thankful for his grace and looking forward for his another visit.

-Rohit Sheth, Toronto

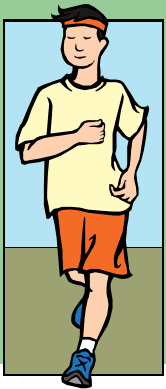


Health Corner

Tips for a Healthy Life

It's quite important to lead a healthy lifestyle not only for one's mental health but physical health. Exercise, diet and overall good health impacts your attitude and lifestyle tremendously. Here are just a few tips that can help live a healthy lifestyle.

1. Drink plenty of water.
2. Eat your breakfast like a king, your lunch like a prince and your dinner like a beggar.
3. Eat more natural foods that are grown, not made in factories.
4. Walk 10-30 minutes a day.
5. Read more books than you did last year.
6. Sit in silence for at least 10 minutes a day and take time to weigh things.
7. Sleep at least 7 hours every night.
8. Do not waste your time and energy thinking about things that you can never change. Instead, use that energy for positive moments.
9. Life is a school, remember that you are here to learn. Problems are like tests and lessons that will help you pass the next one.



“Journey Within”

A Shibir with Swami Shrutpragyaji

Jai Jinendra,

We are pleased to announce the details of the upcoming Shibir (residential camp) with Swami Shrutpragyaji.

***** Long awaited, highly demanded LIVE-IN Shibir with Swami Shrutpragyaji to uplift your spiritual self. *****

***** Yoga, Pranayaam, Meditation, Spiritual discourses/discussions, Nature Walks and more under Guru's guidance. *****

***** Just an hour drive from JCNC temple. Peaceful and serene location. Jain Food included with accommodation. *****

***** Only 50 spaces available ***** Shibir:

Come take this journey to travel within and uplift your spiritual self. The shibir will be packed with activities like yoga, pranayaam, meditation, spiritual discourses/discussions, nature walks and more, all under the guidance of Swami Shrutpragyaji. Swamiji has been a well known dignity in our bay Area since 1992. Preksha Dhyam was introduced to many of us by Swamiji. He has also been the key speaker at many of our JCNC events.

When:

Checkin time: Starts at 4:00 p.m. onwards on Friday June 14th , 2013

Checkout time: Starts at 3:00 p.m. on Sunday June 16th, 2013

Where:

Anubhuti Center in Marine County
Anubhuti Meditation & Retreat Center
820 Bel Marin Keys Blvd,
Novato, CA 94949

Accommodation:

Registration required, limited openings (first come first basis)

Fee & Payment:

Suggested cost \$130 per person which includes room and Jain meals (breakfast, lunch, tea and dinner) for all days!!

Checks Payable to "JCNC". Mail your check to Avni Shah at 43245 Luzon Drive Fremont, CA 94539 or hand over it to her when you get a chance.

Shibir Registration: hurry...please plan to register asap!!!

<http://tinyurl.com/pz73w83>

Shibir Coordinators:

Avni Shah at [510-449-6035](tel:510-449-6035) mukeshavni@gmail.com

Scholarship 2013



Meghna Mehta



Jagruti Sheth



Mansi Doshi



Priyanka Doshi



Bhoomita Parekh



Krupa Todia



Jinal Modi



Mahi Khandol



Payal Parekh



Arti Khilosia



Megha Doshi



Kripali Udani



Nirav Doshi



Vidhi Kalavadia



Sneha Mehta



Deep Joshi



Riddhi Doshi



Nirav Madhvani

Dhara Joshi

Thousands of students in India are in need of financial support to further their education which their families are unable to provide. These students have a desire and concentration on a particular field of study and have great potential. We, at Peace of Mind Foundation, requested donors to give whatever they can. Peace of Mind Foundation has been giving scholarships for the past three years.

On May 5th in Rajkot, Gujarat, Peace of Mind Foundation provided scholarships to the following 19 students for their higher education at Abhavalay Building. This program was held in the presence of Shri Shrutpragya Swamiji. Kirtibhai Doshi, who is on the board of the trustees, and Jain Shrivak, Jawharbhai Mehta, was also a part of this event.

Swamiji started this program by reciting the Navkar Mantra. He conveyed his message to the students that in this day and age, higher education is a must in this competitive world. In addition to those who need the financial support for their education, several donors are very interested in funding need-based scholarships. Also, scholarship recipients should remember that after completion of their studies and once they are established, they must give back to society in the form of scholarship to others who are in need.

Peace of Mind Foundation would like to take this opportunity to thank all the donors who have been fundamental in providing scholarships to these worthy students.

We are grateful to Bharatbhai and Kirtidaben Mekani from Singapore, who in the memory of their daughter, Veda, have consistently provided their full support for this scholarship project. In addition, Dilip, Deepa, and Lisa Sangoi from USA have contributed their full support to this endeavor. We are also thankful to all members of the Memphis, Tennessee group who have given their efforts.

In addition, the following have also contributed their support for 2013 scholarship project:

Mukesh & Parul Kamdar, Jayant & Minal Shah, Kaishal & Dipti Dalal, Mukesh & Avni Shah, Amit & Sarika Parikh, Ramesh & Maya Dedhia, Shashidhar & Rakhi Kaparathi, Vipin & Minakshi Bhavsar, Pradip & Vaishali Shah, Dilip & Aruna Arwindekar, Subhash & Arti Choxi, Satish & Dipika Verma, Kamlesh & Leena Parikh, VasANJI & Jaya Gala, Manoj & Sunita Jain, Mohan & Rama Patel, Satish & Sunita Pareek, Harish & Urmila Vishria, Kanti Aruna Shah and others.



Upcoming New Jersey Shibir!

Hello Friends,

After a long time we are connecting for our usual interaction regarding Annual Shibir presented by Shree Shrutpragya Swamiji. It is with great pleasure and excitement it is being announced that for the first time we will be hosting Shree Shrutpragya Swamiji's annual Shibir at Jain Center of New Jersey - Franklin Township. This will be Swamiji's Seventh Annual Shibir. The theme of this year's Shibir is selected as follows:

Punya - Pragna - Parmaatma

(Seventh Annual Shibir)

By Shree Shrutpragya Swamiji

In collaboration with Peace of Mind Yogic Center

@

**Jain Center of New Jersey at Franklin Township,
111 Cedar Grove Lane, Somerset NJ 08873**

Friday - June 28th, thru Sunday – June 30th, 2013

(For Adults 18 yrs and older)

Registration Fee: \$ 101.00 per participant

(Includes all activities, Handouts, and 6 Meals)

For more information & Registration

Call: [Ranjan Shah @ 732 718 2575](tel:7327182575) or [Email:pomyc.org@gmail.com](mailto:pomyc.org@gmail.com)

PS:

- Announcement detail, Registration form, and Guidelines are attached for your reference and use.
- Block of rooms has been reserved in nearby hotels for out of state participants and others in need. Information will be sent soon regarding hotels

Art of Enlightenment Camp, NC

Art of Enlightenment Camp at NC- USA

Date: Aug 9 to 11,2013(Fri - Sun)

Sponsor by : Jain Group North Carolina.

Venue : Meban (1 Hr.Drive from Cary) check venue details at <https://www.lifemissionusa.org>

**Cost : \$100 per adult and \$25 per kid. Cheques payable to Triangle Jains.
Registration - please contact**

Madhu Gangwal madhugangwal@hotmail.com [919-621-1181](tel:919-621-1181)
Manoj Jain jainm@hotmail.com [919-728-4801](tel:919-728-4801)
Mayur Gundecha mnamil6@yahoo.com [832-606-1730](tel:832-606-1730)
Vigyan Luhadia vigpriya@yahoo.com [919-342-5091](tel:919-342-5091)

Seats are limited.

Lodging and boarding is provided at camp site.

4. Web site address of Triangle Jains is <http://www.trianglejains.com/>

Latest Publications/DVDs



जीवन के आसपास - सत्संग
राले-USA 2012

ॐ१. बालनी की वासिर क्या चारिर ?
ॐ२. क्या पय कुछ चीर दे ?
ॐ३. चीरय पे बान पीर पा पारय
ॐ४. त्रियरि चीर प्रुवय

MP-3 HINDI
RS - 60/-
US \$ 5.00

Available at
Peace of Mind Foundation
*Abhavaley/Vinayak Vatika, Jamnagar Road,
Rajkot. (Saurashtra) Pin - 360006 (India)
Email: pomyc.org@gmail.com, Web: www.pomyc.org
Phone: +91 99253 60605, +91 9427366164



जीवन-यात्रा सत्संग

ॐ१६. पुए को के से नदले-१
ॐ१७. दुर्लभ मानव लुवन-२
ॐ१८. सात्मानो उनुभव-३
ॐ१९. समरं गोरम ! मा पमायवे-४
ॐ२०. जिन बकिता: लुव-मैत्री-५
ॐ२१. समाधि-मरल-६
ॐ२२. लुवनमां सातर्जु करे-७

- श्री श्रुतप्रज स्वामी

Available at
Peace of Mind Foundation
*Abhavaley/Vinayak Vatika, Jamnagar Road,
Rajkot. (Saurashtra) Pin - 360006 (India)
Email: pomyc.org@gmail.com, Web: www.pomyc.org
Phone: +91 99253 60605, +91 9427366164

CD:

1. Jivan Ke Aaspas Rale

2. Jivanyatra Satsang

For any questions/concerns please

contact : pomyc.org@gmail.com