

Peace of Mind: March 2016

Trip to Singapore



Singapore Trip

Feb 5 to 15, 2016



MAUN and DHAYAN Sadhana from March 6 to March end at Rajasthan.

Samanji's Programs in Malaysia and Singapore

Samanji's Programmes in Malaysia and Singapore, 31 January - 4 February 2016

Saman Shrutpragyaji conducted a number of programmes in Malaysia and Singapore. Melaka in Malasia was Samanji's first visit. He gave lectures there on three separate topics: Relationship; Karma and the Connection with the Soul; and the Path of Meditation. He also led practical classes in yoga and meditation, as well as holding a question and answer session on spirituality, especially with a focus on the subject of meditation. A shibir was equally carried out at Jyotsana and Gitem Kandhar's residence at Melaka. And Samanji stayed at the home of Mukhundbhai there. Samaji further gave two discourses at the Gujarati Samaj in Penang, Malasia. In Penang Samanji stayed at the residence of Shashibhai Gathani. He then went on to Kuala Lumpur, where he gave one discourse at the Gujarati Samaj.





Samanji's Programs in Singapore

Samanji's Programmes in Singapore, 5 February to 15 February 2016

On 5 February Saman Shrutpragyaji ji left for Singapore. There he conducted a shibir on the occasion of the Chinese holiday. This was organised by the Singapore Jain Religious Society. He also gave five separate discourses on the subjects: One Life, Many Directions; the Joy of Giving; the Path of Knowledge; the Importance of Meditation; and Six Types of Religion. There was an energetic debate held at the Singapore Jain Religious Society following on from these lectures, which all participants enthusiastically took part in. Samanji, moreover, conducted special classes for 6-12 and 13 -25 year olds at the Jain Bhavan in Singapore. Samanji stayed with Ritu and Sanjay Mohonot and also with the Kirtida and Bharat Mekani family. Samanji travelled to the homes of a number of devotees for purposes of gochary. At these homes Samanji also provided spiritual guidance and conducted question and answer sessions. He additionally gave at Ritu and Sanjay Mohonot's residence a discourse on the subject: "If I had my life to live again, how would it have been conducted?" Devotees were inspired by the association of Samanji and greatly appreciated the messages and lessons he delivered.



For the last five 5 days of Samanji's journey to Singapore, he was joined by Bhimsibhai from the Purusharth School in Bhanvad, Gujarat. Besides attending Samanji's programmes, Bhimsibhai went to a number of schools in Singapore both to forge relationships there and to observe educational activities in Singapore. These visits were organised with Kirtida Mekani.



Vichhia Shibir, Gujarat 18, 19, 20 February 2016

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M.B. Ajmrera High School and Shree Hari Sanali High School near Jasdan in Gujarat were the locations for a three day shibir. The shibirs held in these institutions involved some 900 students. Samanji gave training on how to improve self-confidence and self-discipline, as well as on how to develop mental concentration and memory power. Dr Dwyer participated too, and he spoke briefly to the students on themes in support of Samanji's main lecture topics.

Samanji additionally taught meditation and yoga techniques for healthy living and for improving one's intellectual abilities and spiritual powers. In both schools there was a large demand from students and from teachers for Samanji's Peace of Mind book publications. Participants gave their feedback on the last day, and many of them praised Samanji for the inspiration he gave to the students.



Mahesana Trip

Saman ji met Dhyan Yogi Muni Shubhkaran ji at Mahesana on Feb 27th and gave Prava-
chan and taught Meditation technic



Teacher Training Meeting, 22 February

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The Peace of Mind Foundation in collaboration with Bhimsibhai from the Purusharth School in Bhanvad set up a meeting with principles and organisers from over 50 different schools. The principles and organisers at this special meeting represented institutions from the whole Dwarka District in Gujarat. The main purpose of the meeting was an initiative to create over the coming year ahead some 2000 expert school teachers working at both primary and high school levels. The meeting was very successful, and the first part of the course to create the expert teachers was agreed upon. This will take place in March this year in the Bhanvad area. During the meeting Dr Graham Dwyer from the UK talked about emphasis given to teacher training in Britain, which is considered there to be a necessary and ongoing practice for professionals in the field of education. Samanji developed the theme further. He echoed Dr Dwyer's comments and talked about how expertise in teaching is a process that must be seen as continuous in the professional life of all schools in Gujarat and further afield in India. He pointed out that basic teacher training at degree level is not enough if teachers are to remain effective at all times in their work. For this reason, a mechanism for ensuring continual professional development for teachers is critical, and the points made at the meeting were greatly welcomed by all participants, with principles and organisers pledging their support to this.



Abhavalay Visitors

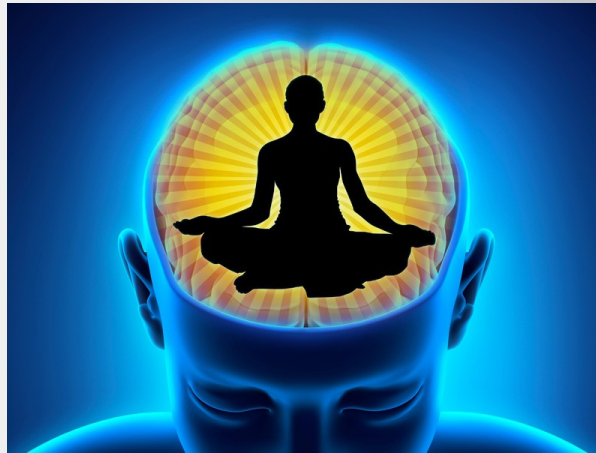


Rubi and Tarak Shah and his family visit Abhavalay,Rajkot



Graham Dwyer visited Abhavalay Rajkot from London UK...He stayed here for four month and Samanji and Graham wrote 2 books - *Alight unto Yourself* and *Living Meditation*(based on pran yoga Sadhana System). This last book will publish in April 2016.

Education Corner: Tips for Meditation



Meditation is a practice that results in the ultimate form of being and self actualization. It is the key to a successful and healthy lifestyle giving you the experience of Siddha. Meditation is all about the flow of vital energy within the body and determines your destiny and also guarantees a healthy present. It is the only technique that destroys most karma with very little efforts. It is a proven technique that all great people have practiced – be it scientists such as Einstein, Gods-Tirthankaras and humans- such as Shrimad Rajchandra.

Meditation is an extremely powerful tool that we can use to achieve self-actualization. Meditation is not concentration, but awareness. It allows us to destroy the most karma while experiencing the least suffering, which makes it a very effective technique. Although we meditate daily on worldly thoughts, we need to take time during our days to meditate on spiritual thoughts.

There are several techniques to achieve this spiritual meditation, where we start with "Omkar" chants to bring peace and form a shield to outside thoughts. Thereafter we practice stillness of the body and tratak meditation. These types of meditation help us develop the skills necessary to perform the ultimate forms of meditation.

With the practice of breathing meditation and other forms, we can then go into higher forms such as Chakra Meditation. If we can gain control of the chakras (concentration of energy) in our bodies, we can prevent physical and psychological problems from affecting us as well as regulate our vital energy flow. After mastery of Chakra Meditation, we can undertake Thought Perception Meditation. Through this meditation, we develop a perception-oriented mind over our thought-oriented mind and get closer to our ultimate goal of liberation. Meditation is not only a technique that improves our physical and mental health, but it also furthers our spiritual well-being; therefore it is worth pursuing and mastering.

