

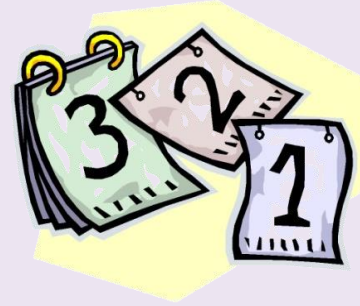
October 2018 Newsletter

Peace OF Mind

EXPERIENCE YOUR INNER BLISS



Upcoming Events



Sneak peak inside this issue:

This month we had great events. Starting with Paryushana and a wonderful SouthEast Asia trip, we went to several countries and had a great session at each one. We ended with going back to India and focusing on Project Aashta.

Please visit our website at www.pomyc.org

Saman ji's Upcoming Program in Oct 2018

1. Rajkot
Oct 6 to 11, 2018
2. Bhuj Kutch
Oct 15 to 20, 2018
3. Rajkot
Oct 17 to 23, 2018 – Shibir in Schools

Saman ji's Future Plan 2018

- Nov 1 – Nov 7 - Dipawali Program
Nov 9 – Nov 17 – Engage with Guest
Nov 22 – Dec 15 - Kenai Trip
Dec 15 – Dec 21 - Project Manzil – Rajkot
Dec 22 – Dec 29 – Project Aashta

2019

- Jan 1 – Jan 7 – Shibir in Schools
Jan 7 – Jan 13 – Guest from Canada
Jan 14 – Jan 20 – Guest from California
Jan 21 – Jan 30 – Shibir in Schools
Feb – 1 – Feb 15 – Singapore & Kuala Lumpur Shibir
March 15 – June 15 – USA and Canada Trip

YouTube link for Saman Ji's pravachan.

Jai Jinendra. Peace of Mind Foundation Rajkot will be regularly uploading Saman Shrutpragyaji's videos on YouTube. In these short clips, Samanji shares his wisdom on practical and current topics. We humbly request you to click the link below and subscribe so you don't miss a new video.

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

Project Aastha: Dec 22 to 29, 2018

Project Aastha is an exciting spiritual and social programme carried out in India and organised annually by the Peace of Mind Foundation. Having a major focus on the educational development of school and college students, as well as being of tremendous value in terms of its charity work, it offers young Jains the opportunity to take part in events that are at once character building, personally enriching and developmentally rewarding.

First launched in 2016, with just four young Jain volunteers from London and Singapore, Project Aastha's popularity has grown in strength and popularity. In 2017 11 Jain youths from overseas joined the programme and every volunteer who has taken part in it has always spoken of their experience as being a major life changing experience as well as being both enjoyable and full of fun.

This year young people will join the Aastha Project from the USA, Singapore and Malaysia. It will take place in December 2018. There are still a few places left for other additional volunteers this year but early application to participate in the programme is encouraged.

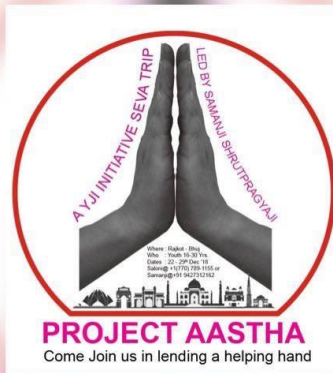
Project Aastha in December this year will be carried out in Rajkot and in Kutch, Gujarat. For volunteers taking part it involves giving presentations and engaging in activities in schools and colleges; awarding scholarships, stationary, school kits and clothes to needy students; doing seva in hospitals and helping to distribute medical supplies; as well as giving food parcels to disadvantaged families and working to support centres for the care and welfare of sick cows and other animals. It also gives the opportunity to work as part of a team, to make new friends and grow spiritually, and it allows volunteers to enjoy the beauty of India and its people.

For more information please look at bellow video of Project Aastha 2017

<https://youtu.be/2qUp80iF0MU>

For more information and details about how to make an application to volunteer for the December 2018 Aastha Project, please contact:

www.pomyc.org@gmail.com or whatsapp: +91 9427312162



Ten Sangya, Habits Accumulated from Past Lives

Sangya simply means present action dominated by previous *sanskaras*, the impressions of karma accumulated during past lives...There are ten such patterns (*sangyas*) delineated in Jain dharma. [In this extract the second group of five are delineated.]...

6. *Man Sangya*. This indicates a disposition dominated by ego...It is this common tendency which all great saints stress needs to be dissolved. How to go about doing that is illustrated particularly well in the life of the nineteenth century Jain saint Srimad Rajchandra.

Srimad Rajchandra was a highly intelligent and poetic saint with a special talent for demonstrating his enormous power of memory. He had the ability, for example, to recall 100 *avdhan* or points of remembrance. At any one time he could be presented with 100 or more different objects and by means of his capacity to name each and every one of those 100 objects from memory alone he demonstrated his great talent in public competitions on many occasions to the delight of his audiences...

Nevertheless, he was equally very humble... After his great exhibition in one Mumbai *avdhan*, he realised that this was not only a pointless exercise; he claimed that it also often increased ego. Because of the problem of ego connected with it he immediately stopped the activity and made a resolution not to do it again...Whatever creates or feeds ego, whether it is a good activity or not, Srimad Rajchandra taught that it has to be stopped. He also taught that once ego is emptied out fully *moksha* or spiritual liberation then takes place. And he further claimed that until ego is dissolved all kinds of spiritual practice are essentially worthless. Two separate paths can be taken, he claimed: one that is the way of praise, the other being the way of inner peace. If ego is the central point of one's life, then all wealth, power and prestige will only lead to suffering. But if inner peace is the purpose of one's life, even though one is alone, poor or even without clothes, one will experience spiritual ecstasy...

7. *Maya Sangya*. Here *maya* means deceit...A deceitful person will often be required to hide the truth, and all of this will often cause his or her friendships with others to break.

In order to overcome the problem of *maya sangya* it is necessary for the deceitful person to aim at innocence, as is typically observed or found in a small child. He or she should also try to control his or her negative passions and emotions so that nothing needs to be hidden or lied about. To do this it is likely that a person in the habit of deceitfulness is required to sacrifice a great deal. But with the will and determination to succeed it can certainly be done. Making a resolution to change is important. But whatever steps are taken to escape from the clutches of *maya sangya* it is critical to cultivate the practice of transparency and straight forwardness.

8. *Lobh Sangya*. This denotes greed...

A person who suffers from greed needs to develop a giving attitude. This is essential. While donating one's possessions might be difficult to carry out, it is necessary for any person blighted by the sin of greed. It can be undertaken initially by donating to others whatever seems easiest to part with; but if one can learn to give away especially prized possessions, this will be extremely beneficial, particularly in terms of progressing along the spiritual path.

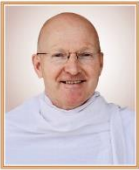
Ten Sangya cont'd, Habits Accumulated from Past Lives

9. *Lok Sangya*. The habit of being overly concerned about what others say or think about oneself is what is meant by the term *lok sangya*...

In this situation the best spiritual practice to counter the difficulty he or she faces is to practice meditation. Any technique of meditation that the individual affected...wishes to employ will be helpful. Since the purpose of all meditation, irrespective of the technique used, is to go within so as to discover whatever may be found there, it enables the practitioner step by step to become more in tune with him or herself, as well as in the process being less affected by other people's words or actions.

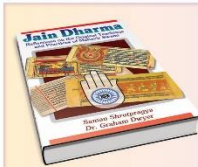
10. *Ogh Sangya*. What is denoted by this term is being stuck in a particular pattern of behaviour that causes one to lose sight of the separateness and independence of others. For example, a person might be a medical doctor, the son also of a medical practitioner. Due to this being one's own vocation, as well as having been the same career pursued by one's father, one might insist that one's own son in turn studies medicine and becomes a doctor. This kind of trait is observed frequently. It is not only found at the high end of occupations but is seen also in less prestigious lines of work. Thus, a lorry driver might expect his son to do lorry driving when he reaches working age; and a shop keeper might expect his own son to take over the family business in time or encourage him to open up an additional shop. Such behaviour is always overly rigid. But the main difficulty with it is, as already indicated, a problem of failure to respect the individuality and uniqueness of others.

As a way of combating this kind of habit engagement in introspection is especially helpful. Pondering the nature of *atma* and the separateness of each and every other soul, as well as similar related reflections, would be especially beneficial for anyone affected by *ogh sangya*.



Dr. Graham Dwyer

Dr. Graham Dwyer received his D. Phil from the University of Oxford for his contribution to the understanding of spirit possession (bhut-pret) and healing rituals (exorcism) in north India. He is the author of three scholarly books and many academic articles dealing with various aspects of Indian religious traditions. His interest in Jain dharma began when he first met Jain monks as a young student and has remained in close contact with them for over 25 years.



Jain Dharma is a long-awaited title, which followers of the religion can now fully enjoy and use in their day-to-day spiritual lives. All too frequently other volumes dedicated to the study of Jainism available in libraries and bookshops

are inaccessible to religious practitioners themselves, as these texts are mostly authored by scholars and designed for academic use. Alternatively, other books on the religion written from the perspective of Jainism are not always found to be sufficiently comprehensive in a way that practitioners can easily digest. It is for these reasons - a necessary attempt to bridge this gap - that this present work has been constructed.

Jainism is sometimes viewed as being an obscure or confusing religion. By returning to the original teachings and practices of Mahavir Swami, the authors of Jain Dharma show that this is not the case, and this is the reason why this book was conceived. It is at once essential reading for all practitioners of Jainism, as well as being an important new resource on Jainism.



Postal Address: (INDIA)
Peace of Mind Foundation
Abhavaliy Vinsyak Vastika,
Opp. Mathbar bus stop,
Jannager Road, Rajkot-360006, Gujarat, India.
Mobile # +91 9427366164
Email: pomyc.org@gmail.com
Website: www.pomyc.org

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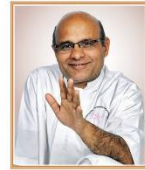
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Jain Dharma

Reflections on the Original Teachings
and Practices of Mahavir Swami



Saman Shrutpragya
Dr. Graham Dwyer



Saman Shrutpragya

Saman Shrutpragya is a Jain monk and charismatic spiritual master. He has travelled to over 30 countries worldwide and is especially popular in India and in America, Britain, Malaysia and Singapore, where he continues to deliver inspirational lectures and conduct spiritual camps. He is a prolific writer, having written more than 70 books, and is a highly celebrated educationist. For more information visit: www.pomyc.org

Paryushan Parva 2018 (Sept 6th to 13th)

Kuala Lumpur, Malaysia

The Gujarati Association of Wilayah Persekutuan and Selangor (GAWPS) was once again blessed to have the presence of Shri Shrutpragya Swamiji during the auspicious Paryushan Parva celebration from September 6th to 13th.

Swamiji enlightened us twice daily with his pravachan which were simple to understand but with a strong message and most importantly, relatable to everyday life. The topics were carefully selected with emphasis on great spiritual leaders and every pravachan was presented with hacks and tips that were valuable to all.

In addition to the daily pravachan, we were fortunate to have additional special programs organized during the long four day weekend. These programs were designed to cater for all age groups and received maximum participation. Meditation sessions were held for all four days after the morning pravachan with different techniques such as breathing meditation, chanting meditation and everyone's favorite, the laughing meditation!

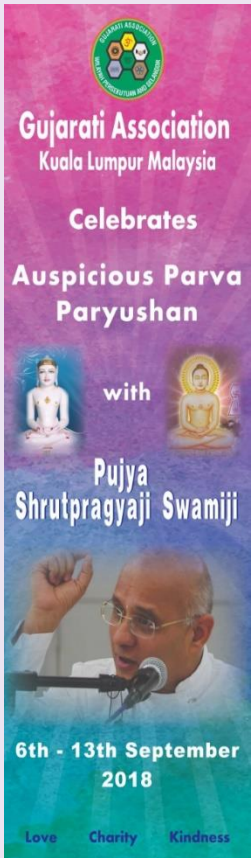
“Healthy Mind, Healthy Living” was the topic of discussion for the senior men above the age of 50. All smiles after this wonderful session!

The youths today are faced with multiple pressures and challenges on a daily basis, especially in this global changing times. An interactive “Aap Ki Adalat” style session was organized by the youth to clear their doubts and create awareness with the presence of the elders. Swamiji's responses were tremendously beneficial to all.

A total of 17 married couples below the age of 50 participated in the couple's shibir on “Joyful Relationship”. A total of 45 children, lead by Swamiji and their mentors had an extremely interesting first-time ever “Gochari” experience supported by families nearby our beautiful Samaj premises. The children were split into two groups aged: i) 4 to 10 years ii) 10 years and above

Paryushan 2018: Group 50+ in
Kuala Lumpur - Malaysia





Special Session with young couple



Kids Diksha during Paryushana Parva



SEA Tour 2018

1 to 5 Sep – Malacca



On the occasion of Paryushan Parva 2018, Shri Shrutpragya Samanji travelled to Southeast Asia, beginning his tour in Malaysia. This journey started on 1 September, at Vanik Sangh in Malacca, where Samanji gave a lecture. Samanji spoke about “five lessons for spiritual awareness”. As usual, Samanji kept the topic practical and interesting. The lecture was appreciated by the audience. The following day, Samanji spoke at a discourse at Nainaben and Nitinbhai Timbadia’s residence. The question being discussed was, “what are human weaknesses?”. We all know that human beings are not perfect. Samanji shared his knowledge on this topic from the Jain perspective. The next day, Samanji spoke at Jitubhai Doshi’s residence giving five practical tips on living a good life. During his stay at Malacca, Samanji was hosted by Joshnaben and Jiten Khandar and also stopped at Ranjanbhai and Mukundbhai Shah’s residence.

16 to 18 Sep – Ipoh

Upon completing Paryushan activities in Kuala Lumpur, Samanji travelled to Ipoh and gave his blessing to tapasvis Puja Jassani and her mother Tarulathben Jassani. They had done twelve and nine upwas respectively. More than a hundred families attended their palna celebration. At the event, Samanji blessed all devotees and discussed how to live a Jain way of life. On 18 September, Samanji was escorted from Ipoh to Penang by Bharatbhai Jassani.



19 to 20 Sep – Penang

For the past seven years, Jolly and Chintu Shah have organised a Mahavir Jayanti celebration during Paryushan where all members of the Gujrati society are invited. This year on 19 September, Samanji graced the programme at Jolly and Chintu Shah’s residence. No less than hundred people participated. Samanji gave a talk titled “Life Is A Gift And Living Is An Art”.

Sashibhai Gatha introduced Samanji to the audience. Samanji emphasised the importance of organising such an event during Paryushan as Jains are given the opportunity to come together and celebrate Mahavir Jayanti. It also spreads awareness of Jainism. Samanji was hosted by Ushaben Sashibhai Gatha and Jolly Chintu Shah for one night each.



23 Sep – Bali

Samanji along with Chintu Shah toured Bali from 21 to 23 Sep. Samanji visited a monkey forest, where wild monkeys roam free and play with visitors. He also saw rice terraces and visited The Yoga Barn, a yoga centre in Ubud, Bali. Samanji visited the Tirta Empul temple, a Hindu Balinese water temple. Hundreds of visitors come every day to bathe in this temple's holy water.

Samanji got the opportunity to visit a government school where he shared gifts and interacted with students and staff. Throughout his stay, Samanji resided at the Kajane Mua hotel in Ubud. Economy is mainly dependent on tourists. The airport is modern and the city is neat and clean. Bali is a hub for statues and there are thousands of ancient temples. There is also a big market for wood furniture. Bali also has great natural beauty and wonders – you may not believe that there is an active volcano known as Mount Agung. Samanji highlighted that Balinese people are very humble, cooperative, honest and kind. He also thought of the whole city as spiritual and humble. Bali's economy is mainly dependent on tourists. The airport is modern and the city is neat and clean. Bali is a hub for statues and there are thousands of ancient temples. There is also a big market for wood furniture. Bali also has great natural beauty and wonders – you may not believe that there is an active volcano known as Mount Agung



Bali cont'd

Website Links:

<http://www.theyogabarn.com>

<http://kajanebali.com>

www.baliindonesia.com/attractions/tirta-empul-temple.htm

23-30th Sep – Singapore

Samanji went to Singapore on the evening of the 23rd September. He stayed there for one week at the home of Sanjay bhai and Rituben Mohnot. Whilst he was in Singapore, Samanji also visited the residences of various friends and devotees to give Dharm Laabh and Gochari Laabh, greatly benefiting the different groups who came to receive his wisdom and blessings.

Samanji additionally gave a talk to the Digambar Jain Group in Singapore; and he joined the Marvadi Mita Mandal group morning walk on the beach. More than 250 people in all participated in this spiritual walking activity. On 30th September there was a delicious feast organised by the Jain Sangh Singapore Group. Before the lunch was held, Samanji delivered a 90 minute in-depth talk. Altogether more than 500 people participated in this illuminating and enjoyable event.



Pravachan at Digambar Jain Samaj@Singapore



Youths welcoming Saman Ji at Singapore Airport

