

# Peace of Mind: July 2016



## *Summer Convention*



## Upcoming Events

***Saman Shrutpragya ji Upcoming USA program as follow -***

Jul-08Fri	Jul-10Sun	San Diego, CA	Pravachan
Jul-11Mon	Jul-15Fri	Mayben, NC	Shibir
Jul-15Fri	Jul-17Sun	New Jersey	Kutchi Convantion
Jul-18Mon	Jul-21Thu	Tulsa, OK	Pravachans
Jul-22Fri	Jul-25Mon	Fremont,CA	Shibir
Jul-26Tue	Jul-27Wed	Atascadero,CA	Satsang
Jul-28Thu	Jul-31Sun	Tampa, FL	Pravachan
Aug-01Mon	Aug-07Sun	Memphis,TN	Shibir
Aug-08Mon	Aug-11Thu	Klarksville,TN	Pravachan

## **Check out new blog!**

Saman ji Shrutpragya ji's Gujarati blog link.. Also very soon English blog also available :

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

# 2016 Austin Visit

Once again the Jain Sangh of Greater Austin, TX helped enormously and graciously supported Saman Shrutpragyaji's discourses from June 27th to June 30th 2016. As is customary, he made the spiritual dimension and understanding alluring and elevating. The Jain Sangh was blessed with his sagacious, expert knowledge on the importance of four types of Dhyaan (meditation), especially resolutions to Karmabandh. This left the audience with much to think about.

This time the Jain Center held four lectures on the key evening from 8:00pm till 10:00pm, invigorating the mind, soul and body of all attendees. These commenced on time, starting with bhakti, meditation and chanting and ending with Manglik.

Samanji gave an introductory discourse on the importance of four types of DHYAAN, leading to a peaceful life, where one should also control one's own mind and with an economy of thought.

Samanji emphasised:

To worry and think negatively about one's own well-being is Arta- dhyaan. Unnecessary arguments, adulterating thoughts, actions and words which lead to anger and resentment hatred is Raudra-dhyaan. Dharma-dhyaan is to have the understanding that all miseries that come one's way are due to one's own karma and mistakes. If one remain within the Self as the knower-seer and in bliss, then it is called Shukla-dhyaan. \* We are very blessed to have such great healing scholars and orators, especially at a time where there are so many personal, professional and health problems in our everyday lives. We truly were fortunate and privileged to listen to spiritual lessons from Samanji, lessons which can be applied in day to day life, as well as making it easy and peaceful. He was selected by Sonal Nirmal Khanderia and hosted by Sonal Ketan Shah. His sermons were held at several residences. Tannu Piyush Mehta had labh when seeing him off to airport.



# *Springfield, CT Visit*

Samanji also visited Springfield, CT in USA. Dr. Harshad bhai and Chetnaben invited him for doing private Swadhyay. This took place from June 20 to 23, 2016. On one of these Swadhyay days, Samanji delivered a lecture to small group who gathered, and Samanji talked on how to live life after 65? Samanji also taught Yoga and Meditation with the host-family.



# *Atlanta Visit*

Samanji visited Atlanta from June 24th to 26th and delivered a Samyak Darshan Discourse series.

Kaushik bhai Desai collected Samanji from the airport, and Madhuben and Jagdish bhai Sheth welcomed him warmly. Samanji conducted a yoga class on the occasion of the International Yoga Day. He also gave a three day discourse series on Samyak Darshan (focusing upon Right Belief and Right Perception).

On the first day, he talked about the Importance of Samyak Darshan. How to recognize who has the power of Samyak Darshan was the focus on the second day. On the third day he talked about how we can achieve this great power in life. The messages were received very well by all participants. Samanji additionally gave a talk to children, and he was hosted by Madhu sheth, Rupa and Kaushik Desai and Nitin and Rashmi Gupta.



# YJA CONVENTION: Los Angeles, CA

DATE: July 1 to 4, 2016

Theme - Agents of Change

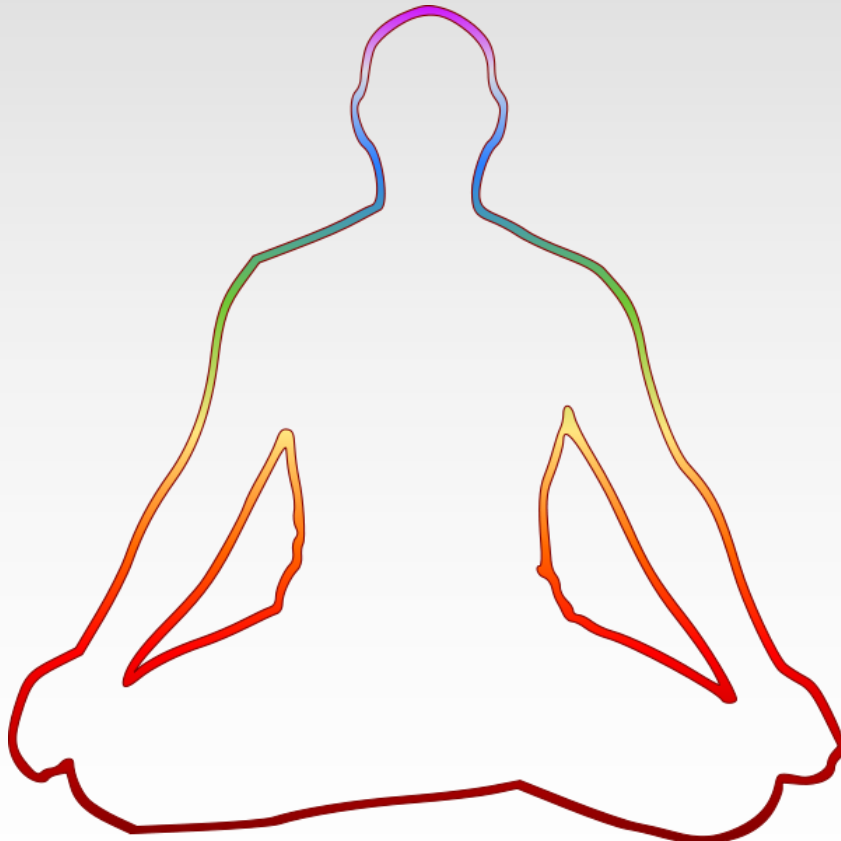
Some 750 children and young people enthusiastically participated in this event, with more than 130 speakers contributing. The all-adult group of volunteers made the event especially powerful. With their help it was flawless and fantastic. It was held at the Hotel Sheraton in Los Angeles, CA. Here also the YJA (Young Jains of America) celebrated 25 years of their association. Saman Shrutpragyaji conducted a yoga and meditation class, with more than 100 young people participating. He also delivered two talks to two different age groups. These talks were very successful indeed, as were the other aspects of the convention, and not least due to being very well organized. It was an excellent convention, and thanks for making all this possible go appropriately to the key figures of the Executive Board. Special thanks, then, go to - the Executive Board Chair Puja Savla and Sunny Dharod, and to the convention's Co-Chair Akash SHAH AND Amit Shah, as well as to all Board and team members. Finally, it has to be acknowledged once again that all volunteers did a truly great job in all of this, working both day and night to ensure the convention was a success. Because of the help and kind support of those volunteers who were involved, the young participants went home daily with a set of powerful lessons to apply in their lives as they go forward enthusiastically to realize their future goals.



# Insight on YJA Session

Samanji attended the 2016 Young Jains of America (YJA) convention in Los Angeles from July 1<sup>st</sup> to July 4<sup>th</sup>. Samanji was asked to sit up on the stage during the opening ceremonies as one of the religious dignitaries in attendance at the convention. Samanji had two lectures where he talked about Living Meditation along with Mrs. Nehal Bhansali from Austin, TX. They described meditation so beautifully as “being on a date with yourself”. Meditation gives us the opportunity to connect and be compassionate with ourselves and that strengthens our ability to practice outward Ahimsa to the rest of the world. Samanji gave very practical advise to the youth. He told them to just find 5 minutes in their busy day to practice meditation instead of trying to sit for 30 minutes or 1 hour, since the 5 minutes of mediation will have tremendous benefits. Samanji also taught Yoga classes at 6:30am on both Saturday and Sunday. The classes were attended by 60+ youth and adult volunteers who decided that they wanted to experience the energy of Yoga instead of sleeping that early in the morning. It is Samanji’s hope that his classes will make a lasting impact in the lives of our amazing Jain youth in America.

-Apurva



# “Mindful Living - Joyful Living”

## Shibir with Saman Shrutpragyaji



Saman Shri Shrutpragyaji is one of the most articulate and charismatic young spiritual leaders of the new generation. His teachings integrate ancient scriptures and modern science which validate our day to day experience and knowledge. His eloquent speaking style keeps one fully engaged on the topic and makes understanding easy. The message is pure, simple and valuable for all age groups.

In the Bay Area Samanji has offered spiritual guidance on many occasions since 1992. Samanji has traveled widely around the world for discourses, lectures, yoga/meditation shibirs and more.

### **Theme: Mindful Living - Joyful Living**

**Activities:** Yoga, Pranayaam, Meditation, Spiritual discourses, Nature walks

No prior experience needed

Suitable for all age groups

**Date:** Friday, July 22, 2016 5:00 PM – Sunday July 24, 2016 4:00 PM.

**Location:** Anubhuti Center, 820 Bel Marin Keys Blvd., Novato, CA **Cost:** \$210 per person (accommodations and 3 wholesome Jain meals each day)

### **To Register:**

- 1. Complete the attached registration (one per family)**
- 2. Write a check made out to 'BKWSO' (\$210 per person)**
- 3. Mail to: Avni Shah, 43245 Luzon Drive, Fremont, CA 94539**

Please feel free to forward this information to friends and family and invite them.

Detailed schedule and additional information will be sent directly to all participants. **For any questions or information, please contact Avni Shah at 510-449-6035**

Jai Jinendra

## Bhagwaan Mahaveer's Path of Spirituality

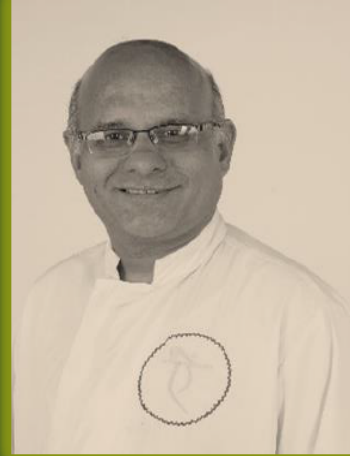
### Saadhanaa – Shuddhi – Siddhi

**Shree Shrutpragya Swamiji**  
(Founder of Peace of Mind Yogic Center)

Friday August 19<sup>th</sup> 2016  
thru

Sunday August 21<sup>st</sup>, 2016  
@

Siddhachalam, Jain Teerth & Ashram,  
Blairstown, NJ – [www.imjm.org](http://www.imjm.org)



We are blessed with Swamiji's visit to New Jersey and holding a Shibir. This Shibir will be held at **Siddhachalam Jain Teerth & Ashram**, surrounded by serene natural beauty. Most of us are familiar with Swamiji's effortless, eloquent speaking style which keeps you fully engaged on the topic and makes understanding easy. Swamiji's message is pure, simple and valuable for all age groups. To learn more about Swamiji please visit [www.pomyc.org](http://www.pomyc.org)

**2 Days of discourses (Gujarati), active discussion,  
Meditation, Pranaayam, & Yoga**

**On the serene natural beautiful grounds of SIDDHACHALAM**

Space is limited ---- Please register early  
Recommended age 18 and up

**Fee: \$ 180.00 (accommodation, 3 wholesome Jain meals each day)**

**For registration and more information - write OR contact**

[pomycshibirnj@gmail.com](mailto:pomycshibirnj@gmail.com)

Ranjan Shah -732 718 2575

Kanchan Shah – 845 356 4097

**Thank you**