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Peace of Mind Foundation

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February – 2022

Workshop at Purusharth School

January 2022



Samanji with Gangaram travelled to Purusharth School in Bhanvad and to the neighbouring Tapovan in Ghumali. There they both gave talks and conducted workshops for school students and for students of the Tapovan. At Purusharth School, Gangaram talked mostly about western philosophy and anthropology, his own specialist fields of study. A major focus of the talks for Tapovan students was on Christianity, as they wished to learn about and understand this religious tradition.



Palitana Trip

January 25-26



The visit to Palitana was a spiritually enriching yatra for both Samanji and Gangaram. They visited the temple of Adinath and surrounding mandirs on the Palitana trip. They stayed with Priyankar Sagar Maharaj, spending two nights in his Jain ashram. They had a wonderful satsang with Priyankar Sagar Maharaj, and Lataben and Lunjibhai Golechha also accompanied them on the Palitana yatra.



Republic Day at DB Patel Hostel, Atkot

January 26

Samanji and Gangaram were invited for lunch and to address students at DB Patel Hostel in Atkot with Arjanbhai Ramani and Nayanaben and her Team. This was on India's Republic Day. Samanji shared words of wisdom with the students and Gangaram spoke about the work of Gandhi in helping to bring about India's independence from Britain. During his talk, Gangaram also reflected on how Gandhi himself made a special trip to his home city of Manchester in the UK, where Gandhi explained to poor mill workers that India's refusal to be exploited would very likely cause the mill workers to suffer further impoverishment, whilst stating that the action was necessary for India to achieve independence. The mill workers in Manchester, Gangaram pointed out, were both appreciative of Gandhi's visit and applauded him in his independence work. Students at the school were delighted to hear about this historical visit of Gandhi to Manchester, UK in the context of India's move towards independence.



Modi School – Ishwarya

January 31

Samanji and Gangaram taught meditation to boys and girls at Modi School. They also led an energetic session, where students selected one important life lesson from their own personal experiences. By doing this all the students were given the opportunity to share lessons of life with one another and greatly enjoyed the event, as well boosting their personal confidence.



Visit to Gandhi's Birth Place

February 1

After sharing lunch in the home of Vinubhai (in Upleta), Samanji and Gangaram visited the birthplace of Gandhiji in Porbandar. They spent time going through the rooms and corridors of Gandhi's impressive home.



Meeting with Bhai Shree at Sandipani Ashram, Porbandar

February 1



Res. Ramesh Oza (Bhai Shree) who is famous in Gujarat and internationally for giving the khata on Srimad Bhagavatam, founded Sandipani Ashram in 1992. Previously he operated only in village society but moved to Porbandar to establish his religious center there. Samanji along with Narottam Dada and Gangaram met with him for a fruitful discussion on spirituality and the work Bhai Shree is doing.

20th Anniversary Celebration of Purusharth School, Bhanvad February 2



The main speakers at this event were Bhimsibhai Karmur, Saman Shrutpragyaji, Narottam Palan, and Dr Graham Dwyer (Gangaram).

Samanji began by speaking about his long personal connection and friendship with Bhimsibhai, the Managing Trustee and owner of the school. Samanji praised the good example that Bhimsibhai has set and continues to provide, stressing that it is because of him teachers work diligently and sincerely and the reason why students are well-disciplined in their academic

studies, as well as in their training to develop individual skills and talents whilst learning rules of respect and the importance of human values. Samanji also gave his blessing for the future success of the school.

Narottam Palan in his speech mentioned Bhimsibhai's work with reference to Mahatma Gandhi. Just as Gandhiji never discriminated against any religious group or caste, he said that Bhimsibhai has created a school environment that is fully inclusive. Dr Graham Dwyer also praised Bhimsibhai's good work and emphasized that it is because of his vision and effort that a positive atmosphere is found in the school, involving not only students and teachers but parents as well.

Students did fantastic performances in drama, music and dance during the school's 20th anniversary celebration; and the event was also an auspicious occasion for the launch of Samanji's new book: "Kedavani ni Prayog Shala," a book which presents personal stories of the experiences of teachers and friends of Purusharth School.



International Online Meditation Workshop

February 5

A total of 55 participants from different countries around the world signed up for this five-day International Online Meditation Workshop. It was conducted by Samanji and by Gangaram, covering five different ways or techniques of meditation. These included the following: Vipassana; Preksha Dhyana; Patanjali's Method; Lao Tzu's Technique; and the Method of Sri Ramana Maharshi.

Samanji's Visit to Bhuj, Kutch

February 5-6

Samanji travelled with Gangaram to Bhuj, Kutch to spend the weekend with his family. This was a great bonding time and provided an opportunity for Samanji to impart spiritual wisdom and blessings to his family, as well as other devotees in Bhuj, such as Sandipbhai Mehta and Prafulbhai Shah, the latter kindly accommodating Samanji and Gangaram during the trip. Samanji also requested all his family members to talk about one important life lesson during a satsang with them, which was both edifying and gave Samanji an idea to create a new book project on the subject.

Meeting in Morbi with Bharatiben and Her Relations from USAdd



Online Resources

The Peace of Mind Foundation online resources on YouTube® with 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/2lho0dN>



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

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

Upcoming Events

- **February 18-28:** Tapovan Parents Shibir @ Ghumali
- **March 1-15:** Nakoda/ Sambodhi, Rajasthan
- **March 16-20:** Surat
- **March 21-31:** Rajkot

Gangaram's Relections on His January-February 2020 India Visit



My recent visit to India was a full working program with Samanji, as well as a fun-packed and exciting time. The first seven days in India were spent in Bhanvad, staying in the Tapovan and giving lectures to students at Purusharth School. It was so delightful to meet with eager-to-learn students who engaged fully with my talks on India, spirituality and academic subjects, philosophy and anthropology in particular. At the Tapovan I was also privileged to meet with students there every day and teach them about Christianity and the life of Jesus Christ.

After Bhanvad, I travelled with Samani to Palitana and had a wonderful yatra, as well as meeting Priyanka Maharaj there. Spending time with Samani's family was also a great highlight of the trip. We had a wonderful weekend with them and great satsangs. Meeting with Samanji's cousin, Siddhartha Muniji, was the best time of my whole visit for spiritual inspiration and friendship. Siddhartha and Samanji I have both known for 30 years. So this trip was a 30 years anniversary moment and thus a very special trip, despite restrictions and difficulties caused by the ongoing Covid-19

pandemic.

Finally, it was good to do seva during my visit, especially in Khodiawala village, where some 40% of the womenfolk are widows. My wife, Bridget Heelan, sponsored the charity work; and Samanji and I are extremely grateful to her. I am thankful to Samanji for taking care of me the whole time and for travelling with me, as well as for being my close friend and companion and for arranging my lectures and international online meditation workshop in English, which was truly a great success