



PEACE OF MIND

PEACE OF MIND YOGIC CENTER, USA  
PEACE OF MIND FOUNDATION, INDIA



Swami Shrutpragyaji's

## NEWSLETTER

### New Publications

#### DVD

Vastu Shastra in Gujarati

#### BOOKS

Jivan Jivavani Kala  
Parivartan  
Prarabdh Nu Puspa: Purusharath Ni  
Sugandh  
Turning Point

### New CD and Discourses

#### New CD:

-3 steps of Meditation (Hindi)  
-3 steps of Meditation  
(Gujarati)

#### MP3 set of 2: Discourses in Hindi & Gujarati on:

Karmic Account  
Remote Control of your life  
Who determines your Destiny  
What is Inner peace?  
Four types of Shrivak  
Spiritual practice in busy life  
Kaal Chakra in Jain Dharma  
and more!

### Contacts for Books

#### GEORGIA

Kaushik Desai - (770) 476-3874

#### ILLINOIS

Dharmi Shah - (630) 428-1360

#### NEW JERSEY

Dr. Champa Bid - (973) 533-1942

#### OKLAHOMA

Aruna Shah—(918) 605-8805

May 2011

- Biweekly

‘Education is an ornament in prosperity and a refuge in adversity .’

### Current Activities

**April 14th-20th:**  
**Chicago Mahavir Jayanti Program**

One week lecture series conducted by  
Swamij

Location: Chicago Jain Center

**April 22nd-25th:**  
Location: Ashland, KY Center

Host: Asha and Kirti Jain

3 lecture series and message on  
Satyasahibaba past away occasion

**April 26th-30th:**  
**5 day Discourse & Mahair Jayanti  
Program**

Location: Harrisburg, PA

Host: Arti and Kishor Sheth

### Upcoming Activities

**May 12th-16th:**

**Pravachan**

**Location:** Jain Sangh of Tulsa, OK

**Contact:** Kanti and Aruna Shah:

[tjspresident06@yahoo.com](mailto:tjspresident06@yahoo.com)

**May 18th-22nd:**

**Topic:** Pravachan and Yoga

**Location:** Jain Sangh of Austin, TX

**Contact:** Sanjeev Kothari:

[sanjeev.kothari@gmail.com](mailto:sanjeev.kothari@gmail.com)

**June 3rd-5th:**

**Topic:** Art of Life and Management

**Location:** Vraj, Pennsylvania

**Age:** 14-26 y/o

Conducted by Shrutpragyaji Swamiji

**Contact for registration and  
Information:**

[www.pomyc.org](http://www.pomyc.org) (240-418-0360 )

#### Special Announcement:

**June 24th-26th:**

**Special Meditation & Yoga Camp**

Location: Chembur (E), India

M.G Road, Nears Shoppers Stop

Contact: 9224447953 or 9820930925

Shrutpragyaji Swamiji's Paryushashana  
for 2011 will be in Cincinnati, OH

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## ***Discourses Across the Nation***

### ***April 26-30th: Harrisburg, PA***

Jain Samaj of S. Central PA celebrated Mahavir Jayanti this year for nearly a full week with Shri Shrut-pragya Swamiji. He returned to Harrisburg after 4-years. Since his first visit in '07, there were constant requests and inquiries from many Jain & non-Jain members of Indian community for his coming to Harrisburg. So, this visit from April 26 to May 2, 2011 was full of excitement and celebration.

Swamiji was received at Harrisburg and Jain Samaj President Linaben & Rajubhai Parekh hosted the kick-off evening at their residence for a delicious dinner and a discourse in "Karma Theory in Jainism" by Swamiji with nearly 100 members of Jain and non-Jain members in attendance. Swamiji made this topic interesting by using some simple examples of every day life events. A number of questions from several members helped explain and clarify understanding of this complex subject.

For the celebration of Mahavir Jayanti and for giving non-jain members of the community better understanding of Jainism and Mahavir Bhagwan's life, Kishorbhai Sheth with some help from Kanti Jasani prepared and displayed four very large poster-boards which were very well received & appreciated. There were several topics of discourses talked about and presented such as time management, anger management, and more.



## ***Discourses Across the Nation***

***April 14th-20th, Chicago, IL***

In Chicago, a week long Mahavir Jayanti was celebrated with the presence and blessings of Shurpragya Swamiji. Each day, Swamiji presented a lecture on various topics. One special lecture that was given was on, 'How would you be a Bhagawan Mahavir's Shravak? Shrutpragya Swamiji stated that we celebrate Bhagawan Mahavir's birthday as Janma Kalyhanak, but is not the ordinary birthday of anyone. His is special because his birth had enlightened all living beings. On this day, we should feel obliged to Bhagawan Mahavir because of his deshana, scriptures and messages are still spread amongst ourselves to escape the negativity of the world.

Bhagwan Mahavir described 4 attributes of a Shravak:

1. Sulabhbhodhi: One who likes religion and has faith and is pure
2. Samyak Drashti: One who does all the worldly activities and deeds without becoming attached which is also known as samkiti.
3. Vрати Shravak: Onw who not only has faith and is samkit but puts in practice the 12 vows. In Mahavir's time, there were 159,000 Vрати Shravaks and 318,000 Vрати Shravikas
4. Pratimadhari: One who intensively practices all vratas and reaches the level of monkhood.

Overall, the main quality of the first type of shravak is Faith; the second shravak has detachment; the third shravak has self-restraint, and the fourth shravak has determination.



# ***Destiny is pre-determined vs. Destiny is self-determined***

**Dear friend,**

*“Watch your thoughts, for they become words.  
Watch your words, for they become actions.  
Watch your actions, for they become habits.  
Watch your habits, for they become character.  
Watch your character, for it becomes your destiny.”*

It would be totally unreasonable to think that God just sat up there and spent all His time to write every individual's varied destiny. Obviously, we ourselves had something to do with it--either by our deeds in the past or our actions in the present. He noted that though our *karmic account* played a big role (more on it today!), it was really our *purusharth* or our own efforts (or the lack of it) that determined our destiny thru an 8 step process:

Circumstances -> Thought process -> Feelings -> Attitude -> Actions -> Habits -> Character/  
personality -> Destiny

The thought process is central to it all, and there are 4 types of thoughts--positive, negative, necessary, and useless. Though thoughts are affected by circumstances or the external environment, they are mainly affected by 3 different elements: 1. Information (which can be conscious or sub-conscious); 2. Past experiences; and possibly the most important, 3. our Belief System.

One of the most important aspect is the belief system and can be demonstrated by the example of how a large and powerful elephant, when tied by a thin rope by one leg, feels he can not do anything--while the fact is that if he wants to, he can jerk it out in one kick! The elephant has been tied by the same rope wrapped around the same leg since he was a tiny baby when he could not loosen himself, and has now developed a belief system that the rope can not be loosened or broken due to the experience during and since his childhood!! Well, thoughts translate into feelings (better described in Hindi as *bhavna*). The resultant attitude lead to actions, which when repeated over and over, become a habit. At that point it becomes almost a reflex--we do not have to think about doing those things that have become our habit--whether it is becoming angry or blaming others or just driving a car. And it can be situation specific. Habits becomes a good part of our character (*sanskaar*). It might seem difficult to understand but we actually pass character on to our children, and perhaps to ourselves into our next life (thru *karmic account*)! And *that character*, ladies and gentleman, creates Destiny !!

-Composed by Kanti Jasani



*Shrutpragya Swamiji Proudly Presents..*

Paryushana Parva na Pravachano

New Book in Gujarati Published August 2011

*(This is Special for Aradhak, Speakers, Monks and Nuns)*

**Sponsorship Information:**

**Sponsorship \$201 (US)**

**Rs. 10,000 (India)**

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