

November 2019 Newsletter

Peace ^{OF} Mind

EXPERIENCE YOUR INNER BLISS



Peace of Mind



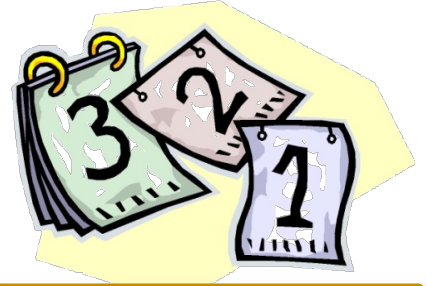
Sneak peek inside this issue

Current issue highlights on held several Satsang held during London visit and Seva Project activities in Rajkot.

Launch of a new Instagram platform and YouTube series in English. The first addition to this YouTube series is on "Mindfulness" and will soon be followed by topics on the same theme and later on various other topics of spiritual and practical interest.

Upcoming Programs

Date	Event & Location
Nov 17-20	Student Camp at Atkot (Gujarat)
Nov 25-30	Bhanvad Student Camp
Dec 1-10	Abhavalay Rajkot
Dec 11-15	Bhuj - Kutchh
Dec 16-25	Sambodhi Sadhana
Dec 27-29	Koba Youngster Seminar
Dec 30-Jan 3	Self-Study at Koba



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>

**Pravachan at Dilesh Mehta
London – Saturday, October 12, 2019**

Samanji visited the home of Dilesh Mehta with his friend Gangaram and with Kshama Shah from Chicago, USA, and her husband Kaveer. After lunch they enjoyed a satsang on the topic of spirituality to which all contributed under Samanji's guidance. Dilesh talked eloquently on the subject of science and spirituality, pointing out also how both positive and negative forces are exponentially multiplied in a variety of situations. On the positive side, Dilesh mentioned how five or six people meditating together is always exponentially greater than the sum of their number. Dilesh talked, too, about yoga, and Samanji explained the importance of Patanjali's "Yoga Sutra" for a more precise understanding of yoga.

**Pravachan at Dilesh Mehta
London – Saturday, October 12, 2019**

On Sunday 13th October, Geetaben and Harshbhai Shah organised a family satsang at which Samanji interacted with the group on the subject of spirituality. Its importance in life and power of it to bring happiness were the key points of focus.



The Joy of Giving Jalaram Mandir, Greenford, London – Friday, October 10, 2019

Saman Shrutpragyaji was invited to speak at the newly constructed Jalaram Temple in Greenford, a talk that was attended by over 200 people. His discourse on the Joy of Giving focused on the saintly personality of Jalaram Bapa, who is celebrated for his own life's devotion to others through acts of kindness and giving. The success of the temple and the communities of Jalaram followers around the world is precisely because of this, Samanji explained, and he encouraged all devotees to continue to follow the saint's glorious example of giving to all without discrimination.

Link for Pravachan: <https://youtu.be/Dn4iCl2kEg>



Five Steps of the Life Journey Oshwal Shakti Centre, London – Friday, October 10, 2019

Following the Jalaram Temple lecture, Saman Shrutpragyaji spoke at the Oshwal Shakti Centre to around 100 community members. His discourse on the life journey was explained in terms of five separate parts: Active Phase; Inactive Phase; Retirement Phase; Dependent Phase; and the Phase of Demise. The main message emphasised that, although the whole of one's life should have a spiritual focus, it is especially critical after the age of 65 or retirement. This, he explained, is because, in the last phase of life, one needs to be free from attachment and desire, and also one should be without fear and other negative emotions. It is this which brings an auspicious departure for a person who is so spiritually oriented, as well as being greatly beneficial for that individual in the next life.



Know Thy Soul/Self

Narenbhai and Chanrikaben's Residence, Kingsbury, London, 11th October 2019

Samanji gave an enlightening discourse on the nature of Atma and how it can be known at Mr and Mrs Hathi's home to some 50 people. After examining the concept, itself and defining it, the various philosophies from Indian and Western traditions were outlined. Samanji emphasised that the soul ultimately cannot be seen or understood by the mind or by philosophical enquiry but only by itself and through its own power. Meditation as a technique was explained and practised as a way for self-realization to take place. Everyone who attended expressed sincere appreciation to Samanji for his powerful and informative lecture.

Saman Shrutprayaji started his new Instagram platform while in London, as well as launched his new YouTube series in English. The first addition to this YouTube series is on "Mindfulness" and will soon be followed by topics on the same theme and later on various other topics of spiritual and practical interest.

Link for Pravachan: <https://youtu.be/ielO17qFCs8>



Seva Project Rajkot

It was a great privilege to work with Shrutpragya Samanji on Seva project for 3 beautiful days in Rajkot. Our routine consisted of daily yoga and meditation, and conversation with Samanji on various topics relating to spirituality. Along with this, we also visited several schools: Ishwayra, Modi and Munga Behra; where we distributed notebooks and t-shirts. We went to Goshala where we had the opportunity to feed the cows & calf.

We took a day trip to Sankeshwar Jain Mahatirth where we were mesmerized by the temple and its beauty. On our last day at Rajkot, we distributed several food hampers consisting of 10 basic food items such as Ghee, rice, oil, jaggery, etc. to low wage-earning family. There was a great sense of satisfaction at the end of 3 productive days with Samanji.

