

January 2020 Newsletter

Peace ^{OF} Mind

EXPERIENCE YOUR INNER BLISS



Peace of Mind



Sneak peek inside this issue

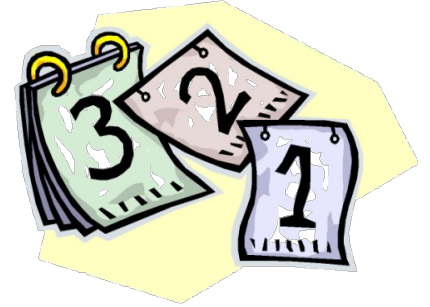
Current issue
highlights on:

- Surat Trip
- Shibir at Shrimad Rajchandra Ashram
- Godhamji Village Visit

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

Upcoming Programs

Jan 1 - 5, 2020 - Koba, Gnadhinagar
Jan 6 - 8, 2020 - Rajkot
Jan 9 - 11, 2020 - Kodayavala, Himatnagar
Jan 12 - 14, 2020 - Taranga, Deesa
Jan 15 - 19, 2020 - Rajkot
Jan 20-26, 2020 - Maun Sadhana
Jan 27 - 30, 2020 - Rajkot
Feb 5 - 10, 2020 - Seva Week Calibration



Happy New Year Everyone!

The Peace of Mind Foundation wishes all its friends great joy, prosperity, health and spiritual upliftment for the year ahead.

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>

Surat Trip: Dec 18-22, 2019

Pravachan at Jain Society and Sthanak

Location: Katargam, Adajan, Pal, Veshu and Parle Point, Western Shatrunjay Apartment

All program carried out by Saman Shrutpragyaji was attended by a group of some 200 Jain householders. Focusing on the subject of Samyak Darshan, Samanji discussed Jain teachings and practices based on his in-depth knowledge of Jain Agam and Jain spiritual tradition. Participants were given opportunity during the event to put questions to Samanji and to receive his wisdom and guidance on the topic presented, facilitating understanding of key features of Samyak Darshan. On 23rd Evening Youth Satsang at the home of Lataben and Lulchandbhai Golicha at Sukh Sagar, Ghord Dod Road, Surat



Cintu Purav Shah and his wife Jolly organized a seminar event at their home, involving 30 young Jain people and 30 Kids. Samanji together with Dr Graham Dwyer carried out a vibrant and inspirational interactive session with the youth, ranging in age from as young as five up to the age of eighteen. The focus of the seminar held was holistic development for children. For arranging all the seminar and Pravachan, Samanji is greatly thankful to Preet Khandol, Ankit Shah, Arun Doshi, Rasik Doshi, and Jaysukh Doshi.



Samanji was also invited by the successful coal merchant for a family satsang at Veshu **Snahal Shah's** home. Samanji had fruitful discussions with Veshu Snahal Shah and his family members and presented them with a gift of books from the Peace of Mind Foundation.

Date: 19 Dec 2019 Venue: Unlimited Power Lecture at C. C. Shah Sarvajanic English Medium School, Surat

Detail: Samanji's morning lecture on the subject of Unlimited Power was delivered to a packed hall of over 800 students and teachers at C. C. Shah Sarvajanic English Medium School. He talked about the ability of every student to achieve their full potential in education and throughout life by developing self-confidence through self-discipline and by recognizing every student's unique talents. He illustrated his points with inspirational examples from the lives of celebrated personalities, such as Jessica Cox, who had themselves often struggled tremendous challenges in life (physical, psychological and financial) in order to realize their dreams and to become successful.

For organizing and presided over by the event, Samanji is thankful to Dharmeshbhai Tamakuwala (School Chairman), Ashish Vakil (Chairman of Academic Affairs), Sunil Bhai Jadaw (Principal), and Kishorbhai Jani (Head of the Experimental School at C. C. Shah Sarvajanic).





Date: 20 Dec 2019 Venue: Parenting Lecture at C. C. Shah Sarvajanic English Medium School: Surat

Detail: Some 500 parents of students at C. C. Shah Sarvajanic English Medium School gathered to listen to Samanji's lecture on how successfully to parent a child through school years into adult life. He gave tips and advice to parents and shared his knowledge based on his extensive work in education. Following the lecture, parents were given opportunity to ask questions, as well as make comments. All staff and parents who participated congratulated Samanji for the knowledge and wisdom he imparted during the lecture, and they thanked him also for the Peace of Mind publication on parenting, which was freely distributed at the close of the event to all parents.

For inviting him to speak at the school, Samanji is thankful to Dharmeshbhai Tamakuwala (School Chairman), Ashish Vakil (Chairman of Academic Affairs), Sunil Bhai Jadaw (Principal), and Kishorbhai Jani (Head of the Experimental School at C. C. Shah Sarvajanic).



Date: 20 Dec 2019 Meeting with Jagdishbhai, Mayor of Surat

Detail: Samanji was cordially invited to meet with the Mayor of Surat to discuss the work of the Peace of Mind Foundation, as well as to explore plans and proposals for Samanji's future activities in Surat. The mayor gave an outline of his own main duties and responsibilities during the discussion held and offered his full support. Samanji presented the mayor with several publications of the Peace of Mind Foundation, for which the mayor expressed his heartfelt thanks. Thanks also go Kamlesh Yagnik (Chairman of the historic British built College in Surat) for arranging the meeting with the mayor.



Date: 21 Dec

Govindbhai Dolakia, Diamond Industrialist

Location: Kataargam, Surat

Detail: Samanji met Govindbhai Dolakia and his family members for a breakfast discussion at the home of the wealthy diamond industrialist. They talked about the importance and power of discipline, as well as devotional and spiritual life. Govindbhai Dolakia shared the secrets of his daily activities, stating that discipline combined with religious practice and seva have been the key ingredients for his own happiness and for the wellbeing of his family. Samanji was greatly impressed by Govindbhai Dolakia and by all his family members, since they demonstrated tremendous spiritual motivation, humility and importance of seva, as well as being kind and hospitable. Following a tour of the house and large campus surrounding Govindbhai Dolakia's home, including its sport's ground and goshala, Samanji presented a gift of publications from the Peace of Mind Foundation to Govindbhai Dolakia and his family members.





Seva at the home of Diviya Savani

Location: Jahagirpur, Surat

Not only in small villages, but in big cities like Surat, many people today are experiencing great hardship, including struggle to meet the essential requirements of feeding their families. Samanji's work endeavours to address this hardship and continues to provide as much help as possible in such situations. He was mindful of this during his Surat visit, where a Jain family has been suffering significant loss of income from its small business for an extended period of time, leading to major difficulties of basic food provision in the home, as well as stress and family tensions. The seven-member household requested Samanji to offer support. Along with Dr Graham Dwyer, Samanji gave a cash donation on behalf of the Peace of Mind Foundation to the impoverished family, enabling it to meet its basic needs. Samanji also offered his advice and encouragement in order for the family to put its business back on track for which all members of the family expressed heartfelt appreciation and gratitude.



Date: 27-29 Dec 2019

Shibir at Shrimad Rajchandra Ashram

Location: Koba, Gandhinagar

During this shibir with 100 young Jains, Samanji gave lectures on each of the three-day camp. He was accompanied by Dr Graham Dwyer who also delivered lectures at the ashram. Samanji's discourses focused on Bright Present, Bright Future (as did the talks given by Dr Dwyer). The first series of Samanji's lectures concentrated on five key terms: Dream; Daring; Discipline; Determined; and Do. With examples and illustrations drawn from the lives of successful people, each of these terms explored the importance, not only of having big dreams, but also of realizing them and making them possible by taking risks, being disciplined and determined as well as acting on strategies for goal achievement.

The second series of Samanji's lectures focused on five other key words: Positivity; Patience; Perfection; Promise; and Prayer. Remaining positive throughout life and being guided by values of patience, perfectionism, while at the same time honouring promises made and depending on prayer, Samanji explained that every child can experience happiness daily and have fulfilled lives. Dr Dwyer spoke about atma darshan with reference to Eckhart Tolle's book, "The Power of Now". He also gave an additional discourse on ahimsa, anekantvad and aparigraha, explaining how these spiritual values are of importance for both a bright present and a bright future.

Samanji is thankful to Gurudev Atmanadji Saheb and Guruma, as well as to mumukshu Sureshji for organizing a highly successful and enjoyable shibir in which all youth who attended the camp gained important knowledge, experience and spiritual inspiration.



Date: 30 Dec 2019

Location: Godhamji Village, Sabarkhata District, Gujarat

Samanji was invited to join Srimad Rajchandra mumukshu Sureshji Patel for a satsang in Godhamji close to the boarder of Rajasthan in Gujarat. All residents of the village attended, numbering more than 1,000 men, women and children. The event was organized to celebrate the anniversary of Lalaji Bapaji's punya tithi. This Hindu monk was both very well respected and famous for the seva he carried out in the village and surrounding area. Before Brahmchariji Sureshji concluded the satsang with a short talk on how to Live Life Better, Samanji gave a discourse, dealing with five keys for inner peace and bliss. These five keys he explained were: (1) controlling anger, (2) purity of life; (3) the teaching that whatever happens is meant to happen; (4) maintaining a happy, smiling attitude; and (5) seva.

The nearby Samadhi of Jaisang Bapa, who was another dynamic monk known for his purity as well as for seva (including the building of a hospital) was also visited. This visit took place after the satsang was concluded, to the great applause of all who participated.

