



Peace of Mind: June 2017

Various Camps & Lectures

Saman ji
Shrutpragyaji's
Gujarati and English
blog available, link :
[http://
www.pomyc.org/blog/](http://www.pomyc.org/blog/)

**We wish everyone
a happy and
healthy new year
ahead for 2017!**

Inside this issue:

***Take a look at all
the USA trips and
visits to many
centers. Had a
very nice time at
many states and
to all of the great
hosts.***

Current & Upcoming Events

Upcoming:

June 12 to 16, 2017: Austin, TX

June 17 to 19, 2017: Greenville, SC

June 21 to 26, 2017: Wichita, KS

****All the upcoming program details on the following page****

JAINA CONVENTION:

From June 30 to July 4

Yoga class & Lectures (timings to be determined)



Various Upcoming Events

Discourse series from June 23-25@ Greenville-SC

Venue: Vedic Center of Greenville

520 Bethel Dr,

Mauldin,SC 29662

Contact: [\(864\) 430-8888](tel:8644308888)

Surendra Jain

Program detail - in Hindi

1. Friday : **June - 16 : 8.00-9.30p**

Subject: Secret of the Bhagwat Geeta

2. Saturday : **June - 17, 2017**

- Yoga and Meditation class: 9.00 - 10.30am

- Break Fast : 10.30 - 11.00am

- Discourse : 11.00 - 12.30pm : Sub - Secret of Karmavad in Jain Dharm

3. Sunday : **June 18 : 6.30 - to 8.00pm**

Subject : Five things - Missing in Life

Discourse in Kansas:

Jain Lectures at Hindu Temple, Wichita

Date: June 21& 22

Time: 7.30-9.30pm

Jain Lecture @ Hindu Temple ,Kansas City

Date : June 23

Time: 8.00-9.30pm

Lectures on Bhagwat Geeta @Wichita Hindu Temple

Date: June 24 & 25

Time : 4.00-6.00pm

For more detail contact:

Trupti Sheth@ [\(316\) 214-1626](tel:3162141626)

Programs at Austin, TX from June 2 to 15

Theme - Samyak Darshan Time: 8.00-9.30p

June 12th evening satsang at Manish and Upma's residence

June 13th evening satsang at Saurabh and Hemina Doctor's residence

June 14th evening satsang at Paras and Bijal Dave's residence

June 15th evening satsang at Kamleshbhai and Shreyabens residence

More detail please contact Sonal Shah: (512) 296-1136

Samanji's trip to Tulsa Jain Sangh from May 24th to 28th

Tulsa Jain Sangh was again blessed by Saman Shrutpragyaji Swadhyay for 4 days, from May 24th to 28th, 2017. Samanji has been visiting our Sangh since last 20 years. We are honored to have him in Tulsa. This time Samanji spoke on four type of dhyhan in Jain Dharma, first two are inauspicious and the latter two are auspicious. He explained in simple language to the largest crowd we ever had.

He explained on Artta dhyhan which means pain and gets hold of our mental condition. Raudra dhyhan means cruel, harsh, when the mind is either full of anger, hatred, and malice or violent mind is thinking of evil actions by the external nimit. Dharm dhyhan takes our mind away from Aatta and Raudra Dhyana and leads us to right path to realize the Truth. Shukla dhyhan means 'white or pure'. This is the highest type of meditation where the karmic bondage get destroyed and the soul remains totally engrossed in self-realization. Samanji also emphasized to do meditation on a regular basis.

Samanji Visited for gochari at Shaila and Sudhir Daftery, Varsha Shah, Jasmin and Dhiren Mehta, Bharati and Dr. Hareh Ajmera, Rasilaben and Bhagubhai Patel. Saman ji Stayed at Aruna and Kanti Shah and they also welcomed him at the Tulsa Airport. Tulsa Jain Sangh thanks Samanji and always eagerly waits for the next visit.



Samanji's trip to Fresno and surrounding from May 8th to 11th

Saman Shrutpragya visited Atascadero, Fresno, Bakersfield and Tulare, California. Saman ji gave the discourses on 'Qualities of true devotion' in Atascadero, 'value of values' in Tulare, 'spiritual awareness' in Fresno, and 'value of human life' in Bakersfield. In these programs devotees also did the wonderful bhakti and bhajans. This trip was made successful with kind cooperation from Dhansukhbhai and Niveditaben Bhakta, Sushama Bhakta, Ravindrabhai Patel, and Vishnu Patel. Bhakta and Patel families attended enthusiastically the Saman ji's programs at these locations. He visited many families and had discussion 1:1 and gave guidance on personal as well as spiritual growth. Saman Ji has visited these places regularly for last four years. Saman ji went from Fresno to Milpitas Bay area.



Samyak Darshan sadhana camp @ JCNC - CA on May 13th and 14th

Jain Center of Northern California (JCNC) was privileged to organize a two days shibir under guidance of Respected Saman Shrutpragna in the Milpitas temple on May 13th and 14th. The topic was 'Samyak Darshana' - the center-most teaching of Jainism. Saman ji presented this over four lectures during the two days. The presentation was made in simple, familiar language yet, without compromising its depth. Samanji pointed out that Darshan precedes Jnana and Charitra, the three pillars of Jainism. Correct faith, understanding and belief with serious dedication are the supports of Samyak Darshana. Without this first step, the rest can become superficial.



The fundamental understanding comes with constant awareness that you are not the body, nor the mind. You are pure awareness- Atman. This gives rise to correct attitude –lack of doubts and fears, equanimity (each one has the same awareness; each one has his own path), detachment, steadiness loss of desire for material happiness, negation of strong likes and dislikes and judgments, lack of unnecessary thoughts, ahimsa in action as well as in mind. Peace comes with resulting lack of negative emotions. It brings continuous awareness of the Self-Atman.

This effort, coupled with introspection, brings discrimination between 'I' and 'My'. Person realizes that the cause of suffering lies with himself and not with others, and is an opportunity for purification. Regular meditation, faith and study are the aids. One has moment to moment awareness of everything around oneself. "Inner peace begins the moment you choose not to allow another person or event to control your emotion".

We are grateful to Saman ji for his teachings. Once again the primary organizers for the shibir were Avni and Mukesh Shah with help from Yogesh Bapna, the JCNC President. We all are thankful to them. The talks were interspaced with Yogic exercises, pranayama, laughter, kayotsarga, silent walking, questions and answers. Excellent breakfasts as well as lunches were provided by our great volunteers. Saman ji required us to keep silent while eating food, considering it as Yoga of proper eating and appreciation of the food. As a finale, Kiritbhai Bavisi sang the famous bhajan of our own Samyaktarshi, Acharya Anandghanji, 'Ab hum Amar Bhaye Na Marenge'.



Samyak Darshan sadhana camp @ JCNC - CA on May 13th and 14th cont'd



Saman Shrutpragyaji's Pravachan @ NJ from June 6 to 9

Shree Parshvanath Jinalay Facility,
233 RunnuMeade Road, Essex Fells NJ 07021

જૈન શાસનમાં આત્મિક આરાધનાનું સર્વાધિક મહત્વ છે. આ આરાધનામાં ક્યાંય ક્રિયાકાંડ નથી પણ આત્મિક અનુભૂતિ માટેનો ક્રિયા યોગ છે. સામાયિક અને પચ્ચક્રખાણ આ આરાધનાનો પાયો છે. શ્રાવક અને સાધુ બંને માટે આ આરાધના કરવાની આજ્ઞા પ્રભુ મહાવીરે કરી છે. સાચા અર્થમાં આ આરાધના કેમ કરવી જેથી વ્યક્તિ અજ્ઞાનના અંધકારથી જ્ઞાનના પ્રકાશને પામી શકે, એનું વિવેચન કરશે. પ્રવચનોના વિષય નીચે મુજબ છે -

1. સમભાવની આરાધના -- Tuesday - June 6, 2017 - 8:00PM to 9:30PM
2. સંકલ્પની સાધના --- Wednesday - June 7, 2017 - 8:00PM to 9:30PM

આધાર ગ્રંથ : ઉત્તરાધ્યયન સૂત્ર: (અધ્યયન - 23)

Shree Munisuvratswami Jinalay Facility - Auditorium
111 Cedra Grove Lane, Somerset NJ 08873

ભગવાન પાર્શ્વનાથની પરંપરાના શિષ્ય આચાર્ય કેશીકુમાર અને ભગવાન મહાવીરની પરંપરાના શિષ્ય ગણધરશ્રી ગૌતમ સ્વામીનું સલક્ષ્ય મિલન થાય થાય છે. બંને વચ્ચે શાસનભેદની પરંપરાને લઈને સુંદર સંવાદ થાય છે. પરિણામે બે પરંપરાઓ એક બને છે. શાસનમાં એકતા સ્થાપિત થાય છે. બંને જ્ઞાનીઓ વચ્ચે પરંપરાત્મક અને આધ્યાત્મિક એવા 12 પ્રશ્નોની આત્મિક અને સાત્વિક ચર્ચા થાય છે. આ ચર્ચાના અંતે શાસનહિતના અને શિષ્યોના આધ્યાત્મિક વિકાસના અનેક પ્રશ્નોનું સમાધાન થાય છે. એ રોચક સંવાદનું ત્રણ પ્રવચનોમાં સમણ શ્રુતપ્રજ્ઞજી માર્મિક વિવેચન કરશે. પ્રવચનોના વિષય નીચે મુજબ છે -

1. બે પરંપરાનું દિવ્ય મિલન ----- Friday - June 9, 2017 - 8:00PM to 9:30PM
2. જીવનને સ્પર્શતા પ્રશ્નોનું સમાધાન ----- Saturday - June 10, 2017 - 8:00PM to 9:30PM
3. બે જ્ઞાની વચ્ચે આધ્યાત્મિક સંવાદ ----- Sunday - June 11, 2017 - 8:00PM to 9:30PM

New Publications:

Saman Shrutpragya ji and Graham Dwyer books available on-line at itunes as well as Amazon Kindle- link follows:

<https://itunes.apple.com/us/book/a-light-unto-yourself/id1238016462?ls=1&mt=11>

<https://itunes.apple.com/us/book/living-meditation/id1236996336?ls=1&mt=11>

https://www.amazon.com/s?ie=UTF8&page=1&rh=n%3A133140011%2Cp_27%3AShrutpragya%20Saman

