

# Peace of Mind: November 2016



## *New Additions & New Visits*

### Current Events

#### **Purusharth school - Bhanvad**

Parents and Student meeting

Date: 26 Sept 2016

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#### **Shanti seva trust - Junagadh**

Training monks and nuns and Diwali function

Date: Sept 23 to 25 & 31 to Oct 3



### Upcoming Events

Nov 7 to 12

Power of Discipline

Modi School, Ishwarya- Rajkot

Nov 21 to 23

Student Shibir

Gondal- Saurashtra

Nov 12 to 15

Pravachan

Bhuj - Kutch

Nov 24 to 26

Student shibir

Atkot- Saurashtra

Nov 16 to 17

Abhavalay, Rajkot

Dec 8 to 18

Overseas volunteers Rajkot trip

( Education, Charity, Training )

Nov 18 to 20

Taining for student and teachers

Purisharth school, Bhanvad

### **Check out new blog!**

Saman ji Shrutpragyaji's Gujarati blog link.. Also very soon English blog also available :

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

# Welcome Inauguration Ceremony

Welcome Inauguration Ceremony for MBBS Students at PDU Medical College, Rajkot,  
21 September 2016

Honorable Saman Shrutpragyaji was the chief guest at the welcome ceremony for first year medical students at MBBS, an event held at PDU Medical College in Rajkot. He blessed the newly admitted students and motivated them to work hard, as well as mentioning the importance of respecting the institute's code of practice. Both staff and students were equally inspired by Samanji's enthusiastic lecture. In addition to the inspiration staff and students gained during the welcome ceremony, Samanji emphasized the importance of doing service for the development of society. It is not enough to focus only on one's own career path, critical although that is, he stated, but working for the benefit and greater good of society as a whole is part of what every member of MBBS must keep in mind. This message, together with the encouragement he gave, was greatly received and much applauded.





# Parent and Student Day School

Parent and Student Day at Bhanvad Purusharth School, 26 October 2016

Samanji was invited as the chief guest to address parents and students at the Purusharth School in Bhanvad. He was accompanied by Graham Dwyer, and they both spoke and led events at the school on this important Parent and Student Day. In addition, Samanji visited new land where a Tapovan will be developed soon under the guidance of Bhimsibhai Karmool. Samanji and Graham also held a separate meeting with students and conducted a question-answer session, as well as later holding a meeting with staff at the school to plan for future teacher training and other related activities. At the school it was announced that an open book examination will be carried out after the Diwali festival, and Samanji informed everyone present that his book, entitled, "Shist Ej Parasmani," will be the focus of the examination, involving the giving of prizes for outstanding results in the open book test.



# The Arrival of Dr Graham Dwyer

**The Arrival of Dr Graham Dwyer (Gangaram) at the Peace of Mind Centre, Rajkot, 7 October 2016**

Dr Graham Dwyer (Gangaram), who has known and been associated with Saman Shrutapragya for 25 years arrived in Rajkot on 7 October 2016, and he will stay in India working with Samanji till March 2017. Already he has started a new book project with Samanji, a project dedicated to the subject of Jain dharma. When Samanji travels abroad he is often asked to recommend an appropriate book on Jainism but is often unable to do so with full confidence, as most texts are often composed for purely academic purposes and thus are not suitable for a wider readership. For this reason he initiated the writing of the new book which is intended to be of value and use to all Jain people, as well as non-Jains who may have an interest in the tradition. Besides book writing, Gangaram and Samanji will work and travel together over the next few months ahead, as well continue with their sadhana, practicing and promoting the practice of meditation in particular.

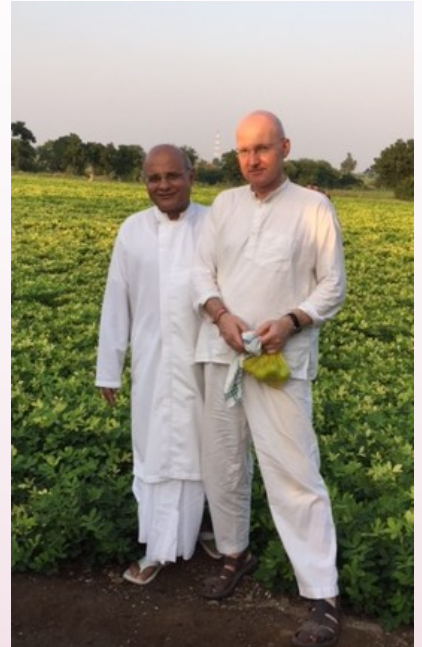




# Khengarka Village Visit

**Khengarka Village Visit, 14 October 2016**

Khengarka Village, a small community close to Rajkot, was visited by Samanji along with his friend and co-worker Graham Dwyer. They went to the family home of Ranjitsingh Zala there and were invited also to go to the local school in the village. Following discussion in the school with the principal and teaching staff, as well as meeting students, they went for a brief excursion to Ranjitsingh Zala's extended family farm and later shared dinner with the family





# Bhavnagar Trip

**Bhavnagar Trip, 17-18 October 2016**

Samanji together with Bhisibhai Karmool of Purusharth School in Bhanvad, as well as Maya Ahir and Graham Dwyer, spent one day and night in Bhavnagar, visiting the Dakshina Murti Education Institute and observing the teaching practices at the institute. Here they were pleased to learn about the great success of the institute in its application of new developments in education, one which privileges a system of learning based on child psychology, where children are given great opportunity to learn through play. Other guests invited to take part in this visit included Vinod Joshi (Dean of Bhavnagar University) and Nalin Pandit (a inspirational retired educationalist). Besides this activity, Samanji along with all other invited guests also visited the Ram Krishna High School.



# Up-Coming Activities with Overseas Young People

## December 2016

Six overseas young people will come to the Peace of Mind Foundation in Rajkot in December for a period of 10 days. These youth, who live in London, UK and in Singapore include: Priyal Amit Dagil (a medical student); Hiral Dilip Sanghrajka (a psychology undergraduate student); Mega Mohnot (a chartered accountant); Meera Shah (a dentist); Rina Shah (a radiographer); and Ishwa Deshi (an 11<sup>th</sup> Standard student). All of these visitors are making the special trip to Rajkot specifically to do volunteer work. They will equally take part in charity work and in helping Samanji with the translation of his books, as well as take part in shibir events.

### **Brief introduction of Team Members**

#### **Priyal Amit Dagil**

My name is Priyal Dagil and I am a GAP year student applying for medicine. I have GCSE and A level qualifications and am a prospective medic! My academic interests are predominantly biology related and also enjoy chemistry, maths and English literature.

#### **Hiral Dilip Sanghrajka**

My name is Hiral Sanghrajka and I am a psychology undergraduate. My interests are reading, writing, yoga, meditation and dancing. As a child, I've always loved reading. I love to read books which are inspirational and motivating. Through my degree, I cultivated my interest in writing.

#### **Mega Mohnot**

My name is Mega and I am a chartered accountant (CA) of Singapore and the UK. I have ICSE and A level qualifications and I enjoy working as an auditor. My academic interest lies in mathematics, accounting and economics.

#### **Meera Shah**

My name is Meera Shah and I am from London. I am a Dentist and have Bachelors of Dental Surgery (BDS). I am currently undergoing The Diploma of Membership of the Joint Dental Faculties at The Royal College of Surgeons of England (MJDF RCS Eng).

#### **Rina Shah**

My name is Rina Shah and I am a radiographer by profession. I take x-rays in the hospital and work in the operating theatres. I enjoy my work as I am always interested in learning more about the human body. Besides my work, I enjoy watching Bollywood movies and also dancing.

#### **Ishwa Desai**

My name is Ishwa Desai. I'm 16 years old. I'm studying in grade 11 under the International Baccalaureate Diploma Programme. My hobbies include reading, listening to music, art and dance. I am adventurous person



# Meeting with Morari Bapu

Meeting with Morari Bapu, 18 October 2016

On the morning of 18 October, Samanji, Graham Dwyer, Bhimsibhai Karmool and Malde Ahir travelled to meet the all-India and internationally renowned Ramayan katha expert and speaker Morari Bapu in his native village of Talga Jarada. Following the lively discussion that took place during this meeting, an event in which Malde Ahir sang a pleasing song, Morari Bapu presented Samanji and the whole visiting party with gifts of special white clothes, as well as giving Bhimsibhai Karmool a donation of money to support his school and related projects in Bhanvad. The morning spent with Morari Bapu was a great blessing to all who took part in the event, involving a thoughtful question and answer session, followed by lunch offered by Morari Bapu.





# Meeting with Morari Bapu cont'd





# Junagadh Training

## Junagadh Training for Jain Sadhus and Sadhvis, 23-25 October 2016

For three days Samanji delivered a series of lectures to Jain Sadhus and Sadhvis in Junagadh on a number of different topics, including sadhana, with a particular focus on meditation, as well as on how to increase personal spiritual development, and on how to deliver an effective discourse. The three day events were attended by Acharya Praduman Soori and Panyas Pundarik Vijayji M.S., the two leaders of the monks and nuns at the Jain centre in Junagadh. Some 30 monks and nuns took part in these activities overall, as well as a number of Jain householders. It was both successfully organised and a great learning shibir, enthusiastically enjoyed by all participants. As well as conducting this three day training programme, Samanji along with Graham Dwyer visited Punit Ashram and an ancient Buddhist monastic centre in Junagadh.

## Girnar, Junagadh Shibir with Jain Sadhus and Sadhvis and Family Trip, 31 October-2 November 2016

At Girnar in Junagadh Samanji conducted a two day shibir with Jain monks and nuns, delivering lectures and holding discussions. He gave lectures on the Jain approach to meditation. He explained practical techniques and led sessions, where monks and nuns were greatly benefited from the classes. Artha dhyana (causing internal suffering) and raudra dhyana (producing both internal misery and external aggression) were discussed in-depth. While benefiting from the correct practice of dhyana, monks and nuns were thus offered helpful instruction in the kinds of dhyana that should be avoided. In addition to activities with monks and nuns, Samanji spent time with his family and with his friend Graham Dwyer, taking walks, visiting an archeological centre of ancient Buddhist monastic practice, and holding satsangs.






# New Book “Life is Beautiful”

New Book “Life is Beautiful” authored by Saman Shrutapragya, launched 28 October 2016

“Jindagi-Khoobsoorat Chhe” (“Life is Beautiful”) is publication number 67 from the Peace of Mind. This new volume contains 33 chapters, and it examines major qualities many people are often missing in life; as well as discusses the key qualities by which they can become more spiritually dynamic. How to deal with difficulties of day to day life and manage personal problems is the major focus of the book. By observing and applying its lessons, it is shown that this enables all readers to make their lives more beautiful. At a special price to celebrate the festival of Diwali, the book is currently being offered for a limited time (until 15 November 2016) at a special discount cost, giving 20% off the normal price. The standard (pre-discount) cost of the book is Rs100 (\$7; GBP 5).



સમણશ્રી શ્રુતપ્રણયુ ભીતરની દુનિયામાં મસ્ત અને બહારની દુનિયામાં વ્યસ્ત રહેનાર લાગણીશીલ માનવી છે. ઘણીવાર જ્યારે બહારની વ્યસ્તતા ભીતરની મસ્તીને ડિસ્ટર્બ કરે છે ત્યારે તેઓ એકાંતની રાહ પકડે છે. જંગલમાં કોઈ આશ્રમમાં જઈ મૌન-ધ્યાનમાં ડૂબી જવું એમને ગમે છે.

એ એકાંત પછી ભીડમાં પણ એ મિલેંપ રહેવા પ્રયત્ન કરે છે. મીઠા અનુભવ પછી ઘણીમાં પણ વિશેષ બળ આપણે એમના વ્યાખ્યાન સાંભળતી વખતે અનુભવી શકીએ છીએ. એમની ધ્યાન સાધનના ગહન ભાવમાંથી નીકળેલું ચિંતન માણસને શાંતિ અને પુશીથી જીવવાની પ્રેરણા આપે છે.


શિક્ષણ જગતને નવી દૃષ્ટિ અને દિશા આપવી એ આપણું પવિત્ર કાર્ય છે. ‘પીસ ઓફ માર્બલ ફાઉન્ડેશન’ દ્વારા એમના માર્ગદર્શનમાં ચાલતી વિદ્યાર્થીઓ અને શિક્ષકોની વિશેષ ટ્રેનિંગ માણવા જેવી હોય છે. ‘જિંદગી ખૂબસૂરત છે’ એમની નવી કૃતિ છે અને જિંદગીમાં ખોવાઈ ગયેલા માનવીને ફરી જિંદગી સાથે મેળવવાનો આ પ્રયાસ સરાહનીય છે.

સમણ શ્રુતપ્રણયુ આધ્યાત્મિક સંત છે. ત્રીસથી વધુ દેશોનું નિયમિત ઉમણ અને ભારતભરમાં એમની જીવનલક્ષી શિબિરો માનવીને સાચો માનવી બનાવવાની પ્રેરણા આપે છે. તેઓ ૬૫ થી વધુ પુસ્તકોના લેખક છે.

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# || જિંદગી || ખૂબસૂરત છે

સમણશ્રી શ્રુતપ્રણયુ



શ્રુતપ્રણયુ

સમણશ્રી શ્રુતપ્રણયુ



PEACE OF MIND  
1979-2004

**પ્રકાશન :**  
**પીસ ઓફ માર્બલ ફાઉન્ડેશન**  
‘આભાવલય’ વિનાયક વાડી, જામનગર રોડ,  
માધાપર બસ સ્ટોપ સામે, સંપર્કોટ-૩૬૦ ૦૦૬. (ગુજરાત) ભારત

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