



Saman Shri Shrutpragyaji



News Letter

July - 2023

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Topics:

1. Life's Purpose
2. Seven Steps of Spirituality
3. Four pillars of Meditation

Date: June 1-6, 2023

Venue: Austin, TX

Samanji gave a talk on these three important topics. About Life's Purpose he stated that we all have infinite resources of energy within us, but that energy meaningfully gets activated only when there is a purpose to our actions. So before doing ANYTHING, he said we should ask the

question, Why am I doing this? And the answer to it, he emphasized, should be yours and yours alone, not one borrowed from others or from any where else.

It is ironic that we are all busy running around but often without a meaningful purpose. As we evolve and become spiritually mature, however, our higher purpose in life becomes clearer. Samanji taught that whatever goal becomes set in our lives, it should essentially remain in the background, focusing one's energy on the process rather than on the goal itself. This is because we are often absent in the process, not truly focused joyfully or mindfully.

To realize joy, we need to be present in that activity! So enjoy the act of meditation, and the joy you feel then and there directly instead of thinking what you might achieve by doing meditation.

Samanji was hosted by Sangita and Vipul Gopani. Sanjeev Kothari kindly did the airport pick up and drop off seva.



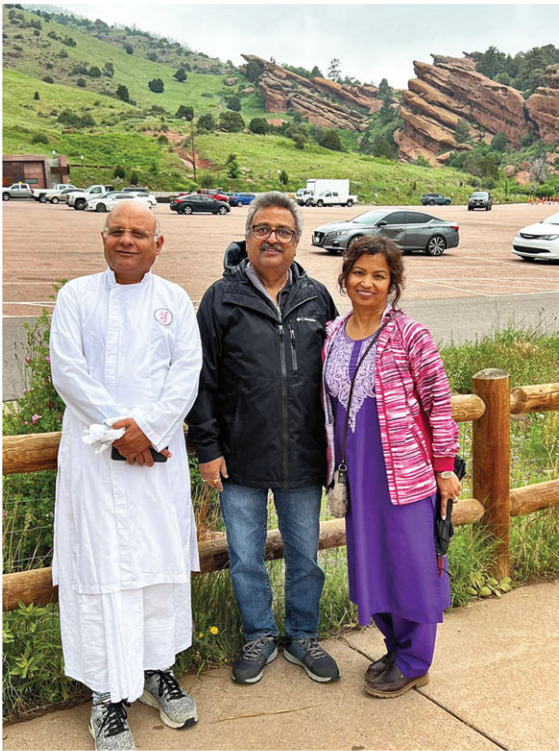
Denver, CO

Date: 11 June 2023

Venue: Jain Center Denver

Samanji was invited to the Jain Center Denver for their monthly program. He talked at the center about how to change oneself from within and explained four key steps for achieving self-transformation.

In Denver Samanji stayed at the home of Rama and Dev Jain.



Houston Yoga Class

Date: June 9, 2023

Samanji led an exciting and joyful yoga class at the Jain Temple in Houston, Texas.

He taught there five steps of exercise, five steps of breathing, and five steps of meditation. The whole event was very well organized by the Jain Center Houston with the help of Nitin Mehta, and Parimal and Pratima Desai.

Samanji also had a satsang with Pratima Parimal Desai, Ragini Parimal Shah and Sharada Subhash at a delightful Jain residence.



Memphis, TN Trip:

Date: June 23-29, 2023

Two days of special pravachans were given on Jain Dharma, including the power of the Namokar Mantra and Seven Steps for the Inner Journey. The Memphis Jain Sangh also arranged a two days' Special Yoga Shibir on the subjects: "Who am I?" and "Meditation is a Medicine." There was a truly great response from the people who participated, with attendees promising to implement lessons learned in their lives. A tremendous change was experienced by everyone who took part in the programs. Samanji taught a number of key lessons. Samanji further taught the importance of focusing on five key practices. Chanchala and Vinay Mehta did a great deal organizing the programs and shibir, and arranging visits for participating devotees to serve Samanji gauchari.





New Jersey, NJ

Date: 11-21 June 2023

Samanji visited New Jersey and stayed with Pares and Parul Shah. He gave talks on the Art of Doing Meditation. Three tips were given for this and three steps were outlined and explained.

Samanji went on to visit Divyesh Shroff and had a one-on-one satsang there. He stayed one night with Sandhya and Bhavesh Shah and did a yoga class with them.

Samanji additionally visited for gauchari Pushpa and Mahendra Bapna with whom he had a wonderful satsang.

Finally, he visited Varsha and Diptesh Bhavsar, spending three days with them. On one of the days, they arranged a satsang gathering, and Samanji there imparted his spiritual wisdom, greatly benefiting all attendees who learned much from Samanji.





Nobody can make
you angry or happy.
That alone is up to you

By **SHRI SAMANJI
SHRUTPRAGYAJI**

Please join us for SIMPLE yet POWERFUL techniques to boost more energy, Flexibility and vitality into your daily life.

SHIBIR SCHEDULE

July 5 to 9, 2023 (Wednesday to Sunday)

TIMING WORLDWIDE

8:00 am CT | 9:00 am ET | 6:30 pm India | 11:00 pm Australia
9:00 pm Singapore/Malaysia | 6.00 am Vancouver, BC
BC 9.00am Toronto | 2:00 pm UK | 4:00 pm Kenya



Course Includes

- Art of Breathing 101
- Method of Pranayam (breathwork),
- Top to bottom Simple exercises
- How to manage Memory
- How to improve calmness
- 3 Steps of Meditation *and many more..*

“ **All levels welcome.**
New and experienced
students alike become
more confident
and relaxed. ”



Registration Required..

please click given below link and do your registration.

<https://forms.gle/xzKEnMckQ99uU8tz5>

About Instructor

Samanji Shrutpragyaji is a world-renowned spiritual leader, with a Master's in Yoga and He has a global network of over 30 countries. He has inspired and uplifted people across the world with his teachings in 35 Years of experience of Yoga and meditation practices. Please check out www.pomyc.org for more information about the foundation and Samanji and his works.

It's Totally Free ! But Sponsorship are Welcome for organizing this Shibir.
(Nakro) : US \$ 101/- Let us know so we can guide you.
(Your all contributions goes to Education Charity)

Upcoming Program

Jaina Conversation
June 30 - July 3, 2023
Florida, USA
Bindesh Shah

Chicago, IL
July 3 - 18, 2023
Dharmi Shah

Vancouver, BC
July 19-25, 2023
Usha Mahendra Mehta

Chicago, IL
July 26 - Aug 1, 2023

London, UK
Aug 3 -9, 2023
Dr. Graham Dwyer

India
Aug 10- 31, 2023

The Peace of mind rajkot online resources on YouTube® with Saman Shrutpragyaji's satsangs in English as well as in Gujarati. Please subscribe by visiting link bellow and get tremendous benefit of it. link is :

<https://bit.ly/2lho0dN>

You can equally physically, mentally and spiritually gain enrichment from Samanji's exiting blogs (in Gujarati and English)

<https://www.pomyc.org/blogs>



