

Peace of Mind: December 2016



Events leading to an end of a year

Upcoming Events

Date: Dec 8 to 18

Education and Charity overseas trip to Rajkot

Date: Dec 20 to 25

Shibir at A V Jasani Vidhya Mandir, Rajkot

Jan 1 to 10, 2017

Trip to Rajasthan



Check out new blog!

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

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

Modi School Shibir, 7-12 November 2016

Saman Shrutapragya along with his friend Graham Dwyer conducted a six day shibir with science students and staff at the Iswariya Branch of Modi School, Rajkot. Yoga and meditation were done at the start of each session, with motivational lectures being delivered, as well as helpful tips given on how to read, listen and study effectively. Both students and staff at the school gave enthusiastic feedback following the shibir, which was informative, educationally focused and greatly enjoyed by all participants.



Modi School Life-Qualities Shibir, November 21 - 25

Due to popular demand, an additional five day shibir was held at the Iswariya Branch of Modi School, Rajkot. This was with students from 6th to 10th standard. Again yoga and meditation were carried out at the start of each day's activities, and lectures were also delivered. Along with Samanji's motivational discourses and talks given to support teaching and learning at the school, including dealing with topics of discipline and respect for rules, the power of knowledge, the importance of a positive attitude, and how to study effectively, Graham Dwyer gave a series of short talks on a range of topics largely relating to his former research in India (especially on the popular topic of bhut-pret and the rituals performed for healing at Balaji Temple, Rajasthan). Students and staff all gave positive feedback following the shibir.



Bhuj-Kutch Family Meeting Trip, 12-15

Samanji, accompanied by his friend Graham Dwyer, travelled to Bhuj-Kutch. They visited Samanji's extended family members both in Bhuj and in neighbouring Bhujori, as well made an excursion to the famous Bhuj Yaksh Mandir and adjoining traditional Kutchi reconstructed round houses located close to the temple. Kutchi art on display there was viewed by Samanji and his family; and they all enjoyed a picnic evening dinner together at the site. also Samanji gave the talked on unity in Family.



Remote Area Village Visit and Satsang, 20 November 2016

Samanji with friends Graham Dwyer and Bala Saheb travelled to a remote area of Gujarat. There they observed activities on a bee-keeping farm, as well as taking lunch at the farm house of Bala Saheb's family. In addition, they conducted a satsang in the village of some 200 residents. More than half of these village residents participated in the satsang, which was held in the village's Ram Mandir. The trip was both educational in terms of understanding farm life, and bee-keeping husbandry, and it provided a welcome opportunity to exchange ideas and to share spiritual experiences. In addition, Samanji gave an inspirational lecture, following which the local residents took Graham Dwyer, Bala Saheb and Samanji on a tour of the village, with an inspection of their very well kept gaushala included in the event.



New Publication in Gujarati: “Bimari Pahela ana Pachhi,” forthcoming January 2016

Saman Shrutapragya’s forthcoming publication “Bimari Pahela ana Pachhi” is now in press and will be available very soon. This new book in Gujarati on the subject of the nature of disease (before and after it arises) is based on the ancient and modern system of Ayurveda. It is publication 69 from the Peace of Mind Foundation and will be of great interest to all readers interested to learn more about this subject, especially readers who are keen to understand the importance and value of Ayurvedic science. The book has been priced at Rupees 100, US Dollar 5, GBP 3.

પીસ ઓફ માઈન્ડ ફાઉન્ડેશન-રાજકોટ દ્વારા સંચાલિત પ્રવૃત્તિઓ

- યોગ પ્રશિક્ષકોનું ઘડતર
- વિદ્યાર્થીઓ માટે વિશેષ શિબિરોનું આયોજન
- વિદ્યાર્થીઓ માટે શિષ્યવૃત્તિ અર્પણ
- વિધવા અને બીમાર પરિવારોને આર્થિક સહાય
- સાહિત્ય પ્રકાશન-કુલ ૭૦ થી વધુ પુસ્તકોનું પ્રકાશન.
- દેશ-વિદેશમાં ધ્યાન શિબિરોનું આયોજન
- જૈનધર્મ અને જીવન-વ્યવહાર પર પ્રવચનો વગેરે

સમણ શ્રુતપ્રજ્ઞ-પરિચય

- જન્મ : ૧૧ ડિસેમ્બર ૧૯૬૬
- મૂળ ભુજ-કચ્છ (ફતેહગઢ-વાગડ) ના વતની
- ૧૯૮૬ થી સમણ શ્રેણીમાં દીક્ષિત-સંન્યાસ જીવન
- ૭૦ થી વધુ જીવનલક્ષી, આધ્યાત્મિક પુસ્તકોના લેખક
- દુનિયાના ૩૦ થી વધુ દેશોની આધ્યાત્મિક યાત્રા
- યોગ-ધ્યાન સાધક, પ્રખર પ્રયત્નકાર
- શિક્ષણ ક્ષેત્ર સંસ્કાર ઘડતરનું સર્જનાત્મક કાર્ય

પીસ ઓફ માઈન્ડ ફાઉન્ડેશન
“આત્મપલ્લવ” વિભાગ વાટીકા, પામનગર રોડ,
માધાપર બસ સ્ટોપ સામે, રાજકોટ-૩૬૦ ૦૦૬. (ગુજરાત) ભારત

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₹ : 100.00
US \$ 7.00
£ : 5.00

69 આયુર્વેદ આધારિત બીમારી પહેલા અને પછી સમણશ્રી શ્રુતપ્રજ્ઞ

આયુર્વેદ આધારિત
બીમારી
પહેલા અને પછી

સમણશ્રી શ્રુતપ્રજ્ઞ

Meeting with Sadhus and Sadhvis, Gondal and Upcoming Visit to Abhavalay, Rajkot, 28 November

Samanji traveled with his friend Graham Dwyer and Kirtibhai, a Trustee of the Peace of Mind Foundation in Rajkot, to Gondal to hold a short meeting with sadhus and sadhvis there. At the close of the meeting with them, Samanji put in place plans for both sadhus and sadhvis to visit Rajkot. Their organised visit to Abhavalay, the ashram and private residence of Samanji, will be for a period of some four or five days, commencing on 1 December. At Abhavalay Samanji and his friend Graham Dwyer will do meditation together with the sadhus and sadhvis and engage in other spiritual activities, including discourses being given as well as satsangs being held.

Meeting with Owner of Atul Auto, Rajkot, 28 November 2016

Samanji, along with Graham Dwyer and Peace of Mind Foundation Trustee Kirtibhai, had a meeting with the owner of Atul Auto, a large manufacturer of autorikshaws. The company owner enthusiastically offered financial backing to support the upcoming planned visit of overseas volunteers, who will all be involved in social work, school visits and related activities. Financial support offered by the owner of Atul Auto will be used to purchase school bags and kits for more than 1000 students. The owner of Atul Auto also pledged to offer continued support to promote social welfare programmes and related events organised by the Peace of Mind Foundation.

Preparations for Overseas Visitors from Singapore and London, UK, forthcoming December 2016

Preparations for the upcoming visit of five overseas volunteers from Singapore and London, UK are still ongoing, but most have now been securely put in place. So far arrangements for planned school visits have been finalized and fully planned. School bags and student kits (comprised of various highly useful materials, such as pens, pencils, stationery and school clothes, as well as many other additional items), have been purchased. These materials have been carefully stored at Abhavalay, the Peace of Mind Foundation center in Rajkot, and are now ready for dispatch when the overseas visitors arrive. The helpful gifts will be presented by the overseas volunteers to students during the second two weeks of December.

A.V. Jasani Vidyamandir School Visit, 28 November 2016


Samanji held a brief meeting with the institution head at A. V. Jasani Vidyamandir School, a meeting which was very productive. It resulted in plans and arrangements being agreed upon for Samanji to visit the school to conduct a shibir there along with overseas volunteers during the month of December. The meeting was warm and friendly, and the institution head at A. V. Jasani Vidyamandir School expressed sincere appreciation for the work Samanji will soon carry out at the school.



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 નિર્લેપ રહેવા પ્રયત્ન કરે છે. મીઠા અનુભવ પછી વાણીમાં 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 ભ્રમણ અને ભારતભરમાં એમની જીવનલક્ષી શિક્ષણ 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

પ્રકાશન :
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