



Peace of Mind



Peace of Mind

January - 2023

Peace of Mind Foundation

'Abhavalay', Vinayak Vatika, Opp. Madhapar bus stop, Jamnager Road, Rajkot-360006. Gujarat, India.
Mobile : # +91 9427366164 mail: pomyc.org@gmail.com Website: www.pomyc.org

Arrival in India of Dr Graham Dwyer (Gangaram)

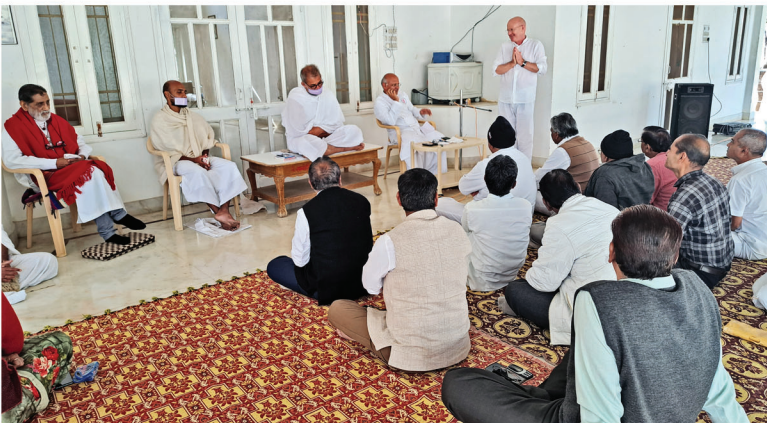
30 November 2022

Dr Graham Dwyer (Gangaram) came to India from London, UK on 30 November to work alongside Samanji for the next three months ahead. He will accompany and support Samanji until mid-March 2023, doing seva with him, conducting school shibirs, organising the Jain Teacher Training program, as well as doing sadhana in Gujarat and in Bodhgaya, Bihar. On arrival in India Gangaram first stayed in Surat with the family of Lunchand bhai and Lataben Golecha for one week before going on to Rajkot. Both Gangaram and Samanji are thankful to them for their kindness and hospitality, as well as for organising Gangaram's 5th December exciting appearance on Talk Show India. In Gangaram's popular interview on Talk Show India, he both praised the culture and people of India and discussed the reasons why he is a devotee of Jain dharma. The link for the video is given below:



Gangaram in India

<https://youtu.be/K6Da8x3er8Q>



Gangaram's Message in Memory of Shubhkaraji M.S.

Celebration of the Life of Sant Shubhkaraji Maharaj and Parshvanath Jayanti

(Sambodhi Upvan, Rajasthan)

16-20 December 2022

Along with Gangaram, Jesangbhai and Tejabhai, Samanji travelled to Sambodhi Upvan in Rajasthan for a special event held in memory of Sant Shubhkaraji Maharaj. They stayed together in Sambodhi for a total of four days. On 19 December, which is the appearance day (birthday) of Sant Shubhkaraji Maharaj (and also Parshvanath Jayanti), Samanji and devotees of Sant Shubhkaraji Maharaj, including the Sambodhi Upvan trustees and staff members, gathered to celebrate the life of Sambodhi's highly respected guru. B.L. Pagariya from Udhapur gave a lengthy speech, and Samanji and Gangaram, as well as other invited guests, reflected upon the memory and spiritual work of Sant Shubhkaraji Maharaj.

Following the special event of 19 December, a meeting of Sambodhi Upvan trustees and key supporters was held concerning the future of the ashram. During the meeting it was decided and fully agreed upon by those who attended that Saman Shree Shrutpragyaji is now to be Sambodhi Upvan's spiritual leader and guide, succeeding in this role the late ashram guru, Sant Shubhkaraji Maharaj.



Samanji Expressed His Gratitude

10-15 and 22-26 December 2022

Samanji conducted two separate six day shibirs for boys and girls at the Ishwariya Branch of Modi School in Rajkot. Gangaram accompanied him and also participated in it. The daily program during the two shibirs held at the school involved teaching yog-dhyan (including asanas, pranayam and mindful breathing). Following the practical exercises, Samanji spoke each day about different aspects of healthy living, including health in matters of food, emotion and mental life, exercise and sleep, spirituality, as well as important lifestyle practices, such as reading. Both of the two shibirs were very popular with students at the school, and many of the students eagerly placed orders for literature recommended by Samanji, including also popular books written by Samanji himself.

Shibirs at Modi School, Ishwariya Branch, Rajkot



Meeting with Family from Malaysia

December 10, 2022

Hasmukhbhai and his family from Kuala Lumpur, Malaysia visited Samanji in Abhavalay. They had a wonderful satsang together, and Gangaram also participated. The main topic of discussion was bhut-pret, particularly beliefs about spirit attack and sorcery in India. The discussion was very interesting for everyone, and Samanji explained these beliefs in the context of different religions in India as well as abroad.

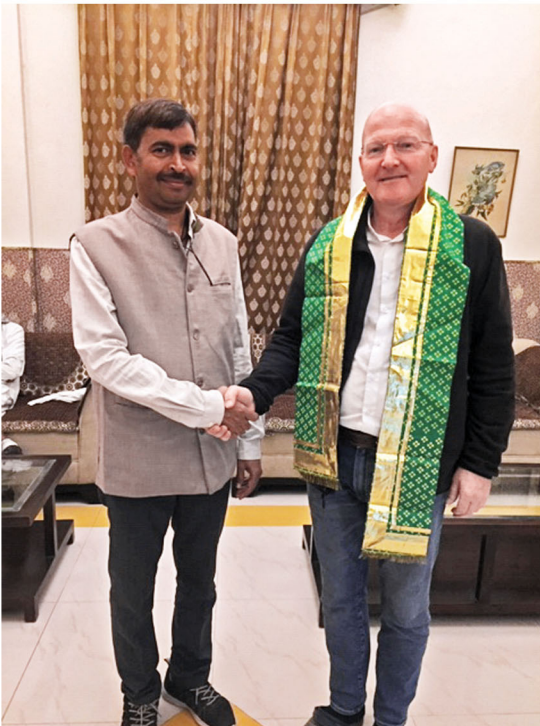


Malaysian Family Visit Abhavalay, Rajkot

Visit to Circuit House Udaipur, Rajasthan

December 21, 2022

Samanji travelled with Gangaram, Jesangbhai and Tejabhai to meet with Dhruv Kumar Kavia, Sureshji and Archana Charan at Circuit House in Udaipur, Rajasthan. They were warmly greeted there and had a lively discussion over breakfast together. They talked mostly about the importance of education in India, as well as Eastern and Western culture.



Gangaram with Sureshji at Circuit House



Samanji with his Friend Dhruv Kumari



Samanji and Gangaramji with Archana Charan

Seva and Satsang, Khodiawala Village, Gujarat

20-21 December 2022

After departing from Sambodhi Upvan in Rajasthan, Samanji journeyed to the village of Khodiawala in Gujarat with Ganagarm, Jesangbhai, Tejabhai and Kanjibhai. The visit was made to do seva and also to hold a satsang with the people of the village. Both the seva, which involved giving food kits to widows of the village, and the satsang carried out there were very well supported by Khodiawala villagers, many of whom are devotees of Samanji. Samanji is thankful to them, and to Trushaben Patel in particular, for organising the seva activity and satsang. He is also especially thankful to Gangaram's wife, Bridget Heelan, for donating the food kits.



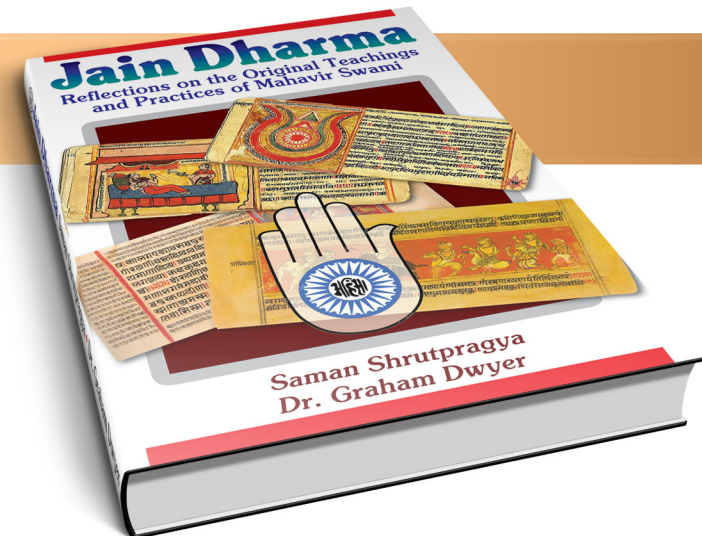
Blankets for Widows



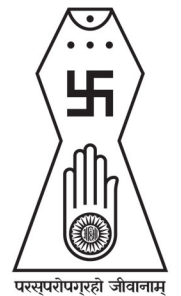
Food Kit to Widows



Food Kit to Widows



Jain Teacher Training Program



Key dates to keep in mind for the Jain Teacher Training Program:

Registration: January 2023

Start of Course: March 2023

For anyone who wants to deepen their knowledge of Jain dharma and also become a qualified teacher of Jainism, this is a new and exciting course for you. If you are interested to join the Jain Teacher Training Program, please let us know by

email : pomyc.org@gmail.com

Upcoming Conference



End of February 2023: Minus 9 to 100: the Art of Joyful Living Conference in Bhanvad, Gujarat. We are now seeking contributions for the conference. Please contact Samanji if you are interested to present or simply wish to participate, or if you would like to receive information about it. The conference will be an offline event (for participants outside India) and will require attendance for participants domiciled in India. All travel costs and accommodation will be provided by the conference organizers.

Upcoming Events

2-6 January 2023 :
Tapovan and Purushath School Shibir

7-10 January :
Maun Dhyan Personal Sadhana

11-14 January 2023 :
Bhuj – Rapar Kuch trip

15-18 January 2023 : Rajkot

19-25 January 2023 :
**Mahabodhi Temple Yatra for sadhana
with Gangaramji, Bihar**

26-30 January 2023 : Surat

1-5 February 2023 :
Gest from London –UK



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>



