



# Peace of Mind



October - 2022

Peace of Mind Foundation

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## Anandghan Gyan Bhakti Program and Additional Pravachans, Chicago, IL

Sept 18, 2022

Samanji and Ashish bhai enjoyed a wonderful gyan bhakti program, which lasted for two hours at Mita and Hitesh Shah's residence. The vocalist, Ashish bhai Mehta, sang 13 devotional songs composed by Avdhoo Anandghanji. Samanji explained the commentary before the bhajans began. Participants loved the program very much and, after it was over, Mita and Hitesh bhai expressed their gratitude and thanks to Samanji and to the singer Ashish bhai for ensuring that the program was a remarkable success. For the pravachan and the bhakti program, see the link below:



Samanji addressing in Chicago



People are listening Samanji@ Chicago



Ashish bhai connected with Bhakti



Samanji talking on Avdhoo Anandghanji at Chicago

## Pravachan at the Jain Centre Manchester



Samanji talking at Manchester, UK



Samanji with Manchester Jain Group, UK.

23 September 2022

Samanji was invited to the Jain Centre in Manchester by Sarojben and Jayendrabhai Patel to give a spiritual discourse. It was Samanji's first trip to Manchester, as well as being his first meeting with the Jain community in the north of England. He gave a lecture there on the question: "Am I Growing Spiritually?" He talked about how to understand what is meant by spiritual growth and provided a variety of examples to illustrate his message.

One notable example focused on personal transformation. He said that, if a person's anger, hatred, jealousy, greed, attachment and so on do not change in a positive direction while that person at the same time is in the habit of practicing various types of religious activity, no real or genuine progress can have be made. In other words, we can recognize spiritual progress in an important way only when our thoughts, speech and actions move away from our habits of anger, hatred, jealousy, etc.

More than 50 people attended Samanji's exciting program and requested him to come again to share his wisdom and impart his spiritual knowledge and teachings. Samanji is thankful to Sarojben and Jayendrabhai Patel for their kind hospitality and invitation to the Jain Centre in Manchester. He is also thankful to Gangaram (Dr Graham Dwyer) for coordinating the event.



Samanji with NNG Group at London, UK

## Discourse at Navnat Vanik Association London

25 September 2022

The youth of Navnat Vanik Association – the NNG (Navnat Next Generation) – requested Samanji on his UK visit to deliver a spiritual talk. Samanji was delighted to give a lecture there on "Destination Addiction," a topic that was completely new to the young people participating, as well as being enlightening and inspiring to all the youth who attended. The whole concept of destination addiction, Samanji taught, is a universal problem, whilst being a new term or concept. The term itself he defined as simply seeking happiness in a future goal or location, the

idea that happiness lies, not in the present moment, but in the future, in some far off destination: a better job, a bigger salary or car, a larger house, etc. When a person operates in this way, and is continually focused on a future goal to achieve happiness, it inevitably creates suffering and hinders him or her on the spiritual path. Right belief about this should thus be made clear, he taught, understanding that happiness is our real nature and is only found within, not in outer worldly or material achievement.

All the young people who attended the talk asked many questions of Samanji and were richly rewarded by the wisdom of his replies. To the NNG and to Meera Shah, who all worked together to make this event possible and successful, Samanji is greatly appreciative and thankful.

# Am I Growing Spiritually?: One Day Shibir at the home of Dileshbhai and Chetnaben Mehta, London

Oct 1, 2022

Samanji conducted a one day shibir at the residence of Dileshbhai and Chetnaben on the topic: "Am I Growing Spiritually?" Some 25 guests to the home participated in the event. Samanji began the program with stutis and the congressional chanting of mantras. This was followed by meditation, and Samanji also explained what genuine meditation is and how to practice it.

Later in the morning event, Samanji led participants in a period of light exercise. Following this a two hour exciting lecture was given. In his PowerPoint presentation, Samanji explained the meaning of the term "spiritual," as well as explored how to understand whether or not one is advancing or declining spiritually. A number of in-depth points were covered on the topic. One of them was the message that, if one's anger, fear, hatred and other negative emotions are not being reduced, even as that same person carries out religious practices, no spiritual advancement can be claimed. It matters little, Samanji taught, that a person performs fasts, visits holy sites or does other outwardly pious acts when no positive transformation takes place in that individual on the spiritual path. Samanji said that change should happen; spiritual realization should occur; and this should also be inspirational and bring about positive changes in a person's relationships with others. These are key signs to understand the process of spiritual growth, Samanji said.

For spiritual growth, Samanji further emphasized the importance of reading spiritual literature, doing self-introspection, meditation and seva. The event was completed by a wide and delicious array of food, which all the guests enjoyed. Samanji's morning shibir was greatly enjoyed and seen as spiritually inspirational by everyone who attended.



Meditation Practice in Shibir@ London



People are enjoying delicious food



Sadhakas are listening Samanji@London Shibir



Spiritual group in Shibir@London

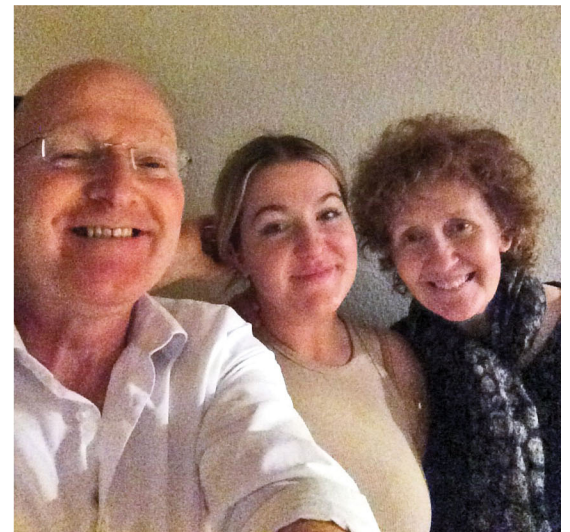
## Two Week London Trip

Sept 20 to Oct 3, 2022

On his return journey from the USA, Samanji stayed at the homes of devotees and his friend Gangaramji. Amongst various programs carried out, he spent four days in Gangaramji's residence with Bridget, his wife, and daughter, Maggie. They did meditation together every day and enjoyed Samanji's satsangs and spiritual guidance.

Samanji also had satsangs during his visits to Geetaben and Harishbhai Shah; Meera and Paras Shah; Arunaben and Pradipbhai Mehta; and Dileshbhai and Chetnaben Mehta, Jyotsanaben Patel, Gangaramji's Mother and Sarojben (Manchester)

Samanji is grateful to all of them for their kind hospitality and loving care shown to him throughout his two week London trip.



# SCHOLARSHIP



## Oct 2022

The Peace of Mind Foundation was established in 2006 by internationally acclaimed peace advocate Saman Shrutpragyaji, a revered spiritual teacher, prolific author and celebrated educationist. Since it was set up, the Foundation has been responsible for the positive transformation of tens of thousands of lives through its numerous training programs in health and wellbeing, its yoga and meditation camps, school and college scholarships, as well as through its family counselling, dynamic book publications, lectures and seminars. Shaped by a unique fusion of Indian scriptures and modern science, the Peace of Mind Foundation under the guidance of Saman Shrutpragyaji continues day by day in this valuable endeavor, lovingly made possible because of the kind support of its worldwide generous donors.



Laxmi Jadeja



Riddhi Ambaliya



Tanvi Bera



Krishna CHETARIYA



Banshi Ghoyal



Drashti Joshi



Khushi Joshi



Monika Kadavala



Riddhi Karangia



Amruta Karena



Sneha Karena



Vaidika Makvana



Payal Piplotar



Megha Shilu



Mahi Khandol



Pujan Doshi



Gutam Sanghani



Shruti Varotaria



PEACE OF MIND FOUNDATION, RAJKOT ARRANGED

# Melbourne Australia Trip

## Satsang & Meditation

Date: 11-12 Nov 2022

Time: 7-8p

Place: 7 Mernda Ave,  
Cheltenham, VIC 3192

Please rsvp to Nishal Mehta

We look orward your presence  
& an awakening experience



*Saman Shrutpragyaji*



+61-408 306 354



[www.pomyc.com](http://www.pomyc.com)

# Sydney Austrelia Trip

## Satsang & Meditation

Date: 6 Nov 2022

Time: 4- 6p

Place: will be anounced soon

Enjoy dinner after  
Please rsvp to Satish Patel

We look orward your  
presence & an awakening  
experience

+61-42681073



*Saman Shrutpragyaji*

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### મારા ૧૨ જીવન મંત્રો



### સમણ શ્રી શ્રુતપ્રજ્ઞજી

૧. ઉણોદરી મારુ તપ છે
૨. પ્રમોદભાવ મારી પ્રસન્નતા છે
૩. પ્રસન્નતા મારુ આરોગ્ય છે
૪. આરોગ્ય મારો વૈભવ છે
૫. સંયમ મારી શક્તિ છે
૬. કૃતજ્ઞતા મારી પ્રાર્થના છે
૭. અહિંસા મારો ધર્મ છે
૮. પ્રેમ મારી જીવનશૈલી છે
૯. મૃત્યુ મારો ઉપદેશ છે
૧૦. ધ્યાન મારો વિશ્રામ છે
૧૧. જાગૃતિ મારી સાધના છે
૧૨. આત્માનુભૂતિ મારુ લક્ષ્ય છે

## Samanji : Upcoming Schedule

Abhavalay@ Rajkot  
Date: Oct 7-22, 2022

Diwali Shibir @ Koba,  
Gandhinagar  
Date Oct 23-26, 2022

Avni Mukesh Shah visiting from  
California  
Date: Oct 26-28, 2022

Bina Nilesh Shah visiting from  
Chicago  
Date: Oct 29-30, 2022

Australia Trip  
Date: Nov 5 - 8, 2022 (Sydney)  
Date: Nov 9 - 15, 2022  
(Melbourne)

Singapore Trip  
Date: Nov 15 - 23, 2022

Malaysia Trip  
(Kuala Lumpur, Penang,  
Melaka)  
Date: Nov 24 - Dec 7, 2022

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>

