

Happy New Year!

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Current & Upcoming Events

Current Events:

Lecture for School Teachers

Date: December 6th, 2013
Location: Bhanvad, Jamnagar

Shibir at Modi Schools

Date: Dec - 9 to 21, 2013
Location: Ishwarya, Rajkot

Lecture at Papaya wadi, Rajkot

Date: Dec 23, 2013

Rajasthan Trip

Date: Dec 29 to Jan 3, 2014

Upcoming Events:

Shibirs at Kutch - Bhuj

Date: Jan 8 to 12, 2014

Trip to Mumbai

Date: Jan 17 to 23, 2014

Trip to Malaysia

Date: Jan 24 to 27, 2014
Contact: Prabodh Sheth

Shibir at Singapore

Date: Jan 31 to Feb 2, 2014

USA Schedule for 2014

April 8 to June 7, 2014 - USA trip

June 8 to Aug 7, 2014 - India trip

Aug 8 to Oct 31, 2014 - USA trip

*From POMYC, we
want to wish
everyone a very
happy and
prosperous New
Year!*

Inside Look at the Various Shibirs...

Shibir at Modi School, Ishwarya, Rajkot

In Modi School Shibir has been organized from December 9 to 15 and 16 to 21, 2013. Total of 700 boys and Girls were Participated in this Shibirs. I am happy to be a part of it. Shibir is organized for proper guidance to all especially youth and students. Everyday first Shree Shrutpragya Swamiji would do practical and he will explain theory. Before shibir was organized there were many questions like How to increase concentration power etc but after shibir one got all the answers. Swamiji also taught yogasana and pranayam which are very beneficial for our body and mind. Not only that he told benefits of performing Asana. While doing he would share other experiences. After shibir many lives have been changed. There were many questions which were loved by Swamiji. He taught us to believe in ourselves. He also told few points of becoming successful in life. I AM VERY MUCH INSPIRED BY Swamiji. I would like to thank Modi Sir for organizing this shibir in our School. Thank you.

-Meera R Dedara, Std 11th in Science



Lecture amongst School teachers , Bhanvad, Jamnagar Gujarat

Swamiji Shrutpragyaji gave one special lecture for School teachers at Bhanvad near Jamnagar Gujarat. About 250 teachers Participated in this camp among 28 Schools. Bhimsi bhai from Purusharth high School has arranged Swamiji's lecture for this camp.



Inside Look at the Various Shibirs...

Special Lecture at Bhagwat Katha, Rajkot

Shrutpragyaji gave one Special lecture at Bhagwat Katha in Papaya wadi, Mahadev Temple - Rajkot. Vinubhai Patel has arranged this lecture for the people.



Seminar at Girls School, Rajkot

Shree Shrutpragyaji Swamiji Gave seminar on 'Master Plan for Successful Life' at Sarsvati Shishu Mandir, Ranchhod nagar in Rajkot. Std. from 8th to 12th. 500 Girls has Participated this seminar. Swamiji gave 8 tips for Successful Life. One of the staff Teacher gave introduction of Shrutpragyaji. School principle Indira Medam demanded to arrange 5 days Shibir for Girls. Lots of Girls asked Questions to Swamiji about Dream, Sub



Shree Shrutpragyaji with Sant Shree Shubhkaraji at Sambodhi Upvan in Rajasthan for New Year Celebration.



Inside look at the Visits..

Meeting with Jain Monks

Shree Shrutpragya Swamiji met Muni Vijay Yativarya and his brother while Swamiji were visiting Palitana. He also attended Pratistha Mahotsav before 10 KM from Palitana.



I am very thankful to you for your visit over here. I myself am good at public speaking but that thing inside me was somewhat suppressed in this atmosphere, yes true may be my sub conscious mind attracted you. I am really looking forward to attend your seminars again and become a great public speaker under your guidance. I was completely unaware of correct method of yoga. I feel blessed to learn it from you. I adore the way you speak, position while speaking, few steps of walking, movement of hands, facial expressions and iteration with is (Audience). I will practice it in my daily life and I wish to be trained under you, I hope you will always shower your blessings on us. Grateful to you for awakening the giant within me, rather I would use word (God). Thank you for books you provided to us. I hope we will meet soon again at this place. Thank you so much.

- Krupali V. Menghani

Visitors at Peace of Mind Foundation, Rajkot



Kanchaben & Family, New Jersey



Mayur Ghelani & Family, Singapore



Pushkar Desai & Family, Singapore



Sharmila & Dilesh Damani, Malaysia



Shuny Dalal, California



Sureshchandra & Panna Doshi, Maleka, Malaysia

Scholarship Program: Darshita Ranpara for Engineering Study

Peace of Mind always ready to help needy student who want to get higher education. In Dec 2013 Darshita Ranpara was selected for this Scholarship. She is started his fist year Engineering Study at Rajkot-Gujarat.



New Years Resolution

New Year will begin tomorrow. New Year is signified as a day for self-introspection and making good resolutions. First, one should contemplate how did this past year go? What new things did you do and what things did you do that was not worth doing? Then, sit quietly and think about it today.

Another point is that New Years starts as of tomorrow. Therefore, plan out how do you want to make your new year? Which mistakes of yours you want to correct? One should take a pen and paper and begin making a list. Think of what new you want to achieve resolve? At the end, think that whatever I have thought and attempt to resolved, I will make it happen.

Many people want to make resolutions, but cannot put that into action. Thus, they end up repeating the same things again the following year. Whatever one decides to resolve, one must remember it. Famous humorist Mark Twain has said, "It is not difficult to quit smoking, you just have to make a resolution." He says, 'I resolved to quit smoking 12 times but finally I did quit smoking.' Resolution is nothing but any thought with good feeling. The success of a thought will be when it is put into practice. The difference between an ordinary man and one with a great personality is the same as between thought and action. Resolve less but put that into action.

Benjamin Franklin had a diary and on the first page, he made a list of all the good qualities that he wanted to develop and in the remaining pages he commented how much success did he get in trying to incorporate these qualities in his life and if he failed, he would try again the next day. Thus, he achieved greatness and occupied the position of being such a great man in the US.

At the minimum level, one should atleast make 3 resolutions today. Which weakness of yours you do not like. Remember to resolve to let go of that weakness and keep watching the progress. By doing this after a year, a new person will be born out of you.



New CD Releases

Lectures Given at USA & Singapore 2013

Mp3

પુણ્ય-પ્રજ્ઞા પરમાત્મા

(ન્યુજર્સી સિદ્ધિરમાં આપેલા પ્રવચનો) ૨૦૧૩

૫૦૩ ધ્યાન શા માટે
૫૦૪ પુણ્ય-પાપની સમજણ-૧
૫૦૫ પુણ્ય-પાપની સમજણ-૨
૫૦૬ પ્રજ્ઞાની પરિક્ષા
૫૦૭ આત્મા અને પરમાત્મા
૫૦૮ જિજ્ઞાસા-સમાધાન
૫૦૯ ધ્યાન પ્રયોગ
૫૧૦ કાચોત્સર્ગ
૫૧૧ ધ્યાન-પ્રજ્ઞા જાગરણ માટે
૫૧૨ પ્રતિભાવ

- શ્રી શુભપ્રજ્ઞ સ્વામી

Mp3

પર્યુષણપર્વ

વ્યાખ્યાન માળા (ભાગ-૧)
(સિંગાપુર ૨૦૧૩ ના પર્યુષણપર્વમાં આપેલ પ્રવચનો)

૫૩૨ પર્યુષણપર્વના કર્તવ્ય-૧
૫૩૩ આરાધના અને પ્રભાવના
૫૩૪ પર્યુષણપર્વના કર્તવ્ય-૨
૫૩૫ કર્મસત્તાની વ્યવસ્થા
૫૩૬ મહાવીરના પૂર્વભવો
૫૩૭ દાનધર્મનું વિજ્ઞાન
૫૩૮ મહાવીરનું જીવન દર્શન

- શ્રી શુભપ્રજ્ઞ સ્વામી

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પર્યુષણપર્વ

વ્યાખ્યાન માળા (ભાગ-૨)
(સિંગાપુર ૨૦૧૩ ના પર્યુષણપર્વમાં આપેલ પ્રવચનો)

૫૩૯ સ્વપ્નશાસ્ત્ર
૫૪૦ પુણ્ય-પાપની સમજણ
૫૪૧ ચાર ગતિનું રહસ્ય
૫૪૨ મૈત્રીભાવનું પવિત્ર ઝરણું
૫૪૩ જૈનધર્મમાં ધ્યાન
૫૪૪ પ્રમોદભાવ અને કરુણાભાવ
૫૪૫ આલોચણાનું મહાત્મ્ય

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મહાવીરની અંતિમ દેશના

(ભાગ-૨)

૪૦૦ લાભ અને લોભનું ગણિત (અધ્યાય-૮)
૬૦૦ એકલા ચલો રે (અધ્યાય-૯)
૫૦૧ સમયે ગોચમ ! મા પમાચએ (અધ્યાય-૧૦)
૫૦૨ જૈનધર્મમાં બહુશુભ (અધ્યાય-૧૧)

- શ્રી શુભપ્રજ્ઞ સ્વામી

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જૈનતત્ત્વજ્ઞાન

(૨૦૧૩-અમેરિકામાં આપેલા પ્રવચનો)

૪૯૮ જીવનનું પ્રયોજન
૪૯૯ આરાધના-પ્રભાવના
૪૯૦ કર્મસત્તાની વ્યવસ્થા
૪૯૧ મનુષ્ય ભવ-ત્રણ શર્ત
૪૯૨ ચાર ગતિનું વ્યાકરણ
૪૯૭ આઠ પ્રકારના મદ

- શ્રી શુભપ્રજ્ઞ સ્વામી

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ધ્યાનનું વિજ્ઞાન

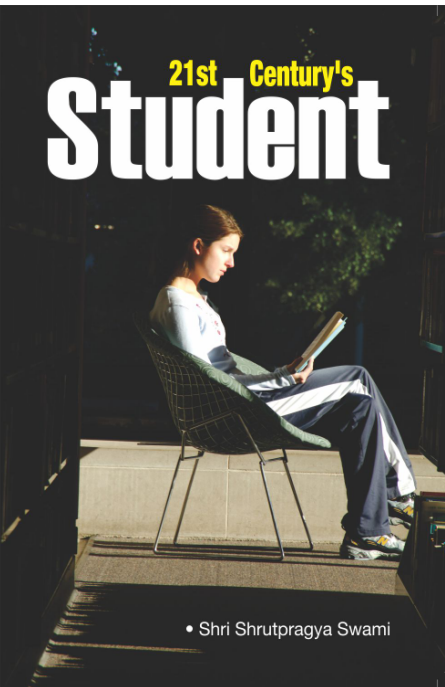
૨૯૪ આત્મા અને શરીર
૨૯૫ સુખ અને દુઃખ
૨૯૬ ધ્યાન અને જીવન
૨૯૭ કયો ધર્મ સાચો ?
૨૯૮ જૈન ધર્મમાં ધ્યાન
૨૯૯ મનનું મેનેજમેન્ટ

- શ્રી શુભપ્રજ્ઞ સ્વામી

New Publication


2 New English Books:

'Focused Mind is the first key to success for the Student and every one. Whatever you are doing, be completely engrossed in it. Switch off the TV when you are studying. Keep the phone away when you are doing something important. You should be thinking only about the work that you are doing. To have complete concentration develop the habit of 'eye contact'. It means when your teacher is teaching, your attention should be at him/her.'



21st Century's Student

• Shri Shrutpragya Swami



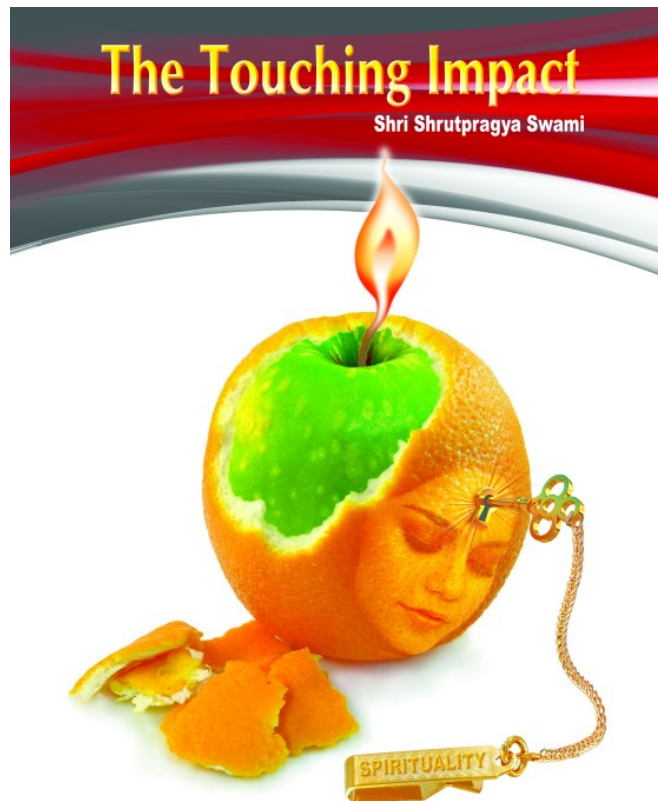
Reg. No. E/7883/Rajkot | ESTD - 2006

PEACE OF MIND FOUNDATION

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Book No. 56 ₹. 50 - \$ 3.00

The Touching Impact
Shri Shrutpragya Swami



The cover features a central image of an orange with a flame emerging from its top. The orange is partially peeled, and a key is inserted into a hole on its side. The key has a chain and is labeled 'SPIRITUALITY'. The background is a gradient of red and white.