



PEACE OF MIND

PEACE OF MIND YOGIC CENTER, USA
PEACE OF MIND FOUNDATION, INDIA



Swami Shrutpragyaji's

NEWSLETTER

New Publications

DVD

Vastu Shastra in Gujarati

BOOKS

Jivan Jivavani Kala
Parivartan
Prarabdh Nu Puspa: Purusharath Ni
Sugandh
Turning Point

New CD and Discourses

New CD:

-3 steps of Meditation (Hindi)
-3 steps of Meditation
(Gujarati)

MP3 set of 2: Discourses in Hindi & Gujarati on:

Karmic Account
Remote Control of your life
Who determines your Destiny
What is Inner peace?
Four types of Shrivak
Spiritual practice in busy life
Kaal Chakra in Jain Dharma
and more!

Contacts for Books

GEORGIA

Kaushik Desai - (770) 476-3874

ILLINOIS

Dharmi Shah - (630) 428-1360

NEW JERSEY

Dr. Champa Bid - (973) 533-1942

OKLAHOMA

Aruna Shah—(918) 605-8805

July 2011

- Biweekly

'If you want others and yourself to be happy, practice compassion.'

Current Activities

Upcoming Activities

Activities in India

June 25-26th:

Meditation Shibir

Location: Krushal Tower Society Hall,
Ghatkopar

Contact: Prakash Vasa- 9820937998
(022)25228917

June 30-July 10:

Bhuj, Kutch, Shankeshwar, Rajasthan
Trips

July 11– July 30th:

Location: Peace of Mind Foundation,
Rajkot

Contact: 9427366164

Activities in USA

August 3rd-11th:

Location: Chicago, IL

Contact: anuvrat8@gmail.com

August 12th-14th

Midwest Youth Convention

Topic: Modern Jain: One Soul, Two
Selves, Three Principle

Location: Holiday Inn

Rolling Meadows, IL

Ages: 13-35

Contact: Piyush Gandhi (630-765-0872)
youth@myjsmc.org

August 24-September 2:

Paryushana Parva

Location: Jain Center of Cincinnati, OH

Contact: Ashwin Parekh -
parekhash@aol.com

Special Announcement:

Power of Mantra Shibir-

Location: Vraj, PA

Date: September 23rd-25th

Contact: Champavel@hotmail.com

More details to follow

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Youth Life Management Retreat

Vraj, Pennsylvania

This past weekend, The Peace of Mind Yogic Center organized a youth retreat on the Art of Life Management for young adults aging from 14 to 26 years of age. It was coordinated by Shivali Choxi and organized by Arti and Subhash Choxi. The camp was held in the beautiful and serene location in the mountains of Pennsylvania at Vraj Mandir from June 3rd – 5th 2011.

During the three-day retreat, Shri Shrutpragya Swamiji gave a series of lectures and seminars on Time Management, Stress Management, Inner Peace and How to Achieve It. The participants received this invaluable knowledge with great enthusiasm. Dr. Nitinbhai Doshi shared his extensive knowledge on the importance of a healthy diet and lifestyle on disease prevention and regression in his three health management seminars.

Each day began with a morning run followed by yoga, pranayam and meditation practice. Many arts and crafts activities were interspersed throughout the day including: T-shirt making, mug-making, and mehndi. The campers also enjoyed sports time in the sunny weather.

Swamiji emphasized that time is the equivalent of life and thus, waste your time and you waste your life. Time management is the essence of purposeful living. Yesterday's work should not take up the present day. Stress management is also the key to living a balanced life in this competitive world. While stress is usually perceived with a negative connotation, if taken positively it can serve as a powerful, motivational force. There are three kinds of stress: natural, habitual and background. Habitual stress is not beneficial to the body and mind.

The Choxi family would like to thank and recognize Shri Shrutpragya Swamiji and Dr. Nitinbhai Doshi for sharing their wisdom, the campers and the Vraj Temple Organization for providing such a beautiful and peaceful location to hold the retreat



Reflections of Life Management Retreat

Varun Sikri

At this 3-day camp I have learned a lot. The first day I had a lot of question about what we might be doing. Little did I know we would jump right in. Our topic was time management. This lesson gave me a lot of knowledge about time management.

The second day was very long. We woke up at 6:30 and immediately started running and doing yoga. After that we ate, got ready, and prepared for the long day ahead of us. Throughout the day we had 4 classes. These classes taught me a lot about my health as well as stress management. On top of that we stayed up until about 11:30!

It is now the third and final day. The mourning run wasn't so bad because I walked, and the yoga was also short just as well. Although it's the last day we still have a few hours left. For these last few hours I will try to gain as much information for life that I can because I may never get this chance again. I'm very happy that I attended this camp because I learned a lot of new stuff, as well as met great people and also made new friends..



Anant Choxi

In camp this year I had a lot of fun and I wish it was longer. I learned many things I met 2 new friends. There were many fun things to do and also a lot of activities like making and t- shirt making.

Coming to camp I didn't know what to think. I was very open to see what we were going to do and learn. The first class was time management. I learned that nature gives us two free things time and breath. There are also three types of men the lazy ones, busy ones and the easy going ones. I also learned that people can use their time in 4 ways. I also learned stress management as well I learned that stress can be a good and there are three types. Stress is also just a reaction to other things around us.



Arjun Kumar

The yoga camp over the weekend was a lot of fun. We exercised a lot. We learn stress and time management and about healthy food. The camp was very interesting. The camp taught me how to do yoga and the benefits. The Vraj campus is very big. I like how it is peaceful and tranquil. The campus makes me feel one with nature. The mandir is also so very nice and big.

The thing I learned from camp was to help my mind body and soul. Overall the camp was very fun and my favorite moment was learning about health and body and when we layed down. I like it when we also about stress management. The camp was fun and hopefully I will improve as a person.



4th Annual Pravachan Series Jain Center of New Jersey

Shree Shrutpragyaji Swamiji arrived at NJ on June 8th to conduct Series of Spiritual Discourses at Caldwell-Essex Fells Derasar. Pravachan took place from Thursday- June 9th thru Monday-June 13th, 2011. The theme of Pravachan Series was Art of Spiritual Awareness . Topics were carefully chosen to provide different practical keys to practice daily life.

The series began with first topic – *How practice Religion in Our Busy Life*. Provided very powerful message that human nature is such that one finds time by any means for their favorite activity and sets priority accordingly. On the second evening he delivered some very important facts regarding how one can control Anger, be Happy and continue to sustain his or her Good Quality-Ability. The title of this day was “ Be a Master of Your Mind or *Who holds the remote control of your life*”. The 3rd, 4th and 5th day’s topics were

- Who decides Our destiny?
- How to balance Our Karmic Account,
- Who can be an Ideal Shravak of Lord Mahavir.

On the third and fourth day, Swamiji also conducted morning sessions of Meditation, Yogic exercises and Pranayam. About 150 individuals attended this pravachan series.



Power of Mantra
(Sixth Annual Shibir)
By Shree Shrutpragya Swamiji

@ Vraj,
15 Manor Road, Schuylkill Haven
PA, 17972

(For Adults 18 yrs and older)

Friday, Sept. 23rd thru Sun. Sept. 25th, 2011

3 Days of active practice, discussion, discourses and relaxation

Topics

1. Science behind Mantra
2. Types of Mantra and it's effect
3. Methods of Mantra Chanting
4. Mantra and Spirituality

and

5. Daily practice of Meditation, Pranaayam, Yoga,

For more information

- Call: 973 251 2364 ·
- Email: pomyc.org@gmail.com
- Visit: pomyc.org

Thank You