

Peace of Mind: June 2015

Connectivity & Spirituality

Current Events

Satsang at Denver, CO

Date: May 22 to 26, 2015

Private Visit at Chicago, IL

Date: May 27 to June 3, 2015



“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties”

-Helen Keller

Upcoming Events

Date: June 4 to 7, 2015

Location: Virginia and Maryland, DC
Arti Choxi @ 240-418-0359

Date: July 1 to 5, 2015

Jaina Convention, Atlanta
Saman ji @ 630-781-3509

Date: June 8 to 13, 2015

Location: Mebane, NC
Satyanand ji @ 336-421-0690

Date: July 5 to 8, 2015

Location: Wichita, KSS
Trupti Sheth @ 316-744-9755

Date: June 14 to 28, 2015

Location: Chicago, IL
Atul Shah @ 630-428-1360



Visit to Houston



Houston, TX Visits

Saman ji's Houston visit though short, was very enlightening and spiritually invigorating. Three Discourses were held at the Jain Society of Houston. In the first Discourse, Saman ji succinctly but effectively summed up the four steps leading to spiritual attainment: Viradhana, Aradhana, Sadhana and Anubhav. In the second Discourse Saman ji outlined the five conditions to achievement in any field. The third Discourse at the Jain Center was arranged specially by the women of the Houston Bhakta group.

In a highly involved and interactive discourse, Saman ji delineated the different kinds of happiness - from the mundane to the spiritual, and gave the listeners a key to happiness every day, in every moment. The ladies were totally engrossed and swept away in the humour filled presentation. There was a private session at Vinaybhai and Veenaben's house where three steps to stopping Paap Karma were discussed.

Saman ji stayed at the home of Pratimaben and Parimalbhai Desai, who have been long time hosts and supporters. Support from Jain Society president and committee was also greatly appreciated. Saman ji also Visited for Lunch and Dinner at Kalpana and Nitin Mehta and Ragini and Parimal Shah.



Health, Healing & Happiness

Cincinnati, Ohio Jain Sangh

Happiness is a state of being and to reach such a state of being, is what the journey of life is all about. To obtain happiness we need to bring yoga and pranayama into our lives. This was the goal behind conducting the Shibir on Health, Healing, and Happiness at Jain Center of Cincinnati and Dayton by Shrutapargya Saman ji. People from our sangh who participated in the shibir were very happy and learned many things about health and healing. Happiness is part of good health so we should always stay happy. People who went to the Shibir have learned about yoga and how yoga helps in healing diseases and achieve a healthy state of being.

The Shibir that Saman ji Shrutpragyaji conducted at our Center was very successful. The topics that were covered in the Health, Healing, and Happiness Shibir was very positive and implemented the teachings of yoga, meditation, and Kayotsarg. I am glad that he was able to spread his knowledge to the people that attended the Shibir so they can implement his teaching to their daily lives. I am very pleased to see that the first Shibir that was ever conducted at the Jain Center of Cincinnati and Dayton had such great success. Below are some highlights from the Health, Healing, and Happiness Shibir.

Comments on the Camp

The camp turned out to be very valuable. I learned a lot from Saman ji as described below.

1. I learned about Ayurveda and three areas of this science, namely, Vat - Pitt and cough. I know a lot more about Vat and can take care of my digestion related problems.
2. Kayotsarg was great. It helps in getting good night sleep. Hopefully, it help me a lot.
3. Principles of happiness were great. For example, live in the present, forget about the past and do not worry about the future. Also listen to the other person, he may not be wrong but may just have a different opinion.

-Prepared by Vinod K. Jain



Difference between Happiness & Bliss

Difference between happiness and bliss:

Your happiness is caused. Sometimes a friend has come and you are happy. How long are you going to be happy with the friend? A few moments — and then you will be happy when he leaves. What type of happiness is this? It is caused, and the cause disappears. Bliss is a happiness uncaused. Simply as you are, you are happy. There is nothing to say about why you are happy.



Samanji talks with American students in Dayton, Ohio

Program in Dallas, TX

May 7 to 9, 2015

Pu. Shrutpragya Saman ji Invited by Ekta Hindu Temple, Dallas, TX. Saman ji stayed here three days. Sangita and Mukesh Patel Host Samn ji. Saman ji gave three Discourses at Ekta Mandir on Power of Happiness, Peace of Mind and Power of Yoga. Samanji said, 'Happiness is not related on any out side gratification and Happiness is not there. Happiness is a choice of every individual. He shared introductory meditation technique of just staying still and watching your breath. Samnji also gave one talk at Jain Center Dallas on Yoga' and How to age gracefully. Saman ji gave us few introductory remarks and led us for 30 minute of yoga exercise, then he gave a talked on senior living.. How we should start to watching our diet carefully after 60 and absolutely no sugar. Also how to live with family and respect the younger generations privacy. Also many other tips Saman ji gave on daily rituals and diets, how to spend your time wise during this senior years. Sangita and Mukesh Patel efficiently organized this program with Hindu Temple committee. Sandhya Patel and Prakash Ranka, Board of Hindu Temple Supported a lot for successful this events.



Program in Denver, Colorado

May 22nd-26th, 2015

Jain Samar of Colorado was blessed by the benevolence of Saman jii Shrutpragyaji who visited Denver, Colorado from May 22nd - 26th, 2015 on his eight visits.

The topics of his discourses included 1) Life: What is life, what is meaning and purpose of life 2) Relationships: What is relationships and how to keep it healthy and happy 3) His philosophy of Happiness: What is happiness and how to be happy all the time 4) How to recognize people?: How a person changes shape and form in different situations and how it gets difficult to recognize a person, and in which ways to recognize a person 5) Spirituality: what is spirituality, what is the power of spirituality, who is spiritual and how to recognize the spiritual personality.

These discourses were held at residences and temple; Gajendra & Bhavna Punatar, Shri Shridi Saiababa temple, Chirag & Suchita Shah, and Raj & Ketna.

Saman ji had a beautiful welcoming ceremony by the Sai temple; it was nicely organized with big gathering. It was indeed an incredibly memorable and amazing experience for all of us. Saman ji would speak in a language and tone and injecting humor so as to make his lectures easy to internalize and comprehend that would strike a chord with everyone. As such, time would fly and would always leave us wanting for more. Krutagyosmi Saman ji, from the bottom of our hearts!



Connectivity with Nature

“We depend on nature, not only for our physical survival, we also need nature to show us the way home, the way out of the prison of our own mind”, Modern man has lost connectivity with nature outside and his own nature within. He has not only disturbed the outer ecology, but has also ruined his inner ecology. We need to restore the balance in the outer as well inner ecology. The outer is essentially the expression of the inner. Anger, hatred and other forms of violence that erupt outside indicate that something has gone wrong inside – there’s chaos in the inner world, conflict between emotions and the intellect. This is the imbalance of inner ecology. How to restore this balance?



Meditation helps restore this balance and acceptance is the key. “Relax into yourself, close your eyes, and listen to all that is happening around. Don’t deny. Don’t reject. Accept – because if you deny, you will become tense. Accept. If you want to relax, acceptance is the way. Accept whatsoever is happening all around; let it become an organic whole. Everything is inter related – the birds, sky, sun, earth, you, and me. It is an organic unity. If the sun disappears, so will the trees and the birds, if the birds and trees disappear, you will disappear. Everything is deeply related to each other.”



Feedback from Memphis camp participants

May 2nd-3rd, 2015

Your immediate family and your enthusiastic group are to be thanked for a joyous and enlightening weekend. Saman ji's lectures are always down-to-earth and helpful. I attended the all-day camp on Saturday for the first time and found it to be a great experience. The schedule was well paced and not taxing on the brain and body. Thanks again.

- **Arun Kumtha**

Thanks for planning the camp. As always it was very enlightening. As time goes by we lose perspective and need reminder and reinforcement. And this camp managed to do that.

-**Leena Parekh**

Yes, it was very very spiritually rewarding. Both of us will try to follow even more than we have been.

- **Jaya and Visanji Gala**

I am so glad I attended this camp. It's the most productive weekend I have ever had. I learnt so much, and am very thankful to you and Vinaybhai for inviting me. I will make sure I spread the word, and will attend next year for sure God willing. Thank you.

Sincerely, **Purnima K.**

It was wonderful. The small group made it more pleasant since everyone was so dedicated.

Thank you for putting it together. Looking forward to the next one...

-**Geeta Moolchandani**

Thank you for your hard work. Yoga was refreshing, discourses were spiritually enlightening. As always Saman ji held our attention for the duration of the camp. The location/food was great.

- **Meena and Naren Shah**

The two day camp was wonderful. I learned a lot. Motivation is like taking a bath. You need to do it often for it to stick and for us to stay on track. Thank you for the wonderful opportunity.

-**Anjali Ahurkar**

Just wanted to express my eternal gratitude for all you do for us. I do not say it enough. Time, energy and commitment you guys have made has changed my life and that of our entire family. Thanks.

- **Harish Vishria**

Say “Yes to Life” with Saman Shrutpragyaji



Saman Shri Shrutpragyaji is one of the most articulate and charismatic young spiritual leaders of the new generation. His teachings integrate ancient scriptures and modern science which validate our day to day experience and knowledge. His eloquent speaking style keeps one fully engaged on the topic and makes understanding easy. The message is pure, simple and valuable for all age groups.

In the Bay Area Samanji has offered spiritual guidance on many occasions since 1992. Samanji has traveled widely around the world for discourses, lectures, yoga/meditation camps and more.

Theme: ‘Yes To Life!’ *Positive personality through the path of meditation*

Activities: Yoga, Pranayaam, Meditation, Spiritual discourses and discussions

Date: Friday, July 24, 2015 5:00 PM – Sunday July 26, 2015 4:00 PM.

Location: Anubhuti Center, 820 Bel Marin Keys Blvd., Novato, CA

Cost: \$180 per person (accommodations and Jain meals) **Space is limited**

To make a reservation:

1. Please e-mail participant names, and phone number to shah_mukesh@yahoo.com
2. Please write a check made out to ‘**Anubhuti Center**’ and
mail to: Avni Shah 43245 Luzon Drive, Fremont, CA 94539