

Life & Beginnings



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Current & Upcoming Events

Current Events:

- Student and Teacher Training at Bhanwad, Jamnagar**
March 4th, 2013
- Leprosy Camp at Bhanwad, Jamnagar**
- March 10th, 2013
- Weekly Swadhyay on 12 bhavana at Rajkot**
- March 15th & 23rd, 2013
- Purusharth School at Abhaval, Rajkot**
- March 19th, 2013
- Manharpar School anniversary Program**
- March 24th, 2013



Upcoming Events:

- Haridwar, Rushikesh Trip** : April 4th-12th, 2013
- Delhi** : April 13th-15th, 2013
- Kumpli, Hospat - Karnataka Camp** : April 17th-21st, 2013
- Kutch – Gujarat Yatra** : April 28th-30th, 2013
- Rajasthan Trip**: May 1st-5th, 2013

.....Insiders Edition

This month is filled with many auspicious events. To begin with it is the month of Bhagawan Mahavir's Janma Kalayanak as well as Ayambil Oli. Let this month be filled with new life and new beginnings. We're very lucky to have this life and this newsletter is focused on how we can give time to others and work cetogether one person with another.

Explore the Various Talks..

Talk on Fear Free Exams

On March 4th 2013, Shri Shrutpragya Swamiji gave the talk to the Student Std 10th and 12th on how to give effective and fear free exam at Bhanvad, Jamnagar (Gujarat). He also suggested lots of tips for succeed in exam positively.



Talk on Importance of Journal Writing

On March 4th 2013, Shrutpragyaji gave one talk to the teachers on Importance of writing journal (સ્વચરી લેખનનું મહત્ત્વ) at Purusharth School,



Q & A Sessions with the Students

On March 4th 2103, Shrutpragyaji gave one Q and A session for 5th to 9th Std students at Purusharth School.



Views from the Students...

Vacation trip to Abhavalay

On March 19th 2013, Bhanvad, Purusharth School students came at Rajkot as a School trip for vacation. About 200 Students and 15 Teachers came to Abhavalay. All the visitors took the break Fast from Peace of Mind Foundation. Shrutpragyaji gave the speech on 'Nine qualities' which each need to develop on their life. He also taught Meditation. Students went at water park also. Founder of Purusharth School Shri Bhimsi Sir gave lots of thanks to Peace of Mind Foundation to give a wonderful opportunity.



Respectable Friends

The difference between A Teacher and A Guru is like A person who gives you fruits of information of outside world is A Teacher and A person who sow seeds of thoughts and fertilize with knowledge in our inside mind is The Guru.

The above Quote teller and maker is Respectable SWAMI SHRUTPRAGYA. I came to contact with him when I was 14 with a developing mind. Fortunately, Swamiji sow seeds in me as they do for others and without any expectations. It may be the law of nature that if you do something without any expectation, it will give results that are more powerful.

Today I am 25 year (young) stepping in the very tough industry in India – Hindi Film Industry for the post called Film-maker. It is because of the first mantra Swamiji taught me That Every individual is unique person in the world. Nobody can be like you or you cannot be like anyone. You cannot be Swami Vivekananda but you can be higher than he can. Its not Ego but the capacity of our selves.

The second thing I learn from swamiji is that If you start from basic level then only you can build a strong building. With this base I came to Mumbai with only 2,000 Rs. to see the ground level. Started struggle with working in a hotel as a attendant that became a spot boy in film shooting than an assistant director with full of ups and downs, physical and mental pain, low financial capacity, over timing, being cheated and all the common problems which you can face if you are new in the city like mumbai and without any reference. I am able to face these and many more problems only because of Swami ji develop my mind that way.

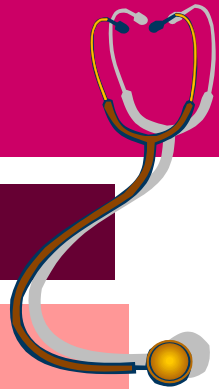
The knowledge like diamonds They give us like YOG, PRANAYAM, MEDITATION, POWER OF MANTRA, PERSONALITY DEVELOPMENT, BODY LAUNGAGE, ART OF ADJUSTMENT, POWER OF THOUGHTS, POWER OF MIND, AURA, COLOUR THERAPY, APPROCH TOWARDS PROBLEM, TIME-MANAGMENT, MEMORY, PLEASENT LIFE, EXPLANATION OF SORROW, FEAR AND PROBLEM AND MANY MORE TOPICS in their lectures.

With God's grace and Swami ji's blessings, When I will make films, there will be impressions of virtues those are given by Swami ji for making better and healthy society.

I hope our next generation and we will also able to get the diamonds of knowledge by Swamiji.

-Vivek Doshi from Junagadh, Gujarat

Health Corner



Meditation & Breathing Awareness

In today's world, people are plagued with restless minds. There are many reasons for our restless minds. The first cause for mental unhappiness is the dishonesty in the method of earning. The next reason can be blamed on TV. Another reason is an uncontrollable appetite for sexual desires. Creative activities must be implemented in order to steer the mind away from these harmful activities. Meditation, art, and music are all activities that can inspire the mind and will block the mind from wandering. Furthermore, these activities will help direct the mind towards peace and steadiness.

If one wastes his mental capacity in harmful activities, one will only repent later. Therefore, become the boss of the mind and move it towards a positive path. In short, be the master of one's own destiny. This is the true path towards peace.

An individual can practice breathing in order to help the mind strengthen the concentration power. This involves watching each and every incoming and outgoing breath. Also, sit in a meditation posture or Dhyana Mudra and watch each breathe. This will help in developing mental concentration. If other thoughts enter the mind, let this occurrence happen. As the capacity to concentrate increases, the restlessness of the mind will inversely decrease. One should practice this breathing awareness at least 10–20 minutes every day.

It is necessary to maintain continuity (Satatya) when practicing breathing awareness. Keep practicing without getting discouraged.



Leprosy Rehab Camp

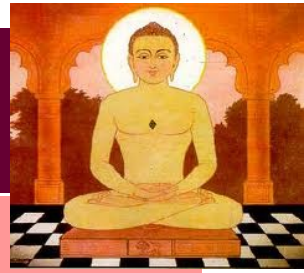
On March 10, 2013, a leprosy rehabilitation camp was organized at Bhanwad Mahajan Panjarapole. In Jamnagar district at the 12th annual program in Gujarat's largest function, approximately 30 leprosy patients were provided with daily household items at no charge for community reintegration.

Swami Shrutpragyaji from Rajkot said in his speech that to care for others is the most important and inspirational work for community. In that, to take care of leprosy patients, it is the most motivational of all. The organizer Dhansukhbhai has done great service for mankind and won confidence of the community. He is an inspiration for younger generation to follow in his footsteps.

The entire program was organized by Dr. K. M. Acharya (skin and leprosy specialist). He provided all the details for camp and examined and treated over 250 patients. Main donors were Lataben Vasantrai Sheth and their son, Dhirenbhai Sheth from Mumbai. This occasion was graced by Sadhviji Maharaj during the inauguration. Every patient was given household items worth Rs. 30000 and the items were delivered to their homes.

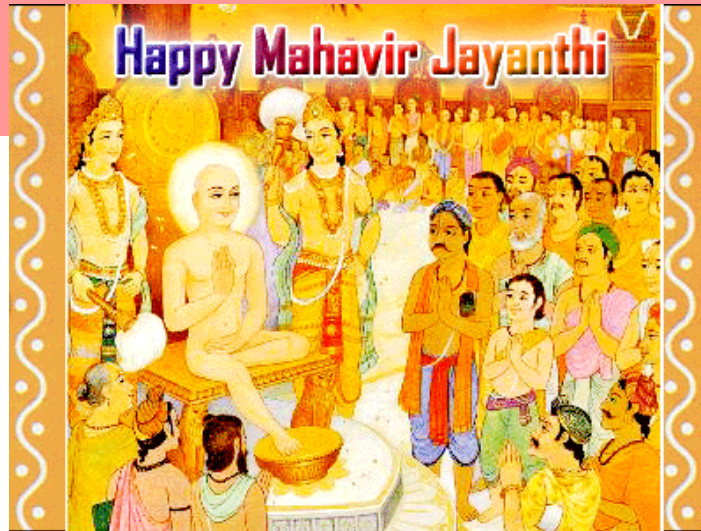


Mahavir Jayanti Celebration



Mahavir is the last and the greatest Tirthankar of the Jain religion, and Mahavir Jayanti is the birth anniversary of Lord Mahavira, the 24th Tirthankara. Mahavir Jayanti is celebrated in the first day of Bhadrapad, when there is a grand cradle procession, and a general celebration of the auspicious day, and was born on 599 B.C.

It is believed that at the exact moment of his birth, the life forms in all the three worlds were cheerful and content. Several gods and goddesses descended from the heavens to pay homage to the Tirthankara. They bathed him ceremonially and named him Vardhaman. The child was of exceptional beauty and developed great physical and spiritual strength. At the age of thirty, Mahavir renounced the material world, and sat for meditation. After 12 years of meditation under an Ashoke tree, he attained the ultimate enlightenment. Mahavir preached non-violence and prohibited any kind of killing. He also believed that the most virtuous life is spent sitting still and fasting, as then a man does not run the risk of injuring life even involuntarily, by swallowing or treading upon insects. On his birth anniversary, every Jain resolves to follow his teachings



Answers to Last month's word scrabble:

1. Eight
2. Knowledge
3. Mohaniya
4. Deceit
5. Aghati
6. Vedniya
7. Gotra

Jain Education Corner: Ayambil Oli

In Jain religion ayambil oli is a special eternal festival in the chain of Parvas. Every year of the 7th day of the bright Chaitra and 7th bright day of Aso. It starts and ends on the ninth day, that is on Purnima- last day of bright Chaitra and Aso respectively. In ayambil one does not take food containing or prepared with ghee, oil, curds, jaggery, sweets, sugar, spices, vegetables, fruits etc. Food is taken only once in a day time and at other times only boiled water has to be taken. After sunset, water should not be taken. In this penance an important principle is conveyed through this message, "Life is not for eating, but food is taken to maintain the life. This festival is observed to Achieve victory over taste.

Special Ayambil food (dry food) is available at ayambil shala found in the Upashrayas and Derasars. Even at home one can prepare this food. During these nine days of austerity, contemplation of nine great entities is its main theme.

During the first five days worship with great devotion to the panch-parmeshtis take place and during the last four days Darshan (faith or true vision) Jnan (true knowledge) Chari-tra (true conduct) and tapa (penance) is to be observed to achieve samkita- right faith. From the health point of view ayambil tapa is of great benefit. This tapa is also observed by taking food of one particular colour of the grain with reference to that particular entity. During this penance rituals are performed, obeisance are offered, counting the beads etc.



Latest Publications/DVDs

CD:

1. Jivan Ke Aaspas Rale



2. Jivanyatra Satsang



For any questions/concerns please

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