

September 2018 Newsletter



Peace Of Mind Foundation Discover Truth From Within



Upcoming Events

Aug 29 – Sept 6
Trip to Malaca, Malaysia
Sept – 6 – 15
Paryushan at Kuala Lumpur
Sept – 16 – 20
Ipoh and Pinang – Malaysia
Sept – 21 – 23
Bali – Indonesia
Sept – 23 – 30
Singapore
Oct – 1 to 5
Mumbai
Oct – 6 – Nov – 5
Rajkot

પર્યુષણ પર્વ એટલે શું? કેવી રીતે ઉજવશો આ પર્વ? સમણ શ્રુતપ્રજ્ઞ

જૈન ધર્મના આત્મ આરાધકો માટે પાવન પર્વ પર્યુષણ આવી રહ્યા છે. પર્યુષણનો અર્થ થાય છે: ચારેય બાજુથી (વૈભાવિક દશામાંથી) હટીને આત્મામાં સ્થિર થવું. આ પર્વ આત્મસ્થ થવાનું શીખવે છે. માણસ બહારી ભૌતિક વસ્તુઓ પાછળ, બૌદ્ધિક ઉદાપોહના કારણે અને પોતાના નામની ભૂખને પોષવાના કારણે કારણ વગરનો વ્યસ્ત થઈ ગયો છે. આ ત્રણેય કારણોના લીધે આ બહાર જ ભટક્યા કરે છે. એમાં એ શાંતિ અને સુખ માને છે પણ એ અશાંતિનો ભ્રમ માત્ર છે - આ સત્ય જીવનના અંતિમ ક્ષણે સમજાય છે પણ ત્યારે ખૂબ મોડું થઈ ગયું હોય છે. ત્યારે માત્ર પછતાવો શેષ રહે છે.

પર્યુષણ પર્વની આરાધના કરીને આત્મામાં જવાનું હતું, એના બદલે ત્યાં પણ પરિગ્રહ અને અહંકારનું પોષણ થાય એ કેટલું અજ્ઞાન કહેવાય! તમારી એકની લાલસા અને કામનાના કારણે આખા સંધને આ દિશામાં લઈ જવાનું પાપ ભૂલીને પણ ના કરતા. આ પવિત્ર દિવસોમાં વધુને વધુ આત્મ અનુસંધાન, આત્મ ચિંતન, આત્મ સુધારની સાધના થવી જોઈએ. લક્ષ્ય ગોણ ના થવું જોઈએ. પર્યુષણ પર્વ એ બહારની પ્રવૃત્તિઓ બદલવાનું નહિ પરંતુ ભીતરની વૃત્તિઓ બદલવાનું પર્વ છે. આપણે સંકલ્પ કરીએ કે આ આઠ મોટા દિવસોમાં :

- હું ક્રોધ નહિ કરું, ભાવાત્મક પ્રતિક્રિયા નહિ કરું.
- હું કોઈની નિંદા નહિ કરું.
- હું કોઈની ઈર્ષ્યા નહિ કરું પણ પ્રમોદભાવ રાખીશ.
- હું સત્ય જ બોલીશ, જૂઠું નહિ બોલું.
- હું ડેરી પ્રોડક્ટ નહિ વાપરું. ગાયો પર જે રીતે અત્યાચાર થાય છે એ માટે દૂધ એ માંસાહાર જેટલું જ અભક્ષ્ય ગણાવું જોઈએ.
- હું રોજ 15 મિનિટ ધ્યાન કરીશ.
- હું રોજ એક કલાક મૌન રાખીશ.
- હું પોતાના દોષો જોઈ, તેમાં સુધાર લાવી ભાવ પ્રતિક્રમણ કરીશ.
- મારા દ્વારા થયેલી ભૂલોની હું ઉદારતાથી ક્ષમા માંગીશ અને કોઈની ભૂલો માટે નમ્રતાથી ક્ષમા માંગીશ.

આ આઠ દિવસના પર્યુષણ માત્ર આઠ દિવસ માટે સારા બનવા માટે નથી. આ પર્વ સમગ્ર જીવનને બદલવાનો ઉપક્રમ બનવો જોઈએ. આ પર્વમાં માત્ર જૈનો જ કેમ, આત્મ સુધાર કરવા ઈચ્છતી દરેક વ્યક્તિ જોડાઈ શકે છે. મલાવીર પણ ક્યાં જૈન હતા? બધા તીર્થંકરો રાજપૂત હતા. આ ક્ષત્રિયનો ધર્મ છે. આત્મા સાથે યુદ્ધ કરવાનો ધર્મ છે. આત્માને જીતવાનો ધર્મ છે. આ પર્વ બાહ્ય આડંબરનું કે દેખાવો કરવાનું પર્વ નથી, આ પોતાની જાતને સુધારવાનું અને માંજવાનું પર્વ છે.

Watch the YouTube video below

<https://youtu.be/TubHI6MHv1Y>

Two Young Girls Visits Abhavalay and took part in valuable charity work - Aug 13 & 14

The Peace of Mind Foundation arranged a short programme in local schools for two very young visitors in fifth/sixth standard level education. The two young visitors, Diya from New York, USA and Navya from Canada, greatly enjoyed their trip to Rajkot. Both of the young guests to Abhavalay showed great interest to do something constructive and helpful for other students in the Rajkot area. Along with Samanji's guidance and in his company they thus took part in valuable charity work in nearby schools. They visited Madhapar Taluka Primary School, Madhapur Government School, and a Hostel for Boys at the Madhapar Sahjanand School. Diya and Navya also answered questions from other young students during their visit. The guests in addition helped to distribute a notebook and delicious, healthy snacks in a manner that filled their selfless acts with a feeling of tremendous joy.

The overseas visitors stayed for just two days at Abhavalay but expressed how they learned so much of great value directly from Samanji. The trip itself was inspired because of Mahendrabhai and Ushaben Mehta, grandparents of Diya, and because of Binitbhai, Navya's father who is based in Vancouver, Canada.



**Satisfaction Comes
with Sharing**



Seminar at Arya Girls Gurukul and Women's College, Porbandar - 25 Aug 2018

Saman Shrutpragyaji was invited to conduct a programme for the 49th Year's Memory of Nanji Kalidas Mehta, Founder of Arya Kanya Gurukul in Porbandar. Every year on this important memorial day, the institution arranges a special discourse. On this occasion Samanji was the key note speaker, and he spoke to 500 girls. All the institution's board members and trustees equally attended the lecture, as well as distinguished guests from the city of Porbandar. As key note speaker, Samanji delivered a discourse, entitled the Power of Self-Discipline.

During his presentation he outlined six types of discipline, namely, discipline of thought; discipline of goal-setting; discipline of time management; discipline of courage; discipline of health; and discipline of learning. He said without discipline a person's happiness and success in life will always be impeded. He further explained that the difference between a great person and an ordinary individual is always marked by the presence of discipline. Samanji's one hour speech was enormously motivational, inspiring equally the girls and the guests who attended.

Samanji went on to mention how Nanjibhai's whole life was founded on the sure footing of courage and inner strength. At a very young age Nanjibhai went to Africa and quickly became a successful businessman, importantly focusing on the education of girls, as well as establishing many educational institutions both in Africa and in his homeland of India. Besides Africa he undoubtedly did many great things in his life for India, Samanji pointed out. Girls from the institution started the program with a delightful welcome song in the presence of dignitaries, including Dhirendrabhai Mehta, Chairman of Arya Kanya Gurukul and His wife, Porbandar's leaders Mr. Babubhai, Suresh bhai Kothari, and also the Trustees of the Gurukul. The programme ended with a special Nrutya presentation focused on Nanjibhai Mehta, a presentation delivered by girls at the institution.



Scholarship Programme at Bhanwad (Dwarka District) and Lecture 18 August 2018

Samanji visited Purusharth School in Bhanwad to give a special blessing to students and teachers. In his lecture there he said whoever wants to live happily, peacefully and successfully in life will continually need to aim at improving themselves day by day. In order to do this, he emphasised the importance of developing and nurturing five key qualities in life: Positivity, Patience, Perfection, Practice and Prayer. Always thinking positively, he said, means that whatever takes place has to be understood as that which happens for a good reason. He added that, if one does not achieve a desired result on time, one should remain patient, never becoming despondent. He also said that, if a person wants to get anything of value in life, constant practice to achieve this is needed. And he emphasised that without prayer, one will never satisfy one's inner being, as a prayerless life inevitably leads to emptiness. After the lecture Samanji responded to questions from students.

On behalf of the Peace of Mind Foundation, Samanji went on to select ten students and awarded them scholarships in order to continue their studies. Ushaben Luhadia from San Diego in USA was present during the programme too, and she blessed all the students for success in their studies as well. Saman Shrutpragyaji and Ushaben Luhadia were given an introduction and special welcome by Bhimsibhai at the start of the event and benefited from discussions with him after the programme.



Ten Sangya (Part 1)

Habits Accumulated from Past Lives

Sangya simply means present action dominated by previous sanskaras, the impressions of karma accumulated during past lives...There are ten such patterns (sangyas) delineated in Jain dharma. [In this extract the first group of five are delineated.]...

1. Ahar Sangya. This means a person has a tendency to talk a great deal about food. The reason for this is because they are especially attached to it. With such a person it is not necessary that he or she likes tasty food, spicy dishes, or luxurious cuisine. It can be a simple salad or a mere crust of bread that becomes the focus of discussion for him or her. The habit of incessant talk about food of any kind is the defining feature of ahar sangya. Of course no one can live without food. This is a basic need. It is also quite normal for anyone to talk about it whenever he or she feels hungry and because it is a fundamental requirement. But in the case of a person who is greatly attached to it as a result of habit produced and reinforced over countless lives, the strong emotional or psychological attachment to food cannot easily be surmounted, as is the case with all sangyas.

However, there are steps that such a person can take in order to deal with the problem. For example, after taking breakfast, lunch or dinner he or she should make a concerted effort to refrain from talk about food that has been consumed. And talk about the next meal anticipated should be reduced or kept to a minimum. Some sharing of information about food gathering or preparation, of course, is in order, for practical purposes. But beyond this, anyone deeply affected by ahar sangya needs to make a conscious effort to reduce superfluous and indulgent conversation about any kind of food.

2. Bhay Sangya. Bhay means fear, and here it refers essentially to a person who is constantly in its grip. Many people are affected by fear to some degree or other but a large number of them find it difficult to carry out even ordinary tasks due to it. For example, there is the fear of diseases like cancer...Similarly, when anyone is afraid of death for whatever reason, this...can prevent that individual from embarking on new projects or activities, as it greatly impedes the scope of life possibilities due to self-imposed barriers...

Now, Mahavira taught that a vigilant or self-aware person is without all fear. One who lacks awareness of him or herself, on the other hand, is easily affected by it. But with increasing self-awareness one suffers fear far less; and when that awareness fully blossoms fear itself is conquered completely. Anyone who wishes to counter fear will be most helped by engaging in meditation because this facilitates self-awareness, stops mental activity and thus the fearful stories created by the mind, as well as countering imagination where fear has become its dreadful manifestation.

3. Maithun Sangya. Sex desire is denoted by this term. In one way or another very many people encounter difficulties with it. It is often, therefore, a source of great stress...

In order to combat this habit, meditation enables one to transform the valuable energy into spiritual energy. Performing an internal trip in meditation where energy is transported to the crown of the head (sahasrara chakra) from the lowest point of the spine (muladhara chakra) is especially helpful here, as is agya chakra meditation; and doing pranayama can further be supportive. Doing the meditation particularly in a standing position serves to bring powerful control over sex desire.

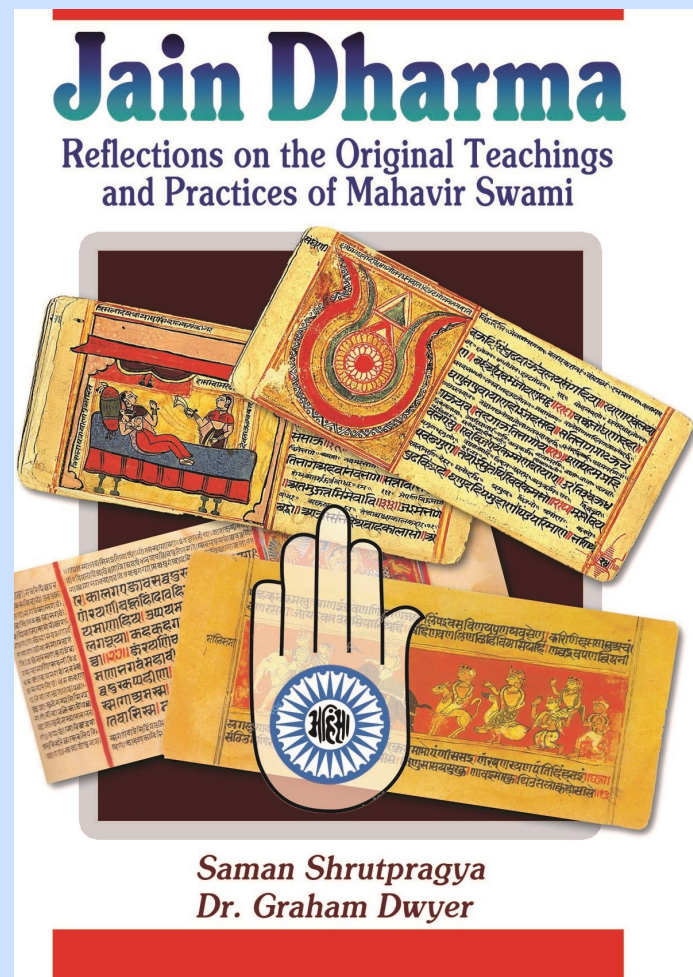
4. Parigraha Sangya. This is where the habit of possession is especially pronounced. In many previous lives people who are affected by this were also dominated by the practice of gathering and holding on to things...

The way to manage this problem involves setting limits to the act of possession. For instance, one can make a resolution to spend only a limited amount of money on all objects purchased. Another way forward is to cut down the number of objects acquired (as well as money, wealth or property amassed) by donating them to others who have need of them. However the difficulty is handled, it essentially requires one to reduce one's possessions and thus to curb the habit of acquisitiveness.

5. Krodh Sangya. An attitude of anger in someone is always underpinned by this. Such a person can become deeply inflamed with anger even with the smallest undesirable event...In connection with it, there is a well known narrative in the Jain scriptures which it is instructive to consider.

It concerns an especially poisonous cobra known as Chand Kaushik. According to the story about it, this fierce serpent always struck fear in everyone who stumbled upon it...However,

Mahavira made the snake aware that in one of its previous lives it had been a monk, indeed an acharya or spiritual leader. Once it got angry with one of its disciples in that life as a monk and beat him, resulting in the death of the disciple. Because of this action, the monk after his own demise experienced many other lives with the same angry disposition before finally appearing in the form of a venomous cobra, inflicting pain and causing the deaths of all those who came into contact with it. When Mahavira revealed the past lives of the cobra, it became deeply remorseful and realised its potential to overcome its anger...



Blessing and Seva at Sarojani Naydu Girls School, 27 August 2018

Samanji visited Sarojani Naydu School to bestow his blessing and to deliver a motivational lecture to girls and staff members at the Institution. He inspired girls there, giving them the example of Sakshi Mallik and Nil Battey Sannata's story. The powerful message of the story was greatly appreciated, as all girls at the school are struggling financially and come from weak backgrounds in terms of motivation to study hard. Yet the girls, who have big dreams for success in life through study, Samanji encouraged, and they were greatly appreciative of his blessing. At the school Samanji committed



Amazon Charity program:

Please see the description and instructions on how you can connect **Peace of Mind Yogic Center** as a charity to your Amazon account and just keep shopping as usual while Amazon deposits a certain amount of money into the charity foundation. Why not make a difference while you shop as you normally would?

What is AmazonSmile?

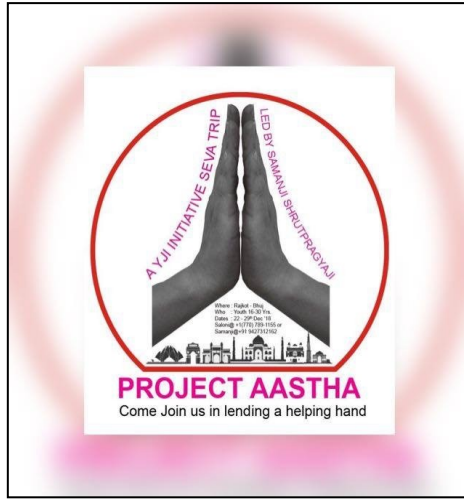
AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at <https://smile.amazon.com> (For USA)

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you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from over one million organizations to support.

Project Aastha: Dec 22 to 29,2018



Project Aastha is an exciting spiritual and social programme carried out in India and organised annually by the Peace of Mind Foundation. Having a major focus on the educational development of school and college students, as well as being of tremendous value in terms of its charity work, it offers young Jains the opportunity to take part in events that are at once character building, personally enriching and developmentally rewarding.

First launched in 2016, with just four young Jain volunteers from London and Singapore, Project Aastha's popularity has grown in strength and popularity. In 2017 11 Jain youths from overseas joined the programme and every volunteer who has taken part in it has always spoken of their experience as being a major life changing experience as well as being both enjoyable and full of fun.

This year young people will join the Aastha Project from the USA, Singapore and Malaysia. It will take place in December 2018. There are still a few places left for other additional volunteers this year but early application to participate in the programme is encouraged.

Project Aastha in December this year will be carried out in Rajkot and in Kutch, Gujarat. For volunteers taking part it involves giving presentations and engaging in activities in schools and colleges; awarding scholarships, stationary, school kits and clothes to needy students; doing seva in hospitals and helping to distribute medical supplies; as well as giving food parcels to disadvantaged families and working to support centres for the care and welfare of sick cows and other animals. It also gives the opportunity to work as part of a team, to make new friends and grow spiritually, and it allows volunteers to enjoy the beauty of India and its people.

For more information and details about how to make an application to volunteer for the December 2018 Aastha Project, please contact:
www.pomyc.org@gmail.com or whatsapp: +91 9427312162