



PEACE OF MIND

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



Swami Shrutpragyaji's

NEWSLETTER

New Publications

BOOKS

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

New CD and Discourses

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 Shravak
Spiritual practice in busy life
Kaal Chakra in Jain Dharma
and more!

any further questions, can
contact by email:

Pomyc.org@gmail.com

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

Sept 2011

- Biweekly

'I forgive all living beings, let all being forgive me. I have amity with all and enmity with none.'

Current Activities

Paryushan Mahaparva:

Date: August 25-September 11th:

Location: Cincinnati, OH

Contact: Ashwin Parekh -
parekhash@aol.com

Das Lakshana Parva

Date: September 2nd-12th

Location: Chicago Jain Center

Contact: Dipak Shah

Discourses in Lansing, MI

Date: September 15-18th

Topic: Karmic Account

Contact: Dhiraj Shah

shahassoc@yahoo.com

Upcoming Activities

Power of Mantra Shibir

Date: Sept 23rd-25th

Location: Vraj, USA

Contact: Dr. Champa Bid
www.pomyc.org

Jain Study Center of NC (JSCNC)

Date: October 1st-2nd, 2011

Location: Camp Crabtree, Umstead Park

Topic: Art of Healthy and Happy Living

Contact: Kamlesh Shah
kshah_us@yahoo.com

Pravachan

Date: October 5-7th, 2011

Location: Greensborough, NC

Contact: Prashant Palvia
pcpalvia@uncg.edu

Date: October 8-9th, 2011

Location: Winston Salem, NC

Contact: Mansukh Haria
haria5h@yahoo.com

Paryushana Parva

One may ask what is Paryushana and why do we celebrate it? It's simple. We go through our daily lives doing normal things such as going to school, playing with friends, going to work, etc. During all these activities, we gain karmas continuously knowingly or unknowingly. But if we continue binding all these karmas, how do we get rid of them? Can we set aside 8 das out of the entire year to spend time on our soul? Yes! So, that is why Paryushana is a very important Jain holiday. It is during these 8 days where we can get rid of the maximum amount of karmas we do during the entire year. There are many things we can do during Paryushana. There are different types of fasting many do, reading and listening to spiritual lectures or books, helping others in need, etc. At the very last day, we do Samvatsari Pratikraman, to ask for forgiveness for the entire year of actions we committed and also to ask for forgiveness from each other for any wrong doing. There are also 5 Essentials we do during Paryushana that are:

1). Kshamapana- Forgiveness

We say the phrase, 'Micchami Dukhadam' to everyone. We should say it to those we have hurt or any enemies we have made.

2) Amari Pravarthana- Non-Violence

Our main goal on our minds should be the action of non-violence. We avoid eating green vegetables and under ground rooted vegetables like onions, carrots, and garlic and potato because of violence. We try to avoid stepping on grass and try to ask forgiveness for anything wrong.

3). ChaitraPariparti- Visiting other derasars

4). Attam Taap- 3 day upvas in a row

Doing any type of taap is a way to control our senses and spend that time doing more religious activities such as reading religious scriptures.

5). SwamiVataslia-Feeding others

In a happy occasion, it is good to feed others. It is a great thing for others to get the deeds of one's punya by feeding others. One thing to keep in mind though is to not waste food. This can easily be done sometimes, but if this can be avoided it is good to feed others.

According to Digamber traditions, they celebrate a 10 day Paryushana Parva known as Das Lakshana Parva. The meaning of Das Lakshana Dharma is to develop the 10 qualities of the soul, which is known as 10 Dharmas. These 10 virtues are: Forgiveness, humility, Straightforwardness, Purity, Truth, Self-Restraint, Austerities, Renunciation, non-possessiveness, and self-realization . The ultimate goal for both Paryushana Parvas is asking for forgiveness and progressing in spiritual upliftment.



Das Lakshana

This is the first time Swami Shree Shrutpragyaji celebrated Das Laxana Parva in Chicago from September 2, 2011 to September 11, 2011.

Swamiji, was able to take a very difficult assignment - talking about the Jain Das Laxana and make it a very likable and enjoyable lectures. We appreciate the care with which you presented complex Jain material, and the way you warmly related to the other easy to understand examples to enthusiastic audience.

The lectures given was a challenge for us that carried throughout the years and life. During this time following discourses were organized in presence of Swami Shree Shrutpragyaji. In the long weekend, we had three programs each day. The discourses each day that were covered were:

- Six Dhaal ,
- Kids Satsang and
- Ten Laxana.

Swamiji visited various families for dharma laabh including Rajendrabhai, Pragneshbhai , Kiritbhai, Girishbhai, Jayantibhai and hosted by Indiraben and Dipakbhai. We heartily thanks Swamiji for the dharma laabh.



Swamiji gave lecture on Das Lakshana at Chicago Jain Derasar, 2011

Paryushana in Cincinnati 2011

This year, it was very nice to celebrate Paryushana Parva with this beautiful sang and above all, be blessed by the presence of Swami Shrutpragyaji. This was his 4th Paryushana at our center and pravachans were very knowledgeable and he was very articulate. Every morning began with a morning session of Yoga and Meditation. During the day, he had sessions with different age groups in Hindi, English, and Gujarati. In the evening, we had pravachan on different topics. The topics that were covered were:

- Human Life is Rare
- Paryushana Parva: What and Why
- How to practice religion in a busy life
- Who determines your destiny
- Who is a true Shrivak of Bhagawan Mahavir
- How to fix your karmic account
- Power of Forgiveness

Overall, his lectures were very impacting, powerful and enlightening to all of us and encouraged us to push ourselves to the fullest. He has blessed our center with many Tapasyas. We also had bhavana by Ghanshyambhai Joshi from New York, which we were very thankful for.

- Ashwin Pareksh
President



2011 Midwest Convention

On August 12, 13th and 14th, there was a Midwest convention in Chicago at Holiday Inn. The theme of the convention was Modern Jain: 1 Soul, 2 Selves, 3 Principles. Many speakers united from across the nation. During opening ceremony, Respected Chitrabhanuji and Swami Shrutpragyaji gave their blessings to begin the 3 day event.

The message behind this convention is that Jainism is not an orthodox religion. Jain dharma does not believe in converting anyone else. But anyone can chose the Jain religion and practice its principles in their daily life. The modern Jain does not mean to change any fundamental principles of Bhagawan Mahavir, but focuses changing any additional principles or new principles that need to change with time.

Jainism believes that any one soul has the potential to become a God. Two selves means internal and external. A spiritual practice is connected with internal and services are connected to external. The three principles are considered: Non-violence, Non-possessiveness, and multiplicity of viewpoint. Without practicing these 3 principles in day to day life, Jainism is nothing but a philosophy.

During the convention, 110 youths participated. Some of the key speakers were: Nipun Mehta, Deepak Jain, Samni Bhavitpragyaji and Vishadpragyaji.

The Chicago youth committee president, Piyush Gandhi, and other members including: Hemang Srikishan, Gautam Srikishan, Shikar Shah, Shivali Shah, Vaishali Shah, Mona Shah, Megha Shah, Swati Shah, Nirav Shah, Gaurav Jain, and Karan Shah all worked extremely hard and did a great job.

One of the other commendable aspects of the convention was that it was the very first Vegan convention.

