



Peace of Mind: September 2017

Singapore & Malaysia Trips & more

Saman ji
Shrutpragyaji's
Gujarati and English
blog available, link :

[http://
www.pomyc.org/blog/](http://www.pomyc.org/blog/)

**We wish everyone
a happy and
healthy new year
ahead for 2017!**

Inside this issue:

***Take a look at all
Paryushana ac-
tivities held at
Singapore and
Malaysia. Also,
look at our up-
coming shibir
and new publica-
tions.***

Current & Upcoming Events

Upcoming Events:

Kutch - Bhuj Trip

Sept 9 & 10, 2017

Visits North Gujarat - Flood affected towns

Date: Sept 11 to 12, 2017

Shibir at Gondal Schools

Date : Sept 14 to 16, 2017

Dhrol and Bhanvad Visits

Date: Sept 21 to 22, 2017

Shibir @ Rajkot Schools

Date: Sept 25 to 30, 2017

Around Rajkot visits

Date: Oct 1 to 7, 2017

Singapore Paryushan Parva - 2017

Paryushan 2017 led by Pujya Samanji Shrutpragyaji at Singapore Jain Religious Society, was well received by all Shravaks and Shravikas, by his eloquent speaking style keeping the audience engaged on a topic like Samyak Darshan. Samanji made it easy to understand and absorb the topic in Hindi and Gujarati. The lectures were held daily in the morning and evening.

There were in all 19 Tapascharya's this year including 2 Mas-Kshaman. A procession was arranged to celebrate their tapasya with dhol and slogans by a lot of participants who joined this shobha-yatra to the Sthanak. The program included Samanji taking all members through the Khsamapna and Manglik. Grassroots Advisor Associate Professor Fatimah Lateef MP for Marine Parade GRC was also present to grace the Sangh Parna event.

A lot of people took the labh of inviting Samanji to their home for Gochari. SJRS Sangh thanks Smt Kirtidaben and Shri Bharatbhai Mekani and Smt Rituben and Shri Sanjaybhai Mohnot for hosting Samanji at their place.

Swastik competition was held with over 30 participants from all age groups. Children in particular had joined in large numbers along with youth and adults. Samanji also had a special session with youths having a dialogue on the practical aspects of Jainism.

Everybody were deeply involved with bhaav during the entire Paryushan period and carried out their Dharma Aradhna.





Malaysia trip 2017

Saman Shrutpragya ji was in Malaysia from 10-16 August. There he travelled to Kuala Lumpur, Pinang and Melaka. During this visit he gave a key discourse on Three Types of People. By way of a botanical analogy, he stated that the first of these types of people are like a leaf, the second like a branch, and the third like a root. In addition, he talked at Malaka on the subject of parenting, and Saman ji visited a variety of different homes for Lunch and Dinner.

Following the Malaysia trip, Samanji then went on to Singapore on 17th Aug 2017 for Paryushan.



Singapore Airport - While journey back to India



Project Aastha, 2017

****If any one what to join, they can join Whatsapp group@ [+919427312162](https://www.whatsapp.com/group/+919427312162)**

A seva trip initiative in collaboration with YJS, YJUK & YJA

Under the guidance of Saman Shrutpragya

Objective

To serve and interact with the underprivileged children and do our part in making a difference in as many lives as we can.

Background

After a successful seva expedition to Rajkot in December 2016, we are excited to share the details of Project Aastha scheduled in December 2017. No one should miss this rare opportunity of volunteering and giving back to our society.

Shrutpragya Samanji runs a charitable organisation, Peace of Mind Foundation, which aims at teaching meditation, yoga, spirituality, and personal development classes across mankind. It also funds education and medical care to underprivileged children among other activities. Its key location is in Rajkot, Gujrat and has been established since 2006.

Samanji has graced us in Singapore many times as a speaker for several religious functions and events.

Planned Date & Duration

Departure: Sunday, 17 December 2017 (Morning)

Arrival: Sunday, 24 December 2017 (Morning)

The above dates are tentative and may be subject to minor changes based on flight availability and other factors.

Activities at Rajkot

We are sure that all who join will be able to contribute in one way or another. We are specifically looking for participants who are fluent in Gujarati/ Hindi and are able to prepare and deliver interactive speech for students, assist in food distribution, etc. Should you have any specific skills or talents that could be of use, do let us know.

Activities will mainly comprise of delivering motivational speech to students of various schools, conducting interactive games/ debate session in schools, interacting with underprivileged children/ families, assist in food/ scholarship/ student kit distribution, and yoga + meditation sessions with Samanji. In addition to the above, we will be setting aside one day for site-seeing around Rajkot.

Scope of service

Education/ Sharing skills

Panel discussion with students

Conducting inter-active sessions such as games/ debate in the schools

Charity

Raising funds for less fortunate students

Using those funds to purchase items of necessity for the less fortunate, provide scholarship to deserving students, etc.

Spiritual/ Self-development

Site visit to Jain Tirths (Palitana). A monk may accompany us to make these visits more meaningful and informative

Self-development classes with Samanji

Certificate for service

Peace of mind center will issue certificates to all participants to recognize their time and effort on this project.

A wise man once said, "A hand which gives is the hand that gathers"

New Publications

New 72nd Publication of Peace of Mind Foundation
Written by Saman Shrutpragya &
Dr. Graham Dwyer

Jain Dharma

(Reflections on the Inspirational
Teachings and Practices of Mahavira Swami)

This book returns to the original teachings and practices of Mahavir Swami and reflects upon the essence of what he promulgated. Moving away from the mainstream traditions dominant during his day in order to create a path that held no bar to any individual and indeed embraced everyone, Mahavir Swami understandably attracted many enthusiastic followers - both ascetic and lay - followers who quickly formed themselves into a distinct and vibrant community. It is also because the transformational message he boldly preached, one which Mahavir Swami himself directly embodied, that the tradition he forged continues to have enormous appeal today, and it is this very message as well as its application that this book celebrates. As such, it is at once an important new resource on Jainism and essential reading for all its practitioners.

This book is a long awaited title, one which followers of the religion can both enjoy and use in their day-to-day spiritual lives. All too frequently other volumes dedicated to the study of Jainism available in libraries or book shops are inaccessible to religious practitioners, as these texts are mostly authored by scholars and designed essentially for academic use. Alternatively, other books on the religion written from the perspective of Jainism are not always found to be sufficiently comprehensive in a way that practitioners can easily digest. It is for these reasons - a necessary attempt to bridge this gap - that this present work has been written.

