

September 2019 Newsletter



Peace of Mind

Peace **OF** Mind
EXPERIENCE YOUR INNER BLISS



Sneak peak inside this issue:

This month we held several shibirs in different USA cities and celebrated Paryushana very nicely in New Jersey. Micchami Dukhadam to everyone!

Please visit our website at www.pomyc.org

Upcoming Program

1. **Chicago, IL Sept 16 to Oct 7, 2019**
Contact: 702- 513-1338
2. **London, UK Oct 9 - 13, 2019**
 - Jalaram Temple 10th Oct @ 6.00 -6.30pm
 - Hounslow Shakti Center 10th Oct @ 7.30 - 9.00pm
Contact: +44 7832 345891
3. **Vinubhai Kotecha - 11th Oct - Fri @ 8 - 9.30PM**
Contact: +44 7956 847764
4. **Rajkot, Guj**
Oct 17 - Oct 23, 2019

For More Details please visits:

<http://www.pomyc.org/calendar>

YouTube link for Saman Ji's pravachan.

Jai Jinendra. Peace of Mind Foundation Rajkot will be regularly uploading Saman Shrutpragyaji's videos on YouTube. In these short clips, Samanji shares his wisdom on practical and current topics. We humbly request you to click the link below and subscribe so you don't miss a new video.

<https://bit.ly/2Iho0dN>

Atlanta, Georgia, August 8-11, 2019

Saman Shrutpragyaji gave Pravachans on various topics regarding how the power of karma impacts itself on daily life. The subjects he specifically covered were: What is Karma? 10 Stages of Karma, Karma and Spiritual Death, and the Nature of Will and Desire. Samanji stayed at Rashmi and Atul Gupta's residence throughout this time, and the Pravachans were further hosted by Rupa and Kaushik Desai and Madhu and Jagdish Sheth. Many of those who participated testified that, due to listening to Samanji's Pravachans and numerous discourses given over the past 15 years, they had radically changed their style of living. Participants indicated that positive practical and spiritual changes in their lives were directly because of Samanji's inspirational and instructive lessons.



Panama City, FL -USA

Seminar on Health, Yoga and Meditation, and Satsangs, Panama City, Florida, 22-24 August 2019, Hosted by the Hindu Sanatan Center of Panama City. In Panama City, Florida, those who attended the events held by Samanji at the Hindu Sanatan Center expressed great appreciation both for the seminar and the satsangs he gave, as well as mentioning that the Center has been blessed to host his practically and spiritually valuable seminars since 2015.

The main theme of How to Live a Healthy, Happy and Blissful Life was heartily received, with the participants learning about healthy eating habits, yoga and meditation. Special gratitude was expressed for the instruction Samanji gave, and has continued to deliver over the course of the past four years. For since 2015 he was commended for his teachings on the nature of true “dharma” and its importance, how to be a good human being in everyday life, and how to make all this the major goal throughout the life course.

The three satsang topics delivered on '**The Body Itself is a Doctor, Food Itself is a Medicine, and the Mind is a Potent Energy**' were equally praised for their instructive value. In-depth instruction was given about the importance of taking care of the body through healthy living and good diet, and Samanji explained how the body is so strong that it can heal itself when given sufficient time for this. In terms of the powerful nature of the mind, Samanji focused on how mind itself is given to countless fluctuations and modifications of behavior. However, as the goal of life is to be happy and at peace with oneself, Samanji taught how it is possible to achieve this at all times, avoiding negative mental tendencies accumulated in this life and during previous births, as well as transform negative mental behavior into a positive state of being. He explained how one can have both right and pure thoughts continually, enabling everyone, positively to tackle whatever situations arise in life.

For a full two hours every morning Samanji additionally led joyful yoga and meditation classes and taught essential yet simple yoga techniques for implementation in daily practice.



Visit to Austin, August 15th-21st, 2019

Pujya Saman Shrutpragyaji visited Austin for a week in August. He has been visiting Austin for more than 23 years. During his recent visit, he preached 3 Pravachans at the Jain center. The topic was Raaga and Dwesha. He explained that the path to enlightenment (Moksha) is by eliminating karmas which can come from Raaga and Dwesha. The only way to do so is to reduce the 4 Kashay. He further explained how to implement simple daily techniques in our lives to reduce Lobh, Maan, Maya, and Krodh. His jovial personality and easy to understand but profound lectures allowed the seekers in Austin to delve deep within. During his stay in Austiin, Samanji also spent one on one time with several people to provide them further guidance on their spiritual journey. The Austin sangh eagerly awaits his return next year.



Tulsa Visits from August 12 to 15.

Tulsa Jain Sangh kept 2 days Swadhyay. Samanji explained about 5 steps of Desire. There are 5 desires and which are good and which are not even thinkable and how you can control it. It was well received by our members. We are small community but our attendees were close to 50%, which is very commendable In Samanji's word. Samanji is visiting Tulsa since 1990. We appreciate and thank him to visit our small center.



Memphis, TN Visit

Date: September 5th –9th

Venue:

1. Satish and Dipika Verma
2. Plantation Lodge
3. Manoj and Sunita Jain
4. Vinay and Chanchala Mehta

Theme: The Spiritual Journey of Life and the Secrets of Karma Theory

During the auspicious occasion of Das Lakshan Parv, we had the pleasure of having Samanji in Memphis and listening to his spiritual discourses on various topics. Some of the topics included The Spiritual Journey of Life, How to see people from different Perspectives, and the Secrets of Karma Theory. People from varied age groups attended and benefitted from these lectures. There was also a one-day camp mainly focusing on the different phases (KAL) of life in the Spiritual Journey of Life. The camp was attended by more than 50 people and it included yogic kriya, pranayama, meditation, discourses, and group discussions. We all are very grateful to him for sharing his deep knowledge and experience in how to live a meaningful life with spirituality. His discourses included some technical words accompanied by easy to understand explanations and examples from practical life that people could relate to. His occasional humorous comments work like a magnet to retain the attention of the audience.

Overall, the Memphis community feels blessed to have a spiritual leader like Samanji and looks forward to his next visit. Over a period of time, the attendees have reported significant spiritual growth and development in ways that have made them a better person, family member, an employee, and a friend with Peace of Mind. Jain Center Greater Memphis Host Smamaji;s trip at Memphis and Chanchala and Vinay Mehta have coordinated whole trip of Samanji;s at Memphis.



Paryushan Parva @ Summerset, NJ 2019

During 2019 Paryushan Parva, the Jain Center of New Jersey (JCNJ) was graced by Saman Shri Shrutpragyaji. He delivered powerful lectures covering different areas, such as Mangala Charan, Karma theory, Sarva Sadharan Drawya, etc. Swamiji enlightened the Sangh by delivering two Pravachans daily at the two Derasars of JCNJ. The morning Pravachans at Parshwanath Bhagwan Derasar were focused on the Kalpsutras daily topics.

The evening Pravachans at Munisuvrat swami Bhagavan Derasar were focused on the following topics.

During Samanji's Pravachans the Sadharmiks overwhelmingly filled up the facility and were very alert and felt very proud to be a part of the unforgettable moments. Everyone enjoyed the Pravachans of the above topics with laughter. Swamiji's style of delivering the above topic with laughter was very well received. Even though, many topics were discussed in earlier years by other scholars but Samanji provided the same topics with different perspective and analysis with real practical life examples. Couple things stood out with the Sadharmiks were – couple minutes of Maun in the beginning of Pravachan, asking questions to the Sadharmiks about earlier day's Pravachan to make sure Sadharmiks remembered the facts and pay more attention, having Sadharmiks follow the discipline during the Pravachans. Swamiji wanted to share more but always ran out of time. Sangh really appreciated Samanji's Pravachans. Sangh members expressed Anumodana.

