



Saman Shri Shrutpragyaji

♦ Spiritual Guide ♦ Author ♦ Educationist

Peace of Mind Foundation

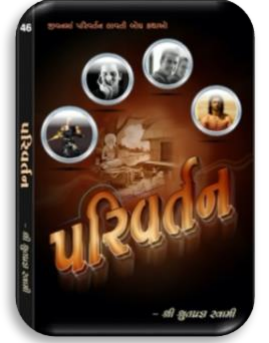
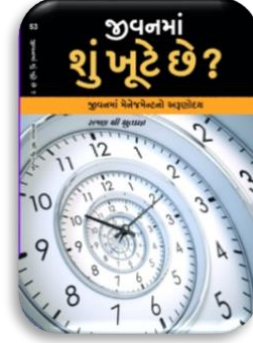
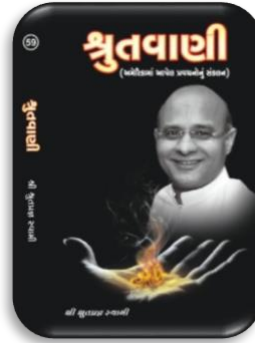
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My Journey as an Author

Many people ask me “Why did you write so many books and how did you do it?” To be honest, I have never thought about these things, but since the questions have been asked, I have to answer. So, first of all, I was encouraged by the popular Gujarati and Jain Educational writer Shri Kumarpalbhai Desai. In 1992 when I first met him in California, he asked me to write something every year for the Jains in the USA. At the time, I told him that I am a speaker and not a writer. Kumarpalbhai said that there is not much difference between a speaker and a writer- both tell a story, and both convey a message. He asked me to take my recorded lectures to someone who can put it in a written format and after editing and proofreading it, we can put it together in a book format. So, with this motivation, we compiled 3 titles all in Gujarati language with the help of the Jain Samaj. Much praise from people lifted my spirits and it gave me the confidence that I could write books. Dr. Kumarpalbhai’s one little suggestion had awakened the writer in me and I will always be grateful to him. The next question was “Why so many books?” When I first started to write, I did not have any desire or plan to write all these books. However, as I continued to be motivated by the readers and with the grace of Ma Saraswati, my writing continued with ease.

A lady in Patan, Gujarat who had lost her husband approached me and asked me to write a book that she could distribute to her family and friend circle in the memory of her husband. It was from her call that the book “ધર એ જ સ્વર્ગ” (“Home Itself A Heaven”) originated. This was my first book which was not derived from any lecture series. Interestingly, this book has also become my most popular book with 30 publications and over 200,000 copies in circulation. After this book, next title આરોગ્યના પ્રયોગો “Health



without Medicine” was born. My writing journey continued, and I can’t believe that it has now reached 73 books to date!

My experiences with students during shibirs (retreats) generated the ideas for the next few books: “સ્મરણ શક્તિ” (“Memory Enhancement”), “Body Language”, “વ્યક્તિત્વ વિકાસ” (“Personality Development”), and “સ્માર્ટ વિદ્યાર્થી” (“Smart Student”). During this time, I was also involved in conducting teacher training sessions and through this experience came the title “આદર્શ શિક્ષક” (“Ideal Teacher”. With my routine activities, I was also writing a journal which was later compiled into a book titled “જીવન એ જ ઉપવન” (“Life Itself A Garden”).

My books were not only a regular read in many households but Sant Sadhus and Sadhvijis also started to read these books. Based on the request of many of these Sadhu-Sadhvijs, I started compiling my lectures and

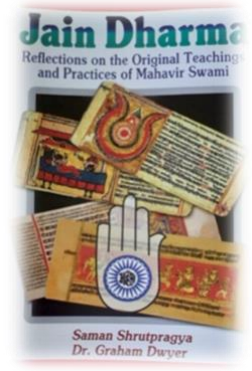
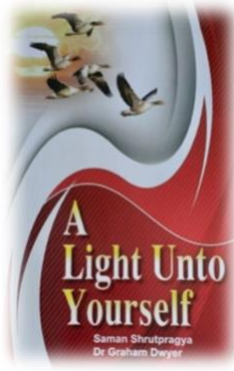
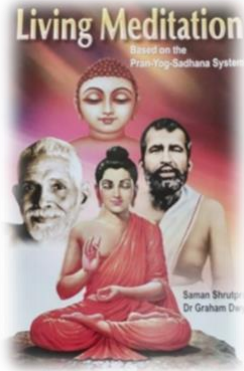
several titles were soon published: “જીવન જીવવાની કળા” (“Art of Living”), “શ્રુતવાણી”, “Samanji’s lectures book”), “૬૦ પછીની યુવાની” (“Youthfulness after 60 years”), “રતનનું જાતન” (Discover Life’s Pearls”) “જો આ જીવન ફરી મળે તો !” (“If I Could Live This Life Again”), “જીવનમાં શું ખૂટે છે?” (“What is missing in Life”).

My followers persuaded me to write something that would be brief and a quick read with a simple daily message giving birth to the book titled “કલ્પતરુ” (“Kalptaru”)- a book with 365 pages- a one page read for each day, next book titled “પરિવર્તન” (“Transformation”). My articles on Yoga were regularly published in Gujarat Samachar and Dainik Akilla which are popular newspapers in Rajkot. These articles were compiled for the book “Transforming Yourself Through Yoga”.

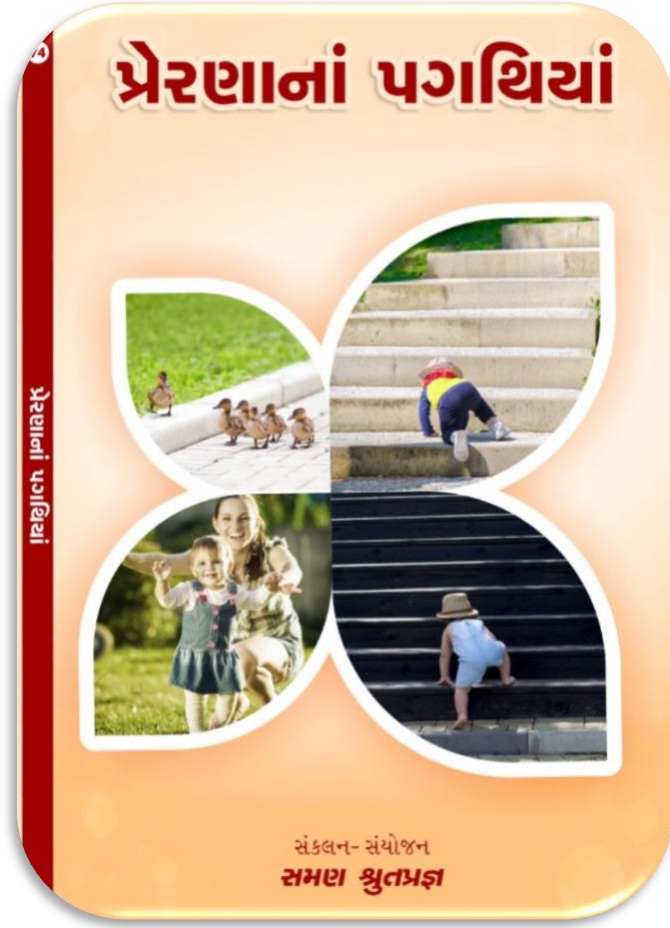
During this journey of writing these books, there was a dire need for translation into English for the youngsters especially from foreign countries. So, starting from the first book, many titles were translated into English. I also have to mention about my friendship with Mr. Graham Dwyer who I met in London in 1992. Since then our friendship has grown to a higher spiritual level. He visits for months at a time each year and our conversations about Jainism through question answers led to compilation of several English titles namely”Turning Point”, “A Light unto Yourself”, “Living Meditation”, and “Jain Dharma”.

The Corona vrus arrived and once again arrived the request to write for the Dainik Sandhya publication from Rajkot. So, I started to send in my daily articles. These articles were assembled into yet another book- my 73rd title “સુરક્ષા કલ્પ” “Defense Promise”. And now my 74 # book is: “પ્રેરણાનાં પાશ્ર્ચિયાં”.

This is my journey as an author. Although it was never a dream of mine, I have done so as a response to my followers’ pleas. I am thankful to all those individuals who have inspired me, guided me, helped with editing; publications, distribution, finance and more. Finally, I am grateful for all the blessings from above upon me and my pen!



74th publication: પ્રેરણાનાં પગથિયાં (Steps of Inspiration)



This is the 74th publication of the Peace of Mind Foundation. In this book, established and new writers as well as students from India and abroad share their experiences connected with their personal lives. They all write in their own unique styles, making this work a very inspiring and useful book, which runs to 128 pages. The main purpose of the book is to provide a platform for new writers, especially women, to express their views. Each of the contributors has something important to say, critically expressing their interesting thoughts and feelings. Since good ideas help to create healthy ideological perspectives that benefit society, enabling readers to approach any situation with courage, the book is particularly valuable. Saman

Shrutpragyaji is the main inspiration behind the project, with Madhvi Kaneria and Alpa Meriya providing a great deal of support in terms of the editing of the book's content.



The 73rd book of Saman Shrutaprajnaji name "Suraksha Kavach" was launched by Pujya Padmasagarji Maharaj Saheb at Koba-Gandhinagar.

Scholarship Given:

The Peace of Mind Foundation regularly offers scholarships to bright but extremely needy children. Now that the school is preparing to open, so it has started giving scholarships to students.



Covid-19 Support:

The Peace of Mind Foundation is helping people in Covid-19 by providing food kits to affected families and books, notebooks, school bags and dresses to their children. We are also helping the Jain priest to meet his daily expenses. Medically we are also collaborating with people who need medicines and other checkups.

Feeding Cows in Gaushala:

In addition, Reshma from Bangalore, daughter of Sohanlalji Chhajed (Ahmedabad) and her sisters along with peace of mind foundation, Rajkot happily fed bananas and other foods to the cows at Sambodhi Upavan Gaushala in Rajasthan and felt happy. At the same time, Reshma literally lit up sambodi staffs Diwali by giving gifts to the staff members.



'Pranayoga' Meditation Practical Online Free Basic Course

Conducted by

Saman Shri Shrutaprajnaji

President of Peace of Mind Foundation and a deeply experienced seeker of Dhyana Yoga

The practice of meditation has become inevitable nowadays. Those who meditate realize how much it benefits. Whoever Not paying attention is missing a lot. You will say that it is difficult to meditate. Everything is difficult, but practice makes everything easier. Today, when we are going through a difficult time and we still have time, let's turn this trouble into a fun celebration. Using this time wisely, one should prepare oneself for every situation.

Meditation is a powerful tool for that. Meditation alone can be a little daunting at first, but practice with audio or voice in a group with family or friends can be a daunting task. Meditation awakens inner strengths, identifies who I am, corrects one's weaknesses. Positive changes in temperament and behavior can be made, help in making the right and right decision, come out of fear, anxiety, depression, live peacefully with enthusiasm, enthusiasm and joy.

few instructions:

- Five-week (basic course) program
- 15 to 30-minute practice time limit
- Compulsory completion of course
- Language - Gujarati or Hindi (We are planning to do it in English too at the same time. Pl confirm by WhatsApp)
- November 23, 2020, on Monday, the course will be starting
- Deadline for registration is November 14, 2020
- We kindly request you to share this link with as many people as possible
- Contact: WhatsApp Number: + 91 - 94273 12162, Email: pomyc.org@gmail.com
- Registration link - <https://forms.gle/TTRBBq7MpgtE8cy27>



Saman Shrutaprajnaji went to the Surana family at Kankroli - RAJASTHAN for a satsang and conducted a private satsang for them on how to do meditation and spiritual development.

Saman Shrutapragyaji conducted a Satsang at Srimad Rajchandra Ashram Koba for the sadhanarat mumukshus - with reference to his newly published book 'Suraksha Kavach', and also gave a special satsang on the teaching of Pujya Srimad Rajchandraji.



Diwali & Event

How should we celebrate Diwali? - Saman Shrutapragyaji

One child was told by its father, "It's too much. Be wise and keep silent. I have seen more Diwali festivals than you." Then the child instinctively asked, "Dad, have you celebrated Diwali as much as you have seen it?" There is an important teaching here in the child's question to its father. This is because we keep looking at life but not celebrating it. If we know how to celebrate life, then every day is like a Diwali. We also want days of formal celebration, but they turn out to be just excuses to take time off work or to miss school. It's important to celebrate every moment of life, if you want to enjoy it.

A young man went to meet a young saint. The miserable youth asked the holy man, "Why did God make me poor? Why did He not make me a king instead? This very thought makes me feel so sad." The saint then took him to his hut and told the young man that in his dwelling there were very few possessions to be seen. The saint said, "I know you are troubled by many problems. But let's now talk about being a true king. I can tell you that I live even more luxurious a life than any established king. What you don't understand is that you are already also a king; but you are always crying about yourself and looking to the future."

Every person can truly be a king, not necessarily of money but of the mind. The only true king is the one who rules over his own life. It is up to everyone to decide whether to live as a slave or as a monarch. Most of the time people think of themselves as being happy or unhappy only by comparing themselves with others. Very few people can understand their own natural happiness; so, in a state of sorrow they may even keep themselves away from others. This time during Diwali be mindful: be the king of the mind, at least for one year, and make the new year joyful whatever may happen or whatever situation arises.

Samanji's pravachan

The Peace of Mind Foundation online resources on YouTube® with Samanji's satsangs and boosting one's immunity system through Twinkle Pethad (in English) as well as special satsangs (in Gujarati). Please subscribe by visiting the link bellow and get tremendous benefit from it.

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



You can equally physically, mentally and spiritually gain enrichment from Samanji's exciting Blog (in Gujarati and English).

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

Upcoming Events

- November 7 to 20: Diwali: Sambodhi- Rajasthan
- November 21&22- Sabarkantha Trip
- November 23 & 24 - Koba: Gandhinagar
- November 25 to December 10 - Rajkot
- December 11 to 13 - Charity work: Samanji's Birthday