

February 2020 Newsletter

Peace OF Mind

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Peace of Mind



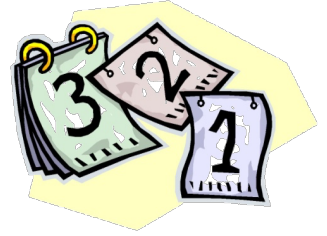
Sneak peek inside this issue

Current issue highlights
on:

- Sabarkantha Trip
- Satsang & Shibir at Rajkot
- Events & Shibir at Junagadh

Launch of a new Instagram platform and YouTube series in English. The first addition to this YouTube series is on "Happiness is a choice and Is this right for me?" and will soon be followed by topics on the same theme and later on various other topics of spiritual and practical interest.

Upcoming Programs



February 4th to 8th

Seva Yagna Rajkot

Venue: Schools and Institutions

Sahyog: Vinid bhai and Bharatiben Mehta

February 9th to 12th (Sabarkantha Area)

February 9th : Satsang

Venue:

Kaniyol - Himatnagar - Sabarkantha

(Pankhighar & Satsang Hall Dashabdi Varsh)

Contact: 94267 29641(Samalbhai Varma)

February 13th to 18th (Koba)

February 15th : Pujya Atmanandji Saheb - Gunanuvad Sabha

Venue:

Shrimad Rajchandra Adhyatmik Sadhana Kendra, Koba - Gandhinagar, Gujarat

February 19th & 20th

Guest from USA to Abhavalay

February 21st to 25th

Abhavalay - Rajkot

February 26th to March 8th

Maun Ekant Sadhana

March 13th to 21st : Malaysia

March 22nd to 30th : Melbourne - Australia

March 31st to April 8th : Aymbil Oli - Kuala Lumpur (Malaysia)

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>

Sabarkantha Trip: January 8-11, 2020

Family Satsang and Seva in Sabarkantha – Gujarat

Location: Khodiawala, (Near Himatnagar) Gujarat

Samanji and his friend Dr. Graham Dwyer (Gangaram) arrived in the village of Khodiawala in a remote part of Gujarat for a four day visit to give school lectures, to conduct satsangs and to carry out seva, with a major focus on charity for widows. The family satsang on the evening of their arrival in the village was informal and involved planning the Peace of Mind Foundation activities there. Khodiawala has a large number of widows requiring support, the reason why attention was targeted to meet their needs. Food parcels were distributed to widows throughout the course of Samanji and Gangaram's four day stay.

The Peace of Mind Foundation is thankful to Trushaben and Saileshbhai Patel for arranging the programs in the village and in nearby areas. For funding the widow charity work in Khodiawala, it is especially grateful to Dr. Bridget Heelan in the UK for her kind donation.



Satsang and Seva at Prathmik Taluka Shala
Location: Kodiawala, Gujarat

Samanji gave a short speech to children and teachers in Kodiawala's primary school. He focused on the topic of best teacher, which Samanji explained is to be found within every individual child. Often a person considered best teacher is projected outwards and is viewed as being one's school teacher, a parent or a friend. However, the message given in the school was that every child is its own best teacher, even though it can learn from others. Finding one's own confidence and ability to learn from oneself was identified as key for the educational success of everyone. On behalf of the Peace of Mind Foundation, children and teachers in the school were donated notebooks, which students and teachers alike were delighted to receive. Principal Atulbhai presided over the morning program for which Samanji was greatly appreciative.



Samanji also gave talk at Shivji Mandir, Khodiawala Samanji spoke about the importance of women in terms of family and education, and in terms of knowledge of health and nutrition. Shtri dharma also was a major aspect of the lecture given in which the spiritual practices of women were highlighted and celebrated. The program was attended by both men and women from the village, numbering some 200 Khodiawala residents. Samanji is thankful to Trushaben and to Saileshbhai Patel for organizing the event.



Motivational Lecture at Saraswati High School

Location: Andrakha Village, Sabarkatha

700 students and their teachers at Saraswati High School benefited from Samanji's morning motivational lecture in the remote area village of Andrakha. This was Samanji's first trip to the school, and teachers and heads at this large institution welcomed him wholeheartedly and requested both future continuous contact and visits for purposes of student motivation, educational guidance, instruction and inspiration.



Motivational Lecture at N.L. Seth High School

Location: Laxmipur, Sabarkantha

500 students and teachers attended this inspirational lecture during which Samanji encouraged students to be goal-oriented and success-motivated. It was an exciting lecture greatly enjoyed by students and teachers as well as the school principal who requested Samanji to make a return visit in the near future. Samanji is grateful to Principal Jaisanghbhai Chodhari for arranging the program.



Satsang at Laxmipur Temple

On the same day, Due to the popularity of Samanji's meetings with residents in and around Khodiawala village, he was invited to give another satsang. This was for the benefit not only of residents who participated in previous gatherings with Samanji but also especially for those who were unable to attend earlier meetings. Samanji gave tips for living a healthy life, for ensuring advantageous family relationships, and for practicing spirituality. Samanji is thankful to Ramji Dada and to the satsang group of Laxmipur for organizing the event.



Lecture on "Ghar Ej Swarg" : January 19, 2020

Location: Life, Race Corse, Rajkot

Samanji's lecture on his best selling, popular book "Ghar Ej Swarg" was delivered to an appreciative audience at the Life centre in Rajkot. The talk began by drawing attention to how family life is often accompanied by conflict, rivalry, argument and discord. However, while family tensions and problems are seemingly unavoidable, Samanji gave advice on how to reduce them and on how to tackle difficulties when they arise in order to minimize and manage them. One key point that was mentioned involved making a distinction between ego and love. Whenever there is a situation that causes relations to falter or break, ego was said to play a central role. Sometimes conflict happens because of jealousy, possessiveness, attachment, or because of misuse of power. But these negative forces are always underpinned by ego, Samanji explained. When love comes to the fore, on the other hand, these problems dissolve. Samanji outlined with numerous examples how to perceive the signs of ego, so as to recognize it whenever it appears and thus find a way to create and experience healthy, harmonious relationships.

For his invitation to speak and for organizing this event, Samanji is grateful to Rajiv Mishra.



Shibir at Kanta shtri Vikash girls High School : January 20-23 2020
Location: Rajkot

The three day shibir at this girls' institution was attended by the school principal, teachers and 500 students. It started with a focus on five keys for achieving success in life. Dream; Daring Power; Determination; Discipline; and Do were the terms Samanji used to identify these keys. He also provided a variety of illustrations to enable students to understand the main points of his lectures, as well as taught them yog asanas and meditation. Prity Thummar demonstrated the yoga asanas under Samanji's instruction

Samanji is thankful to Jaishreeben Vora, the school principal, for arranging and for participating in the shibir.



Lectures at the District Education Centre, Junagadh : January, 25 2020

Location: Ghirnar, Junagadh

Lectures were delivered at the District Education Centre in Ghirnar by Samanji and by Dr Graham Dwyer. The first of these was given by Samanji on the importance of discipline in education. The second lecture on preparation for teaching and skills required for effective teaching and learning was given by Dr Graham Dwyer. 80 PTC students attended.

Also at the same institution 200 Teacher from different districts of Gujarat came to take part in a special shibir on yoga. It was organized by the Government of Gujarat and Samanji was requested to address the participants and deliver a lecture on yoga there. Samanji spoke about theoretical understandings of the yoga discipline.

Mrs. Rekhaben arranged the lectures with the support of Institution Head Mr Kanubhai Karkar. Mrs. Rekhaben also attended the lectures for and participated fully in the programs. Samanji is thankful both to her and to Mr Karkar.



Adventure and Mountain Climbing Shibir : January 25, 2020

Location: Ghirnar, Junagadh

A 10-day camp for Adventure and Mountain Climbing was held in Ghirnar. Samanji addressed the graduates of the training program on the final day of the camp and presented them with their certificates. Samanji is thankful to Naishath Makwana for the invitation to speak at the ceremony and to present trainees with their certificates of success.



India Republic Day Address : January 26, 2020
Location: Bandhala School and Pipallya School, Junagadh

Samanji attended functions at Bandhala School and at Pipallya School in a remote area of Junagadh to celebrate India Republic Day. He addressed students and teachers at both schools and gave books from the Peace of Mind Centre to the principals of the schools.



Helping needy people by food kits and School Kits

With Help of Donors all over the world, Mahendrabhai and Ushaben from Vancouver, Canada provided food Kits and School kits to the needy families in Rajkot.

