

# Peace of Mind: September

## *Paryushana Parva*



### Upcoming Events

#### **Paryushan Parva**

Date: Aug 29th - Sept 6th

Address:

Navnat Vanik Association  
Printing House Lane  
Hayes  
Middlesex  
UB3 1AR , UK  
Tel: 020 8848 3909

#### **One Day Healing & Living Meditation Camp**

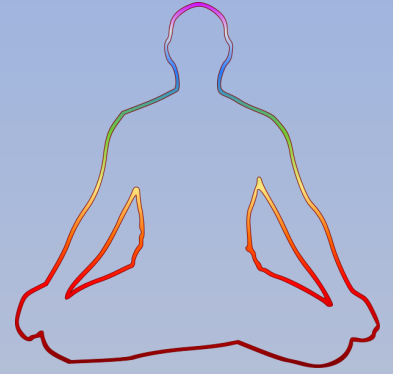
**Conduct by: Saman Shrutpragyaji & Dr.Graham Dwyer**

Venue: 'Nirvana', Common Road, Chorleywood, Herts, WD3 5LT

Contact: 01923 284448

Date: 11<sup>th</sup> September 2016, Sunday

Time: 10.00am to 8.30pm



***Samanji will be in Rajkot- India***

***from Sept 15, 2016 to March 15, 2017***

**Check out new blog!**

Saman ji Shrutpragyaji's Gujarati blog link.. Also very soon

English blog also available :

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

# Events at Clarksville

We had a very educative and enlightening visit of Samanji for three days from Aug August 8 to 10th, 2016. Topic was four Bhavnas based on Pu Chitrabhanu's famous song "Maitri Bhavnu Pavitra Zaranu". First day there was a deep discussion on "Maitri" and "Mitrata" based on first stanza. Word Mitrata is associated with expectations. There is a thought when I have a need, friend or relative will help in that need. When there is an expectation, if not fulfilled, becomes source of unhappiness. While a true Maitri Bhav for all living beings without expectation brings true joy and happiness to all. Second Third and fourth are "Promod", Karunya and Madhyastha. Learn to be Thankful to all who bring better qualities in you. Develop Amity for all. Make all the efforts in life to help others without expecting rewards. If you cannot help, promote someone else to do or encourage who can help. These are the highways to happiness and peace. The words and explanation are life changing.



# Denver visit: August 12th – 15th, 2016

Jain Samaj of Colorado was blessed by the benevolence of Saman Shrutpragyaji who visited Denver, Colorado from August 12<sup>th</sup> - 15<sup>th</sup>, 2016 on his ninth visits.

The topic of his discourse was on the power of self-discipline which he covered in three sessions. He articulated what are self-disciplines and its benefits passionately with excellent examples. It included the power of self-discipline in thinking, goal settings, time management, total health, learning, courage, finance, hard work, complete the work you have begun, and feelings. He explained why self-discipline leads to faith and self-control and when we have that we improve spiritually, emotionally and even physically. The very purpose of spirituality is self-discipline and mastering yourself is true power. He also holds kids' session as well as he obliged to meet individually to give guidance as well as satsang on Jainism.

These discourses were held at residences and temples; Gajendra & Bhavna Punatar, Hindu temple, Nirav & Nirali Dave, and Shri Shridi Saia-baba temple.

His topic was on "How and why to do meditation" at the Sai temple. Swamiji would speak in a language and tone and injecting humor so as to make his lectures easy to internalize and comprehend that would strike a chord with everyone. As such, time would fly and would always leave us wanting for more.

Kritagyasmi Swamiji, from the bottom of our hearts!



# 3 Day Shibir at Siddhachalam

Three days residential shibir at Siddhachalam : Aug 19 to 21, 2016

I was fortunate to attend shibir conducted by Saman Shrutpragyaji at Siddhachalam from July 19<sup>th</sup> –July 21<sup>st</sup> 2016. The topic of shibir was Sadhana, Suddhi, Siddhi. Schedule was very well organized. We had spiritual discourses, followed by meditation and kayotsarg. There were 4 discourses/sessions on twelve Tap during Fri eve, Sat morning, Sat eve and Sun morning. We started our mornings with Meditation practice followed by Pranayam and Yoga. Each discourse was followed by body relaxation practice, kayotsarg, meditation and energetic yogic exercise. Also the group activity performed on Sat eve helped everyone understand the topic very well. This shibir was about upliftment our soul and body and not only spiritually but physically as well.

Samanji explained complex topics of twelve Tap in a very simple way. His humorous ways of teaching made each session very interactive and interesting. We were connected with him for the entire shibir and the bonding even continued after the shibir was over. Overall the shibir made a very positive impact on my thought process and day to day living. Dr.Champa bid and her family supported a lot for organized this shibir. Also Kanchanben, Ranjanben and Kamlaben were helped a lot.



## Satsang in Bhakta Group at TX

Samanji did a Satsang at Praful bhai and Urmilaben Bhakta's residence at Dumas, TX, at Sunita and Vijaybhai Bhakta's home and at Shobhanaben and Hasubhai Patel at Garden City, KS from Aug 15 to 18, 2016. Many people came for the first time and listened to Samanji's lectures. Samanji talked on Shri-mad Rajchandra's vachanamrutt and everyone enjoyed it a lot and learned so many things.



# *Meditation Camp & Pravachan, Memphis*

Meditation camp and Pravachans at Memphis, TN : ( Aug 1 to 9th 2016 )

Jain Center of Great Memphis eagerly awaits Saman Shrutpragyaji's visit to Memphis every year. Before even he finishes his visit, followers start inquiring about his next week. We are very fortunate to have Samanji in our lives who not only shows the day to day life of spiritual manners but also inspires to know and learn more about the spirituality and philosophy. His visit from August 1<sup>st</sup>, 2016 through August 9<sup>th</sup>, 2016 was filled with lectures and camp activities.

Samanji's three day lectures were held at Vinay and Chanchala Mehta's residence on four dhyans/ meditation – Arth , Raudrya, Shukla and Dharm dhyans . Over 70 people attended his lectures with great awareness and concentration. By far he is an excellent orator, his lectures delivers the message to spiritual and common persons.

The two day camp was held on the weekend at an Ashram nearby on the Power of Self Discipline. About 45 people attended consisted of Jains and non-Jains. He kept everyone occupied for the entire two day on Saturday, from 7:30am-6:00pm and on Sunday, 7:30am -4:30pm.

All his lectures were publishes on youtube in high definition. We hope and pray to continue listening and learning from Saman Shurpragyaji year after year.



# Wichita, Kansas Trip

Shrutpragya Samanji arrived in Wichita, Kansas on Monday, August 22, 2016. He was picked up by Nilesh and Trupti Sheth at Wichita airport and was hosted by Nilesh and Trupti Sheth from August 22 to August 24, 2016. Samanji also gave Dharm-labh to Suresh & Sila Bhakta, Biren & Grishma Ajmera, Raju & Parul Sheth, Yogesh bhai and Niranjana, & Ranjan Baxi.

Shrutpragya Samanji's program consisted of lectures. Lecture sessions were conducted from Monday August 22, 2016 thru Wednesday August 24, 2016 each day from 8:30 PM to 10:00 PM. Samanji's lectures were on Power of Self Discipline. Samanji explained in detail with various examples about 10 disciplines. On the last day Samanji showed us various yoga poses and various pranayams. Samanji left to go to Chicago, IL on August 25, 2016 in the morning.



# Paryushana Facts

## Background

If there's one big festival accordingly to Jainism, it definitely is considered Paryushana. This festival is 8 days according to the Svetamber tradition and 10 days according to the Digamber traditions. During these days, the main message and focus is the idea of forgiveness and internal purification. Each day is focused on removing impurities such as our passions or kashays (anger, pride, deceit and greed). The very last day of Paryushana is known as Samvatsari consisting of doing Pratikraman. During this time, one asks for forgiveness for the entire year's worth of sins or bad deeds. The final phrase to end the 8 days is Micchami Dukkadam, which asks for forgiveness. This phrase should be said to all of our friends but also, especially to those who you may have hurt in the past. During the 10 days of Das Lakshana, each day has significance. There are ten virtues which are: forgiveness, humility, straightforwardness, content, truth, restraint of all senses, tapa, charity, non-possessiveness, and celibacy.

## Test Yourself- Some quick facts about Paryushana

What is the meaning of Paryushan?

To stay closer (to one's soul) – to purify our souls by looking at our faults

To ask for forgiveness and commit to minimize our sins

To suppress our passions

When is Paryushan?

It is during India's rainy season which is in the month of Shravan. According to the English calendar, this is late August / early September.

What do the Jain Monks do during Paryushan that is different?

Normally, Jain Monks and Nuns do not stay in one place for more than a few days. During Paryushan, they avoid travel to minimize violence and stay in one place.

Why is Paryushan important?

This is the time Jains can purify their souls by getting rid of karmas and ask for forgiveness.

How long is Paryushan?

Eight days for Shwetambers and ten days for Digambers.

Name the holy Jain scripture that is used during Paryushan?

Kalpa Sutra – Sadhus read about the life of Bhagwan Mahavir

During a special ceremony, small replicas are worshipped. What are they?

The fourteen dreams of Queen Trishala

Who is queen Trishala?

Bhagwan Mahavir's mother.

What is the stuti that asks for forgiveness?

*Khamemi Savva Jiva, Savve Jiv Khamantu Me*

*Mitti Me Savva Bhuesu, Veram Majjhan na Kenai*

I forgive all living beings of the Universe,

May all the living-beings forgive me for my faults.

I do not have animosity towards anybody, and

I have friendship for all living beings.

