

# August 2018 Newsletter

## Peace OF Mind

EXPERIENCE YOUR INNER BLISS



### Upcoming Events



#### **Sneak peak inside this issue:**

This month we had several exciting events across the US and abroad. We first started off with sessions in Houston and then traveled to Panama and London. We ended with going back to India and focusing on Project Aashta.

Please visit our website at [www.pomyc.org](http://www.pomyc.org)

Aug 6 – 12 – Rajkot – Abhavalay

Aug 13 – 17 – Shibir at Rajkot School

Aug 18 – 24 – Bhuj – Kutch

Aug 25 - Program at Arya Gurukul – Porbandar

Aug 29 – Sept 6 – Trip to Malaca, Malaysia

Sept – 6 – 15 – Paryushan at Kuala Lumpur

Sept – 16 – 20 – Ipoh and Pinang – Malaysia

Sept – 21 – 23 – Bali - Indonesia

## Atlanta Jain Sangha, Georgia, July 2018

The Atlanta Jain community invited Saman Shrutpragya ji to speak and take a leading role in the activities of the Sangha from July 9 to 12. Here he delivered four separate talks on the importance of Mangalik, as well as emphasizing the importance and value of Jain dharma. Mangalik is an ancient tradition in Jain religion and all Jain followers frequently listen to this powerful mantra; however, according to Samanji, many of them simply do not know the true meaning of Mangalik nor do they fully realise or appreciate its importance, Samanji taught. Over a four day period he explained thoroughly and definitively the meaning of Mangalik in talks that were delivered over a full four days. Samanji Also taught Yoga to many people in SANGH. During this time, he was kindly hosted by Rupa and Kaushik Desai and Rashmi Gupta. Samanji also happily stayed one day during his Atlanta visit with Gulab bhai Jain. This programme was very successful indeed and was received well by all who attended the lectures he gave.

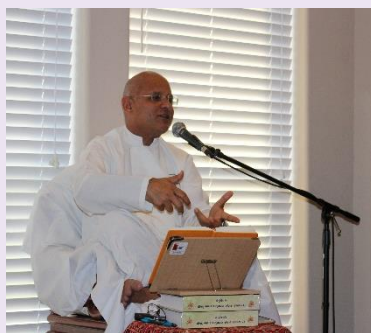


## Pravachan at Houston, TX FROM July 17 - 18

Pravachan By Shri Saman Shrutpragyaji on Tuesday, July 17,2018 . It was a very warm feeling in the Lecture Hall as Shri Saman Shrutpragyaji arrived sharp at 7:30 pm. K.C.Mehta, long time, organized the Pravachan, A devotee of Peace Of Mind Yogic center & Hosted by Mr. Ramesh & Mrs.Sudha. The Topic was " **Life is a Gift & Living is an Art** "

Shri Samanji gave an eye-opening suggestion on How one should live their Life. All the people present Left with a good feeling of 2 hrs. Worth spend in the divine presence of Shri Samanji. The comments received "Shri Samanji delivers Knowledge with Humor". The Topic was very well covered & 2 hrs. Pass by very quickly. Please make sure you call me for next Pravachan by Shri Samanji.

Samanji gave a talk here on the subject of three keys for spiritual life. on July 18th. More than 50 members participated in the programme. Samanji was kindly hosted in Huston by Pratima and Parimal Desai.



## Panama City from July 20-21

Saman Shrutpragyaji came for two days visit on July 20<sup>th</sup> and 21<sup>st</sup>, 2018, to Panhandle Hindu Indian Association center in Panama City, FL. This was his second visit with us. This 2 day event was a blessing for our Samaj on our 25<sup>th</sup> Anniversary.

He started off with a lecture on Friday evening in Gujarati. He spoke about Regrets people have at the end of their life, what's the importance of life and why to live the Life for Self-happiness. So we were able to learn from him, without having to go through those regrets ourselves. On Saturday, July 21<sup>st</sup>, 2018, he taught us practical Yoga and Meditation as well the importance of proper diet. It was a practical demonstration and step-by-step guidance on how to do Yoga in just 10 minutes a day.

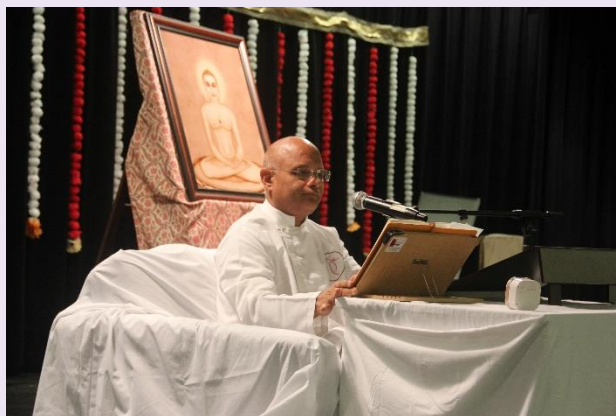
The afternoon session was with children over the age of 10 years. He spoke in English and the children loved it. The evening session was a lecture on family values. He covered complex topics such as Ego and Anger, as well as solution keys for resolutions. There was an opportunity for question and answers. It was a great experience for all family members.

Saman ji is very engaging, very simple explanation knowledgeable and uses modern examples to have a light-hearted session. It was very easy to understand his teachings. This will certainly benefit all of us to improve our lifestyle. Swami's simplicity touched our heart with warm feelings



## New Temple Inauguration, Austin, Texas, 15 July 2018

Saman Shrutpragya ji was invited by the Jain sangha for the inauguration of the new temple they have established. He gave a talk at the event on the topic of how to become spiritually elevated. Importantly, he was delighted to see the new temple development come to fruition, and he congratulated all the members of the sangha for their time and hard work, which enabled them to convert a dream into a glorious reality. Many other dignitaries participated in this special landmark event too. There were also cultural programmes to celebrate the inauguration, involving many members of the Jain sangha, and all contributors to the celebration were expertly delivered, Samanji proclaimed. Samanji was then welcomed to the home of Mukesh and Parul Kamdar where he stayed during his time spent at this special inauguration event.



## London Trip July 2018

### Guru Purnima Programme at the Home of Dilesh and Chetna Mehta, 27 July 2018

At the home of Dilesh and Chetna Mehta in Chorleywood close to London, Saman Shrutpragyaji celebrated Guru Purnima. In the presence of the Mehta family and their 50 guests Samanji delivered an inspirational lecture, which everyone who attended greatly appreciated. He focused on the importance of the guru for setting out on the spiritual journey, and he outlined a number of edifying practices that all spiritually motivated individuals should aim to carry out. The lecture was then followed by a lively question and answer session, as well as a delicious lunch.

In terms of the substance of the lecture itself, Samanji explained that when the disciple is ready the guru automatically appears, and that that is when the spiritual journey truly begins. He further explained that the disciple can and should be faithful to the guru, even though the disciple can never fathom the deep mystery of the spiritual master. In addition, he stated that the guru always guides his shishya correctly at the proper time and in the proper way and never abandons his disciple, always being attentive unconditionally to the needs of the shishya. Following the demise of the guru the disciple should not despair either, Samanji equally emphasised, as the guru's physical departure does not mean that the connection with the spiritual master is ever lost. Indeed, the spiritual link between them forever is maintained, he said.

Now, there are five key practices that every spiritually motivated person should aim to carry out, Samanji stated. These are (1) to be devoted to one saint who is greatly inspiring because of his purity or compassion, for example; (2) to read regularly one inspirational book, such as Bhagavad Gita or Ramana Maharshi's "Who Am I;" (3) to utter daily one special mantra; (4) to follow faithfully one key sutra; and (5) to be grateful for the path one is on, however arduous it might be at times and never being distracted when observing how different the spiritual path of others might be. If one is on the path of karma marg, gyana marg, bhakti marg or even dhyana marg, one should remain faithful to it, celebrating the differences of others on the spiritual journey and avoiding being distracted by different ways of practicing spirituality.

### Guru Purnima Satsang at the Home of Mr Neran Hathi, 27 July 2018

On the evening of Guru Purnima, Samanji was invited to the home of Mr Neran Hathi, a satsang event organised by Vinubhai Koticha. This celebration of Guru Purnima was carried out there in the company of members of the local Indian community who regularly attend meetings at Mr Hathi's family home. Vinubhai Koticha was accompanied by Dr Graham Dwyer, a close friend of Samanji's; and they had dinner together with Samanji before the event, a delicious vegan meal lovingly prepared and served by Shelaben Mandavia.

At the Guru Purnima satsang, Samanji gave a talk on the nature of the soul and the importance of the guru. In terms of the figure of the spiritual guide, he said that there are so many kinds of guru that one encounters in the modern world. He said, for example, there are the kul guru, jagat guru, dharma guru and sad guru, all of which are familiar types of spiritual authority. Nowadays, however, Samanji explained that a new type of figure has become prominent on the religious landscape, namely, the professional guru. As any professional guru enters into a relationship with his shishya on a financial basis, Samanji commented that the disciple has to be very careful. For if that relationship is merely driven or motivated by an interest in money or done purely for financial gain, this could be disastrous for the shishya. It is better to avoid choosing a professional guru if possible, but the key message is that care must always be exercised by any individual who wishes to follow any kind of professional guru.

### Private Satsangs and Meetings with Sanjita Doshi, Bhupendra bhai and Bhadra, 29 July 2018

Samanji had the pleasure to meet Sanjita Doshi and her family, as well as share lunch with them. This was followed by a private satsang. Later that day Samanji also went to meet Bhupendra bhai at Bhadra's residence and had a private satsang with a number of selected guests. Here Samanji gave instructions regarding how to connect successfully with young people in terms of Jain dharmic activities and principles. Some of the suggestions he offered focused on practical steps, such as creating a young people's sports group. By creating a sports group or team, Samanji said that this would serve to include young people effectively as well as a powerful way to engage them at the same time in seva work. By having a sports focus for young people, Samanji stated that it could, in turn, lead to other desirable possibilities and programmes, such as inviting and receiving knowledgeable speakers on Jainism with the power to engage with young people spiritually, speakers who, for Samanji, should ideally be capable of communicating proficiently in English, as well as being well versed in matters of the Jain religion.



## ( Extract from Saman Shrutpragya ji's new book – Jain Dharma (Reflections on the original Teachings and Practices of Mahavir Swami

...(K)arma in Jainism has meaning at a deeper level in terms of particle theory. It is held to be a material substance that attaches itself to the soul, and it is this which is held to fetter it. This material substance that binds to the soul, preventing it from being free, however, is a subtle form of matter and is not considered to be identical with the gross stuff of the ordinary phenomenal world. More precisely, in Jain tradition various types of matter are identified within a complex system of taxonomy. Thus, for example, the food humans consume is considered to be one form of matter and the substance of which the physical body is comprised is yet another kind. But while there are different varieties of matter, they each have their particular place within an eight-fold classificatory system. Karmic substance, like all other forms of matter, also has its own unique qualities, being a specific, independent category, although it is still given a place within this same eight-fold scheme.

The subtle substance of karmic matter, as already indicated, binds itself to the soul when action is performed. When any living entity engages in action, whether that is done to help or harm others, karmic particles are automatically drawn to the soul like a magnet attracts small fragments of metal, and karmic substance continues to increase in accordance with the number and types of deed that are carried out. Over time this accumulates, layer upon layer, a process that is held to have its origins in beginningless time. However, if it is predominantly bad actions that are performed, the soul next enters a lower form of life (or has to spend time in hell), with a correspondingly lower level of consciousness, the lowest category of this being known in Jain thought as *nigod*. If it does mostly good actions, on the other hand, in the next life *atma* might be born in a living entity that has a five-sensed body, the human form of this being one that has the highest level of consciousness and thus the greatest possibility to escape the turning wheel of birth and death.

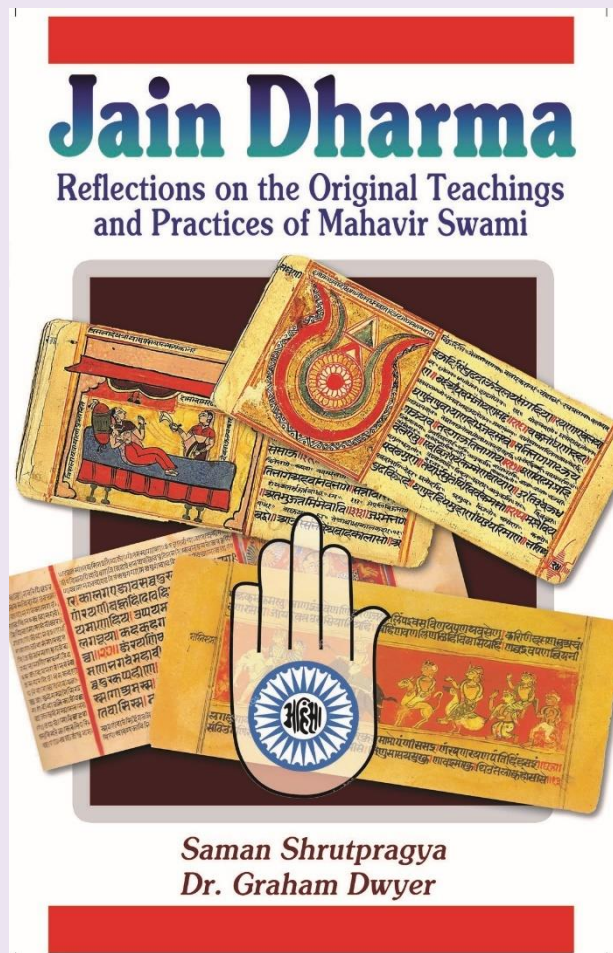
But, although karmic particles attach themselves to the soul as the result of either good or bad deeds..., it needs to be made clear that in Jain philosophy the consciousness underpinning the action is especially important to understand. In particular what counts most is the intention. If, in the case of a man, for instance, he causes suffering to arise in another man, whether this happens in a physical, mental or emotional way, the performer of the misdeed might execute his action advertently or inadvertently, that is to say, he may do it with malicious intent or completely unwittingly. But with either of these two possibilities the end result is invariably the same for the one who is negatively affected. Put another way, the object of that action not only suffers harm but does so to the same degree. Thus, whether or not there is intention to cause pain or suffering on the part of the doer, the harm caused to the other is still the unavoidable outcome of the action.

Nonetheless, while the recipient of the harm done is affected to the same degree, irrespective of whether the action that brought this about is intended or not, the consequence on the part of the doer in terms of the accumulation of karmic substance counts a great deal. When the intention to inflict pain or damage is the actual motivation for the harm done, it results in much added weight to the layers of karmic substance that binds itself to the soul of the doer. Indeed, proportionally most of the karmic load that comes to cover the soul is attracted to it in this way. Thus, it can be said that the intention to do harm here functions as though it were an instrument of magnification regarding the karmic matter that adheres to the soul. For this reason, it is always the most important consideration for Jains in the measurement of karmic effect that follows on as a necessary concomitant in the execution of all action performed.

With good deeds done, there is much complexity involved as well. Take for instance a man who makes a generous donation of money to a worthy cause, such as a valuable charity organisation. He might make a donation of a very large sum of money. While this will certainly result in the acquisition of good karma for him, it may well be less in terms of auspicious karmic return compared to a poor woman who gives significantly less money to the very same charity. The wealth donated by the poor woman may represent a significantly larger proportion of the money she possesses, and in this way her gift would result in greater auspicious karmic return for her.

Moreover, if the wealthy man's intention in his gift of money to a needy charity is to increase the respect he commands in his community, despite also being offered to help or support the charity in question, it will mean that his financial gift is not pure, concealing as it does his interest to boost his social reputation. Such mixed intentions in his behaviour, which is a very common event, would thus attract both auspicious and inauspicious karmic matter.

But in cases of either negative or positive karma, they both ultimately mean that the layers of matter covering the soul are increased. This is still a major problem, therefore, in terms of the status of the soul, as it needs to be purified from all forms of karmic material that hold it in bondage. From the perspective of the soul, whether the shackles that constrain it are made of gold or mere base metal is of no relevance whatsoever. Compared to base metal, gold may well shine and be gloriously attractive in appearance. But a fetter it still remains if it is used as a shackle. Actions motivated by sin (*paap*) or performed to gain spiritual merit (*punya*) ultimately need to be brought to a complete end for *atma* to achieve emancipation.





## **Welcome to Project Aastha Trip: December 22nd to December 29th 2018**

Our third annual Project Aastha to transform and empower the lives of our community and bring a change in the world by means of leadership, education, charity, and philanthropy.

**Vision:** To empower and uplift each individual involved through charity, spiritual and personal development, community service, education and giving back to the community by making this world a better place.

**Mission:** To promote concrete social change in the community by empowering individuals with spiritual and ethical values and fostering them with a love for learning through the means of meaningful community service.

**Purpose:** To bring the youths from all over the world together to help them with personal development, leadership skills, and communication through a sense of community involvement by giving back to the needy. It will also help them master stress management through meditation and yoga under the guidance of Saman Shri Shrutpragyaji

**Program Details:** It is a 7-10 day program that is open to single youths of ages 17 - 30. The program is designed to empower and transform the life of the individuals. You will learn not only personal and spiritual development under the leadership of Saman Shri Shrutpragyaji, but this program will be touching the lives of local kids, young men and women and people of all age groups by the means of charity, education, animal welfare and spirituality.

**Charity:** You will be visiting local schools that includes blind and deaf students, local hospitals, senior homes/ shelters, etc. and will be donating books, school supplies, back packs, clothes, serving dinner, and lending a helping hand to those in need.

**Education:** Visiting local schools and teaching them better communication skills, mannerisms, interacting and listening to the stories of their lives and empowering them to become a best version of themselves. Giving the young youth the self-confidence that they can achieve anything in life they put their mind to. In return, you will learn leadership skills, public speaking and get the satisfaction of selfless giving through empowering others.

**Animal Welfare (Jiv Daya):** You will be spending a day at the local animal rescue shelter where you will be helping the animals with food, water, heal their wounds and see them in their local habitat. Also, will be given an opportunity to learn the history behind how the shelter was formed, why the animals are rescued from getting slaughtered, things needed to run the place and what a difference you can make as an individual in their lives in the coming years even being far away.

**Personal/ Spiritual Development:** This is a life changing program. You will not only learn yoga, meditation and leadership skills from Saman Shri Shrutpragyaji, but also reflect on who you want to become in this lifetime. You will find your purpose in life. This program will help you overcome anxiety, teach you stress management, improve your public speaking and gain self-confidence. It will boost your self-esteem. You will also learn and apply the Jain principles of being truthful, ahimsa, non-attachment, minimalism, and non-acquisition.

**Fun/Jain Tirth Trip:** You will be visiting a Jain Tirth at the end of the trip, enjoy local food and also make lifelong friends in this program.

We have limited spots available, so reach out to us asap.

To become a part of this amazing life changing trip and find out more details, contact us at:  
[pomyc.org@gmail.com](mailto:pomyc.org@gmail.com)

## London Care Home Visit

Saman Shrutpragya ji also visited Birchwood Grange care home in Kenton - London during his trip to London. Geetaben shah and Bhagyavanti Ben arranged this program. Saman ji did they prayer and short speech to motivate all seniors.

