



PEACE OF MIND

PEACE OF MIND YOGIC CENTER, USA
PEACE OF MIND FOUNDATION, INDIA



Swami Shrutpragyaji's November 2011 NEWSLETTER

'The person who regularly recites mantra attains liberation from the fears of disease and death.'

New CD and Discourses

BOOKS

Jivan Jivavani Kala
Parivartan
Prarabdh Nu Puspa:
Purusharath Ni Sugandh
Turning Point

New CD and Discourses

MP3 sets:

Hindi:

Moksh Marg Satsang
Management Satsang

Gujarati:

Jain Dharma Satsang
Management Satsang
Power of Chakra Satsang

*any further questions, can
contact by email:*

Books Are Available at:

GEORGIA

Kaushik Desai - (770) 476-3874

ILLINOIS

Dharmi Shah - (630) 428-1360

NEW JERSEY

Dr. Champa Bid - (973) 533-1942

OKLAHOMA

Aruna Shah—(918) 605-8805

Current Activities

Date: October 10-13th
Location: Memphis, TN
Contact: Chanchala and Vinay Mehta
(cvnmehta@yahoo.com)

Date: October 14th-16th
Location: Atlanta, GA
Contact: Jainak and Indira Shah
(janak48@yahoo.com)

Date: October 19th-23rd
Location: Fresno, CA
Contact: Dhansukh Bhakta
(805-466-0794)

Date: October 24th-25th
Location: Sacramento, CA
Contact: Jagdish Shah
(916-751-6708)

Date: October 27th-30th
Location: Milpitas, CA
Contact: Ramnik Gohel
(ramnik_gohel@yahoo.com)

Date: October 31st-Nov 2nd
Location: San Diego, CA
Contact: Narendra Sheth
(narendrasheth@jivdaya.org)

Upcoming Activities

Satsang

Date: November 4-6th
Location: Indianapolis, IN
Topic: Satsang & Yoga
Contact: Dhansukh Gala
galadl@yahoo.com (370-650-0890)

Date: November 7-9th
Location: Marion, IN
Contact: Ramesh Zaveri
rzaveri@hotmail.com (765-660-1076)
Topic: Satsang with kids & adults

Date: November 11-13th
Location: Greenville, Iowa
Topic: Satsang & Yoga class
Contact: Vipin Bhavsar
(vipinbhavsar@yahoo.com)

Date: November 15th-19th
Location: Detroit, MI
Topic: Satsang
Contact: Peenal Shah
(peenalshah@yahoo.com)

Yoga Class at Drake University

Date: November 9th, 2011
Time: 6:30pm-9:30pm
Contact: Arranged by Drake South Asia
Students Association
Shivali Shah (shivali.shah@drake.edu)

Festival of Lights: Diwali!

This is an article that inspired me and I found from a fellow Jain youth. But I read it multiple times and I completely agree with it and respect the truth in it. This is the best article to describe Jainism and the importance of Diwali for us.



Across the world, hundreds of millions of homes are lighting up today to celebrate Diwali. Also known as Deepavali, or the Festival of Lights, the holiday is celebrated by not only Hindus, but Sikhs, Buddhists and Jains alike. Diwali connects followers of multiple religions in celebrations of the victory of good over evil through the lighting of deeps or diyas (lamps) and each religion adds their own color to the Festival of Lights.

In Jainism, Diwali commemorates the anniversary of Lord Mahavir's attainment of moksha, or freedom from the cycle of reincarnation, in 527 B.C.E. Lord Mahavir was the 24th and last Thirtankar of Jainism and revitalized the religion as it is today. First referred to in Jain scriptures as dipalikaya, or light leaving the body, it is said that the earth and the heavens were illuminated with lamps to mark the occasion of Lord Mahavir's enlightenment.

For Jains, Diwali is a celebration of Lord Mahavir's teachings and his contributions not only to the religion but to greater humanity. His teachings promote compassion and justice through ahimsa (nonviolence), advocating the importance of all living beings as well as social, political and economic equity. He emphasized aparigraha (non-possessiveness) in order to protect biodiversity from our greed. Most importantly, he taught the concept of anekantvada (multiplicity of views or pluralism) and encouraged individuals to overcome superstition and blind faith and to pursue reason through their own efforts. Each year Jains light lamps on Diwali to symbolize keeping the light of Lord Mahavir's knowledge alive and sweets are distributed in celebration of his contributions. Many Jains celebrate Diwali by fasting, singing hymns and chanting mantras to honor Lord Mahavir, while others participate in charity and philanthropy. The day after Diwali marks the Jain New Year, celebrating new beginnings and members of the Jain community greet each other with "Saal Mubarak" or Happy New Year.

In my house, Diwali is always celebrated as a mix of traditions. My family not only remembers and honors Lord Mahavir's salvation each year but also participates in Hindu traditions, such as praying to Lakshmi, the Goddess of Prosperity, to bless us in the new year and celebrating the return of Lord Rama after defeating the demon king Ravana.

As a child, Diwali mainly meant new clothes, my mother's delicious homemade sweets and a chance to stay up to "party" on what more often than not was a school night or, on the rare and lucky occasion, to miss school. Growing up as an Indian in America had its benefits.

Over the years the holiday has taken on a different meaning. Diwali is not just about good food and nice clothes; it is about celebrating the victory of good over evil in each and every capacity whether small or large. Each year Diwali is a testament of Lord Mahavir's teachings of pluralism and harmony in action. In India, Diwali brings together people of mixed faiths celebrating for different reasons and in unique manners. The festival is embraced by everyone, regardless of background.

In my own experience as an Indo-American, Diwali is both a reminder and a chance to practice Lord Mahavir's teachings. The lighting of the lamps denotes knowledge or the removal of ignorance. Whereas most of my elementary school classmates had never heard of and had no idea why I was so excited to celebrate Diwali, through the efforts of many South Asian Americans both awareness and acceptance of our traditions has increased and continues to do so with each year. Co-workers no longer think of Diwali as that time of year our India offices shut down, rather they recognize our customs and actively choose to dress up in traditional attire and partake in the festivities. Whether by blending together different faith traditions or mixing cultures to celebrate in a unique Indo-Western style, we can all find ways to apply Lord Mahavir's teachings of respect, generosity, peace and unity this Diwali. As you prepare for new beginnings, I wish you all a year of reflection and celebrating light through knowledge.

Saloni Desai



Perspectives from others

Akhil Shah

When I entered Vraj camp for the first time on Friday, I knew this camp would be good because the setting was peaceful. This camp is very powerful because it begins to clean the mind immediately within 3 days. This is done by both mental and physical exercises taught by Swamiji and Dr. Doshi.



I learned that physical exercise is very important for healing and preventing of diseases. People always say it's too hard to take time out to do yoga and pranayama. But, I learned that in the morning the best yoga to do is suryanamaska because it works all the parts of the body. Also, breathing meditation like breathing through one nostril and out the other can increase concentration and brainpower.

The world revolves around the mind, so it becomes very important to control if you want to be successful. Dr. Doshi taught us that it is important to live like a baby by having low ego, living in the present and being focused. To lessen the stress management and time management are important because bad timing leads to high stress. To control that it is important to do things that are only important and urgent. Everything I learned will benefit my life greatly.

ShivaliChoxi

I believe my experience at camp was very meaningful and valuable. Especially after living at college on my own, I have come to realize how lucky I am to gain this knowledge and how important it is that I implement and incorporate it into my lifestyle. I have learned much about time management and that it is important to set your priorities and makes sure to accomplish everything that needs to get done in a timely manner. Thus, yesterday's work should not take up today's time. In addition, I learned that taking breaks is essential to proper time management. We have 24 hours in a day and each hour in the day can be used in a productive manner.

I also learned about the importance of stress management, healthy living and inner peace. Stress is both a good and bad thing, and if taken positively is a powerful, motivational force. Nutrition and a good lifestyle are essential for living a healthy, prosperous life. Everyone is born with both good and bad genes but it is diet and lifestyle that determine which of these genes are activated, and it is up to us to make good choices, good decisions and plant-based foods. Finally, inner peace is the final component that can give an individual the strength to combat any situation or change. Inner peace is defined as having the inner stability to remain calm regardless of outer circumstances. It is important to be internally stable.



Annual Camp Lalit, Raleigh, NC

Jain Study Center of NC (JSCNC) hosted its annual Camp Lalit on Saturday October 1 & Sunday October 2, at the Umstead State Park, Camp Crabtree under the auspicious presence of **Shri Shrutpragya Swamiji**. JSCNC annual camp is a long live tradition started many years ago with leadership of its founder Late Shri Lalit Banker of Raleigh, NC, and now the camp is run annual to continue the tradition and to honor his memory.

This year, the camp was attended by about 65 adults, and 20 young adults (Age 12 and above) and 10 children (Under 12). Shri Swamiji conducted many discourses on topics of common interest to the community as well as yoga/breathing and mediation exercises during the fully packed schedule.

In addition, a few other sessions were held during the weekend and following couple of days with discourses on topics related to "Kashai" in English, and Gujarati languages, which were well attended by several people in all age groups.

Swamiji also gave fantastic 'satsang' in Hindi group in Raleigh.' On "Search for Solution". It was very much appreciated by all the attendees and they have all reached out to me to make sure that we do this again next year and many more years. I hope we can follow and practice the valuable 'keys' that you so lovingly provided us during your thoughtful discourse. They are truly life changing.

Jain Study Center is thankful to Shri Swamiji for his auspicious presence and time. Everyone enjoyed the sessions and time to speak to Shri Swamiji during and after the camp.



Travelling The West

California, 2011

Swamiji visited the small town of Tulare, CA on Oct 23. He gave a lecture on how to solve problems – there are thousands of problems but they can be categorized into 5 levels:

- 1) Those related to body and health.
- 2) Related to the mind
- 3) Related to family and relations.
- 4) Related to nature and attitude.
- 5) Related to reality and the truth of life.

There always is a solution to every problem. For physical problems, people have to change their food system and practice yogic exercises everyday. For mental problems, one has to practice meditation in order to train the mind.

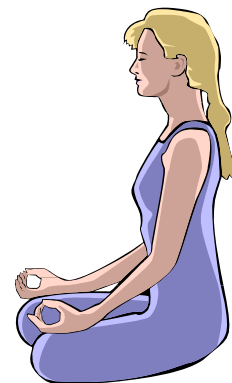
For emotional problems, one has to contemplate themselves and try to transform negative energy into positive energy.

For family and relation problems, each member has to improve their values, for example forgiveness, adjustment, and understanding of each other. For reality and truth problems, one needs to detach from the worldly life. One needs to learn peaceful acceptance.

After Tulare, Swamiji visited Atascadero, CA on Oct. 24. He gave a lecture on how to be a master in your own life. The lecture was held at Dhansukh and Nivu Bhakta's house. The lecture was well received by all the attendees.

On Oct 25, Swamiji visited Fresno, CA. He gave a lecture on karma and destiny.

On the next day, Swamiji gave a lecture to youngsters on life management. In this lecture, Swamiji talked about how to manage anger, stress, time, mind, and health. Afterwards, Swamiji gave another lecture to the adult group on the 4 keys of happy living. In this lecture, Swamiji mentioned the values of love, wealth, peace, and success. Rati Bhai Patel



Exploring Health Care

Health Care is a very prevalent topic amongst all ages: from the elderly to the youth. It affects each and every person. Thought this article for this month should focus on Eye Care and thought it was a very interesting article that is a must read!

I Thought I'd share it with you. 20-20-20

Step I :-

After **every 20 minutes** of looking into the computer screen, turn your head and try to look at any object placed at least 20 feet away. This changes the focal length of your eyes, a must-do for the tired eyes.

Step II :-

Try and blink your eyes for **20 times** in succession, to moisten them.

Step III :-

Time permitting of course, one should walk 20 paces after every 20 minutes of sitting in one particular posture. Helps blood circulation for the entire body.

Circulate among your friends if you care for them and their eyes. They say that your eyes are mirror of your soul, so do take care of them, they are priceless.....

Otherwise our eye would be like this.....

