

# Travels in India

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## Current & Upcoming Events

### Current Events:

#### -Samet Shikhar Trip

February 5th-11th, 2013

#### -Lectures:

- Blessings for Happening Marriage  
-February 13th, 2013
- Blessings at Rajkot School (Mirambika & Saint Tulsi School)  
- February 19th & 21st, 2013
- Satsang at Rajkot  
-Location: Narendra & Sonal Sheth Residence  
- Date: February 15th-22nd, 2013
- Pravachan for Students:  
-Studying for 10th&12th Board Exam  
-Location: Purusharth High School, Rajkot & Bhanvad, Jamnagar  
-Date: Feb 26th, 2013 & Feb 27th/28th

### Upcoming Events:

#### Medical Camp Opening

Date: March 10th, 2013

Venue: Bhanvad, Jamnagar

#### Bhuj-Kutch Satsang Yatra

Date: March 11th-15th, 2013

#### Rajasthan Yatra

Date: March 20th-25th, 2013

## .....Insiders Edition

*This past month has been filled with many travels in various parts of India including Bihar, and Rajkot. It was also special because we got many visitors from various parts of the world visiting the peace of mind center as well. It was an honor to go to many places and have many see our center as well.*

## Visits to Abhavalay POMC from Abroad..

Many families have visited Abhavalay, Peace of Mind Center in February 2013 and was a pleasure to have many families from abroad visit.



**Kantibhai Sheth from Kuala Lumpur, Malaysia**



**Diksharta Mumukshu Khooshbu from Bhuj-Kutch**



**Bharatbhai & Kirtidaben Mekani from Singapore**



**Vasantiben and her daughter from New Jersey**



**Jayantbhai Shah & Friends from Chicago**



**Mahendrabhai & Sarojben from Washington DC**

## Chocolate Tofu Pie

### Ingredients:

1 pound silken tofu  
1/2 cup unsweetened cocoa powder  
1 cup white sugar  
1 tablespoon vanilla extract  
1/2 teaspoon cider vinegar  
1 (9 inch) prepared graham cracker crust

### Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Blend tofu with an electric mixer or in a food processor until smooth. Blend in cocoa, sugar, vanilla and vinegar. Pour into prepared crust.
3. Bake in preheated oven for 25 minutes.
4. Refrigerate for 1 hour before serving.



## THE HEALTH CORNER

### How Om-ing Does Its Thing

**Studies** show that daily meditation can change your gray matter. Regular meditation gradually rewires your brain and, over time, produces high-frequency brain waves that increase your ability to focus, pay attention, learn, and remember -- all things that can help you reach your goals this year. Studies of Buddhist monks have found that if you meditate daily, these brain waves can stay ramped up permanently -- particularly in the region where you think happy thoughts.

Need more reasons to practice this ancient art form? Meditation helps with **stress**, **sleep**, **blood pressure**, **staying young**, and finding calm in the middle of chaos. With each deep, steady breath you take, you generate alpha brainwaves that let you relax and mentally move away from things that are bothering you.

Go on, give it a try:

- Find a quiet place where you won't be interrupted for 10 to 20 minutes.
- Close your eyes to help you stay focused.
- Pick a simple word to help clear your mind (*om* really is a good one), and slowly repeat it as you breathe in and out, deeply and regularly.

Redirect your focus to the rhythmic pattern of your breathing if odd thoughts or little twinges crop up (they will).



# Various Functions

## Lions Club, Rajkot

On January 13th, 2013, Shrutpragyaji invited the Lions Club as a speaker for Region conference in Rajkot, Bhaktinagar Station. He gave a wonderful and powerful speech, which everyone loved. Bhupendra Singh had invited Swamiji and J. Lion Harshaba Adeja, Region Chairman Region II and Lion Kantaben V. Kathiriya, Region Chairman Region III, Lions Clubs of International conducted this pro-



## Sneh Milan Function

On Jan 12th, Swamiji was invited by Paneli Samaj, Rajkot at Sneh Milan Function. All the members and students received blessings from Shrutpragyaji. Kirti bhai Shah coordinated this arrangement with Swamiji's and blessings for this program.



## Visiting Bihar

While Samedshikhar yatra Swamiji visit's one of the School in Bihar and ji visit's Viraytan and Met Acharya Chandana ji. He also met Arun muniji (Petarwal) at Rujubalika ( Birth place of Bhagwan Mahavir)



# Various Functions

## Mirambika High School

On Feb 19th, Shri Shrutpragyaji was invited by Mirambika Highschool, Rajkot for Viday and Sanman Samroh for 10th and 12th Std.Students. Swamiji gave a speech on How to give exam without Stress and Fear. Shri Bhupendrasingh Jadeja also motivated students.



## Saint Tulsī School

On Feb 21st 2013, Shri Shrutpragyaji was invited by Saint Tulsī School at Rajkot to motivate the students for taking a stress free Board Exam.



## Science Fair, Rajkot

Swamiji was invited at Science Fair in Rajkot and Opening the Fair on Feb.23,2013. Principal Rana Sir Introduced



# Jain Education Corner:

*Unscramble the following Jain words. The theme for this is related to karmas.*

1. hiegt
2. gwkoneled
3. himayona
4. cdteei
5. hitgaa
6. yeanvdi
7. nilpfaes
8. agrot

*Answers will be provided in the next newsletter*

## Latest Publications/DVDs

### Publications:

CD:

#### 1. Jain Darshan Satsang ( Hindi)- mp3

Topics-

- atma nirikshan
- gyan ke panch Prakar
- Mahavir Mahavir kaise bane?
- Paryushan ke Panch Kartavya
- Micchhami dukkadam ke sat tarike
- Swayam ko kaise Badale?
- JIvan Jinesh ke sutra

#### 2. Maru Man: Mari Shanti - Gujarati - mp3

Topics-

- Jivanma she khoote chhe?
- Atma ane sharir nu Milan bindu
- Maru man : Mari shanti
- Maitri bhavanu packers zaranu
- Pramod bhavana
- gyan panchaminu mahatva

For any questions/concerns please

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