

Peace of Mind: January 2016



Start of a New Year!

Current Events



Kutch Program (Dec 8 to 12)

Matruchhaya School
Kutchhi leva patel Girls Hostel
Kutch Mitra Press Interview
Mandavi – Kutch Program
Anjar Education Society - Anjar

Dhrol - Jamnagar Program (Dec 17)

G.M Patel School
M.D.Mehta High School

Rajkot School (Jan 19)

Panchshil School

Jamnagar Program (Dec 14)

G.M.Haria School 33rd Annual Program

Upcoming Events

Rajasthan Trip

Jan 1 to 4

Personal Maun Sadhana

Jan 1 to 27, 2016

Kutch and Patan Trip

Jan 5 to 10

Malaysia and Singapore Trip

Jan 29 to Feb 15 , 2016



We would like to wish everyone a very happy, prosperous and religious start of the New Year! As the start of the new year, may everyone be guided spiritually and make a resolution they think is best for them!

Kutch Trip, December 6-12 2015

Saman Shrutpragyaji and his friend Dr Graham Dwyer spent six days in Bhuj, conducting school lectures and visiting Samanji's family members there. Samanji gave motivational presentations with the help of Graham Dwyer at the Matruchhaya School for Boys and Girls and also at the Kutchhi Leva Patel Girls School in Bhuj. Samanji's lectures at the two institutions were presided over by school heads and attended by large numbers of students. Coverage of the lectures was also reported in the Kutch Mitra Newspaper.

In addition, Samanji with Graham Dwyer made an excursion to the seaside town of Mandvi during their Bhuj trip. Samanji was specifically invited there to give the Annual Kanta Ben Doshi Award. This was the 4th award of its kind, an award that is given both to honour the memory of Kanta Ben Doshi and to celebrate the social work of woman. On this occasion, the award was received by Manjulaben Morbia for her support of people in her community. Samanji gave a lecture on values in family life, and he talked also about the importance of flexibility everyone needs to exercise in order to create loving relationships, as well as helping others in society at large. During his lecture, Samanji expressed high praise for the work women do beyond the home. He emphasised that women should not only be considered for their domestic work, crucial though that is, drawing attention to the great contribution many women can and do make in society. His presentation was warmly received and much appreciated.

During the Bhuj trip Samanji was also invited to Anjar City, specifically by the Anjar Education Society to talk to some 300 students. Kishor Bhai and Hemant Bhai, two trustees at the Anjar Education Society, arranged Samanji's lecture programme for 9th to 12th standard learners. Both students and staff at the institution heartily received Samanji and his friend Graham Dwyer.

All of these activities carried out in Bhuj and in neighboring areas, thus made the visit from Rajkot enjoyable and very successful.



Shree L.G. Haria School Celebration

SamanShrutpragyaji together with Dr Graham Dwyer participated in the Shree L.G. Haria School's 33rd Annual Celebration Day in Jamnagar, Gujarat. They were invited to the school, which has close to 3000 students, by the Principal Anjana Asher. They contributed to the institution's celebrations, with Dr Dwyer giving a brief opening address. SamanShrutpragyaji was the key note speaker at the event, and his inspirational speech was well received and much appreciated. The function itself, which was also celebrated with student performances and an evening meal, was attended by parents and other relatives of students, as well as by dignitaries, including the school's chairman, Kantilal Haria, and school trustees. It was a delightful celebration, one that was televised as well as reported on in local newspapers.



School Lectures in Drohl, Gujarat, 17 December

Three schools for girls in Drohl, Gujarat organised motivational lecture programmes, which were given by Saman Shrutpragyaji. The first institution visited was M.D. Mehta Girls High School. The heads of this school Sudha Ben and Hansa Ben attended the event along with 500 of their students. The second institution visited was M.G. Patel Kanya Vidhyala. Here the school principal Vijaya Ben participated together with 700 students. The third institution visited was Ahir Kanya Vidhyala. The head of school Mr Zala, president over this event, and 300 students attended it. Saman Shrutapragya was supported during these three separate programmes by Dr Graham Dwyer, who also addressed the girls assembled for Samanji's lectures. Moreover, Bantu, who accompanied Saman Shrutapragya and Graham Dwyer, gave demonstrations of yoga, which were enthusiastically observed by the school girls. After the lectures had been delivered, the schools requested Samanji to make available to them key publications of the Peace of Mind Foundation, as well as asked him to return again. He was invited to conduct additional programmes in the coming New Year at all of the three institutions, including also the organization of a Shibir. The events at the schools were a great success and an enjoyable experience for all those who participated.



Panchshil Vidhyala, Rajkot, Gujarat, Dec 19, 2015

Samanji was invited to give a motivational lecture to 10th and 11th Standard students at the Panchshil Vidhyala School in Ajkot. This event, which was attended by some 200 boys and girls as well as their parents and family members, was organised by the principal Mr Mansukh Bhai. It was an event that both students and their family members found both inspiring and encouraging. Samanji was asked to return again to give an additional programme in the New Year, and many students and parents at the institution requested literature of the Peace of Mind Foundation to be made available to them.



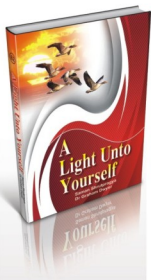
Yoga - Spiritual Teacher Training Shibir (Purusharth School, 23-26 December 2015)

Saman Shrutapragya held a shibir at the Purusharth School in Bhanvad, which was attended by more than 50 participants, most of whom were girls from schools in Ajkot, Rajkot, Upleta, and Porbandar in Gujarat. The three day Level I Yog-Adhyatmik qualification programme resulted in all who attended receiving a certificate, with approximately half of them being awarded a qualification to teach yoga and meditation in schools and colleges. This was the teacher training aspect of the shibir. Saman Shrutapragya gave lectures on memory development, self-confidence, self-discipline, value-based education, and Pran-Yog-Sadhana, and the participants sat examinations during the shibir. Samanji also spoke about pranayama, yoga and meditation and daily practical exercises were carried out too by participants. A follow-up programme for participants selected to undergo additional in-depth training to teach yoga and meditation was also announced, and this will be conducted in the early part of 2016 at the Peace of Mind Foundation in Rajkot. All those who participated spoke with high praise about Samanji's Yog-Adhyatmik Shibir and their enjoyment of doing his teacher training course. The whole event was supported by Bhimsi Bhai and Acharya Ramsi Bhai at the Purusharth School, and their provision of accommodation, food and other amenities was greatly appreciated by Saman ji as well as being enthusiastically welcomed by all who took part in shibir.



New Book Launch: *A Light Unto Yourself: Inner Divinity*, 25 December

The new book in English by Saman Shrutapragya and Dr Graham Dwyer was launched during the shibir at the Purusharth School in Bhanvad. The invited dignitary who spear-headed the launch for the book, *A Light Unto Yourself: Inner Divinity*, was the State of Gujarat poet Vinod Bhai Joshi. Graham Dwyer addressed the audience at the school in Bhanvad, and he spoke about how the new publication of the Peace of Mind Foundation should be seen directly as offering a contribution to the great tradition of Shraman spirituality, whose spiritual wisdom is in the line of ancient spiritual masters, particularly Lord Mahavira and Lord Buddha. Samanji and Vinod Bhai Joshi also reinforced this same message. The event was appreciated with great enthusiasm by the audience. The book is now on sale and can orders for it can be made by emailing the Peace of Mind Foundation (Email: pomyc.org@gmail.com).



In this book Saman Shrutapragya eloquently tackles a range of topics of the greatest import for spiritually-oriented individuals. His work as an independent spiritual leader coupled with his deep respect for all expressions of sincere religiosity make the messages he expresses in this volume especially appealing.


Saman Shrutapragya is a modern inspirational and charismatic spiritual leader. Born in Bhuj-Kutch in 1966, he completed his education at Jain Vishva Bharati, where he gained an M. Sc. At the age of 20 he started life as a Jain samyasi and continues today to maintain monastic precepts and practices.

He has traveled to many countries worldwide, including Australia, England, Japan, Malaysia, Russia, South Africa, Singapore, U.S.A., and several Asian countries. He has visited many prominent universities, most notably the universities in Oxford, Cambridge, London, Hawaii and Berkeley, and he has conducted thousands of yoga and meditation seminars globally. Shrutapragya's teachings fuse ancient scriptures with modern science. He is highly knowledgeable on the subject of Jainism and how to apply its principles in daily life, as well as being a specialist in yoga and meditation techniques.

Saman Shrutapragya speaks effortlessly and makes Jainism and its core practices accessible in today's world. This is much needed, especially to ensure that the young generation can apply the principles of Jainism in the modern world. Shrutapragya is, in fact, on a mission to change the face of Jainism and modernise its presentation, while ensuring that the core teachings remain the same. He has established the Peace of Mind Foundation in Rajkot-Gujarat as well as the Peace of Mind Yogic Center in USA, and he is the author of more than 60.


For more information visit : www.pomyc.org

Dr Graham Dwyer received his D. Phil in Social Anthropology from the University of Oxford and is Honorary Research Fellow at the Centre for Theology and Religious Studies at the University of Winchester. He is the author of three scholarly books and many academic articles dealing with various aspects of Indian religious traditions.

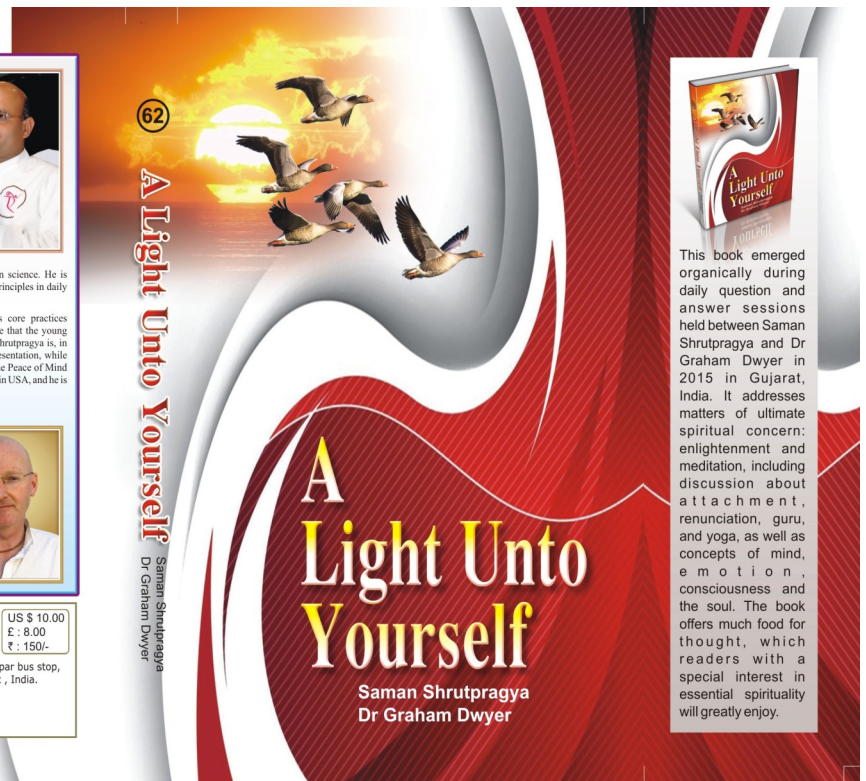


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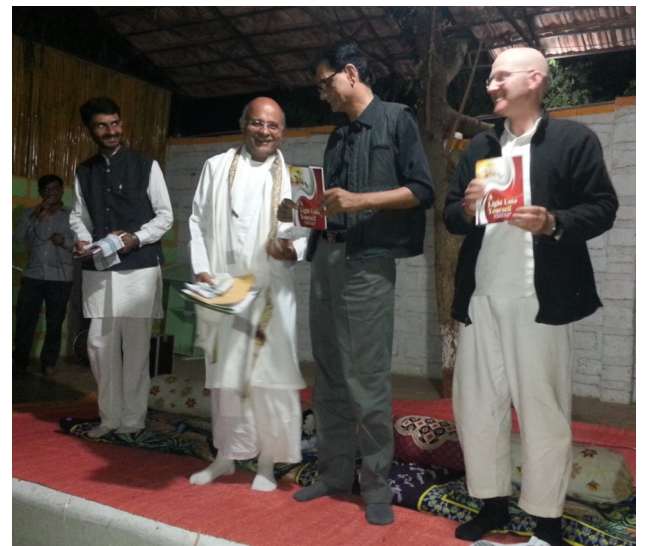
US \$ 10.00
 £ : 8.00
 ₹ : 150/-



ESTD : 2006



This book emerged organically during daily question and answer sessions held between Saman Shrutapragya and Dr Graham Dwyer in 2015 in Gujarat, India. It addresses matters of ultimate spiritual concern: enlightenment and meditation, including discussion about attachment, renunciation, guru, and yoga, as well as concepts of mind, emotion, consciousness and the soul. The book offers much food for thought, which readers with a special interest in essential spirituality will greatly enjoy.



Visitors to POMYC

On Dec 3 to 5, Pritiben and Laljhibhai Baxi visited at Abhavalay Rajkot from Memphis, TN.



Charity Work

Peace of Mind Foundation Donated FOR 13,000 Rs. for Mentally challenged Students at Prayas institute in Rajkot. And check hand over to Poja PATEL, president of Institute.



Check Given to Deep Kumar Sandipbhai

