



Saman Shri Shrutpragyaji

◆ Spiritual Guide ◆ Author ◆ Educationist

Peace of Mind Foundation

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December – 2021

Teacher's Motivational Session

November 22

At Jilla Shikshan Bhavan Junagadh, Samanji gave a talk on Deference of education in different country and Why it is Important. This talk was facilitated and supported by Kanubhai Karkar, who arranged the program.



Pravachan at Pulkit School: Junagadh

November 23

Samanji have also gave talks at Pulkit School, Junagadh among 200 students and he also visited Kiran Makwana's (Tapovan) home in Junagadh.



Yoga for Teachers : Junagadh

November 23

Samanji gave talks at schools which are providing yoga training in government Schools. His main theme in the talks focused on: How Yoga Influences One's Whole Life?



Samanji's Seminar at Bera Girls School Gondal

November 24

Samanji visited Bera Girls School in Gondel. At the school he gave a motivational speech, which more than 500 girls benefited from. Bipinbhai Mankadia supported the event effectively and positively.



Samanji's Speech in Purusharth School : Bhanvad

December 2

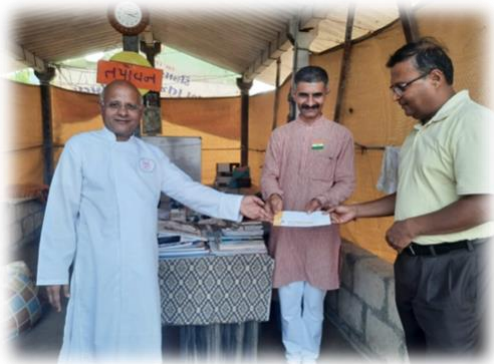
Samanji began by saying that, although Bhimsibhai may appear at times to be physically on the weak side, this is not so and further added that this is because Bhimsibhai's mind is both strong and positive.

People need to be always positive, Samanji emphasized. To be positive, he said, does not mean what many people think. Importantly, it means that whatever happens in life, one needs always to accept it gladly. The NCC training, he also commented, teaches us how to be strong and disciplined, which are greatly beneficial throughout life.



Atulbhai visits Abhavalay and Bhanvad

December 7



Atul Shah from Chicago visited Rajkot and Bhanvad. He visited Tapovan and Purusharth School and he donated and sponsors for scholarship for two students. Also he will focus how purusharth school can improve thier service for the students. He also visited Khamta Mahila College and gave guidance to the students.



Ashishbhai and His Parents Visit to Bhanvad

December 8

Ashishbhai from Denmark visited Tapovan and Purusharth School and spent much valuable time there with students. During the visit he made a donation for Volleyball equipment for Tapovan students as well as gave a donation for scholarships. His father Ravibhai and his mother very much liked Tapovan and Purusharth School. Ashishbhai additionally joined Samanji at the Tramba and Jasdan Schools' programs.



Stage Superstar Competition : Tapovan & Charity Activity December 12

On the occasion of Saman Shrutpragyaji's 55th Birthday, the Peace of Mind Foundation arranged this exciting competition at Tapovan, Ghumali, and 45 students in two groups participated in it.

Two students from the first group, and four students from the second group, won prizes.

Group 1:

1. Gautami Radia
2. Parth Karmur

Group 2:

1. Selsi Ghetiya
2. Rudra Shah
3. Vidhi Joshi
4. Pradip Patadiya

With the blessing of the Peace of Mind Foundation 200 students and staff were given tasty, healthy snacks, and everyone both enjoyed the event and learned a great deal from it.

Ghanshyam Bhai was the chief guest. He also gave a powerful motivational talk for the benefit of students. Bhimsibhai further offered his best wishes on this special occasion. In addition, in celebration of Samanji's 55th birthday, Samanji together with Parth distributed blankets to needy families and also provided track suits for needy students.

At the end of the program, Samanji inspired everyone with a final powerful speech. The link for this is: <https://youtu.be/Uk9dreYDOMI>



Samanji visited these schools on 14th December to deliver motivational pravachans.

He first went to SPV Bhadla, Jasdan, where Samanji talked at the school about Five Important Qualities in Student Life. With the support of Payal Ben, Samanji both visited this school as well as the Swami Vivekanand High School. Students and staff from both institutions listened to his talk. The School Principal, Shree Dipesh Polara, welcomed Samanji and the whole program was very successful.



Next in Radhika School, Tramba, Samanji spoke about How to Study Effectively and How to Use Time Wisely. Sachin Bhai welcomed Samanji at the school.

The last institution Samanji visited was Krishna International School, Tramba. Here Samanji inspired all students with a simple message: How to be Happy and Successful at the Same Time. The Managing Trustee, Truptiben Gajera, heartily welcomed Samanji, and Ronak Sir introduced him to students and staff at the campus.





Government Teacher's Visit to Tapovan, Bhanvad

December 9



A government teacher responsible for yoga training made a visit to Tapovan in Bhanvad. He had friendly discussions there with Samanji and Bhimsibhai, after which he requested Samanji to deliver a one hour pravachan on the Importance of Yoga in the Education System. Bhimsibhai guided the event and welcomed the government teacher and everyone present very warmly.

Shibir at Modi School, Ishwarya, Rajkot

December 16 to 21

Because of Rashmikant Bhai Modi's inspiration and also because of demand, Saman Shrutpragyaji happily agreed to conduct a five day shibir, each day with five separate classes at Modi School (Shwaraya). A total of 600 girls and boys took part in it.



Samanji taught Yoga, Meditation and Pranayam and selected four topics for his motivational talks: on Attitude, on the Power of Knowledge, on Concentration, and on Living a Healthy Life. Samanji gave answers to all questions from students as well. Most students bought the books of Samanji and almost all of them wrote or gave verbal very positive feedback to Samanji. Some of their responses are

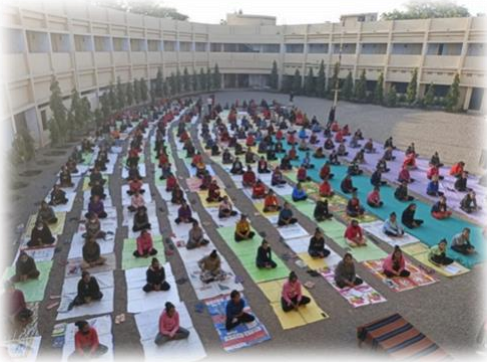
published in this Newsletter. Amit Sir, Paresh Sir and their whole team provided enormous support, helping to ensure that the shibir was not only successful but also useful practically for all students.



Three days Shibir at Mahila College, Khamta

December 22 to 24

Samanji was invited to Mahila College, Khamta to carry out a three day Yog and Educational Guidance Shibir for girls. More than 600 students and staff participated in the shibir. Samanji taught some 20 Yog asanas as well as answered all questions from participants. The hostel coordinator, Sejalben, supported the program effectively on each of the three days and also arranged many additional activities for the benefit of all participants.



MANY MANY HAPPY RETURNS OF THE DAY Samanji

On this auspicious day, I would like to thank you and express my gratitude to you. You have supported us in our dire straits. You have not only supported us financially but also mentally. You spared your time and came at our home, showered your blessings and made us hear manglik. No one has brought so much positivity in our life. Swamiji you held our hand when we were in our most difficult times and guided us. Your encouragement and support instilled confidence in us. We will always be grateful to you. Thank you so much swamiji from the bottom of our heart.

- Fenny and Aarvee Doshi, Rajkot

Online Resources

The Peace of Mind Foundation online resources on YouTube® with Samanji's satsangs and boosting one's immunity system through Twinkle Pethad (in English) as well as special satsangs (in Gujarati). Please subscribe by visiting the link bellow and get tremendous benefit from it.

<https://bit.ly/2Iho0dN>



You can equally physically, mentally and spiritually gain enrichment from Samanji's exciting Blog (in Gujarati and English).

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

Upcoming Events

- **Dec 27-29:** Sambodhi, Rajasthan
- **Jan 1-10:** Sambodhi
- **Jan 11-17:** Rajkot
- **Jan 18-24:** Rajkot & Around
- **Jan 25-31:** Surat & Around

Guru-Shishya Relationship

(Extract from: Saman Shrutprajaji and Dr Graham Dwyer's JAIN DHARMA)

The guru as the figure of authority in Jainism...takes on a role of utmost responsibility and must be both honest and selfless. Although he is of lower standing on the spiritual platform compared to a tirthankara, nevertheless, as the embodiment of the ideal, he is thought to have gained a flavour of the same supreme knowledge of an emancipated being. For this reason, the path he shows to the shishya through his words and actions and directly through his own example is considered to be...helpful for the disciple's spiritual journey...The personal characteristics...(of the guru) include humility, discipline, strong and sustained power of celibacy, complete faith in Jain dharma...knowledge of scripture and capability to lead the spiritual community... (A)lthough humility is a major characteristic (of) the...(guru), it is also essential in the case of the disciple...if the disciple wishes to gain true self-knowledge and achieve enlightenment. This is the very basis of the relationship between guru and disciple.

According to Jain tradition, the disciple needs the guru in order to progress; and this is because the shishya is understood to be incomplete. Such incompleteness is seen, for example, where the disciple fails to exercise control over his or her sexual urges and other fleshly appetites, and because he or she has not sufficiently mastered emotions such as anger, fear, hatred, greed, jealousy and so on. Also, where the disciple continues to be beset by negativity or succumbs to a negative outlook on life, he or she has great need of help from the guru. The latter provides necessary correction and guides the disciple..., ensuring that the shishya moves on the right path, as well as supporting him or her on that journey. This is an important reason for the relationship between guru and disciple...

Moreover, there are so many...possibilities for the disciple to go astray without the guru's intervention. The disciple is always in danger of being distracted or tempted by worldly pleasures; and it is for this reason too that the guru's leadership is always needed...(W)ithout the guru the disciple cannot attain wisdom and knowledge required to achieve enlightenment...(H)ouseholders or shravakas can and should look for guidance from their...(guru), whatever sect of Jainism to which they belong...Having made this point, however, a common occurrence, particularly in the modern age, involves many shravakas following almost any self-proclaimed spiritual teacher...While it is certainly acceptable to learn from a teacher in any religious organisation or from particular individuals who have gained a reputation for their wisdom or spiritual insight, it is nevertheless not...considered correct from the perspective of orthodox practice. Self-proclaimed gurus may certainly offer messages that are greatly beneficial, but ignoring one's own...(guru) is not sanctioned in Jain tradition. Indeed, in ancient times the Jain laity would typically sit at the feet of their...(guru), listening to his lectures and the lessons he gave, as well as meeting with him whenever the opportunity or need for this arose in order to receive personal instruction... Since the...(guru) is the living representative of the tirthankara, this is prescribed by the religious code and should be recognised as such by all Jains wishing to maintain correct discipline, as well as for them to deepen and enrich their religious lives.