



PEACE OF MIND

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



## Swami Shri Shrutpragyaji's

December 2011 Newsletter

### Jai Jinendra

November 2011 has been an exciting spiritual journey from Indianapolis to Detroit. Thank you all for the great participation and enthusiasm. My blessings to the Shravaks and Shravikas.

#### Topics covered:

- ✚ Upcoming activities
- ✚ Jain Community of Milpitas
- ✚ Journey from Indianapolis to Detroit
- ✚ Article of the Month 'Art of Dying'
- ✚ Healthy Living ☺
- ✚ Feedback
- ✚ POMYC.org Jain Resources Store

Thank you for the great participation and making my visit eventful. Here is the spiritual itinerary :

#### Nov 4-6: Indianapolis, IN

Cordinator(s): Dhansukh Gala  
Phone: [317-650-0890](tel:317-650-0890)  
email: [galadl@yahoo.com](mailto:galadl@yahoo.com)

#### Nov 7-8: Marion, IN

Cordinator(s):: Ramesh Zaveri  
Phone: [765-660-1076](tel:765-660-1076)  
Email : [rzaveri@hotmail.com](mailto:rzaveri@hotmail.com)

#### Nov 9: Yoga Class in Drake University

Time: 6.30-8.30pm  
Cordinator(s): [shivali.shah@drake.edu](mailto:shivali.shah@drake.edu)

#### Nov 11-13: Grenville, IOWA

Cordinator(s): [vipinbhavsar@yahoo.com](mailto:vipinbhavsar@yahoo.com)  
Phone: [515-554-0973](tel:515-554-0973)

#### Nov 15-19: Detroit, MI

Cordinator(s):: Peenal Shah  
email : [peenalshah@yahoo.com](mailto:peenalshah@yahoo.com)

*Samyak Purusharth is the only thing in our hand- Do it religiously and progress in your spiritual journey towards Moksha.*



## Upcoming Satsangs

**Dec 7-12 : Mumbai, India**

Contact: Tushar Gosalia  
Phone: [022-24075600](tel:022-24075600)

**Dec 13-30 : Rajkot, India**

Camp in Rajkot's School  
Contact: Peace of Mind Foundation  
Phone: [9427366164](tel:9427366164)

**Dec 18 : Shankheswar, Rajkot, India**

Shibir for Mother in law and Daughter in law  
Date: Dec 18, 2011  
Contact: [KC Maharaj Saheb](mailto:KC.Maharaj.Saheb)

**Dec 27-28 : Saurashtra, India**

Management Shibir, Stress Free Living  
Venue : Saurashtra University  
Participants: Staff of Saurashtra University  
Contact : [9427366164](tel:9427366164)



*Satguruji ke Pawan Charno  
me koti koti Vandan*



## *the land of Mumukshus – Milpitas, California ( Oct 27-30)*

*During Swamiji's journey in California he arrives to the great and very active Jain community of Milpitas—  
JCNC*

### **Diwali function in JCNC ( Jain center of Northern California )**

On the beautiful occasion of Diwali we are all looking for a bright and successful year ahead. Swamiji's decided to covers topics of Spiritual practice in busy life, Karma and Destiny, How to be a master of your own life, Preksha Dhyana, and ofcourse the significance of Ashta Mahalaxmi. Special thanks to Ramnik Bhai and RasilaBen for being a great host. Last but not the least, great thanks to the president of JCNC, Shobha Vora , Yogesh Bapna Avni and Mukesh Shah for their excellent contribution in organizing this event.

Later on Swamiji went to the land of beaches and ofcourse the most enthusiastic JSSD community at San Diego ( Oct 31 – Nov 3 ). Folks enjoyed the great pravachan on what does 'busy' word really means, the favorite Omkar Dhun, times at which you should avoid getting angry during the day, and ofcourse the laughter exercise ☺ San Diego. Thank you to Sagar Shah and Khyati Shah for hosting Swamiji during this stay.

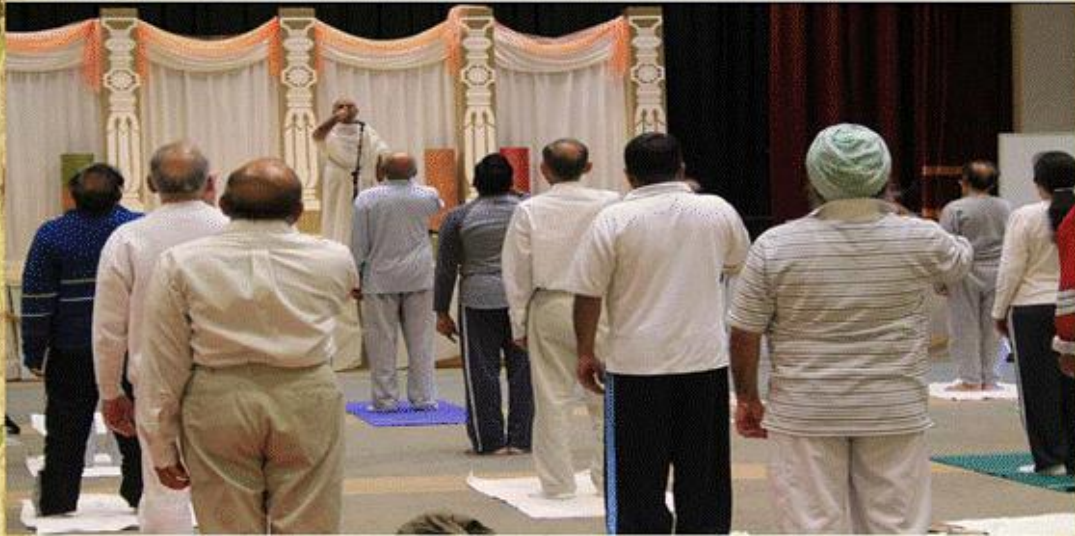
### **Diwali function at JCNC**



*Life is the sum of all your choices. - Albert Camus.*



*Preksha Dhyam*



*Yoga*





## Swamiji's visit to Indianapolis

Swami Shrutpragyaji arrived to Indianapolis on Nov 4<sup>th</sup>. The same day there was a Satsang at Dhansukh & Neela Gala's home. The attendees really had a great time and raised their level of awareness. Topic covered was 'who determines the destiny of a person?'. The following day a Satsang was held at The Hindu Temple of Indianapolis, several people from Louisville and Terra Haute drove almost 2.5 hours to listen to Swamiji. They were enlightened by Swamiji with a Satsang on 'Art of dying'. Also, there was pravachan on 12 keys to 'Reduce our karmas' during his stay. On the final day he attended a Buddhist meditation group who meet every Sunday. Most of the people were all American. They were enlightened by Swamiji. First with the meditation part and then with a satsang on Art of Dying which was very well received.



*Peace is not the absence of pain but the acceptance and expression of pain*



## *Swamiji's visit to Iowa*

Iowa Jain Hindu group was fortunate to have Swamiji's 5 day program in Iowa, USA. Swamiji's discourses brought significant number of new people during this visit. Everybody enjoyed and learned Yoga-Meditation. It will ultimately bring peace to our life and allow us to make adjustment in our life to live stress free.

Swamiji's visit to Drake University – a melting pot of students from all parts of world was attended by many students to learn practice of Yoga and Meditation. We had some of our old acquaints as well as newcomers to Swamiji's program in Des Moines, Iowa. Attendees enjoyed lectures on teaching on Body-Mind-Spirit on Thursday November 10 and 'Who has the remote control of your life' on Friday November 11. We had 4 hours of Yoga-Meditation lecture followed by Lunch at one of the public school cafeteria on Saturday November 12.

Finally we went to Ames, home of Iowa State University to learn on Eight Goddess of treasure; which was attended by many Iowa State University professors and teachers. We had acclaim on your oratory skill and ease to spread and implant your message with humors. Meenakshi & Vipin Bhavsar and Iowa Jain Hindu group are thankful to Swamiji to bring such wisdom and spirituality to our community.

*Drake University student doing Yoga*



*Our emotions are not the problem. The problem is our belief about our emotions.*



*Drake University student doing Yoga*



*Iowa Jain Hindu group*





## Swamiji's visit to Detroit

From 15-20 November, Shri Shrutpragyaji Swamiji's program was conducted at Jain Centre of Detroit. Everyday Swamiji gave pravachan on different topics of Jain religion. Swamiji mentioned that to hear and to do Swadhyay is not sufficient but conduct is more important. To get knowledge in conduct, hearing is to be made necessary. Without effort, knowledge does not come in conduct.

On 19th and 20<sup>th</sup> Swamiji had conducted a beautiful camp for all on meditation, pranayama and yoga. Many people had participated. One day Swamiji had given lecture to 60 students of Jain study class on the topic 'whose life is best life'. Children enjoyed this topic a lot as Swamiji had given the information/message through power point presentation. Swamiji had stayed at Suhaniben and Bipinbhai's house. Jindasbhai and Geetaben also got opportunity of having Swamiji at their place for 2 days. Also, Swamiji gave dharma labh to Hemesh and Pratiksha. Shaily and Shilpi had asked lot of questions to Swamiji. Swamiji's 5 days travel to Detroit was quiet successful.

*Yoga practice during Shibir*



*Meditation practice during Shibir*



*Our intentions create our reality. - Wayne Dyer*



*Students of Jain study class listening to Swamiji's pravachan*



*Parents and Students are attending Swamiji's presentation*





## Art of Dying

1. Why one should die with awareness? Only a person who does day to day things with awareness can die with awareness.
2. What is awareness? Living in the present moment is awareness.
3. What do you mean by living in the present moment? People do things in the present, think about the past, and plan for the future. All these things we think about them in the present only. What P.P. Shrutpragyaji explained is that you can do all those things now, but we must do only one thing AT A TIME. When we eat don't think about anything else, but focus on eating the food. That is the real meaning of living in the present.
4. We have been doing multiple tasks at a time, so it will take a conscious effort to adjust and make that change in our life style.
5. Why do people have fear of dying? People are not afraid of dying, but have fear of leaving things behind. They still have attachments to people, material things, and money.
6. Swamiji mentioned that when we have a major surgery, the doctors have us put under anesthesia, why? So that we feel the least pain during surgery. The doctors do have compassion for their patient. So wouldn't our God, Bhagwan, or any other faith one believes in be more compassionate towards their disciples? So in reality, just before a person leaves this world into the next, a major surgery of the SOUL from one body to another has to be performed. Here we are given the highest dose of anesthesia. Have you ever seen a dead person with a FROWN of their face?
7. We just feel sad for the person suffering, because he/she was very close to us. We only are impacted by our close relatives. This is because we are not aware of the level of suffering one goes through. Don't we all wish for a PEACEFUL Death?
8. The sooner we adjust to living in the present, we will be living a life full of awareness.
9. People need to make their wish of not be put on life support systems way in advance, and should prefer a natural and peaceful death.
10. Start detaching from material things and start limiting unnecessary things. The less attachment you have the less you have to think about them.
11. What is samadhi maran? Death by choice? When an aged person has lived his life to the fullest, and he has passed all his assets to his family members or relatives, and has absolutely no attachments to any material thing or a person including his own family, and also must have a blessing from his guruji, then and only then he can prepare for death. At this point he is not afraid of death, and slowly starts fasting for a day then eventually giving up food and only takes water. Finally even water is not taken until he achieves his goal. This is the most auspicious occasion for he decides when to die, and that's a PEACEFUL death.

a. Compose by Dhansukh Gala

*It's choice - not chance - that determines your destiny. - Jean Nidetch*



## Healthy Living 😊

### Seven Dont's after Meal

1. Do not smoke, especially after a meal. Experiments from experts have proven that smoking one cigarette after a meal is comparable to smoking 10 cigarettes, which substantially increasing the chances of cancer.
2. Do not eat fruits immediately after a meal. Eating fruits after a meal causes the stomach to be bloated with air. One should eat fruits either three hours before a meal or three hours after a meal.
3. Do not drink tea or coffee. Tea and coffee contains a large amount of acid. The acid causes the protein content in the food we consume to become hardened, making digestion more difficult.
4. Do not eat ice cream immediately after a meal. The ingredients in ice cream dilute the hydrochloric acid needed for proper digestion.
5. Do not bathe after eating. Bathing causes an increase in the flow of blood to the hands, legs and body. The amount of blood around the stomach decreases and overall produces a weaker digestive system.
6. Do not perform any strenuous activity after a meal. People always say that walking a hundred steps after a meal will help digestion. However, too much strenuous activity will cause the digestive system to be unable to absorb the nutrition from food because blood will flow to the hands and feet rather than around the stomach.
7. Do not sleep immediately after eating. Sleeping instantly after eating causes disturbances to restful sleep, leads to gastric troubles, and increases body fat.

*Failure is the ladder to success*



## Feedback

Ramesh & Nina Zaveri, Merion, IN



Jai Jinendra,

This is to express our gratitude & appreciation for visiting us here in Marion & Wabash & enlighten us with your lectures. The few days you spent with us & our children are memorable days for us forever. We have been following your yoga & Pranayam instructions from what you showed us & also from watching you DVD.

Your lectures have impressed us so much that we have been sharing our experience with our friends & families. Especially the stories you told us in your lectures about always being positive & no compromising on principles. We are also enjoying your books & DVDs very much.

We wish you would visit us again sometime in the future & quench our spiritual thirst. We also hope & pray that are very successful in all your philanthropic endeavors & your message reaches more people.

Shivali Shah from Drake University, Iowa

How amazing would it be to have a monk who is an expert in Yoga & Meditation come all the way from India to Iowa to teach yoga?

That's exactly what South Asian students were thinking at Drake University. As part of Swamiji's travels through Des Moines, IA, Swami Shrutpragyaji met with students at a college in Des Moines, IA to teach a spiritual understanding of the age-old practices of Yoga and Meditation. A mix of twenty yoga first-timers and all-timers met Swamiji on November 9, for a full workshop including breathing exercises, yoga poses, positive thinking exercises, and were most impressed by Swamiji's laughing exercises. The workshop was such a unique experience for students on campus that the event attracted a diversity of students - international, foreign-exchange students, students involved on diversity related clubs, and just students who enjoyed laughing with others and sometimes laughing at themselves. It was such a positive experience that most students stayed for the entire 2 hour workshop. South Asian Student Association at Drake University organized the event to show students that yoga and meditation are embedded in South Asian culture, often spiritually and religiously linked. One challenge was that the flooring was hard and there weren't many mats, but students improvised by sharing mats. Also, Swamiji showed everyone how breathing exercises, yoga poses, and laughing exercises relieve stress and increase concentration.



*Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain*



## POMYC.org - Jain Resources Store



### New Publications ( Books)

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

### New CDs and Discourses ( Hindi & Gujarati – MP3 set of 2)

- ✦ Karmic Account
- ✦ Remote Control of your life
- ✦ Who determines your Destiny
- ✦ What is Inner peace?
- ✦ Four types of Shravak
- ✦ Spiritual practice in busy life
- ✦ Kaal Chakra in Jain Dharma
- ✦ and more!...

### Contact Us

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**JAI JINENDRA**  
**OM ARHAM**

*Sarva Mangal Mangalyam Sarva Kalyan Karanam, Pradhanam Sarva Dharmanam ,  
Jainam Jayati Shashanam*