



PEACE OF MIND

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



Swami Shrutpragyaji's January 2012 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 Satsant

Gujarati:

Jain Dharma Satsang
Management Satsang
Power of Chakra Satsang

*any further questions, can
contact by email:*

Pomyc.org@gmail.com

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: December 27th-28th:

Location: Saurashtra, India

**Management Shibir-Stress
Free Living**

****Highlights and Feed-
backs further in
Newsletter****

Upcoming Activities

January Events:

*PV Modi School Shibir for
11th standard science
students

*Mira Institute Shibir in
Rajkot at Abhavaly Center

*Bhuj-Kutch Jail and Police
Department Shibir

February Events:

*G.T. Sheth School Rajkot
Shibir

*Kutch Schools Shibir

* Shibir for Women and
Youth in Kutch-Bhuj

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Focusing on Student Shibir

I have no words to express how I have felt and got inspired by attending this Yoga Shibir with your amazing & thoughtful suggestions. I can say is...I am feeling great today and I have got very positive and beneficial changes in my life.

I mostly tried to think negatively...always in all situations due to fear I think! But Now Only POSTIVE THOUGHTS...I try to manage and be positive.

I used to drink Tea every morning by thinking that it will be better in study purposes. But, on Dec.27, 2011, the day when you suggested for only Milk, I left Tea & from that day, I only drink Milk in morning...!! It's only by your efforts...

I even used to drink coffee for some cool Refreshment, to take joy of moments and all but now thinking better & happy for health, I don't need coffee, I just need Smiles and proper mental Health...by Yoga...!!

I was excited to learn yoga first Now I love to practise Yoga....I feel somewhat glorious moments gained by strength and positivity. It is not a formal conveying of my sentences but a Heart saying group of words that can only express the feelings from inside.

Today, I hope, I wish, number of other students like me get chance to have attention and opportunity to attend your Yoga shibir and from glorious changes in them.

Lastly, I am very much Thankful to you for what all the changes you made for me and my healthy, joyful living...This is what I wanted to express just and have to Say – We are thankful to you..

Oza Bageshree Jayeshkumar
Shri PV Modi School, Ishwarya

Memorable Shibir



Powers of a Proper Sleep



The fourth step for a healthy body is proper sleep. Sleeping is an important part of a healthy life. Human beings spend one-third of their life sleeping. If someone's sleep pattern is disturbed, it adversely affects their health and also their work-efficiency. In today's world stress and dissatisfaction has made man become restless so that natural sleep evades him. Sleeplessness is a by product of today's mechanical age. The length of time one sleeps is not important. Undisturbed, deep sleep of 3 to 4 hours is generally enough for human beings. Age, diet, and physical labor are also factors that determine how much sleep is needed.

Compared to what existed for previous generations, today's society is filled with conveniences. Human beings are rarely subjugated to strenuous or any physical labor for sustenance. Physical labor is the basis for sleep. Since physical labor is not mandated through necessity, we must incorporate it in our life through the form of exercise. Sleeplessness is the result of an imbalanced lifestyle.

It is very important to note that it is not necessary to take sleeping pills in order to sleep well. Pills actually adversely affect the health.

According to the Vastu Shastra, if one sleeps with the head in the eastern direction, one can get a good sleep. Similarly, other directions also have their own significance. Eating 3 hours before going to bed allows the digestive system to work less when it is time to rest. Another method is that before going to bed, make sure all physical necessities such as using the bathroom, etc. are completed so that the sleep is undisturbed. Also, the bed should neither be too soft nor too hard. A soft bed will make the body feel heavy. The bedroom should be clean and quiet. It is necessary for fresh air to be flowing through the room. The room should be dark when trying to sleep. Lastly, one should wear loose clothing. All of these factors will help one experience deep sleep. Good sleep is a sign of good health.

Deep sleep keeps the body beautiful



Feedbacks

Jai Jinendra Swamiji,

Overall, I really liked the presentation. I thought you did a good job in explaining everything. You explained everything about time management and attitude and positive choice of words very well. I really liked the presentation. If you wanted to make some changes, you could have gone into more details about Goal vs. Present Day life. Also, I liked the way you set up the presentation. It made it easier for us to follow. I wish we could have sat a little closer to the front because it was a little difficult for me to see the presentation. It was also a little difficult for me to hear you, but you still did a really good job. Also, maybe if you went into a little more detail about the 4 types of people like the lazy, busy, crazy, and easy people it would have been better. I really liked how you put quotes in the presentation. I also like the story you put about the blind person and the power of words. It was really interesting how much words affect stuff. Overall I really liked the presentation. But for future references, those are some suggestions. Thank you.

Juhi Nahata, Detroit,MI

Jai Jinendra!

I really enjoyed your presentation. I felt that it interacted a lot with the kids. I felt that there was some disturbance coming from the kids. Also, the way you presented your topic was very eye-popping. I also liked the topic you chose and all the examples and stories you gave. The quotes made me think about the way that I am actually living and how I can improve my lifestyle. I liked the way you asked us to summarize the presentation to see what we had gotten out of it. Your whole presentation overall was very interesting and was very meaningful. I really enjoyed having you at our temple and I hope that you can visit us again.

***Thank you,
Riya Shah***