



June 2012 Newsletter

Current Events

Malaysia Trip
Date: May 4-14th
Location: Meleka, Ipoh, Kuala Lumpur

Bhivandi Camp
Date: May 15th-17th
Organized by: Oswal Youth Club

Prathana Sabha
Date: May 24th
Location: Bhuj

BOOKS

Jivan Jivavani Kala

Parivartan

Prarabdh Nu Puspa:

Purusharath Ni Sugandh

New CD & Discourses:

Hindi:

Moksh Marg Satsang

Management Satsang

Gujarati:

Jain Dharma Satsang

Management Satsang

Power of Chakra Satsang

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

Upcoming Events

Students Shibir
Date: June 22nd-24th
Location: Kanya Vidhyalay Bhanvad , Saurashtra

G.T School Students Shibir
Date: June 25th-27th
Location: Rajkot, Gujarat

Students Shibir
Date: July 1st-10th
Location: M.S.V High School, Madhapar, Kutch
B.Ed College Haripar, Bhuj, Kutch

Contact: Peace of Mind Foundation, Rajkot
(+9925360605)

www.pomyc.org

India: +91 9925360606

Email: anuvrat8@gmail.com



PEACE OF MIND

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



Exploring Ipoh, Malaysia

Shrutpragya ji reached Ipoh, Malaysia from Singapore on May 5th. He gave Discourse on Anger Management and Karma Science. On the 6th, they arranged a one day camp, which included yoga class in the morning. After breakfast he gave discourses along with Q/A sessions. Swamiji visited for the first time and he liked the beautiful Parshwanath bhagwan's temple and spiritual and positive vibrations.

Shrutpragyaji also visited Melaka, Masjid tanah and gave the Satsang to Gujarati Vanik Samaj. Swamiji hosted at Mukund bhai and Anil bhai Shah. Raju bhai (President of Vanik Samaj) introduced Shrutpragyaji and well coming him at Vanik Samaj, Melaka. Shrutpragyaji also gave one Satsang at Gujarati Samaj, Kuala Lumpur, MA. Bhupat bhai Shah and Dipak Damani introduced and well come Swamiji at KL Gujarati samaj. Swamiji stayed at Prabodhbhai Kantilal Sheth for three days.

We thank you for taking the time & trouble to travel to Singapore & Malaysia and for giving us the golden opportunity to listen to your enlightening sessions.

We also thank you for accepting our humble hospitality. We seek your forgiveness for any shortcomings that you may have experienced during your visit.

We look forward to your next visit and hope that we will be given the opportunity to serve you longer.

We are also grateful & thankful to the over-obliging Su-Shravak Dharmapremi Shri Bharatbhai & Smt Kirtidaben Mekani for making your visit possible & giving the Ipoh Jain Sangh to experience your spiritually enlightening presence.

Bharat bhai Jasani from Ipoh wrote to the Swamiji -



Ipoh, Malaysia



Bhivandi Camp, Mumbai

Oswal Yoth Club organized Shrutpragyaji's Shibir at Shetrunjay Dham Bhivandi from May 15 to 17, 2012. There were two Shibir organized – one for Yoga shibir for all and other one where Kids Shibir. There were a total of 150 people who participated in both Shibir. They have done a lot of effort for this Shibir. Sandip bhai Jakharia and Subhash bhai also inspire all the youth for this shibir. Swamiji just came from Malaysia and Singapore trip and Sandip bhai Bid and Darshil Gudhaka received swamiji from Air port.



A Very Thankful Feedback!!

Peace of Mind Foundation ના પ્રણેતા આદરણીય શ્રુતપ્રજ્ઞ સ્વામીજીએ અમારા Girls Campus Ishwariyaમાં પાંચ દિવસની શિબિરનું આયોજન કર્યું હતું. સ્વામીજીના યોગ પ્રાણાયામ અને Concentration, Reading Method, સુટેવો, સુવિચારો, સ્વસ્થતા વગેરે વિશે સ્વામીજીએ આપેલા સૂત્રોને લીધે મને ખૂબજ ફાયદો થયો છે. આ બધી Creative પ્રવૃત્તિથી મારા પર ખૂબજ પ્રભાવ પડ્યો છે.

મારી એક મોટી કમજોરી એ હતી કે હું ખૂબ લાંબા સમય સુધી reading કરું છતાં મારી બહેનપણીને જેટલું જલ્દી યાદ રહી જાય એટલું મારાથી થતું નહોતું. આથી હું હમેશા ચિંતામાં રહેતી કે આ બધું શું થાય છે? ખરેખર તો મને ખુદને ખબર નહોતી કે આટલા કલાક હું શું કરું છું.' પરંતુ યોગ શિબિર શરૂ થયા બાદ સમીજીએ અમને concentration વધારવાની પાંચ વિધિઓ શીખવી એ મેં તરત અમલમાં મૂકી તો મને જે યાદ કરવામાં છ કલાક લાગતા એ જ વિષય બે કલાકમાં યાદ થઈ જાય છે.

સ્વામીજીએ કરાવેલા યોગ પ્રાણાયામથી મારા શરીરમાં નવી શક્તિનો સંચાર થયો છે - એવું લાગે છે. આજે જ્યારે શિબિર પૂરી થાય છે ત્યારે હું ખૂબ ખુશ છું. મારી સ્વામીજીને તથા Peace of Mind Foundation સંસ્થાને વિનંતી છે કે 'આવી પ્રવૃત્તિઓ હમેશા યુવાનોને કરાવે જેથી તેમની અંદરની શક્તિઓને તેઓ ઓળખી શકે. સ્વામી જેવા અનેક સન્યાસીઓએ જ્યારે પોતાની ખુશીઓ અને પોતાના સુખોનો ભોગ આપ્યો છે તો અમારા જેવા યુવાનોની પણ ફરજ છે કે તેમને પૂરે પૂરો સહકાર આપવો.

'આજે હું અને મારા અનેક મિત્રો મળીને આપને વિશ્વાસ દેવડાવિયે છીએ કે આપણા આ જ્ઞાનનો મહિમા અમારા મિત્રોમાં કહીશું અને તેમને આપણી સંસ્થામાં જોડાવાનું કહીશું. I am very Thankfull to Swamiji and Peace of Mind Foundation!...

બુરડ દીક્ષીતા આર.

Student- 11 Science

Health Corner: Advice for Healthy & Longevity

At 191 year old, Syed Abu Tabev Mausabi from Iran says that the reason for his longevity is a happy family and relentless labor.

According to 158 year old Musliyov Shirali Pharjani of Russia, his longevity is because, "I get up early. Drink cold water. Do not sleep during the day. Do not smoke. And, always sleep outside in the open."



133 year old Mrs. Noria VigateVayumene of Singapore says her long life is because of her belief in God. Mrs. Kovayasi, the longest living female of Japan, says eating vegetables and getting deep sleep are the reasons for her long life.

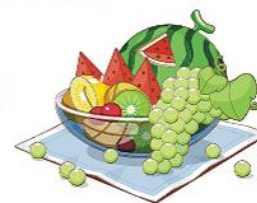


Shakespeare has said, "Man never dies, He kills himself." If one tries to find the root cause of any disease, 99% of the time, it has been proven to have its root in cravings of some kind such as: food, alcoholic beverages, or womanizing.

When humans asked Ashwinikumar, the father of ayurveda, "What is the secret of health?" He replied, "Eat amla."

According to a holy priest, fresh air, pure water, fresh fruits and walking outside when angry are the reasons for good health.

Egyptians have good health because of regular physical work and the practice of fasting.



It's here!!
Shrutpragyaji's Paryushana Program!

*Sthanakvasi Paryushana: August 14-21st, 2012,
Ipoh, Malaysia*

*Deravasi Paryushana: September 12th-19th, 2012:
London, Navanath Bhavan*

*Digambar- Das Lakshana: September 20-29th, 2012:
New Jersey, USA*

2013: Paryushana in Singapore

2014: Paryushana in Chicago