Peace of Mind

Peace of Mind Newsletter

November 1–15, 2026



Samanji's Message



Diwali: Lighting the Lamp of Hope

May this Diwali illuminate our lives with inner peace, wisdom, and compassion. Let us celebrate by sharing happiness and bringing hope to those in need.

Give Hope – A Mission of Compassion

Give Hope is a service initiative of the Peace of Mind Foundation, dedicated to serving humanity through four forms of charity:

Anna Daan:
Food for the needy

Gyan Daan:
Education for deserving students

Aushadh Daan:
Medical support for those in need

Abhay Daan:
Care for and protection for animals

Samanji's Sadhana

15 Days of Meditation Every Month

Samanji dedicates 15 days every month to meditation and spiritual practice, nurturing inner awareness, silence, and self-understanding.

Through Sadhana and Seva, we aspire to create a more compassionate world.

Discover more stories of service, spiritual growth, and hope in this newsletter.

Wishing you a peaceful and joyful Diwali!

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GIVE HOPE PROJECT

OCTOBER 29, 2026



Spiritual Mentor
Author | Speaker

A Mission of Compassion

During this year's international Dharma Yatra, several kind-hearted people came forward to support the **Give Hope Project.** As part of this initiative, food kits were provided to three families: **Shardaben Viramgamiya, Darshnaben Mankad,** and **Rohitbhai Gohil.**

A laptop was also gifted to **Kanaiyalal**, a young man who will be serving at **Sambodhi Upvan**, a spiritual institution in Rajasthan. These acts of kindness reflect the spirit of compassion—offering practical support, dignity, and hope for a brighter tomorrow.

Small acts create big changes!



Food Kit Support
Shardaben Viramgamiya



Food Kit Support
Darshaben Mankad



Food Kit Support
Rohitbhai Gohil



Laptop Support for Service
Kanaiyalal

Together we spread hope...

Because kindness has the power to transform lives.

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PEDAL PATHSHALA -
A Journey of Learning & Service



Spiritual Mentor
Author | Speaker

OCTOBER 17-27, 2026

Pedal Pathshala - A Journey from Ghumli to Gandhinagar

Twenty-five Tapovan children, along with five team members, participated in the inspiring **'Pedal Pathshala'** cycling journey from **Ghumli to Gandhinagar.** The initiative was a meaningful and impactful experience, promoting self-reliance, discipline, teamwork, and learning beyond the classroom.

Graduation Ceremony at Tapovan

A special graduation ceremony was organized for the children who successfully completed four years of learning and personal development at Tapovan. The occasion was truly inspiring and filled with enthusiasm, celebrating their growth, achievements, and readinces the next phase of life. solutions through understanding, awareness, and wisdom.



Pedal Pathshala - Cycle Yatra

Pedal Pathshala - Cycle Yatra
Ghumli to Gandhinagar



Graduation Ceremony - Gaurav Samman
Samaroh 2026

A two-day residential camp for Tapovan parents, led by Saman Shrutpragyaji, was organized at the Children's University, Gandhinagar, on the theme "There Is Always a Way!" camp encouraged parents



Vali Mate Vishesh Shibir -
There Is Always a Way!



Samman Samaroh - Certificate Distribution

Together we learn, grow & serve...

Because every journey begins with a single pedal.



Give Hope at Sambodhi Upvan

A Gift of Compassion

As part of Samanji's international spiritual journey, many generous hearts came forward to support the Give Hope Project.

At the Gaushala of Sambodhi Upvan, Rajasthan, fodder was lovingly offered to the cows. This seva was made possible through donations from the loved ones of Smt. Sarojben Shah on the occasion of her 100th birthday, along with the Anjana–Jagadishbbai Shah family from Chicago.

A beautiful gesture of love, gratitude, and compassion towards all living beings.









Meditation & Silence

A Week of Inner Journey at Sambodhi Upvan, Rajasthan

October 28 – November 2, 2026

Samanji spent a week immersed in meditation, silence, and inner exploration at Sambodhi Upvan, located near Nathdwara, Rajasthan.

A few dedicated sadhakas also joined Samanji on this spiritual journey, sharing moments of silence, meditation, self-reflection, and inner awakening.

It was a beautiful opportunity to step away from the noise of everyday life and reconnect with the peace and stillness within.







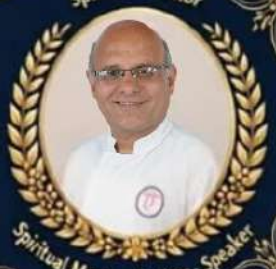






FOUR-DAY SILENT MEDITATION RETREAT & JOYFUL MOMENTS

Manav Mandir, Bidada (Kutch) | October 14-17, 2026



Four-Day Silent Meditation Retreat at Manav Mandir, Bidada

Samanji spent four days in silence and meditation at Manav Mandir, near Mandvi, inspired by Pujya Dinesh Muni Maharaj Saheb. Surrounded by serene natural beauty, he enjoyed four meditation sessions daily, yoga, and peaceful walks. It was a beautiful journey inward, filled with silence and stillness.



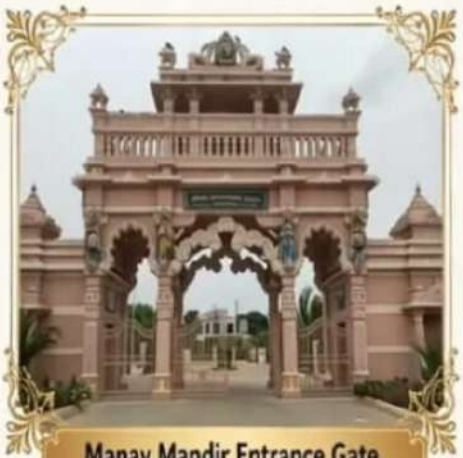
Silent Meditation - Journey Inward

Visit to Sarvodaya Hospital, Bidada

During his visit to Kutch, Samanji also visited Sarvodaya Hospital, Bidada. Chairman Shri Vijaybhai Chheda personally guided him through the hospital, explaining its various services and its contribution to providing quality healthcare to thousands of people.

Dussehra Joy - Ramy Readymade Shop Inauguration, Bhuj

On the auspicious occasion of Dussehra, Samanji inaugurated Ramy Readymade Shop in Bhuj and blessed the family with his good wishes for their new venture.



Manav Mandir Entrance Gate, Bidada, Kutch



At Sarvodaya Hospital with Chairman Shri Vijaybhai Chheda



Inaugurating Ramy Readymade Shop, Bhuj on Dussehra

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Samanji's Upcoming Schedule

Nov 3–8:
Personal Sadhana and Writing (Rajkot)

Nov 9–14:
Spending time with Tapovan Students and Personal Meditation (Bhanvad)

Nov 15–21:
Personal Meditation Retreat (Rajkot)

Nov 22–28:
Personal Sadhana and Writing (Rajkot)