



PEACE OF MIND

DECEMBER

MONTHLY NEWSLETTER

2025

CHRISTMAS EDITION

FOUNDER'S NOTE



With blessings,

Saman Shrutpragya Ji

Founder

Peace of Mind Foundation

Gratitude is a daily discipline, not a date on the calendar. As this year closes, let that discipline guide us into gentle reflection: where we were kind, continue; where we fell short, bow, learn, and release. Practice pratikraman and samāyik—ask forgiveness, offer forgiveness, and lighten the heart through aparigraha. Choose ahimsā in thought, word, and deed so that peace begins within and flows outward.

For the new year, keep small, steady vows: one mindful breath before you speak, one act of Seva each day, one moment of true presence with those you meet, one page of Sahitya to nourish wisdom. May humility be our ornament, compassion our language, and truth our path.

May all of us find clarity, courage, and quiet joy in the days ahead.



EDITOR'S NOTE

Winter is settling in, and I'm thinking about the kind of warmth we are all yearning for —one conversation, an unexpected act of kindness. The streets are lit, kids in cozy pajamas are waiting for Santa, and the best gift still feels like simply being there: an extra chair at the table, a call returned, a tight hug.. As we celebrate what we have, let us also be mindful of those whom may not be as fortunate. Let's share the warmth in the ways we can.



Shreya M Doshi



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A Crossover of Jain & Christian Teachings

As the wheel of time turns and the days quicken, winter looks upon us with its icy white face across the country. As thoughts of the holiday season begin to cross everyone's minds, a moment of quiet contemplation is called for.

Christmas as a celebration in our country has become perhaps as secular as it is sectarian, and I expect many of you will begin to ornament your trees and wrap your presents and anticipate holiday reunions.

It is no tall task to perceive superficial similarities between the Jain and Christian canons. Just as Mahavir extolled the virtue of compassion for all living beings, so too did Jesus when he 'saw a great crowd, and he had compassion on them and healed their sick' (*Matthew 14:14*) or when he commanded the Pharisees to 'love your neighbor as yourself' (*Matthew 22:39*). Perhaps Jesus' message was not as holistic - certainly his pity did not extend to all the teeming mass of fauna and flora saturating the world i.e., all living beings but a sentiment of benevolence nevertheless persists in the Christian theology.

Someone looking for even more similarities might even find, deep in the metaphorical ocean, an even more comprehensive through line linking the Jain and Christian mythologies. While Christmas commemorates the birth of the Christ, it is in his death that one might find a microcosm of the Jain ontology. The narrative here, one of birth, penitence through suffering, death, rebirth, and final absolution, features obvious analogues to the story of Mahavir, and perhaps the story of every soul, in the vast grand mystery of the cosmos. Mahavir of course did not die for our sins - they are ours and ours alone to reckon with.

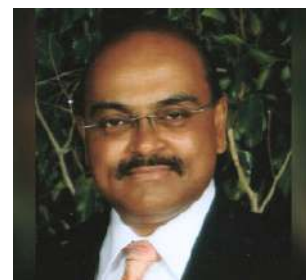
A creative mind might nevertheless perceive in the mythos echoes of a familiar story and inklings of a deeper truth.

Regardless of how intersectional you're inclined to feel this holiday season, the task before you is evident: compassion is a lifelong endeavor, and I hope you find a spring of it within yourselves as we, fittingly, look ahead to the spring.



ABOUT THE AUTHOR: NITIN MEHTA

A proud resident of Houston, Texas, USA, for many years, Mr. Mehta has been offering his invaluable service to the Jain community in Houston. An active member of the religious committee, he teaches children in the Pathshala. Mr. Mehta is also a scholar in Jain philosophy.





SATSANG

November 3 to 7

A Period of Sadhana & Inspiring Discourses

Rajkot, Gujarat

Saman Shrutapragyaji spent an intensive period in sadhana at **Shrimad Rajchandra Ashram**, Koba, Gandhinagar. During his stay, he shared inspiring guidance with the children of the Gurukul's residential camp and delivered a profound discourse to the mumukshus observing sadhana at the ashram on the auspicious occasion of Shrimad Rajchandra's Birth Anniversary.



A SPECIAL DISCOURSE BY SAMAN SHRUTAPRAGYAJI ON THE OCCASION OF SHRIMAD RAJCHANDRA JAYANTI AT KOBASHRIMAD ASHRAM



He also addressed nearly 300 young girls pursuing their PTC studies at Stri Adhyatmik Mandir, Koba, speaking on the essential qualities of an ideal teacher. He emphasized that a book is what truly befits a teacher's hands — never a mobile phone — and that only a teacher committed to self-study can genuinely nurture values and character in students.



Principal Smt. Gayatriji extended her wholehearted support throughout the program, and on behalf of the staff, Shri Kamleshji expressed gratitude to Samanji. Mumukshu Navneetji also offered his dedicated support in organizing the program.



A Five-Day Educational & Spiritual Journey

SATSANG

November 10-15 | Tapovan

Journeys become truly meaningful when learning merges with experience and experience blossoms into inner growth. Tapovan's educational tour and spiritual camp was one such enriching voyage. Under the divine guidance of Saman Shrutapragyaji and the visionary leadership of Bhimsibhai Karmur, students embarked on an unforgettable exploration of history, culture, and spirituality.

A JOURNEY THROUGH CULTURE & COMPASSION

The group began the trip with a visit to the Army Border in Banaskantha. This experience nurtured in the children a deep sense of patriotism and respect for national security. From there, the team travelled through Udaipur on their way to the serene Sambodhi Upvan Meditation Centre in Dhaneen, Rajasthan.



In Udaipur, Jyotiben Anandbhai Chordiya welcomed the students with warmth and grace and personally managed all arrangements with heartfelt commitment. Her selfless hospitality set a beautiful tone for the journey, rooted in care and generosity.



3 DAYS OF SPIRITUAL IMMERSION AT SAMBODHI UPVAN

Sambodhi Upvan—established with the inspiration of **Pujya Shubhkaranji Swami**—became the heart of the tour. The Tapovan group, consisting of 20 children and 4 supporting members, immersed themselves in three days of disciplined learning, contemplation, and spiritual exposure.

The team travelled under the guidance and support of Bhimsibhai Karmur, Kirtibhai Doshi and Abhipsaben Joshi

In the serene presence of Saman Shrutapragyaji, the students explored the depth of four essential spiritual reflections (ચાર ભાવનાઓ) through powerful and thought-provoking discourses. Adding warmth to the experience, Lalaji lovingly prepared and served every meal, helping everyone feel at home.

The spiritually charged atmosphere of the Sambodhi campus left a lasting imprint on each participant and nurtured both inner stillness and outer discipline.





CULTURAL ENCOUNTERS & DIVINE VISITS

SATSANG

During the tour, the group spent four blissful hours in the divine darshan of Shrinathji. They also visited the scenic Nau Choki Lake in Rajsamand, soaking in its tranquil beauty.

At Mount Abu, the intricate carvings of the Delwada Temples completely mesmerised the children. They then sought peaceful darshan at Ambaji and returned safely to Tapovan with hearts full of joy and gratitude.



The journey continued through:

- Charbhuja
- Kumbhalgarh, home to the world's second-longest wall, where the children explored the fort's grandeur and historic legacy
- Ranakpur, renowned for its spellbinding Jain temples



Acts of unexpected kindness—such as the tea-stall owner who guided them to Shrinathji—revealed the true meaning of humanity. Cultural experiences like Sambodhi's herbal Ukaali, traditional Rajasthani Dal-Baati, and visits to marble quarries added joy, curiosity, and wonder.

Above all, the students carried themselves with such discipline and values that people admired them wherever they went, reflecting the noble ethos of Tapovan and the timeless spirit of Jain education.

Heartfelt Gratitude

Tapovan extends sincere thanks to: Anand Jyoti Chordiya, Lalabhai, Champalal, and the trustees of Sambodhi

Abhipsaben Joshi, Kirtibhai Doshi, and Ashish Mehta, Peace of Mind, Rajkot; the Tapovan Parent Community; and the Ramshi Karmur Family generously supported the tour financially.

The families of the participating children lovingly contributed the remaining expenses, turning this journey into a shared act of Seva.

This journey offered the students a rich blend of learning and life lessons. They connected with India's history through the inspiring legacy of Maharana Pratap and the majesty of Kumbhalgarh Fort.

Samanji's teachings deepened their understanding of Maitri Bhavana, nurturing compassion, mindfulness, and inner purity.



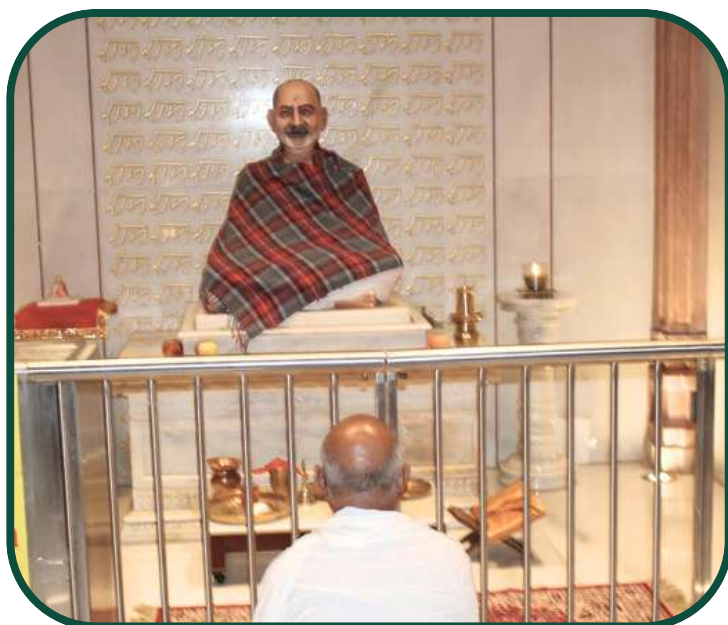
A Week of Personal Sadhana

20–25 November, 2025

Vavaniya, Morbi

Saman Shrutapragyaji stayed at the Shrimad Rajchandra Ashram in Vavaniya, near Morbi, from November 20 to 25 for a week of personal spiritual practice.

During this period, he observed deep meditation sessions in the morning, afternoon, and evening while maintaining a vow of silence. He also participated in the daily morning prayers.



He regularly meditated at the Neem Karori Baba Ashram located adjacent to the main ashram. During his stay, one day Samanji invited the students of Vavaniya Government School and delivered an inspiring blessing speech, offering guidance and motivation to all the local children.

On behalf of Samanji and the Peace of Mind Foundation, we express our heartfelt gratitude to all the trustees and to **Jesangbhai** for making excellent arrangements.



A JOURNEY OF PILGRIMAGE, SATSANG, AND HEARTFELT HOSPITALITY

A Reflection by Roopal Akash Jain

A group of us, IT professionals living in the United States, recently undertook a Jain pilgrimage across India, visiting several yatras and spiritually significant sites. During this journey, we had the special privilege of being invited by Samanji Shree Shrutpragyaji to spend time at his home - Rajkot. We stayed overnight and into the next morning, and were deeply touched by his heartfelt hospitality and attention to detail. After ensuring we had a restful night, he personally made sure we enjoyed a nourishing breakfast - choosing to serve us himself, a gesture that left a lasting impression.

One of the highlights of our visit was a private satsang, leading to rich and meaningful conversations following our Girnarji darshan. We explored the intersections between religious traditions, including parallels between Krishna and Neminath, and reflected on why different beliefs exist across cultures. Samanji's pragmatic approach to daily living, grounded in Jain principles yet deeply considerate of mental and physical well-being, resonated strongly with all of us.



We also discussed the nature of failure and disappointment - how each setback, while difficult in the moment, shapes future growth and understanding. When life feels beyond our control, the guidance was simple yet profound: focus on your actions, remain detached, and let results arrive in their own time.

Our conversations also extended to community initiatives, especially those centered on education. Girls' education, in particular, is close to Samanji's heart. We had the opportunity to learn about his charitable efforts and were honoured to sponsor a child in support of his mission to nurture tomorrow's talent. Overall, this experience was both memorable and enriching - an inspiring blend of pilgrimage, reflection, and meaningful connection.



SEVA

SCHOLARSHIP PROGRAM 2025 PART III

November 19, 2025

Bhanvad, Gujarat

A special Scholarship Award Ceremony was held at Purusharth School, Bhanvad on 29 November 2025 in the sacred presence of Saman Shrutpragnaji. In the gracious presence of the school principal, staff members, and nearly 800 students, nine bright and deserving girl students of Purusharth Vidyaniketan were awarded scholarships by the blessings and hands of Saman Shrutpragnaji.

Many generous families from India and abroad wholeheartedly contributed to this noble initiative.

SCHOLARSHIP AWARDEES & DONORS

Jyotsna Nalinbhai Patel (Columbus, Ohio) → Scholarship awarded to **Shraddha Kapadi**



Ekta Patadiya



Shruti Varotariya



Purvi Shah

Shaily Apurva Patel (Columbus, Ohio) → Scholarships awarded to **Ekta Patadiya, Shruti Varotariya, and Purvi Shah**



Shraddha Kapadi

Ojas Baradiya, (Boston) → Scholarship awarded to **Kinjal Jadav**



Niru Rathwa



Rashmi Doshi

Rachna Dave (Memphis, Tennessee) → Scholarships awarded to **Niru Rathwa and Rashmi Doshi**



Kinjal Jadav

Ameetaben & Ajaybhai Jain, (New York) → Scholarship awarded to **Hetvi Ambaliya**



Krishna Kadavala

Priyankaben Chordia & Amitbhai Lodha (New York) → Scholarship awarded to **Krishna Kadavala**



Hetvi Ambaliya

Heartfelt Gratitude

To every donor who made this possible: thank you for nurturing hope, dignity, and brighter futures. For those who would like to donate to the next sponsorship round, please email: pomyc.org@gmail.com



SHIKSHA

A SACRED MESSAGE OF PRAYER AND FRIENDSHIP

November 25, 2025

Dhrol, Jamnagar

On November 26, Saman Shrutapragyaji delivered a profoundly inspiring discourse on the theme “Prayer and Friendship” at M. D. Mehta Girls’ School.

He beautifully explained that, “*Prayer is a silent dialogue with the Supreme Consciousness.*” Through sincere prayer, the mind becomes calm, steady, and clear. Without inner peace, one cannot truly experience happiness.

He further emphasized that the serenity and grace one receives during prayer should be regarded as a divine blessing, and one must always remain grateful for it.

Samanji then offered a gentle yet powerful explanation of the maitri bhavanu pavitrav Prayer, as described in ancient teachings:



- **Friendliness** towards all living beings,
- **Appreciative Joy** towards the virtuous,
- **Compassion** for those who suffer or act harshly,
- **Equanimity** when others do not accept or agree with us.

The program concluded with an introduction and vote of thanks by **Binduben, Neetaben, and Kalpanaben**. The institution’s secretary, **Sudhaben**, earnestly invited Samanji to visit the school frequently and continue offering such uplifting guidance. This discourse proved to be a divine touch of values and inner growth for all the students present.



THE SACRED STREAM OF MAITRIBHAV: TRAINING SHIBIR

November 29, 2025

Bhanvad, Gujarat

Today, on the occasion of Bagless Day at Purusharth School, Bhanvad, Saman Shrutpragya conducted a training session on the Maitri Bhav (feeling of universal friendliness).

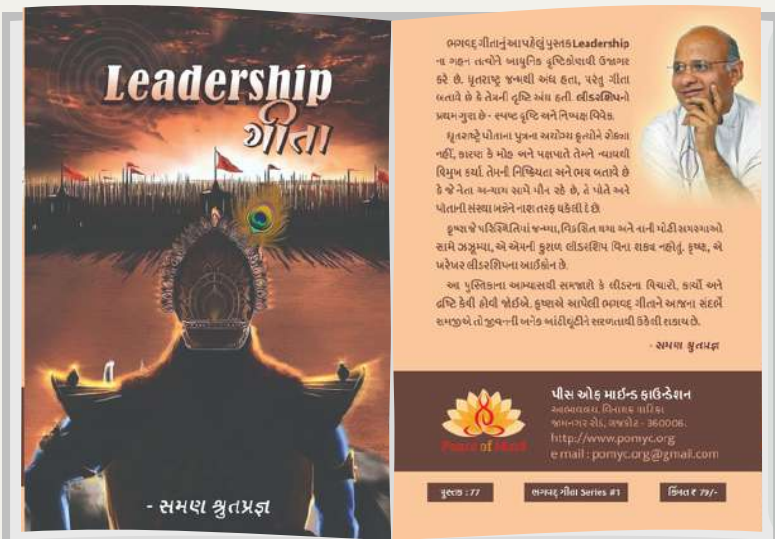
In this session, Saman Shrutpragya explained in detail the sentiments of Maitri (friendliness), Pramod (appreciative joy), Karuna (compassion), and Madhyasthata (equanimity), based on the entire prayer. All the teachers also attended this Shibir.





SAHITYA

THE LEADERSHIP GITA



Author: Saman Shrutapragyaji

Publisher: Peace of Mind Foundation, Rajkot

Highlights: Beautiful full-color book, Printed on art paper, Enriched with engaging images, Designed to be read comfortably in a single sitting

Price: Only ₹79/-

Special Discount: 40% off on orders of 10 books (Valid for orders placed now till 11th December)

Offer Price: 10 books for just ₹550/- (including postage)

Based on two verses from the first chapter of the Bhagavad Gita, Saman Shrutapragyaji's enlightening talk delivered in the Student Club's "Khoj" Lecture Series is now coming out in the form of a detailed booklet titled "Leadership Gita."

More than a scholarly text, Jain Dharma is a living guide to inner freedom and harmony. It invites readers to cultivate awareness, equanimity, and compassion—the very heart of Jain spirituality.

DEDICATION GITA

Author: Saman Shrutapragyaji

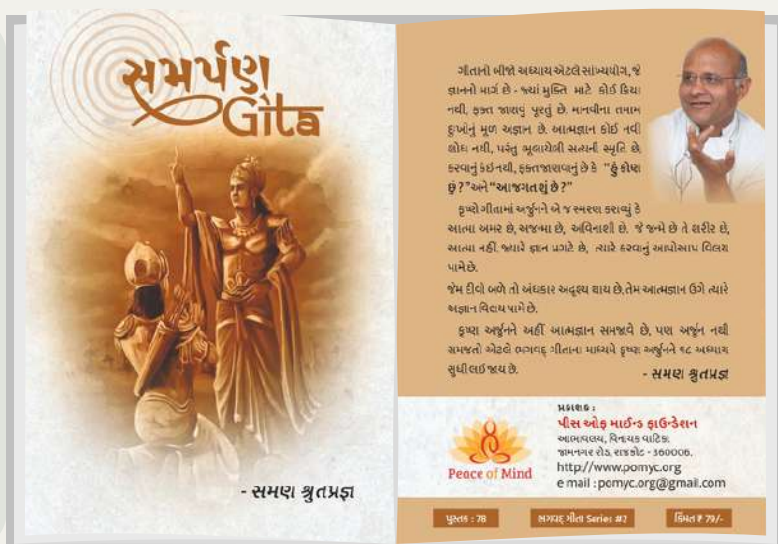
Publisher: Peace of Mind Foundation, Rajkot

Highlights: Colorful book printed on art paper, filled with rich images, and designed to be read in a single sitting.

Price: Only ₹79/-

Special Discount: 40% off (on orders of 10 books placed before December 25)

Offer: 10 books including postage for only ₹550/-



A detailed discourse delivered at the Student Club—based on the five key verses from Chapter Two of the Bhagavad Gita—is now available here, humbly dedicated in the name of the સમર્પણ Gita.



SAMANJI'S UPCOMING SCHEDULE



MONTH	DATES	LOCATION	
DECEMBER	9-14	SAMBODHI UPVAN: RAJASTHAN	
DECEMBER	15-18	RAJKOT & BHANVAD Visiting Guest from <i>KL: Malaysia</i> (Hitesh Mehta)	
DECEMBER	19-22	PARENTS CAMP IN BHANVAD	
DECEMBER	23-29	SAMANJI IN PERSONAL SADHANA	
DECEMBER- JANUARY	30-8	ABHAVALAY, RAJKOT	
JANUARY	9-12	BHANVAD: DWARKA	
JANUARY	13-17	SURAT, GUJARAT & NEARBY CITIES	
JANUARY	18-24	HUBLI & BENGALURU	
FEBRUARY	13-23	SINGAPORE SHIBIR	



Please note: This is a tentative schedule and is subject to changes. Prior to making travel commitments, kindly confirm Samanji's final itinerary directly at pomyc.org@gmail.com.