



A River of Spiritual Awakening *in Memphis*



Date: August 12-17, 2026

An Unforgettable Journey of Bhagavad Gita, Meditation & Inner Transformation with Saman Shrutpragyaji

When the timeless streams of wisdom, meditation, and spirituality touch the deepest corners of the heart, something within us begins to awaken. Life feels a little lighter, the mind a little quieter, and the journey inward becomes more meaningful.

The four-day spiritual gathering in Memphis, Tennessee, in the presence of Saman Shrutpragyaji, became exactly that kind of transformative experience—a journey not merely of listening, but of reflection, discovery, and inner awakening.

Through the wisdom of the Bhagavad Gita, the practice of meditation, the deeper meaning of Yajna, and heartfelt conversations, participants were invited to look beyond the surface of life and discover a deeper connection with themselves.



Photo Caption

Chanchal Mehta
welcoming Samanji
and Participants who
attending Pravachan.

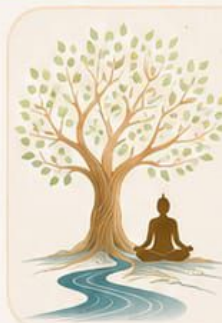
Four Days of Wisdom, Meditation & Inner Discovery



August 13 — How Age Affects Your Spirituality?

The journey began at the home of Mrs. Chanchalji and Mr. Vinay Mehta, with a deeply thought-provoking exploration of age and spirituality.

- ✦ Samanji shared a beautiful perspective: age is not merely the number of years we have lived; it is an opportunity to deepen our awareness and mature our consciousness.
- ✦ Every stage of life—from childhood and youth to maturity and old age—can become a stepping stone toward spiritual growth.
- ✦ His message touched the heart: We cannot stop time, but we can choose how consciously we live through it.



Age is not
about the
number of years,
but the depth
of awareness.

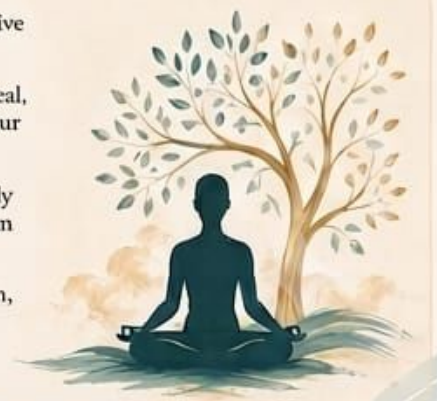
Newsletter

 August 14

The 8 Questions of Arjuna



- At the beautiful Hilton Garden Inn, the timeless wisdom of the Bhagavad Gita came alive through the eight questions of Arjuna.
- Samanji presented the profound philosophy of the Gita in a remarkably simple, logical, and contemporary way. Arjuna's questions became a mirror for our own lives—our doubts, fears, confusion, expectations, and inner conflicts.
- The session beautifully reminded everyone that the Bhagavad Gita is not merely a conversation on a battlefield. It is a conversation taking place within every human heart whenever life brings us to a crossroads.
- And perhaps, like Arjuna, we too are often searching—not for more information, but for clarity, courage, and the right direction.
- Samanji also taught Meditation and Kayotsarg.



Newsletter



Meditation: The Wisdom of the *Gita*



- ❁ The third day turned from understanding to experiencing.
- ❁ During the special meditation retreat, Samanji unfolded the deeper principles of meditation described in the Bhagavad Gita and then guided participants through practical meditation practices.
- ❁ As the surroundings became quiet and the mind gradually turned inward, many participants experienced moments of stillness, peace, presence, and renewed inner energy.
- ❁ For those moments, the words of the Gita were no longer merely something to hear or understand. They became something to experience.
- ❁ The silence itself seemed to communicate what words sometimes cannot.





Yagya in Bhagwad Geeta...

 Date: August 12-17, 2026

An Unforgettable Journey of Bhagavad Gita, Meditation & Inner Transformation

- Samanji expanded the meaning of Yajna... life begins to nnaccananty life begins to become an offering.
- The program concluded to conversation, convorls with conversation.

When Wisdom Touches the Heart

- Perhaps the most beautiful, to look within, and a longing to livih greater awareness.
- An heartfelt like this toolh, and spiritual connection came together.

With Gratitude to the Meal Sponsors

- An experience like this on friendship, Parek Feikh and Vishria Families.

Meal Sponsors

- Samanjit appreciation the Gala Family, Parekh Family, and Vishria Family, thank you to evyring herselating to our teansors.

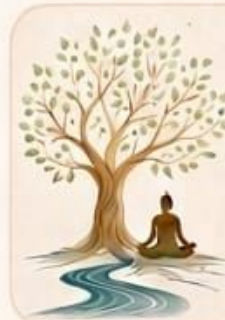
Final Remarks

- The four-day Memphis visit were levio to reand taking to look within.



Photo Caption

Thanks to Gala Family for providing Hilton Garden Hotel for two days seminar..



Age is not about the number of years, but the depth of awareness.

Newsletter

7 Days of “PranYog” Meditation – A Journey Within

Date: August 20–26, 2026 | From Chicago

Samanji conducted a 7-day Online Meditation Class, with 100+ participants joining from around the world.



Participants experienced seven meditation practices:

- श्वास दर्शन ध्यान • कायोत्सर्ग ध्यान • मंत्र ध्यान • कृतज्ञता ध्यान
- कृपा ध्यान • सम्यक दर्शन ध्यान • रेचन ध्यान

The sessions brought deep experiences, inner peace, and meaningful transformation into many lives.



Dimple from Chicago beautifully coordinated and managed.



Peace of Mind Foundation

September 2026

Newsletter

Paryushan Celebration

— 2026 —



IN PERSON IN
JAIN SANGH@AUSTIN, TX



ONLINE BY JAINA



Spiritual Speaker

**SAMAN
SHRUTPRAGYAJI**
& Artists
ASHISH MEHTA



PROGRAM:



**MORNING PRAVACHAN
IN GUJARATI**

THEME: JAI VIYARAY SUTRA



**NIGHT PRAVACHAN
IN HINDI**

THEME: VIRASAT



**FRIDAY & SATURDAY
SPECIAL ANUSHTHAN**
ON HOW TO PROTECT AURA BY
VAJRAPANCHAR STOTRA



**MORNING
MEDITATION**



EVENING BHAV-PRATIKRAMAN

Newsletter

Under the Guidance of Saman Shrutpragyaji in Chicago

Pravachan & Spiritual Retreat Organized by
Mahavir Senior Center

 Date: August 2026

A meaningful spiritual gathering and retreat was organized in the Flentment of Mahavir Senior Center.

The retreat began with gentle physical exercises ...and the shal key theme of "The Final Journey", became, transforming the amrcupan of life ceaduge, the concept the concept of liffe's conclusion into a beautiful opportunity for awareness.

Saman Shrutpragyaji emphasized five things to prauce nulatural five things.



1. **Let Go of Attachment** – Attachment takes away our inner happiness and peace.



2. **Let Go of Possessiveness** – Excessive accumulation and possessiveness become a bondage in life.



3. **Let Go of Dishonesty** – Dishonesty adversely affects one's thoughts, actions, and overall state of life.



4. **Let Go of Hostility** – Do not live in a way that makes it difficult for others to forgive you.



5. **Let Go of Rigidity** – Never become fanatical or rigid; raed; cultivate openness, understanding, and flexibility.



Caption:

Samanji addresses the attendees at Mahavir Senior Center.



Caption:

Participants practice mindful movement during the retreat.



Peace of Mind Foundation Newsletter

September 2026



Samanji's Nine Principles for Fulfilling Later Years

During the August 22 session on 'The Years that passed & The Years That Remain,' Samanji had shared nine valuable principles for making the later years of life more fulfilling: Good Memory, Good Sleep, Good Health, A Meaningful Hobby, Good Nature, Good Karma, Positive Enthusiasm, Self-Experience, and Celebrating Death.

Through these two programs, participants were encouraged to look at the later stages of life from a completely new perspective—one based on awareness, joy, detachment, forgiveness, and spiritual richness.

Community & Gathering

At the beginning of the programs, Mahavir Senior Center President Bhanu Bhai, Arvindbhai Shah, and other committee members warmly welcomed Saman Shrutpragyaji with great affection and reverence.



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The entire gathering was filled with warmth, devotion, and positive spiritual energy, leaving the participants with meaningful insights and a renewed perspective on how to live not only a longer life, but a more beautiful and meaningful life.