

Outreach

Volume 5 Edition 5

Editorial

Wiping Off Yesterday's Dirt

One spring morning, two little boys gathered to play outside in the beautiful weather. Now that the winter snow melted, water trickled down the village street. The two youngsters gathered to play at the end of the street, where there happened to be a puddle of dirty water.

Out of excitement, the older boy jumped into the puddle and made a huge splash, drenching the younger boy from head-to-toe! With his shirt and pants stained with dirt, the younger boy became angry and chased his friend, who began running towards his home.

Just then, the younger boy's mother came looking for her son, and seeing his dirty clothes, she said, "My lord! What have you been doing?"

Pointing to the older boy, the youngster cried out, "He purposely splashed dirty water on me!"

Hearing this, the younger boy's mother seized the older boy and struck him on the back of his neck. The boy began to howl so that he could be heard all over. His mother now came out and exclaimed, "Why are you beating my son?"

One word led to another and an angry quarrel broke out. Soon enough, the fathers came out and other neighbors gathered in the street, everyone shouting but no one listening. Whilst this angry crowd continued to argue, the younger boy wiped the dirt off his clothes and began playing again. Soon enough, the other boy joined him and

both of them started playing as though nothing had ever happened.



A wise man watching this incident quieted the bickering crowd and said, "Are you not ashamed of yourselves? While you continue to bicker over such a small matter, these young boys themselves have forgotten all about it and are playing happily together!"

Now, who would you say is wiser? You or these children?"

The crowd stood in awe as they watched the children playing, and felt ashamed of their own behavior.

One of the most outstanding qualities of a young child is his humble spirit. Children are not only quick in forgiving one another, but are also very quick in forgetting and moving on. This type of forgive-and-forget attitude is a form of acceptance for the people around us, which is actually innate to human nature.

However, as we grow up, this beautiful quality often becomes masked due to our environment. The fast moving and competitive world encourages a greedy, self-centered and independent lifestyle. As a result, even the smallest of incidents or shortcomings we encounter when interacting with our peers can make us frustrated, angry and disappointed.

But the true essence of remaining happy requires wiping off such 'dirt' and reconnecting with our fellow peers, just like the two little boys. This is the fundamental understanding of *Suhradbhav*.

To not let any thought, person, obstacle or situation to rob us of our happiness – this is the gift of imbibing *Suhradbhav* is our life. Let us pray that we can imbibe this gracious principle in our lives to remain ever-happy.

Laugh - Out - Loud



Cool Fact

Psychologist Frederic Luskin discovered a new type of medication for patients to remain healthier and happier – **forgiveness**. Patients willing to forgive others showed improved physical and mental well-being. Benefits included a healthier heart, a more creative and functioning mind, less stress, greater self-confidence, and a more optimistic outlook on life. So before you reach into the medicine cabinet for a handful of pills, consider this as a simpler cure to your problem!





Food For Thought *Suhradbhav: The Treasure Chest of Bliss*

Suhradbhav means to enjoy every situation and to accept everyone wholeheartedly. But what is the technique for imbibing this understanding in our lives? For this, let us take an example from the life of Prabhudasbhai (Guruhari Swamiji’s childhood name).

Once, the monsoon season brought torrential rainfall to the small village of Asoj, causing a local lake to fill with water. During this time, Prabhudasbhai and a few friends were playing under a tree near a cliff overlooking the brimming lake. While Prabhudasbhai stood near the edge, a youth named Bhagubhai suddenly pushed Him from behind. With little time to react, Prabhudasbhai fell over the cliff and plunged 15 feet into the overflowing lake.

Seeing Prabhudasbhai struggling to stay afloat in the raging waters of the lake, the other youths started to shout and panic as they feared the worst. Bhagubhai was also frightened and worried as he ran to hide behind a big tree. Tears of fear trickled down Bhagubhai’s face, as he could not stand the thought of what would happen to Prabhudasbhai.

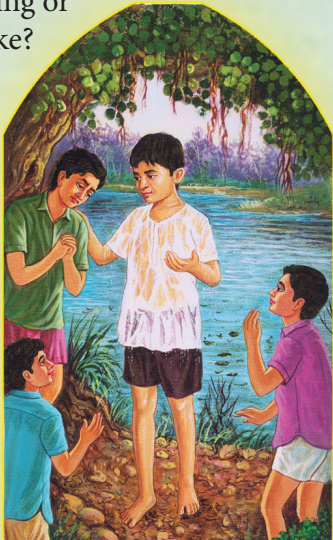
Gulping several mouthfuls of water, Prabhudasbhai swung His arms and legs in every direction to keep His head above water. After a tremendous struggle and a relentless effort, Prabhudasbhai was finally able to safely reach the lake shore.

The other youths were overjoyed to see Prabhudasbhai safely out of the deep waters. Upon exiting the lake, Prabhudasbhai noticed Bhagubhai crying behind the tree. As Prabhudasbhai made His way over to the tree, Bhagubhai cried out, “I am sorry Prabhu, please forgive me! I did not mean for this to happen!”

Smiling, Prabhudasbhai consoled Bhagubhai and said, “Bhagu, please do not cry! I actually came to thank you. If you had not pushed me into the lake, I would not have learned how to swim! So please do not be frightened, for I consider you as my dear friend.” Hearing this, Bhagubhai felt at ease and free of all sorrow.

If we put ourselves in Prabhudasbhai’s situation, how would we react? Would we retaliate by scolding or beating Bhagubhai for putting our life at risk? Would we take revenge by throwing him into the lake? Or would we seek only the positive from the situation and console Bhagubhai as our dear friend?

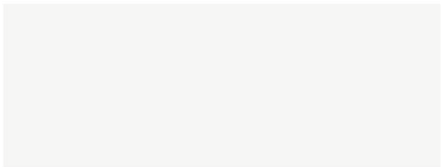
The values of *Suhradbhav* teach us to tolerate, accept and seek only virtues in the people around us, regardless of the situation. Prabhudasbhai had only one destination in life: to live according to the values of *Suhradbhav*. Hence, no matter how dire or agonizing the situation, nothing would discourage Prabhudasbhai’s positive lifestyle. As a result, while He was able to remain happy in every situation, He also brought the same joy and happiness to the people around Him.



Suhradbhav is a treasure chest of bliss buried deep within us. Digging into the lives of Guruhari Swamiji and the *Gunatit Purush* is the key to unlocking this treasure. Dwelling into their lives can give us the *bal* (inner strength) and *buddhiyog* (understanding) to overcome the most adverse circumstances and to keep marching onwards.

Lasting Thought

“It is because we hold too many expectations of others that we cannot experience the bliss of *Suhradbhav*.” - Guruhari Swamiji



Samanvay Outreach

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