



# utreach



Volume 5 - Edition 10

A publication by the Samanvay Group, a youth group inspired by the Yogi Divine Society

## Exploiting Your Most Precious Resource

Can we imagine a life without timekeeping? Probably not. We know the year, the month and the day of the week. Whether we look on the nearest wall or the dashboard of our car, there is a clock telling us the exact time. We have a schedule, a calendar and a set time for lunch and dinner.

Yet, we live in a world that otherwise has no concern for timekeeping. Birds do not require an alarm clock to wake up. Cats do not fret over staying up past midnight. Fish do not cry over missing a birthday.

It is only humans who keep track of time. As a result, humans suffer from a paralyzing fear that no other creature endures: *a fear of time running out.*

We live in an extremely fast-paced modern society. One in which we are pulled in so many different directions. But, as Henry David Thoreau said, "It's not enough to be busy, so are the ants. The question is, what are we busy about?"

With a constant fear of time running out, what is the secret to making full use of every passing moment?

Many years ago, there lived a sword crafter. This sword crafter was highly respected for his mastery and known worldwide by his reputation for creating the best swords.

One day, a great king heard about this master sword crafter and wanted to meet him. So the king's men went to the village and brought the sword crafter to meet the king.

Out of curiosity, the king then asked the sword crafter, "What is the secret to your extraordinary talent?"

The sword crafter replied, "Well, it's very simple. Ever since I was a child, I was exposed to the craft of making swords. I fell in love with it. From a young age, I made a decision that I would become a master sword crafter."

The king was moved by the sword crafter's dedication and inquired further, "Even I had dreams as a child. Everyone dreams of achieving something. But what did you do to achieve your dream of becoming a master in the art of sword crafting?"

The sword crafter humbly replied, "Growing up, I read many books. While reading, if the book did not relate to sword crafting, I immediately closed it. I would pick up another book and if it did not have the word 'sword' in it, I instantly put it down. I didn't waste a single second on it. This is the secret to my mastery."

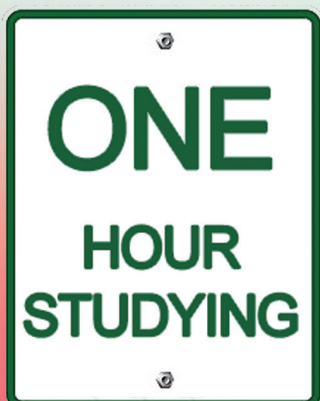
This story teaches us a valuable lesson on using our time. While there are countless tasks we could do throughout the day, it is important to precisely plan and allocate our time for a single task at a time. It is equally important to focus fully on that task and not deviate our focus for other pending tasks.

For example, time allocated for checking emails should be used for emails only, nothing else. Time allocated for studying should be used for studying only, nothing else. Each person has numerous such daily tasks throughout the day ranging from cleaning, replying to messages, laundry, to reading and listening to *katha-varta* (sermons).

In order to focus exclusively on a singular task, there are three simple steps: 1) Set Your Goal, 2) Make a Plan to Achieve Your Goal, 3) Follow the Plan! This is the surprisingly simple truth behind utilizing our time to achieve extraordinary results.



## COOL FACT



By taking 1 hour per day for independent study, 7 hours per week, and 365 hours in a year, one can learn at the rate of a full-time student.

In 3-5 years, the average person can become an expert in the topic of their choice, by spending only one hour per day.



## LAUGH - OUT - LOUD

A group of kindergarten children were on a trip to their local police station. On a bulletin board in the hallway, they saw pictures of the ten 'Most Wanted Men'.

One of the youngsters pointed to a picture and asked, "Is this really a picture of a wanted man?"

The policeman answered, "Yes."

Curious, the child asked the policeman, "Well, then why didn't you catch him when you were taking his picture?"

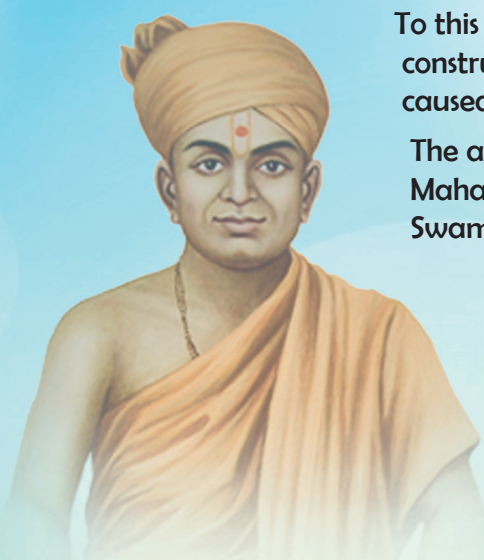




## The Great have the Greatest Focus to Achieve the Great

We all wish to achieve our goals and dreams. But how many of us utilize every second for achieving this goal, even when distracting or unfavorable circumstances arise?

Gunatitanand Swami did just this, from second to second, to please Maharaj (Bhagwan Swaminarayan). In 1827, Maharaj shared His vision of constructing a *mandir* (temple) in the town of Junagadh, located in Western Gujarat.



To this end, Maharaj successively sent four senior saints to supervise the *mandir* construction. However, the difficult living and working circumstances in Junagadh caused each saint to leave amidst the incomplete construction.

The all-knowing Maharaj realized everyone's inner reluctance to go to Junagadh. So Maharaj turned to the one individual in whom He had utmost trust: Gunatitanand Swami. As per Maharaj's wish, Swami immediately left for Junagadh without a moment's hesitation. Knowing that Maharaj will not be staying on this earth for much longer, Swami set a goal to complete the construction as early as possible.

As construction began, the extremely hard mineral water of Junagadh was causing digestive problems and acute bloating of the stomach. Moreover, there were times when tools were scarce and the workers had to break rocks using larger rocks. Despite these hardships, Swami physically toiled day and night. In order to salvage every second, He would routinely skip meals and wake

up after only three hours of sleep to continue the construction. He was **focused on a single aim** to complete the *mandir* at any cost.



After 14 grueling months, the *mandir* was finally constructed and Maharaj joyously performed the opening ceremonies. Swami's only focus in life was to fulfill every wish of Maharaj, and it was this unwavering focus that earned him Maharaj's divine blessings.

Just as Swami set a goal of constructing the Junagadh *mandir*, our beloved Guruhari Hariprasad Swamiji has set a similar goal: to create such a *mandir* within the heart of each youth in His contact. Even at the expense of His physical health, Swamiji utilizes every precious moment for this mission.

In March 2013, Swamiji and the saints were visiting Australia. One evening, Swamiji was walking and suddenly felt the need to visit the restroom. Given Swamiji's age and complications in His physical health, it was imperative that He immediately use the restroom. Swamiji requested the *saarathi* (driver) to quickly bring the car so they could drive back to the house. Within minutes, the *saarathi* brought Swamiji to the house.

Just as Swamiji was walking towards the restroom, He saw several youths eagerly waiting to meet Him. Swamiji immediately walked towards them and engaged in a conversation. Meanwhile, the saints and devotees requested Swamiji to first go to the restroom.

It was only after twenty long minutes that Swamiji visited the restroom! The saints and devotees prayed to Swamiji, "O Swamiji! While walking, you said you had to urgently go the restroom. So, we drove back so quickly. But then you spent twenty minutes with these youths!" Hearing this, Swamiji softly replied, "Whenever I see youths, I completely forget everything about my body."

Even at the age of 80, is it not amazing that Swamiji has the energetic drive to fulfill His mission of creating a *mandir* in the heart of each youth by personally consoling any youth who seeks His guidance? How fortunate are we to have such a selfless and compassionate guru like Swamiji in our lives?

By dwelling into such incidents of *Gunatit Purusho*, we will surely get the strength to spend each and every moment productively, regardless of any obstacles or hardships that may arise! Swamiji's single aim at this moment is celebrating *Atmiya Yuva Mahotsav (AYM) 2015*. So let's also make this our aim by spreading the glory of *AYM 2015* and ensuring our friends and family attend this grand celebration!

ATMIYA YUVA MAHOTSAV



**Lasting Thought**

"Success lies in focusing your energy on a single aim."

~ Guruhari Hariprasad Swamiji

## Three Simple Secrets to Increase Your Productivity

1. **Make a daily task list.** If you don't know what you need to do, when will you do it?
2. **Prioritize task list.** Not all tasks are equal. Some tasks are urgent and important while others can wait. Identify and rank the importance of each task.
3. **Block off time in the morning to finish the most important tasks first.** Do what matters most first each day, when your mind is most clear and focused.

