



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

# OUTREACH

Volume 5 Edition 11



## Remaining Sane in Any Storm

In this day and age, we have more conveniences than ever before to ensure peace and security. Most people keep a state-of-the-art home alarm system to deter intruders. Many threatening or frightening situations can be ended within minutes with a simple call to the police. An elite and technologically advanced military ensures our country's safety. However, even with all these facilities, there are unexpected situations we encounter in daily life that tend to bring us stress or make us feel insecure. What do we do then?

Once upon a time, a family was traveling on a boat when a storm suddenly hit. The storm was violent and waves upon waves crashed onto the boat. The squeaking noise of the wooden boat and the loud bursts of thunder scared the young children.

The young children ran to their father for comfort. Seeing that their father was tranquil under these conditions, they asked him how he could remain so calm.

Suddenly, the father took his dagger and swung it at his son, stopping just a millimeter short of his throat. Surprisingly, the son did not even flinch. The father asked his son, "Why are you not scared?"

The son replied, "I know the person holding this blade is my father. You would never harm me. So, why should I be scared?"

Then the father said, "Just as you have faith in me, I have faith in my father. I know that the creator of this storm is my God. He is my true father. He would not do anything to harm me, so why should I worry?"

This story teaches us a unique technique on how to stay calm and balanced in unfavorable circumstances. While the father certainly did all he could to ensure his boat remained afloat to survive the storm, he did not panic. He did not allow the chaos of the unpredictable storm disturb his state-of-mind because he truly believed God to be the

all-doer. Inner peace and a stable mind are the gifts we receive by believing the almighty God to be the all-doer. Leaning on God for strength in difficult circumstances provides the mental stability to think clearly and take appropriate action. A study conducted by researchers at the University of Toronto and published in Psychological Science showed that those who genuinely believe in God tackle difficult situations more calmly than those who do not.

However, there are times when no matter what we do, we cannot solve a problem. What should we do at this point? Just as the terrified children in the story above became calm after seeing their father, we too require the physical presence of someone to provide us comfort and blessings when we are scared. This is when the importance of a saint, who lives according to God's liking, becomes evident.

There have been countless instances where people plagued with overwhelming problems, rising tensions, or depressing thoughts, have been relieved to find a divine saint like Guruhari Hariprasad Swamiji. Devotees from all walks of life come to personally meet Swamiji and to listen to His divine discourses. As a result, they leave with full confidence and full faith knowing that God is the all-doer and that whatever situation God had created for me is for my best. It's a type of peace, a type of comfort, a type of joy, and a type of security that cannot be found anywhere else.

*Having firm faith in the God-realized saint as the all-doer and understanding Him to be one with God is the fundamental principle of nistha. By developing unwavering nistha, we will be able to remain sane and calm in any 'storm' that life brings our way.*

Sherlock Holmes and Dr. Watson went on a camping trip, and after a good meal, they pitched their tent and went to sleep. A couple hours later, Holmes awoke, nudged his faithful friend, and said, "Watson, look up and tell me what you see."

Watson said, "I see a fantastic panorama of countless stars."

Holmes asked, "And what does that tell you?"

Pondering for a moment, Holmes replied, "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Meteorologically, I suspect that we will have beautiful weather tomorrow.....Why? What does it tell you?"

Holmes was silent for a moment then spoke, "My good Watson... someone has stolen our tent."

Laugh Out Loud



## Laughing Away Your Worries

Everything that we do in our lives is geared towards making us happy. In fact, our actions are generally driven by the underlying anticipation of feeling joy and bliss. We wish we could experience the 'happy' state of mind all the time. But, life as we know it, is a rollercoaster and is full of ups and downs. Is there any one perfect element that can make the ride joyous? The answer is faith in God.

If and when we choose to believe, with all our heart, that whatever is happening around me and affecting me, is happening by the wish of God, we will begin experiencing a different kind of bliss within our hearts. This feeling of joy is inexplicable, and would be better explained by studying an incident in Guruhari Hariprasad Swamiji's life.

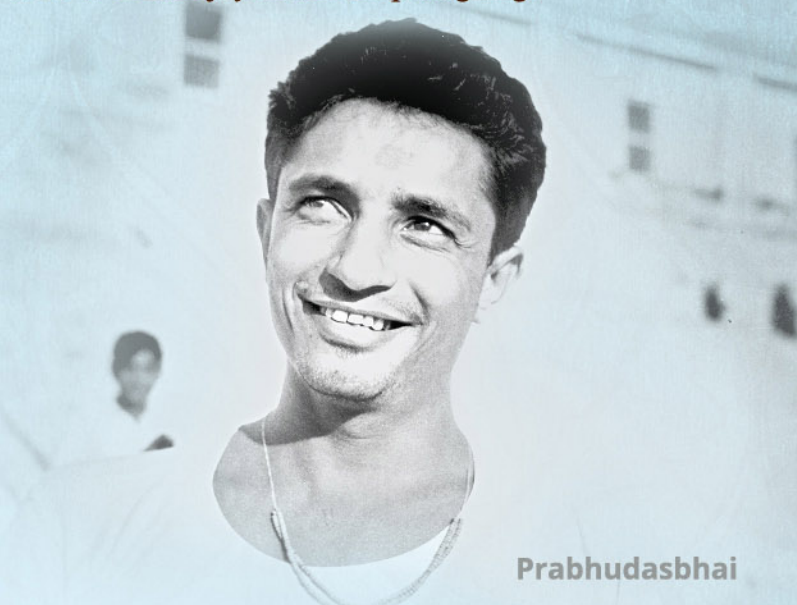
Swamiji was known as Prabhudasbhai before He got initiated into sainthood. Even before becoming a saint, Prabhudasbhai lived a very pious and saintly life. He had an extremely likeable and attractive personality, and that is why he had many friends. But, for this very same reason, there were also many people who were extremely jealous of him and wished him harm.

One evening, Prabhudasbhai and His friend were walking on the banks of a river in the town of Gondal. Suddenly a group of 10-15 people approached and surrounded them. They turned to Prabhudasbhai's friend and exclaimed, "We have come to beat up Prabhudasbhai. You should immediately walk away or else you will also get beaten."

In this dire situation, Prabhudasbhai did something we can only imagine of doing. Instead of screaming or whimpering, he simply laughed. Prabhudasbhai laughed in such a manner that the people who came to beat him became baffled and curious. They wondered, "We have come to beat Him. He is clearly outnumbered. So then why is He laughing?" Shocked and confused by Prabhudasbhai's behavior, the group scampered away.

After this incident, Prabhudasbhai's friend asked him why he laughed. Prabhudasbhai, who had complete faith and unshakable *nistha* in Yogiji Maharaj, boldly replied,

"A true devotee should always be laughing. There is not a single person in this world that can cause us harm, because everything is happening by the wish of Bhagwan Swaminarayan and our guru, Yogiji Maharaj. If everything is happening by their wish, then why should I worry? Should I not be happy all the time? All we have to do is remain joyful and keep laughing.



Prabhudasbhai

Most of us have never encountered such an extreme incident in our life. But just try to imagine the utmost faith and strong trust Prabhudasbhai had in Yogiji Maharaj that He was able to laugh when threatened. Under any circumstance or in any situation, if our laughter ever diminishes, remembering this incident of Prabhudasbhai will surely provide us strength and courage to overcome the situation and bring back the smile on our face.

Like Prabhudasbhai, if we truly believe that everything happening around us is by the wish of God, would we ever get sad or upset? Thus, the joy in our life, and the joy with which we can influence the lives of others, has its roots in the strength of our faith in God. The stronger our belief that God and a God-realized saint like Swamiji are all-knowing and all-doing, the more we will experience the feeling of true courage and happiness within our hearts.

## Lasting Thought

Someone with a hundred million kilos of grains and a hundred million rupees does not fear starvation during a famine. Someone with two thousand soldiers guarding their home does not fear being looted.

Similarly, someone who understands the glory of God and puts full faith in a divine saint has no fears in life.

- Gunatitanand Swami ni Vaato (1-317)

## A devotional song to sing all day long

Whenever people are afflicted with job troubles, academic stress, or any other type of problems, Swamiji requests them to sing one inspirational *kirtan* (devotional song) called "**Bolyaa Shree Hari Re**" throughout the day. It was narrated by Bhagwan Swaminarayan and contains immense blessings.

Please check out the QR code to listen to "**Bolyaa Shree Hari Re**"



## Cool Fact

Ever feel nervous before an exam, a job interview, or any difficult task? If you do, it's because you have a fear of making a mistake. But studies by Michael Inzlicht at the University of Toronto discovered that people who simply think about God before starting a demanding task have significantly reduced anxiety, and as a result, they are less prone to stress if mistakes are made. As brain scans revealed, it's because blood flow actually diminished to the part of the brain that controls autonomic functions that include blood pressure, heart rate, emotions, and impulse-responses. What an amazing trick to control your physical and mental health?!

