

# Outreach

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



Volume 6 - Edition 2

## TAMING THE TONGUE

From the time the sun rises to when we go to sleep, we use words to express our thoughts, share our experiences, and learn from the world around us. In fact, studies have shown that the average number of words an individual speaks per day is close to 16,000, and that does not include words that are typed or written!

Because we use words so frequently throughout the day, it is sometimes easy to forget that the words we speak have incredible power. Mother Theresa once said, "Kind words can be short and easy to speak, but their echoes are truly endless." They have the power to change any situation, for better or for worse, depending on our selection of words.

Words of encouragement, appreciation, inspiration, and empathy always bring joy to everyone. The power of positive words is such that it can build lifelong friendships, bring families together, and even persuade someone to do us a favor.

On the other hand, words of bitterness, judgment, and anger have the opposite effect. All of us have been in situations where the wrong choice of words has led to embarrassment, fights, break-ups, being fired from work and so on. Many times, speaking inappropriately or without thinking can have permanent consequences that cannot be reversed regardless of how much we apologize.

There was once a boy who developed a habit of speaking rudely to others. Knowingly or unknowingly, he hurt others with his impolite words. The boy's father was concerned, so he decided to teach his son a valuable lesson. The father gave his son a box of nails and asked him to hammer one nail into their wooden fence whenever he spoke inappropriately.

On the very first day, the boy hammered over a hundred nails into the fence. By having to repeatedly go outside and hammer nails into the fence, the boy came to a realization. Over time, the number of nails started to decrease as he gained more control over the words he spoke and the way he communicated. One day, the boy returned the extra nails to his father and said, "I stopped speaking bad words. I finally have control over my temper."

His father took him to the fence and asked him to remove all the nails. After the boy diligently removed the nails, the father then asked him, "Do you see anything?"

Glancing at the fence, the boy didn't see anything unusual. But after a closer look, he said, "Yes, I see many small holes."

At that moment, his father explained to him the power of words, "Look at those holes. No matter how much you try to cover it up, the impression of the hole will remain forever. Just as the nails caused permanent damage to the fence, words spoken without thought can leave permanent wounds within the hearts of others. You can say sorry afterwards, but once the damage is done, it is very difficult to mend those wounds."

This story conveys a powerful message about the unintended consequences words can have if spoken thoughtlessly. We have all heard the common phrase, 'think before you speak.' But to actually take a pause and think about the consequences of our words requires continuous effort throughout the day. By making a sincere effort to tame our tongue, we can make more friends, have better relationships with our family, or even ace our next job interview!

## Laugh-Out-Loud



The security officers at the border noticed that for years a man would cross every day with a wheelbarrow filled with dirt. Every day they would thoroughly search the dirt and find nothing hidden inside, so they would let him pass. That is, until the day they realized that he had established a very lucrative and profitable business selling wheelbarrows.

Atmiya Yuva Mahotsav 2014, which was celebrated on Jan 6th, 2014 in the town of Dhumsura, was a grand festival. Words cannot describe the divine and majestic atmosphere of AYM 2014! With over 150,000 devotees in attendance, great speeches from saints, and Swami's divine blessings, it was truly spectacular! If AYM 2014 was celebrated on such a grand scale, just imagine the grandness of AYM 2015!



**Atmiya Yuva Mahotsav 2015**  
Dec 30<sup>th</sup> - 31<sup>st</sup> 2014 & Jan 1<sup>st</sup> - 2<sup>nd</sup> - 3<sup>rd</sup> 2015



## Cool Fact

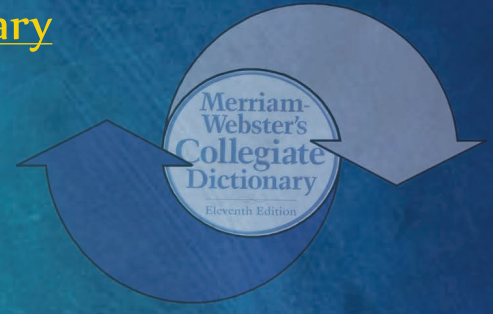
If you have a fear of public speaking, you are not alone. Public speaking ranks as the # 1 fear in America. The second greatest fear is death! The fear of public speaking comes from the thought that the audience is judging the speaker, and in reality, the audience *does* judge the speaker. Research shows that audiences decide within the first 15 seconds whether or not the speaker is worth listening to. So next time, be sure to make a strong start to any speech or presentation!





# Three Words to Consider Replacing in your Vocabulary

1. Try replacing 'I have a problem...' with 'I have an opportunity...'  
- It encourages an optimistic perspective.
2. Try replacing 'It's mine' with 'It's ours'  
- Sharing leads to friendliness.
3. When speaking Gujarati at home, try replacing 'tu' with 'tame'  
- It is more respectful and also a special request from Swamiji.



## Our Inner Feelings Speak Louder than Our Words!

While the words we use are important to communicate our message, did you know that non-verbal communication is just as important? For instance, the tone in someone's voice is a direct reflection of their inner feelings and attitude. We can tell if someone is feeling tired, stressed, scared, or excited just by the tone of their voice.

Moreover, if someone is authoritative and demanding in telling us to do something, we are likely to disengage from the conversation and lose interest. On the other hand, if someone tells us to do the exact same thing, but instead speaks in a charming and friendly manner, we are more likely to respond and cooperate. It all depends on their tone.

When someone genuinely speaks from their heart, we can actually feel their positive emotion. Guruhari Hariprasad Swamiji has such a compassionate personality that each word He speaks truly inspires positivity in others.

...compassionately greets



...embraces



..."My Dear Friend"



Whenever youths come to meet Swamiji, He compassionately greets them, embraces them, and naturally says, "My Dear Friend." These three simple words make a youth feel one with Swamiji, instantly relieving all of their tensions and worries. Because Swamiji speaks with genuine love and care for anyone He meets, His divine words naturally touch everyone and fill their hearts with immense happiness.

Once, a youth and his family visited *Haridham* temple located near Vadodara, Gujarat. The youth's western attire and funky hair style distinguished him from the local crowd at the temple. Annoyed at his odd appearance, his father publicly scolded him, "Could you not at least dress properly in the temple? Look how your absurd haircut separates you from everyone else."

To be ridiculed in public, especially at a temple, can be quite embarrassing. The youth was hurt by his father's comments and felt isolated.

Just then, Swamiji entered *Haridham*. Upon seeing the youth, Swamiji showered him with compassion and lovingly said, "My Dear Friend! You have a very nice hairstyle! It makes you look very handsome."

Swamiji's remark filled the youth with confidence and brought a smile to his sad face. Instantly, the youth felt a type of connection with Swamiji he had never experienced before. He felt that he found someone who really understood him and cared for him.



After some time, the youth got a chance to meet Swamiji. At that time, Swamiji suggested that he would look even better if he were to keep a traditional hairstyle and dress suitably for the temple. The youth happily accepted Swamiji's suggestion and promised to change his appearance to suit the occasion.

Swamiji conveyed the exact same message as the father. But why did the youth so easily accept the advice from Swamiji and not his father? First, Swamiji did not judge the youth based on his appearance. Second, he had no expectations that the youth should behave in a certain manner. Third, instead of scolding the youth, Swamiji wholeheartedly

spoke to him with love and care. In this way, Swamiji established such a strong connection with the youth, that the youth himself realized that Swamiji was advising me only for my own betterment.

Imagine if we can speak with such a kind and caring tone to every person in every situation! Wouldn't the interactions with our parents, children, and friends improve? Wouldn't our spiritual journey accelerate forward? Of course it would! In this way, Swamiji's daily life can truly serve as an inspiration for anyone trying to improve their interactions with others.

**Lasting Thought** "Do you want to develop a natural habit of speaking with respect and kindness to everyone? The first step is to speak with respect and kindness at home." 