



# OUTREACH

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

## THE CLASS NOT TO MISS

Almost everything we use requires recharging or regular maintenance. Cell phones need to be recharged regularly. Laptops and tablets need a power supply every few hours. Cars require frequent visits to the gas station for refueling or oil changes. Even our bodies require maintenance. From showers each morning to doctor visits, we need to feel refreshed, clean and healthy. But what about our minds? Don't we also need to recharge and revitalize our minds on a regular basis?

To some extent, a good night's sleep or even reading an inspirational book can recharge our minds. But this may not be enough. Sometimes, it is difficult to have a fresh mind that is full of spirit, especially when faced with worries, loneliness, stress, or work-overload. At times like these, we need something else to clean and revitalize our mind.

Imagine you are walking in a forest. After some time you become thirsty, so you search for a well in hope of finding clean drinking water. You find a well, but to your disappointment, there is a layer of green algae on top of the water. So you devise a plan. You throw a few rocks into the well. As a result, the algae move to the side of the well, thus exposing the clean water underneath. But after some time as you prepare to fetch the water, the algae starts to slowly cover the water again, so you have to throw a few more rocks in the well to clean the water.

In this analogy (*Swami ni Vaato - P.6, V. 231*), Gunatitanand Swami explains that the water in the well is like our mind and soul, and the rocks are like *Satsang*. These unique rocks clear away the dirt (e.g. worries, disturbing thoughts, or insecurity) that tends to naturally accumulate on our minds. Gunatitanand Swami defines *Satsang* as associating with saints and listening to their inspirational words.

One of the most convenient ways to do *Satsang* is by attending a weekly *sabha*. A weekly *sabha* consists of a gathering of saints, youths, and leaders who deliver inspirational speeches. The unique words of wisdom and

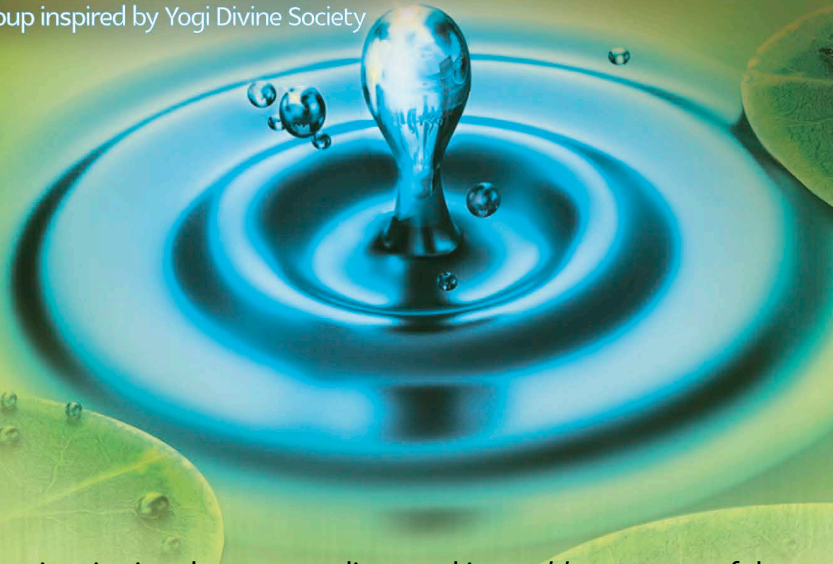
inspirational messages discussed in a *sabha* are powerful enough to displace any negative thoughts and revive our spirit.

Gunatitanand Swami also mentions, "Nothing has a stronger influence on our minds than words." Attending *sabha* on a weekly basis is the best way to engage in spiritual talks and listen to speeches that are thought-provoking, practical, and help mold a positive attitude

Similar to a classroom in school, a weekly *sabha* lasts for about two hours, wherein there are devotional songs, speeches, discussions, presentations, and even delicious food.

In addition, a *sabha* has an extremely positive environment. The youths who host and attend the *sabhas* have clear goals in life and are free of bad habits or addictions. They are humble, friendly, and trust-worthy individuals who you can count on in your time of need.

Dedicating just two hours a week to attend *sabha* has innumerable benefits and can really make a positive difference in almost every aspect of life. Weekly *sabha* is a class that we cannot afford to miss. The internal strength, confidence, and positive thoughts gained from regularly attending this class cannot be expressed by words, but has to be experienced!



## + Cool Fact



Are you finding it difficult to work harder, faster, and intelligently? Shawn Achor, from Harvard University, suggests that writing three new things you are grateful for everyday will train your brain to habitually scan for positive attributes.

A positive brain performs significantly better than one that is negative, neutral, or stressed. Your intelligence, creativity, and energy levels rise, giving you an advantage in your daily routine. Who knew that writing down a few words can have so much power!

## Laugh Out Loud

A mechanic, an engineer and a computer scientist are travelling together in a car, when the motor suddenly fails. The mechanic and engineer each try various techniques to restart the car.

"Pump the accelerator a couple of times," says the mechanic.

"Turn the ignition key without touching the pedal," says the engineer. The car refuses to start.

After several more failed attempts, the computer scientist confidently announced his solution. "Let's restart by getting out of the car, and then get back in!"



## ATMIYA YUVA MAHOTSAV

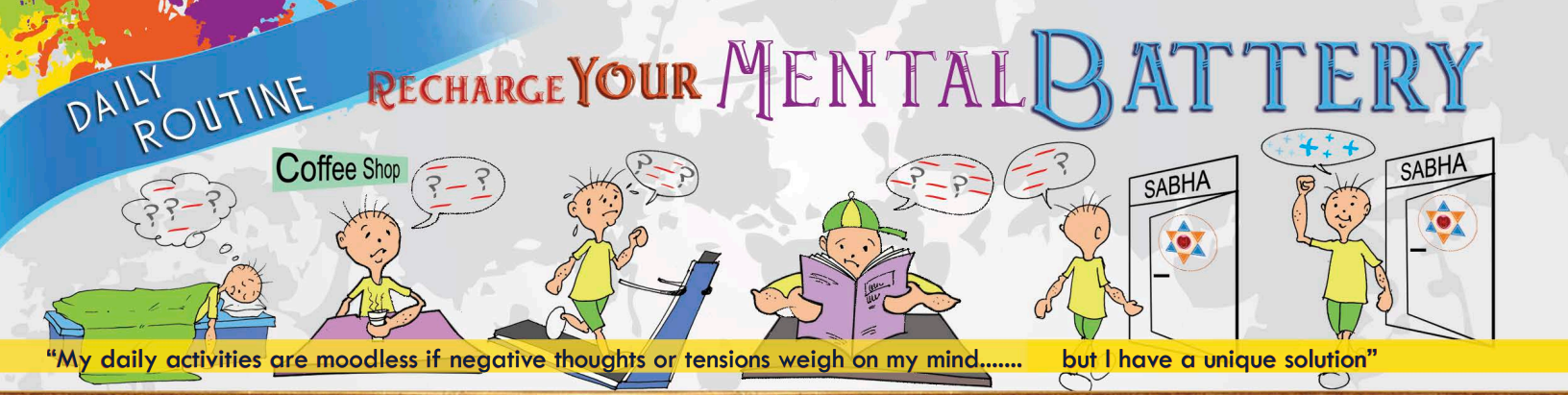
DEC 30, 31  
2014



JAN 1, 2, 3  
2015

Swamiji's eagerness to celebrate AYM is unparalleled. During a recent 25-day tour of Africa, Swamiji held *sabhas* almost everyday and emphasized one message: *The glory and importance of attending Atmiya Yuva Mahotsav 2015!*





## The Best Bargain in the World

We all love bargains. That is why during the holiday season, people line up outside of department stores for hours in cold temperatures in hopes of ensuring the best deals. While some may say that buying a flat screen TV or laptop at a heavily discounted price is an excellent bargain, the best bargain in the world is actually very different.

Believe it or not, the best bargain in the world is attending weekly sabha! Just by devoting two hours a week to attend sabha, which is only about 1% of a week, we are gifted with immense blessings.

The brilliant idea of weekly sabha was initiated by Yogiji Maharaj in the 1950s. He instructed Prabhudasbhai (the name of Guruhari Hariprasad Swamiji before sainthood) to begin a weekly sabha. The divine blessings and inner strength we receive from attending sabha is truly extraordinary.

One such example is of a student in college during the early 1960's. This student was very poor financially. His body was very weak and was sick most of the time. His family was going through some unfortunate situations that were beyond their control. Everything was going against him and he felt as if no one or nothing can help!

After some time, this youth was fortunate enough to meet Yogiji Maharaj. As the youth spilled out his troubles and fears, Yogiji Maharaj listened and embraced him. Then, Yogiji Maharaj asked the youth, "Will you follow my one and only request?"

The youth immediately cried out, "Of course I will! I will do anything you say, but please bless me that all my problems go away."

Yogiji Maharaj wiped the tears from his face and said, "There is a sabha that Prabhudasbhai conducts on a regular basis. Will you be sincere in attending His sabha?"

Realizing the simplicity of Yogiji Maharaj's request, the youth replied, "Yes."

Yogiji Maharaj's face lit up. He patted the youth on the back and gave him incredible blessings, "You will not have to endure any more misery or hardships. You will now attain happiness physically, mentally, and financially." The youth was overjoyed!



*Prabhudasbhai speaking during sabha*

As the youth started to attend sabha regularly, the miserable circumstances that once seemed impossible to overcome quickly turned in his favor. He began to experience true joy. If this youth can receive transformative blessings by just committing to attend weekly sabha, then just imagine what changes it can bring in our lives.

Even to this day, Swamiji has continued Yogiji Maharaj's pattern of weekly sabha. Whenever youths approach Swamiji with any problems or ask for blessings, one request Swamiji always makes is, "My dear friend, try to attend the weekly sabha in your area and stay in touch with saints." In this way, Swamiji gives a unique solution to many common problems.

Today, there are hundreds of sabhas occurring on a weekly basis all over the world. Thousands of youths and families attend and reap the divine benefits of these sabhas.

For example, in Chicago, USA, a family facing financial and emotional stress was able to live peacefully through the faith they



acquired in sabha. In New Jersey, USA, a youth received the strength to forgo eating non-vegetarian food through the moral principles he learned in sabha. In Rajkot, India, a youth transformed his life and earned third place in a statewide standardized exam, which he credits to keeping good company and positive influences he experienced from sabha.

Making a sincere effort to attend sabha not only earns God's constant care, but also enlightens the soul and removes any ignorance. The benefits of a sabha significantly outweigh the benefits of any other activity we can do instead. By investing just a couple hours each week, if we can experience incredible blessings and positive transformation, then there is no better bargain in this world!

**Lasting Thought** "Closing your business (or suspending your activities) for a couple of hours to attend weekly sabha will not result in any loss. By attending weekly sabha, you are fulfilling Yogiji Maharaj's wish! Anyone who has ever followed Yogiji Maharaj's request has never suffered a loss of any kind." ~ Guruhari Hariprasad Swamiji