

# Outreach



Volume 6 | Edition 12

## Put Down That Glass

A professor was teaching stress management techniques to a lecture hall filled with students. The professor called one student to the front and asked him to hold a glass of water. Instantly, all the students expected to be asked if the glass was half empty or half full.

But instead, the professor asked a different question. He asked the students, “How heavy is this glass of water?” Students shouted out several answers. Some said it weighs about a pound, while others said 12 ounces. But the professor shrugged off their answers.

Then, the professor explained, “The actual weight does not matter. What really matters is how long I hold the glass. If I hold it for just a minute, it feels very light. If I try to hold it for an hour, my arm will ache. And if I hold it for a few hours, my arm will feel excruciating pain. In each case, the weight of the glass does not change, but the longer I hold it, the heavier it becomes.”



Then the professor continued, “The worries in life are like this glass of water. If you carry them for only a short time, then it is manageable. If you worry about them for a longer time, then it begins to hurt. And if you think about them all day long, you will feel paralyzed and incapable of concentrating on anything else.”

In some form or another, we may all be holding a glass of water. There is always something weighing on our minds. We live busy lives filled with deadlines, bills, and sometimes complex social situations; all of which only increase our stress. But as Astrid Alauda once said, “Don’t let your mind bully your body into believing it must carry the burden of its worries.”

*So the question is: How can we put down our glass? How can we remain joyous amidst the burdens and stresses of daily life?*



The answer is not to ignore or forget the issues. That would be irresponsible and lead to more serious situations. But rather, the answer is building the mental confidence and attitude to face and overcome stressful situations.

Mental strength and stability cannot be developed by simply taking supplements or vitamins. This type of mental confidence can only be attained through what Guruhari Hariprasad Swamiji describes as *Prabhu-nu-Bad*, which means to live with the strength of God. Living with *Prabhu-nu-Bad* means to acknowledge God’s presence and ask Him for strength to stay spirited in every situation.

Living with *Prabhu-nu-Bad* gifts us with a balanced mind, the confidence to march forward, and the assurance of a fruitful outcome. Implementing *Prabhu-nu-Bad* involves praying. When we become worried about anything, praying is the easiest and most convenient way to put down the glass that burdens us.

Sometimes, everything may be going in our favor. We may get a job promotion, receive outstanding grades, or even have an exceptional talent. But sometimes, things may not go in our favor. We could lose our job, perform poorly in class despite studying, or even feel as if we have no talent or skill.



In both of these scenarios, if we truly live with *Prabhu-nu-Bad*, then we will remain humble in times of success and not feel depressed in failure. We would be able to digest both scenarios with a smile.

When praying to live with *Prabhu-nu-Bad*, the strength we receive depends on our association with a living Gunatit Sant. The stronger your faith and association with a Gunatit Sant, the more strength He can give you. Therefore, it is important to develop a strong friendship with a saint like Swamiji and ask Him for strength.

Swamiji has an infinite and indispensable source of strength, which He wants to give us. All we have to do is ask. Simply pray and ask Swamiji to live with *Prabhu-nu-Bad*. Then the very next moment, Swamiji will empower us with His strength to live a more spirited and blissful life.



## Cool Fact

You are actually carrying a lot of weight on your shoulders and probably do not know it. The weight is from the air around you. In a typical bedroom, the total weight of air is about 140 lbs. If you are at the beach, there is about 1 ton (2,000 lbs) of air pressing down on you; which weighs about the same as a small car. But if you travel upwards to a higher altitude, like the mountains, the weight of air pressing down on you significantly decreases due to a lower air density.

## Laugh Out Loud

A young boy wants to buy a tomato. He approaches the farmer with a few pennies and asks the price for the nice, red, juicy tomato. The farmer replies, "35¢."

Appearing discouraged, the boy wanders down the rows of vines in the field. He finds a small, green, unappetizing tomato.

"How much for this green tomato?" he timidly asked.

The farmer chuckles and sarcastically replies, "3¢."

"Great!" the boy exclaimed as he handed over his coins. "I will be back next week to pick it up."



# With your **Strength,** What isn't **possible?**

Consider this, someone asks you to drive 3,000 miles, from New York to San Francisco, non-stop on a single tank of gas. How would you respond? Our minds would instantly reject the idea and decide it is impossible.



But what if there is a **special type of fuel** that is infinite in supply, provides immense energy, and never needs to be refilled. This special type of fuel is called *Prabhu-nu-Bad*. It cannot physically drive a car 3,000 miles, but it can definitely power our minds and energize us to complete any task, regardless of how impossible it seems.

Sometimes, we find ourselves in difficult or overwhelming circumstances. Our minds may instinctively think, *'This is impossible for me to achieve. How can I ever overcome this? It's too difficult, I cannot do it.'*

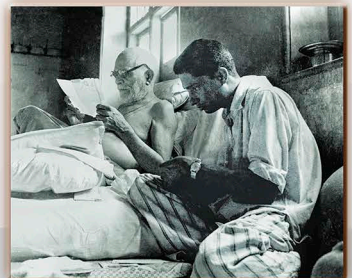
At times like these, we have to let go of our limited abilities. We have to refuel ourselves with *Prabhu-nu-Bad* and let God inspire and strengthen us. One way of doing this is by keeping full faith in the words of a Gunatit Sant.

Faith in the words of a Gunatit Sant is the ultimate source of strength. Anything He says, even if it seems impossible, will definitely become true as He is the one providing the strength.

One such incident is of Guruhari Hariprasad Swamiji (named Prabhudasbhai before sainthood). Prabhudasbhai never doubted the words of Yogiji Maharaj even for a fraction of a second. Although He was exceptionally intelligent and had an extremely dynamic personality, He put complete faith in the words of Yogiji Maharaj. This was His sole source of strength before undertaking any task.

Once, Yogiji Maharaj mentioned to Prabhudasbhai that some bundles of cotton needed to be packed and transported from Gondal to Baroda by train, and then from Baroda to Atladara by car. Prabhudasbhai replied that it would be done. Yogiji Maharaj then said that there were 400 bundles.

Just to put into perspective, when 10 such bundles are tied together, one huge bundle is made, each being bigger in size than one person. Also, it was Yogiji Maharaj's wish for these bundles to be carried within the passenger car



and not be claimed as luggage to avoid extra payment.

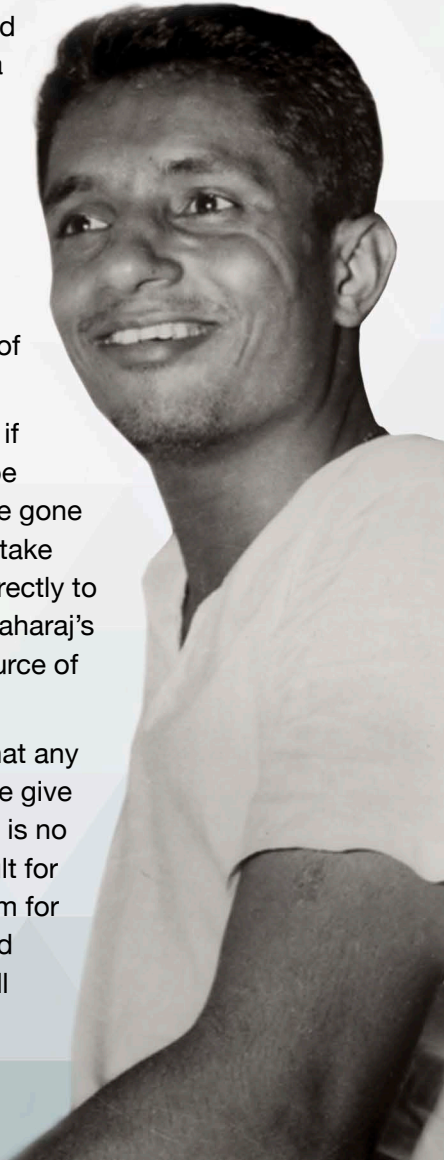
To us, it would seem impossible to arrange this much luggage into the passenger sections of a train. However, Prabhudasbhai did not hesitate even for a moment. He only had one thought, “It is Yogiji Maharaj’s wish so it must be done. I just have to give my full effort.” Prabhudasbhai had faith in Yogiji Maharaj’s words that everything would be arranged well.

Prabhudasbhai made sure that the bundles were arranged in all corners of the train and in a way that it would not disturb a single passenger. He also made sure to pass the message to the devotees at Atladara to make arrangements for 4 vehicles to pick up the bundles from the station when they arrived. For the bundles to reach the temple from the station, each car would make 5 rounds. He had planned for ten youths to gather at the Baroda railway station to help Him collect the bundles from all over the train and load them into the cars.

During the whole process, Prabhudasbhai was calm and not once did He make any suggestions to Yogiji Maharaj. In fact, He did not even get a single thought with any inkling of doubt.

Narrating this incident, Swamiji said, “Even if Yogiji Maharaj suggested that these bundles be directly taken to Atladara by train, I would have gone to the driver of the train and requested him to take the train onto another track – the one going directly to Atladara.” Such was His conviction in Yogiji Maharaj’s words and His Guru’s words were His only source of strength.

Considering the incident above, it seems that any seemingly impossible task is possible when we give our full efforts and take *Prabhu-nu-Bad*. There is no *aagna* (request) from Swamiji that is too difficult for us to follow if we keep faith in Him and ask Him for strength. Praying to live by *Prabhu-nu-Bad* and having unwavering trust in Swamiji’s words will guarantee us His divine blessings.



# 5 Traits of a Person



## Living with *Prabhu-nu-Bad*

1. The first reaction to either a favorable or unfavorable situation is a brief prayer.

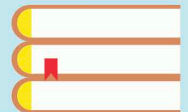
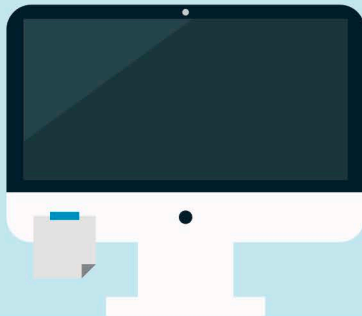


2. Believes that each step, each breath, and each action is a grace of God.

3. Attributes all successes in life to be gifts from God.

4. Gives 100% effort to follow the commands of a Gunatit Sant.

5. Remembers God before starting any task, regardless if it is easy or difficult to complete.



# Learning From Our Friends



One of our friends, Vithal Fuva, is a senior trustee of Yogi Divine Society and has devoted all his time for seva at the temple. He is responsible for several high profile and sensitive sevas. Yet, amidst all these social affairs, which do not always go as expected, he remains humble without ever becoming stressed or annoyed.

Despite the constant and demanding seva, Vithal Fuva is always fresh. Someone once asked him, "In the midst of a hectic schedule of performing so much seva, how do you remain ever fresh?"

Vithal Fuva responded "Like any good businessman, I must close my accounts for the day. I evaluate all my activities throughout the day and identify times when I did not live with *Prabhu-nu-Bad*.

I pray to Swamiji for *bhuddi-yog* (wisdom) to live with His strength. Doing this eliminates all my worries and allows me to wake up the next day with a fresh mind."

What an amazing example and technique of how to stay fresh and spirited each day! If doing this helps Vithal Fuva, then it can certainly help us too!

## Lasting Thought

In any situation, if your first reaction is to try to think either positively or negatively, it means you have relied on the strength of your mind. But instead, if your first reaction is to do *bhajan* and then think positive, then it means you have taken *Prabhu-nu-Bad*.

– Guruhari Hariprasad Swamiji

# Vicharan Darshan of Swamiji

(London, United Kingdom - September 2014)



## Atmiya Yuva Mahotsav 2015

Dec 31<sup>st</sup> 2014 - Jan 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 2015 - Register at [haridhamnj.org](http://haridhamnj.org)

As we prepare to attend one of the most memorable and inspiring celebrations of our lifetime, AYM 2015, Swamiji as a special request for all of us, "Please make sure to wear a cream/white shirt and gray/blue pants. This is a spiritual dress that reflects the spirit of our soul and this grand celebration. So please wear a cream/white shirt and gray/blue plants."



Atmiya Yuva Mahotsav