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## EDITORIAL

### King of the Jungle Living Among Goats

Once upon a time, a shepherd found a newly born baby lion in the forest. He took the cub home, fed it goat's milk, and bred it with his herd of goats. Growing up with a herd of goats, the cub started to eat, move and drink like a goat. One day, while the cub and the goats were in the forest, a huge lion appeared with a loud roar and attacked the herd. All of the goats began to run away as did the baby lion.

The lion was surprised to see the cub running away and said, "Hey! Goats flee when I roar, but why are you running? You are like me - a lion."

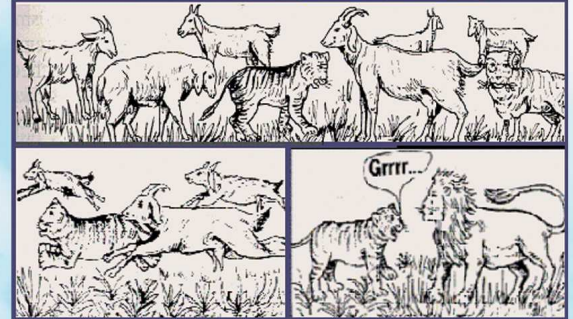
The cub replies, "No! You are mistaken! I am not a lion, I am a goat." Outraged, the lion exclaims, "Why have you lost your senses? Come with me to the riverside!"

The lion took the baby cub to the river bank. At a spot where the water was still, he showed the cub his own reflection.

The lion said, "Look at your face, your golden mane, your paws and your claws. Everything is like mine! You are a lion and not a goat."

The lion went on to teach the cub how to stand tall and roar like a lion. Soon enough, the cub roared and began to think of himself as a lion. He started living the life of a lion.

At times, we are like the lion, lost among goats. Living among goats, we fail to live our life to the fullest. **To bring out our true potential, it is important to find not just good company, but the right company.**



### Did You Know ?

### Quantity versus Quality: Are your friends really friends?

Robin Dunbar, a British anthropologist and evolutionary biologist, is well-known for studying cognition in primates. From his studies with various species of primates, he has concluded that the larger the neocortex region of the brain, the larger the average size of the group they live in. Dunbar has put forth the notion that the more the brain evolves, the better it can handle larger social groups.

According to Dunbar, the maximum number of people that humans are able to maintain a real social relationship with is about 150 - a value that is referred to as the "Dunbar Number." In the modern digital age, the "Dunbar Number" may seem inapplicable due to the spread of online social networks such as Facebook, Orkut, and Twitter. But, with how many of these "friends" do we have a meaningful and constructive relationship that can benefit our daily lives? **While the list of "friends" can be endless, the quality of friendship is much more important for the well-being of an individual.**



# Inspiration From The Great

## *A Lending Hand from a True Friend*

The Oxford Dictionary defines a friend as a person whom one knows and with whom one has a bond of mutual affection. In terms of a mutual affection, the basis of a true friendship depends on a very simple word: trust. Although we may have many friends, how many friends do we truly trust to always act in our best interest? The qualities of a true friend can be best understood by examining the type of friendship P.P. Swamiji had with His friends as a youth while growing up with His Guru, P.P. Yogiji Maharaj.

Once, P.P. Yogiji Maharaj instructed Prabhudasbhai (Swamiji's name before being initiated into sainthood) to go and call a youth. Since the youth was sleeping, Prabhudasbhai tried to wake him up by calling his name and gently shaking him. After several attempts, the youth still did not get up. Knowing that P.P. Yogiji Maharaj was calling the youth for a particular moment, Prabhudasbhai filled a bucket with cold water and poured it onto the youth. Instantly, the youth shook out of his deep sleep drenched in cold water. Even though the youth was a bit agitated by Prabhudasbhai's actions, when evening time came, he happily joined Prabhudasbhai's daily discourses

### **Cool Fact**

- *There are more bacteria in your mouth than the human populations of the U.S. and Canada combined.*

### **LASTING THOUGHTS**

- "The difference due to association with the Right Company is that one who would have become enlightened after a hundred births becomes enlightened in this birth; and one destined to become enlightened in this birth may have to take a hundred births." – Anaadi Mool Akshar Moorti Shree Gunatitanand Swami (Reference: Swami ni Vaato)
- "The key is to keep company only with people who uplift you, whose presence calls forth your best." – Epictetus



*Pragat Guruhari P.P. HariPrasad Swamiji  
as Prabhudasbhai*

to the youths. P.P. Swamiji says that for a youth to waste his time in idle pursuits is detrimental to his or her upbringing. As a true friend, P.P. Swamiji was able to speak and act in the best interest of His friends, even if that meant pouring a bucket of cold water on His own friend. His friendship with hundreds of youths was such that they never took offense to any of Prabhudasbhai's actions since they knew that Prabhudasbhai would not do anything but help them succeed in every aspect of life. **A true friendship entails a mutual responsibility in each friend to freely speak and act for the betterment of the other friend in all situations.**

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