

OUTREACH

VOLUME 3 - EDITION 1

EDITORIAL

Youth Can Become What He Determines...

words, potential is a term that expresses the hope, possibility, and capability, of bringing hidden excellence and wonders into reality. So then the question is, what is it about youth that exemplifies this potential? Guruhari Swamiji very passionately says time and time again, "Yuvan Dhare Thevo Thai Shake" - "Youth can become what he determines". Youth is a symbol of energy, passion, enthusiasm and spirit. A youth has tremendous potential to do what he wants, to follow his dreams and ambitions and to become anything he desires. While a youth has this innate potential, the true matter at hand is how to channelize this potential to bring out his latent excellence.

"Celebrating youth...and his infinite potential". This magnificent slogan was the overarching theme of this year's Atmiya Youth Shibir (AYS), which took place this past August at Hudson Valley Resort (NY). Over the two and half days, everyone had the opportunity to listen to inspirational speeches from youths and saints, participate in a variety of recreational activities, partake in the lively cultural program and most important of all, obtain blessings from Guruhari Swamiji. The various enlightening youth sessions and programs held during the AYS helped those in attendance recognize and comprehend the infinite potential of youth.

What type of values and virtues must a youth harness to achieve this infinite potential and become what he truly desires? Over the next few editions of 'Outreach', we will explore this question from a variety of different angles. In this edition, we will start by seeing how **Developing the Right Attitude** is important for unveiling the inherent hidden potential.



COOL FACT

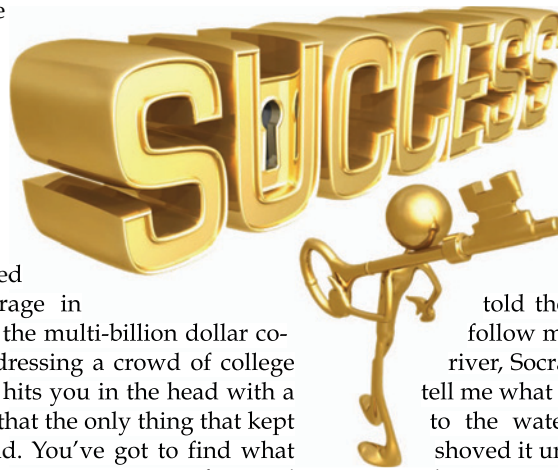


The human brain is an incredible organ, processing 100 trillion instructions a second. Despite being so powerful, it is very vulnerable to one critical factor: time. After the age of 30, it shrinks a quarter of a percent (0.25%) in mass each year. By the age of 35, an individual will start losing approximately 7000 brain cells a day. So, make sure to make the best use of your brain while possible!

LEARNING FROM OTHERS

Every individual wants to be successful. Many desire to become doctors to heal the injured and cure the sick; many dream to become athletes to win the finals and break the records; many yearn to become engineers to build the marvels and solve the impossible; and many aspire to become scientists to discover the incredible and invent the inconceivable. Growing up, youths have high hopes and great ambitions to make something out of their life.

There are countless examples of highly inspirational individuals who have given us a glimpse of what it means to achieve success. For example, Steve Jobs started his first company in a shabby garage in California and persevered to become the multi-billion dollar co-founder and CEO of Apple, Inc. Addressing a crowd of college graduates, Jobs said, "Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love." Another example is Lance Armstrong, a professional cyclist who has won the prestigious Tour de France a record seven consecutive times while also battling cancer. In regard to overcoming obstacles, Armstrong said it best: "Anything is possible. You can be told that you have a 90% chance, or a 50% chance, or a 1% chance, but you have to believe, and you have to fight."



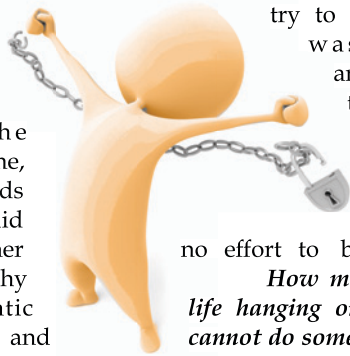
Secret to Success

Like these individuals and many others, there is an endless list of goals and aspirations any given youth strives to attain. However, as time goes on, this conviction often begins to waver. The great aspirations, that at one time motivated a youth towards excellence, begin to diminish, due to numerous reasons ranging from doubts, fears of failure, negative thoughts, bad company, laziness, etc. So the big question is: Do you have the burning passion to really want success and are willing to overcome all obstacles to get it? **How badly do YOU want success?**

A young man once asked Socrates, "What is the secret of success?" Socrates told the youth, "If you really want to know, then follow me to the river." When they reached a nearby river, Socrates said, "Take a close look at the river and tell me what you see." When the young man leaned close to the water, Socrates grabbed the man's head and shoved it under the water. The man struggled to get out but Socrates kept him there until the man started turning blue. Socrates pulled his head out of the water and the first thing the young man did was gasp for a deep breath of air. Socrates asked "What did you want the most when you were there?" The boy exclaimed, "Air!" Socrates confidently says, **"When you want success as badly as you wanted air, you will get it. That is the secret to success."**

A MOMENT OF SELF REFLECTION

A young boy was once passing by a group of elephants, when he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their back leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not. He then saw a trainer nearby and asked him, "Why do these strong, gigantic animals just stand there and make no attempt to get away?" The trainer replied, "Well, when they were very young and much smaller, we used the same size rope to tie them and at that age, it was enough to hold them. As they grew up, they



are conditioned to believe that they still did not have the strength to break away. They believe the rope can still hold them, so they never try to break free." The boy was amazed. These animals could at any time break free from their bonds but because they grew to believe they couldn't, they made no effort to break free.

How many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before? Are we like such elephants, with our progress held stagnant by our self-imposed restraints? Or, are we willing to break the shackles that tie us and take the steps necessary to achieve what we truly desire?

*"It's not the mountain we conquer, but ourselves."
Sir Edmund Hillary, the first person to reach the summit of Mount Everest*

Breaking the Shackles

POLL SURVEY

What do YOU think is the most important factor for a youth to maximize his/her potential?

(CLICK ON ONE OPTION)

- a. Positive Attitude*
- b. Good Education*
- c. Money*
- d. Perseverance*
- e. Good Company*

(Results in the next edition)

LASTING THOUGHT

"Dreams are not those that you see when you sleep, dreams are those that don't let you sleep"

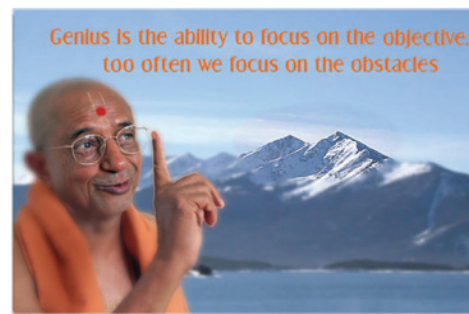
- Abdul Kalam, 11th President of India

INSPIRATION FROM THE GREAT

How focused must a youth be to reach his destination? This was best shown by Guruhari Swamiji during his youth, when he was known as Prabhudasbhai. In 1953, the winner of a world beauty pageant visited India to take part in an event organized at a local college in Vidhyanagar. Prabhudasbhai was given the responsibility of making proper arrangements for this event. Due to his meticulous planning, all the spectators enjoyed the event. However, he did not attend the actual event, in spite of arranging for the entire program.

After the program finished, the management staff and the world beauty wanted to meet with Prabhudasbhai to express gratitude for managing the function. Prabhudasbhai's friends informed him of her request. Due to her insistence, Prabhudasbhai decided to meet with her, along with his own group of friends, outside the municipal court building. However, during their conversation, Prabhudasbhai never bothered to look directly at her face and kept his vision to the ground. The world beauty was a bit upset and surprised upon seeing his unusual behavior and started to wonder, "Many people line up and pay money to have a glimpse of my face and body, yet this youth has not once looked at me during our entire conversation!"

During their conversation, she asked Prabhudasbhai, "All these other youths attended the function, but why didn't you come?"



Prabhudasbhai politely but resolutely responded, "Do you believe in God?" She was shocked to be asked this type of question.

Prabhudasbhai continued, "I was skeptical whether you did or did not. The only type of person worth seeing or who is truly beautiful is one who believes in God, who has faith in God, and who lives in accordance to God's liking. That is the only type of person worth seeing. So, there was nothing I could have gained by attending this function."

Upon hearing this, the world beauty was stunned but also impressed with his high level of understanding. She felt her meeting with Prabhudasbhai was truly inspirational and it changed her view of life.

How can a nineteen-year-old youth be so clear in his thinking?! Even at this age, are we clear on the definition of beauty? If we introspect, can we imagine ourselves being so focused, so clear and so resolute in our reply when we are questioned?

Prabhudasbhai was determined to live a highly disciplined life with a clarity of destination; as a result, he was able to stay focused and avoid distractions that would hinder his progress. *We are very firm in setting our goals, but we start to falter or become distracted when obstacles arise. But, by staying focused on the objective like Prabhudasbhai, we too can easily conquer any hurdles and reach our destination.*

Clarity of Destination



ON THE HORIZON

With the Indian New Year and festival season upon us, we would like to invite you, along with your family and friends, to celebrate Annakoot on Sunday, October 24th from 10:30am-5:00pm at the Hindu Swaminarayan Temple and Cultural Center (140 Lincoln Ave, Lake Hiawatha, NJ, 07034)