

Akram Youth

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Willpower

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Editorial

Dear friends, this month's issue of Akram Youth, which you have been eagerly awaiting, has come into your hands with some new understanding. We all know that two things are essential for achieving success in any task. First, we need a firm determination and second, the sincerity to hold on to that determination. It is very easy to make a firm determination, but almost everyone fails in remaining sincere to it. Friends, have you ever thought about why this happens? "Why don't my efforts to excel in school, my career, my health and my future not give the desired results? Why does my determination become weak? Why does my sincerity break? Why would this be happening?" If we look at the lives of great men that have reached the pinnacle of success, there is one commonality. Whether they were in the fields of social work, political work or business work, they all had a 'firm determination'. They all had the strength to stick to their firm determination, no matter how difficult the circumstances.

Without waiting any longer, let's look at where we lack in willpower in our day to day lives. In this issue, we will see what the reason for this lack of willpower is and how we can strengthen it.

So friends, are you ready to strengthen your willpower?

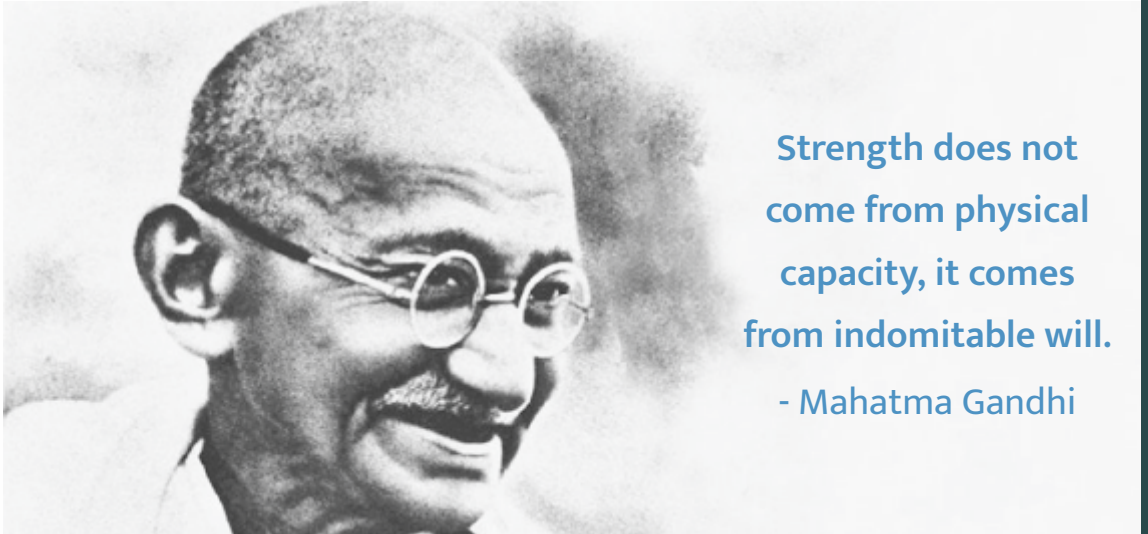
- Dimple Mehta

Quotes on Willpower



Willpower is the key to success.
Successful people strive no matter what
they feel, by applying their will to
overcome apathy, doubt or fear.

- Dan Miller



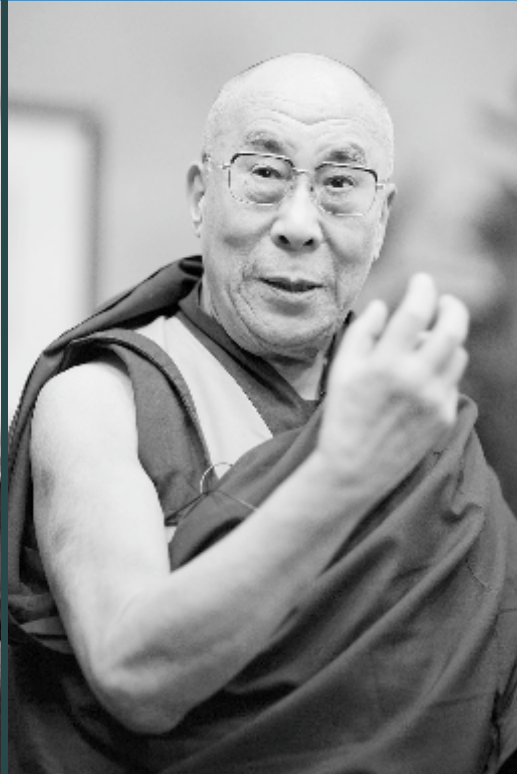
Strength does not
come from physical
capacity, it comes
from indomitable will.

- Mahatma Gandhi

The difference between a successful
person and others, is not a lack of
knowledge, but rather a lack of will.

- Vince Lombardi





Human potential is the same for all. Your feeling, “I am of no value”, is wrong. Absolutely wrong. You are deceiving yourself. We all have the power of thought – so what are you lacking? If you have willpower, then you can change anything. It is usually said that you are your own master.

- Dalai Lama

To succeed..... You must have tremendous perseverance, tremendous willpower; work hard and you will reach the goal.

- Swami Vivekanand



Gnani with Youth



Questioner: What is willpower? Please explain.

Pujyashree: What is willpower? If one decides, “I want to do this much today” and he is able to do so, then that is called strong willpower. And if he decides, “I do not want to watch TV today”, but he keeps thinking, “What must be coming on TV? What must be coming? Let me at least check.” If he just decided that he doesn't want to watch it, but he still does, then that is called weak willpower. He decided on something and did something else. What does being strong mean? Whatever is decided is final. If one has decided to fast, then he will fast. He won't have thoughts of food, he won't look at food and he won't eat food. One has a weak mind if he has thoughts like, “Will I feel hungry? What will happen? What if I become dizzy? What will happen? What will happen?” To resolve means to firmly resolve, 'no' means a definite 'no'.

When does willpower become weak?

The more one is engrossed in entertainment, the more one's willpower weakens. If one becomes engrossed in watching TV, movies, his mobile phone or other materialistic pleasures, he becomes weak. The entire day is spent eating, drinking, travelling and playing games. Computer games makes one weak. By playing with others, one becomes active, his commonsense, physical strength and mental strength increase and he gains other positive energies.

To Resolve Means to Firmly Resolve



He decides he does not want to watch TV today

To Fast Means to Fast



Cover Story

In the city of Ahmedabad, at the Shivranjani intersection, in the evening time, there is a traffic jam every day. On the right side of the road, near the divider, is Dhaval on his bike and Suvidh is on his Activa on the left side of the road near the sidewalk. They have both been stuck in the traffic jam for fifteen minutes. Dhaval's glance falls on a big banner near the traffic signal, which makes him very happy. In the scorching heat and the cacophony of traffic, his mind is having colorful dreams. The banner is for the upcoming Ahmedabad auditions for the greatest reality dance show in India. Dhaval makes up his mind to take part in it. Upon seeing the banner, Suvidh becomes just as excited as Dhaval. His face lights up just from the thought of realizing his dream. He decides that he will also take part in the audition. Both of them continue on their way as the traffic clears. We can see that their paths might be different, but they share the same destination - to take part in the dance competition and win it!

They know that many like them will participate in the competition, so they will have to work very hard. The auditions are on the 10th of May, so Dhaval and Suvidh only have 37 days to prepare. Dhaval has gathered all the information about this dance competition and started preparing for it. Coincidentally, both Dhaval and Suvidh enroll in the same dance class. They attend the dance class after college every day from 4 to 8 PM. Dhaval spends the entire time learning the art of dance, without taking any breaks, whereas Suvidh keeps on playing mobile games and chatting with someone or the other. This goes on for many days. Dhaval also likes his phone, chatting with friends on the internet, etc. He also gets calls from his friends asking to meet up, but he tells





them, “We will meet after the audition if you can wait.”

Dhaval has very strong willpower. He doesn't want to miss his goal due to any reason. He often convinces his mind, “I won't get this chance again. So all my attention should only be here. The rest will come and go.” Suvidh's mind wanders to many places. All his time is wasted watching TV, using his phone or roaming around with friends.

Dhaval and Suvidh face many obstacles. Suvidh's willpower keeps on weakening. He works hard but he cannot focus his mind on his goal. Dhaval practices even more when there are just 2-3 days left for the audition.

The day of the audition arrives.

The entire country is excited to see this dance competition. Out of thousands of people, only five will be chosen for the audition. So all the participants are making extraordinary efforts to display their skills and make history. Every participant gives his performance one after another. The judge watches each performance very carefully and scores them. The entire hall fills with cheers of, “Once more!... Once more!” as Dhaval's performance ends. Seeing this, a doubt arises in Suvidh's mind, “Would I able to dance as well as Dhaval?” He goes on stage with this thought and gives his performance. After all the performances are over, the judge comes on stage and announces the names of the five winners of the audition. Dhaval's name was among the five winners. Suvidh wondered, “Why didn't I qualify?” Upon comparing his performance with that of Dhaval's, he realizes that he was lacking in his dance steps and expressions.

The reason for Dhaval's success was his continuous hard work in the final month. Whereas, Suvidh followed the dictates of his mind, not giving much value to his goal. In this way, he did not make proper use of his time.

Suvidh thought, “Dhaval would have had similar thoughts, right? So what did he do to convince his mind at that time?”

Let's see what Dadashri says about this...

The Gnani's Scientific Vision

Run the Mind According to the Goal

Here, one goes according to the mind, one has not acted according to one's willpower. In doing so, 'I do not like this' and 'I like this' are his tools; that is wrong. It should be based on the principle that accomplishes the goal. But what can be done? In your dealings, if it happens according to the set goal, then it does.

Questioner: It will happen.

Dadashri: Just look, you are not becoming so even right now.

Questioner: Well, it will happen.

Dadashri: 'It will happen' is just being hopeful, is it not? Still, in minor matters, once you have decided that you do not want to go along with the mind, then only go along with that which is of use and not that which is of no use. Allow the 'wagon' to keep going if it is going according to the path as per your decision. And then if it deviates, then you should steer it towards your goal. This is to be done in every matter. Yet one says, "It is running in this direction, what can I do about that?" Now is anyone likely to allow such a driver to enter his home?

Questioner: No, but should a person not do things that he likes?

Dadashri: According to whose liking should you do? Am I not eating this breakfast? But keep it as if You do not like it.

Questioner: We actually make plans to get up in the morning and come here to you; there is no other decision. There are certain matters in which we go



along with what the mind says, that which is socially acceptable.

Dadashri: Go according to what You say. Go in accordance with what is necessary for You, what is in accordance with Your goal. If you are on your way to the town of Borsad and after walking half a mile, your mind says, 'Let's not go today!' Then you will actually turn back. You should not turn back there. What would other people even say? "Do you not have any sense? You left and came back! Are you okay or not?" Would people not say that?

Sardar Vallabhbhai Patel

Sardar Vallabhbhai Patel's willpower was as exemplary as his conduct. He was successful in every task only due to his strong willpower. It is only because of this that we honor him with the name, "The Iron Man."



This incident was from the time when Sardar Vallabhbhai was working as a barrister. One day, he was working on a serious murder case. The court was filled with shouting voices. The opposing lawyer was presenting very strong arguments. But Sardar Patel was patiently listening and providing suitable counter arguments with the help of his deep and logical intellect. People had heard similar intellectual arguments in murder cases many times, but Sardar's ability to argue was really impressive. Seeing his extraordinary abilities, the lawyers, spectators and even the magistrate were spellbound. In this way, the trial was proceeding, when a disturbance occurred. In the middle of the trial, a postman handed Sardar a telegram. Upon reading it, he wondered whether his eyes were deceiving him.

Sardar patiently read the telegram a few more times and then slowly put it in his pocket. There was no change in his facial expression. Everyone present assumed that it was a normal telegram.

But that was just their presumption. No one got even the slightest hint of the truth. The arguments of the trial continued again. What was worth noting was that Sardar was arguing with immense patience and firm will just like before, as if he had never received the telegram. As the court's time wound down, so did the arguments. The spectators and lawyers returned to their seats. One of Sardar's lawyer friends asked him, "Patel, whose telegram was it? What was in it?" Sardar answered softly, "The telegram was from Mumbai. It said that my mother died in the hospital today." In shock, his friend exclaimed, "What did you say?! Your wife passed away?!!" "Yes, my wife has passed away." "You are one of a kind! You continued to argue the trial even after knowing about your wife's death! We would be shocked by hearing such news."

The one who can maintain his composure even in such difficult circumstances, becomes great. This requires penance and elevated thinking.

Being Distracted by Social Media



Societal Influence



Lack of Interest



Being Distracted by TV and Movies



Where
Willpower

Laziness



Peer Pressure



Does
er Break?

Demotivation



Lack of Moral Support



Greed

I am Suyash Shah. I am studying B.B.A. For the past six to eight months, I have been afflicted with a strange addiction. To use the internet. You might be wondering what is so strange about that. This is a common thing. Nowadays, everyone is crazy about the internet. But I said strange because I am not only addicted to the internet, I am also addicted to using all the data in my internet plan.

As part of my mobile plan, I get 1 GB of internet data to use every day. If that 1 GB is not used, then the remaining unused data cannot be carried over to the next day. Therefore, I make sure to use up all of the 1 GB each day. Whether or not I have any work that requires the internet, I make sure to use up the entire amount. Many times, when I have an exam, a project or I have to run some errands, my focus is always on using up all of my internet data. It is as if I have become greedy about it. This went on for many months and effected my results. I narrowly escaped failing my exams. I tried to avoid this habit for one week, but my mind kept convincing me to continue it. So then, I realized that I had to do something. Thereafter, whenever my mind became greedy about using the interment, I would tell it, “If there is extra food in the house and your stomach is full, would you keep forcing yourself to eat the food?” In this way, I kept showing my mind one reason or the other. After that, instead of being greedy, my mind gradually got into the habit of using the internet only as needed.



Illusory Attachment

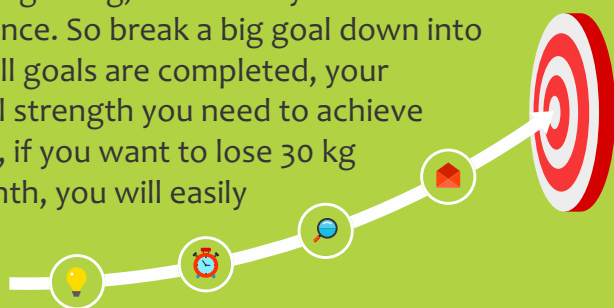
I am currently in college. Many times I decide that I will study when I reach home. But as soon as I pull out my phone, all my time gets spent on social media and in watching online shows. Even when I do sit down to study, I keep having thoughts such as, “What must have happened in the next episode? How many likes did my post get?” In short, I am never able to study the amount that I initially decide on.

Make a Firm Determination, Methodically

Willpower is necessary to complete many trying tasks. If you want to lose weight, quit smoking, or achieve certain career goals, willpower is vital. There are ways you can work on increasing your willpower over time. Set goals for yourself, follow through on them, and make lifestyle changes to strengthen your resilience.

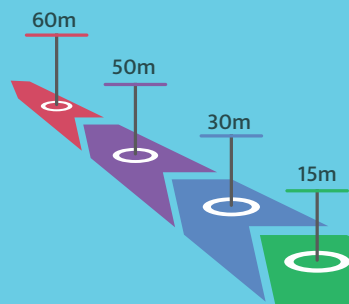
1. Break Things down into Manageable Chunks

Don't keep too high of a target at the beginning, because if you don't succeed, then it will affect your confidence. So break a big goal down into smaller, achievable goals. As these small goals are completed, your confidence will increase and the mental strength you need to achieve the bigger goals will arise. For example, if you want to lose 30 kg of weight, then by losing 3 kg each month, you will easily be able to reach the goal of 30 kg.



2. Set Reasonable Deadlines

It is necessary to set deadlines to achieve your goals. For example, if you want to exercise every day, then start with 15 minutes and slowly increase it to 30 minutes and then 50 minutes. In this way, you will reach 1 hour of exercise in 6 months. By doing it this way, your mental strength will increase.



3. Be Sincere

In order to achieve your goal, make a plan. For example, if you want to follow a healthy diet, but you have to go to a party, then make a firm determination beforehand that you will not eat any fried food or junk food.



4. Hold Yourself Accountable with Honesty

Never expect that the task you have taken on will be completed easily. You will face problems and obstructions. Negative and discouraging thoughts will come. At that time, remember the people who overcame the problems they faced. There are many cricketers, film stars, scientists and businessmen who failed during the initial stages of their lives, but tasted success after a lot of hard work.



5. Keep a Positive Outlook



During times of failure, focus your attention on how the work can be done better, rather than seeing your mistakes. This will not only increase your potential, but also give you encouragement.

6: Change Your Lifestyle and Develop Good Habits

Mental stress destroys your willpower. Activities such as exercise, swimming, yoga, pranayama, etc. will keep your energies fresh, so make them a part of your life. These are very effective solutions for stress. Speak with your friends and family members and listen to satsang, which will help you to remain strong in achieving your goal.



Activity

A Test of Willpower

At the beginning of each year, we all make resolutions. For example, 'I want to lose 10 kg' or 'I want to quit smoking.' Although we have the desire to achieve our goal, do we have the willpower to do it? Let's find out how strong our willpower really is!

1. This year you have made a resolution to lose weight. Your first week goes well... but when the food you like begins enticing you...

- ☐ **A)** You will give in to your taste buds and break your resolution.
- ☐ **B)** You will have some junk food and desert, but you definitely won't eat all of the items.
- ☐ **C)** You will eat some light and healthy food and then divert your mind with some relaxing music or by working out.

2. You have made a nice schedule of spending time with your family after coming home from work, going for a walk after eating, reading before going to sleep, and sleeping for 7 hours each night. But your work friends have decided to start having gossip sessions after work. So what will you do now?

- ☐ **A)** In order to gossip with your friends, you will not remain sincere to your schedule and you will catch up on the entire week's sleep on the weekend.
- ☐ **B)** You will join the gossip group once or twice a week.
- ☐ **C)** You will stay away from the gossip group and give importance to your schedule and to getting enough sleep.

3. When it comes to discipline, who are you like?

- ☐ **A)** Like a kid in a toy store - When you want something, you have it NOW.
- ☐ **B)** Like a roller coaster - Sometimes you maintain a high level of discipline, and other times you don't.
- ☐ **C)** Like a rock - You're tough and your discipline is unwavering. No temptation can break that.

4. You and your friend have decided to eat healthy. The problem is that you're a little more disciplined than he is. A few days after deciding to eat healthy, he throws a party for his birthday and chooses to order high-calorie foods. You, however, prefer to order salad and low-calorie foods. Your friend is getting angry at you for this. What will you do?

- ☐ **A)** To satisfy your friend, you will succumb to his peer pressure and order food with more calories, gravy and oil.
- ☐ **B)** You will only order light food, but you will try some of your friend's high-calorie food as well.
- ☐ **C)** You will stick to your low-calorie diet. You will not let your last two weeks of discipline go to waste.

5. You decide to go to the gym as a group and invite some of your friends to come along. Unfortunately, no one wants to join you. What will you do?

- ☐ **A)** You will convince yourself that it is not a good idea and too expensive and you will forget about it.
- ☐ **B)** You will forget about the idea, but you will go for a walk after dinner a few days a week.
- ☐ **C)** You will take your iPad with you to keep you company, but you will not give up the idea of going to the gym.

6. You have decided that you want to become free from your addiction (smoking, drinking, etc). The day that you make this firm determination, your friends invite you to your usual hangout spot... a place that has always been a trigger for your addiction. What will happen to you?

- ☐ **A)** You will accept the invite and give in to your temptation.
- ☐ **B)** You will accept the invite, but you will not continue your addiction.
- ☐ **C)** You will stay strong and not accept the invite.

After completing this test, total your score by matching your answer to each question with the table below.

	1	2	3	4	5	6
A	0	0	0	0	0	0
B	05	05	05	05	05	05
C	10	10	10	10	10	10

You can find out what your score means at the end of this issue.

The Gnani, a Living Wonder



What can a person with strong willpower not do? And who can be a better example of this than Niruma? There is a treasure trove of examples of Niruma's willpower. We will see a few of them here.

Niruma

She used to live and do satsang at Varun Apartments and later at Dada Darshan in Ahmedabad. As time went on, the satsang group started growing and the foundation started developing, so the space became inadequate. That is when Niruma decided to get a larger place. But, 'Where will the money come from? Where will we find a larger place? Will mahatmas come to stay there as well? How will everything be managed?' Such questions were on everyone's minds. But Niruma was very firm and strongly said, "Remain positive, everything is going to turn out good." And slowly, the financial needs started getting fulfilled, circumstances started coming together and the entire Simandhar City was developed. This was all possible because of Niruma's vision and strong willpower.

One time, everyone had gone on a pilgrimage to Badrinath-Kedarnath. There, Niruma's health had deteriorated. To ensure that no one's enthusiasm broke, she freshened up every morning

and went outside before anyone else. She had her breakfast and lovingly spoke to everyone. "I am not well...I won't be able to do anything..." She would never say this. She would not give any importance to such small issues. Even if she had a fever of 102 or 103 degrees, no one would know about it.

Her willpower for following celibacy was very strong. In the early days, she would go out of town for satsang-related work in a jeep or a bus. If by accident, she ended up touching any man, she would fast.

She would write letters to mahatmas and arrange Dada's entire program. She would have to take care of Dada's meals, coordinate everything, take care of Dada's health, record Dada's satsangs and take care of the cassettes. Niruma single handedly did all these things and that too, without complaining. All of this was possible only because of her strong willpower to achieve her goal. "I want to spread Dada's Gnan to all the people of the world." This is how strong minded our Niruma was.

**Remain
positive,
everything
is going
to turn
out good.**

Pujyashree's willpower is so strong that if he starts something, he can continue doing it for the rest of his life. Once he makes a firm determination, there is never a break in it. So let's see some examples of Pujyashree's strong willpower.

1. He does 1 hour of yoga and pranayama every day.
2. He watches Niruma's satsang every day from 3:30 to 4 in the afternoon.
3. He watches an energizer every day.
4. He gives time to mahatmas in Dada Darbar.
5. Even though he received marriage proposals, he remained firm towards celibacy.
6. Despite his father's resistance to him going to satsang, he pleased his father by serving him until his last breath.





Answers to Your Questions



Questioner: How can I strengthen my willpower?

Aptaputra: If you have the answers to questions like, “What do I want in life? How will I attain it? How much effort will I need to make to achieve it? What obstacles could come my way?” then you will have decided on your goal. Once you have decided on a goal, to stay sincere to that goal, you need to strengthen your determination. If you go to the airport to catch a flight for Mumbai and you hear an announcement that an airline is offering a free flight to Delhi for its 50th anniversary, then will you board that flight?

Questioner: No. I want to go to Mumbai.

Aptaputra: This is clear. In the same way, our goal should be clear to us. What will happen from that is, whatever temptations come our way, it will constantly remain in our mind that “No, this path will not take me towards my goal.” We can keep our mind strong in this way. If you want a simple example, does it ever happen that there is a function at your house at the same time that you have an exam? Then you go to give the exam, don't you? Why? Because your goal is to pass the exam and have a bright future. You already know that, “I will fail if I don't go.” It is up to us to decide how much value to give something, and we do it. Would it happen without willpower? So we definitely have willpower, but we don't know it. So first recognize it and think about the times where we progressed by using our willpower.

If we have to reach somewhere, don't we often check the G.P.S to see, “Am I on the right path?” Similarly, we should ask ourselves every once in a while, “Am I progressing towards my goal or not?”

Let us become so strong that no temptation can ever sway us. For example, if our exam date is coming near and our friends are pressuring us to watch a movie, then we can say no to them in a loving way. If we say no once, then the energy to say no twice will arise. Like this, it will increase by multiplication from two to four, four to sixteen. If we say no just ten times, then 100% energy will arise.

#Poem

Raam thashê kê kem? Nakki karvaa par gno aadhaar chê...
Shakti to hoy j, maatra nischagni j vaar chê...

Vahêlu uthvu kê vaanehvu, aam to badhu chuki javaag chê...
Bê divas nischag takê, pachi abhrai par muki dèvaag chê...

Sinhno nischag kêvo? Marê pan ghaas khaag nahi...
Pêlêla kukadaani pan, jaraa modi savaar thaag nahi...

Êk maanas j êklo, vaat-vaatmaa dagi jag chê...
Êni patang kyaarêk gothaa khaag, to kyaarêk chagi jag chê...

Manobal j nabalû, têtthi j badhi pol vaagê chê...
Surmay hovu ghatê jivan, tyaa bedarkaarinaa dhol vaagê chê...

Manobal hoy jo, pag vagar maanas parvat chadi jag...
Pan jo manobal khutê, saajo saaro maanas paacho thaag...

Badhi samasyaaonaa taalaani, manobal chaavi chê...
Jêgê nischag chodyo nathi, safaltaa têng malvaa aavi chê...

Pan manoranjanmaa ahi, manobal dhovaag chê...
Alas, pramaadni udhai, jivan satvang khaag chê...

Akram Youth



If your score was between :

- **0-20 points:** Your willpower seems to be weak. You prefer to take shortcuts and do whatever is easiest. Keep trying to strengthen your willpower so that you can achieve your goals with ease.
- **20-40 points:** Your willpower is at an average level. In important matters you are able to use your willpower and fight for the things that matter to you. But if you want to achieve more in life, try taking on more challenges and strengthen your willpower even more.
- **40-60 points:** CONGRATULATIONS! You are a person with very strong willpower. Unless something beyond your control gets in your way, you will decide on your goal and achieve it.

Send your suggestions and feedback at: akramyouth@dadabhagwan.org

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