

Hello All !! Wishing you all a happy new year and the year 2016 brings joy, happiness and peace within. As you were aware that this was the 21st LMAD which we concluded on 8 June, 2015 and for all of us who are involved with the work of IofC-LMAD for them this was a landmark youth conference.

LMAD has been built with hard work and commitment with the dedication of coordinators of last twenty one years. The experience of coordinators coming for LMAD ranges from two years to as long as eighteen years, I have just been a mere instrument steering the work in which we are all involved. In the last week of December we had invited all the coordinators of last 21 years for a gathering to look ahead. As expected many of them came, right from the first youth conference of 1994 to the present time. Personally for me it was a pleasure to see the complete chain of last 21 years. Married coordinators came with their spouses and kids. Those who came as young teenagers were standing in front of me in their mid-thirties or late thirties with their family. It was a moment of joy to be cherished within for a long time to come. The eldest kid was 17 years old and the youngest was just three months old.

The purpose of being together was partially achieved and many have committed their time and involvement to take the work ahead of LMAD and also in other spheres of IofC. I am sure you will strengthen my hands on our mutual journey of IofC-LMAD.

What stood out in our gathering was the thread of quiet time and how each one in their own unique way understood the role of conscious and inner listening and later its application in one's life. For me, quiet time is the real takeaway from all the gatherings of our work. Even after twenty one years of LMAD and my own involvement of 24 years, the freshness that I find in solitude, nothing comes closer to quietness.

The story which I am sharing with you is reality of life and it is in our hand to shape our life the way we want it, but yes if the shaping involves discipline quiet time, inner listening and writing of inner thoughts and following it, then I am sure and convinced from within that you will be able to navigate your life which will be able to weather any storm internal or external. Make a strong resolution of 2016; disciplined twenty minutes of quiet time.

There was a man with four wives. He loved his fourth wife the most and took great care of her and gave her the best. He also loved his third wife and always wanted to show her off to his friends. However, he always had a fear that she might run away with some other man. He loved his second wife too. Whenever he faced some problems, he always turned to his second wife and she would always help him out. He did not love his first wife though she loved him deeply, was very loyal to him and took great care of him. One day the man fell very ill and knew that he was going to die soon.

He told himself, "I have four wives with me. I will take one of them along with me when I die to keep company in my death."

Thus, he asked the fourth wife to die along with him and keep company. "No way!" she replied and walked away without another word.

He asked his third wife. She said "Life is so good over here. I'm going to remarry when you die".

He then asked his second wife. She said "I'm Sorry. I can't help you this time around. At most I can only accompany you till your grave."

By now his heart sank and turned cold.

Then a voice called out: "I'll leave with you. I'll follow you no matter where you go." the man looked up and there was his first wife. She was so skinny, almost like she suffered from malnutrition. Greatly grieved, the man said, "I should have taken much better care of you while I could have!"

Actually, we all have four wives in our lives.

- The fourth wife is our body. No matter how much time and effort we lavish in making it look good, it'll leave us when we die.
- The third wife is our possessions, status and wealth. When we die, they go to others.
- The second wife is our family and friends. No matter how close they had been there for us when we're alive, the furthest they can stay by us is up to the grave.
- The first wife is our GOOD DEEDS, neglected in our pursuit of material wealth and pleasure. It is actually the only thing that follows us wherever we go.

All the best and my good thoughts and prayers towards you and your family. Happy 2016.

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