

24-August-2015

Close to nine months have passed by but at frequent intervals my mind gets carried away and so many thoughts cross within, telling me of my time with all of you in Jamshedpur during those four days of LMAD–JYC. Even today everything looks as fresh as yesterday. The inner pleasure and happiness derived during those days meant so much to the entire coordinating team and whenever we met we talked about our time with all of you. Hopefully looking forward to the opportunity created, the Lmad team would definitely like to come and do a similar youth programme this year too.

I would like to share that Lmad is been running youth conferences, workshops and regional programmes since last 21 years. The national conference at Asia Plateau, Panchgani, this year completed the 21 edition. Definitely we all feel proud of this moment that together we have nurtured this idea for a very long time and with the support from each one of you the work will go on for many years to come. You all are hope for tomorrow and I would like to see that if this life changing message appeals to you then I would like you to carry this to many places across the country. Before you think of taking this work ahead, I would like you to pause and think that am I living my life on the basis of the values which I was been taught during the Lmad conference. Has quiet time been an integral part of my life? You know why I am saying this, because it is very difficult to explain what is lofC and what did you do during those four days of Lmad. If your life has changed after attending the Lmad conference your change is the message and preserve this change and keep on evolving in your change, because only change is changeable. Your changed personality and good living is what people will ask and that is what they can see.

Taking you back to the last day of the conference where we had all the distinguished guests, many teachers, few principals, endless parents and the large hearted sponsor. In the midst of all this, what really touched all those who were present was the story of change which was visible through all of you and that change was witnessed by each one, because it came from your true innermost feelings without any inhibition and ego. I am talking of this change which has to be constantly re-lived within you and remembering those four days where you deeply felt connected with your inner self. So when you talk to others about the idea of lofC-Lmad let them know about your story of change and that is what is going to inspire all those who will listen to your story. It's like one candle can lit endless candles, in a similar way one deeply changed soul can inspire endless souls. Think on this and make your young life more meaningful by living to its fullest following the standards of honesty, purity, love and unselfishness and yes not to forget disciplined quiet time.

I need help from each one of you and wherever you go be an exemplary student of Lmad and through each one of you I would like to reach out to millions of young people of this country who will benefit from this life changing message, which we offer during those four days of the conference and it shows alternative way of living where no one tells them what to do, but all they have to do is listen to their still small voice which speaks within you through your soul consciousness.

Before I conclude I would like to narrate a short story of coconut and each one of us has seen and felt coconut and how it looks. Coconut is been offered as an offering in all the temples and religious places. Why coconut and not any other fruit, yes many other fruits are offered but the most offered one is coconuts and behind it there is a story which I am going to narrate. It has a deep message similar to the one which you had learnt and understood during those four days of Lmad conference.

The outside fibre on the coconut before it is offered to the lord is been removed and this removing of the fibre signifies that when you go to Lord go without your vices, bad habits, desires and endless material wishes. Fibre signifies our weakness. Then comes the toughest part: the outside layer or the skull of the coconut and it's hard to break; we have to smash it hard on the ground to crack open it, this signifies our EGO, which is the most difficult to give up. Our life will end but we will not allow our EGO to go from within us. [Remember your moments when you gave up your EGO and when you did that you would see a beautiful moment unfolding in front of your eyes] When the coconut is cracked open the water spills out, the spilling of the water is allowing all the negativity from within to pour out, negativity like jealousy, selfishness, dishonesty,

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impurity and so on and so forth which was preserved within the hard shell of coconut [EGO], these qualities of ours are not visible outside but only we are aware of it, unlike the outside fibre, which is making us what we do not wish to become and lastly we see the beautiful spotless white eatable glowing tender fruit and this is our soul. Our soul needs to be as clean and spotless as the inner core of the coconut. We offer this inner core to the Lord Almighty, telling HIM that we want to become like YOU. The offering of coconut is given back to us with the message from GOD telling us HE wants us to become like HIM, spotless, so eating that inner core is a reminder to what kind of life we have to lead to become spotless.

I miss the city of Jamshedpur and the wonderful people whom I have met through the work of Lmad. Shraddha, Rajiv, Lalan ji, Biplab, Indrajeet ji, Gural, Nidhi, Padma, Vijayam Kartha, Brig Vaidyanathan, Sharat Nair and endless others who have worked hard and supported this beautiful cause of life changing. Help me along with you and the team would love to take this message to endless other young people of our country. Looking forward to meeting you again.



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