



Food For Thought Monthly

March Madness Messages

The top 10 lessons Michael Jordan teaches all of us



In the march madness issue of Food for Thought, we thought it would be fitting to let one of the most famous basketball players in the history of the game take center stage. Even now, when most of his media time is as a business man, he continues to use his influence to bring human values into the forefront. Following are excerpts from an article on Michael Jordan. The full article can be found at: <http://thebestten.wordpress.com/2009/10/27/the-best-10-michael-jordan-messages/>

The best aspect of his Air Jordan brand are the messages delivered through its advertising and marketing. He has managed to pull together big time sports

stars such as Ray Allen, Carmelo Anthony, Rip Hamilton, Derek Jeter, and Chris Paul to support his brand. However, these sports stars are not just promoting the clothing or the shoes, they are promoting the philosophy behind the clothing, which is the philosophy behind Michael Jordan.

Each of the commercials has a distinct message, narrated by Jordan himself. He uses nuggets of wisdom learned during his career as positive and motivating messages for the current generation of youth. We don't become like Mike simply by buying a pair of shoes, we should look beyond the superficial, and dig deep within ourselves to discover the inner strength that drove Michael Jordan to the top of the basketball world.

10) What If?

What if there was no fame and fortune? What if all the fans and media were gone? What if all Michael Jordan ever became was a regular basketball player. Would he still do what he did? There's no doubt. When young children are asked why they want to become sports stars, often they will mention money and fame. What they don't understand about someone like Michael Jordan is that he was always focused on one thing, becoming a better basketball player. The

Editors note:

Om Sri Sai Ram Region 5 Young Adults and SSE 4 students! Welcome to the 3rd issue of *Food For Thought*! We delayed the release of the March newsletter in hopes that we would get feedback on the February issue. We truly want to discuss topics that YOU the SSE 4 students have on your mind so please do send us a quick email! We are requesting that each of you send us the top 3 topics you would like to discuss with a YA - whether in the newsletter or in person. We promise to respect anonymity when requested so please don't let that stop you!

For all of you avid sports fans, you'll undoubtedly know that it's time for March Madness! To keep in sync with that, we will be focusing this issue on how to identify and control anger. By learning to temper anger, we can actively practice the E-day 2013 theme of: **pure thoughts lead you closer to God.**

Hope you enjoy this issue and remember, all feedback should be sent to us at: YA.EDAY2013@gmail.com



fame and fortune only followed his successes on the court.

9) Tell me

"Tell me I can't do it. I want you to. Because then I can prove you wrong." Despite all the loving fans, the people Michael Jordan listened to the most were his biggest critics. When they said he couldn't play defense, he won the defensive player of the year. When they said he couldn't win a championship, he won three in a row. Again and again he shut his critics by proving to them he could do what he wanted to do by putting his heart into it. That is a valuable lesson for any kid to learn.

8) Heart

Heart is what truly drives you to get to where you want to go. It's what gets you through the tough days, and it's what will bring you to the top. They say it's not the size of the dog in the fight, it's the size of the fight in the dog. Michael has proven time and time again that heart can triumph over physical limitations. He played with the flu, he played when hurt, he even played after his father's murder. But all those difficulties never changed

his passion for competition and his heart for the game.

7) Let your game speak

Everyone has critics. You can either argue with them, or let your game speak louder than you ever can. Instead of letting critics tear you down, use them as a force to motivate you to go further.

6) Maybe

Maybe he made things seem too easy. Maybe his accomplishments are too great to ever surpass. Maybe there will never be anyone better. Or maybe you are just making excuses.

5) Look me in the eye

Don't be scared of what you will become, be scared of what you won't become. Know who you are inside, and don't let anyone stop you from being who you truly are.

4) Clocktower

No one gets to the top the easy way. Everyone has to put in the hours and the hard work. Fairy tales only happen in movies.

3) Break to build

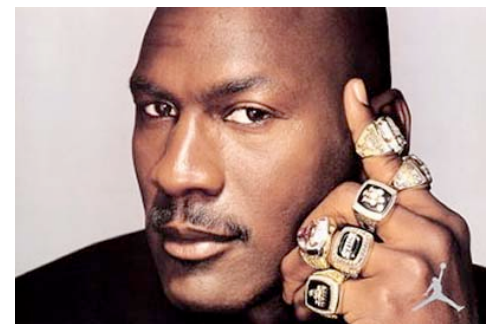
To get to the next level, you have to push yourself to the limit. Push until you can't push no more, and then you will get there.

2) What is love?

What does it mean to truly love the game? It means not being to live without it, and appreciating every moment of it, even the difficult ones.

1) Failure

He has failed at every point in his life. Yet those failures never stopped him from trying again and again. It is through his failures that he has succeeded beyond imagination.



5 Tips to keep calm under pressure

- 1) Note your patterns:** Are there specific situations that cause you to lose your cool? Look at specific patterns - from time of day, to level of stress (or level of boredom), to blood sugar levels. Do you tend to lose it when it's too noisy or too quiet? Knowing about your own patterns can go a long way in helping you keep your cool throughout the day.
- 2) Realize you can control your emotions:** Reflect on times when you were able to successfully stay calm in a frustrating situation. Maybe it was a time when you wanted to yell at your mom or your sibling, but then your cellphone rang and you were able to instantly shift gears. Consider that you might be able to do this repeatedly, as long as you know your triggers - and some tips for keeping a calm mindset.
- 3) Breathe:** Diaphragmatic (deep belly) breathing helps you alleviate your stress in the moment and it gives you a minute or two to calm down, often just long enough for you to assess the situation and help you regain your sense of control.
- 4) Learn to visualize:** Here's one that helps me: I try to imagine my problem as a knot. The more I panic and pull on the ends, the tighter the knot cinches. But, when I adopt a singular focus, a calm takes over and I can loosen one strand at a time.
- 5) Create a calm environment with rituals:** When you are coming home from school/work, give yourself a few moments to calm your mind before you go charging into an evening of errands and homework. Sit in the car for a few minutes and take some deep breaths. Kick off your shoes and sip a glass of water. Rituals can also be tremendously soothing during the transition periods of your day. If calm music soothes you, use it. If silence soothes you, use it. Maybe you'll play some soothing instrumental music or maybe you'll dim the lights and light some scented candles.

**Monthly Challenge:**

How many of you were successful in last month's challenge of channeling loving thoughts? Tell us what your experience was!

Building on last month's challenge and keeping in line with March Madness, our monthly challenge will deal with **Active Compassion**. More precisely, active compassion towards someone who usually irritates you (i.e. a younger sibling, annoying classmate, mean teacher or coworker, etc.) Our hope is that by practicing February's challenge, you've developed a higher capacity to think loving thoughts. This month, we want you to put those thoughts into action by:

Actively showing compassion to 1 person who irritates or consistently angers you.

Scenarios Of The Month

Dear readers,

Are you facing any spiritual or ethical dilemmas in your daily life? Do you think your Sai family could relate or help? TELL US! send us a quick email with your situation and we will publish an anonymous scenario in next month's newsletter to see how others would react! Here are 2 new scenarios to ponder for this month:

- 1) **Bully** - All of us can surely remember a time when we have been bullied to some degree, whether by a pushy sibling or a mean classmate. Even though we might try to forget, there is also at least one time in each of our lives where we have bullied someone else. When you think back on these 2 experiences, can you remember and compare what it felt like to be the victim and the bully? What thoughts were you thinking before and after these experiences?



- 1) **Scenario:** You are a freshman on your first day of high school. You and your friend are in a sophomore level advanced class surrounded by 15 other students who are bigger and older than you. After the first week, there is one student in that class,

Harry, who starts to pick on the two of you for being "nerds." First he makes mean whispered comments whenever you or your friend answer a question. Slowly, it escalates to loud comments before and after class and soon all the other kids join in by laughing and taunting. You and your friend decide you need to tell the teacher before class the next day. It just so happens that you are running late for school that day so your friend goes ahead and talks to the teacher before you get there. Unfortunately, Harry happens to overhear the end of the conversation your friend has with the teacher and is furious. He pulls you aside and says "can you believe that little nerd told on me? I always knew he was the uncool one." What do you do? If you agree

with Harry, would you consider yourself a bully or would you consider it self-preservation? If you don't



agree with Harry, how would you handle that situation?

- 2) **Patience, little one** - Having a pet or a baby sibling brings so much joy to your life... most of the time. I'm sure each of you can think of many instances where either an animal or a baby has made you quite upset by messing with your stuff. Can you also think back to a time when you were the younger naive one who accidentally messed with someone else's stuff? How mad did you get when your things was ruined and how mad did the other person get when you ruined their belongings? For this scenario, think about how you actively treat people and how you would like others to treat you.

2) **Scenario:** You and your roommate decide to get a puppy! The puppy, Fido, is the sweetest little puppy at the shelter and is always so happy to see you but sometimes when she gets too excited, she will have

accidents in the house. One night, you are in a crunch to finish a final paper for a class so you stay out at the library and Fido doesn't see you until you finally come home. You put your bag down and Fido is so excited that he comes to jump on you and accidentally has an accident on your bag... with your computer in it! You are so scared that Fido has just ruined your computer (and with it, your final paper) that you don't think about what you are using to wipe up the mess. Thinking you have grabbed recycled newspaper, you accidentally grab your roommate's journalism final project. Think about this situation for a minute. In the heat of the moment when Fido unwillingly ruined your final, would you have been angry? would you have screamed at him even though you knew he didn't mean to? Now think about how your roommate will react? Do you think it would be fair for him/her to be angry at you, even if the whole thing was an accident? Who do you think would be entitled to be more upset, you at Fido or your roommate at you?

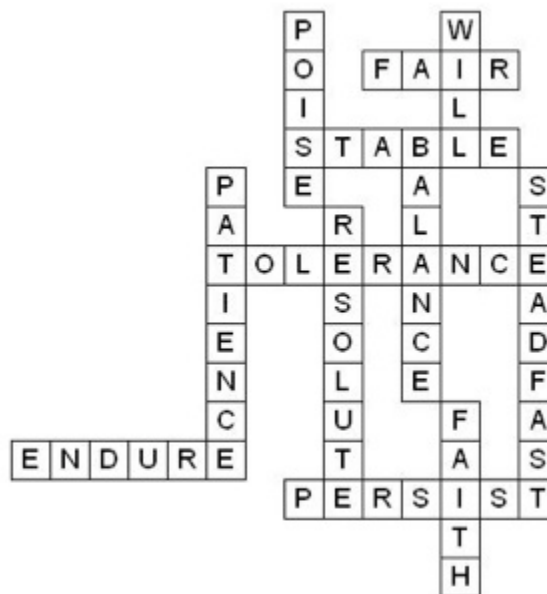
ACROSS

- 3 Impartial, unprejudiced
4 firmly established
9 Broad minded
11 Last, bear hardship
12 Carry on despite difficulties

DOWN

- 1 Self composed
2 Strong desire
5 Equilibrium
6 Capacity, willingness to endure
7 Faithful or determined
8 Have a fixed purpose
10 Belief or trust

FEBRUARY CROSSWORD ANSWERS



EMAIL US!

We want to hear from you! Are you facing any particularly confusing problems? Do you have any opinions or experiences that you would like to share with your peers? If so, please e-mail us at ya.eday2013@gmail.com with "editorial" as the subject.





MARCH DOUBLE PUZZLE

LAMC

10	16		

TENCIEPA

24	21	1		22	18		

GINDSATNUNDER

20				5				14		9	

TECCACPAEN

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SEEAPCEEVRN

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NERNEADUC

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HETSIC

23		7		6		

CESPRTE

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NAMSOSPIOC

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Unscramble each of the clue words.
Copy the letters in the numbered cells to
other cells with the same number.

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- Willard Gaylin

