



Food For Thought Monthly

LEAD

Listen, Execute, Assess, Demonstrate

In the hustle and bustle of today's world, it's really hard to feel significant. After all, there are what, seven billion of us? Billions of boring individuals, all clawing for success in the rat race that is life, seemingly with little control of the many ups and downs, twists and turns of life's path. The vast majority of us are not taking charge, not directing, and certainly not leading.



But is passivity OK? Is it acceptable for us to wile away our time as followers, without achieving our fullest potential -

without becoming leaders?

What would Baba say? (I'll give you a hint - He says no).

Jokes aside, it is clear that the world needs more leaders and fewer sycophantic followers. Baba himself made it a central goal of all His institutions to produce good, Sai leaders, all of whom would have a significant impact on the world. And, by analyzing His teachings, it's easy to see how He did produce those at the forefront of the world. Anyone blessed enough to directly receive the words of wisdom from Swami should take strength from His values and guidelines, and henceforth be confident that *whatever* he or she might do from that point on is righteous. And when confident leaders act with such integrity and principle, there are no bounds to goals they can achieve.

Of course, confident leadership does not mean nursing a personal ego. As mentioned above, Baba's values show us how as Sai leaders of today's world, we have to focus on the greater good.

Like Baba says, "I desire that you should take up the reins of leadership and bring peace and prosperity to the nation by leading ideal lives."

Editors note:

Om Sri Sai Ram Region 5 Young Adults and SSE 4 students, welcome to the 4th issue of *Food For Thought!* We are pleased to inform you that this issue was **written by the SSE 4 students of Cincinnati-Dayton Center**. The Newsletter Team is so proud of them for taking the time and initiative to write and edit all of the articles, tips and scenarios for this issue - thank you so much for all of your hard work!

In this issue of *Food For Thought*, we will be focusing on *Leadership*. We will explore in depth what Swami says: being a good leader starts with cultivating good qualities. The process of transforming into a Sai - leader begins with purifying your thoughts, words, and deeds which ties into our 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

We hope you enjoy Volume 4 of *Food For Thought!*



He also states, "[s]mall minds select narrow roads; expand your mental vision and take to the broad road of helpfulness, compassion and service." When coupling this with "Love all Serve all", it is evident that our purpose on this earth is to lead.

With the many problems facing our world, it's clear that each and everyone of us needs to step up to the plate. Irresponsible leadership can spur political scandals, environmental disasters, economic collapse, poverty, violence, and leave the world in a poor state. There is no one better than the one governed by the principles of Sai - who

carries the five values ingrained in his or her mind - to be a leader and take charge. Baba himself has called us to take such action.

To suggest that our leaders today are all terrible, or that we SSE students are superior simply because we were lucky enough to come to know of Swami is not to just prop up our ego. It's simply an indication that we are privileged to attend SSE, and learn and follow these codes of conduct and five central values that can truly make us wonderful individuals. I am a firm believer that with great power, comes great responsibility. We have been

blessed with some of the greatest powers: Swami's blessings, guidance, and knowledge. So why shouldn't we step up to the occasion and take a leading role in solving the world's problems? Whether at home, school, or in the community, let's start now, so that in a few years when we're adults we can lead our generation in order to cohesively achieve a better world.

Whatever we choose to be, it's not ok to sit around and do nothing. Let's get started.

~ SSE 4 of Cincinnati-Dayton Center

When Sathya Sai Baba was a school child, He was an automatic choice for the class-leader (monitor), but this brought its share of problems. Once, His teacher asked Sathya to slap all the boys in the class for an infringement of discipline. Instead of slapping hard as he was expected to, Sathya merely patted the cheeks of the

Baba As A Class Leader



errant pupils. This greatly angered the teacher, who then directed all his wrath on the class-leader. Sathya bore the punishment in stoic silence; for Him, it was all a part of the Drama scripted by Him, and this particular scene was being enacted to impart some lessons to humanity. What lessons do you think this scene in His childhood teaches all of us?

5 Tips to Be a Great Leader

- 1) BE THAT SOMEONE:** People always say that someone else will solve a problem but why can't you be that person?
- 2) Remember the you're essentially the moderator:** Know that your job is to distribute the work to everyone and ensure that the group is functioning well. Make sure you don't get too authoritative.
- 3) Be passionate about what you do:** It is extremely important that you are passionate because it will make group members much more receptive to what you say. Apart from that when they see how motivated you are they will also become more passionate and energized.
- 4) Incorporate Sai values:** Incorporating Sai values is extremely important because it helps you discriminate between right and wrong.
- 5) Inspire people around you:** It is extremely important to inspire people because that will motivate them to take action and make them take interest.



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) **Take a Stand!** - It is almost impossible not to get told by someone, "If you are interested in something take an active role in it." Leadership has always been considered very important but why is it such a big deal? How do you be a leader and what are the obstacles you face? How do you and others benefit from being a leader? What inspires you to be a leader? Think about that in this next scenario.

1) Scenario: At school your administrators have recently implemented a morally questionable policy. Many people at school feel it is unjust but haven't tried to make an effort to fix it. You are one of the first people who decide that something must be done in order to get change to occur. At this point, how will you inspire people and get them to support you? How will you individually benefit from this and what are the obstacles you face? Do you think

people should try to seize any opportunity to lead or focus only on areas they feel experienced in and have the best chance to succeed?

2) **Ego-less Leader** - When in a leadership position, it is important to remember to take your team's perspective and ideas into account. Sometimes it is important to play the role of facilitator instead of dictator. Taking your ego out of the leadership role is the only way be Swami's instrument. Have there been certain instances in your life when this has been difficult? Perhaps when your teammates seem subpar? Think about how ego and personal opinion play into your leadership and discrimination in this next scenario.



2) Scenario: At the place you work you are a team leader. In the group you are in charge of there is one person you particularly dislike and don't trust. One day this person approaches you with an idea which he feels is great. What should your mind-set be when you listen to his idea? Would your lack of

trust for him have any sort of impact on your opinion? If the idea seems to be good would you be willing to readily implement or would you be suspicious? Would you be able to approach the situation without bias and with a fair mind?



"I want you to be leaders to protect the world. Leaders like lions, self-reliant, courageous, majestic and just. Lion is the king of animals and I want you to be king among men."

-Sathya Sai Baba

**Monthly Challenge:**

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

For this month the challenge will be to take leadership. Every problem has a solution waiting to be found. There are also plenty of ways you can support something you are passionate about. This grants plenty of leadership opportunities for you to take advantage of. This month's challenge will be to:

find a an issue you are very passionate about and take leadership to make a change.

Find something where you can take action and be a leader. Be that infamous someone everyone refers to in every situation!

SSE Teacher Testimonial

"Leadership is idealism in action. A leader is one who gives up all ideas of possessiveness, strives only for the well-being of society and holds himself forth as an ideal human being. A good leader knows his people as well as their mothers do, and cares for them even more."

Sathya Sai Baba

True Leadership is the product of spiritual growth. True spirituality is head, heart and hand acting in unison. According to Swami, the four components of Leadership are 'To Be, To Do, To See and To Tell.' The foundation of Leadership is the 'To Be' element - the strength and balance of character and knowledge in a person. 'To Do' is the style of leadership that comes from the inner strength of a person. 'To See' and 'To Tell' are the tools and techniques of leadership - practicality and communication.

Leaders expose their character with their actions and decisions. True leadership is selflessness based on an ideal or a vision beyond self. Selflessness alone will aid the leaders to rise above self-interest, pride and arrogance.

- SSE 4 Teacher

MARCH DOUBLE PUZZLE ANSWERS

1 2 3 4 5 6 7 8 9
E X P R E S S I N G

10 11 12 13
A N G E R

14 15
I S

16 17 18
L I K E

19 20 21 22
P U B L I C

16 17 18 19 20 21 22 23 24 25 26 27 28 29
L I T T E R I N G

-Willard Gaylin

L A M C

10 16
C A L M

T E N C I E P A

24 21 1 22 18
P A T I E N C E

G I N D S A T N U N D E R

20 5 14 9
U N D E R S T A N D I N G

T E C C A C P A E N

4 11
A C C E P T A N C E

S E E A P C E E V R R N

3 15 13
P E R S E V E R A N C E

N E R N E A D U C

8 25
E N D U R A N C E

H E T S I C

23 7 6
E T H I C S

C E S P R T E

26 12 19
R E S P E C T

N A M S O S P I O C

2 17 27
C O M P A S S I O N

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.



APRIL WORD SEARCH

H Y D V N O I T A N I M R E T E D N V Y
 I N Q U I S I T I V E I S A R P S O T N
 A S D J U I C U Y U G R M L L S I I R H
 R Y E U M O W Z A H M R I D E E L T E M
 E E M R U A B L T T A V Z L B A C A D G
 N A S R V R R E J H T S F Q T C W R A L
 L C A I J I O I D M E L X R M O S E E U
 Y G E J L U C H A Y E K O O Q N H P L L
 E P M D S I Q E G S M M B J P F X O V O
 I I O N U A E J U C M R V N P I T O B V
 H Z E R U T U N O I R R R L P D D C W E
 U S E M H U I M C Q H I E G R E H L Y R
 S N D W E T P T O E T Q S E D N R D T H
 B C I J E A N V R Q N W P F O C U S I U
 J Z Q T S C Q A R O L K E S L E E H U B
 Y N D S Y K O S L J F O C W X U C T N R
 I O I R D E C I S I V E T L S P H S E U
 S O E L P M A X E X H E X C X D L N G P
 N E V I T A I T I N I P F V W G H P N Q
 F X S T N I M P T P D M V I D C N Z I M

Aum	Initiative
Compassion	Inquisitive
Confidence	Leader
Cooperation	Love
Courage	Philanthropy
Decisive	Resilience
Determination	Respect
Dharma	Righteousness
Example	Sairam
Focus	Selfless
Fortitude	Service
Immortality	Unity
Ingenuity	

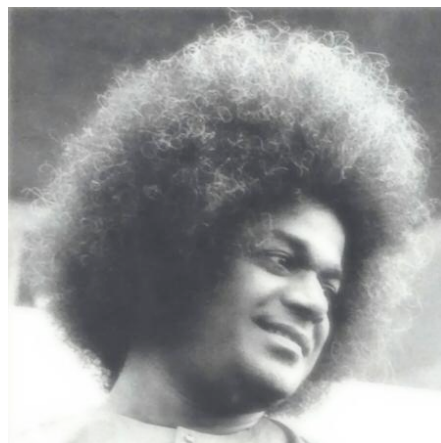
Swami Says...

An Excerpt from His Discourse: Summer Shower 1972

"In this world most of you wish to do some noble and difficult work. All those who wish to participate in such work have to accept leadership and responsibility. Those students who today feel that it is good to accept such a responsibility are the ones who will do well in the future.

If we cannot recognize our duties, we will not be able to rectify our methods. Take the example of a leader who is very much addicted to drinking. How can he propagate the virtue of keeping away from drink? How can he preach prohibition? In the same manner, how can such teachers and students who succumb to evils, do good to and improve society? If we want to accept the

responsibility of telling others to rectify their faults, then the first thing to do is to rectify our own faults and change our own lives so that there are no more faults left in us.



So the right thing to do is to cleanse our own hearts and then

move to the area around you, say your own village. After purifying the people of the village, then you can move to the district; after purifying the district, you can move to the state and after purifying the state you can become a leader in your country. If you want to become a leader without these prior acts, then you will be disappointed and you cannot be a leader. It is only when we understand and recognize the responsibility and the duty of a citizen, will we be able to change the methods of education and infuse into those methods, love and peace which are the essential qualities of a good citizen."

-Sathya Sai Baba