

The Power of Perspective

Turning Problems into Pathways



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Turning Problems into Pathways

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Divine Blessings from His Holiness Gurujī Swamishri

“The thoughts you hold will surely shape who you become”

In the journey of life, our thoughts and our perspective play a deeply important role. When the struggles and challenges of life are seen through a negative perspective, they become a cause of sorrow. But when those same challenges are seen through a positive perspective, they become steps of progress, and struggles become a reason for success. The true cause of happiness and sorrow is perspective.

On the spiritual path, in the journey towards the state of an Anadimukta, if we keep negative thoughts such as “I can’t do this,” we fall behind. But if we remain engaged with positive thoughts, progress certainly becomes possible. Enthusiasm, inner joy and bliss continue to grow.

Whether in spirituality or our routine life, the more positive our perspective is, the more our questions begin to turn into answers. It is our directive for the entire society to read and reflect on this book, again and again. Those who also try to live according to the action points will earn the heartfelt blessings of Maharaj, Bapashri and Gurudev Bapji.

ॐ नमो भगवते वासुदेवाय
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Preface

According to the principle, “As the vision, so the world,” the result we experience from any event or any person’s personality depends on the perspective through which we view it. Even the happiness and sorrow we feel are rooted in our perspective.

Change your perspective, and it will change your world.

Whether in personal life, family life, business, work life, social interaction or satsang, many questions and conflicts arise because of a negative perspective. Life becomes stressful. People begin to drift apart. Relationships lose their warmth. Life starts to feel like a burden.

A positive perspective is an inner energy that gives strength to face difficult circumstances, situations and challenges. It is a quiet magic that strengthens relationships. It is an opportunity to move forward. It turns life into a celebration. The purpose of this book is to help readers cultivate a positive perspective in personal life, family life, professional life and satsang. Through reflective sayings, incidents from the lives of Gurudev and Guruji, and heartfelt examples, this book explains how to develop a positive perspective. Along with each example, it also offers an action point for practical application in one’s own life.

May reading and reflecting on this book remove the darkness of negativity that may have entered our lives and light the lamp of positive perspective within.

– Sahitya Lekhan Vibhag

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Perspective: A Unique Pair of Glasses

Perspective is one's own unique pair of glasses through which one sees any object, thought, situation or life itself. It is one's personal point of view. It is not enough to evaluate an event or a person only by what is visible to the eyes. To try to see, understand and interpret something according to its reality - that is, perspective.

For example, if the same object is seen from different places and different angles, it appears different from each position. A pen appears long when viewed from the side. When viewed from above, it appears round. In the same way, no complete conclusion about any person or object can be drawn by looking from only one place and one angle. Only when we look from multiple perspectives can we recognise the fuller reality.

Most of the time, we see only one or two sides of a person or situation, form our assumptions and prejudices, and then declare someone at fault. But the real fault often lies in our own perspective. That is what we need to understand.

At this stage of life, what has happened, what is happening, and what is yet to

happen - that is one part. But the deeper question is this: from what perspective does a person see it and accept it? Happiness and sorrow depend on this evaluation.

Negativity is not measured by calculation, but is revealed by our company and association.

In today's world, many people's first response to almost every matter tends to be negative. The thoughts seem to arise from a negative starting point. Such thoughts can destroy confidence and turn relationships bitter.

You cannot live a positive life with a negative mind.

With a positive mindset, every perceived impossibility becomes a chance, every loss becomes a gain, and every failure becomes a step towards success.

A positive perspective is not merely a way of looking. It is a far-reaching vision that rises from the depths of the mind. It is the ability to view life from a different and, more so, from a higher angle.

People with a negative perspective often go in a cycle of making trivial problems appear larger. In contrast, people with a positive perspective can

remain joyful even when the problem is far greater. The cause of happiness and sorrow is not the problem itself, but the perspective through which the problem is seen. Those with a positive perspective can climb the ladder of difficulty and reach the peaks of success and happiness.

Negative words, reactions or environments do not shake them. In fact, their aura of positivity absorbs the surrounding negativity and spreads positivity in its place. They see virtues even within another person's shortcomings. They recognise their own shortcomings, accept them, and try to improve. When they receive guidance or correction from someone, they take it in the right spirit and elevate their life.

A person with a positive perspective can blend easily with others, either at home, work or satsang. They understand others' words. Even within a problem, they find a path built upon understanding, preserving the unity among the relations. Instead of focusing on who is doing what and how, they focus more on what can be learned. Likely, such people are the ones who can even turn around a situation that has gone horribly wrong.

Let us decide one thing: if we must see something in others, let us see their

virtues, not their faults. Fault-finding creates cracks in relationships. And if we really feel the urge to look for faults, then let us look within, remain positive and improve ourselves. That brings happiness to everyone and makes relationships deeper.

What Lies in Our Hands

B stands for Birth, and D stands for Death. Neither of these is in our hands. But in the alphabet, between B and D comes C. C stands for Choice. How we pass the time between birth and death, and with what perspective we live it, is our choice. Whether we think positively or negatively, the choice will always remain in our hands. Life may not always give us the events we desire, but it provides us the freedom to decide what meaning we give those events. Between what begins without our permission and what ends beyond our control, there lies a sacred space where we shape our thoughts, refine our responses, and choose the direction of our inner world.

In the end, life is not only measured by what happens to us, but by the vision with which we choose to live through it.

A Kirtan Composed by Guruji HDH Swamishri

As you shall think, so shall you be;
 If you say, "It cannot be done by me," Then never, truly, shall it be.
 But say, "It will be done, why would it not?"
 Believe it firmly, and it shall be. This alone is life's true key... 01
 Maharaj, like a sacred gem, is ever by our side;
 He fulfils our pure resolves, with blessings deep and wide.
 Motapurush is always with us, and we are disciples at his feet;
 His strength is boundless; then why accept any defeat?... 02
 Never think or act without courage in your heart;
 "What & How will it happen? It will not happen";
 such doubts make satsang depart.
 The resolve is Shriji Maharaj's own; Bapashri declared it clear.
 Gurudev Bapji gave his word, so let no doubt come near... 03
 Move ahead with unwavering faith, with a resolve as firm as a mountain;
 We are not a body, but Anadimuktas,
 so why let negative thoughts be known?
 The Anadi state is to be given,
 and we must receive it with awakened sight;
 I am in the Murti; Maharaj alone exists, all are like Purushottam's light... 04

Insight: *One perspective makes us restless; another gives patience.
Remain positive and wait for time to unfold.*

When Waiting Becomes Worship

On Wednesday, 27 December 2017, Gurudev HDH Bapji travelled through the villages of Suka Timba, Vandariya, Doli and nearby areas. In the afternoon, He arrived late at the Godhar mandir. Gurudev sat on a chair to offer the meal to Thakorji. However, there was no food on the table since the sants were heating the food.

A little time passed. An elder sant stood up and began to go towards the kitchen. Gurudev HDH Bapji immediately stopped him and said, “Swami, how compassionate these sants are! Before we offer the meal to Thakorji, they have given us time to do bhajan and bhakti. Come, until then, let us chant and sing bhajans.”

The sant said, “But Dayalu, You have to sit like this and wait! If only the sants had heated the food earlier...”

Gurudev said to the sants seated there, “As renunciants, we have renounced worldly attachment to women and wealth. So what is our true wealth? The great sants have said, ‘There is no wealth like patience, O sants, there is no wealth like patience.’” Until the food was heated, Gurudev imparted some words of wisdom to those sants on patience. The sevak sant felt embarrassed as he

came to serve the food. Seeing him, Gurudev said, “Swami, thank you. You gave us time to worship God.”

How wonderful, Gurudev ! Even while seated as the Guru, what exemplary patience!

Resolve: In every circumstance, I will remain positive and preserve the rare wealth of patience.

Patience turns waiting into worship.

Insight: *When perspective is positive, correction does not feel like nagging; it becomes the foundation of success.*

The Hidden Gift of Correction

When Dr A. P. J. Abdul Kalam, the former President of India, was working at DRDO, a senior officer would often correct him. At times, the officer corrected him pretty strictly and even scolded him.

Seeing this, one employee asked him, “Sir, this officer keeps correcting you again and again. Do you not feel angry?”

Kalam smiled and replied, “No, not at all. For me, correction is an opportunity to learn something new. I do not consider correction as criticism; I see it as a chance to improve. I regard this officer as someone helping my progress. I try to understand the intention behind his words and improve accordingly. If some shortcoming still remains, I ask for guidance to correct it. But if I take his words personally and interpret them negatively, I will lose the chance to improve and ultimately I will lose an opportunity to learn.”

Similarly, instead of criticising the correction and becoming angry, Kalam saw it positively and was able to reach remarkable heights in his life. In our family, at work or in satsang, the more we take any correction in the right spirit, the more successful we become.

Resolve: Instead of criticising the correction, I will take it positively and improve.

Correction hurts only when ego listens louder than growth.

Insight: *Positive words carry a unique energy; that energy awakens others through you.*

The Power of Positive Instructions

In 2012, on the eve of the Rajat Jayanti Mahotsav, Guruji Swamishri came for a campus visit with the planning committee. To guide visitors, signboards and instruction boards had been placed in several areas. They read, “Do not throw rubbish here and there,” “Do not pluck flowers or plants,” “Do not push,” “Women should not come this way,” and “Do not talk during the sabha.”

Seeing the signboards, Guruji suggested, “All the signboards have been placed in the right locations, but what if we word the instructions positively? For example: ‘Let us place rubbish in the bin,’ ‘Let us care for the flowers and plants,’ ‘Let us come for darshan in the queue,’ and so on.”

Guruji further explained, “Negative words inspire negative vision and behaviour. Naturally, there is already some negativity in the human mind. If we add negative words from outside, then, as they say, minus and minus become plus; negative behaviour increases. The human tendency is such that when we are told not to do something, we often feel drawn to do it first. If a cover says, ‘Do not open,’ people naturally feel more curious to open it first.

“So in satsang, family life or work, instead of saying, ‘Do not do this,’ if we give positive instructions such as, ‘Let us do this,’ people naturally begin to

follow them. Instructions given with a positive perspective can bring transformation in others' behaviour."

In this way, Guruji taught the planning committee that positive verbal expression helps bring a change.

Resolve: I will give every form of instruction in positive words.

The words we choose become the direction others follow.

Reflection

- People change their clothes, their homes, their cities, their jobs, and even their relationships, yet they may remain unhappy. Do you know why? Because they have not changed the way they look at life.
- A positive perspective is the ability to feel less troubled than circumstances might warrant, and to experience greater happiness than circumstances alone may seem to provide.
- There is a vast difference between earning a place in someone's heart and losing that place, much like the difference between a gentle mist and irritating smoke. People with a positive perspective naturally find a place in others' hearts, while those who constantly carry negativity gradually lose that place and, like smoke, can leave others feeling uncomfortable and weary.

Insight: *Failure is not the end; it can become a new beginning.*

The Window of Truth

A young boy was playing cricket with his friends in the garden. With the excitement of hitting a boundary, he struck the ball with force. It flew straight into a window of the house. The glass shattered into pieces. In that moment, the boy's heart also felt shattered. Afraid that his father would scold him, he became nervous and began to hide inside the house.

His mother lovingly said, "Son, when we hide a mistake, it produces more negative consequences. But when we accept our mistake courageously, the other person's perspective towards that incident, that mistake, and even towards us, begins to change." A little later, his father came home from the office. Seeing the broken glass, he asked, "What happened here?"

Gathering courage in his heart, the boy came before his father. Holding his ears, he said, "Papa, I am sorry. While playing cricket, the glass broke because of me. I made a mistake. "I am very sorry, Papa". Seeing the boy's behaviour, the father encouraged his conduct. His perspective towards the incident changed due to the son's willingness to accept a mistake. He seated the boy beside him and explained, "Son, it was wrong that the glass broke. It was your mistake. But

I liked that, instead of hiding your mistake, you came to me and spoke the truth. I can replace the glass, but never replace truthfulness in your life.”

Keeping the boy with him, the father replaced the glass and lovingly explained, “Now, instead of playing cricket in the house garden, play at a ground. Never hide a mistake you have made. When you speak the truth, everyone gains trust in you.” Through this incident, the boy learned the lesson of accepting a mistake courageously.

Resolve: Instead of hiding my mistake, I will accept it courageously and ask for forgiveness.

Truth can repair what fear tries to hide.

Ways to Build a Happy Family

1. The 4S Positive Switch Technique

- **Step 1: Stop** - Do not react immediately.
- **Step 2: Smile** - Offer a smile and soften the atmosphere.
- **Step 3: Say** - Speak gently, lovingly and with kind words.
- **Step 4: Solve** - Understand each other and bring a solution to the problem.

2. Say thank you even for small tasks.
3. Instead of blaming someone, search for the cause and approach the situation with a solution in mind.
4. Share moments of happiness and remain joyful.
5. Forgive others gently for their mistakes and encourage them to improve.
6. Ask for forgiveness for your own mistakes.
7. Gather around, spend family time, hold a sabha, and share meals.
8. Always appreciate one another's virtues.
9. Be a part of one another's joys and sorrows. Stand beside one another.

Insight: *Perspective is similar to a camera. The world appears to us according to the lens through which we see it.*

Beyond the Surface of Wealth

Beloved Guruji HDH Swamishri was going for padharamni in Ahmedabad. On the way, a devotee who had come along for Guruji's labh said, "Guruji, this person is truly a very wealthy person. Contrastingly, he still lives in a rented house. What should be meant out of it?"

Guruji went to that devotee's home. He performed Thakorji's arti and then spoke with the devotee about satsang. Towards the end, Guruji asked, "Is this house yours?"

"No Guruji," the devotee replied. "It is a rented house. But it has all the facilities. Nothing is lacking. I pay ¹ 60,000 rent every month. If I were to buy this same house through a loan, I would have to pay an installment of ¹ 5,00,000 every month. When would those installments end? What is wrong with living in a rented house instead?"

After completing the padharamni, while returning in the car, Guruji taught the devotee who had come with Him, "If we look at him with a negative vision, he may seem greedy to us. But if we look with the right perspective, what do we see? This devotee has wise money management practices. Even though he has a great deal, he does not show off. He does not waste money. He thinks

about the future and saves accordingly. We should keep the perspective of learning from him.”

Guruji’s correction touched that devotee’s heart. The incident revealed that any evaluation made from a surface-level view can be mistaken.

Resolve: I will not look at someone externally and take faults.

A shallow glance judges; a wise lens learns.

Insight: *A positive perspective is like a magnet; it draws good opportunities towards you.*

A Challenge for Inspiration

In Paris, France, a cobbler named Simon Braille had a workshop where he made horse saddles. One day, while he was out at work, his three-year-old son Louis entered the workshop to play. He began playing with the tools used to make saddles. As he played, the cobbler's awl pierced his eye. His eye was severely damaged. The infection spread to the other eye, and Louis lost sight in both eyes.

He got enrolled in a school for blind children in Paris. Brilliant Louis later became a professor at that very institution.

From childhood, Louis loved reading new things. But now he could no longer read. He would ask others to read to him and fulfil his interest in that way. Yet he felt deep concern for other blind people. He resolved, "Whatever I must do, I will do; but I must do something so that every blind person can read."

He began experimenting. He learned that during war, secret messages were sent in the army by making holes in thick paper with a needle, creating coded signs. Hearing this, Louis turned the challenge of blindness into a stepping stone. He developed the Braille script, made of six dots and forty-

three signs, through which visually impaired people around the world can read today.

Resolve: I will not become hopeless in challenges. With positive thought, I will find a path forward.

A challenge becomes a wall or a doorway according to the hand that touches it.

Insight: *Saying and writing that everyone is divine is one thing; understanding it and living it is a million times greater.*

A Lesson in Divine Vision

On 28 October 2019, beloved Guruji was in a meeting with senior sants about a Gyansatra. A group of sants arrived from one centre. Seeing them from a distance, Guruji said, “See, numerous forms of Maharaj have arrived. Come, dear sants...” He paused the meeting and embraced them for the New Year. He seated one sant with Him in the meeting. After the meeting, seeing that visiting sant again, Guruji said, “Oh Swami, when did you arrive? Come, let us meet for the New Year.”

The sant was pleased. But so that Guruji would not have to exert Himself again, other sants prayed, “Dayalu, You had just shown blessings upon him and embraced him.”

Guruji said, “Oh, I have already met him?” Every action of a Motapurush is filled with purpose. That day, Guruji wanted to teach the sants a lesson in divine vision.

So Guruji said, “Sants, if we speak truthfully, we have not seen anyone in you except Maharaj. We do not touch anyone except Maharaj, nor do we allow anyone but Maharaj to touch us. We do not meet anyone except Maharaj, nor do we allow anyone except Maharaj to meet us. We say this in the presence of

Maharaj. We have never allowed this eye to become impure by seeing with external worldly vision. We have never seen sants and devotees as human beings; we have seen them only as muktas. That is why no one's faults are visible to us."

In this way, Guruji gave the perspective of how to remain in the divine realm of parbhav while living amidst the mortal realm, avarbhav.

Resolve: I will see the members of my family with muktabhav.

Divine vision begins where fault-finding ends.

Insight: *“Hold on, do not let go.” “Do not hold on, let go.” The difference between the two is a minor rearrangement, yet it can become the cause of happiness or sorrow.*

A Fistful of Salt

A young person felt as if mountains of sorrow had fallen from all sides. Day and night, he tried to escape his sorrow, but failed. His parents and friends also repeatedly criticised him, saying, “You will never amount to anything.” Such words made him feel even more negative.

That young person went to a monk to seek a remedy and opened his heart. The monk put a fistful of salt into a glass of water and told him to drink it. The young person spat it out immediately. The monk then took him to the bank of a lake. He put a fistful of salt into the lake and asked him to drink a handful of water from it. The young person drank the water.

The monk asked, “How did it taste?” The young person said, “Sweet and pleasant.”

The monk explained, “Whatever difficulty comes in life is like a fistful of salt. The happiness or sorrow it causes depends on your perspective. The larger the vessel of understanding, the less the sorrow is felt. Leave the painful thought, ‘Why does this happen only to me?’ Instead, think positively: ‘A difficulty has come, so a way will surely open.’ In reality, there is no such thing

as sorrow by itself. Because of ignorance and lack of understanding, small matters become a cause of suffering.”

When an elevated perspective is reached, one can forget the pain of the problem and remain joyful.

Resolve: I will not take problems too heavily upon my mind. I will act with an elevated perspective and understanding.

The salt may be the same; the vessel decides the taste.

Insight: To present a flaw as a virtue = A Positive Perspective.

Humble Sev

During the monsoon season at Swaminarayan Dham, Gandhinagar, Guruji HDH Swamishri was seated with the sants in the afternoon to offer the meal to Thakorji.

That day, sev had been offered as a snack item in Thakorji's thal. The sants prayed to Guruji to accept some of it. As Guruji was about to take the sev offered in Thakorji's thal, at that time one sant prayed, "Dayalu, please remain pleased. When the sev was placed before Thakorji, it was crisp, but because it remained in the open, it has become a bit soft. Please accept this fresh sev."

Guruji smiled knowingly and said, "Dear sant, we should not say that the sev has become soft. The sev has become humble. Look, it bends whichever way we fold it! If we become humble like this sev, Maharaj will be very pleased with us."

Saying this, Guruji accepted that very soft sev. In Guruji's life, at every moment and in every small incident, we see a hint of a positive perspective.

Resolve: I will remain positive and see the virtue within a person or object that appears flawed.

A positive eye does not deny the flaw; it discovers the hidden virtue.

Insight: *When difficulty comes, understand that life wants to teach something new.*

The Genius Mother

One day, young Thomas Alva Edison came home crying. Placing a letter in his mother's hand, he said, "My teacher told me that only you should read this letter."

His mother read the letter. Tears came to her eyes. With a gentle smile, she said to Thomas, "My dear child, your teacher has written, 'Your son is a genius. This school does not have any teachers capable of educating him according to his ability. Please teach him at home.'" His mother made a firm decision and started teaching Edison at home.

Years later, Edison became a great inventor and scientist known across the world. One day, while going through his mother's old belongings, he found a letter. It read, "Your son is mentally weak. He is poor in studies. He can no longer come to our school."

Reading the letter, Edison became deeply moved. He wrote in his diary, "Thomas Alva Edison was once a mentally weak child, but his mother's positive perspective and faith made him a genius. Positive words can change the direction of a life."

In this way, Edison became a great inventor through a positive mindset sown in his mother's words.

Resolve: I will never speak negatively and become a breaker in someone's life.

One trusted voice can rewrite a child's future.

Insight: Happiness and sorrow are experienced not through circumstances, but through perspective.

Happiness Within Sorrow

Once, Guruji HDH Swamishri had travelled to Surat for vicharan. A poor devotee came for darshan. Guruji gently asked, “What do you do, Maharaj?” The devotee replied, “I am a D.C. engineer.”

Guruji asked, “Dear, I have heard of civil, mechanical and computer engineers, but what kind of an engineer is this?” With joy on his face, the devotee said, “Diamond Cutting Engineer. Dayalu, I polish diamonds.” “Dear, do you have any difficulties in life?” Guruji asked.

With delight, the devotee replied, “Dayalu, before I met You six months ago, I was very unsettled. Seeing others’ happiness made me feel even more sorrow about my own suffering. But since the day You taught me to think positively in every situation, I have become truly blessed. A miracle has happened in my life.

“Earlier, even seeing someone with a bicycle made me unhappy because I did not even have a bicycle. But now, when I walk to work in the morning and see wealthy diamond merchants walking on the footpath for exercise, I think, ‘Just like those merchants, I too have cars at home, but I walk to stay healthy. Those merchants eat oilless food on doctor’s advice; I eat the same by the will

of my God. I have no sorrow at all. By thinking positively in everything, I am immersed in an ocean of joy.”

In this way, the ability to transform sorrow into happiness requires a right perspective.

Resolve: Even in painful circumstances, I will think positively and live joyfully.

When perspective changes, poverty can lose its sting and gratitude can find its voice.

Insight: *The questions of life may not disappear. Change the perspective, and the question itself will become the answer.*

The Confusion of Mathematics

A mathematics teacher asked a student, “Son, if I give you one apple, and then I give you two more apples, how many apples will you have in total?”

The student immediately answered, “Four.” “Son, think carefully before answering. First listen to the question properly.”

The teacher asked the same question again. Once again, the student replied, “Four.” The teacher then asked, “Son, which fruit do you like?”

“Orange,” the student replied. “So, if I first give you one orange and then I give you two more, how many oranges will you have?”

“Three.” The teacher was pleased and praised the student. Then he asked the same question again about apples. The student answered, “Four apples.”

The teacher got angry and started scolding, “Why aren’t you able to answer such a simple question!” As he was about to scold even more, the student took an apple out of his school bag and showed it to the teacher. “Sir, today my mother gave me one apple for my snack. So the total would be four apples, would it not?”

The teacher paused. Immediately, he thought, “Without knowing why he was saying four, I became irritated unnecessarily. An answer that appears wrong may also be right. What was needed was a change in my perspective.”

When someone behaves differently from what we expect, taking the perspective of first understanding the reason makes life balanced.

Resolve: When I receive an answer different from my view, I will not resist immediately. I will first understand the reason.

Before correcting the answer, understand the world from which it came.

Insight: The one who complains finds a reason while the one who tries finds a path.

The Deserted Island

In one city, there had long been a tradition: after any king who ruled for ten years, a new king would be selected. The old king would be sent to a deserted island with no food or water. In the end, alone and helpless, the king would suffer and die. If any king refused to go to the island after enjoying ten years of power, he would be taken there by force. No complaint was heard.

Once, a wise person came to the throne. This king gave orders and, over the next ten years, developed the deserted island. Farming got started, houses were built, wells and lakes were dug, gardens were made, and people started settling there. That island became a developed city. Ten days before his ten-year rule was about to end, he sent his family members to the island.

When his ten years of power ended, he was sent to that island. But there, waves of prosperity were visible everywhere. Nothing was lacking.

The king changed his perspective and made positive efforts. In doing so, he saved not only his own life, but also the lives of future kings.

Resolve: Instead of being defeated by unfavourable circumstances, I will search for a path.

Fate hands us the island; perspective decides whether it remains deserted.

Insight: *Many scenes stand before our eyes, but what to see and what not to see is in our hands.*

Pearls of Handwriting

On Tuesday, 26 December 2023, during the Vasna Poonam Event, beloved Guruji HDH Swamishri was giving a discourse on Gadhada First, Vachanamrut 6. He gave a commandment to recognise one's own faults through self-reflection (nij-darshan) and to write them down.

From the sabha, one child stood up and offered his self-reflection diary to Guruji for His sight.

Guruji looked at it and, in a light-hearted way, said, “Dear, nothing here is readable. It seems Gandhiji has placed his hand on you.” Muktaraj said, “Guruji, please give it to me. I will read it.” He read a little from it.

To give the entire sabha a positive perspective towards that child, and so that the child would not feel embarrassed about his poor handwriting, Guruji said in the sabha, “This Muktaraj studies in English medium. He can barely read and write Gujarati, so naturally the Gujarati letters will be like this! But his English letters are like pearls. He could understand the letters and I could not; that is the fault of my vision, not of the letters.”

Guruji took the child's handwriting fault upon Himself and made the mindset of the assembly positive towards the child. In this way, Guruji gave a live experience of the teachings of Vachanamrut Gadhada First - 6.

Resolve: If I see someone's fault, I will cover it and think positively.

A noble eye protects the person before pointing at the fault.

Insight: Negative criticism is like bathing in a gutter and calling it the Ganga.

We Reflect What We Consume

Guruji HDH Swamishri was returning to Swaminarayan Dham after completing vicharan in Godhar. A devotee stopped the car and placed a bunch of newspaper cuttings in Guruji's hand. Guruji asked, "What is this?"

"Swami, these are reports about some of the inappropriate actions of a religious leader. His deeds have been printed in the newspaper."

Guruji immediately tore the papers and said to the devotee, "Dayalu, why do we have to know about someone with whom we have no connection?"

The devotee said, "But Dayalu, You are leading an organisation, so You should know what is happening in society."

Guruji replied, "Dear, 'We reflect what we consume.' When we read, listen to or watch negative matters about anyone, our own negativity increases. If something is inspiring and good about someone, we should know it. But if knowing a negative matter brings us no benefit, then it is only a waste of time. The true development of the organisation will happen to the extent that we connect with Maharaj."

Later, while giving a discourse in the car, Guruji said, "Negative talk about anyone fills our mind with negativity. Then everything begins to appear negative.

Therefore, strictly stay away from it. Discussion of such matters is only a waste of time."

In this way, Guruji taught that negativity grows from engaging with the negative.

Resolve: I will not waste time by knowingly engaging in someone's negative matters.

What we feed the mind eventually returns in our vision.

Insight: Difficulty is a part of life; positivity is its solution.

The Lemon Tree

A man had planted a lemon tree in the courtyard of his home. It was a year-round lemon tree and gave many lemons. Suddenly, the leaves on the branch began to dry. The number of lemons also decreased.

One day, a neighbour gave unsolicited advice: “This lemon tree is of no use now. Cut it down. Plant another tree in its place.”

The man thought, “This tree has given me lemons for years. In summer, when lemons were not available in the market, it never left us without lemons. Now, just because the leaves are drying, should I cut it down? No... No...”

From the next day, he began sitting beside the tree and speaking to it lovingly: “See, dear lemon tree, you will become green again. Fresh lemons will hang from every branch, twice as many as before.”

He cleaned the dry leaves, loosened the soil around the roots, added fertiliser and watered it generously. Soon, a wonder happened. The man’s positive thoughts and loving efforts had a remarkable effect on the lemon tree. It became lush green. It began producing twice as many lemons as before.

The man said to his neighbour, “Dear, many problems will come in life. We should not uproot and throw them away. We should care for them. We should

maintain a positive attitude and find the right ways forward. If a problem arises in the family, and we give it time, empathy, love and opportunity, remarkable results will come.”

Thus, a positive vision in any situation can lead to success.

Resolve: I will maintain a positive attitude and care for the problem rather than discard it.

***Some things do not need to be cut away; they need care,
time and faith.***

Gurujī's Words of Grace

1. To give up negative thoughts and accept positive thoughts is positive thinking.

Benefits of positive thinking:

- It prevents the waste of time.
- Mutual affection is developed or preserved.
- An atmosphere free from agitation, filled with happiness and peace, is created.
- One is protected from negative perceptions about people.

- Self-introspection rises, and the nourishment of ego stops.
 - Enthusiasm, inner joy and bliss continue to grow.
2. The speed breaker that stops a person's progress is a negative thought. Negative thoughts are the root cause of sorrow. Having weak thoughts in our mind is a major cause behind many illnesses. Thinking positively and keeping a firm mindset often helps people get out of difficult illnesses.

Insight: *Whatever one contemplates, one becomes like that. What we keep thinking about becomes firm within us.*

Draped in the Divine

On Sunday morning, 19 March 2023, beloved Guruji HDH Swamishri was travelling to Surendranagar with newly initiated sants. Seated in the car, Guruji asked the assistant sant, “Which sants are in the car?” The sant named the newly initiated sants.

Guruji asked them, “Sants, are these new saffron robes comfortable?” The sants replied, “Yes, Dayalu, they are comfortable.”

Guruji softly smiled and gave them the perspective of seeing parbhav even within avarbhav. He said, “Sants, these saffron robes are false. In fact, even this body is only the garment of the atma, which too is false. Do not reflect upon it and make it firm. We have been clothed in the true garment, the divine murti. Let us meditate and make that true garment firm.”

Saying this, He led everyone into meditation.

In this way, from Guruji’s divine vision, which connected even an ordinary worldly statement to parbhav, the newly initiated sants also received an excellent lesson.

Resolve: In every small and large matter of life, I will learn to bring in the seed of parbhav.

The ordinary becomes spiritual when the eye remembers the eternal.

Insight: *Make life like a flute. However many holes it may have, let the sound that emerges be sweet.*

A Presentation of Love

Two brothers lived in a joint family and ran a business together. Once, a major project's work was going on; the elder brother had prepared a beautiful presentation for a deal, which had to be shown to the client in a meeting. While sorting the data, the younger brother accidentally deleted the file.

He became frightened. With folded hands, he asked his elder brother for forgiveness. In his mind, he felt, "My elder brother's ten days of effort have gone to waste. He will surely be angry."

But the elder brother responded with great love. He comforted him and said, "Do not worry. We still have time until tomorrow. Together, we will make a new one. You will help, will you not?"

"Yes, brother, certainly," the younger brother replied. Then he asked, "Brother, even though I made such a big mistake, you still...?"

Placing his hand gently over the younger brother's mouth, the elder brother said, "The deleted file can be made again. But if I had become angry, the brotherhood and love between us would have been broken. Trust would have been lost, and a crack would have appeared in the relationship. My dear brother, you are more valuable to me than the presentation, the client and the deal. I

never want our bond to break. If an object breaks, a new one can come. But if a relationship breaks, if feelings are hurt, if a heart breaks, it takes time to mend. That loss is much greater than money. From now on, be careful and work calmly while sorting data.”

A perspective filled with love makes relationships even deeper.

Resolve: I will value and safeguard relationships above material wealth.

A corrupted file can be rebuilt overnight, but a wounded relationship may take years to rebuild.

What Should We Do to Maintain a Positive Perspective?

A. Think Positive

Give positive self-suggestions and change beliefs.

- Consciously avoid negative thoughts that arise in the mind.
- Remember the positive incidents, good experiences and inspiring moments of life.
- Reflect with gratitude on everyone to whom we are indebted.

B. Do Positive

- Speak positively in everyday conversations and keep our voice and tone gentle.
- Instead of discussing someone's shortcomings, appreciate their good work.
- Speak with everyone smilingly, lovingly and from the heart.
- Learn to say "no" humbly even to those who speak negatively.

C. Be Positive

- Take someone's restriction or correction as inspiration or guidance.
- If a mistake happens, accept it with a smiling face and the right spirit.
- Focus more on the solution than the problem.
- When something happens, do not react immediately. Take some time and then think positively.

Insight: *Unity exists even within diversity. Happiness follows the one who can see it.*

The Annakut of Acceptance

On Sunday, 12 November 2023, beloved Guruji HDH Swamishri came with beloved Harikrishna Maharaj to the New Year blessings assembly at Swaminarayan Dham, Gandhinagar. After the Annakut Arti, Guruji cast His divine vision over all the dishes placed in the Annakut.

In the blessings assembly, Guruji taught the way to think positively and with parbhav even through the Annakut. He said, “In Annakut, there are several dishes. Some are sour, salty, sweet or bitter. Some may even be raw or burnt. Yet Shriji Maharaj accepts them with rajipo. In the same way, in the family or in satsang, everyone’s outer nature may appear different. Someone’s nature may seem sharp, salty or bitter. Even then, accept them wholeheartedly, because in their original reality, all are Anadimuktas.”

In this way, even through the dishes of Annakut on New Year’s Day, Guruji showed a unique way to strengthen divine vision. Everyone was immersed in awe.

Resolve: I will not look merely at outer nature; I will reflect on the true reality.

The divine eye sees beyond taste and temperament to the truth within.

Insight: Relationships can be won through a loving vision.

The Frame of Understanding

A joint family had inherited a clay vessel for holding water, which was a relic of Shriji Maharaj. One day, while cleaning the house in a hurry, the daughter-in-law accidentally broke it. The family members had great respect for that object. They had protected and cared for it like their own life.

For a while, silence spread through the house. The daughter-in-law went to her mother-in-law, crying. Asking for forgiveness, she said, “Mummy, I did not do it intentionally. I made a mistake. Please forgive me.”

For a little while, the mother-in-law remained quiet. Then she gently placed her hand on her daughter-in-law’s head and said, “Daughter, the vessel has broken; that is all right. But the affection and love between us should not break. You are not hurt, are you? Your happiness is my happiness.”

The mother-in-law gathered the broken pieces of the vessel, arranged them in a frame and had it mounted. She placed it on the wall of the house. When someone asked, “What is this?” she would say, “This frame of a broken object reminds me every day that before a person breaks, we must protect them not with words, but with love. A mistake should be seen through the

eyes of love, not anger. That mistake should become lifelong inspiration for the family. This frame gives me understanding every day.”

From that day onwards, whenever something happens in the home, everyone looks at that frame and speaks with humility.

With a vision of understanding, life becomes simple and smooth.

Resolve: I will keep a loving vision towards the one who makes a mistake and guide them.

When understanding frames a mistake, love remains on the wall of the home.

Insight : Your perspective is the powerful tool that can turn confusion into joy.

The Clock

In one family, an elderly father lived with his three sons - Yash, Jay and Vijay. The father, Sohanlal, had received an artistic pendulum clock as an award of appreciation from a British officer. It was a beautiful part of the home and a matter of pride for Sohanlal. As days passed, the clock became slower and no longer showed the correct time.

One day, Jay said to his father, "Papa, times have changed. Let us bring a digital clock."

Yash said, "No, Papa. The clock is certainly old, but it is a matter of pride. Let us get it repaired."

Vijay said, "Papa, smartphones have come now. There is no need for a clock. Become modern."

With a peaceful mind, Sohanlal said, "Look, all of you want to help me. Each of your paths is right; only the method is different."

He told Jay, "Go, bring a digital clock." He sent Yash to get the pendulum clock repaired. He sent Vijay to buy a smartphone.

On the third day, there was no electricity. Sohanlal called all three sons and said, “Look, yesterday there was no electricity. During the day, the pendulum clock showed the time. At night, we checked the time on the phone. Sons, when our opinions differ in any matter of life, do not make it a subject of conflict. Consider it an opportunity to learn. Family unity is greater than any method or system. Let the methods differ, but do not let the hearts become divided.”

When we always keep a learning attitude and perspective, we remain tied together by one thread and receive good results.

Resolve: I will embrace the different methods and opinions of others with an open and positive mind, without allowing those differences to create distance between us.

Different methods need not divide hearts.

Guruji's Words of Grace

- Negativity is a side product of intellect, while positivity is the fruit of understanding. The nature of intellect is to engage in reasoning, arguments and counterarguments. From arguments to counterarguments, more negativity arises. One should use intellect in a way that leads toward greater clarity and understanding. Positivity arises more from understanding. So cultivate understanding through a thoughtful life.

- The best positivity is the thought of parbhav. The best negativity is avarbhav. Do not go deep into the outer nature, tendencies or actions of your own life or of others. Reflect on the parbhav's promise given by Maharaj and Motapurush.
- Begin every task with a positive perspective. The impossible will become possible. Think positive, be positive, do positive.

Let Us Examine Ourselves

Answer the following questions honestly by examining your own life.

1. When you are blamed for an incident without fault, do you keep feeling, "I am the innocent one. This always happens to me"? ☐
2. Do you discuss with someone close to you what someone else did wrong? ☐
3. Do you carry the sorrow that people around you do not understand your feelings? ☐
4. Do you quickly notice others' mistakes, but fail to see your own? ☐
5. Do you feel sorrow thinking, "I stretch myself for everyone, but when the time comes for me, everyone forgets. No one comes to help!" ☐
6. Do you repeatedly remember incidents from the past or present and remain unhappy? Does that sorrow remain for a long time? ☐
7. Do you feel that injustice always happens to you? ☐

8. Do thoughts arise that people around you spread your negative matters? ☐
9. When someone corrects you, gives advice or makes a suggestion, do you accept it naturally? Or do you feel that the other person has bad intentions or selfish motives? ☐
10. Do you feel that others are the cause of your tears? ☐

Self-examination is the moment when perspective stops judging others and begins reforming the self.

On Wednesday, 27 December 2017, Gurudev HDH Bapji travelled through the villages of Suka Timba, Vandariya, Doli and nearby areas. In the afternoon, He arrived late at the Godhar mandir. Gurudev sat on a chair to offer the meal to Thakorji. However, there was no food on the table since the sants were heating the food.

A little time passed. An elder sant stood up and began to go towards the kitchen. Gurudev HDH Bapji immediately stopped him and said, "Swami, how compassionate these sants are! Before we offer the meal to Thakorji, they have given us time to do bhajan and bhakti. Come, until then, let us chant and sing bhajans." The sant said, "But Dayalu, You have to sit like this and wait! If only the sants had heated the food earlier..."

Gurudev said to the sants seated there, "As renunciants, we have renounced worldly attachment to women and wealth. So what is our true wealth? The great

sants have said, 'There is no wealth like patience, O sants, there is no wealth like patience.'" Until the food was heated, Gurudev imparted some words of wisdom to those sants on patience. The sevak sant felt embarrassed as he came to serve the food. Seeing him, Gurudev said, "Swami, thank you. You gave us time to worship God."

How wonderful, Gurudev! Even while seated as the Guru, what exemplary patience!



Swaminarayan Mandir Vasna Sanstha (SMVS)