

### Our responsibility as leaders

The fact Swami has chosen you whilst you are still young, means He really does understand your potentiality to be leaders in His mission. He says that leaders have to be **like lions**, they have to be **strong, courageous and just**. But they also have to be **loving, forgiving, compassionate, enthusiastic, full of joy and self confident**.

The most important trait to be a **good leader is love**, Swami says God has bestowed on man an incredible potential that is so enormous that it cannot be assessed or measured. It is **unconditional love**. If we learn how to use it for our own benefit, and for the benefit of the world, the whole world will be better because of us.

### Battling Negativity

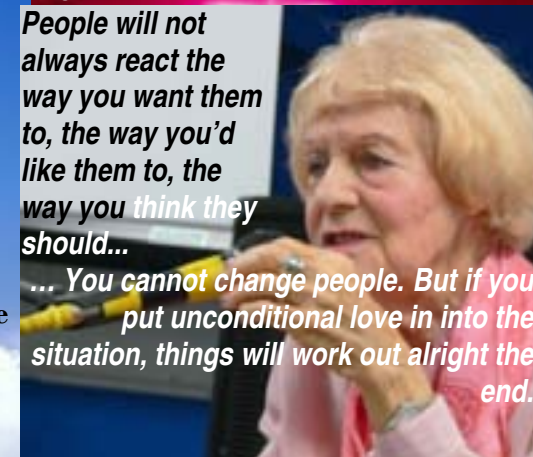
When you send a wave of unconditional love to a person, it is bound to strike a chord in him or her. If you go on showering love, it will cleanse and purify. Eventually, all undesirable traits will disappear and goodness will shine forth.

Baba says that when you do good acts or have good thoughts, you build up your grace bank. When you have a good grace bank, you can tap into it and it's always available.

**We have to understand that when things go wrong in our lives, we can cope with them. We need to understand that we chose these problems for ourselves, for our own spiritual growth. If we do this and we accept problems in the right way, we will grow spiritually.**

**People will not always react the way you want them to, the way you'd like them to, the way you think they should...**

**... You cannot change people. But if you put unconditional love in into the situation, things will work out alright the end.**



### Restoring Good Energy

Baba says there are two aspects to the world, there's good and bad. That's the battle of life. In Jesus' time the world was in such a bad way and by dying on the cross He built up the good side and restored the balance. Just like Baba said, 'If I had not come, the world would have been destroyed but because I came and brought love, the world has been saved.'

So every little act of leadership and love builds up the good side.

Not only for yourself and the people that you're helping but the whole energy becomes better. We have to be so careful not to feel depressed or upset about anything as it might take us a long time to build up our good energy.

### Tips for Presentations

Never start a talk by apologising. Start full of confidence. You have to be courageous. I always pray to Swami before I start, saying, **"Beloved Lord, I'm here because I am on Your mission, so please be with me."** When you're talking, always look at people. Make them all feel that they are an important part of your

presentation. Be clear and concise. Don't keep repeating yourself all the time. If you've got a good point, just make it. Don't go on about it or people might switch off. When you finish your talk, never say 'Thank you' because your audience should be thanking you, as you have made a contribution to them.



### Pinking Up Peoples' Lives

*I have this technique of putting pink light around people. I build up this pink light in my body (like in Jyothi meditation) and I say to Baba, "I have built up this light, now You bring some light to me so that I can join with Your energy and we can give it to people."*

***If I know someone is sick or unhappy I try to visualise their face and all this pink light around them. I do this all the time. Sometimes I don't even realise that I am doing it. If I'm at work and see clients looking tired or a bit sad, I just automatically do it.***

*One night recently at a gathering, I remember seeing a man sitting in a corner looking particularly sad. I surrounded him with pink light. A few days later, a woman showed me a photo of me taken at that gathering. Floating above my head was a pink cloud. Just the way I had visualised it!* ***So when you feel love for people, it goes out. It's not just in you. It actually manifests in the atmosphere. Isn't that a lovely thought? That you can pink up peoples' lives...***

### Baba says to always be bright, happy and vivacious



Never pour your problems on anyone because they too have their problems. So why burden them with yours? Instead, **be vivacious, happy, full of joy, and they too can absorb some of your exhilaration.** When people see you so happy and joyful, they think, "There's something good going on with this person. I'd better find out what it is all about". That's leadership - giving people the desire to be happy and showing them, by example, the way they can achieve it.

### Achieving Success...

What we can do to fill ourselves with love is to sing Bhajans, think constantly of God, **visualise Him in our mind and dedicate our work to Him, repeat His name**, read good literature, read about the lives of great leaders and try to understand how they acted, and follow how they lived. In this way try and fill yourself with spiritual consciousness. If you do all this, Swami says you will inevitably be a success and life will continue with love and beauty. **If your mind can conceive it and your heart can believe it, you will achieve it.**

Baba says our minds are so powerful. No matter what happens and how bad situations are in life, we should never feel helpless and hopeless because we can do anything with our minds. When we tune in to Him and have the right attitude we are so powerful. We asked Baba once why we get so much attention from Him. We thought He might say it's because we run a school for the disabled. Instead He said, "You two serve with the mind". So that's another thing we can do as leaders, serve with the mind, put healing on others.