



## Lessons from Geese flying in V formation

Compiled by Lion Dr. S.Nagraj Rao

### ***'Individual empowerment results from quality honking'***

Lessons from Geese provides a perfect example of the importance of team work and how it can have a profound and powerful effect on any form of personal or business Endeavour. When we use these five principles in our personal and business life it will help us to foster and encourage a level of passion and energy in ourselves, as well as those who are our friends, associates or team members.



It is essential to remember that teamwork happens inside and outside of lion's life, when it is continually nurtured and encouraged.

### **Lesson 1 - The Importance of Achieving Goals**

As each goose flaps its wings it creates an UPLIFT for the birds that follow. By flying in a 'V' formation the whole flock adds 71 percent extra to the flying range.

### **Outcome**

When we have a sense of community and focus, we create trust and can help each other to achieve our goals.

### **Lesson 2 - The Importance of Team Work**

When a goose falls out of formation it suddenly feels the drag and resistance of flying alone. It quickly moves back to take advantage of the lifting power of the birds in front.

## Outcome

If we had as much sense as geese we would stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

### Lesson 3 - The Importance of Sharing



When a goose tires of flying up front it drops back into formation and another goose flies to the point position.

## Outcome

It pays to take turns doing the hard tasks. We should respect and protect each other's unique arrangement of skills, capabilities, talents and resources.

### Lesson 4 - The Importance of Empathy and Understanding

When a goose gets sick, two geese drop out of formation and follow it down to the ground to help and protect it.

## Outcome

If we have as much sense as geese we will stand by each other in difficult times, as well as when we are strong.

### Lesson 5 - The Importance of Encouragement

Geese flying in formation 'HONK' to encourage those up front to keep up with their speed.

## Outcome

We need to make sure our honking is encouraging. In groups and teams where there is encouragement, production is much greater. 'Individual empowerment results from quality honking'.



## Your SMILE could be LIFE GIVING to Someone.. But can also send wrong signals...

Compiled by Lion Dr. S.Nagraj Rao

The value of a smile is priceless, yet it is the

cheapest, easiest,

most rewarding and most sincere

gift to anyone that crosses your path.



A smile makes a person's day, anybody's day even a stranger's day. A smile is infectious. Start infecting people with your smile today.

A smile is nature's best antidote for discouragement. It brings rest to the weary, sunshine to those who are sad, and hope to those who are hopeless and defeated.

A smile is so valuable that it can't be bought, begged, borrowed, or taken away against your will. You have to be willing to give a smile away before it can do anyone else any good.

So if someone is too tired or grumpy to flash you a smile, let him have one of yours anyway. Nobody needs a smile as much as the person who has none to give.

**Use which ever smile suits you – BUT SMILE YOU MUST.**



In a new study, researchers have identified six different types of smiles.

Researchers at the University of California at Berkeley, Emilian Simon-Thomas, a neuroscientist and Dacher Keltner, a psychology professor, have described the smiles and

*their distinctive characteristics.*

***The Duchenne smile, a genuine grin***, it's named for 19th-century French scientist Duchenne de Boulogne, whose name is associated with a form of muscular dystrophy.

***The flirty, coy smile***, often, the person looks out of the corner of the eyes, head turned and the amused smile, it comes with the chortle after a good joke, with the head thrown back.

*While those three expressions obviously convey signals to other people, Simon-Thomas said **they're essentially "self-oriented."***

*"If you're making one of these smiles, you don't necessarily want to approach the other person to meet their needs," the Sydney Morning Herald quoted her as saying.*

*Contrast that with three kinds of 'pro-social smiles' that convey a desire to bond, there is, **the love smile**, often with a tilted head and softened eyes, the interested smile, with raised eyebrows and a slight grin and the embarrassed smile, sometimes with the eyes cast downward.*

*"The love smile is about embracing and caring, which we think is really different from the coy smile, which is more about getting sexual pleasure,"*

*Note : Smile can put you in trouble also. Be careful and do not send wrong message and get into trouble. It happens to many women where a social smile is mistaken and leads to unwanted problems.*

***SMILE with CAUTION***



## Treat others as Yourself

## Walk the Talk – Just don't talk

Compiled by Lion Dr. S.Nagraj Rao



Alexander the Great, the Greek king, once led his troops across a hot, arid desert. After nearly two weeks of marching, he and his soldiers were near death from thirst, yet Alexander pushed ahead.

In the noonday sun, two of his scouts brought what little water they were



able to find. It barely filled a cup. Alexander's troops were shocked with he poured the water into the burning sand.

**The king said, "It is of no use for one to drink when many thirst."**

Treating those who report to you as partners or associates will not work if it's only a scheme of a strategy. It must be a genuine heart-felt expression.

**When we truly believe in the potential of people, they rarely disappoint us. Starting today, vow that you will treat your club members/ cabinet officers as partners, not subordinates**

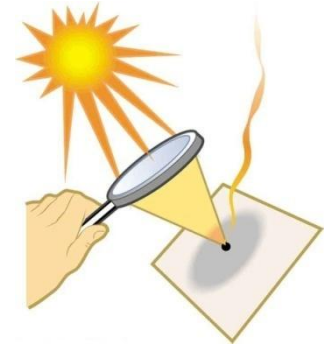
*Small small things bring about a great difference.*



## Why are Goals Important?

Compiled by Lion Dr. S.Nagraj Rao

On the best sunny day, the most powerful magnifying glass will not light paper if you keep moving the glass. But if you focus and hold it, the paper will light up. That is the power of concentration.



A man was traveling and stopped at an intersection. He asked an elderly man, "Where does this road take me?" The elderly person asked, "Where do you want to go?" The man replied, "I don't know." The elderly person said, "Then take any road. What difference does it make ?

How true. When we don't know where we are going, any road will take us there.



Suppose you have all the football eleven players, enthusiastically ready to play the game, all charged up, and then someone took the goal post away. What would happen to the game? There is nothing left. How do you keep score? How do you know you have arrived ?

**Enthusiasm without direction is like wildfire and leads to frustration.** Goals give a sense of direction. Would you sit in a train or a plane without knowing where it was going? The obvious answer is no.

**Then why do people go through life without having any goals?**

*Today onwards promise yourself that everyday you will plan and set goal for your 24 Hours / 1440 minutes / 86,400 sec.*

*Time is the most precious commodity you have. Once gone never to return. Plan well and spend the most precious commodity on your loved ones.*





## Voices of Change: 5 Courageous Women

Compiled by Lion Dr. S.Nagraj Rao

***"Women must first develop courage. Courage is the most important of all virtues because without courage, they cannot practice any other virtue consistently. A woman can be kind, fair, strong, generous, courteous and even loving, erratically. But to be that continuously, consistently, you have to have courage."***

***I have met brave women who are exploring the outer edge of possibility, with no history to guide them and with a courage to make themselves vulnerable that I find moving beyond words. This is five of those women's stories."*** -Gloria Steinem

This powerful documentary presents the stories for five courageous women; women who balance age-old traditions with new roles as creators of social change. They confront oppression and injustice, determined to create a better life for their children and their communities. For them, the personal and the political have become one. In their voices you will hear their passion and commitment. In their hearts you will see their will to create change.



First, we meet **Barbara Cummings**, who as an aboriginal child was displaced from her family. Today this author (*Take This Child*), and recipient of the "Aboriginal of the Year" award, is an aboriginal rights' activist in Australia's Northern territory and played a crucial role in the establishment of Karu, the Aboriginal and Islander Child Care Agency in Darwin.

Next we meet **Sandra Gonzalez**, a union organizer in Guatemala. As a single mother, she has faced long working hours, low wages and sexual harassment; also during a labor strike she has even received death threats. Despite all of this, she and her co-workers hold steadfast and win the worker's rights they have been seeking.

Next we meet **Mara Kimele**, whose family for three generations has made considerable contributions to Latvia theatre. Here she presents excerpts from her play, *The Book of Ruth*, a parable showing the courage of Latvian women, who have had to face struggles with communism and capitalism.

Next, we meet **Tam Goosen**, who grew up in the slums of Hong Kong, immigrated to Canada, where she experienced racism first-hand. Today she is an advocate for education and activist against racism, and inspiration to her daughter, who is carrying on her mother's activism.

Lastly, we meet the internationally renowned lawyer and activist, **Asma Jahangir**, who was the founder of Pakistan's first all-women law firm. Though she faces death threats constantly, she continues to challenge human rights' abuses.



***The most courageous woman I found in my life – Shamala N Rao***



# The Zen Master

Compiled by Lion Dr. S.Nagraj Rao

A great Zen master received a university professor who came to enquire about wisdom. The master served tea. He poured his visitor's cup full, and then kept on pouring. The professor watched the overflow until he could no longer restrain himself. 'It is overfull. No more will go in!'



**'Like this cup,' the master said, 'you are full of your own opinions and speculations. How can I show you wisdom unless you first empty your cup?'**



When you go to a Lions Leadership Training Workshop, do not go with preconceived notions that you know everything. Then you are like the full cup.

Empty yourself and allow wisdom to flow in. you will enrich yourself. Keep your and empty and open.

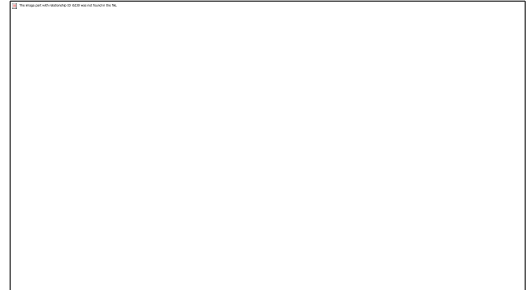
***The **illiterate** of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn***



## Give & do not ask like a Beggar

Compiled by Lion Dr. S.Nagraj Rao

Ask nothing; want nothing in return. ***Give what you have to give;*** it will come back to you — but do not think of that now, it will come back multiplied a thousand fold — but the attention must not be on that. Yet have the power to give: give, and there it ends.



Nature is happy because it gives and seeks nothing in return. The Sun gives sunlight, the rains give water, the earth gives food etc., and seek nothing in return. The entire universe gives and seeks nothing in return. That is why they are in Ananda mode. ***Man instead of giving, wants and is perennially miserable.***

Learn that the whole of life is giving, if you don't, that nature will force you to give. So, give willingly. Sooner or later you will have to give up. You come into life to accumulate. With clenched hands, you want to take. But nature puts a hand on your throat and makes your hands open. Whether you will it or not, you have to give. The moment you say, "I will not", the blow comes; you are hurt.

*None is there that will not be compelled, in the long run, to give up everything. And the more one struggles against this law, the more miserable one feels.* It is because we dare not give, because we are not resigned enough to accede to this grand demand of nature, that we are miserable. The forest is gone, but we get heat in return. The sun is taking up water from the ocean, to return it in showers. You are a machine for taking and giving: you take, in order to give.

Ask, therefore, nothing in return; but the more you give, the more will come to you. The quicker you can empty the air out of this room, the quicker it will be filled up by the external air; and if you close all the doors and every aperture, that which is within will remain, but that which is outside will never come in, and that which is within will stagnate, degenerate, and become poisoned. A river is continually emptying itself into the ocean and is continually filling up again. Bar not the exit into the ocean. The moment you do that, death seizes you.

***Be, therefore, not a beggar; be an unattached giver.***



## WHAT GIVES A MAN OR WOMAN THE RIGHT TO LEAD?

*Compiled by Lion Dr. S.Nagraj Rao*

It certainly isn't gained by election or appointment. **Having position, title, rank, or degrees doesn't qualify anyone to lead other people.** And the ability doesn't come automatically from age or experience, either.

No, it would be accurate to say that no one can be given the right to lead.

***The right to lead can only be earned. And that takes time.***

### The Kind of Leader Others Want to Follow

The key to becoming an effective leader is not to focus on making other people follow, but on making yourself the kind of person they want to follow. You must become someone others can trust to take them where they want to go.

**As you prepare yourself to become a better leader,** use the following guidelines to help you grow:-

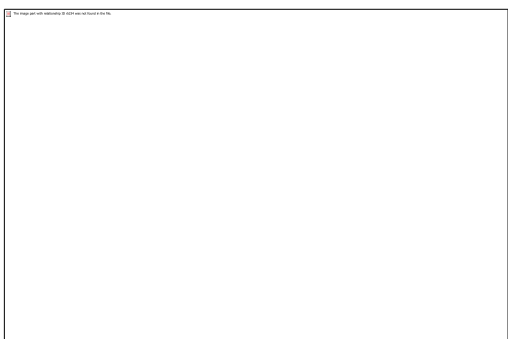
#### **1] Let go of your ego.**

The truly great leaders are not in leadership for personal gain. They lead in order to serve other people.

Perhaps that is why Lawrence D. Bell remarked, "Show me a man who cannot bother to do little things, and I'll show you a man who cannot be trusted to do big things."



#### **2] Become a good follower first.**



Rare is the effective leader who didn't learn to become a good follower first. That is why a leadership institution such as the United States Military Academy teaches its officers to become effective followers first-and why West

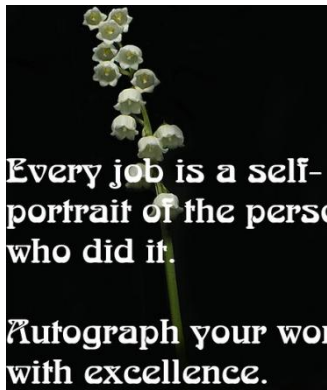
Point has produced more leaders than the Harvard Business School.

### **3] Build positive relationships.**

Leadership is influence, nothing more, nothing less. That means it is by nature relational. Today's generation of leaders seem particularly aware of this because title and position mean so little to them. They know intuitively that people go along with people they get along with.



### **4] Work with excellence.**



No one respects and follows mediocrity. Leaders who earn the right to lead give their all to what they do. They bring into play not only their skills and talents, but also great passion and hard work. They perform on the highest level of which they are capable.

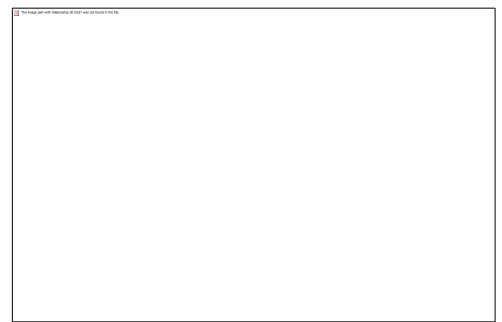
### **5] Rely on discipline, not emotion.**

Leadership is often easy during the good times. It's when everything seems to be against you-when you're out of energy, and you don't want to lead-that you earn your place as a leader. During every season of life, leaders face crucial moments when they must choose between gearing up or giving up. To make it through those times, rely on the rock of discipline, not the shifting sand of emotion.

### **6] Make adding value your goal.**

When you look at the leaders whose names are revered long after they have finished leading, you find that they were men and women who helped people to live better lives and reach their potential. That is the highest calling of leadership-and its highest value.

### **7] Give your power away.**



One of the ironies of leadership is that you become a better leader by sharing whatever power you have, not by saving it all for yourself. **You're meant to be a river, not a reservoir.** *If you use your power to empower others, your leadership will extend far beyond your grasp.*



## Clay Balls

*Compiled by Lion Dr. S.Nagraj Rao*

A man was exploring caves by the seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake. They didn't look like much, but they intrigued the man so he took the bag out of the cave with him.



As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could. He thought little about it until he dropped one of the balls and it cracked open on a rock. Inside was a beautiful, precious stone.



Excited the man started breaking open the remaining clay balls. Each contained a similar treasure.

He found thousands of dollars worth of jewels in the 20 or so clay balls he had left. Then it struck him. He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves. Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he just threw it away.

It's like that with people. We look at someone, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling so we discount it. We see that person as less important than someone more beautiful or stylish or well known or wealthy. But we have not taken the time to find the treasure hidden inside that person by God.

There is a treasure in each and every one of us. If we take the time to get to know that person, and if we ask God to show us that person the way He sees them, then the clay begins to peel away and the brilliant gem begins to shine forth.

***May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden in bits of clay.***

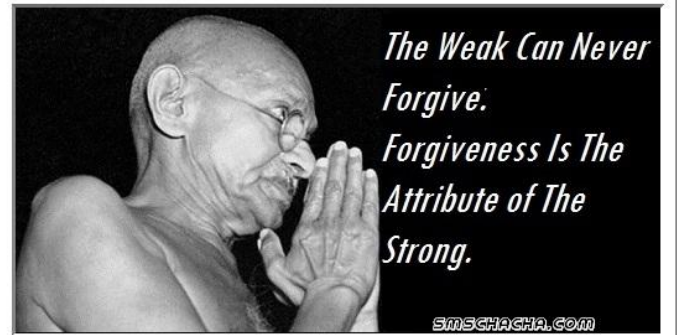


## 5 Powerful Lessons You Can Learn From Gandhi

Compiled by Lion Dr. S.Nagraj Rao

Gandhi's life offers us many key lessons — he practiced simplicity and minimalism in all areas of his life and he left behind a huge legacy in how to live a life of simplicity.

Gandhi was indeed the ultimate minimalist – a man who died a pauper but who affected the lives of many – and continues to inspire us with his message even today.



When Gandhi died, he had less than ten possessions including a watch, spectacles, sandals and eating bowl. He was a man of non-possession and didn't even possess a house.

***"You may have occasion to possess or use material things, but the secret of life lies in never missing them." ~Gandhi***

Gandhi was actually born into a prosperous family and had a very privileged upbringing, which included a prestigious education in England in the days when travel from India to England took many months by sea. He studied Law at University College in London and he was subsequently invited to join the Bar there.

Though born into wealth, he ultimately gave it all away and through the course of his life managed to let go of material trappings. He followed a life of simplicity.

### 1. Accumulate little

Gandhi believed in possessing little except the clothes he wore and some utensils for cooking and eating. He used to give away or auction any gift that was ever given to him.

It may not be possible these days for us to get down to less than ten possessions like Gandhi did, but start cutting down to



bare basics. Recycle, give things away, or auction your unwanted possessions.

Take up the 100 thing challenge and see if you can get down to owning less than 100 or even less than 50 things.

We tend to spend a lot of time and energy looking after our possessions. By having fewer things to possess and look after, your life naturally becomes simpler.

## **2. Eat simple food**

Gandhi never had a problem with being overweight. He followed a strict vegetarian diet and frequently cooked his own simple food, which was locally produced.

He ate this simple food from a small bowl, a reminder to eat moderately, and at the same time he ate mindfully, often accompanied by prayers.

So eat simply and moderately.

## **3. Dress simply.**

Gandhi wore simple clothes that conveyed his message.

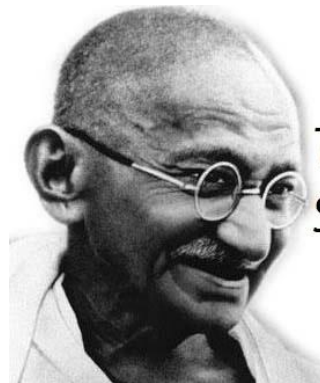
There is this anecdotal story of the time when Gandhi met the King of Great Britain in London and he wore his simple wrap around cloth.

A journalist asked Gandhi, “Mr Gandhi, did you feel under-dressed when you met the King?”

Gandhi replied, “The King was wearing enough clothes for both of us!”

Though it may not be practical to weave your own cloth and make your own clothes, you can simplify your life by dressing for comfort, not to impress.

A simple hairstyle can shorten your grooming routine. You could even go as far as Gandhi and Leo Babauta and shave your hair off.



*Be The Change  
That You Want to  
See In The World.*

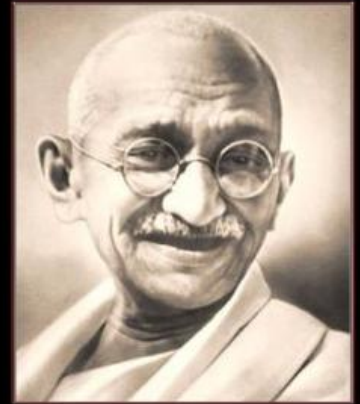
[BmsChadha.com](http://BmsChadha.com)

#### 4. Lead a simple, stress-free life

Gandhi never got stressed. He meditated daily and spent hours in reflection and prayer.

Though he was a world leader and idolized by millions, he continued to lead a simple life with few distractions and commitments. He would even interrupt his political meetings to go off and play with children.

Happiness is  
when what you  
think,  
what you say,  
and what you do  
are in harmony.

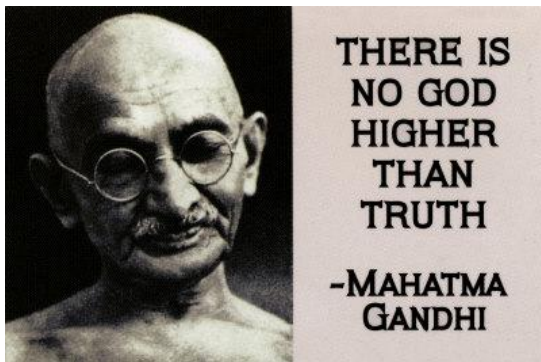


And despite all his needs being taken care off, Gandhi still insisted on doing his own simple things. He advocated self-sufficiency and simple work.

So don't take life too seriously — remember to take time out to play.

#### 5. Let your life be your message

Though he was a prolific writer and powerful speaker, in private Gandhi spoke very quietly and only when necessary. He was also very punchy and concise in his writing.



He preferred to let his life do the talking for him.

By living a simple life, Gandhi was able to devote his life to his chosen higher purpose. He was totally focused on his commitment to his people and the world.

Even if you don't wish to be another Gandhi, your life will be much simpler and happier by following his life

lessons.

**"If one has wealth, it does not mean that it should be thrown away and wife and children should be turned out of doors. It simply means that one must give up attachment of these things!" ~Gandhi**

*Start living a simpler life from today — and you will release a lot of time and energy. This will give you the space to create the life you really want to live, a life that is inspired and inspiring.*



## Unconditional Love

Compiled by Lion Dr. S.Nagraj Rao

A story is told about a soldier who was finally coming home after having fought in Vietnam. He called his parents from San Francisco.

"Mom and Dad, I'm coming home, but I've a favor to ask. I have a friend I'd like to bring home with me."

"Sure," they replied, "we'd love to meet him."

"There's something you should know the son continued, "he was hurt pretty badly in the fighting. He stepped on a land mine and lost an arm and a leg. He has nowhere else to go, and I want him to come live with us."

"I'm sorry to hear that, son. Maybe we can help him find somewhere to live."

"No, Mom and Dad, I want him to live with us."

"Son," said the father, "you don't know what you're asking. Someone with such a handicap would be a terrible burden on us. We have our own lives to live, and we can't let something like this interfere with our lives. I think you should just come home and forget about this guy. He'll find a way to live on his own."

At that point, the son hung up the phone. The parents heard nothing more from him. A few days later, however, they received a call from the San Francisco police. Their son had died after falling from a building, they were told. The police believed it was suicide. The grief-stricken parents flew to San Francisco and were taken to the city morgue to identify the body of their son. They recognized him, but to their horror they also discovered something they didn't know, their son had only one arm and one leg.

**The parents in this story are like many of us.** We find it easy to love those who are good-looking or fun to have around, but we don't like people who inconvenience us or make us feel uncomfortable. We would rather stay away from people who aren't as healthy, beautiful, or smart as we are. Thankfully, there's someone who won't treat us that way.

Someone who loves us with an unconditional love that welcomes us into the forever family, regardless of how messed up we are.

***Tonight, before you tuck yourself in for the night, say a little prayer that God will give you the strength you need to accept people as they are, and to help us all be more understanding of those who are different from us!!!***

***There's a miracle called Friendship*** That dwells in the heart You don't know how it happens  
Or when it gets started But you know the special lift  
It always brings And you realize that Friendship Is  
God's most precious gift!

Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed They lend an ear, they share a word of praise, and they always want to open their hearts to us.

Are you a true friend to someone, the way they are and love them unconditionally?

Do we love our parents & children unconditionally?



***Why not love someone, unconditionally from now onwards.....***

A large, empty rectangular box with a thin black border, intended for writing or drawing.



## A Very Special Meal

*Compiled by Lion Dr. S.Nagraj Rao*

Once there was a very poor and devoted woman who always prayed to the Glory of God, asking very little, if anything for herself. But one thought, one desire continued to recur and finally she asked: petitioning the Lord, that if it were possible she would love to prepare a special meal and have God share at her table. And God, in His Love for this goodly woman, said He would indeed come the next day and share a meal.

Filled with ecstasy, the woman went out the following morning with her meager purse and purchased such delicacies that she felt would please the Lord.



Returning home, she prepared a banquet and waited patiently for her most honored guest. Soon there was a knock on the door, and when she opened it, there stood an old beggar asking for something to eat. Being a woman of God, she could not turn the beggar away, so she invited him in to partake of her table. The beggar felt as if he was in a dream - such a feast set before him. He finished all the food, thanked his hostess and left.

The woman was only slightly disheartened, she gathered up her purse, her coat, and hurried back to town to get more food for her special guest. Her funds were less now and so the food was not quite so elaborate. Nonetheless, she lovingly prepared another meal and sat to await the arrival of the Almighty.

A few hours went by and there was a loud knock on the door. This time it was an old gypsy woman with no teeth, who was deaf, who spoke quite loudly and was, rather rudely, insisting that any true believer in the Lord would not deny her something to eat.

Though the woman had no more money with which to buy more supplies, she invited the

woman in and offered her a seat at the table. The gypsy ate everything, did not even thank the woman and left without closing the door.

By now it was beginning to get dark both inside and out. The woman's faith was strong, so that, though somewhat distraught, she did not give up, but rather, looked around her humble house to see if there was anything she could sell in order to buy more food to set before the Lord.



She hurried to town with a little silver cup that had been in her family for several generations, but she was willing to part with it for the great honor that God was going to bestow on her - the sharing of a meal.

Late in the night she rushed home to prepare yet a third meal. She waited and waited until, once more, there was a knock on the door. Holding her breath, she slowly opened the door to find yet another poor man in the guise of a wandering monk, in search of a meal.

Again, she offered hospitality, with as much grace as she could muster in her disappointment. This man also ate all that was set on the table and left after blessing the woman for her kindness. So discouraged and dismayed was she that all she could do was nod slightly, in acknowledgment of the thanks.

Now it was too late, with no way to buy any more food and no more money with which to buy it. She got down on her knees, weeping such heart-broken tears. She asked God what she had done wrong. Why had God not come to share at the table as He had promised?

And God, in all His Divine Compassion and Mercy, lifted the woman off her knees, and holding her close to His Heart, said, **"My child, I enjoyed your hospitality so much that I came three times!"**

*Kabir used to address all his customers as "Ramji".  
Someone asked why do you address everyone as Ramji?*

*His answer was "I know Ramji will come once to my shop, but in what form I do not know. When HE comes, I do not want to miss-out addressing him as RAMJI".*

*In what form GOD will come to you, we do not know. To be safe, address and honor everyone, big or small, with respect throughout your life.*

