



### **Daanam, giving, is the means for growth**

The culture of Hindus is one of caring. Elders, animals, air, water, earth, people, all these we care for. As an individual, as a corporate entity, as a collective body, we care and we express that care. We grow by caring, from being only a consumer to be a contributor.

Daanam, giving and sharing, is a mark of growth. Not giving is a mark of being stunted. Remaining a consumer all the time, and not becoming a contributor, is not the Vedic view of life. We have to be contributors.

In the Saama-Veda, in the samhita portion, we have this mantra: setuun tara dustaraan. Dustaraan means that which is very difficult to cross. Therefore, we need to use a setu to cross over the obstacles. Setu is a causeway, a means of crossing what is to be crossed. One of the obstacles to self-growth is the incapacity to give even when there is a situation that requires us to give. This is a mark of ill-growth or inadequate growth or no growth.

### **Fake it and make it**

You need a heart to give. It is not a heart with a patronizing attitude. 'I am giving'. We consider that as some kind of an aberration.

To be big and secure, as a person, does not depend upon any other thing except yourself. If you are happy being yourself, then anything that you have is a plus for you.

The Saama-veda says: daanena adaanam tara. Give as though you have a big heart. You fake it and make it. Grind your teeth and somehow give, if not your own, at least give corporate money.

Even though you do not have compassion, you can act compassionately and you will discover compassion. If you do not have love, act lovingly: you will discover love. Similarly, in the act of giving, you grow, people grow and your country grows! 'Giving' is the means for growth.

Sraddhayaasraddhaam tara: If you do not have sraddhaa (trust), act as though you have sraddhaa, and you will discover shraddhaa. Follow the vrddha vyavahaara, the elders, who have sraddhaa: you will find yourself having the sraddhaa in time. The beauty of anything done in sraddhaa is just enchanting and fascinating. A sraddhaavaan is always admirable.

But the sraddhaa has to be in the right places: otherwise it can become fanaticism and you could end up as a terrorist.

Akrodhena krodham tara: when there is anger, never victimize anybody, including your children, your spouse. Not acting in anger is akrodha. But anger has already happened inside. That anger has to be processed, not suppressed. You have to process it by writing the anger out. You can talk to someone who knows how to listen, without being judgmental. There may be many people, but unless they are specialists, writing is the only effective alternative.

Satyena anrtam tara: By understanding the truth of what is, cross out the false ideas and notions about everything. Anrtam is false perception. You do not see the world available for public appreciation, you only see the world through your own perspective and notions. If you see the world more objectively, and if that is the truth, then your attitude towards yourself, towards the world will undergo a sea change, a change that makes a person's heart so commodious that it can accommodate the world and its people, along with their follies. You can even accommodate your own guilt and hurt, with a smile. That is what we call 'opening up' your heart, and which is why your 'view of life' has to undergo a change.

Setuun tiirtvaa jyotirgaccha, svargaccha: Gain the self knowledge and recognize that you are aananda, limitless happiness. The vedic view has got to be your view; if that is the truth, it should be your view. And the teaching is only to help you appreciate the Vedic view, to make you see as the Vedas see. Seeing yourself and the world in the light of how the Vedas see is such a blessing. And you are the inheritor of such a blessing!

### **Many ways of giving**

You keep giving until it hurts. 'Giving' is like weight lifting. You cannot take a small mug and practice weight lifting! The capacity of weight lifting is in the attempt of shaking something that you cannot shake. Lift something that you can, only with some difficulty. The weight-lifting champions attempt to lift weights until it hurts. So, give until it hurts you.

You can give your time, or can lend a sympathetic ear to someone; lots of people want such ears. You can express words of appreciation, encouragement, empathy and so on. Sharing your knowledge with somebody is also caring. You can also pray for somebody; there are many ways of giving.

### **Only by giving you grow**

Daanena adaanam tara: Only by giving you become a giver, a contributor. You become big by just using the will: action is the key.

Nobody grows without paying a price for growth. You grow big by caring, the act of caring. Every individual has to care. If you are in a corporation, make your whole corporation help. Involve all the people who work for you in caring programs. Make all of them contributors, big people. The people who receive your help feel cared and validated, and become part of the mainstream. This is how you can make a difference in the society.

I saw an amazing documentary recently. A pack of lions attacked a herd of buffaloes. In the melee, a baby buffalo got isolated and was caught, and while trying to escape, it fell into a pond nearby. A crocodile was waiting here and it pulled the baby buffalo into the pond. Seeing the crocodile pulling in the baby buffalo, two lions tried to pull it out. Mean while the other buffaloes that had run away, finding the baby buffalo missing, came running back as a herd. One buffalo, I presume it was the mother, kicked the attacking lion with one of its front leg, The lion fell ten feet away and the baby buffalo was saved. The animals have so much caring.

### **You can make a difference**

Your success is because you were in the right place, at the right time. Nobody becomes successful without being at the right place at the right time. It is grace and you have to be grateful for that. If you are in a position of power, coming out of that grace of being at the right place, at the right time, then that power has to be used for caring programs.

Namaste

\*Excerpts from Pujya Swamiji Dayananda's Talk