



Alexander the Great – went with Empty hands

Compiled by Lion Dr. S.Nagraj Rao

Here is very instructive incident involving the life of Alexander, the great Greek king.

Alexander, after conquering many kingdoms, was returning home. On the way, he fell ill and it took him to his death bed. With death staring him in his face, Alexander realized how his conquests, his great army, his sharp sword and all his wealth were of no consequence. He now longed to reach home to see his mother's face and bid her his last adieu. But, he had to accept the fact that his sinking health would not permit Him to reach his distant homeland. So, the mighty conqueror lay prostrate and pale, helplessly waiting to breathe his last.

He called his generals and said, "I will depart from this world soon, I have three wishes, please carry them out without fail." With tears flowing down Their cheeks, the generals agreed to abide by their king's last wishes.

"My first desire is that," said Alexander, "My physicians alone must carry my coffin." After a pause, he continued, "Secondly, I desire that when my coffin is being carried to the grave, the path leading to the graveyard be strewn with gold, silver and precious stones which I have collected in my treasury." The king felt exhausted after saying this. He took a minute's rest and continued.



"My third and last wish is that both my hands be kept dangling out of my coffin." The people who had gathered there wondered at the king's strange wishes. But no one dare bring the question to their lips.

Alexander's favorite general kissed his hand and pressed them to his heart. "O king, we assure you that your wishes will all be fulfilled. But tell us "why do you make such strange wishes?"

"At this Alexander took a deep breath and said: "I would like the world to know of the three

lessons I have just learnt. I want my physicians to carry my coffin because people should realize that no doctor can really cure anybody. They are powerless and cannot save a person from the clutches of death. So let not people take life for granted.

The second wish of strewing gold, silver and other riches on the way to the graveyard is to tell People that not even a fraction of gold will come with me. I spent all my life earning riches but cannot take anything with me. Let people realize that it is a sheer waste of time to chase wealth.

And about my third wish of having my hands dangling out of the coffin, **I wish people to know that I came empty handed into this world and empty handed I go out of this world.**

"With these words, the king closed his eyes. Soon he let death conquer him and breathed his last.





The Seed of Honesty

Compiled by Lion Dr. S.Nagraj Rao

A successful business man was growing old and knew it was time to choose a successor to take over the business.

Instead of choosing one of his Directors or his children, he decided to do something different. He called all the young executives in his company together.

He said, “It is time for me to step down and choose the next CEO. I have decided to choose one of you.”

The young executives were shocked, but the boss continued. “I am going to give each one of you a SEED today – one very special SEED. I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO.”

One man, named Jim, was there that day and he, like the others, received a seed. He went home and excitedly, told his wife the story. She helped him get a pot, soil and compost and he planted the seed.

Everyday, he would water it and watch to see if it had grown. After about three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow.

Jim kept checking his seed, but nothing ever grew. Three weeks, four weeks, five weeks went by, still nothing. By now, others were talking about their plants, but Jim didn't have a plant and he felt like a failure.

Six months went by — still nothing in Jim's pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing. Jim didn't say anything to his colleagues, however... He just kept watering and fertilizing the soil – He so wanted the seed to grow.

A year finally went by and all the young executives of the company brought their plants to the CEO for inspection.

Jim told his wife that he wasn't going to take an empty pot. But she asked him to be honest about what happened. Jim felt sick to his stomach, it was going to be the most embarrassing moment of his life, but he knew his wife was right.

He took his empty pot to the board room. When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful — in all shapes and sizes.

Jim put his empty pot on the floor and many of his colleagues laughed, a few felt sorry for him!

When the CEO arrived, he surveyed the room and greeted his young executives.

Jim just tried to hide in the back. “My, what great plants, trees, and flowers you have grown,” said the CEO. “Today one of you will be appointed the next CEO!”

All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front.

Jim was terrified. He thought, “The CEO knows I'm a failure! Maybe he will have me fired!”

When Jim got to the front, the CEO asked him what had happened to his seed – Jim told him the story.

The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, “Behold your next Chief Executive Officer! His name is Jim!”

Jim couldn't believe it. Jim couldn't even grow his seed.

“How could he be the new CEO?” the others said.

Then the CEO said, “One year ago today, I gave everyone in this room a seed. I told you to take the seed, plant it, water it, and bring it back to me today. *But I gave you all boiled seeds; they were dead – it was not possible for them to grow. All of you, except Jim, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it.* Therefore, he is the one who will be the new Chief Executive Officer!”

- * If you plant honesty, you will reap trust.
- * If you plant goodness, you will reap friends.
- * If you plant humility, you will reap greatness.
- * If you plant perseverance, you will reap contentment.
- * If you plant consideration, you will reap perspective.

- * If you plant hard work, you will reap success.
- * If you plant forgiveness, you will reap reconciliation.
- * If you plant faith in God , you will reap a harvest.

So, be careful what you plant now; it will determine what you will reap later..

“Whatever You Give To Life, Life Gives You Back”



Compiled by Lion Dr. S.Nagraj Rao

Box of Kisses

Some time ago, a man punished his 3-year-old daughter for wasting a roll of gold wrapping paper. Money was tight and he became infuriated when the child tried to decorate a box to put under the Christmas tree.

Nevertheless, the little girl brought the gift to her father the next morning and said, "This is for you, Daddy." He was embarrassed by his earlier overreaction, but his anger flared again when he found the box was empty.

He yelled at her, "Don't you know that when you give someone a present, there's supposed to be something inside it?"

The little girl looked up at him with tears in her eyes and said, ***"Oh, Daddy, it is not empty. I blew kisses into the box. All for you, Daddy."***



The father was crushed. He put his arms around his little girl, and he begged for her forgiveness.



It is told that the man kept that gold box by his bed for years and whenever he was discouraged, *he would take out an imaginary kiss and remember the love of the child who had put it there.*

In a very real sense, each of us as humans have been given a gold container filled with unconditional love and kisses from our children, friends, family and God. **There is no more precious possession anyone could hold.**

When was the last time you kissed or hugged your child ? **Why not today**



Compiled by Lion Dr. S.Nagraj Rao

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs.

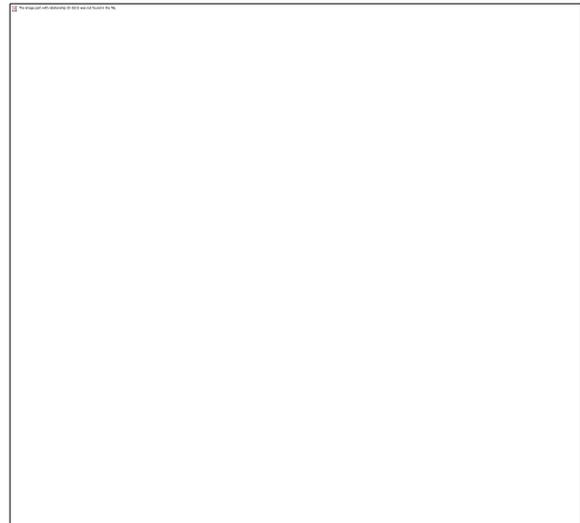
His bed was next to the room's only window.

The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation.

And every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and color of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color of the rainbow. Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance.



As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band - he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words. Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless

body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away. As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the world outside. Finally, he would have the joy of seeing it for himself.

He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall.

She said, "Perhaps he just wanted to encourage you."

Have you said a good word, encouraged a depressed person, motivated a person with your words or a kind word during the last 24 hour to someone ?

**If a lie can give hope to someone,
it is better than bitter truth.**





A Million dollar Lesson

Compiled by Lion Dr. S.Nagraj Rao

A cab driver taught me a million dollar lesson in customer satisfaction and expectation. Motivational speakers charge thousands of dollars to impart his kind of training to corporate executives and staff. It cost me a \$12 taxi ride.

I had flown into Dallas for the sole purpose of calling on a client. Time was of the essence and my plan included a quick turnaround trip from and back to the airport. A spotless cab pulled up.

The driver rushed to open the passenger door for me and made sure I was comfortably seated before he closed the door. As he got in the driver's seat, he mentioned that the neatly folded Wall Street Journal next to me for my use. He then showed me several tapes and asked me what type of music I would enjoy.



Well! I looked around for a "Candid Camera!" Wouldn't you? I could not believe the service I was receiving! I took the opportunity to say, "Obviously you take great pride in your work. You must have a story to tell."

"You bet," he replied, "I used to be in Corporate America. But I got tired of thinking my best would never be good enough. I decided to find my niche in life where I could feel proud of being the best I could be.

I knew I would never be a rocket scientist, but I love driving cars, being of service and feeling like I have done a full day's work and done it well. I evaluate my personal assets and... wham! I became a cab driver.

One thing I know for sure, to be good in my business I could simply just meet the expectations of my passengers. **But, to be GREAT in my business, I have to EXCEED the customer's expectations!** I like both the sound and the return of being 'great' better than just getting by on 'average'



Mood Lifters – You can control your moods

Compiled by Lion Dr. S.Nagraj Rao

One morning I awoke and decided it was the perfect day to mix myself a **"happiness cocktail."** After indulging in my happy hour, I felt more than ready to take on the day! Just in case you're wondering why a wellness coach is reaching for a cocktail at the crack of dawn, let me explain.

While getting dressed, I thought about the many natural ways I could lift my spirits and then realized that I was already combining many of the approaches behavioral psychologists tell us are beneficial: I went outside for my morning exercise and listened to my favorite music on my iPod—all with my Alsatian, Rex, right by side. **Exercise, nature, music, my pet—these are the ingredients of my personal happiness cocktail.** Any of these things alone help to lift my spirits when I'm feeling down, but together they can put me in a euphoric state. Talk about crisscross effects! No matter what may be weighing on my mind, an outdoor run with Rex always improves my mood and increases my optimism (not to mention all the other great things this activity does for my body).

As a wellness coach, it is vital for my mind to stay calm, open and curious when meeting with a rolling mill client. A bad mood can certainly be detrimental to the session. And although I have a fairly sunny disposition by nature, even I feel down sometimes and need ways to improve my mood quickly and easily.

At times, we all need to lift our spirits in an instant. Luckily, some environmental and situational factors are easy to control. If you have a grumpy friend, you can simply walk away and call up an optimistic friend. If sad movies usually leave you feeling badly long after watching, you can stick to comedies or other uplifting genres. But if you are made to deal with a difficult individual who is a co-worker or family member, escaping may not be so simple. And you certainly can't control the weather.

But we don't need to be victims of circumstances—and we certainly do have control over our choices. **If keeping your moods on an even keel and staying relaxed are things you would like to pursue, you'll be happy to know it's much easier than you probably think.** Behavioral scientists are studying how we can improve our moods by taking control of our daily behaviors. **The expression, "you are what you eat" has proven to be true—not just for disease management but our overall state of mind.** If you find yourself irritable,

fatigued, unfocused or even blue, it may be your diet. What you eat, how often you eat, and how much you eat are all factors that can dramatically impact your mood. So, if you can keep your blood sugar stable, your mood may follow.

We also know that exercise stimulates the chemicals in our brains that lead to feelings of tranquility and well-being. The release of endorphins are responsible for things such as the "runner's high" or the incredible surge in creativity fitness participants often report. Even a leisurely stroll can increase the oxygen flow to your brain leading to a sense of calmness, greater energy and focus.

According to common sense, feelings are what cause our behavior. When we are sad, we cry. When we are angry, we rant and rave. However, a large and growing body of research shows that feelings often *follow* our behavioral choices. In other words, if we force ourselves to smile, we feel happier. And if we pretend to be excited, upbeat and energized, we begin to actually feel that way. This again proves that we are more in control of our moods than just the circumstances around us.

Here are a few more natural mood lifters you can try.

1. **Eat often and eat light.** When you eat at regular intervals throughout the day you will prevent dips in your blood sugar that can negatively affect your mood. Plan your meals and snacks to prevent yourself from getting overly hungry, aiming for three to six eating episodes (total meals plus snacks) each day.
2. **Limit refined carbohydrates** such as soda, candy, cookies, and white flour, which are concentrated sources of sugar. These foods may give you an immediate rush of energy, but they will cause you to crash and fatigue soon after.
3. **Include a small amount of lean protein at every meal and snack.** Protein will leave you feeling alert and productive for hours.
4. **Eat foods rich in omega-3 fats.** These foods have been shown to lift moods and can possibly alleviate depression. Omega-3 fats are found in oily fish like salmon or sardines, canola and olive oils, as well as flaxseeds and walnuts.
5. **Ramp up your B-12 and folate (folic acid).** Scientists believe these nutrients help the body produce a neurotransmitter called serotonin—a known mood stabilizer. Shellfish, fortified cereal, oatmeal, wheat germ, and vegetables are some of the many foods rich in these nutrients.

6. **Get your daily dose of exercise.** Whether it's a formal session at the gym, a walk with the dog, engaging in a sport or just playing with your kids, getting up and moving will boost your mood and energy level.
7. **Stick to a regular sleep schedule—even on the weekends.** Although most adults require between 7 and 9 hours of sleep per night, you might need slightly more or less to function optimally. The important thing is that you consistently get the sleep you need.
8. **Go outside and breathe in the fresh air.** Take a break from your home or office to get some air and sunshine. Even stepping out into cold weather will wake you up and refresh your mind.
9. **Listen to music you love.** When your mood is spiraling downhill and the little voice in your head is anything but positive, turn on your favorite tunes and sing along. Soon, sweet music will fill your mind instead of negative thoughts. Kishore or Latha songs can do wonders.
10. **Indulge your senses.** Sights, smells, sounds, tastes and tactile sensations can quickly change your mood. Light a scented candle that evokes memories of the holidays, bake cookies to remind you of happy times at your grandmother's, buy your favorite flowers and revel in the smell (and sight) of them, or soak in a scented bubble bath while listening to soothing music.
11. **Do something that brings you joy.** Whether it's going to a movie, reading a novel or having lunch with your best friend, take a well-deserved break from work or stressful situations and do something you love. The change in mood will lead to better concentration and efficiency once you return to the task at hand.
12. **Play or cuddle up with your furry friend.** Just petting your dog or cat has been shown to lower blood pressure and evoke a sense of calmness, happiness and well-being. If you don't own a pet, visit a pet store or volunteer at an animal shelter to get your furry fix.
13. **Volunteer.** There is nothing like the act of giving to those in need to make you feel appreciative of the life you lead. Walk dogs at an animal shelter, feed the homeless at a food shelter, teach English at a literacy program, or assist in programs for special needs children. Do your research and you will surely find a group that can use your talents and skills. If time is an issue for you, contribute through donations to Lions Clubs and you could evoke the same feelings of happiness.

14. **Fake it till you make it.** Researchers have found that the simple act of smiling seems to activate happiness centers in the brain. Keep smiling and in time, your mood will match your facial expression.

15. **Create a list of natural mood enhancers that will work for you.** Feeling angry? Write in your diary. Stressed? Try a yoga class. If you're exhausted, take a 20-minute nap. And if you're feeling down, rent a funny movie. Remember, you have a choice and the ability to change your mood. With some trial and error, you will figure out the best strategies that work for you.

It's quite natural for all of us to wake up on the wrong side of the bed now and again. If your self-care skills are optimal and you try some tips listed above, your pleasant disposition will shine through. However, if you still find yourself moody, angry, excessively tired or unhappy for an extended period of time, talk with your doctor. He or she will want to rule out any medical or nutritional causes before considering treatment for depression.

And if you would like, feel free to try *my* happiness cocktail. It just may work for you as well.



4 Wives - wow

Compiled by Lion Dr. S.Nagraj Rao

There was a rich merchant who had 4 wives. He loved the 4th wife the most and adorned her with rich robes and treated her to delicacies. He took great care of her and gave her nothing but the best.

He also loved the 3rd wife very much. He's very proud of her and always wanted to show off her to his friends. However, the merchant is always in great fear that she might run away with some other men.



He too, loved his 2nd wife. She is a very considerate person, always patient and in fact is the merchant's confidante. Whenever the merchant faced some problems, he always turned to his 2nd wife and she would always help him out and tide him through difficult times.

Now, the merchant's 1st wife is a very loyal partner and has made great contributions in maintaining his wealth and business as well as taking care of the household. However, the merchant did not love the first wife and although she loved him deeply, he hardly took notice of her.

One day, the merchant fell ill. Before long, he knew that he was going to die soon. He thought of his luxurious life and told himself, "Now I have 4 wives with me. But when I die, I'll be alone. How lonely I'll be!"

Thus, he asked the 4th wife, "I loved you most, endowed you with the finest clothing and showered great care over you. Now that I'm dying, will you follow me and keep me company?" "No way!" replied the 4th wife and she walked away without another word.

The answer cut like a sharp knife right into the merchant's heart. The sad merchant then asked the 3rd wife, "I have loved you so much for all my life. Now that I'm dying, will you follow me and keep me company?" "No!" replied the 3rd wife. "Life is so good over here! I'm going to remarry when you die!" The merchant's heart sank and turned cold.

He then asked the 2nd wife, "I always turned to you for help and you've always helped me out. Now I need your help again. When I die, will you follow me and keep me company?" "I'm sorry, I can't help you out this time!" replied the 2nd wife. "At the very most, I can only send you to your grave." The answer came like a bolt of thunder and the merchant was devastated.

Then a voice called out : "I'll leave with you. I'll follow you no matter where you go." The merchant looked up and there was his first wife. She was so skinny, almost like she suffered from malnutrition. *Greatly grieved, the merchant said, "I should have taken much better care of you while I could have !"*



Actually, we all have 4 wives in our lives

- a. **The 4th wife is our body.** No matter how much time and effort we lavish in making it look good, it'll leave us when we die.
- b. **Our 3rd wife ? Our possessions, status and wealth.** When we die, they all go to others.
- c. **The 2nd wife is our family and friends.** No matter how close they had been there for us when we're alive, the furthest they can stay by us is up to the grave.
- d. **The 1st wife is in fact our soul,** often neglected in our pursuit of material, wealth and sensual pleasure.

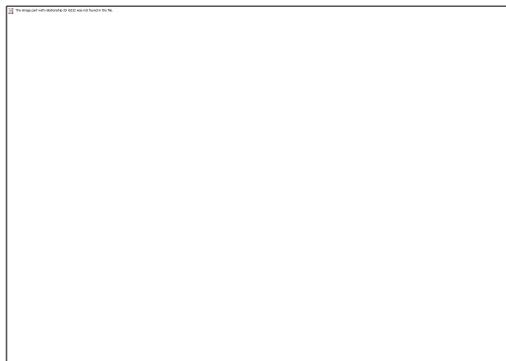


Butterfly – Struggle is Good for development

Compiled by Lion Dr. S.Nagraj Rao

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon.



The butterfly then emerged easily. But it had a swollen body and small, shriveled wings.



The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time.

Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our lives. If God allowed us to go through our lives without any obstacles, it would cripple us.

We would not be as strong as what we could have been. We could never fly!

Do not pamper your children & cripple them. Struggle is good for all to develop fully.

I asked for Strength.....

And God gave me Difficulties to make me strong.

I asked for Wisdom.....

And God gave me Problems to solve.

I asked for Prosperity.....

And God gave me Brain and Brawn to work.

I asked for Courage.....

And God gave me Danger to overcome.

I asked for Love.....

And God gave me Troubled people to help.

I asked for Favors.....

And God gave me Opportunities.

I received nothing I wanted

I received everything I needed!



The carrot, the egg, and the coffee bean

Compiled by Lion Dr. S.Nagraj Rao

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling.

It seemed that, as one problem was solved, a new one arose. Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In the first, she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans.



She let them sit and boil, without saying a word. In about twenty minutes, she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me, what do you see?"

"Carrots, eggs, and coffee," the young woman replied. The mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, mother?"

Her mother explained that *each of these objects had faced the same adversity - boiling water - but each reacted differently.*

The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened!

The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" the mother asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"



Think of this:

Which am I? **Am I the carrot** that seems strong but, with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit but, after a death, a breakup, or a financial hardship, does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavour.

If you are like the coffee bean, when things are at their worst, you get better and change the situation around you. When the hours are the darkest and trials are their greatest, do you elevate to another level? How do you handle adversity? Are you a carrot, an egg, or a coffee bean?





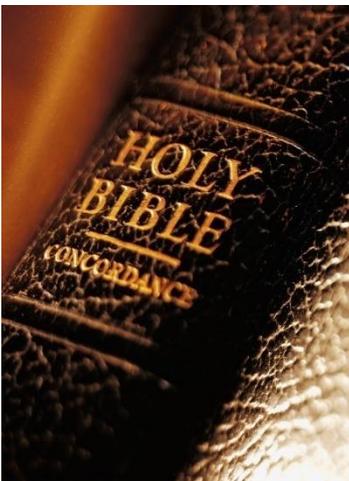
PAID IN FULL.....

Compiled by Lion Dr. S.Nagraj Rao

A young man was getting ready to graduate college. For many months he had admired a beautiful sports car in a dealer's showroom, and knowing his father could well afford it, he told him that was all he wanted.



As Graduation Day approached, the young man awaited signs that his father had purchased the car. Finally, on the morning of his graduation his father called him into his private study. His father told him how proud he was to have such a fine son, and told him how much he loved him. **He handed his son a beautiful wrapped gift box.**



Curious, but somewhat disappointed the young man opened the box and found a lovely, leather-bound Bible. Angrily, he raised his voice at his father and said, "With all your money you give me a Bible?" and stormed out of the house, leaving the holy book.

Many years passed and the young man was very successful in business. He had a beautiful home and wonderful family, but realized his father was very old, and thought perhaps he should go to him. He had not seen him since that graduation day. Before he could make arrangements, he received a telegram telling him his father had passed away, and willed all of his possessions to his son. He needed to come home immediately and take care things. When he arrived at his father's house, sudden sadness and regret filled his heart. He began to search his father's important papers and saw the still new Bible, just as he had left it years ago.

With tears, he opened the Bible and began to turn the pages. As he read those words, a car key dropped from an envelope taped behind the Bible.

It had a tag with the dealer's name, the same dealer who had the sports car he had desired. On the tag was the date of his graduation, and the words...**PAID IN FULL.**

How many times do we miss God's blessings because they are not packaged as we expected? Becoming impatient we hurt others and hurt ourselves and regret later.



Motivational Stories41

Indra Nooyi – CEO, PepsiCo

Compiled by Lion Dr. S.Nagraj Rao

Ever wonder how to be influential and reach the top of the world?. Here's the inspiring story of CEO of PepsiCo and the Fortune / Time magazine's most influential women in the world – the Chennai born Indra Krishnamoorthy Nooyi:

It's a simple story of a powerful woman. A story of an Indian girl who came from conservative Chennai to pursue higher studies in the US with little money and no safety net. If she failed, she failed. A story of this determined girl, who while studying in Connecticut, worked as a receptionist from midnight to sunrise to earn money and struggled to put together US\$50 to buy herself a western suit for her first job interview out of Yale, where she had just completed her masters. Incidentally, she wasn't comfortable trying out a formal western outfit and ended up buying trousers that reached down only till her ankles. Rejected at the interview, she turned to her professor at the school who asked her what she would wear if she were to be in India. To her reply that it would be a sari, **the professor advised her to "be yourself"** and stick to what she was comfortable with. She wore a sari for her next interview. She got the job and has followed this philosophy for the rest of her career. She's been herself, never tried to change her basic beliefs, derived strength from her traditions and believed in who she is. As she says, "I'm so secure in myself, I don't have to be American to play in the corporate life." She worked hard and in time was counted as one of the most powerful women in the world by Forbes.



It all began years ago in Chennai, where she studied hard in school to get her grades. She remembers how her mother would, after meal every day ask Indra and her sister what would they like to become when they grew up. They would come up with different ideas and their mother would reward the best idea each day. It forced Indra to think and dream for herself. It was this dream that led her to be a part of the 11th batch of IIM Kolkata. After two years of work with Johnson & Johnson and Mettur Beardsell in India, it was this fiery urge that took her to America in 1978, when she left India with barely any money to pursue a management degree from the prestigious Yale Graduate School of Management.

Starting off with Boston Consulting Group in 1980, **she knew it would be harder work for her than others for two reasons – one, she was a woman and two, she wasn't an**

American but an outsider. She spent six years directing international corporate strategy projects at the Boston Consulting Group. Her clients ranged from textiles and consumer goods companies to retailers and specialty chemicals producers. Six years later, she joined Motorola in 1986 as the vice-president and director of corporate strategy & planning. She moved to Asea Brown Boveri in 1990 and spent four years as vice president (corporate strategy & planning). She was part of the top management team responsible for the company's U.S. business as well as its worldwide industrial businesses, generating about one-third of ABB's \$30 billion in global sales.

An interesting tale surrounds her joining PepsiCo in 1994. At that time she also had an offer from General Electric, one of the world's best run companies under Jack Welch. The Pepsi CEO Wayne Calloway, in a bid to lure her, told her, "Jack Welch (GE's legendary boss) is the best CEO I know, and GE is probably the finest company. But I have a need for someone like you, and I would make PepsiCo a special place for you." Nooyi agreed.

She broke the glass ceiling when she was appointed senior vice president, corporate strategy and development after joining PepsiCo in 1994 **but she knew that getting there was one thing while staying there was another.** As she says, "If you want to reach the top of a company, I agree that it can only happen in the United States, but you have to start off saying that you have got to work twice as hard as your (male) counterparts." Not only did she work harder than her counterparts, she also made her way up the ladder to become President and Chief Financial Officer of PepsiCo, and was also appointed as a member of board of directors of PepsiCo Inc – which she assumed in 2001.

Nooyi was 44 when she joined PepsiCo. Ever since, she has been involved in every major strategic decision the company has made in the last few years. That includes the drive to spin off PepsiCo's fast food chain in 1997, acquiring Tropicana in 1998, and the US\$ 13 billion move to acquire Quaker Oats. PepsiCo chief Roger Enrico announced her elevation following the Quaker acquisition saying, "Indra's contributions to PepsiCo have been enormous and she will make a great President. In addition to her new role as President and CFO, Indra will also be nominated for election to the Pepsi board. She is a terrific addition to our world-class board and her perspective will be invaluable."

Indra attributes a lot of Pepsi's success to its great employees. **She believes that a company remains great when there is a strong competitor, like Coke. She believes if you have no competition, a company will atrophy.** Nooyi has a unique formula that keeps her work-life balance. She feels that you must have an extended family at work to give you that balance. To keep a company running at top speed, you need to attract the best employees.

At PepsiCo she has ensured that employees actually balance life and work. She views PepsiCo as an extended family and everybody at the company is there to help in every way possible. Sometime ago, when Indra was traveling, her daughter would call the office to ask

for permission to play Nintendo. The receptionist would know the routine and ask: "Have you finished your homework? Have you had your snack? OK, you can play Nintendo for half an hour". She then left a voice message for Indra saying "I gave Tara permission to play Nintendo". Unheard of in most corporations, it's a team Indra has built up at PepsiCo which knows each other so well.

Despite the monumental successes of her career, Indra Nooyi remains a quintessentially Indian woman who has combined the high-octane energy of her job with the calm, collected demeanour required to manage the equally central responsibility of a mother and a wife. She lives with her husband and two daughters in Fairfax county, Connecticut. If you ever visit her Connecticut home, do remember to take your shoes off before entering. If you forget, at least remember to take them off before entering the large puja room where a diya is lit and the inviting air of incense greets you. She keeps an image of Ganesha in her office, and in fact, some PepsiCo officials visited India and received similar images besides being told of the Hindu belief about Ganesh being the symbols of auspicious beginnings. Many of them now keep images of Ganesh in their offices! **Nooyi attends PepsiCo board meetings in a sari; for she believes the corporate world appreciates people who are genuine.**

At work, Nooyi is in the pressure cooker world of intriguing business maneuvers and frenetic multi-million dollar moves but when she enters her home, it is like entering a sanctuary of calm. *She says Carnatic music plays in their home 18 hours a day, and the feeling is much like being in a temple.* Does she think her religious convictions help her to do a better job in the corporate world? "I don't know about a better job, but it certainly makes me calm," she says. "There are times when the stress is so incredible between office and home, trying to be a wife, mother, daughter-in-law and corporate executive. Then you close your eyes and think about a temple like Tirupati, and suddenly you feel 'Hey—I can take on the world.' Hinduism floats around you, and makes you feel somehow invincible."

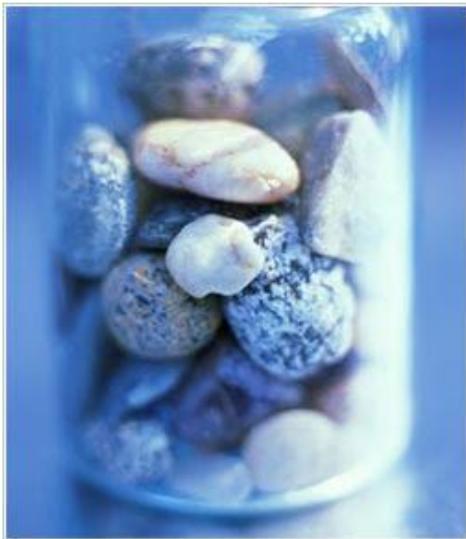
Is it tough being a mother and a corporate executive? Nooyi admits it is difficult, "You can walk away from the fact that you're a corporate executive, but you can't walk away from the fact that you are a mom. In terms of being a mother and a corporate executive, the role of mom comes first." **She believes that her husband has been a great source of strength for her.** Adds Nooyi on a perkier tone, **"Always pick the right husband. I have a fantastically supportive husband."** What sees her through tough times? "My family and my belief in God. If all else fails, I call my mother in India when she's there—and wake her up in the middle of the night—and she listens to me. **And she probably promises God a visit to Tirupati!"** Nooyi has always seen the world through the prism of her mother's faith and beliefs and calls her the guiding light in her life.



First Things first....

Compiled by Lion Dr. S.Nagraj Rao

A philosophy professor stood before his class with some items on the table in front of him.



When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with rocks, about 2 inches in diameter.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They



agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

He then asked once more if the jar was full. The students responded with a unanimous "Yes."



“Now,” said the professor, “I want you to recognize that this jar represents your life. **The rocks are the important things – your family, your partner, your health, your children – things that if everything else was lost and only they remained, your life would still be full.**

The pebbles are the other things that matter – like your job, your house, your car.

The sand is everything else. The small stuff.”

“If you put the sand into the jar first,” he continued “there is no room for the pebbles or the rocks. The same goes for your life.

If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal.

Take care of the rocks first – the things that really matter. Set your priorities. The rest is just sand.”



Tension Tree

Compiled by Lion Dr. S.Nagraj Rao

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pickup truck refused to start. While I drove him home, he sat in stony silence.

On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. **When opening the door he underwent an amazing transformation.** His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.



"Oh, that's my trouble or tension tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, **troubles don't belong in the house with my wife and the children.** So I just hang them on the tree every night when I come home. Then in the morning I pick them up again."

He paused. "Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there ain't nearly as many as I remember hanging up the night before."

In Lions clubs if we have a Ego tree at the entrance of meeting halls, and before attending the meeting if we can touch this Ego tree and leave our egos outside, what a transformation we can bring in the Lions Movement !



Motivational Stories 44

Love is Blind....

Compiled by Lion Dr. S.Nagraj Rao

There was a blind girl who hated herself just because she's blind. She hated everyone, except her loving boyfriend. He's always there for her. She said that if she could only see the world, she would marry her boyfriend.

One day, someone donated a pair of eyes to her and then she can see everything, including her boyfriend.

Her boyfriend asked her, "now that you can see the world, will you marry me?"

The girl was shocked when she saw that her boyfriend is blind too, and refused to marry him.



Her boyfriend walked away in tears, and later wrote a letter to her saying.

"Just take care of my eyes dear."

This is how human brain changes when the status changed.

Only few remember what life was before, and who's always been there even in the most painful situations

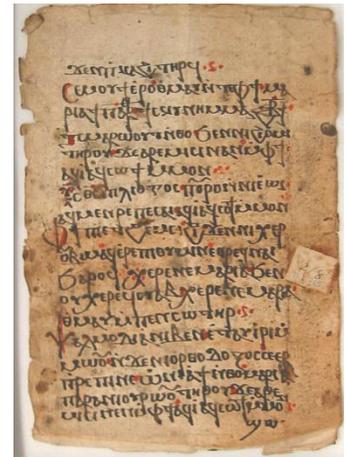


Mother's Love

Compiled by Lion Dr. S.Nagraj Rao

A little boy came up to his mother in the kitchen one evening while she was fixing supper, and handed her a piece of paper that he had been writing on. After his Mom dried her hands on an apron, she read it, and this is what it said:

For cutting the grass:	\$5.00
For cleaning up my room this week:	\$1.00
For going to the store for you:	\$.50
Baby-sitting my kid brother while you went shopping:	\$.25
Taking out the garbage:	\$1.00
For getting a good report card:	\$5.00
For cleaning up and raking the yard:	\$2.00
Total owed:	\$14.75



Well, his mother looked at him standing there, and the boy could see the memories flashing through her mind. She picked up the pen, turned over the paper he'd written on, and this is what she wrote:

For the nine months I carried you while you were growing inside me:
No Charge

For all the nights that I've sat up with you, doctored and prayed for you:
No Charge

For all the trying times, and all the tears that you've caused through the years:
No Charge

For all the nights that were filled with dread, and for the worries I knew were ahead:
No Charge

For the toys, food, clothes, and even wiping your nose:
No Charge

Son, when you add it up, the cost of my love is:

No Charge.

When the boy finished reading what his mother had written, there were big tears in his eyes, and he looked straight at his mother and said, "*Mom, I sure do love you.*" And then he took the pen and in great big letters he wrote: "**PAID IN FULL**".

PAID IN FULL



Our Hospital.....

Compiled by Lion Dr. S.Nagraj Rao

As Lions we were promoting Free Cardiac Care Centers in remote places and one such place selected by donors was Mandagadhe [40 kms. From Shimoga].

A meeting of local people was called and the head of the donors family Shri Prabhakar ,spoke about the Cardiac Centre and how it functions and how people of that area will benefit from it and their plans of setting up a centre at their native village Mandagadhe. He said that their family members will be funding the entire cost of installation.

About 20 local people along with Doctor had different ideas about funding. The entire village wanted to participate in the fund raising program and contribute for the Lions Free Cardiac Care Centre.

Their contention was :

If you fund it fully it will be your project,

We want this to be our project

The project is under implementation and soon it will become a reality.

Once a Doctor in New York wanted to start a community hospital and every week end he would go to every house and collect donations, old news papers etc., and this went on for a year. After a year he could build the Community .

His wife told him “ Stupid fellow, you could have worked for 2 weekends and done the same”

Doctor replied “Yes I could, then it would be my hospital, Now it is Our community Hospital”

Involve everyone and it will last long as everyone takes pride in their hospital. Lions should involve the community and make everyone feel proud that it is their project.



Never Give-up

Compiled by Lion Dr. S.Nagraj Rao

This is the story of two frogs. One frog was fat and the other skinny. One day, while searching for food, they inadvertently jumped into a vat of milk. They couldn't get out, as the sides were too slippery, so they were just swimming around.

The fat frog said to the skinny frog, "Brother frog, there's no use paddling any longer. We're just going to drown, so we might as well give up." The skinny frog replied, "Hold on brother, keep paddling. Somebody will get us out." And they continued paddling for hours.

After a while, the fat frog said, "Brother frog, there's no use. I'm becoming very tired now. I'm just going to stop paddling and drown. It's Sunday and nobody's working. We're doomed. There's no possible way out of here." But the skinny frog said, "Keep trying. Keep paddling. Something will happen, keep paddling." Another couple of hours passed.

The fat frog said, "I can't go on any longer. There's no sense in doing it because we're going to drown anyway. What's the use?" And the fat frog stopped. He gave up. And he drowned in the milk. But the skinny frog kept on paddling.

Ten minutes later, the skinny frog felt something solid beneath his feet. He had churned the milk into butter and he hopped out of the vat.

*Never give up in life.
Even the darkest night has to make way for the sunrise at the end.*



What is True Beauty

Compiled by Lion Dr. S.Nagraj Rao

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his or her fingers through it once a day.

For poise, walk with the knowledge that you'll never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed and redeemed. Never throw out anybody.

Remember

If you need a helping hand, you'll find one at the end of your arm.

As you grow older, you will discover that you have two hands. One for helping yourself. The other for helping others.

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair.

The beauty of a woman must be seen in her eyes, because that is the doorway to her heart. The place where love resides.

The beauty of a woman is not in a facial mole, but true beauty in a woman is reflected in her soul.

It is the caring that she lovingly gives, the passion that she shows.

And the beauty of a woman with passing years only grows.



- Audrey Hepburn

When Tomorrow Starts Without Me

*When tomorrow starts without me, And I am not there to see,
If the sun should rise and find your eyes All filled with tears for me;*

*I wish so much you wouldn't cry, The way you did today,
While thinking of the many things, We didn't get to say.*

*I know how much you love me, As much as I love you,
And each time that you think of me, I know you will miss me too;*

*But when tomorrow starts without me, Please try to understand,
That an angel came and called my name, And took me by the hand,*

*And said my place was ready, In heaven far above,
And that I'd have to leave behind ,All those I dearly love.*

*But as I turned to walk away, A tear fell from my eye
For all my life, I'd always thought, I didn't want to die.*

*I had so much to live for, So much left yet to do,
It almost seemed impossible, That I was leaving you.*

*I thought of all the yesterdays, The good ones and the bad,
I thought of all the love we shared, And all the fun we had.*

*If I could relive yesterday, Just even for a while,
I'd say good-bye and kiss you And maybe see you smile.*

*But then I fully realized, That this could never be,
For emptiness and memories, Would take the place of me.*

*And when I thought of worldly things, I might miss come tomorrow,
I thought of you, and when I did, My heart was filled with sorrow.*

*But when I walked through heaven's gates, I felt so much at home.
When God looked down and smiled at me, From His great golden throne,*

*He said, "This is eternity, And all I have promised you.
Today your life on earth is past, But here life starts anew.*

*I promise no tomorrow, But today will always last,
And since each day's the same way, There's no longing for the past.*

*You have been so faithful, So trusting and so true.
Though there were times you did some things. You knew you shouldn't do.*

*But you have been forgiven, And now at last you're free.
So won't you come and take my hand, And share my life with me?"*

*So when tomorrow starts without me, Don't think we're far apart,
For every time you think of me, I'm right here, in your heart.*



Kindness & Compassion

Compiled by Lion Dr. S.Nagraj Rao

It was a bitter, cold evening in northern Virginia many years ago. The old man's beard was glazed by winter's frost while he waited for a ride across the river. The wait seemed endless. His body became numb and stiff from the frigid north wind.

He heard the faint, steady rhythm of approaching hooves galloping along the frozen path. Anxiously, he watched as several horsemen rounded the bend. He let the first one pass by without an effort to get his attention. Then another passed by, and another. Finally, the last rider neared the spot where the old man sat like a snow statue. As this one drew near, the old man caught the rider's eye and said, "Sir, would you mind giving an old man a ride to the other side? There doesn't appear to be a passageway by foot."

Reining his horse, the rider replied, "Sure thing. Hop aboard." Seeing the old man was unable to lift his half-frozen body from the ground, the horseman dismounted and helped the old man onto the horse. The horseman took the old man not just across the river, but to his destination, which was just a few miles away.

As they neared the tiny but cozy cottage, the horseman's curiosity caused him to inquire, "Sir, I notice that you let several other riders pass by without making an effort to secure a ride. Then I came up and you immediately asked me for a ride. I'm curious why, on such a bitter winter night, you would wait and ask the last rider. What if I had refused and left you there?"

The old man lowered himself slowly down from the horse, looked the rider straight in the eyes, and replied, "I've been around these here parts for some time. I reckon I know people pretty good." The old-timer continued, "I looked into the eyes of the other riders and immediately saw there was no kindness or compassion for my situation. It would have been useless even to ask them for a ride. But when I looked into your eyes, kindness and compassion were evident. I knew, then and there, that your gentle spirit would welcome the opportunity to give me assistance in my time of need."

Those heartwarming comments touched the horseman deeply.

"I'm most grateful for what you have said," he told the old man. **"May I never get too busy in my own affairs that I fail to respond to the needs of others with kindness and compassion."**

With that, **Thomas Jefferson** turned his horse around and made his way back to the White House.



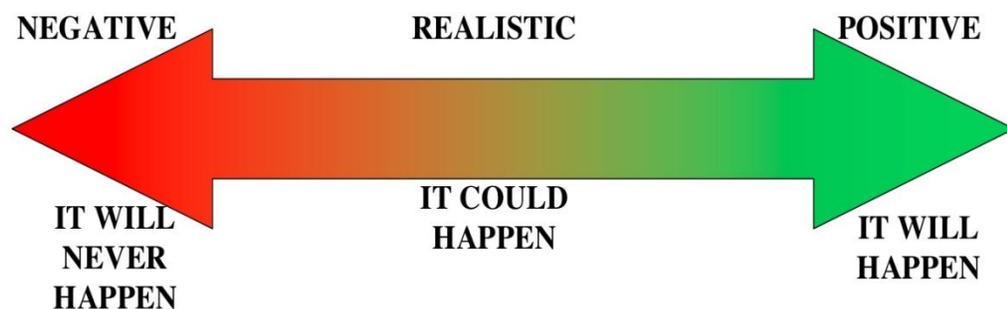
Thomas Jefferson signing the Declaration of Independence



Positive Thinking

Compiled by Lion Dr. S.Nagraj Rao

Jerry is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation.



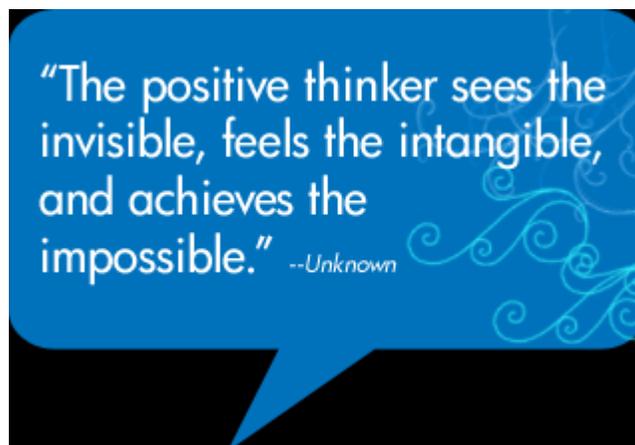
Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?" Jerry replied, "Each morning I wake up and say to myself, Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life. "Yeah, right, it's not that easy," I protested. "Yes, it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live life." I reflected on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Jerry did something you are never supposed to do in a restaurant business: he left the back door open one morning and was held up at gun point

by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was found relatively quickly and rushed to the local trauma center. After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with fragments of the bullets still in his body.

I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?" I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place. "The first thing that went through my mind was that I should have locked the back door," Jerry replied. "Then, as I lay on the floor, I remembered that I had two choices: I could choose to live or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked. Jerry continued, "...the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man.' I knew I needed to take action." "What did you do?" I asked. "Well, there was a big burly nurse shouting questions at me," said Jerry. "She asked if I was allergic to anything. 'Yes,' I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Bullets!' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'" Jerry lived thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything.





Kiran Mazumdar Shaw

Compiled by Lion Dr. S.Nagraj Rao

Born: March 23, 1953

Achievement: Chairman & Managing Director of Biocon Ltd;
Felicited with Padmashri (1989) and Padma Bhushan (2005).

Kiran Mazumdar Shaw is the Chairman & Managing Director of Biocon Ltd, India's biggest biotechnology company.

In 2004, she became India's richest woman.



Kiran Mazumdar Shaw was born on March 23, 1953 in Bangalore. She had her schooling at Bishop Cotton Girls School and Mount Carmel College at Bangalore. After doing completing her B.Sc. in Zoology from Bangalore University in 1973, she went to Ballarat University in Melbourne, Australia and qualified as a master brewer.

Kiran Mazumdar Shaw started her professional career as trainee brewer in Carlton & United Beverages in 1974. In 1978, she joined as Trainee Manager with Biocon Biochemicals Limited in Ireland. In the same year, Kiran Mazumdar Shaw founded Biocon India in collaboration with Biocon Biochemicals Limited, with a capital of Rs.10,000. She initially faced many problems regarding funds for her business. Banks were hesitant to give loan to her as biotechnology was a totally new field at that point of time and she was a woman entrepreneur, which was a rare phenomenon.

Biocon's initial operation was to extract an enzyme from papaya. Under Kiran Mazumdar Shaw's stewardship Biocon transformed from an industrial enzymes company to an integrated biopharmaceutical company with strategic research initiatives. Today, Biocon is recognised as India's pioneering biotech enterprise. In 2004, Biocon came up with an IPO and the issue was over-subscribed by over 30 times. Post-IPO, Kiran Mazumdar Shaw held close to 40% of the stock of the company and was regarded as India's richest woman with an estimated worth of Rs. 2,100 crore.

Kiran Mazumdar Shaw is the recipient of several prestigious awards. These include ET Businesswoman of the Year, Best Woman Entrepreneur, Model Employer, Ernst & Young's Entrepreneur of the Year Award for Life Sciences & Healthcare, Leading Exporter, Outstanding Citizen, Technology Pioneer, etc. Government of India also felicitated her with Padmashri (1989) and Padma Bhushan (2005).



Everyone of you ladies have a Kiran [ray of hope] in you..

Allow that Kiran to come out

and

prove to the world that

you too can succeed like Kiran Mazumdar Shaw

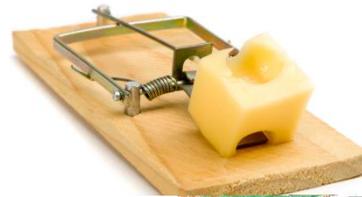


The mouse trap

Compiled by Lion Dr. S.Nagraj Rao

A mouse looked through the crack in the wall to see the farmer and his wife open a package. "What food might this contain?" the mouse wondered. He was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse warning: "**There is a mousetrap in the house! There is a mousetrap in the house!**"

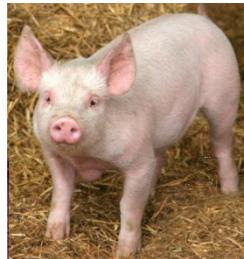


proclaimed the house! There



The chicken clucked and scratched, raised her head and said "Mr.Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said "I am so very sorry, Mr.Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers."



The mouse turned to the cow and said "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose."

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap alone.

That very night a sound was heard throughout the house - like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital and she returned home with a fever.

Everyone knows you treat a fever with **fresh chicken soup**, so the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer **butchered**

the pig. The farmer's wife did not get well; she died. So many! people came for her funeral, the farmer had the **cow slaughtered** to provide enough meat for all of them.

The mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and think it doesn't concern you, remember: when one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another. Each of us is a vital thread in another person's tapestry.



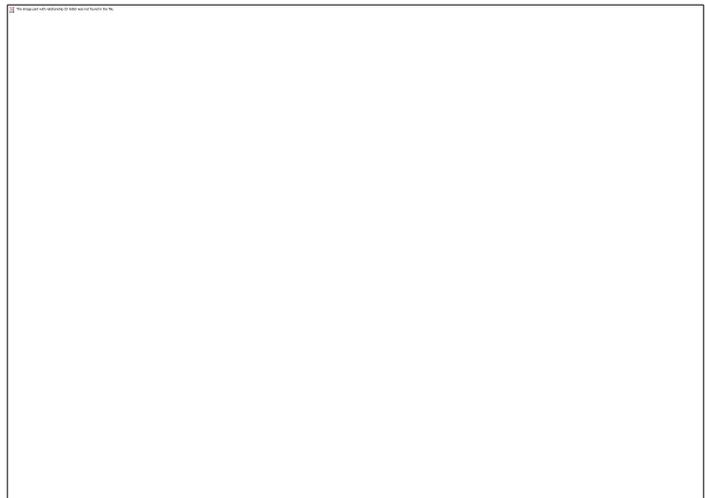
A Life That Makes A Difference

Compiled by Lion Dr. S.Nagraj Rao

"How do you account for your remarkable accomplishment in life?" **Queen Victoria of England asked Helen Keller.** "How do you explain the fact that even though you were both blind and deaf, you were able to accomplish so much?"

Ms. Keller's answer is a tribute to her dedicated teacher. "If it had not been for **Anne Sullivan**, the name of Helen Keller would have remained unknown."

Speaker Zig Ziglar tells about "Little Annie" Sullivan, as she was called when she was young. Little Annie was no stranger to hardship. She was almost sightless herself (due to a childhood fever) and was, at one time, diagnosed as hopelessly "insane" by her caregivers. She was locked in the basement of a mental institution outside of Boston. On occasion, Little Annie would violently attack anyone who came near. Most of the time she generally ignored everyone in her presence.



An elderly nurse believed there was hope, however, and she made it her mission to show love to the child. Every day she visited Little Annie. For the most part, the child did not acknowledge the nurse's presence, but she still continued to visit. The kindly woman left cookies for her and spoke words of love and encouragement. **She believed Little Annie could recover, if only she were shown love.**

Eventually, doctors noticed a change in the girl. Where they once witnessed anger and hostility, they now noted an emerging gentleness and love. They moved her upstairs where she continued to improve. Then the day finally came when this seemingly "hopeless" child was released.

Anne Sullivan grew into a young woman with a desire to help others as she, herself, was helped by the loving nurse. It was she who saw the great potential in Helen Keller. She loved her, disciplined her, played with her, pushed her, and worked with her until the

flickering candle that was her life became a beacon of light to the world. Anne Sullivan worked wonders in Helen's life, but it was a loving nurse who first believed in Little Annie and lovingly transformed an uncommunicative child into a compassionate teacher.

"If it had not been for Anne Sullivan, the name of Helen Keller would have remained unknown." But if it had not been for a kind and dedicated nurse, the name of Anne Sullivan would have remained unknown. And so it goes. Just how far back does the chain of redemption extend? And how far forward will it lead?

*Those you have sought to reach, whether they be in your family or elsewhere, are part of a chain of love that can extend through the generations. Your influence on their lives, whether or not you see results, is immeasurable. Your legacy of dedicated kindness and caring can transform lost and hopeless lives for years to come. **You can never overestimate the power of your love. It is a fire that, once lit, may burn forever***



Helen Keller has been a truly inspiring icon. Having lost sight and hearing ability at a very young age, Helen learned to grapple with life's small and big struggles. ***Her indomitable spirit saw her through her handicap.*** I have a special collection of Helen Keller quotes, which are truly inspirational. You will find that her words speak of the wisdom and strength that is the essence of her life.

- **On Love:**

It is wonderful how much time good people spend fighting the devil. If they would only expend the same amount of energy loving their fellow men, the devil would die in his own tracks of ennui.

- **On Optimism:**

Keep your face to the sunshine and you cannot see the shadows.

- **On Faith:**
Believe. No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit.
- **On Power:**
It is for us to pray not for tasks equal to our powers, but for powers equal to our tasks, to go forward with a great desire forever beating at the door of our hearts as we travel toward our distant goal.
- **On Ambition:**
One can never consent to creep when one feels an impulse to soar.
- **On Optimism:**
Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
- **On Companionship:**
Walking with a friend in the dark is better than walking alone in the light.
- **On Ability:**
We can do anything we want if we stick to it long enough.
- **On Life:**
We would never learn to be brave and patient if there were only joy in the world.
- **On Self Confidence:**
What I am looking for is not out there; it is in me.



The doll and the white rose

Compiled by Lion Dr. S.Nagraj Rao

I was walking around in a Target store, when I saw a Cashier hand this little boy some money back. The boy couldn't have been more than 5 or 6 years old. The Cashier said, "I'm sorry, but you don't have enough money to buy this doll." Then the little boy turned to the old woman next to him: "Granny, are you sure I don't have enough money?" The old lady replied: "You know that you don't have enough money to buy this doll, my dear." Then she asked him to stay there for just 5 minutes while she went to look a round. She left quickly.

The little boy was still holding the doll in his hand. Finally, I walked toward him and I asked him who he wished to give this doll to. It's the doll that my sister loved most and wanted so much for Christmas. She was sure that Santa Claus would bring it to her. I replied to him that maybe Santa Claus would bring it to her after all, and not to worry. But he replied to me sadly. ***"No, Santa Claus can't bring it to her where she is now. I have to give the doll to my mommy so that she can give it to my sister when she goes there."***



His eyes were so sad while saying this. "My Sister has gone to be with God. Daddy says that Mommy is going to see God very soon too, so I thought that she could take the doll with her to give it to my sister." My heart nearly stopped. The little boy looked up at me and said: "I told daddy to tell mommy not to go yet. I need her to wait until I come back from the mall." Then he showed me a very nice photo of him where he was laughing. He then told me "I want mommy to take my picture with her so she won't forget me." "I love my mommy and I wish she doesn't have to leave me, but daddy says that she has to go to be with my little sister." Then he looked again at the doll with sad eyes, very quietly.

I quickly reached for my wallet and said to the boy. "Suppose we check again, just in case you do have enough money for the doll?" "OK" he said, "I hope I do have enough." I added some of my money to his without him seeing and we started to count it. There was enough for the doll and even some spare money. The little boy said: "Thank you God for giving me enough money!" Then he looked at me and added, "I asked last night before I went to sleep for God to make sure I had enough money to buy this doll, so that mommy could give It to my sister. He heard me!" *"I also wanted to have enough money to buy a white rose for my*

mommy, but I didn't dare to ask God for too much. But He gave me enough to buy the doll and a white rose." ***"My mommy loves white roses."***



A few minutes later, the old lady returned and I left with my basket. I finished my shopping in a totally different state from when I started. I couldn't get the little boy out of my mind. Then I remembered a local news paper article two days ago, which mentioned a drunk man in a truck, who hit a car occupied by a young woman and a little girl. The little girl died right away, and the mother was left in a critical state. The family had to decide whether to pull the plug on the life-sustaining machine, because the young woman would not be able to recover from the coma. Was this the family of the little boy? Two days after this encounter with the little boy, I read in the news paper that the young woman had passed away. ***I couldn't stop myself as I bought a bunch of white roses*** and I went to the funeral home where the body of the young woman was exposed for people to see and make last wishes before her burial. She was there, in her coffin, holding a beautiful

white rose in her hand with the photo of the little boy and the doll placed over her chest. I left the place, teary-eyed, feeling that my life had been changed forever. The love that the little boy had for his mother and his sister is still, to this day, hard to imagine. And in a fraction of a second, a drunk driver had taken all this away from him.



The value of a man or woman resides in what he or she gives, not in what they are capable of receiving...



“OUR GOD IS AN AWESOME GOD”

Compiled by Lion Dr. S.Nagraj Rao

Take 60 seconds to read this wonderful story. It will give you time to settle your brain, gather your thoughts, calm down and start your week off on a positive note....

Potato Chips

A little boy wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with a bag of potato chips and a six-pack of root beer and started his journey.

When he had gone about three blocks, he met an old man. He was sitting in the park, just staring at some pigeons. The boy sat down next to him and opened his suitcase. He was about to take a drink from his root beer when he noticed that the old man looked hungry, so he offered him some chips. He gratefully accepted it and smiled at him.

His smile was so pretty that the boy wanted to see it again, so he offered him a root beer. Again, he smiled at him. The boy was delighted! They sat there all afternoon eating and smiling, but they never said a word.

As twilight approached, the boy realized how tired he was and he got up to leave; but before he had gone more than a few steps, he turned around, ran back to the old man, and gave him a hug. He gave him his biggest smile ever..

When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?"

He replied, "I had lunch with God." But before his mother could respond, he added, "You know what? He's got the most beautiful smile I've ever seen!"

Meanwhile, the old man, also radiant with joy, returned to his home. His son was stunned by the look of peace on his face and he asked, "dad, what did you do today that made you so happy?"

He replied "I ate potato chips in the park with God." However, before his son responded,

he added, "You know, he's much younger than I expected."

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. People come into our lives for a reason, a season, or a lifetime! Embrace all equally!

Have lunch with God.....bring chips.

Send this to people who have touched your life in a special way. Let them know how important they are. I did!!!!

God still sits on the throne. You may be going through a tough time right now but God is getting ready to bless you in a way that only He can.

Keep the faith!

This prayer is powerful, and prayer is one of the best gifts we receive. There is no cost but a lot of rewards. Let's continue to pray for one another.

Here is the prayer:

Father, I ask You to bless my friends, relatives and e-mail buddies reading this right now. Show them a new revelation of Your love and power. Holy Spirit, I ask You to minister to their spirit at this very moment.

Where there is pain, give them Your peace and mercy.

Where there is self-doubt, release a renewed confidence through Your grace.

Bless their homes, families, finances, their goings and their comings.

In Jesus' precious name,

Amen.



7 Characteristics of Women Leaders By Sally Helgesen

Compiled by Lion Dr. S.Nagraj Rao

Web technologies, shifting demographics, and deregulated global markets now require leaders who are comfortable being at the center rather than being at the top, exercising intuitive and collaborative skills and making their words consistent with their actions. Women have an advantage in a world that values authenticity over positional power. The ability to lead effectively derives from self-knowledge.

Women are particularly well suited to the new dance of leadership—and yet many stumble as leaders. Zoe Cruz and Sallie Krawcheck were the most powerful women on Wall Street. It was speculated that both would become CEOs of their powerhouses—Morgan Stanley and Citigroup. Instead, Ms. Cruz was ousted and Ms. Krawcheck demoted, leading to hand-wringing about how women seem to be losing ground as leaders.

Having studied female leadership for two decades, this "women flounder as leaders" narrative has a familiar ring. While the progress women have made as leaders has not been rapid or smooth, the impact women are having on what we perceive to be desirable in our leaders continues to grow. The real story is about influence (not numbers).

Women are comfortable with direct communication, relationship-building, diversity, and emotional intelligence—skills best suited for leaders today. I prefer to focus on what women have to contribute, rather than how they need to change or adapt.

For decades, women were urged to conform to a masculine leadership style—to start using football metaphors in meetings, take up golf, and pull rank on subordinates in order to keep them in line. Leave your values at home and play the game was the message.

This conventional wisdom was based on three assumptions: 1) organizations wouldn't change simply because women had entered them in massive numbers; 2) changes wrought by networked technologies wouldn't change organizational structures or reshape people's

expectations of their leaders; and 3) women's handicaps as leaders would outweigh whatever advantages they might confer.

I saw these assumptions as false. As organizations undergo rapid changes as demographics, technology, and economics of work shift, women face a historic opportunity to influence if they will honor and develop their distinctive strengths.

Characteristics of Women Leaders

In my research, I find that talented and confident women leaders have seven characteristics in common:

- 1) they place a high value on relationships and judge the success of their organizations based on the quality of relationships within them;*
- 2) they prefer direct communication;*
- 3) they are comfortable with diversity, having been outsiders themselves and knowing what kind of value fresh eyes could bring;*
- 4) they are unwilling (and unable) to compartmentalize their lives and so draw upon personal experience to bring private sphere information and insights to their jobs;*
- 5) they are skeptical of hierarchies and surprisingly disdainful of the perks and privileges that distinguish hierarchical leaders and establish their place in the pecking order;*
- 6) they preferred leading from the center rather than the top and structure their organizations to reflect this; and*
- 7) they ask big-picture questions about the work they do and its value.*

Such skills and strengths of women leaders are now highly desirable. Networked technologies, the knowledge economy and demographics of globalization all support the skills, talents, and presumptions that women bring.

Twenty years ago, relationship building was considered a soft skill that a leader, who had to be tough, could not afford. Now, as leaders seek to connect more directly with customers and stakeholders and motivate employees, an ability to nurture strong relationships is essential.

Technology today facilitates and demands direct communication while undermining hierarchy, a plus for those who enjoy leading from the center rather than the top. And in a global economy, comfort with diversity has become essential. As work and home become harder to separate, compartmentalizing becomes a liability.

Also, the tough-guy approach to leadership is in disrepute these days, as tyrants and bullies are brought in for censure. Organizations today feel compelled to state how they value relationships and support diversity. Leaders compete to take a greener, more holistic approach—emphasizing sustainability and contribution and acknowledging the need to nurture the human spirit.

Inclusive has become a buzzword, and we like a description of how things work. As more women are reaching positions of authority and influence, they are having a profound impact on how organizations are led and on what leadership qualities are valued.



Love thy children as you love thy neighbor

Compiled by Lion Dr. S.Nagraj Rao

*I ran into a stranger as he passed by
"Oh excuse me please" was my reply
He said "Please excuse me too, I wasn't watching for you.
We were very polite, this stranger and I,
We went on our way and we said good bye*

*But at home a different story is told
How we treat our loved ones, young and old*

*Later that day, cooking the evening meal
My son stood beside me very still
When I turned, I nearly knocked him down
"Move out of the way" I said with a frown
He walked away, his little heart broken
I didn't realize how harshly I'd spoken
While I lay awake in bed, God's still small voice came to me and said*

*While dealing with a stranger,
Common courtesy you use,
But the family you love, you seem to abuse
Go and look on the kitchen floor
You'll find some flowers there by the door
Those are the flowers he brought for you
He picked them himself, pink, yellow and blue
He stood very quietly not to spoil the surprise,
You never saw the tears that filled his little eyes*

*By this time, I felt very small
And now my tears had began to fall
I quietly went and knelt by his bed
"Wake up little one, wake up" I said
"Are these the flowers you picked for me?"
He smiled "I found 'em out by the tree
I picked 'em because they are pretty like you*



*I knew you'd like 'em specially the blue'
I said 'Son, I'm very sorry for the way I acted today
I shouldn't have yelled at you that way
He said "Oh mom, that's okay
I love you anyway.
I said " Son I love you too
And I do like the flowers, especially the blue*

***Are you aware that if we died tomorrow, the company that we are working for could easily replace us in a matter of days,
But the family we left behind will feel the loss for the rest of their lives***

**And come to think of it, we pour ourselves more into work than into our family
An unwise investment indeed, don't you think ?**

FAMILY should stands for

Father **A**nd **M**other **I** Love **Y**ou





The cookie Thief

Compiled by Lion Dr. S.Nagraj Rao

A woman was waiting at an airport one night, with several long hours before her flight. She hunted for a book in the airport shops, bought a bag of cookies and found a place to drop.

She was engrossed in her book but happened to see, that the man sitting beside her, as bold as could be. . .grabbed a cookie or two from the bag in between, which she tried to ignore to avoid a scene.



So she munched the cookies and watched the clock, as the gutsy cookie thief diminished her stock. She was getting more irritated as the minutes ticked by, thinking, "If I wasn't so nice, I would blacken his eye."

With each cookie she took, he took one too, when only one was left, she wondered what he would do. With a smile on his face, and a nervous laugh, he took the last cookie and broke it in half.

He offered her half, as he ate the other, she snatched it from him and thought... ooh, brother. This guy has some nerve and he's also rude, why he didn't even show any gratitude!

She had never known when she had been so galled, and sighed with relief when her flight was called. She gathered her belongings and headed to the gate, refusing to look back at the thieving ingrate.

She boarded the plane, and sank in her seat, then she sought her book, which was almost complete. As she reached in her baggage, she gasped with surprise, there was her bag of cookies, in front of her eyes.

If mine are here, she moaned in despair, the others were his, and he tried to share. Too late to apologize, she realized with grief, that she was the rude one, the ingrate, the thief.



Motivational Stories 59

When you thought I wasn't looking

Compiled by Lion Dr. S.Nagraj Rao

A message every adult should read, because children are watching you and doing as you do, not as you say.

When you thought I wasn't looking, I saw you hang my first painting on the refrigerator and I immediately wanted to paint another one.



When you thought I wasn't looking I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking, I saw you make my favourite cake for me and I learned that the little things can be the special things in life.



When you thought I wasn't looking I heard you say a prayer, and I knew there is a God I could always talk to and I learned to trust in God.

When you thought I wasn't looking, I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking, I saw you give of your time and money to help people who had nothing and I learned that those who have something should give to those who don't.

When you thought I wasn't looking, I saw you take care of our house and everyone in it and I learned we have to take care of what we are given.

When you thought I wasn't looking, I saw how you handled your responsibilities, even when you didn't feel good and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking, I saw tears come from your eyes and I learned that sometimes things hurt, but it's alright to cry.

When you thought I wasn't looking, I saw that you cared and I wanted to be everything that I could be.

When you thought I wasn't looking, I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking, I looked at you and wanted to say, **'Thanks for all the things I saw when you thought I wasn't looking.'**

Each of us (parent, grandparent, aunt, uncle, teacher or friend) influence the life of a child. How will you touch the life of someone today?





Motivational Stories 60

Love thy children as you love thy neighbor

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