

Arav's Story

International Youth Convention 2025 - UK

Session 1

- **The Disruption:** Arav is 18 — top of his class, full of ambition, and recently accepted to one of the most prestigious universities in the country. He dreams of dorm life, late-night study sessions, independence, and discovering himself outside of his familiar hometown. But just as he begins planning his move, Saheb Dada gives him a Guru Aagna: “*Stay close. Commute from home. Remain connected to mandir.*” On the outside, Arav nods respectfully and accepts. On the inside, he’s stunned. “*Why me? Why now?*” He doesn’t speak out, but his heart is filled with confusion, resentment, and fear of missing out. To his friends, he smiles and says, “*It’s fine, I’ll still have a college experience.*” But inside, he wonders whether this spiritual discipline is costing him everything he worked for. Arav’s world shifts — not from the rejection most expect at this stage, but because of the challenge of *adherence*.
- ♦Reflect: Have you ever accepted something outwardly, while silently struggling inside - reflecting a struggle of trust? How do we define Guru Aagna when it *disrupts* what we want?
- **Guiding Questions:**
 - Who is the Guru to you?
 - What does Guru Mahima look like in your life?
 - Can we fully understand an Āgnā if we don’t understand the Giver?

Session 2:

- **The Doubt:** A few weeks into college, Arav wakes up early, catches the train, attends classes, and returns home — day in, day out. Meanwhile, his college friends post photos from dorm events, late-night hangouts, and weekend trips. Group chats fill with inside jokes and spontaneous plans — none of which include him. Arav begins to question everything. “*Is this really helping me grow spiritually — or just making me miss out on life?*” In frustration, he confides in a sant. The sant listens quietly, then shares a prasang of a devotee who followed a Guru Aagna during a time of great personal sacrifice — not out of fear, but out of unshakable trust and love. The words linger with Arav: “*If I only follow when it’s easy, is that really love?*”
- ♦Reflect: What are the real reasons we follow Guru Aagna? How do love, faith, fear, or habit shape our choices?

Session 3:

- **The Spark:** At a youth sabha, Arav hears a haribhakt share how following a challenging Guru Aagna — giving up a dream job for seva — transformed their life in ways they couldn’t have imagined. Something stirs in Arav. It isn’t instant understanding, but a willingness. A whisper of surrender. That night, Arav writes in his journal: “*I don’t fully understand this Guru Aagna. But I want to trust it. I want to trust the One who gave it.*” He begins praying more deeply. He talks to santo. He starts seeing small shifts: a greater sense of peace in mandir, deeper connections with his local youth group,

a quiet joy in the seva he's started doing on weekends. Arav realizes — adherence isn't passive. It's powerful.

- ♦Reflect: When have you seen someone thrive by choosing spiritual discipline over comfort? How can *prasang* inspire us to act?
- **Guiding Questions**
 - “Sometimes God allows you to experience everything you thought would satisfy your soul only to understand that it doesn't.” Thoughts? Have you had an experience where you thought an experience would bring you happiness, only to discover it was fleeting?
 - Have you ever followed something difficult or confusing, and only later realized it shaped you for the better? What role does hindsight play in our future decisions?
 - Have you ever seen someone grow or thrive because they chose spiritual discipline over comfort? What stood out to you?

Session 4:

- **The Struggle:** As time passes, Arav hits a wall. Balancing classes, commuting, family responsibilities, and mandir seva is exhausting. His friends now joke, “*You're like a ghost — never around.*” Some even mock his devotion. Inside, Arav starts questioning again — not just the Guru Aagna, but himself. “*Am I even cut out for this path? Maybe I'm not spiritual enough. Maybe I'm failing.*” One evening, during a sabha, a sant speaks about how spiritual growth often looks like struggle — and that doubt doesn't mean failure, it means you're thinking. The sant says: “*You don't have to be perfect to follow Guru Aagna. You just have to keep showing up.*” Arav feels seen. He realizes his struggle isn't a detour — it's the journey.
- ♦Reflect: What do you do when spiritual discipline feels overwhelming? What support systems help you stay steady? **Connecting with 2 good santo, 3 good haribhakto concept**

Session 5:

- **The Rebuild:** One morning, as Arav walks past the dorms, he thinks: “*This would have been my life.*” But the heaviness is different now — less like anger, more like curiosity. Why did this Guru Aagna feel so hard at first? Was it the restriction — or the *judgment* he was placing on it? He reflects on a quiet truth: deep down, he had questioned whether the one giving the Guru Aagna *really* understood him. A sant tells him, “*Nirdosh buddhi means seeing the Guru's vision without placing your own bias or blame onto it.*” That night, Arav journals: “*Maybe it's not about whether the Guru Aagna makes sense to me. Maybe it's about letting go of the need to always understand first — and choosing to trust.*” Slowly, Arav stops looking back. He starts organizing youth sabhas, mentoring a younger student, and deepening friendships rooted in seva. He feels free — not because the world changed, but because *his vision* did.
- ♦Reflect: How does *judgment* hold us back from following fully? What changes when we look through the lens of trust?

- Guiding Questions
 - “When have I silently judged an Guru Aagna or the one who gave it?”
 - "Can I think of a time when releasing judgement brought me peace?"
 - Can I recall a moment when choosing to see the *positive intention* behind a Guru Aagna brought me calm or clarity?
 - What’s the difference between *following out of fear* and *following out of pure trust*?

Session 6

- The Realization: Graduation is a few months away. Arav is walking home from seva when he pauses. Something feels different — not outside, but inside. He reflects: “*I didn’t get the experience I wanted. But I got the growth I needed.*” In trying to follow one Guru Aagna, he discovered patience, self-respect, spiritual discipline, and deep friendships. He sits down to write a letter to Saheb Dada:
“At first, I thought this Guru Aagna was limiting me. But now I see it anchored me. Thank you for believing in a version of me I couldn’t yet see.” Arav isn’t perfect. He still struggles. But now, he walks with purpose — not because life is easy, but because he knows whose footsteps he’s walking in. **Imperfect, but committed**
- ♦Reflect: What’s one small daily Guru Aagna you can commit to with love? What helps you stay steady in your journey?