

What we can learn from Akhil's Life – an Introspection

By Kirthi Jain

I know, it is very difficult to put together all the good things that Akhil believed in and practiced in his life. Once I asked him what is the constraint in his life . Without any hesitation he said, “time”. At that point of time, I really didn't have the idea what he meant. Now I realize that, he has had so many things to do and things to do list is so big, he found 24 hours a day is short.

His life has given us a great message, selfless service. He was very ordinary person (in terms of material things), but lived a very extra ordinary life. Akhil was such a special person that lit up every home he entered. Each person he met was thoroughly enjoyed working with him.

Akhil is no more with us. But his memories will always cherish us. We can draw lot of inspirations from his life. Without getting into the emotional part, we should think *what we can learn from Akhil's life?* Though it is very difficult task to put together all the good things that Akhil practiced, I tried my level best to put together some of the good things that we can inculcate in our life.

- **Always stay positive.** He always stayed positive even in worst circumstances. Most of us may not know that his father is not doing well due to some health problem. He used to tell his mother that “ don't worry mom, things will change soon”. About 3 years back , when I was in hospital due to critical health problem, he always used to ask to see positive side of life. He helped me a lot to stay positive and recover fast. Positive people make a big impact in their families and outside. Akhil is one of them.
- **Keep your workplace & home clean.** Have you ever visited his desk? My God!, it was so clean, you hardly find any papers lying here and there. Files were used to be arranged neatly. In home also, he always used to keep the things neat and clean. He believed that outer cleanliness directly reflects on our inner cleanliness.
- **Help others to the possible extent.** Akhil used to go out of his way to help others. Sometime back, one of his friends for some reason had to go back to India. His friend was desperately searching for somebody to dispose off his car. When Akhil came to know about this, he just purchased that car, so that his friend can go back to India peacefully. It may be noted that, till that time, Akhil didn't had the car. It was his first car. He was involved in so many charity activity. Whenever there was any community function, people used to call him and get his help.

“Personally, to both of us he used to help us in every field. For all our problems and requirement, the only person who was coming to our memory was Akhil”, Rama Rao & Meera Rama Rao, a local yoga teachers remembers him.

- **Pray and remember God at least twice a day.** Akhil began each morning with prayer and meditation. He fasted religiously every Saturday but continued helping individuals and organizations even while fasting.
- **Always remember those people who have helped you to learn and grow.** He used to remember so many people from his life, who were helped him at various circumstances. His list includes, his parents & family, few friends at Arlington when he first landed in USA, company which given him an employment when he was in need to earn his bread along his studies, many organizations which given him an opportunity to serve, people who have guided him in USA and the list goes on.
- **Stay fit mentally and physically by doing exercises, yoga & meditation.** I never heard of Akhil got sick and taken medicine. He was fit mentally and physically because of his routine exercises, yoga and meditation. In Akhil, you could always see a happy face. He believed that, you have to take care of yourself first, and then only you can take care of others. Uncertainty is only certain in everybody's life, healthy body and healthy mind can help us to remain calm and quite during uncertainty.
- **Practice all the good things that you learned.** Akhil was a practicing Hindu. He truly lived up to the meaning of "Om Sarve bhavanthu sukhinah....." (I.e. *let all be happy, let all be healthy, let all see the good, let none be host to misery*).
- **Enhance your knowledge by learning new things continuously and share it.** Akhil was always open for new ideas. He had the zeal to learn new things. One of the things he recently started was to learn Sanskrit language through correspondence. His dream was to read "Upanishad" in original format. When he was attended HSS camp at Dallas, he learned to play flute from somebody. After coming back from camp, he used to teach flute to some kids of his neighbors. What an enthusiast he was.
- **Be an effective communicator.** It is very important that we communicate effectively whether in workplace or with family or community. I saw Akhil as a very good communicator. He used to express his opinion without any fear or favor. He had clear thought of mind and that probably helped him to be effective communicator. That is why he was so successful and popular at workplace and outside. He used to speak what he thought, he used to think, what he believed in.
- **Don't dependent on others (financially or otherwise), unless it is very necessary.** He came to USA for pursuing Masters with some money given his parents and landed in Arlington. But few months later, he realized that he was short of money and immediately he made up his mind to work somewhere on part time basis. His thought process was not to dependent on others. He got the help from somebody in Houston and worked part time there and continued his education. He never had the car to while doing his Masters. He used to commute by bicycle from his home to office and then take a bus to his college. He never dependent on others.

- **Always keep engaged yourself in any good deeds, which you believed in.** Akhil was always involved himself in serving so many non profit organization within the community and outside. Right from the visiting homeless shelter in downtown to reading news section on voice of Sanathan Radio program. Blood donation, volunteer-ship at many community events, co-coordinating to bring neighboring kinds to radio station and the list goes on and on.
- **Be aggressive in pursuing the things, but be polite to others.** He was very aggressive in following up the things. Aggressive does not necessarily mean that loosing temper or politeness. By maintaining the politeness, becoming an aggressive person is something we can learn from Akhil. If something needs to be done, he directly comes to you and says what he wants to say. Temperament has to do with your personality and your approach. Even temperament and the patience are the great assets that Akhil had.
- **Be a working leader, whenever you work for any organization or a group.** This is my personal observation. To become a working leader is difficult. Last time, when Sadhvi Ritambaraji was here, Akhil was one of the people who involved so deeply. But when the actual function was going on at Radhakrishna temple, nobody must have observed Akhil key person behind the event. He was there right from booking the hall, co-ordinating the volunteers, arranging the chairs, making the power point presentation, serving the food, audio system arrangement, putting the chairs back after the function. By the way, that day happened to be Saturday and Akhil was fasting! He was truly a working leader.
- **Keep your diary and THING TO DO list.** Akhil used to maintain a small note book dairy. He used to list down all the activities that he wants to do. Again, this list is broken down into office work, community work & home. Before going to bed, he used to update this list.

The list goes on and on. As I mentioned earlier, he had to do so many things in life; he ran short of time. But, from our part it is very important that we learn something from his life, so that positive attitude, selfless service, caring nature, spirituality will continue forever.

*Let all be happy,
Let all be healthy,
Let all see the good,
Let none be host to misery.*