

August 2009

Dada Bhagwan Parivar's

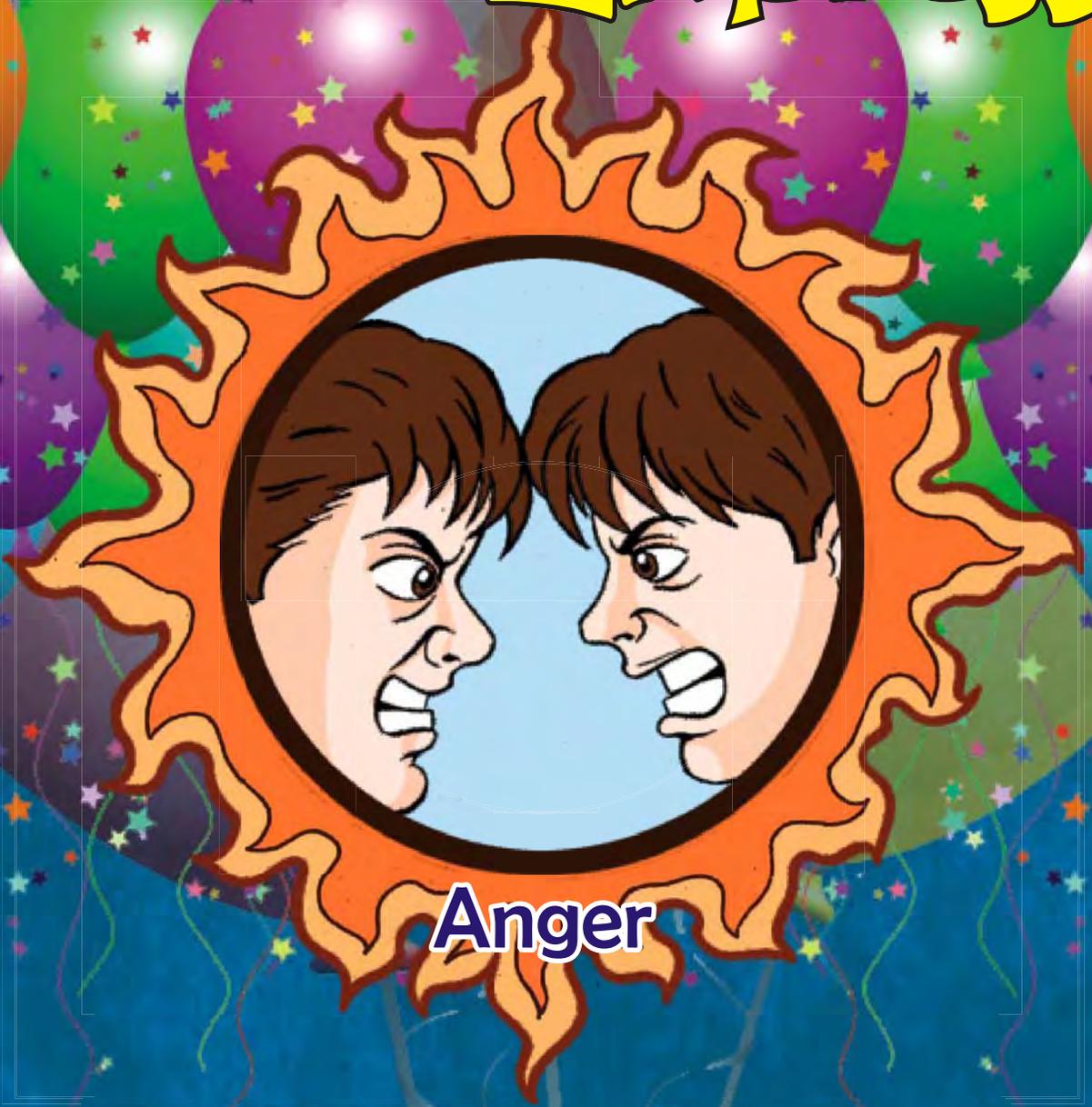
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AKRAM



Express



Anger

Friends,

Have you ever been overcome by anger? Have you ever yelled at or hit anybody in a fit of anger? It might be that your younger brother may have taken your toy without your permission or your school teacher may have given you lots of homework or your friend may have borrowed your video game to play and broken it. Any incident like this may have taken place to make you angry.

But what actually is the definition of anger? Is it necessary to get angry? What should you do when you get angry? In this issue, Pujya Dadashri's wonderful understanding on these as well as other anger related discussions is presented.

Until the next issue of Akram Express, let's study the understanding in this issue as homework and succeed in becoming free of anger.

-Dimple Mehta

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 Vol.: 1, Issue :2
 Conti. Issue No.: 2
 August 2009

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**Publishers, Editor & Printed,
 Published from**

Dimplebhai Mehta on behalf of
 Mahavideh Foundation
 Simandhar City, Adalaj,
 Ta. & Dist.- Gandhinagar- 382421

Print at:-

Amba Offset

Basement, Parshvanath

Chambers, Nr. RBI,

Usmanpura, Ahmedabad-14.

Subscription (English)

Yearly Subscription

India:125 Ruppees

U.S.A.:15 Dollars

U.K.:10 Pounds

5 years Subscription

India:550 Ruppees

U.S.A.:60 Dollars

U.K.:40 Pounds

Send D.D./M.o.in the
 name of 'Mahavideh
 Foundation'.

Questioner - Why do we happen to get angry?

Dadashri - Generally, when we don't have it our way, when others don't understand what we are trying to say, or when there is a difference of view points, we tend to get angry. At times when we feel we are right and someone proves us wrong, we get angry. We also get angry, when we feel insulted or when we face a loss. Lack of self-control is the reason why we get angry.

In order to stay in control, we need to understand a few things in advance. When someone gets angry on us, can we bear it or not, do we like it or not? This is what we should ask ourselves. We should behave with others only in a way in which we like others to behave with us. Anger happens when we aren't able to see beyond certain limits. When does a person bang into a wall? When he doesn't see the wall, right? Similarly, when one

loses insight, cannot think clearly and fails to understand what to do next, then anger happens.

A person who is powerful enough, yet does not hurt others, not even his enemy, can be called a person of strong character. If someone got angry with you now and you responded with anger, then wouldn't that be weakness on your part? Hence, anger, pride, desire and greed are all weakness. A person of strong character does not need to get angry. People try to subdue others with the fury of their anger but the fury of one who does not get angry has a totally different and deeper impact. Animals like lions-tigers and even enemies can be won over by a person with such a character.

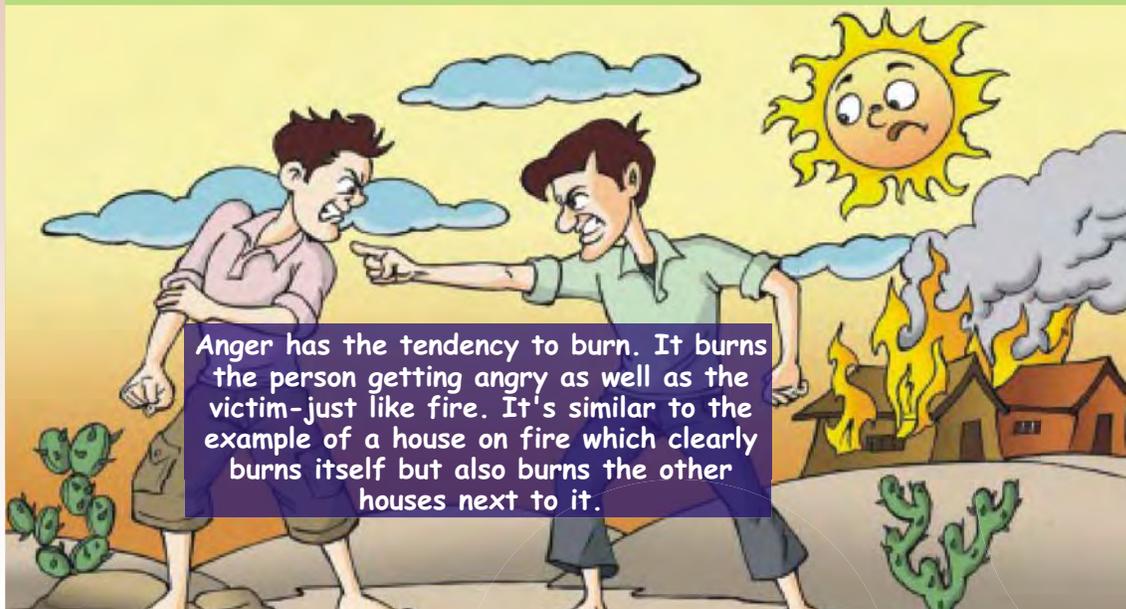
When someone gets angry, people will say, "Why are you

Dadaji Says...



getting so angry?" to this if one replies, "Yes, getting angry is a very wrong thing. It is happening because of my weaknesses." then anger diminishes, because it is not protected.

Whenever and wherever you get angry, and hurt others you should do, 'pratikraman', heartily repent your mistake and make a strong decision not to repeat the mistake ever again. Whoever has been the victim of your anger feels deeply hurt and binds vengeance against you, which shall be fulfilled in your next birth.



Anger has the tendency to burn. It burns the person getting angry as well as the victim-just like fire. It's similar to the example of a house on fire which clearly burns itself but also burns the other houses next to it.

Once upon a time, a sage built his ashram in a huge forest where he dwelled with his disciples. Around the ashram, he had cultivated a beautiful garden with various colourful flowers. The fragrance of these flowers always wafted through the ashram. There was also a variety of fruit bearing trees on which beautiful birds built their nests. The atmosphere in the ashram was very pleasant and charming. The ascetics practiced long hours of penance. They lived happily

THE PENALTY OF ANGER

amongst themselves surviving on fresh fruits and pure spring water. The sage was deeply attached to the ashram and the surrounding garden and tended to it very lovingly. Thus, he always kept the ashram and its surrounding gardens very clean and beautiful.

Once, in the absence of the sage, children from the

nearby village happened to wander into the ashram gardens. The children were delighted to see the beauty of the ashram gardens. In their excitement, they started running around and playing in the garden. They began swinging off the branches of trees, climbing up the trees and jumping over them like monkeys. The children plucked and began collecting beautiful flowers. There was utter chaos in the ashram. The disciples pleaded the children to stop but



“

While running his leg fell into a pit and he stumbled and fell down. As he fell with a powerful thud, he lost grip of the axe and it flew up into the air and...

”

the children wouldn't listen.

Just then the sage returned and his disciples informed him of the children's mischief. Upon hearing this, the sage was filled with fury and in his fit of anger; he lifted an axe and ran after the children. While running his leg fell into a pit and he stumbled and fell down. As he

fell with a powerful thud, he lost grip of the axe and it flew up into the air and fell down hard on his own neck. He died on the spot in his fit of anger. He was born as a venomous snake in the next birth because he died in a state of tremendous anger.

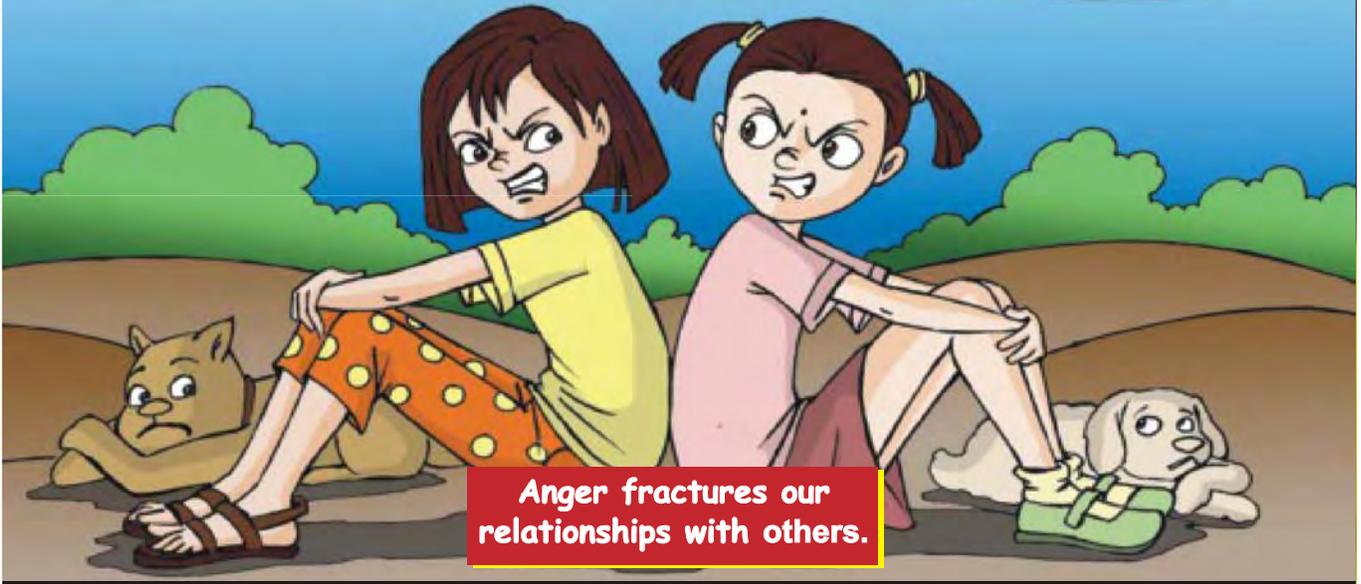
This snake was Chandkaushik, the snake which bit Lord

Mahavir on the foot. The Lord's words of compassion made him recall his previous birth and he realized that he was reborn as a snake because of his intense anger. After repenting, he was born as a celestial being.

So friends, did you ever realize that the result of anger could be so dreadful?



Absolutely new and different!



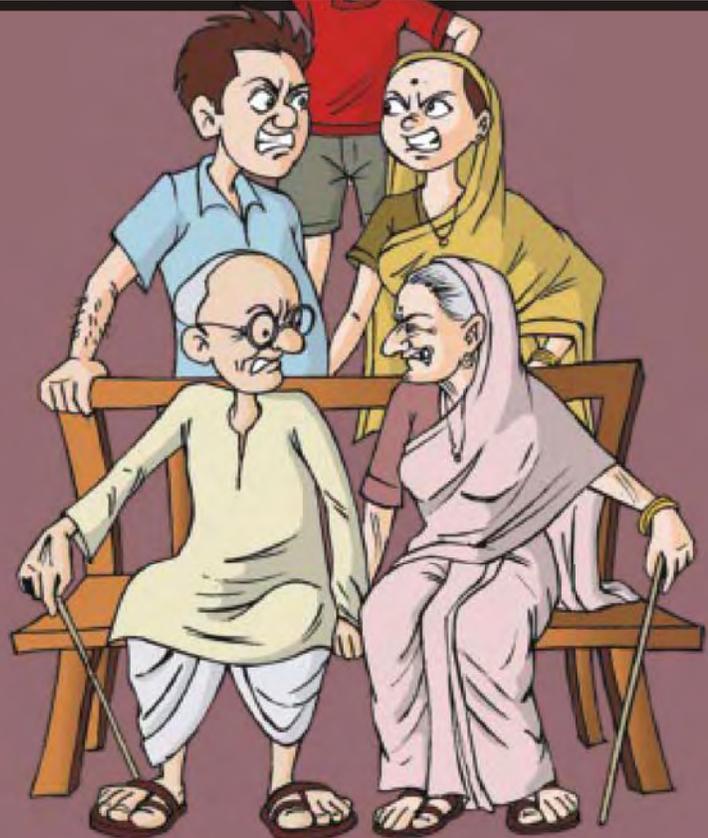
Anger fractures our relationships with others.



Yelling at others in anger is not the only form of anger. When fury builds up within, that too is considered anger.

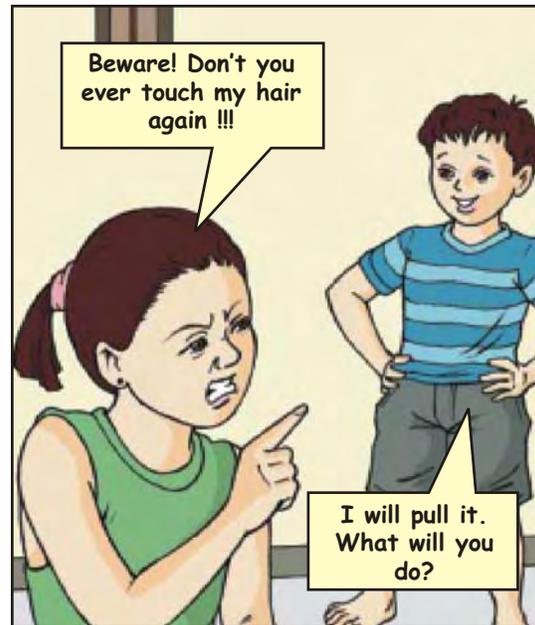
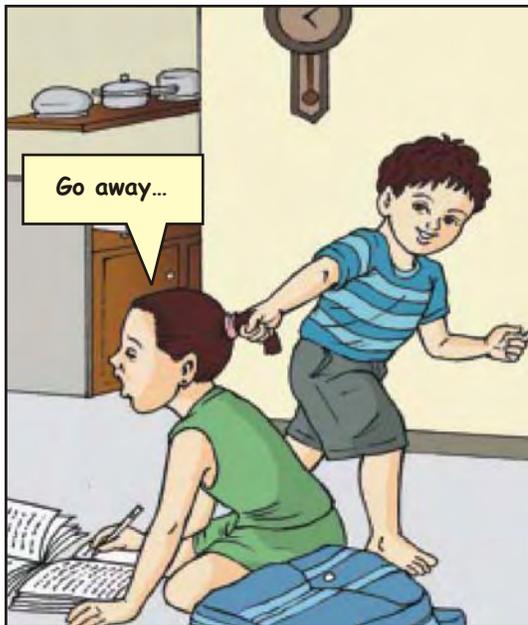


Who is the most outstanding person in the family? One who does not get angry or irritated with others...

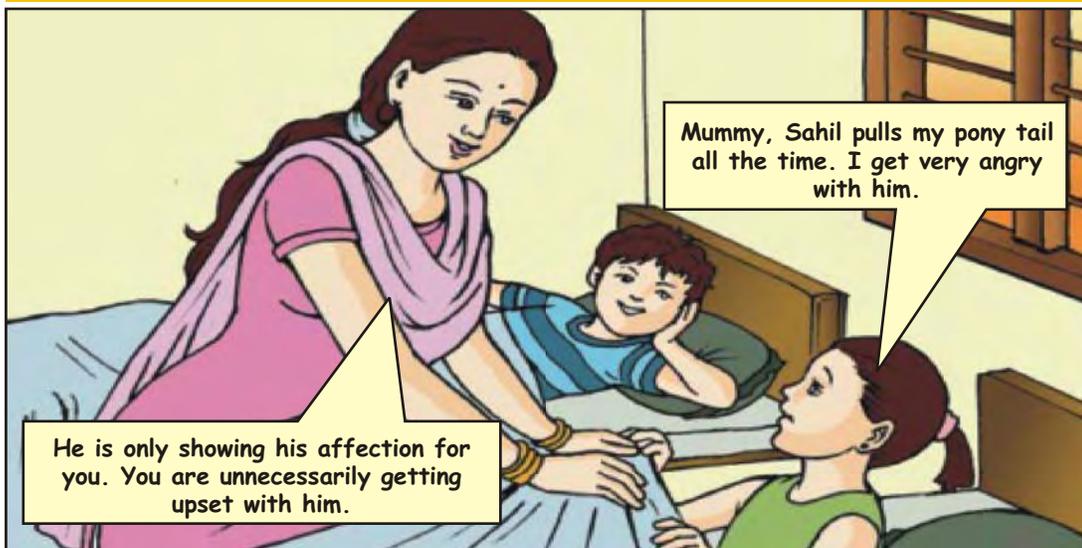


WIN-WIN SITUATION

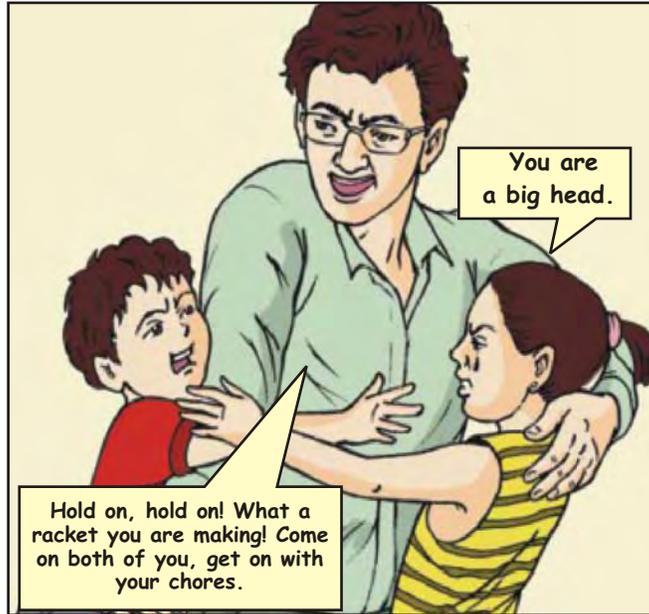
Sahil and Jesal were brother and sister. Whenever Sahil would pass by Jesal, he would pull her hair (pony tail) without fail.



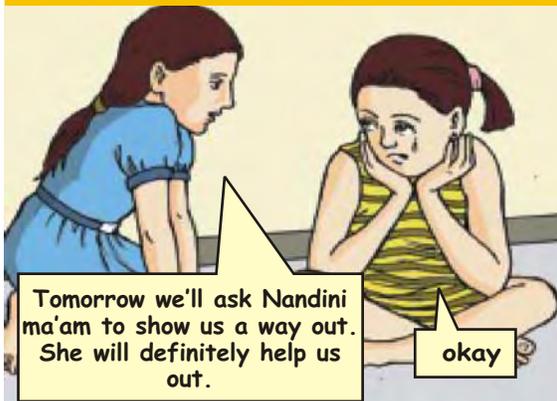
During bedtime



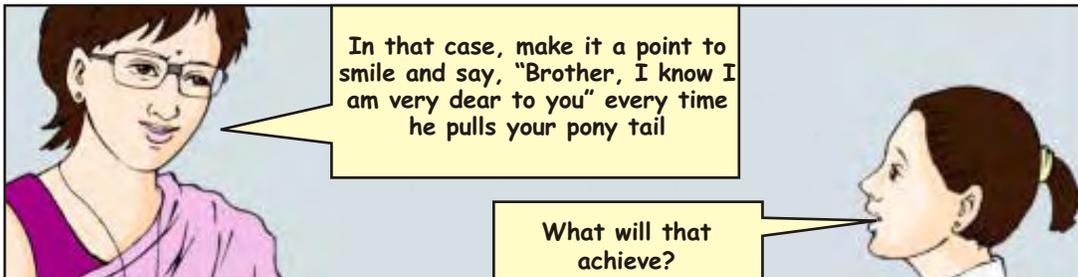
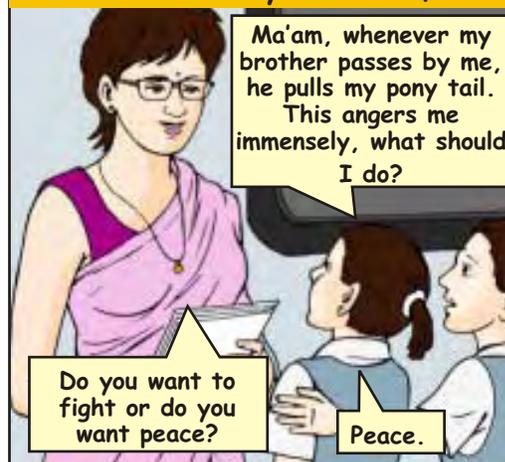
The next day while Jesal is studying, Sahil pulls her pony tail.

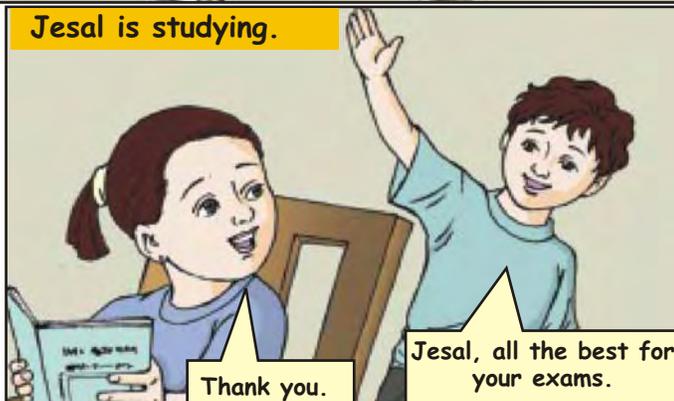


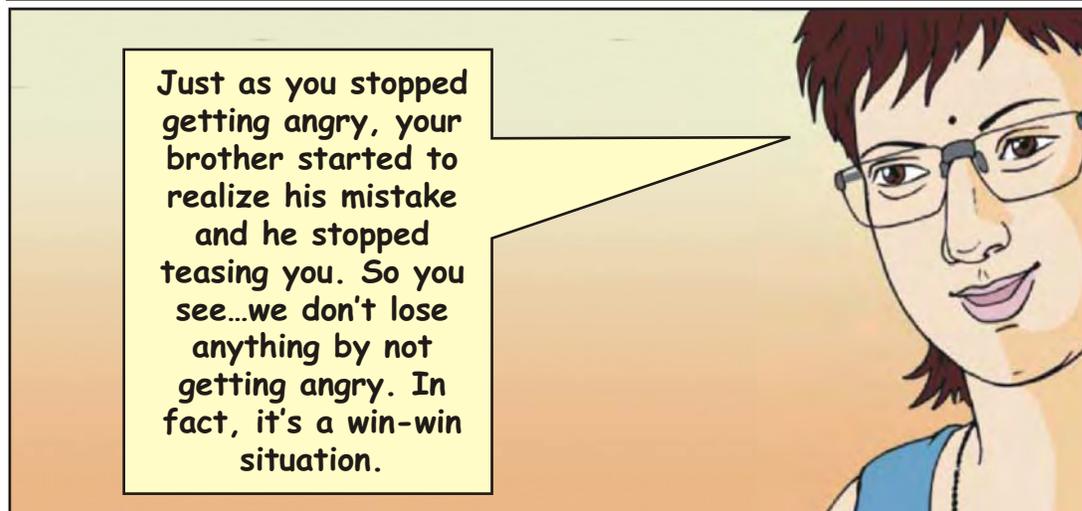
Just then Jesal's friend Rupal arrives. Rupal learns all that had happened from Jesal.



The next day at school,







“ Remember: Others will enjoy bothering us as long as we respond back with anger. ”

During his visit to America with Niruma in 1987, Dada's health was rapidly deteriorating. Dada had realized that it was time for him to move on from his physical body. Therefore, he had started giving Niruma various master keys of gnan. One day Dada said, "Let us call Deepak over here," to which everyone said, "Dada, it's almost time for you to return to India now." Despite this Dada said, "It doesn't matter, call Deepak here."

Deepakbhai was informed of this and asked to prepare his passport and visa. After lunch each day, Dada would call Deepakbhai and say, "Dada is extremely pleased and his blessings are always with you." Niruma would carry out the rest of the conversation asking, "What happened about your passport etc?" Almost a month passed by in this way. Deepakbhai could not provide any inkling about the status of his passport and visa.

Niruma was a loyal devotee of Dada and since Dada's wish was not being

Sweet

fulfilled, one day she sternly told Deepakbhai, "Deepak, take this matter seriously. Dada phones you everyday to call you here and you don't have any clarity about when your passport and visa will be ready. How can that do?" Deepakbhai said, "Yes Niruma, it is a big mistake. I'll do the needful right away."

Dada overheard Niruma's conversation with Deepakbhai, and as soon as she put the phone down Dada said to Niruma, "Oh ho ho! Niruben, you still have so



Memories

much anger within you?" Niruma then realized that she had spoken a little too sternly. She got upset with Deepakbhai because of her devotion for Dada.

Dada's prompting regarding her anger was enough to make Niruma immediately called Deepakbhai up and say, "Deepak, you have not felt hurt, have you? I scolded you a lot." Deepakbhai said, "No, when have you scolded me? When you were talking to me, I too was talking to Deepak saying, "Deepak, How can this do? Dada goes through so much trouble, Niruma has to tell you so much, how can you do this?"
I have

not felt hurt at all." Niruma persisted, "Even so I am asking for your forgiveness, please forgive me. I got very angry with you. But please try to hurry up and speed up the process."

Then one day Dada told Niruma, "Pray to Padmavatimata for Deepakbhai's visa." Niruma said, "Dada, I can do it for you, for your health, for jagat kalyan, but how can I pray to Padmavatimata for the visa? How can I pray for such a matter?" Dada said, "No Niruben, I am asking you to do this for the cause of jagat kalyan itself. Pray that Deepak gets the visa."

Dada said this, so Niruma prayed for an hour. Believe it or not, but the matter was resolved in just one week after having stretched out for over 30 to 40 days. The passport arrived, the visa was granted and Deepakbhai was at Dada's feet in a week's time.

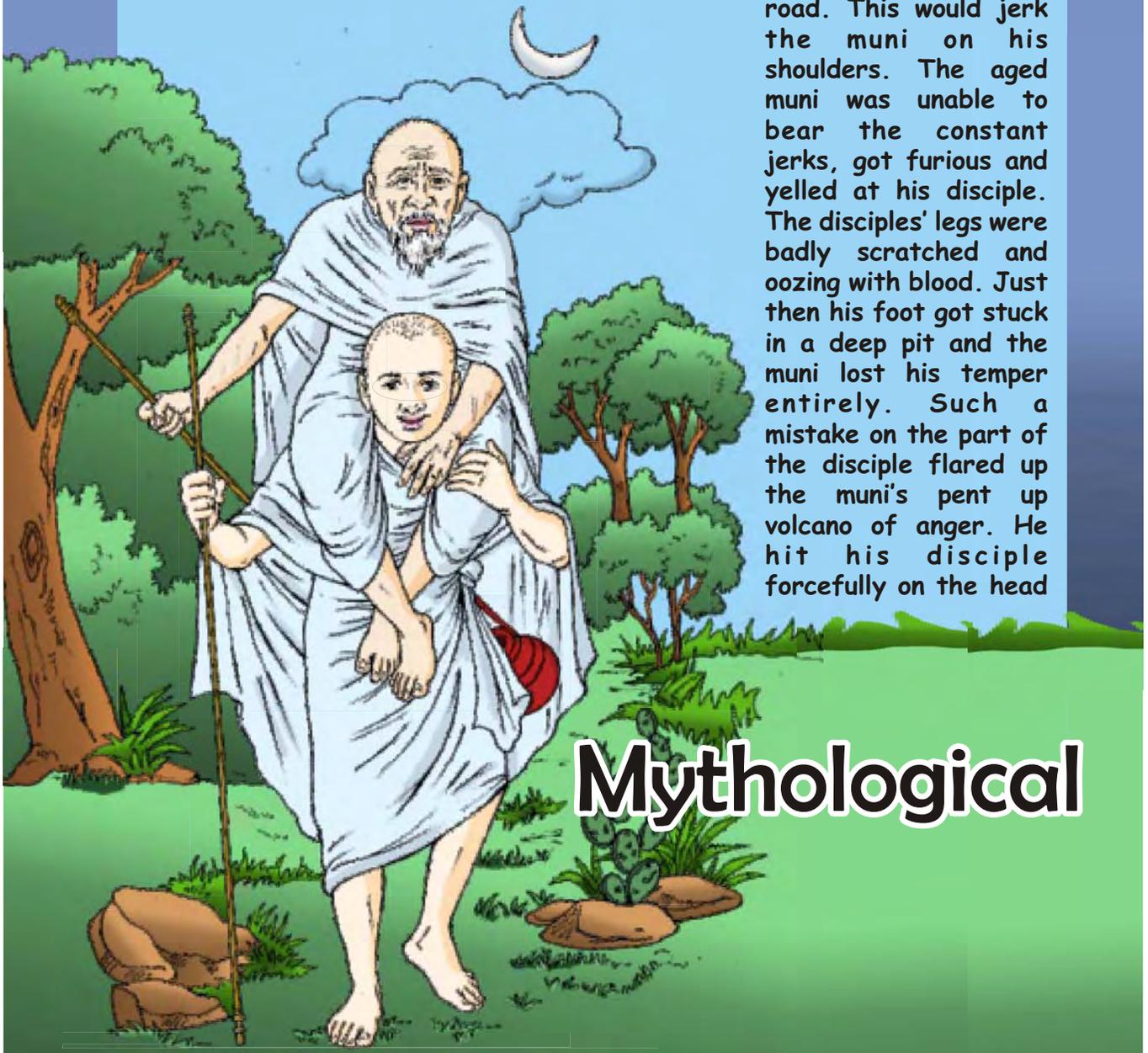


There was once an acharya muni named Chandraraudra. He was of a very hot temperament. He had a disciple who was very respectful and obedient. Once while travelling towards

their destination, it got dark. Since they had not reached the village, the disciple carried his guru on his shoulders and continued to walk. It was very difficult to

walk in the darkness on a path filled with thorns, potholes and mounds.

Unable to watch his step in the darkness, the disciple would often stumble on the dips and mounds on the road. This would jerk the muni on his shoulders. The aged muni was unable to bear the constant jerks, got furious and yelled at his disciple. The disciples' legs were badly scratched and oozing with blood. Just then his foot got stuck in a deep pit and the muni lost his temper entirely. Such a mistake on the part of the disciple flared up the muni's pent up volcano of anger. He hit his disciple forcefully on the head



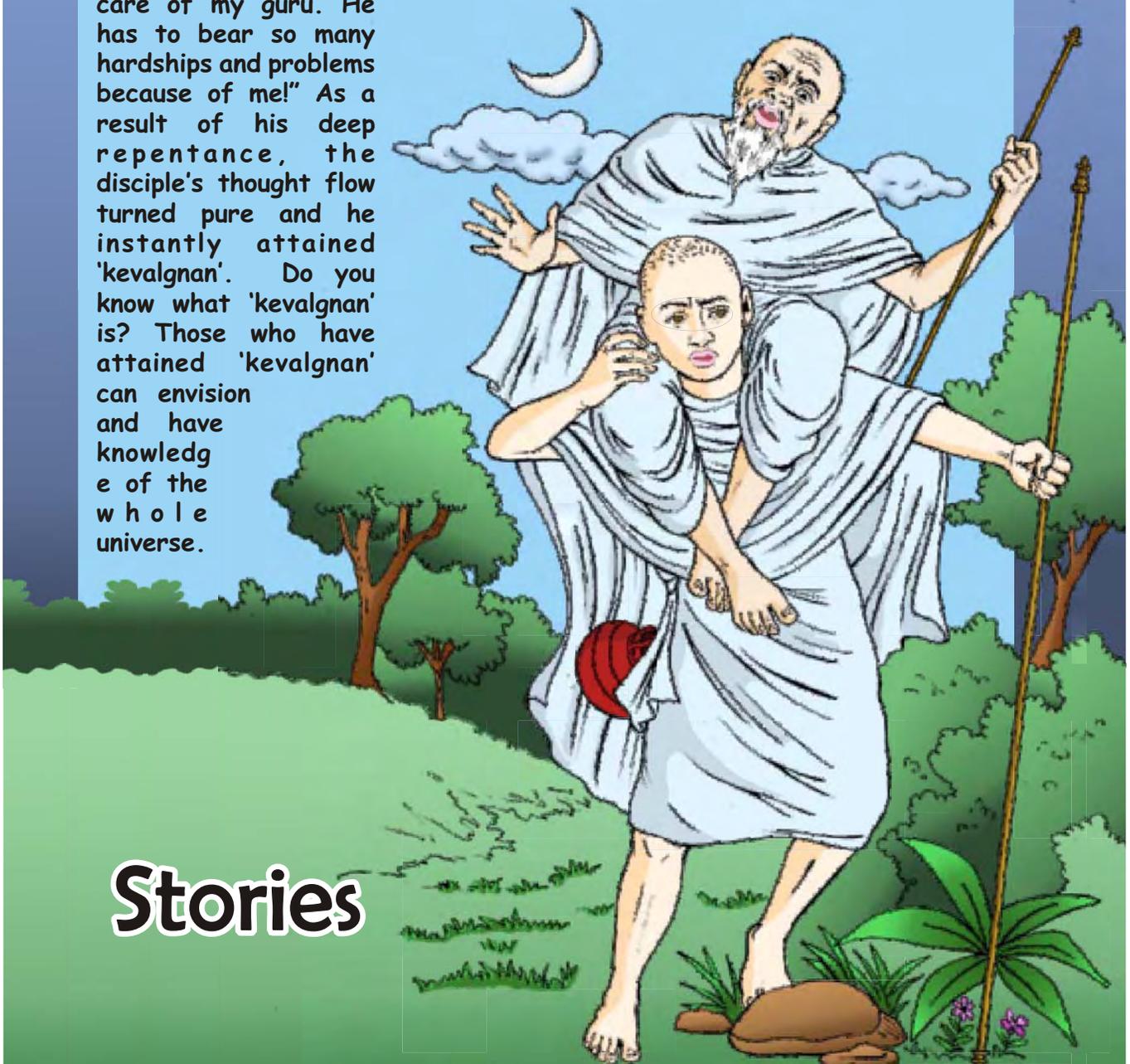
Mythological

with a thick stick that he had with him.

This put the disciple in a very difficult and pitiful state. He thought "Wretched is my fate that I cannot take care of my guru. He has to bear so many hardships and problems because of me!" As a result of his deep repentance, the disciple's thought flow turned pure and he instantly attained 'kevalgnan'. Do you know what 'kevalgnan' is? Those who have attained 'kevalgnan' can envision and have knowledge of the whole universe.

Although it was dark, he could now see the path clearly. He walked without a single lurch in such a way that his guru had no discomfort. The muni was bewildered to see

this. He asked his disciple, "Before you were not walking properly, but suddenly now you have started walking with stability and ease. What is the reason? How are you



Stories

able to find the road even in such darkness? The disciple answered, "Gurudev, it is all a result of your grace." The muni thought, "He seems to have learned his lesson after having been hit, that is why he is walking properly now." Just then the disciple very modestly said, "Gurudev, due to your grace I have attained 'kevalgnan'. On the basis of 'kevalgnan' I can see everything."

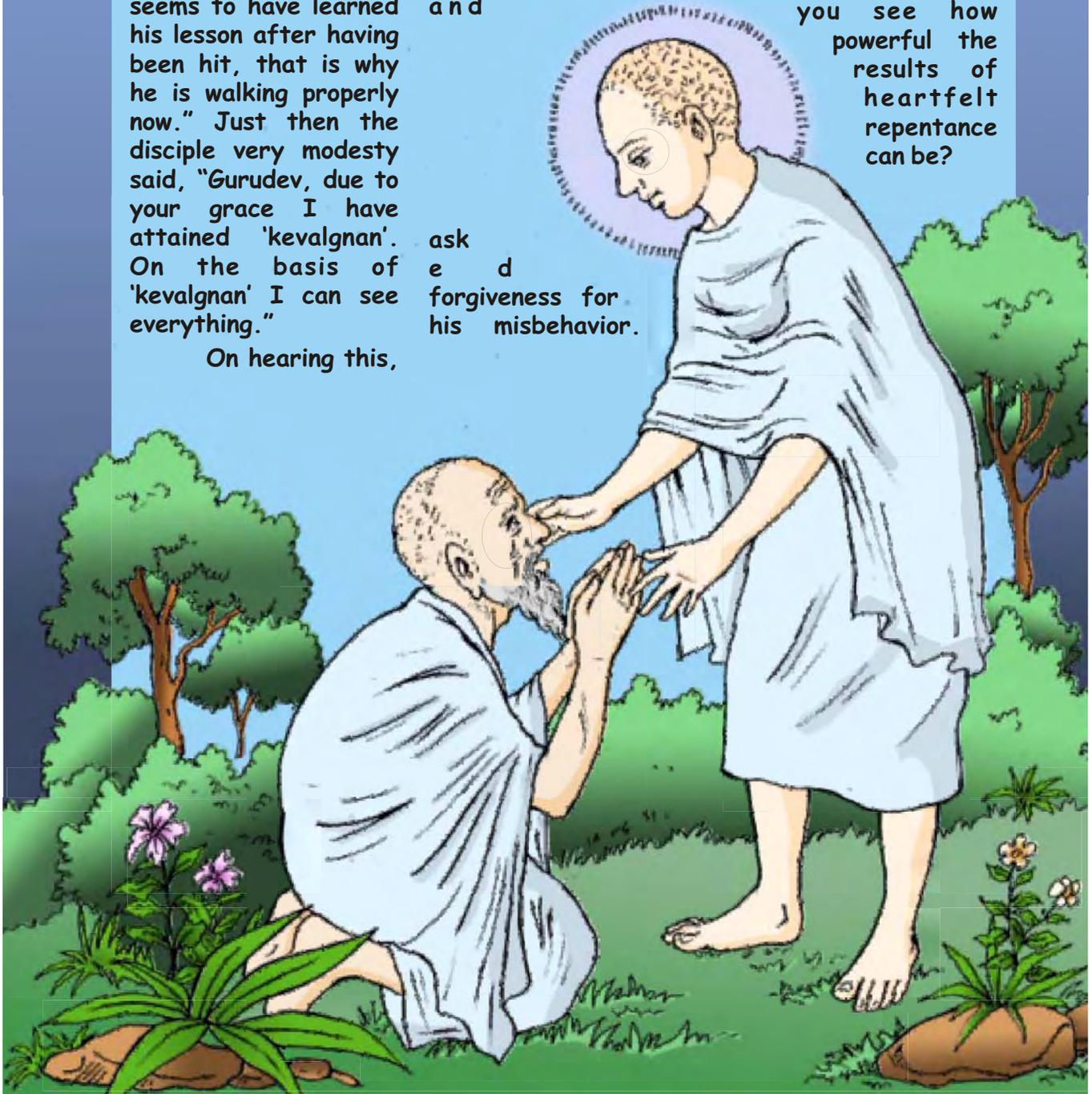
On hearing this,

the muni immediately jumped down from his disciple's shoulders. He bowed down to his disciple who was now a 'kevalgnani' and

ask
e d
forgiveness for
his misbehavior.

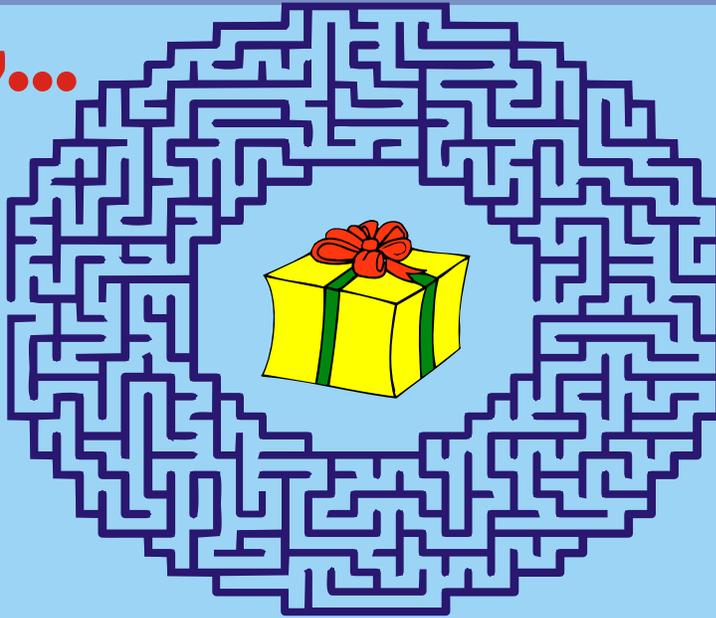
The muni's sense of deep repentance at that moment also resulted in 'kevalgnan' for him.

So friends, do you see how powerful the results of heartfelt repentance can be?

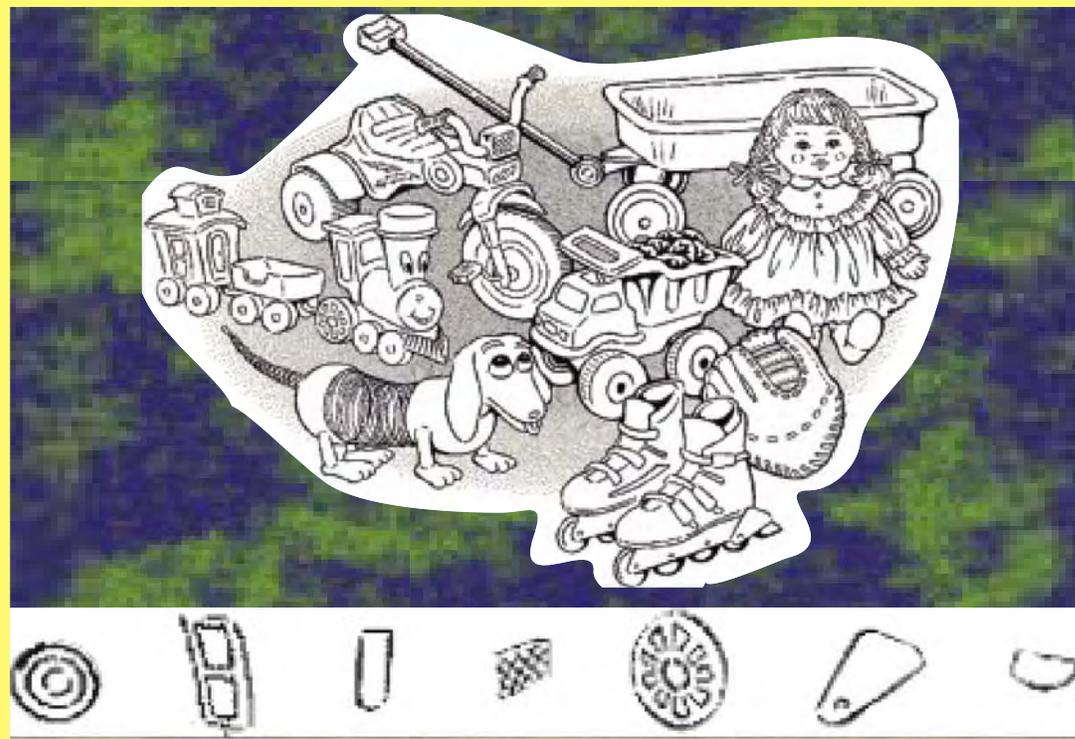


Let's Play...

The Akram Express birthday gift is placed in the center how will you get to it ?



Find the below items in the picture.



Niruma with kids

Questioner: Why should we recite the nine kalams everyday?

Niruma: What is written in the nine kalams? Do you know? Give me the strength not to hurt anyone's ego. Give me the strength not to dislike or hate any living being. Give me the strength not to speak hurtful language with any living being. That's what is written, isn't it? So, it means that our current inappropriate behavior is because of our previous wrong intents (bhaav). So now, we are changing our intents to ones that are proper and correct. If we have the intent (bhavna) not to hurt anyone, then our conduct will be such. If you had sown seeds of millet in the past, then the crop of millet will grow, but later, if you sow wheat, then will millet grow or wheat?

Questioner: Wheat

Niruma: Hmm....so these nine kalams are the kinds of seeds which

will bring the fruits of wheat. It means that our conduct will be such that we'll give happiness to others which will bring happiness to us in turn. Is it good to hurt others or to give happiness to others?

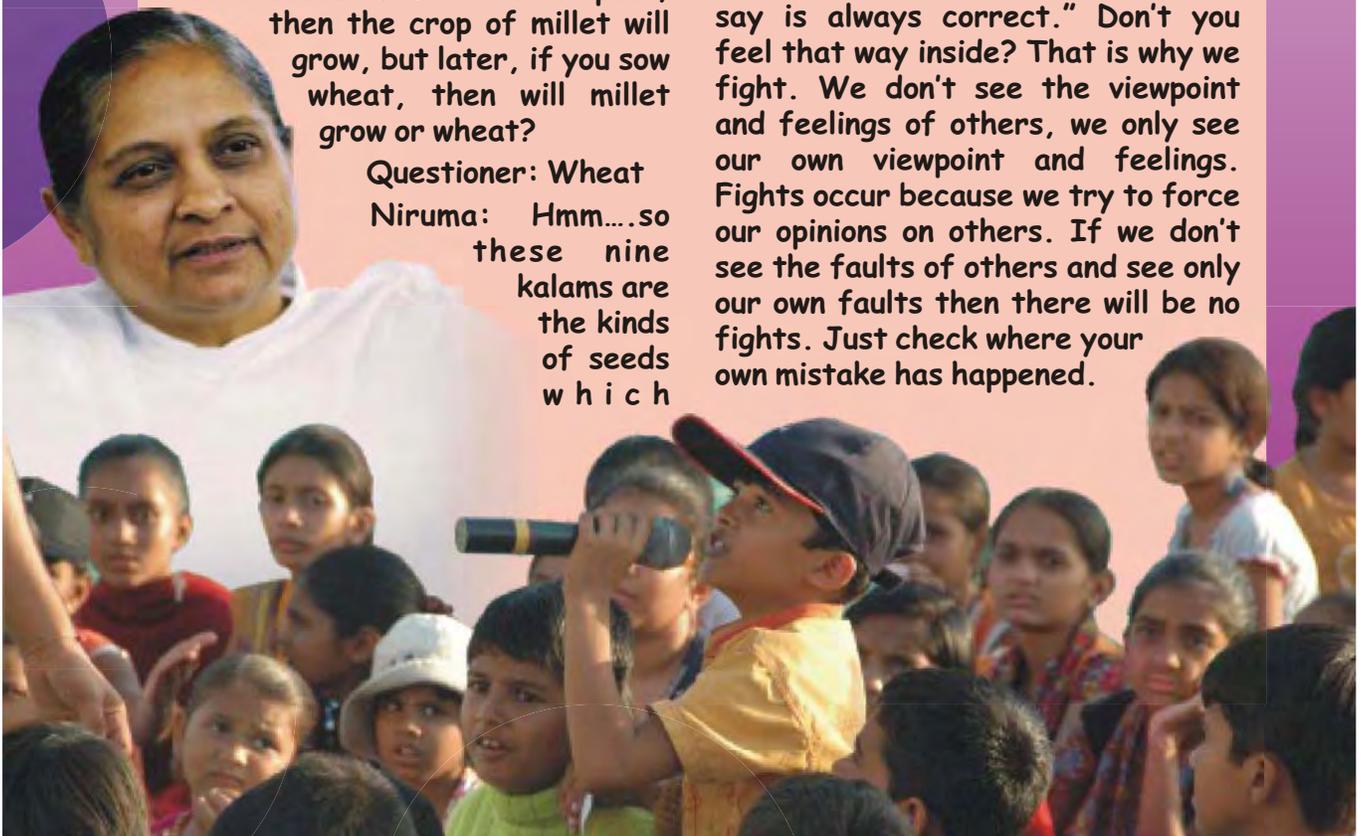
Questioner: To give happiness to others.

Niruma: In the nine kalams we pray with the intent (bhavna) and ask for strength that "No-one should be hurt by us."

★ ★ ★ ★

Questioner: How do we come to fight and for what reason?

Niruma: There is attachment-
abhorrence, kashayas within us. "I am right and she is wrong. What I say is always correct." Don't you feel that way inside? That is why we fight. We don't see the viewpoint and feelings of others, we only see our own viewpoint and feelings. Fights occur because we try to force our opinions on others. If we don't see the faults of others and see only our own faults then there will be no fights. Just check where your own mistake has happened.



Oh 'Dada'!, at your temple, Mahatmas gather for Gurupunam...

Friends, do you know that this year's Gurupurnima was celebrated with immense jubilation in the presence of Pujyashree in the city of Los Angeles in America. The celebration began with a youth camp (for children above the age of thirteen). The youth became very enthusiastic after their entsang with Pujyashree. Different kinds of activities were organized for them in the afternoons and evenings. Among the activities, was a new game called 'cross the line' which allowed everyone to get to know each other, understand each other and became friends. One day, they all went to a nearby beach and played volleyball and kabaddi. They made two large posters on the topics of 'I am Pure Soul' and 'Service to others' (Seva).



Do you know that children over there also had as many questions as you have to ask Pujyashree. After receiving solutions to their questions, youth over the age of eighteen also took gnan.

After the youth camp, began the grand five day-long event of Gurupurnima. Mahatmas from all over the world had gathered to attend this occasion. One night, Mahatmas heartily danced on garba tunes in the presence of Pujyashree. Even Western Mahatmas quickly learnt to do garba.

Shobhayatra was organized on the day before Gurupurnima. Shobhayatra was really grand. All Mahatmas could feel the subtle presence of Pujya Dadashri and Niruma. The large pictures of Dadashri and Niruma looked lively. It felt as if any time, Dada and Niruma will come out of the pictures! During Shobhayatra, Mahatmas joyfully did garba, singing Dada's pados.

Next day, was

Gurupurnima. First of all Pujyashree did bhavna for Jagatkalyan. That bhavna was powerful enough to charge up everyone. Afterwards, Pujyashree did puja (worship) and aarti of Simandhar Swami and Dada. Then, he told Mahatmas to ask Dada for a lot of strength on this occasion. Then one by one Mahatmas did puja of Simandhar Swami and Dada, and did darshan of Vitraagta (state of absolutism) by looking into Pujyashree's eyes. Next day, bhakti (devotional chanting) was arranged at night since it was Niruma's gnan day.

In this manner, Gurupurnima at Los Angeles was celebrated with immense joy and happiness. I am confident that young boys and girls, who joined in the youth camp this time, will definitely join next time. Will you?



Happy Birthday Akram Express

Puja Deepakbhai (Pujoyashree) had a deep desire that similar to Dadavani, which is a monthly magazine published for elders, that a monthly magazine for children be published. In this magazine children would receive Dada's amazing science in a way that they can easily understand and quickly grasp. Why should children be deprived of Dada's science?

The balvignan team took up the initiative to fulfill Pujoyashree's desire. 'What would children like? How would they like it? How should it be presented to them so that they can easily understand?' etc were among the many many considerations in developing this magazine. The ideas reflected in the magazine today, started taking shape under the continual guidance of Pujoyashree.

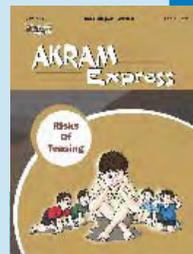
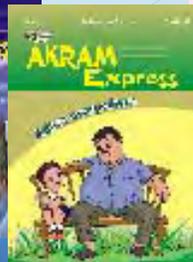
Pujoyashree said that children are our chief-guests; their magazine should be colorful just as they like it! The language should be easy and simple. There should be short and beautiful stories which offer scientific understanding, and large attractive pictures. Also, we were only to include satsangs which have taken place with children, so that our little readers find solutions to their own real-life problems. Along with that, beautiful and inspiring incidents from Dada-Niruma's lives would provide an invaluable contribution in building their own lives. ...And yes, games and activities were definitely to be included for the mental development of our young readers. Since this is a children's magazine, it was imperative to include their experiences, stories, poems and pictures. In this way, the constitution of magazine was decided.

Next came the occasion of naming the magazine. Wow!!! There were so many names under consideration. Out of all the choices, 'Akram Express', 'Little MHT' and 'Balvignan' were short listed. In the end, 'Akram Express' was chosen. You'd be interested to know, that this is also the name of Niruma's first vehicle-in which she travelled for satsangs.

Later, Pujoyashree broadened our vision saying, "We not only have to spread this science to the children of cities and towns in India, but to the children of many countries. So, it will not do if we just publish this magazine in Gujarati, but we'll need to publish in English also." Hence, it was decided to publish 'Akram Express' in both Gujarati and English.

One more aspiration was that this magazine should be 'for children, by children.' Gradually, a team of teenagers is developing, who help in preparing different aspects of the magazine.

This month, 'Akram Express' has completed one year. Come, let us wish 'Akram Express' a very happy birthday and pray to Dada that it reaches every nook and corner of the world to spread Dada's science to the children of the world.





Your choice is our choice !

Hey kids, jot down your favorite page in Akram Express in the boxes given below, and let us know what other pages you would like to include in your magazine in the near future.

Akram Express has lots of pages presented in a wide variety of ways. All you have to do is pick your pen and tick mark your choices from the below mentioned pages. Select the pages that you like the most and inscribe your choice from 1 to 11 (write "1" for the best page "2", "3" for the next best choices until "11") in the boxes against the pages of your choice. You can send a wish list of pages that you would like to see or read in the near future in the space provided below.

- Dadaji says	<input type="checkbox"/>	- My vision	<input type="checkbox"/>
- Stories	<input type="checkbox"/>	- Pujoyashree with kids	<input type="checkbox"/>
- Picture story	<input type="checkbox"/>	- Glimpses of Simandhar City	<input type="checkbox"/>
- Mythological story	<input type="checkbox"/>	Your future choice	
- Activity page	<input type="checkbox"/>	
- Sweet memories	<input type="checkbox"/>	
- Introspect yourself	<input type="checkbox"/>	
- Absolutely new and different!	<input type="checkbox"/>	

This month Akram Express turned one year old. On the occasion of its first birthday, don't forget to wish Akram Express a very happy birthday in the form of a fabulous piece of work from you in 10 lines. It can be anything from a funny-bunny bunch of poems or activities, stories or an article that we can share with other readers in our next issue, don't forget to write your name, location and age on your entry.

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You have the chance to contribute a fantastic slogan or punch line for your "most liked magazine Akram Express". Please note that the slogan should not exceed 10 words.

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Send us this form before 10th September, 2009 on the address to the right or you can email it to us on the email Id.

Akram Express
Balvignan Dept.

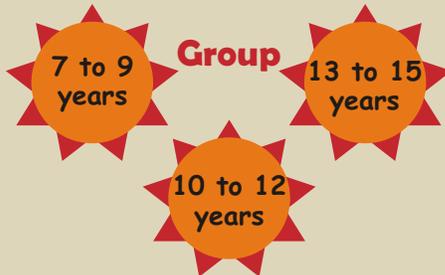
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E mail : akramexpress@dadabhagwan.org



Long live Akram express!!!

Drawing Contest

Friends, join the drawing contest organized to commemorate the first birthday of Akram Express.

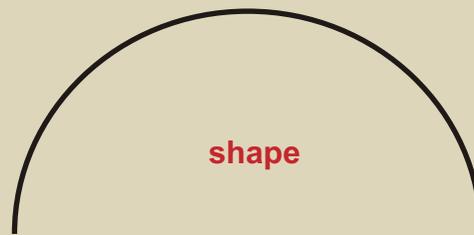


A prize will be given to the best drawing in each group. The prize will be sent to the winner's home address. In order to qualify for the contest, please ensure that we receive your drawing by September 10th, 2009. Drawings that have won a prize will be published in the October issue of Akram Express.

Send your drawing with your full name, address and age at the address to the right or email it to

Rules of the competition

- 1) A shape is given below. Complete the drawing using that shape. Also, name your drawing and send your drawing to the below indicated address.
- 2) Color the drawing with either pencil colours or water colours only.
- 3) Send the drawing on an A4 size paper.



Akram Express - Drawing Contest

Balvignan Department, Trimandir Sankul,
Simandhar City, Ahmedabad-Kalol Highway,
Adalaj, Dist. - Gandhinagar - 382421, Gujarat.

E mail : akramexpress@dadabhagwan.org

My vision



You are the class monitor. You have been observing a fellow student fooling around during class every day. One day, you very patiently and lovingly try to explain why one should not behave in such a manner.

- 1) What understanding will you give him?
- 2) Although the student misbehaved during class, you did not get angry; instead you preferred to explain the matter patiently and lovingly. Why?

Akram Express

August 2009
Year : 1, Issue : 2
Conti. Issue No.: 2

Posted at AHD. P.S.O. Sorting Office Set-1
on 08th of every month



My corner Experience

I feel that 'Akram Express' which I receive every month is directed towards me. I feel as if Dada comes and helps me in every way through the magazine. Also, I feel that my understanding is gradually increasing...

★ I like my mummy very much because she prepares tasty food for me and serves me lovingly everyday. Mummy prepares everything that I ask her to. Sometimes, mummy gets very angry at me and beats me. Before, I would see mummy's fault only, but after reading all the issues of this magazine, I have slowly started to understand that it is not mummy's fault. Most of the times I am at fault! Will mummy not beat me if I quarrel with my brother for small things and wrongly argue with her? I now understand that. Previously, I could never see my own fault. I would see mummy's fault only. Now, I have started loving mummy even more than before.

If I can understand this much, just by reading these five-seven issues, then it is definite that my understanding will increase to a great extent by reading more and more issues. Now, I feel very affectionate towards Dada and Niruma and I love Deepak-Dada very much.

★ Papa shows me Niruma's message on her picture, "Live with love, promise?" I have promised Papa many times but I cannot keep my promise. So I will ask Dada Bhagwan, Niruma and Deepak-Dada to give me lot of strength to keep my promise.

If any magazine can provide such understanding to our little minds then it is 'Akram Express' only. That is why "Akram Express is one of the best magazines among all magazines."

"North and South, East and West,
Akram Express is the best."

Name: Heenal Rana,
Age: 10 years

Responses from the previous issue of "My vision"

I will tell mummy, "Please don't get angry." Please sit calmly. I will give you water. You are very tired. Now, tell me why did you come home late? I have been waiting for you since I came back from school. We had to go shopping today. Since you have come late today, we will go shopping some other time. I was very worried about you. I couldn't concentrate on anything and that is why all my things are lying around. Now, that you have come I will put all my things in their proper places. Now, I will always take care that my things are not lying around and I will always keep the house clean.

Name: Bhakti Chetanbhai Parekh
Age: 7 years



Publisher, Printer & Editor - Mr. Dimplebhai Mehta on behalf of Mahavideh Foundation
Printed at **Amba offset**:- Parshwanath Chambers, Usmanpura, Ahmedabad-14 and published.