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Laziness

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Laziness

Editorial

Dear friends,

We all have experienced the lazy feeling when we have to wake up early every day; when we have to do chores and when we have to complete our homework on time. This laziness is automatically followed by boredom.

Do you know the consequences of laziness? No one likes people who are idle. They cannot progress in life.

But there's nothing to worry about. It's quite easy to overcome laziness. You only need the right understanding.

So let us learn from this issue, through the right understanding from Param Pujya Dadashri, how to shake off laziness by getting to know its consequences and deriving the keys to overcome it.

-Dimple Mehta

The Gnanis Say...

Questioner: I have become very lazy. Can you explain to me the dangers of laziness? Please show me ways overcome it.

Deepakbhai: Supposing you wake up at 7.00 a.m. every day and on Sunday you feel like sleeping in until 8.00 a.m. But don't you still have to wake up – to go to the bathroom, to have something to eat if you feel hungry...

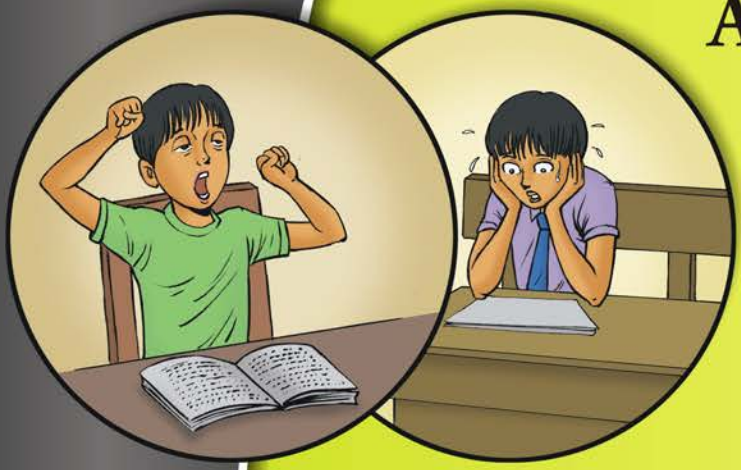
Questioner: Yes.

Deepakbhai: So what's the problem in doing something an hour earlier that has to be done an hour later anyway? A lazy person would even delay in boarding the train to 'Moksh' thinking that it's fine to go after an hour, and then finds that train has left. Hence laziness is the most useless thing in life. We miss great opportunities in our lives just because of laziness. We must not go back to sleep once we have woken up. One must never be lazy - not only in getting up, but also in performing other tasks as well. Do you ever feel lazy when you eat? Or when it comes to watching TV do you ever feel, 'Why do I have to watch this?' Do you feel lazy when you get to wear new shoes or when you get go out with your parents?

Questioner: No in those cases I don't.

Deepakbhai: Hmmm! When we like to do something we become active and when we don't like to do something we become lazy. So, instead of being lazy it is best to complete a task as soon as it arises. All we have to do is make an affirmation that I don't want to succumb to laziness. If we do not feel lazy while watching T.V then why should we feel lazy when it is time to study? If we do not feel lazy at meal times then why should we feel lazy in carrying out chores given by Mummy? If we do not feel lazy to go out and play, then why should we be lazy in getting up early? An active person can accomplish a lot of work. Work done by a lazy person will not be successful. Therefore we should never be lazy.

Absolutely New



A lot of tension can arise in a lazy person. For example, if that person has been too lazy to study, then s/he will be stressed during exams, 'Will I get through? Will I be able to answer everything?'

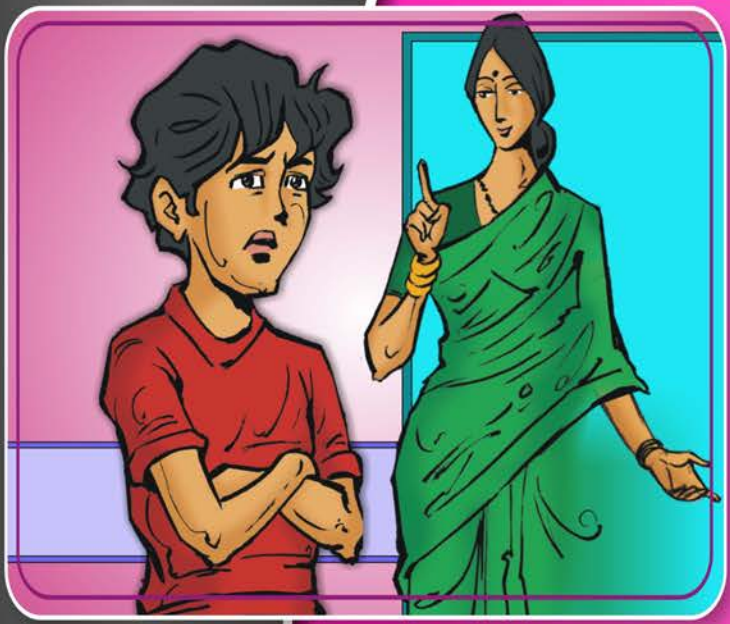
How does a person feel after having a shower? His laziness disappears, doesn't it? Similarly all the laziness disappears after a 'satsang' (gathering of Self- realized beings).

The moment one says, 'I don't want to do this task' laziness creeps in. It comes automatically and the moment you say, 'I want to do it' then laziness disappears. One becomes lively through the attitude, 'I want to do it'. Even if one is sleepy s/he will become alert at once.

and Different !

There are two types of people. There are ones who are laid-back and others who are hyper in their work. Neither of them can progress. It is better to remain in normality. For example: To reach a certain place at 8:00 a.m., a lazy person will remain in bed till 7:30 a.m., while the hyper one will wake up as early as 4:00 a.m. and disturb everyone. Both cannot excel. Normality is, to wake up at around 6:00 a.m. and be ready on time.

One has a lot of strength, but it gets misused due to ignorance. For example, one feels lazy when it comes to studying regularly. However, s/he can be very prompt at watching a particular series of T.V. programme. This means that one has the ability and strength to follow a routine, but due to ignorance we tend to waste this inner strength by watching television instead of utilizing it in studying.



Tomorrow's work, do today...

"Mummy... I'm going to the park across the road to play with my friends. We've got a cricket match with the team of wing 'A' this afternoon", said Parth, a little boy studying in standard fourth, to Reemaben.

"Parth you've just got home! You'll fall ill if you spend the whole day out in this heat. Take some rest," Reemaben called out from the kitchen, "And what about the essay you were supposed to write? Tomorrow is the last day for submission."

"But mummy, I've been studying for the whole year, now let me play a little. It's my summer vacation," argued Parth. "I will write it this evening first thing after the match and we will make sure it gets submitted tomorrow."

"But son, you've been putting it off for the past two weeks and tomorrow is the last day. It's you who wanted to win the trip to the Ajanta Ellora in this competition. See that you don't miss the opportunity!" warned Reemaben.

Parth was very bright in his studies, but was equally lazy. He had this bad habit of procrastination and always had excuses ready for postponing today's work for tomorrow. Reemaben was anxious about his bad habit. Despite being clever and intelligent, Parth would mess up in his studies because of his laziness. She was afraid that Parth might lose a great opportunity in the future due to this.

Parth was one of the three students shortlisted by the school recently for the Inter-State essay competition. All the three candidates had been asked to write an essay on a mentioned topic and send their entries within two weeks. Twenty selected pupils from all over the State would get an opportunity to do a four day tour to the Ajanta-Ellora caves and get training in essay writing. Furthermore, the winners were going to receive certificates and their essays would be posted on the website.

Parth had enthusiastically participated in the competition when he found out about the visit to the

Ajanta-Ellora caves. However, out of laziness and the tendency to procrastinate work, the task of writing the essay had been delayed and the last day of submission had arrived.

"Mummy today's match is very important. I promise to finish the essay this evening. We will definitely send it to school by tomorrow," assured Parth and ran out before his mother could reply. Even Reemaben got busy with her work in the kitchen.

Later in the day just as Reemaben was settling down to read the newspaper, the doorbell rang. It was her neighbour Dr. Joshi holding Parth's hand. Some other boys from the same building were also there with Parth. Reemaben was shocked to see a plaster on Parth's right hand.

"What happened?" Reemaben asked faint-heartedly.

"Aunty, Parth fell down while playing cricket. We took him straight to Dr. Joshi," explained Parth's friend.

"Reemaben, there is nothing to worry about; Parth has got his three fingers fractured. I have applied a plaster and here are some medicines," said Dr. Joshi handing over a packet to Reemaben. He continued, "The plaster will have to be changed every week for a month, after which it can be removed completely."

He turned to Parth and cautioned, "And little master, don't even think of holding a pen until your plaster is removed."

"Thank you so much doctor and thank you boys," Reemaben was grateful. She offered everyone hot snacks.

After they had left, Reemaben sat down next to Parth. She gently stroked his plastered hand and said, "Don't worry dear, this is not a serious injury, it will heal soon."

"Mummy... It's hurting very much." Parth had tears in his eyes.

"Mummy... It's hurting very much." Parth had tears in his eyes.

Reemaben gently blew over Parth's hand and said, "O God, please make sure Parth gets healed quickly." A faint smile appeared on Parth's face. He propped his head up on his mother's lap and lay down on the sofa. "Mummy, it's been ages since I heard a story from you. Please tell me a story."

"What a surprise, my son wants to listen to a story today!" Reemaben smiled. After thinking for a few moments, she said, "Then listen....

There was once a 'guru' (teacher). His name was Amardas. His ashram was on the bank of a river. He had ten disciples. One day he called one of his disciples Anirudhh, and said, "Go and look for some wood for the fire by this evening."

As per his guru's orders, Anirudhh went to a nearby forest to collect wood. On the way he saw a huge tree with no leaves. Anirudhh was very happy to see the dead tree. He thought, 'This wood is just perfect for the fire. I am so lucky. Now there is no need to hurry. I'll rest for a while and start cutting the wood in the afternoon.' Carelessly he lay down under the tree. In no time he fell fast asleep.

When Anirudhh woke up, he realised that it was evening and time to go back to the ashram. He got up and started cutting the branches rapidly, 'Oh no, what is this!' exclaimed Anirudhh when he noticed that the branches in the tree had not dried completely. He hastily gathered some partially damp branches and headed back to the ashram.

Early next morning all the disciples had to go to a nearby village to

One day he called one of his disciples Anirudhh, and said, "Go and look for some wood for the fire by this evening."

take part in a religious ceremony. When one of the disciples started to light the fire in order to make some breakfast he realized that the wood was damp and not suitable for fire. Hence, all the disciples had to leave without breakfast. None of them could concentrate in the ceremony on an empty stomach and Anirudhh became the cause for their anger and embarrassment."

"Oh no", Parth sighed, "This wouldn't have happened if Anirudhh had examined the wood without being lazy."

"Exactly," said Reemaben as she gently ran her hand on Parth's head. "So tell me Parth, what is the moral of this story?"

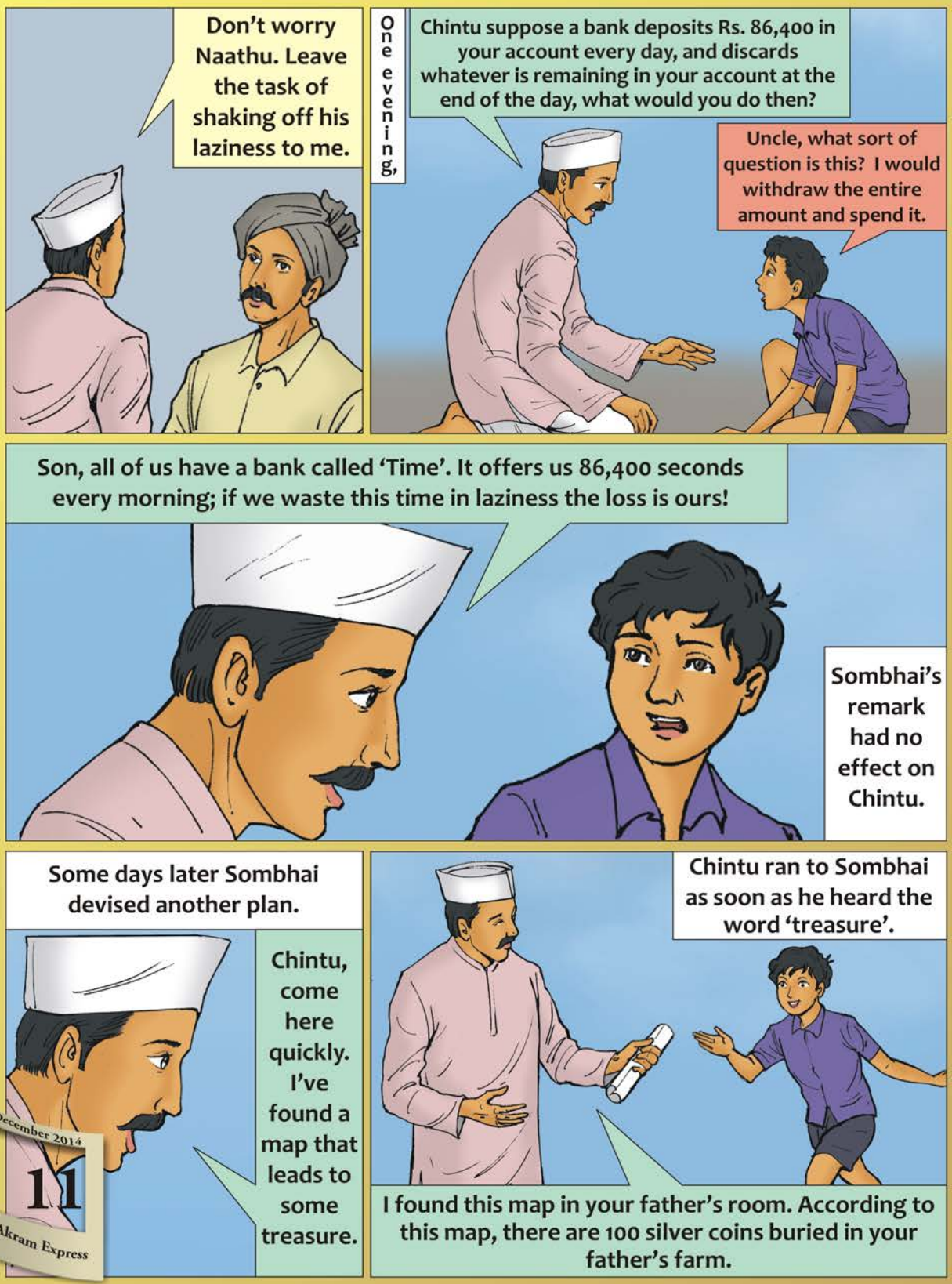
"Never be lazy. Today's work, do it today. Don't put it off for later", said Parth in a low voice. Remorsefully he added, "Mummy, I will not be able to send the essay for the final round tomorrow because of my laziness and I will never get a chance to go the Ajanta-Ellora caves."

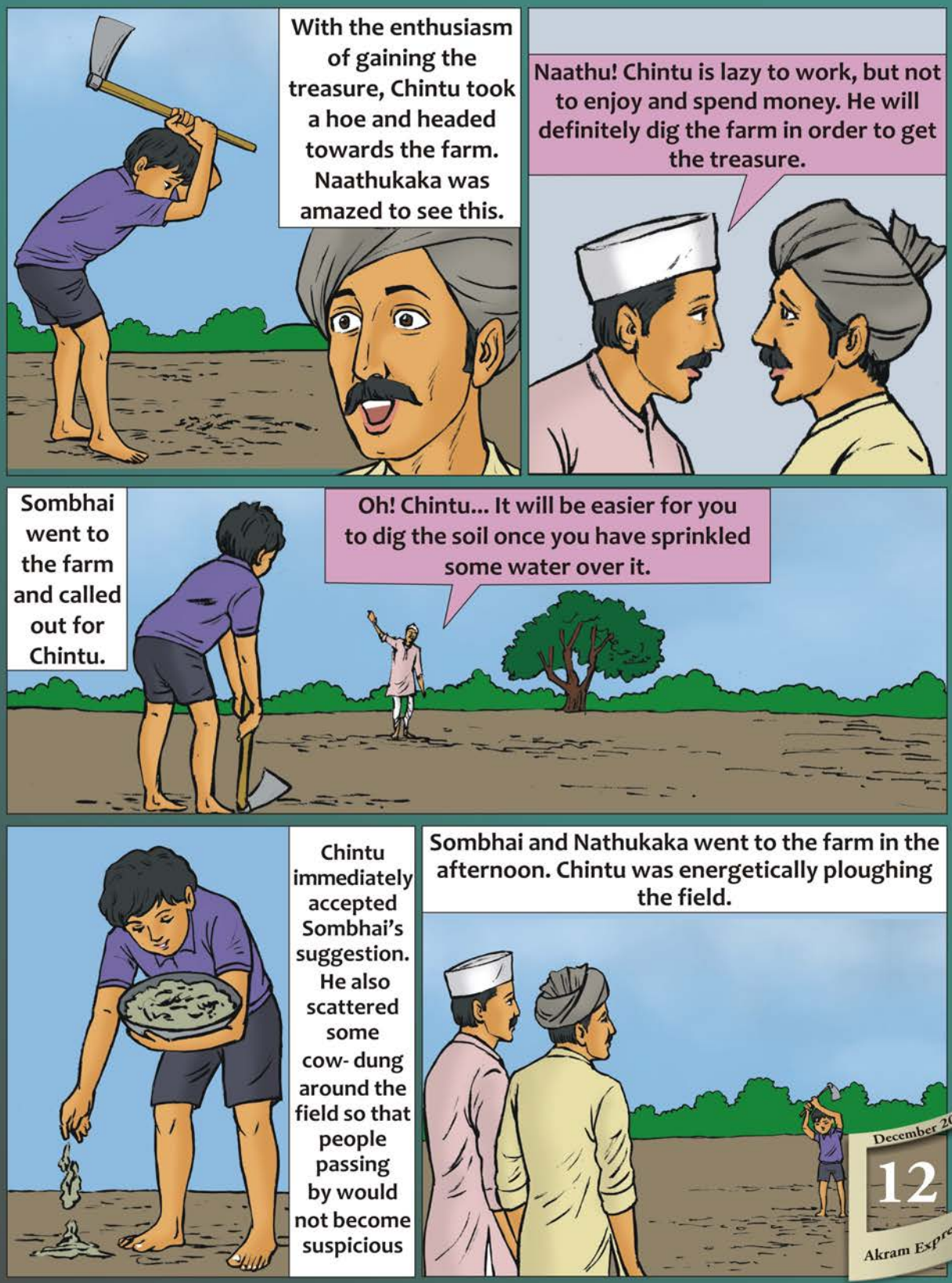
"Son, I'll ask your father to take us to Ajanta-Ellora. You can work hard for the essay competition next year and aim for the first prize," Saying so, Reemaben held Parth's face in her hands and kissed his forehead lovingly.

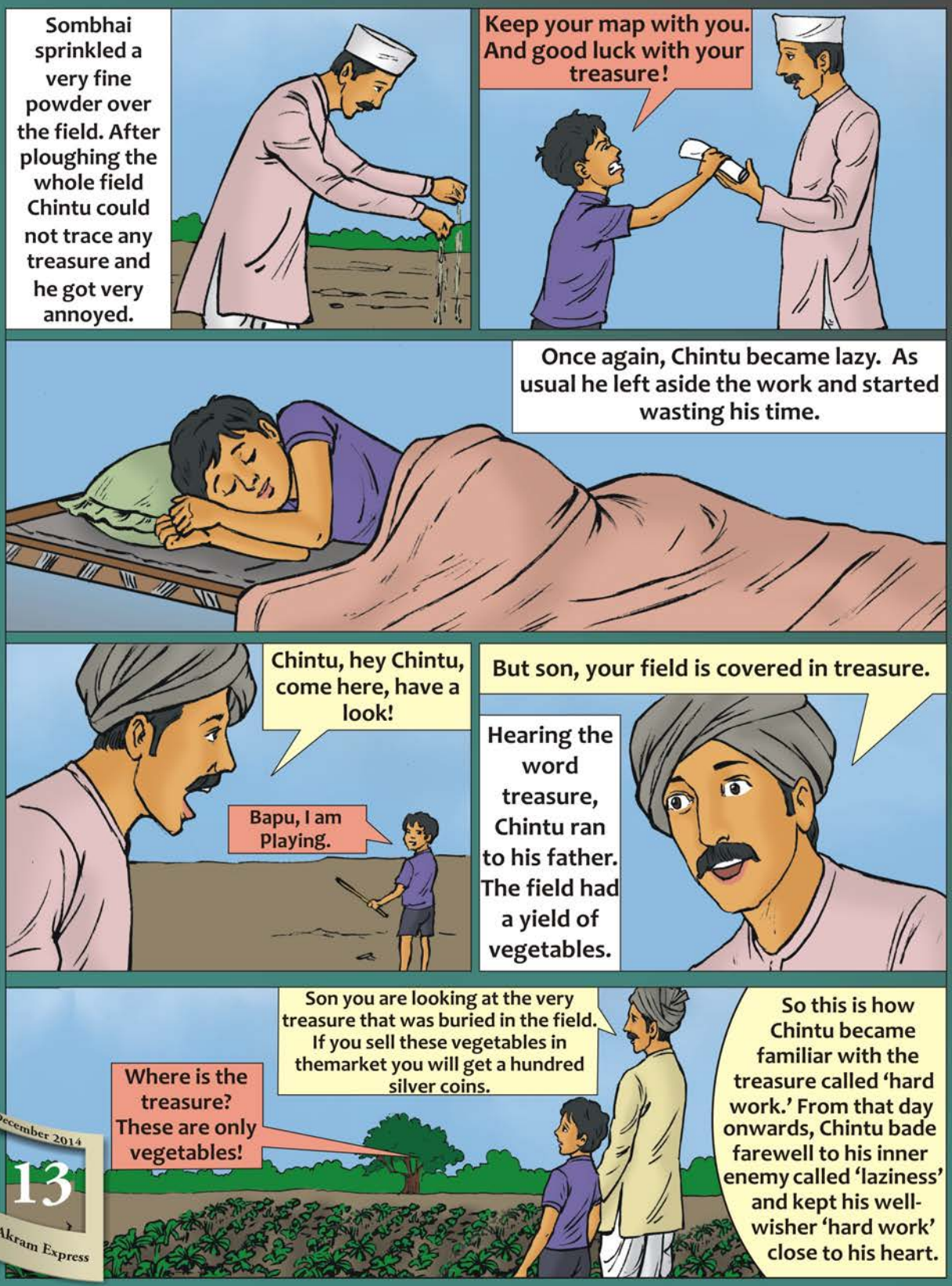
"Mummy, I will not be able to send the essay for the final round tomorrow because of my laziness and I will never get a chance to go the Ajanta-Ellora caves."

Treasure

Chintu, please come and help me son.
Bapu, can't you see I'm sleeping? I'll help you when I get up.
After a little while,
Son, at least help me now.
But bapu, Madan must be waiting for me. I'm going to play with him in the garden.
This is how Chintu always came up with excuses. He was too lazy to work.
Once an old friend of Naathukaka named Sombhai came to stay with him for a few days.
Som. I am not able to work on the farm due to my old age. Chintu is utterly lazy. He doesn't help me at all. He loiters around all day. I don't know what to do.


Don't worry Naathu. Leave the task of shaking off his laziness to me.
One evening,
Chintu suppose a bank deposits Rs. 86,400 in your account every day, and discards whatever is remaining in your account at the end of the day, what would you do then?
Uncle, what sort of question is this? I would withdraw the entire amount and spend it.
Son, all of us have a bank called 'Time'. It offers us 86,400 seconds every morning; if we waste this time in laziness the loss is ours!
Sombhai's remark had no effect on Chintu.
Some days later Sombhai devised another plan.
Chintu, come here quickly. I've found a map that leads to some treasure.
Chintu ran to Sombhai as soon as he heard the word 'treasure'.
I found this map in your father's room. According to this map, there are 100 silver coins buried in your father's farm.


With the enthusiasm of gaining the treasure, Chintu took a hoe and headed towards the farm. Naathukaka was amazed to see this.
Naathu! Chintu is lazy to work, but not to enjoy and spend money. He will definitely dig the farm in order to get the treasure.
Sombhai went to the farm and called out for Chintu.
Oh! Chintu... It will be easier for you to dig the soil once you have sprinkled some water over it.
Chintu immediately accepted Sombhai's suggestion. He also scattered some cow- dung around the field so that people passing by would not become suspicious
Sombhai and Nathukaka went to the farm in the afternoon. Chintu was energetically ploughing the field.


Sombhai sprinkled a very fine powder over the field. After ploughing the whole field Chintu could not trace any treasure and he got very annoyed.
Keep your map with you. And good luck with your treasure!
Once again, Chintu became lazy. As usual he left aside the work and started wasting his time.
Chintu, hey Chintu, come here, have a look!
Bapu, I am Playing.
But son, your field is covered in treasure.
Hearing the word treasure, Chintu ran to his father. The field had a yield of vegetables.
Son you are looking at the very treasure that was buried in the field. If you sell these vegetables in themarket you will get a hundred silver coins.
Where is the treasure? These are only vegetables!
So this is how Chintu became familiar with the treasure called 'hard work.' From that day onwards, Chintu bade farewell to his inner enemy called 'laziness' and kept his well-wisher 'hard work' close to his heart.

Test yourself

In the various incidents described below, classify the answers given by Paplu as 'being lazy' then 'YES' and 'not being lazy' then 'NO' in the boxes given alongside.

Mummy: Son, wake up. It's already seven. You will be late for school.
Paplu: Mummy,let me sleep for just five more minutes.

Mummy: Switch off the T.V. and sit down to study. You promised to watch for half an hour. But it's been an hour now.
Paplu: Sorry Mummy, I got carried away. I'll switch off the T.V. right now and start studying.

Mummy: Get up son, brush your teeth before going to bed or else your teeth will get decayed.
Paplu: Mummy, I'm very tired today, I'll wake up early tomorrow morning and brush my teeth.

Mummy: Paplu dear, come inside. You haven't even started your homework.
Paplu: Mummy, let me finish this game. I'll start my homework as soon as this game is over.

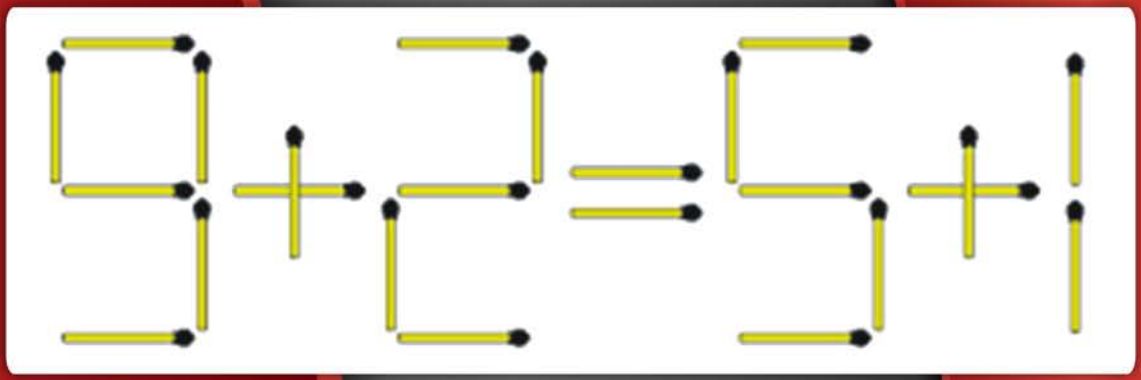
Neighbour: Paplu dear, uncle has forgotten the house keys. Can you go downstairs and give them to him?
Paplu: Yes aunty, I will dash downstairs at once and give them to him.

Mummy: Paplu, it's ten in the night. Pack your school bag.
Paplu: Mummy, I'll pack it in the morning.

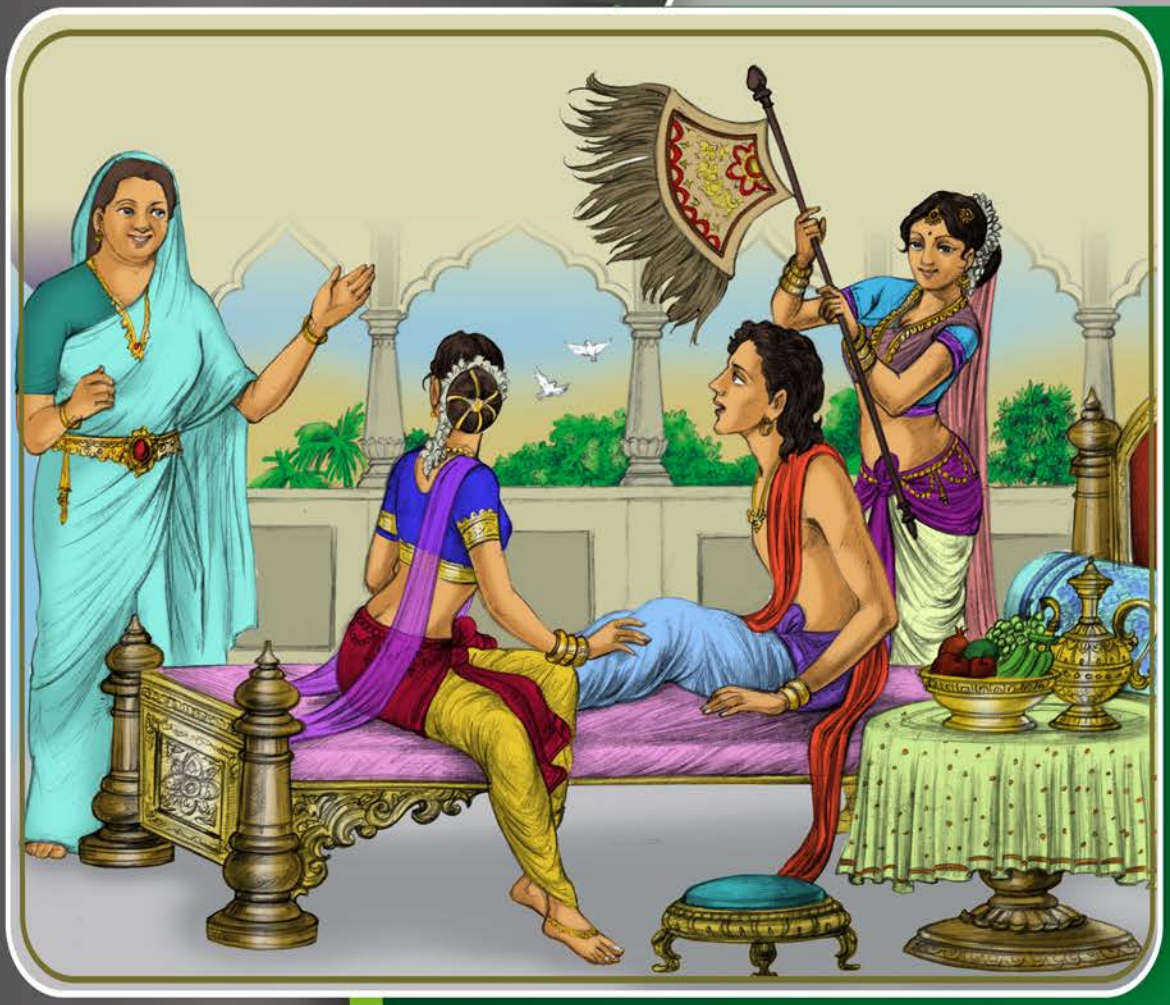
Let's Play...

1.

Pick one match stick from the left of '=' and place it on the right side so that you get the same answers to both the sums.



2. Join the dots



Mythological Story

In the city of Rajgruhi there lived a merchant named Gobhadra. He had a wife named Bhadra and a son named Shalibhadra. Gobhadra had infinite wealth and it was almost impossible to estimate it. He had raised his only son Shalibhadra with great fondness and indulgence. His luxurious lifestyle made Shalibhadra totally oblivious to the practicalities of life. He was married to 32 princesses. It seemed as though Shalibhadra lived a heavenly life on earth! People were jealous of Shalibhadra's privileged life.

In due course Gobhadra died and Bhadra Shethani took over his responsibilities.

One day a merchant from abroad had come to Rajgruhi to sell some exclusive jewel studded blankets. They went to King Shrenik's court but the King couldn't buy even one of those

precious blankets. The merchant was disheartened as even the king of such a great kingdom like Magadh found them to be too expensive! But he soon came across Bhadra Shethani's mansion who bought all the blankets without bargaining.

This extraordinary news reached Queen Chelna's ears. So she persuaded King Shrenik to get her one of those blankets at any cost. The king called for the merchant but found out that all the blankets had already been bought by Bhadra Shethani! As a result one of the king's servants approached Bhadra Shethani and put forth the king's request to get one of the precious blankets. Bhadra Shethani replied with great humility, "Oh, you're a bit late. My daughters-in-law have made them into door-mats."

Door-mats out of jewel-crusted blankets!!! King Shrenik was baffled by this. With great happiness he invited Shalibhadra to his palace. He wanted to meet this aristocrat who lived in his kingdom. To this invitation Bhadra Shethani replied, "My son has never left this mansion. We will be greatly honoured if you regard him as your child and grace our dwelling as a revered elder.

"He thought, 'A person can never be really happy as long as he is dependent on someone. Real happiness is when there is no interference from anyone."

King Shrenik had a generous heart. He accepted Bhadra Shethani's invitation and arrived at their mansion. Bhadra Shethani went to get her son, who replied, "Mother kindly give the king whatever he wants and make him happy. Why do you need me for that?"

"But son, he is our master, our king. He has right to be fair or unfair to us. You must go and greet him at once."

"Master!!!" Shalibhadra was shocked to hear this. "Do I have someone superior to me? Am I dependant on somebody despite having all this wealth?" Shalibhadra became very sad when this thought crossed his mind. He thought, 'A person can never be really happy as long as he is dependent on someone. Real happiness is when there is no interference from anyone.' He reluctantly went to greet the king and immediately left after paying his respects. But the above thought kept on bothering him.

Around the same time the great sage, Dharmaghosh muni, visited Rajagraha. He showed people an ascetic's path to become 'the King of Kings.' Shalibhadra got deeply influenced by his teachings. He went to his mother and expressed his desire to renounce his worldly life. His mother advised him, "You will suffer a lot if you give up your way of living all of a sudden. Instead, try getting used to renouncing a few things at a time. Once you are fully aware of the austerities of an ascetic's life, you can renounce your worldly life altogether."

Gradually Shalibhadra began to get ready for his journey towards the divine wealth, the wealth that could never be taken away by any king or emperor.

...to be continued.

Niruma had once gone for a walk with a brahmachari bhai (celibate brother). Suddenly she said to him, "We must never leave this place, even if we get a meagre meal of just 'millet chapatti' and 'chutney' ". At that moment the bhai didn't ask Niruma any further questions. He thought, 'Niruma must have mentioned this to me just as a passing conversation'.

But later on, this bhai kept on thinking about Niruma's intention behind this remark. He realised that during meal times, he sometimes had thoughts like, "I like this dish better and I don't like the other one that much!" Although he had never voiced his opinions, Niruma could sense everything while they were having meals together.

From that day onwards, that bhai's preference for food became completely insignificant. He determined that he would always remain with Niruma, even if he got just a 'chapatti' and 'chutney' for a meal.

Around the same time a new cook was appointed in the kitchen. This bhai used to leave early in the morning to go to work. No one in the kitchen remembered that he needed a packed lunch for work. Days passed by, but that bhai did not ask anyone to prepare a packed lunch for him.

As soon as Niruma found out about this, she called for all the sisters in charge of the kitchen and reprimanded them, "This bhai has gone without lunch all this time and none of you even noticed it!" From that day she made sure he carried a packed lunch with him every day.

The bhai himself realised his mistake that he should have asked somebody to sort his lunch out before Niruma had to personally look into it. But Niruma saw no fault in his behaviour. Instead she was greatly pleased by his ability to adjust.

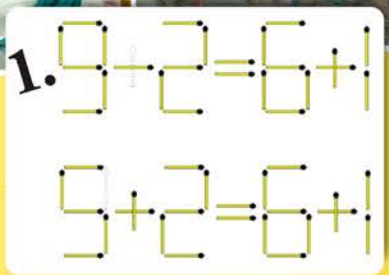
That is howNiruma always cared for and looked after everyone who lived with her.

Fuzion Time

LMHT kids during Diwali vacation

Answers to the puzzles

1.



2.

Answers of Test Yourself :- 1. Yes, 2. No, 3. Yes, 4. Yes, 5. No, 6. Yes

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BALVIGNAN
Fun 'n' Gnan with Dada

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A glimpse of cultural dance during the grand openingof Dadashri's 107th janma jayanti celebration in Gandhidham.

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