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Dada Bhagwan Parivar's

# AKRAM

## Express

Total Surrender Towards One's Parents



## Editorial

Dear friends,

It's simply not possible to quantify how indebted we are to our parents, but how often do we think of it like that? The older we get, the more we like to do things our own way. Whenever they give us advice or make a suggestion, we see that as nagging. Do we ever stop to consider whether such behavior is of any benefit to us?

All religions as well as Param Pujya Dadashri have placed a lot of importance to total surrender to our parents. Whether we understand it or not this is the means by which we can benefit the most.

Let's read this edition so that we too can appreciate how much our parents do for us and remain obedient to them and also make them happy.

- Dimple Mehta

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## Total Surrender Towards One's Parents

# Akram Express



## Dadaji Says...

**Questioner:** What my parents tell me is for my own good, but why don't I like it?

**Dadashri:** Do you like it when the doctor gives you medicine that has a bad taste to it?

**Questioner:** No, I don't like it, nevertheless I have to take it.

**Dadashri:** Similarly, you also need to take this. Even if you don't like it you need to take it. If you want to get better, you must take the medicine, and don't take it if you want to remain unwell. Just tell them that from now onwards not to tell you anything. **Questioner:** Are parents always right?

**Dadashri:** You have to take it that way. Whatever parents say must not be analyzed by children because they have the experience whereas children are not able to understand certain things yet. So, what would happen if you try to estimate the capacity of your parents? You mustn't do anything that your parents don't approve of. They always have their children's best interests at heart. Children should behave in a way that is acceptable to their parents and remain obedient and dutiful towards them. When children remain obedient, 'aadhin' to their parents at all times, even if they don't like doing so, they will experience peace and happiness from within.

**Questioner:** Dada, sometimes I feel that I am not at fault. I feel that they are at fault and that they have developed a habit of quibbling.

**Dadashri:** When you feel like that, do 'pratikraman' (Repentance). A person who sees faults in his parents will never prosper. Even if he becomes wealthy one day, he will never progress in life. We should never see faults in our parents. They should never be hurt by us or because of us.

You should never forget when someone has favored you with a cup of tea. Hence, how can you afford to forget the innumerable favors that your parents have conferred upon you? They gave birth to you; brought you up, nourished you, and looked after your health. If they utter something disagreeable to you, then you should just let it pass because they are after all senior to us! Children would feel endless gratitude towards their parents if they were to contemplate the fact that they owe their existence to their parents and that, this very life is a golden opportunity for them to attain 'moksha' (ultimate liberation).

# A Super Prize

“Raghav, we are going out. We’ll be back in two hours. Make sure you finish your homework. Having waited a few seconds his mother asked, “Did you hear what I just said?”

But Raghav was so engrossed in watching TV that he did not hear a single word of what his mother had said. In order to get Raghav’s attention his mum had to switch off the TV.

Raghav was infuriated, “Mummy, what are you doing? It was such an interesting program.”

“Which program is not interesting according to you?” asked Raghav’s mum in a stern voice, “You become so engrossed in TV that you have no clue of what is happening around you. Now listen to me carefully. We are going out. Make sure that you have finished your homework by the time we get back. Clean up the mess in your room and one more thing, don’t leave the house.”

“Ok, Ok, now give me back the remote,” retorted Raghav switching on the TV once again.

Raghav’s mother was a little upset by his behaviour. But because she was in a hurry to go out, she grabbed her handbag and left without saying anything more.



As soon as his mum left, Raghav instantly felt a sense of freedom. He stretched out comfortably on the couch and increased the TV volume.

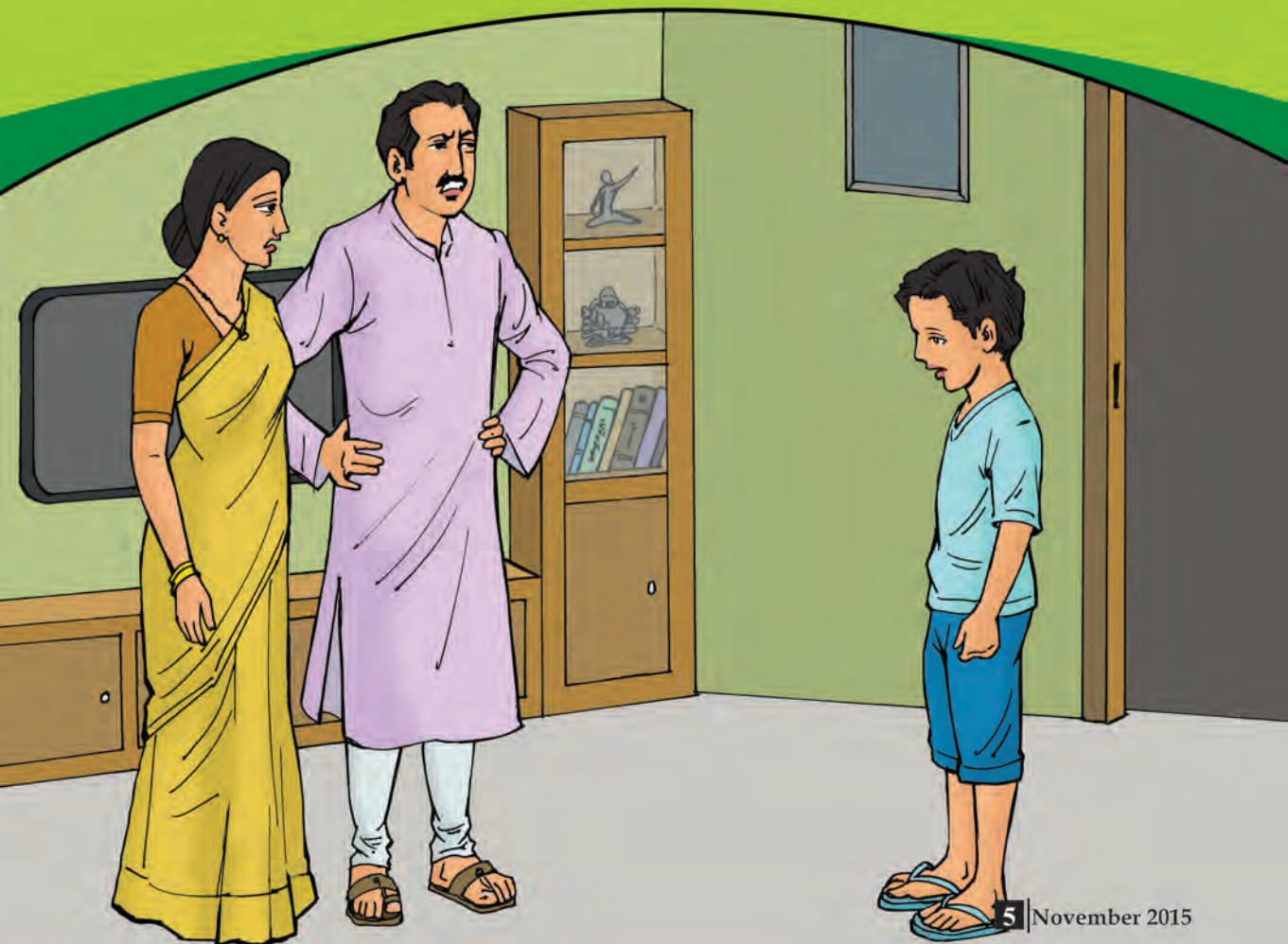
Just then the phone rang.

“Hi Raghav, it’s me, Pranav.” Pranav’s voice sounded overly thrilled. “My dad has bought me a super cool video game. Why don’t you come over to my house.”

“Oh really, I’ll be there in five minutes,” said Raghav as he sprang to his feet and scurried out of the house without locking the front door.

Almost two hours went by. Raghav had totally lost track of time while playing the video game. When he got back home, seeing the annoyed look on his parents’ faces was enough to strike fear into his heart. For one, he had left the TV on and secondly he had left the house without locking up.

Before Raghav could say anything in his defense, his father remarked, no TV for you from now onwards.” I have locked all the channels. Unless and until I see an improvement in your behavior, you won’t be allowed to watch TV.



“But daddy...”

His father was not willing to listen to Raghav's pleading, “No buts. I don't want to hear a single word from you. After you've finished your homework, clean your room and go to bed.”

Two weeks passed after this incident. Although Raghav did not have permission to watch TV, he was allowed to listen to the radio. One evening he was doing his homework whilst listening to the radio, when his mother came and knocked on his bedroom door, “Raghav, we are going out. We have asked Anirudh to come here to look after you and the house.”

“What! Mum, am I a baby that you have to leave me with a baby sitter?” exclaimed Raghav irritably.

“Son, we would not be doing this if you actually understood your responsibilities,” said his mother as she left his room.

Anirudh spent a bit of time with Raghav and then went to the living room to read a book. After a while he went back to Raghav's room only to find that he had abandoned his homework and was instead listening to the radio blaring.

“Raghav, what are you doing? Have you finished your homework?” asked Anirudh standing in the doorway.

“Oh yes,” Raghav answered without even looking at Anirudh.

“Raghav, can I tell you something...”

Cutting Anirudh short, Raghav said, “One minute, one minute...,” interrupted Raghav, “did you hear that? The DJ has just announced that today is ‘Super Prize’ day, which means that one of the listeners will receive a super prize. Yippee!” Raghav had put up the volume at full blast now.

Just then the phone rang, which Anirudh went to answer. He returned to Raghav's room after a minute.

“Hey, can you guess who called,” asked Anirudh creating an air of suspense.

Raghav looked at Anirudh and asked, “What happened?”

“It was the radio station calling. You have won the super prize,” said Anirudh, shaking Raghav's hand.

“Are you serious?” asked a surprised Raghav, not letting go of Anirudh's hand.

“Yes, for sure! Not only are they going to look after all your expenses for the next fifteen years, but you will also get a house to stay in!” explained Anirudh.

“Wow!” said Raghav as he jumped up and down on the bed. It then dawned on him to ask, “But how will I get my prize?”

“Some people are coming in 5 to 10 minutes to give you your prize,” said Anirudh.

“Is this really happening? I had no idea that I was this lucky!” Raghav couldn't contain his exhilaration. To create a good impression on the people who were coming to present the prize, he quickly cleared up and also got ready.



The doorbell rang. Raghav had a big smile on his face and was eagerly waiting at the front door. The door opened and in walked Raghav's parents.

Raghav stared at Anirudh. Anirudh whispered in his ears, "They are the ones who have given you this house to stay in. They feed you, clothe you, educate you, and they also look after you when you are not well – and all this is absolutely free! If this is not a super prize then what is?"

Upon hearing this, it was as if Raghav had an awakening, 'Anirudh is right. I have never appreciated what my parents have done for me.' Today, after listening to Anirudh, he realized that from the time he was born his parents have attended to all his needs. But, he had never shown any gratitude nor obeyed them.

Looking around the house Raghav's mum said, "Wow! You have tidied up the house! Thank you son! It is my lucky day..."

Before his mother could finish her sentence Raghav went and gave her a big hug, "Mum, I am very lucky too!"

His mother was surprised to see the sudden transformation in Raghav's behaviour. With a faint smile on his face, Anirudh watched with satisfaction at the positive change in Raghav.

# Bitter Medicine

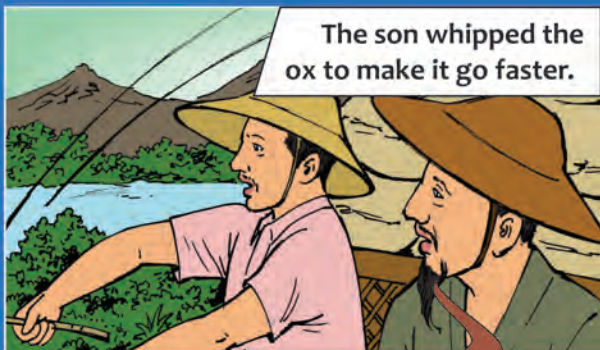


This incident dates back to 1945. In a small town in Japan, a young man and his father used to work as farmers.

One early morning the father and son filled an ox cart with the previous day's harvest and they set off to a nearby city to try and sell it. It was going to be a long journey.



The son whipped the ox to make it go faster.



Son, why are you in such a hurry? Imagine how painful it must be for the ox when you flog the poor animal with so much force.

Father please stop reprimanding me for whatever I do. We will get a good price for our harvest if we get there early enough.



After a short while,



Hey ! your uncle's house is nearby. Let's stop by for a short visit.

No, I don't want to meet him. He is a grumpy old man..

Son, you should respect your elders. We are cultured people and such language does not befit us.



I'm fed up of listening to your pearls of wisdom. Let's hurry up. You can ride the cart. I am tired.

At one of the crossroads, the father steered the cart to the right.



What are you doing? You had to turn left.

I know, but this way the route is more scenic.

Don't you have any regard for time?



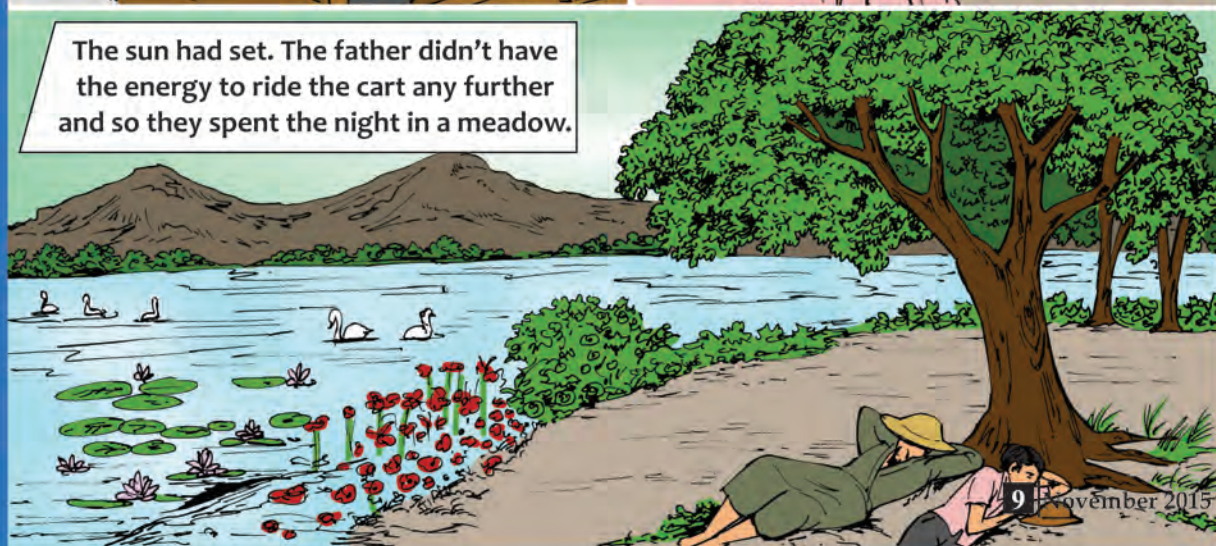
Of course, I have lots of regard for time and that is the reason I want to relish every moment of it. I wish you would also learn to do that.

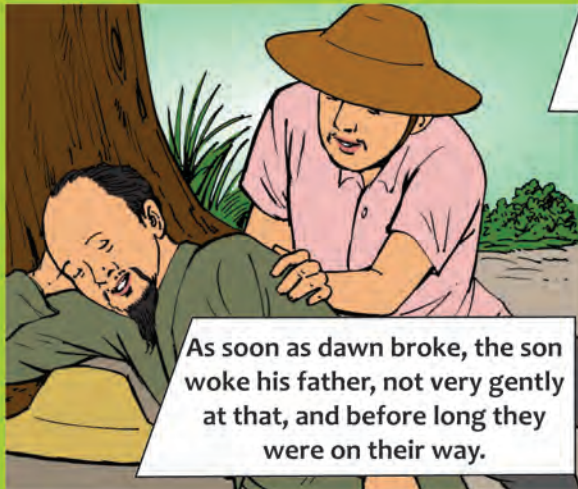
The son became red with fury.



Instead of making money you're more interested in soaking up the beauty of nature. I will never travel with you ever again.

The sun had set. The father didn't have the energy to ride the cart any further and so they spent the night in a meadow.





As soon as dawn broke, the son woke his father, not very gently at that, and before long they were on their way.

On the way, a farmer was trying to pull his cart out of a ditch.

Oh, look ! Lets help this farmer.

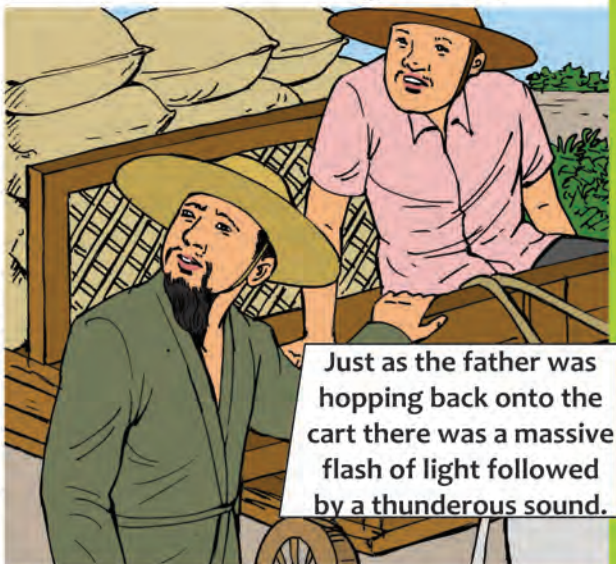


And lose more time?  
There is no need.



Son, should your cart get stuck in a ditch someday, you would also need help.

Saying that the father clambered down to help.



Just as the father was hopping back onto the cart there was a massive flash of light followed by a thunderous sound.



There seems to be a storm closing in.

See! If you had not dilly-dallied we would have sold the harvest by now and would be on our way home.

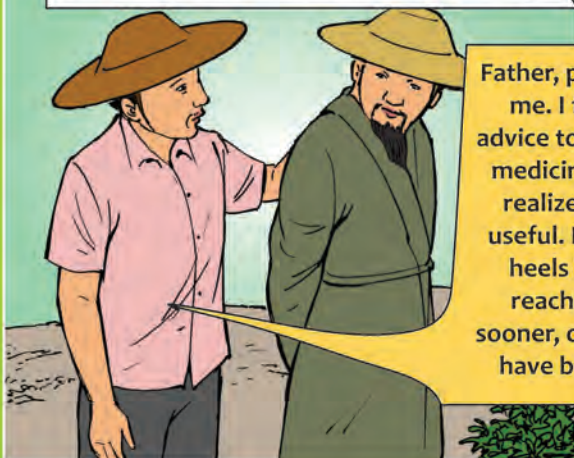


It was afternoon. They stood on top of a hill to look out at the city. They gaped in shock as they saw the great city crumbling to the ground.

Following a moment of silence, they realized the cause of thunder and violent flash of lightening. The city of Hiroshima had been destroyed by an atom bomb.



The son put his arm around his father,



Father, please forgive me. I found your advice to be like bitter medicine, but now I realize that it was useful. Had I dug my heels in for us to reach Hiroshima sooner, our end would have been certain.



The father put his arm around his son too and they both returned home.

# Let's play

1

Some items are shown below the given picture. Can you find them in the picture?



2

Remove any six match sticks to make ten



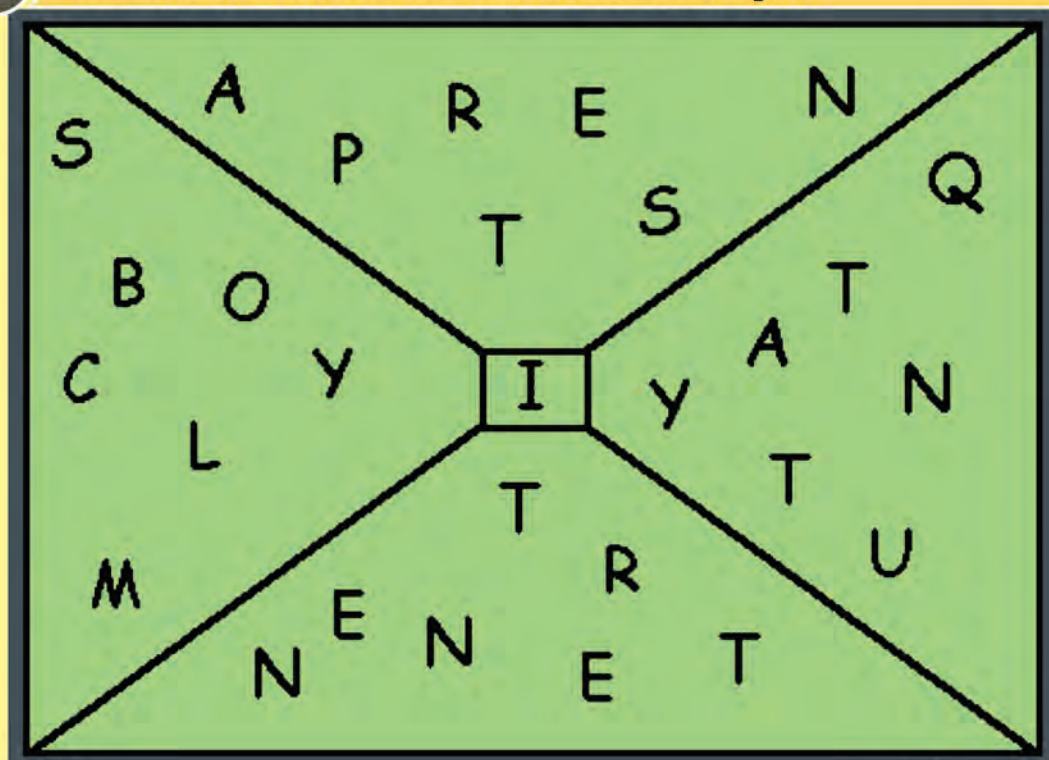
3

In the picture shown draw five lines in order to separate the balls and the dragons



4

Use the 'I' to make a word in each of the four shapes.





## Life Experiences (1)

On 16th November 2013 Sachin Tendulkar resigned from the world of cricket. In his farewell speech, he remembered everyone who had played an important part in his life. Listening to Sachin's speech, which was full of praise and compassion made all his fans, not only in the stadium, but also all over the world watching on TV, very emotional.

Sachin started off by talking about his father Ramesh Tendulkar by saying "The most important person in my life is my father. I have missed him a great deal since 1999 when he passed away. Without his guidance I don't think I would be standing here in front of you. I was eleven years old when he gave me the freedom to follow my dream. But he had also given me advice never to take short cuts. Even if the road was difficult I never gave up. I have always followed his advice. Every time I scored a good inning and raised my bat up in the air, it was for my father."

Then Sachin remembered his mother. He said, "It was not easy to manage a naughty child, but my mother had a lot of patience. One of the most important things for a mother is that her child is healthy and safe. She always used to be concerned about my health. For the last 24 years I have played cricket for India and during this entire time she has looked after me. Even before that, from the time I decided to play cricket, she started to pray for me. Her prayers and blessings have given me the strength to go out and perform."

Besides this, he was obliged to everyone who had played a significant part in his life.

Friends, a well-known personality and successful cricketer like Sachin Tendulkar gave most of the credit for his success to his parents. The invaluable advice that his father had given was always in his heart. With his mother's blessings and prayers, he climbed the ladder of success.

Friends, even in our lives our parents have played an invaluable role, and it is most important that we recognize this and be grateful to them. So let us all make a firm decision from now on that we will respect our parents and do as they say and make them happy.

## (2)

Richard Allred, who was an officer in the American Air force, narrated a beautiful event of total surrender to parents in one of his interviews.

When Richard Allred's father, Elwood Allred, was young he used to help his mother with the housework. One day, as per his mother's request Elwood went to get some grain from the grain hut. Elwood was just leaving when he heard his mother's voice, "Elwood, please do not come out the same way. Use the other door."

"But, mom...", hesitated Elwood, "The other way is dark and full of cobwebs!"

"Son, please do as I say," answered his mother.

Elwood obeyed his mother and thus returned using the other entrance. His mother came and hugged him, "Thank you, son, for listening to me."

Then taking Elwood's hand, his mother said, "I want to show you something." And she took him around to the main door through which he was going to return. A poisonous snake lay curled up beside a thicket. Elwood was petrified! On that day Elwood had listened to his mother and saved his life. When narrating this event Richard Allred said, "When I was young my father told me about this incident. I had therefore learnt the importance of obeying from a young age. I always did what my parents said, because I knew that they were wiser than me, they loved me and that they were always looking out for my welfare."



# Mythological Story



This story dates back a long time. There was a king who had many sons but no daughters. He performed a lot of rituals and self discipline in the hope for a daughter. Eventually all this bore fruit and a daughter was born. She was named Laxmana.

She grew up amidst a lot of comfort and pampering until adulthood.

The king arranged a 'swayamvar' for Laxmana to marry someone of her choice. ('Swayamvar' is the ancient Indian practice of choosing a husband from a list of suitors). During the 'swayamvar', Laxmana placed a garland of flowers around the neck of the suitor of her liking. The wedding celebrations started with a lot of pomp and grandeur. However, as the event unfolded, circumstances changed. The groom died all of a sudden just before they were getting ready to say their vows.

Laxmana was dumbfounded. The tragedy hit her hard. 'Is this what life is about?' She felt detached from worldly pleasures. Having no passion remaining for worldly life she decided to take 'diksha' (renunciation).

Days passed. Sadhviji (Sanskrit word for nun) Laxmana was progressing well on her chosen path of 'diksha'.

One day walking along a path, she saw two lovebirds amusing themselves in a nearby tree. This sight aroused Sadhviji Laxmana's inner desires and thoughts about getting married overpowered her.

However, she immediately came back to her senses and started to repent for having had such a thought. Oh dear! I have had an immoral desire and have thought about inappropriate things. I have committed a grave sin. 'Alochana' (recalling and confession of mistakes) is the only way to free myself, but how can I open up about such an awful thought and yet if I don't confess, the mistake will stick like mud to my existence. And if that mud is not washed off, my purity will be affected.

After a lot of pondering over her predicament she decided to go and confess the mistake to her Guru. Along the way, she stepped on a thorn. She took this to be an ill omen, and began to reconsider confessing everything to her Guru. In the end, she went to her Guru on the pretext of asking on behalf of someone else, "Gurudev! What would be the punishment for a person who has had inappropriate desires?"

The Guru asked her to clarify the situation, but she couldn't do so. Instead, she obtained details of the punishment from the Guru, which was to do penance for fifty years, and she went ahead and did this. However, the key point here is that because she hid the truth (by twisting the facts) her soul remained impure and she delayed her chance of attaining ultimate liberation for many more life times.

See friends, the repercussions of dishonesty and hiding the truth from your Guru.



A young man went to drop his parents off at an old age home. He was a rich, highly qualified and influential gentleman. His father had transferred all his wealth to his son. Both the parents had pampered their son in childhood, and in return, they expected that they would also receive similar love and care from their son when they grew old.

They had even celebrated their only son's wedding with a lot of grandeur and fanfare. But unfortunately, the presence of aged parents at home was now bothering the son and his wife; hence, they decided to send the parents' off to an old age home. The poor parents accepted their son's proposal readily without any argument.

Today the son, along with his wife had come to drop the parents off at the old age home. On reaching the old age home, the son and his wife went straight to the manager's office. The parents sat outside the office. After completing all the formalities for his parents to stay in the home, the son and his wife, beaming with joy, walked out of the office with the manager. The young man's parents were seated outside with their heads down. Upon stepping out of the office, as soon as the manager saw them, he exclaimed, "Oh Sir! What brings you here?"

The son heard this. He asked the manager, "For how long have you known my father?"

The manager replied, "I have known him for the last 30 years, when he had come to adopt an orphan child from us."

"What?" the son blurted out in disbelief.

The manager continued, "This gentleman is a messiah of humanity. There was a small boy in our orphanage who was suffering from several ailments. This gentleman decided to adopt this frail boy over all the other healthy children. He spent lakhs of rupees on his medical treatment and got him cured of all his ailments. Furthermore, he never let the child come to know that he was adopted from an orphanage."

Upon hearing this story, the young man looked down in shame.

How can we ever estimate the worth of those parents who have raised an adopted child like their own son?

# Answers

1



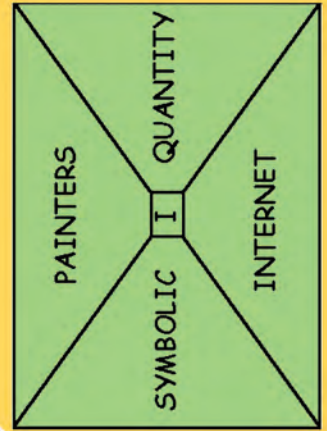
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3



4



## Pujyashree with kids





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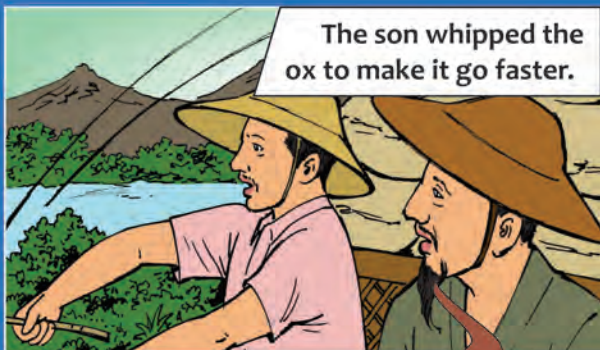


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