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Anger.....first burns oneself & then others!



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Hello Friends,

This couplet of 'kavi' [Poet] aptly sums it up, "Although you may forget everything else, don't ever forget your parents, Infinite are their obligations, never ever overlook them".

Our parents are the ones who have obliged us in millions of ways, so how can they ever think that would harm us! Now if they were to scold us, should we ever feel bad about it? Infact, we should not even retort, forget about getting angry with them!

Great thinkers and philosophers have always identified 'anger' as a weakness. Instead of getting angry and making a note of the other person's behavior, it's always better to forgive and forget. In this 'time of kaliyug', there's nothing more sensible than to forgive and ask for forgiveness. By not forgiving, we only tend to add to our burden, what has the other person got to lose? Param Puja Dadashri has given a great insight on this very topic of 'anger', which is presented here in this edition. This topic is dealt with very simple and straightforward examples which can be accepted by our intellect.

And as always there are heartwarming instances about the life and times of great saint, along with the regular features. Can't wait any more, right? Come, let's all enjoy this edition.

- Dimplebhai Mehta

19 Just Time Pass...,
Did You Know?

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Gnani with youth - Parent's view point

Dadashri: Does your mom ever yell at you?

Questioner: Rarely, Scolds

Dadashri: Rarely? Only when you get lucky and what about your dad, does he ever yell at you?

Questioner: Yes.

Dadashri: Is that so! Well then out of the two who do you think should be able to yell at you?

Questioner: Both of them should be able to yell at me.

Dadashri: Both of them! I feel it might be your dad who might be justified to yell at you and not your mom.

Questioner: Both of them are justified to yell at me. Anyway whatever either one of them tells me it is for my own good. But why is it like that? I don't like being told off by them.

Dadashri: You don't like it when a Doctor prescribes you a bitter medicine either?

Questioner: I have no choice; I have to take it no matter what.

Dadashri: Similarly you have to take this too. Even if you don't like it you still have to take it. Take it (accept their words) if you want to improve your health. Otherwise, tell them, 'don't you ever tell me a single word henceforth'.

Questioner: Are parents always right?

Dadashri: **Accept that they are always right.** To find out the truth, we'll have to hire a judge! He'll charge us \$ 5000 just to find out whether they are right or not! Instead we should accept that they are right. At least we won't need to hire a judge. Who do you retort to your mom or dad?

Questioner: Sometimes I end up talking back to my mom.

Dadashri: Oh! So your mom doesn't have that impact on you? Now it doesn't look decent if you talk back to her. Do you like talking back to her?

Questioner: No. But I still don't understand any of these things.

Dadashri: Come to me and I will clarify it by giving an example about it. What is the reason behind it? All these things are the beliefs of one's mind. One person might enjoy going for a stroll in the garden while the other might not like strolling in the garden. One person might never get tired of watching cricket matches, while some other would say, "What's the fun in playing cricket?" These are mere unyielding thoughts, wrong



beliefs.

Questioner: No, many times she guides me as a friend yet sometimes I tend to disobey her. That's when I end up upsetting her. Whenever the parents tell us something, within our hearts we know for sure that whatever they are saying is the truth. But then our ego gets bruised and won't allow us to accept whatever they have to say.

Dadashri: Do whatever you want to, but after taking my permission. I'll permit you to do whatever you want too. If you don't ask for permission from your parents then consult me about it and do so. I won't mind it. I won't yell at you. I won't lecture you in any way. Did you understand? If you got stuck up unnecessarily then who can pull you out?

Questioner: Dada, you can do that.

Dadashri: Yes. But if you end up in some awkward situation then I'll also get in trouble so it's best you avoid those awkward situations. If it's possible you should reduce all those types of nuisances as much as possible. If you are stuck somewhere I will free you. I can do everything!

A glass of water!

One day a class room was full of students. That day their professor was in a mood to teach something new. He wanted to teach a lesson of life to his students. Holding a glass of water in his hand, he asked the students, "How much do you think this glass of water weighs?" "500 grams!" came a voice from the back. "600," said another student. "I don't really know!" said the professor, holding the glass up to make sure everyone could see it. "And unless we weigh it, we won't ever know." With the glass still in his hand, the professor said, "What will happen if I hold it like this for a few minutes?"

"Nothing!" replied all the students. "Right, and if I hold it for an hour like this, what would happen?" "Your hand will begin to hurt," said a student. "Indeed. And what would happen if I held the glass in my hand like this for 24 hours?"

"You would be in tremendous pain," said one student. "Your hand will probably go numb," said another. "Your arm will end up becoming paralyzed and we'll have to rush you to the hospital!" said a student on the last bench.

"True," said the professor.



"But notice that through all this, the weight of the glass has not changed. What then causes the pain?"

The students became silent and started thinking. "What should I do to avoid the pain?" asked the professor "You should put the glass down," said a student. "Exactly, Very well said!" exclaimed the professor. "And that's a lesson I want you to remember. Problems and



worries in life are like this glass of water. Think about them for a while and nothing happens. But think about them a bit longer and they begin to hurt; and if you think about them all day long, you will feel incapable of doing anything. It's important to remember to let go of your problems. Remember to put the glass down!"

It's not just problems and worries. Sometimes, we feel hurt and betrayed by a friend. And we carry that grudge throughout our lives. It grows and causes us agony and pain. Learning to **forgive-and forget** is not just good for the other people; it's applicable to us as well.

Nelson Mandela spent 27 years in jail. When he was finally freed, hope you can understand how angry and vengeful he must have felt. But guess what? When he became President, he invited his jailers to be present at the inauguration in the VIP seats! **If he could forgive them after 27 years of suffering, surely we can do that too.**

It is the same with our fears. A failure or an incident during your childhood becomes deeply entrenched fear in course of time. Fear of public speaking, fear of Math, fear of rejection.

You name it, and chances are, we have it. Someone gave us that glass to hold when we were little kids – ‘you are clumsy, you are no good, you can’t do it’ – and we have faithfully held on to it all our lives. ‘I can’t’ – becomes a thought that grips our mind and keeps growing – leading us to complete standstill. **It’s time to put the glass down!**

“**One who is angry tries to control the other person with the heat of anger; but the one who doesn’t get angry is able to control the other with what is known as “Sheel” in one’s character. Even animals become docile when one has Sheel in his character!**”

– Dadashri



Dadashri Says....

Opinions cause anger!

Dadashri: When we get angry on someone, we must try to find out, “Why do I get angry on these three persons only and not on every one? What is the reason behind it?” We should try to find that out. The reason for getting angry on those three persons is that, that our mind gives opinion that they are worthless characters. **So, we should tell our mind that, “it is not like that. They are not worthless. They are good persons.”** This way the previous effects will get exhausted and anger will cease. Once we get into conflict and our mind gets spoiled, than it happens second time, third time then what will happen after that?

Questioner: It forms the opinion.

Dadashri: And so we get angry on him/her, even if we do not want to get angry. Intensity of anger also rises to such an extent that it breaks the heart of the opposite person, which may not get selvedge for the life time. Thus, we need to keep our mind under control. Facts may not

be the same as our opinion. That is why the anger remains! Later, even if we want to talk to the other person (on whom we got angry), he/she will not speak to us. We must understand it and erase it immediately. We must not let opinions formed..

After all, all are good men!

Questioner: It takes time to break the good and bad opinions.

Dadashri: If we have formed bad opinion for someone, then we must balance it with ‘counter weight’. Meaning we must say immediately that, “He/ she is not like that. He/she is very obliging.”

“No problems will come to your way. If mind divulges, than the problem will engulf us! Only this is the rule of the world!” - Aptsutra no. 137

Q & A on Youth Topics

1 QUESTIONER: My parents don't approve of me attending satsang. I even have to read Dada's books in secrecy. What should I do?

Answer: Your priority should be to try and convince your parents. To do anything without their consent will have very adverse effect. Every parent has only one desire and that is their child is brought up in an environment where he gets the best chance to inculcate the right kind of values. We might be at fault somewhere which is preventing them, to allow us to attend Satsang. So try to find out that mistake and study its cause to drive out any misunderstanding.



2 QUESTIONER: I am more sincere in 'bhakti' than I am in 'gnan'. What to do?

Answer: At this point of time, studies and career hold more importance for us, so be sincere in that and later think about 'bhakti' and 'gnan'; or else you will lose both. So think and plan accordingly

3 QUESTIONER: Whenever I quarrel, I think of Dada, but am not able to practice the 5 commandments (aagyas). What should I do to remain aware of 'gnan'?

Answer: From now on decide that you want to practice the 5 commandments (aagyas). By just saying or even thinking that "I am unable to" do so create obstacles on the path of attaining awareness. So daily ask for the strength by repeating 5 to 10 times, "O Dada Bhagwan! Please give me the awareness so that I can follow and practice the 5 commandments." Then the scientific circumstances will work accordingly.

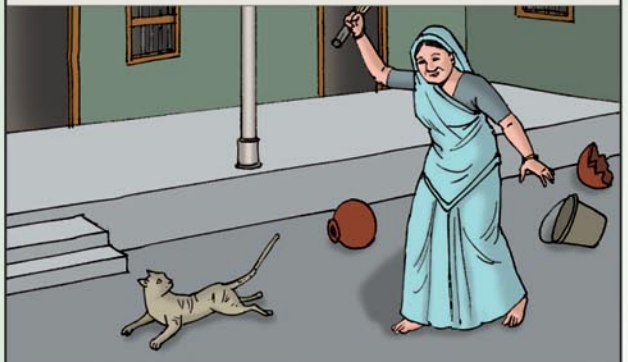
Send us your questions at ynet@dadabhagwan.org
Answers to appropriate questions shall be published.

Tinku Traveler (T.T.)

Tinku is visiting his grand parent's village in Gujarat this vacation. His grandparents are very happy that they get to see him.



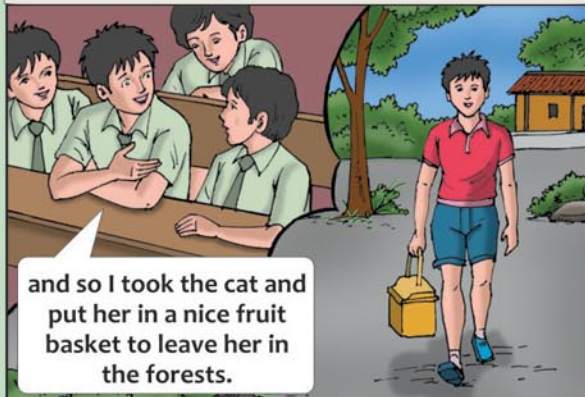
Tinku's grandmother had an incident with an old cat who was giving her hard time, messing up her stuff.



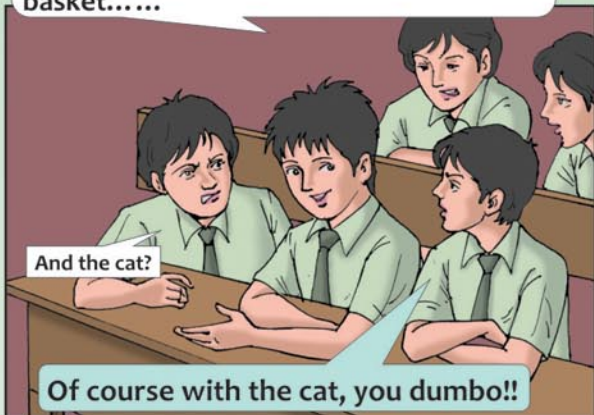
Tinku, please get rid of this cat for God's sake! Take her to the forest and leave there immediately.



After a good vacation, Tinku went back home for school. Sharing his experience with his friends.



I walked and walked and walked, up and down unknown streets, only me and the basket.....



I finally entered the forest, which was 8 miles away from the village; imagine me walking by myself..... I was so scared..... it was getting dark out there



In middle of the forest, I put the basket down, removed the cloak and let go the cat.



No, no, she thanked the cat.



for bringing me home, you see I followed her!



› Glimpses of Great Souls

› Nelson Mandela

Born as Rolihlahla Mandela on July 18, 1918 in Transkei, South Africa, in the tiny village of Mvezo, on the banks of the Mbashe River.

Mandela's father was destined to be a chief and for years served as a counselor to tribal chiefs. But over a dispute with the local colonial magistrate, he lost his title and his wealth. Rolihlahla was only an infant at the time and the loss of status forced his mother to move the family to Qunu, an even smaller village north of Mvezo. The village was nestled in a narrow grassy valley. There were no concrete roads, only small foot paths. The family lived in huts and ate a local harvest of maize, sorghum, pumpkin, and beans, which was all the family could afford. Nelson played the games of young boys, acting out male rights-of-passage scenarios with toys he made himself from tree branches and clay.

Mandela's father died of lung disease when he was 9, which changed his life dramatically. He was adopted by Chief Jongintaba Dalindyebo, the acting regent of the Thembu people. This gesture was done as a favor to Nelson's father who, years earlier, had recommended Jongintaba be made chief. Nelson left the carefree life he knew in Qunu, fearing he would never see his village again. He traveled to the capital of Thembuland, to the chief's royal residence. Though he had not forgotten his beloved village of Qunu, he quickly adopted to the new, more sophisticated surroundings.

Mandela was given the same status and responsibilities as the regent's two other children. Mandela took classes in a one-room school next to the palace, studying English, Xhosa, history, and geography. It was during this period that Mandela

developed his interest in African history, from elder chiefs who came to the Great Palace on official business. He heard of how the African people had lived in relative peace until the coming of the white people. Before then, the elders said, "The children of southern Africa lived as brothers, but the white man shattered this fellowship. The black man shared the land, the food and the water with the white man, but the white man took all this for himself."

Nelson Mandela later joined the freedom fighting activities as one of the black political leader. Mandela became an anti-apartheid activist and the leader of "Umkhonto we Sizwe", the armed wing of the African National Congress (ANC). In 1962 he was arrested and convicted of sabotage and other charges, and sentenced to life in prison. Mandela served 27 years in prison, spending many of these years on Robben Island. In the prison, his room was full of classic books, including the books of one of his early inspirations of Non-Violence, Mahatma Gandhi. As a black political prisoner, he received the lowest level of treatment in Prison. However, he was able to earn a Bachelor of Law degree through a University of London correspondence program while incarcerated. Mandela continued to be such a potent symbol of black resistance that a coordinated international campaign for his release was launched. Nelson Mandela's time in prison, which amounted to just over 27 and a half years', was marked by many small and large events which played a crucial part in shaping the personality and attitudes of the man who was to become the President of a democratic South Africa. Many fellow prisoners and warders influenced him and he in turn, influenced them.

In jail, Mandela followed daily routine which is followed till date. Even today Nelson

Mandela wakes up by 4.30 a.m. irrespective of how late he has worked the previous evening. By 5 a.m. he begins with his exercise routine that lasts at least an hour. Breakfast is done by 6.30 a.m. His day's work begins with daily newspapers! For him, it is a daily work-span of 12 hours, due to which time management is very essential. Nelson Mandela is extremely impatient with unpunctuality. He takes it as an insult towards the person he is dealing with.

Upon his release from jail, Mandela immediately urged foreign powers not to reduce their pressure on the South African government for constitutional reform. While he stated his commitment to work toward peace, he declared that the ANC's armed struggle would continue until the black majority received the right to vote.

At age 77, Nelson Mandela was inaugurated as the country's first black president on May 10, 1994. In his inauguration speech he said:

"We dedicate this day to all the heroes and heroines in this country and the rest of the world who sacrificed in many ways and surrendered their lives so that we could be free. Their dreams have become reality. Freedom is their reward. We understand it still that there is no easy road to freedom. We know it well that none of us acting alone can achieve success. We must therefore act together as a united people, for national reconciliation, for nation building, for the birth of a new world."

From 1994 until June 1999, Mandela worked to bring about the transition from minority rule and apartheid to black majority rule. He used the nation's enthusiasm for sports as a pivot point to promote reconciliation between whites and blacks, encouraging black South Africans to support the once hated South African National Rugby team. In 1995, South Africa came on the World stage by hosting the Rugby World Cup, which brought further recognition and prestige to the young republic. In 1993, Mandela shared the Nobel Prize for Peace for his work towards dismantling apartheid.

Mandela retired from active politics by the 1999 general election. Though, he has retired as on today, Mandela continues to be a source of inspiration for other civil right activists. According to the organizers for Mandela Day, the potential international event would help encourage citizens worldwide to give back the way that Mandela did.

According to a statement on their website: "Mr. Mandela gave 67 years of his life fighting for the rights of humanity. All we are asking is that everyone gives 67 minutes of their time, whether it's supporting your chosen charity or serving your local community."

Mandela's birthday, July 18, was then designated as Mandela Day, an International celebration of his legacy and a day dedicated to promoting global peace.

Conclusion:

Nelson Mandela has never wavered in his devotion to democracy, equality and learning. Despite terrible provocation, he has never answered racism with racism. His life has been an inspiration, in South Africa and throughout the world, to all who are oppressed and deprived, to all who are opposed to oppression and deprivation. Mandela personifies struggle and today he is still leading the fight against apartheid with extraordinary resilience and vigour after spending nearly 3 decades of his life behind bars. He has sacrificed his private life and his youth for his people, and remains South Africa's best known and loved hero!

Nelson Mandela teaches all of us the lesson of determination:

"I have fought against white domination and I have fought against black domination. I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if needs be, it is an ideal for which I am prepared to die."





Experiential Learning

Jai Sat Chit Anand Friends,

Below experience made me believe in Dada's Gnan and Principle, hope it work for you all as well. Few years ago, my dad used to read Dada's book and shared keys he learnt from it, but I used to ignore him as I did not believe in Dada's gnan. During that period, I used to fight with my elder cousin brother and that could go on almost every day. However, I did not like fighting with him and wanted to be his good friend. So one fine day I asked my father, 'Does Dada have any solution for this?' He shared the concept of 'Pratikraman'. Initially I did not believe it but I had no choice, to apply this medicine and end my fighting, so I gave it a try. I started doing 'Pratikraman' regularly and sincerely. Hey friends, you know what, it worked wonders for me! After few years when my cousin approached me, it was completely different; we talked with peace and were like friends who never had any problems before. This experience made me believe in Dada and his principles, from that day on, I started attending Satsang activities and YMHT group.

I would request all the readers to be a part of this mission to change your life!!

-Jay Marvania, YMHT, Mumbai

Mind Twisters



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21	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	45	25
	45	45	45	45	45	15

Solve the puzzle by the numbers near the box. The total of horizontal & vertical line should be 45. You can repeat any number you want.

Sweet Memories



One new celibate brother had just committed his whole life in the service of DADA's Jagat Kalyan work. His sister's wedding was scheduled after a short period. When Niruma came to know about this, she asked him, "Money will have to be spent for the marriage!" he answered by saying, "Yes". Niruma promptly offered, "Then collect some sarees from here for your sister. Many Mahatmas gave nice sarees, so take some of those."

After one or two days, the celibate brother received a message from one Aptputri Ben, "The sarees have been kept ready for you, please come and collect them." When the celibate brother came to collect the sarees, Aptputri Ben asked him, "Who are you? For you, Niruma personally came to the "Seva" building and saw all the sarees for half an hour and selected these sarees." The celibate brother thought, "Niruma hardly knows me but still she took all this trouble for me." He felt utterly grateful for Niruma and we came to know how Niruma used to take care of each person who came in contact with her. This is what our beloved Niruma was like!!!

Guess me ?

1

1. He was born in a prison.
2. He was labeled as thief in his childhood.
3. His best friend was a Brahmin farmer.
4. His six siblings were killed by his maternal uncle.
5. He was the one who initiated 'Govardhan'

2

1. He was abandoned by his mother instantly after his birth.
2. He was always insulted by his brothers.
3. He was always abused by his teachers.
4. He was misguided onto the wrong path by his cousins.
5. He was killed by his own brother on the battlefield.

3

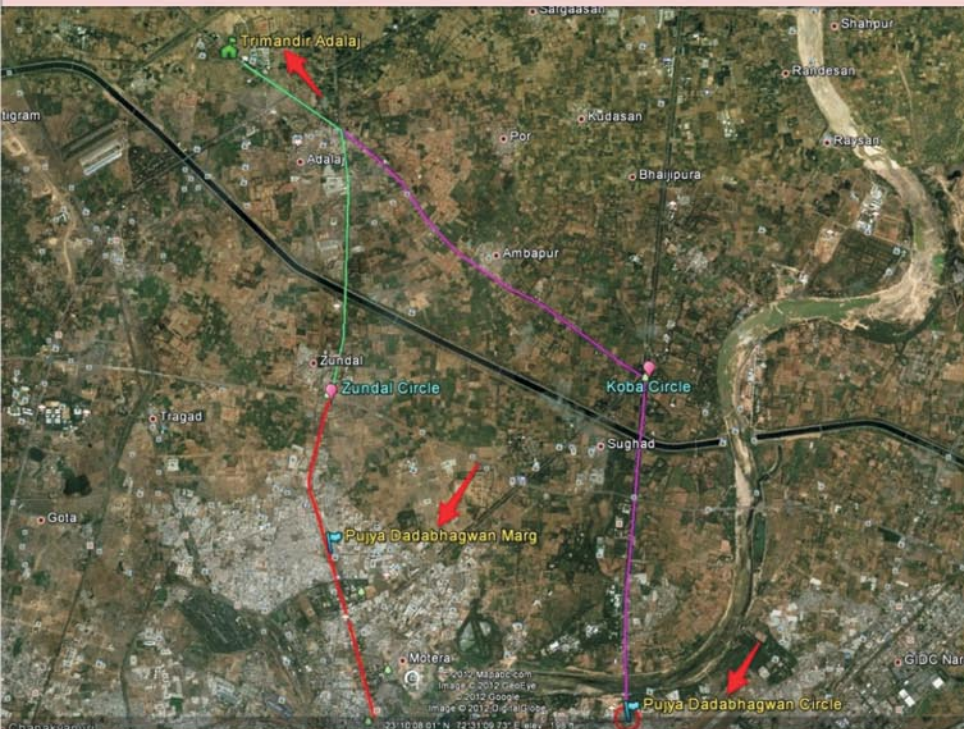
1. He was cursed by a yogi in his youth.
2. He was a staunch believer of God and very powerful.
3. He could use his powers, only on inspiration from someone.
4. He was educated by the Sun God.
5. He treated all women like his mother.

Dada's World Blog



Amba School New Building Opening:

A new building with the capacity for 1000+ students was inaugurated by Pujoyashree. At present 350 students are studying from Std. 1 to Std 10. The school at present has Gujarati medium only with bhaav to start in English medium in couple of years.



Pujya Dadabagwan Marg & Circle:

Ahmedabad Municipal Corporation passed a resolution for naming a Road and Circle as Pujya Dadabagwan Marg and Pujya Dadabagwan Circle. When the resolution came to vote on during the meeting, it was passed unanimously without any objection or any other suggestion. We had neither met any one of them nor had asked anybody to vote in favour of Dada. It seemed that all of them had very high regards for Dada and Foundation's activities.

Dabba Party with Simandhar City and ATPL Mahatmas:



Residents of Simandhar City and ATPL had a great time with Pujyashree during Dabba (Tiffin) Party. Mahatma in groups shared hand cooked food with each other. The surprise entry of Pujyashree going to each group and interacting with them informally was the best. It was followed by Gappa Satsang.



Visit to Sears Tower (now Willis tower):

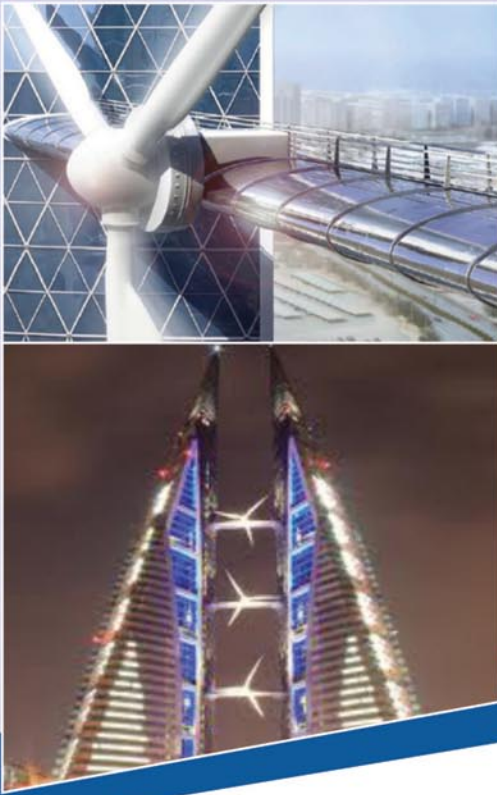
Pujyashree went to the iconic Sears Tower one of the tallest towers in the region with mahatmas who come regularly to the weekly satsang. Years before Pujya Dada visited the same place and it was the only time Dada wore Trousers because the Chicago weather was very cold and windy.



Sitting on glass deck from where the ground which is 1500 feet below can be seen. Pujyashree in a unique style like Dada - immediately combing hair moment it was ruffled because of strong wind and using lobby columns as mirror.

Science & Invention

Wind Turbines of Bahrain



Wind turbines are used to generate electricity from the kinetic power of the wind. Historically, in olden days, they were used as mechanical device to move machinery. There are two kinds of wind generators; those with vertical axis, and those with horizontal axis. Wind turbines can be used to generate large amounts of electricity in wind farms both onshore and offshore.

The Bahrain World Trade Center is the first skyscraper to have wind turbines integrated into the structure of the building. Three large, 29 meters (95 feet) diameter wind turbines are suspended between two 50 storey complex office towers which rise over 240 meters (787 Feet) in height. The towers are aerodynamically tapered like funnel to draw air into the turbines.

Each of the turbines holds 225 KW wind production capacity, totaling 675 KW. This airfoil tapering allows the wind to enter the turbines at a perpendicular angle and increases air speed as much as 30 percent in each of the 95 feet wide turbine rotors.

The turbines supply about 15 percent of electricity used by the skyscraper – i.e. approximately the same amount of electricity used by 300 homes.

➤ Riddles

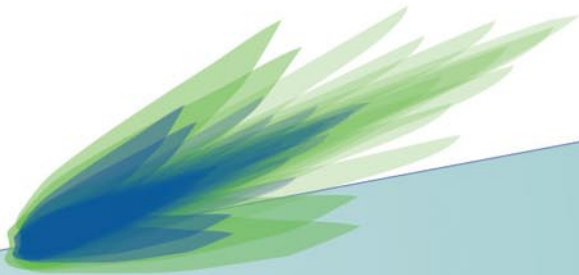
- 1) The more you run, the harder it becomes to catch. What is it?
- 2) What goes around the world but stays in a corner?
- 3) What comes once in a minute, twice in a moment, but never in a thousand years?
- 4) What turns everything around, but does not move?



➤ GK Quiz

1. Which country is known as the “the Land of the Rising Sun”?
2. How many bones are there in the human body?
3. Where was Gandhiji's first major experiment 'Satyagraha' conducted in India?
4. Which is known as the King of Chemicals?

Riddles Ans: 1) Your breath 2) A postage stamp 3) The letter 'm' 4) A mirror
GK Quiz Ans: 1) Japan, 2) 206 bones, 3) Champaran, 4) Sulphuric acid
Guess Me? Ans :- 1) Lord Krishna 2) Danveer Karma 3) Hanuman



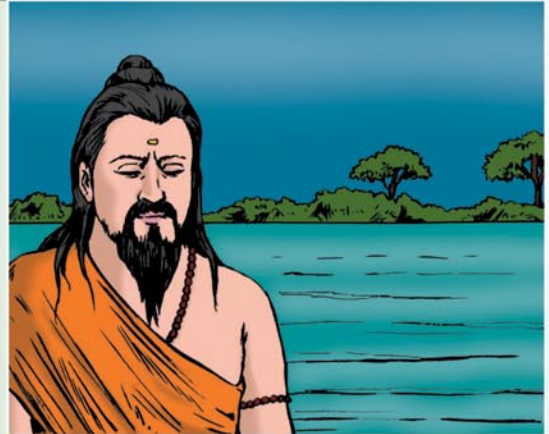
Empty Boat

Few years back, I was quite fond of boating. I had one small boat and I would go to the lake alone in my boat. For hours I would remain there.

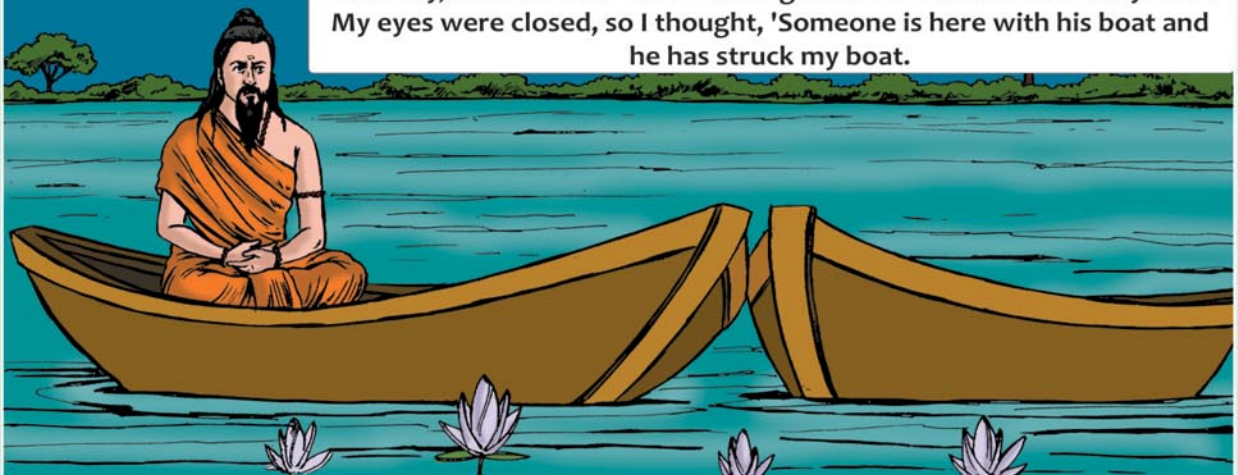


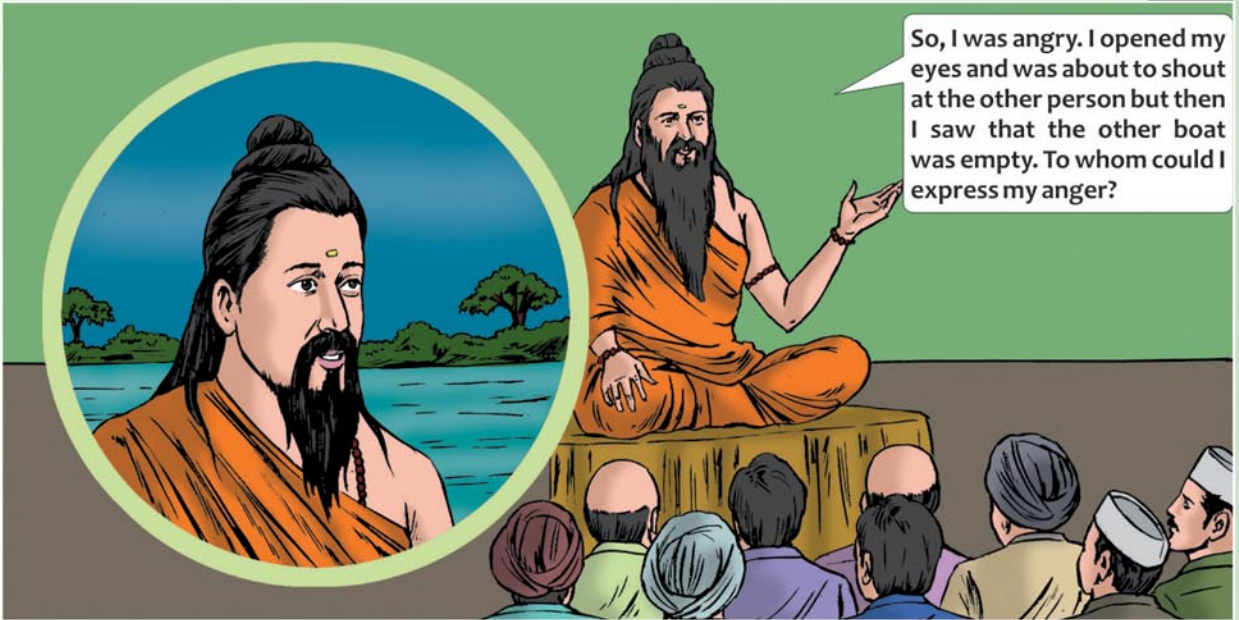
Once a full moon night, while I was boating in the lake. The atmosphere was beautiful. The moon was spreading its coolness everywhere. The lotuses in the lake were blossoming with joy. The stars were illuminating in the sky. My mind was dancing with joy in nature's beauty.

On that beautiful night I closed my eyes and meditated on my boat. I was in a deep thought. I forgot everything of outer world. I was with myself and there was no remembrance of worldly things.

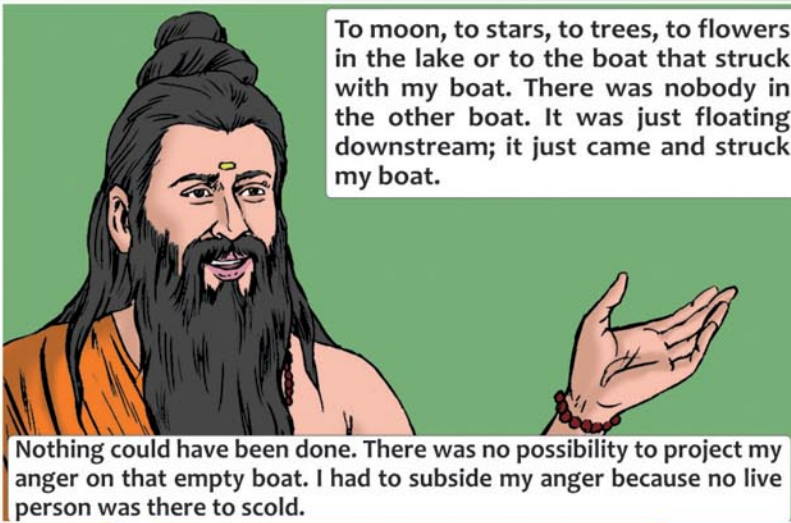


Suddenly, another boat came floating downstream and struck my boat. My eyes were closed, so I thought, 'Someone is here with his boat and he has struck my boat.'





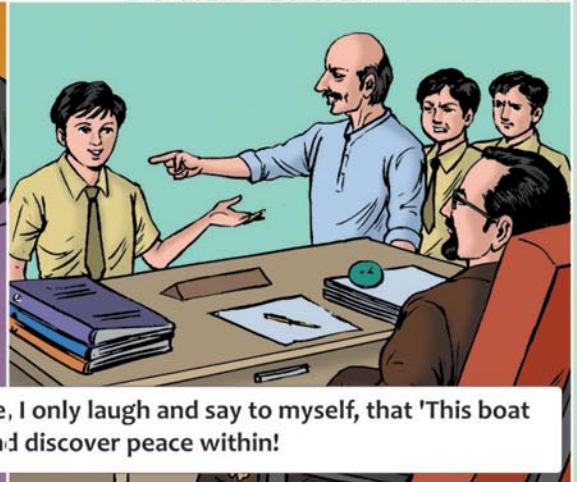
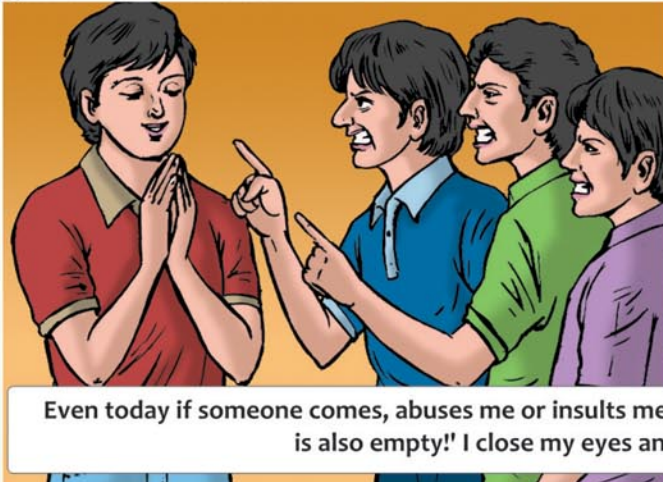
So, I was angry. I opened my eyes and was about to shout at the other person but then I saw that the other boat was empty. To whom could I express my anger?



To moon, to stars, to trees, to flowers in the lake or to the boat that struck with my boat. There was nobody in the other boat. It was just floating downstream; it just came and struck my boat.

Nothing could have been done. There was no possibility to project my anger on that empty boat. I had to subside my anger because no live person was there to scold.

I closed my eyes again, that "Empty Boat" became my Realization and taught me an important lesson of life, it became my Master.



Even today if someone comes, abuses me or insults me, I only laugh and say to myself, that 'This boat is also empty!' I close my eyes and discover peace within!

“To bear an insult is a sign of great strength!!”

- Dadashri

> Anger



THESE ARE ALL WEAKNESSES!

Questioner: Is it not good to feel an aversion towards injustice? Are we not justified to feel angry when we clearly see injustice?

Dadashri: Anger and hatred are weaknesses. The whole world has these weaknesses. Do you get angry if someone yells you?

Questioner: Yes, I do.

Dadashri: So is that a weakness or strength?

Questioner: In certain situations it is necessary to become angry.

Dadashri: No. Anger itself is a weakness.

HE WHOSE MIND ALSO REMAINS UNAFFECTED IS THE MIGHTY ONE!

Questioner: Would it not be considered cowardly to remain silent when someone insults you?

Dadashri: Not at all; to bear an insult is a sign of great strength. If someone were to swear at me right now, I would not have a single negative thought towards him. That is strength. To bear an insult calmly is the greatest strength. If a person overcomes insult just once, he will acquire the strength to do so hundreds of times. Do you understand? If a person is strong then every living creature will become timid in his presence. But when a weak person harasses us and we do not do anything in response, it is considered a great strength.

A person who, despite being strong, does not harm his opponents, not even his enemy, is considered a powerful person. Is it not cowardly when you also get angry with someone who gets angry with you? I am saying that the inner enemies

of man: Anger, Pride, Attachment and Greed are all weaknesses. Why does a person who is strong, need to get angry? People, however, try to control others with their anger. Those who do not use anger as a weapon have something else. That something else, is called “Sheel” (extraordinary moral character). Sheel in a person subdues even animals. Lions, Tiger and enemies will all surrender to this person.

AN ANGRY MAN IS A WEAKLING!

Questioner: But Dada what should we do when someone gets angry at us?

Dadashri: They will get angry. Is under their control? Their inner machinery is not under their control. This machinery works in any way it can. If it were under their control they would not it overheat. To become even the slightest bit angry is to behave like a beast. One becomes transformed from a human being into a beast. People would not let such a thing happen, but what can they do when it is out of their control? What does it mean to become angry? When one becomes angry, it is like setting fire to oneself and then setting others on fire. Once the match is struck, it bursts into flames, destroying all around. Anger, Pride, Attachment and Greed are all obvious weaknesses. Can you feel your body tremble when you get angry?

Questioner: Even our body tells us that anger is not good.

Dadashri: Yes, even our bodies tell us that it is wrong, when it trembles. So, one should consider anger to be a great weakness, and avoid it.

ANGER IS BLIND!

Questioner: What is the main reason behind a man's anger?

Dadashri: He loses sight. When one does not see the wall, he bumps into it. In the same way, he cannot

Dadashri: If you are walking alone and a stone from a building falls on your head and you get hurt, will you get angry?

Questioner: No, because it "just happened" spontaneously.

Dadashri: Then why do you not get angry in this situation? It is because you don't have anyone there to get angry at?

Questioner: But no one threw the stone on purpose.

*"Anger is like striking lighting your own house on fire
What happens when a single matchstick is thrown onto
haystacks in a field. That is anger"*

- Dadashri

introspect from within, which is why anger occurs. When he cannot see what lies ahead of him, anger overcomes him.

THE FIRE OF ANGER BURNS ONESELF AND THEN OTHERS

Anger is like striking lighting your own house on fire. Thus, your own house burns and then the neighbor's house. What happens when a single matchstick is thrown onto haystacks in a field?

Questioner: All of the hay burns.

Dadashri: It is the same with anger. Whatever he might have earned in two years, he will destroy in an instant by getting angry. Anger is a live fire. The person himself will not realize that he has destroyed everything, because the damage is not visible on the outside, but everything from within is destroyed. Part of whatever he has accumulated for the next life is expended. What happens if more is exhausted? As a human, he eats bread, but in his next life, as an animal, he will have to eat grass.

ONLY THROUGH RIGHT UNDERSTANDING!

Questioner: I get angry at the people who are really close to my heart. The other person may be right according to his viewpoint, but from my view point I am right and I become angry. What is the reason for my anger?

Dadashri: Similarly, if you were to go out now and a little boy throws a stone at you, you will get angry. Why? Because you believe that the boy threw the stone at you. However, if a stone rolls down a hillside and hits you, you will look around but you will not get angry! You become angry because in your mind you feel that a particular person has done it. No one is able to hurt another person knowingly. Whether a boy throws a stone at you, or whether a stone accidentally falls on you, it is essentially the same thing. It is an illusion that makes you perceive that someone is responsible for doing it. In other world, no man has the independent power over even his bowel movements!

When we realize that no one has thrown the stone but it fell from the hillside, we do not get angry. And when you say, "Anger overcomes me. It's in my nature to get angry." It's not so. If it were so, then why doesn't it arise when facing a cop? Why don't you get angry when the cop tells you off? Yet you get angry with your wife, with the children, with the neighbours and with those working under

you. Why don't you get angry with your Boss? So, anger does not just happen on its own, it happens when one wants to have his own way.

Questioner: How can one control it?

Dadashri: Through understanding. Realize that the person who throws the stone at you is merely a 'nimit' (someone instrumental) who is discharging the effect of your past 'karmas'. Now if you were to have such an understanding then anger can be controlled.

RESULT CHANGE WITH CAUSES CHANGE

'Make a note of those people and the circumstances that make you angry, and also make a note of circumstances wherein you do not get angry. Enter the name of those people with whom you don't get furious. You might not get angry with some people who might have done something wrong, while some others might not have made any mistakes and yet you might get angry on him, there has to be some reasons behind all this?

Questioner: Is it because a 'granthi' (knots of preconceived opinions) has formed in our mind about that person?

Dadashri: Yes, numerous opinions have been formed. What should one do to disentangle from those opinions? Examination has already been given. You will get angry with that person as many times as you were meant to. But what must you do from now on? You should not allow yourself to become prejudiced towards the person with whom you get angry. You should change your opinion of him. It is because of the account of your 'prarabdh'(fate, past karma, destiny) that this person is behaving in such a manner with you. Whatever that person does, it is because of the result of your own karma. You should change your opinion about him; the effect from past will remain for some time. That effect will come, give its result and then it will cease altogether.

PUNISHMENT FOR OBSTINACY

Questioner: When we have conflicting with our friends or with our family or when things do not go our way, we get angry. Why do we become angry? What should we do about it?

Dadashri: Why do you even think about having your own way? What would happen if everyone did as they pleased? Instead you should think what happen if everyone around you were stubborn and unyielding. You should never try to make things go your way. If you do not have any expectations you will not go wrong. Anyone with expectations can be stubborn if he wants to. This is how you should look at it.

THIS ATTITUDE IS UNWORTHY OF HUMANS!

Questioner: When we get angry we start using abusive language. How can we improve ourselves?

Dadashri: This happen because one does not have any control. In order to have some control one should first understand how he feels when someone gets angry with him. How does he tolerate such behaviour when it is directed towards him? Treat others the way you would like to be treated. If someone uses abusive language towards you and it does not bother you or depress you, it is a different matter. You should stop it altogether. One must never use abusive language. Swearing is a crude behaviour, unbecoming of any human being, uncultured!

PRATIKRAMAN: THE REAL PATH TO LIBERATION

Whenever you get angry you should repent from within. You should repent thinking, what is this weakness within me that prompts anger. One should accept the mistake and feel remorse. If one has a guru, they should seek help from him and make a firm resolve to never let the weakness overcome again. One should not defend the anger and instead do 'pratikraman' for it. One should make a note of when, where and with whom one got angry during the day and should do 'pratikraman' for it.

What should one do in pratikraman? If one's anger hurts another person, he must recall the soul within that person and ask to be forgiven. He should ask forgiveness for his action and vow never to do it again. 'Alochana' is confession of your mistake. When you confess your mistakes to me (gnani), you are doing 'alochana'.



Just Time Pass...

1. Teacher: Hello students, yesterday I had given you homework to write an essay on Dog.
Students: Yes, Sir.
Teacher: Ok, Jigar please read your essay.
Jigar: Sir, As soon as I started writing on it, he ran away!!!

2. Mrs. Kalekar found her husband Panku looking for something in the living room.

Mrs. Kalekar: Hey, What are you looking for?

Panku: Since two hours I am looking for the hidden camera.

Mrs. Kalekar: Why do you think there is any hidden camera here?

Panku: Because on TV, this guy says "You are watching Star Plus"!



3. Arvind entered into a building thinking it to be a hotel in a rush and shouted loudly, "One glass of buttermilk please."

One man sitting at a desk scolded him saying, "sshh...sshh... keep your voice low, this is a

Library." Arvind apologized and spoke in a very low voice, "One glass of buttermilk please...."

Did You Know?



Beet Juice



Fruit and vegetable juice provides instant energy to the body. As per available information, "Beet Juice" can not only provide energy but can also induce youth in aged persons with its miraculous strength. Muscles requirement of oxygen during physical activities reduces after Beet Juice reaches the blood-veins.

Oxygen intake reduces with increase in age or problems in heart and blood circulation system. If your activeness has reduced with increasing age, than the solution lies in drinking one glass of Beet Juice a day.

- 1 Beet juice in preventing shrinkage of veins with growing age.
- 2 Nitrate available from Beet Juice helps in maintaining blood pressure.
- 3 Anti-oxidant matter of Beet Juice provides immunity against diseases. It is source of natural sugar (glucose). It contains useful minerals like Sodium, Potassium, Phosphorous, Chlorine and other vitamins.
- 4 Beet Juice has natural quality to cleanse Kidney and Liver.

Istar-2012



International Spiritual Teenager Akram Retreat 2012

A 15 day retreat held from 28th July to 10th August, had an overwhelming response for the third year in a row from 45 participants who travelled from the US, UK, Kenya, Brunei and Oman. During the retreat participants learned the application of Dada's basic principles which are useful in routine life, like adjust everywhere, avoid clashes, positivity, respect for parents and elders, the consequences of opinions, selfless seva, the science of chit & Pratikraman and most important of all the value of purity.

The participants got to see a glimpse of traditional Indian culture and heritage during the Jatra, where they saw traditional living, learned Kutchi construction techniques and crafts like block printing, pottery and natural dyeing.

They enjoyed bhakti at the Trimandir in Bhuj and visited the famous 72 Jinalay temple near Mandvi.

They celebrated Rakshabandhan and Janmashtmi with heartfelt devotion at the Adalaj Trimandir in the presence of Pujyashree Deepakbhai. On occasion of Janmashtmi, they had performed seva at various departments and had won the heart of other sevathi mahatmas through their sincere seva. They visited children at Amba School for Excellence and gained new understanding about the significance of these festivals.

The participants touched the pinnacle joy as the retreat drew to an end with Deepakbhai's blessings. Each participant got Deepakbhai's personal touch and keys for spiritual progress as they resolved to make it to next year's iSTAR! Eligible participants were awarded the gift of Gnan Vidhi after the retreat was over.

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Photo with Pujiyashri



Activity



December 2012
Year-2, Issue-3
Conti. Issue-7

ynet
Dada's Youth Network



Where all do you find obstacles, where do you face hurdles, one has to overcome those hurdles! These problems arise due to limited vision. A 'Gnani Purush' gives complete vision and due to that 'long sight' one can see things 'as it is' in true perspective!!

If you get angry, then this anger is your weakness. First of all one should be free of all weaknesses. One who is free from weaknesses has a marked personality. So there should not be any weakness. One should have good conduct and flawless personality. Even thugs would run away at the sight of such a person. A person with weakness (like anger) will not have any impact and none will run away from him; instead, they may even beat him up. The whole world strikes the weak!!

So one has to be a man of personality, when can that happen? On understanding the science, one gets the personality.

- Dada Bhagwan



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