

Akram Youth

July 2016 | English

Dada Bhagwan Parivar

₹ 12



MistakeS

Dissolve just one mistake



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Dada's Book Excerpt

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Editorial

Hello Friends,

A person asked Dadashri, “What is the path to becoming God?” Dadashri replied, “The one who destroys all his mistakes becomes God. (Bhulo bhange e bhagwan thaay)

I have met many people in life who believe that they are always right and that they do no wrong. If one perceives himself as perfect, he will never have the chance to improve the quality of his life. Because life is all about continuously improving ourselves, by learning from the mistakes we make.

First of all, we must understand that we all are humans and we make mistakes. Before He attained kevalgnan, even Mahavir Bhagwan, could see thousands of his own mistakes every second.

In this issue, let us understand what kind of mistakes we may commit. Dadashri says, even if anyone is even slightly hurt by our mind, speech, or body (actions), it is a mistake on our part. Let us learn how many different types of mistakes there are. Once we establish the types of mistakes, let us introspect and see how many of these we actually commit. Once we identify the mistakes, the next step is to know how we react to these mistakes. Do we pay attention to the mistakes OR we do ignore it?

The next big question is, how do we overcome these mistakes? Is there a delete button in life which can undo our mistakes?

So, let’s venture out on a quest to find this delete button and take a step further to becoming God. As Dadashri puts it, “Bhulo bhange e Bhagwan.”

- Dimple Mehta

Am I doing something wrong?

Param and Miraj were both studying in their first year of B.Com, in Commerce College. They had been good friends since High School. Miraj was the son of a rich businessman and Param was the son of a middle-class factory worker. They had a symbiotic relationship, because Miraj used to bunk class and had to depend on Param for his notes, whereas Param liked to visit new restaurants, clubs, and malls with Miraj.

While trying to keep pace with changing times in order to stay in the rat race, as well as to pacify his own burning desires for all the good things in life, the good qualities of Param started gathering dust due to his friendship with Miraj.

“Param, this evening my cousins and I are going to the Water Park. So come with us,” Miraj told Param after college.

“Ok!” Said Param.

Under the pretext of studying, Param left with Miraj for the Water Park.

A few days later, when Param was busy at his tuition in the evening, the phone rang and Miraj asked, “Hello Param, what are you doing?”

“I am at my tuitions.” Param replied quietly.

“Do you remember that I had

mentioned to you that my dad had taken up a franchise for a café?”

“Yes, I remember Miraj.”

“Tomorrow evening is the opening. Be there by 6:00 o’clock.”

“Congratulation! I will surely come.” replied Param.

The next day Miraj, all stylishly dressed, together with his friends, was seated in one of the chairs arranged outside the café.

“Hi, Param!” shouted Miraj as he spotted him coming toward the café.

“Hi!” Replied Param and shook hands with all Miraj’s friends seated around him. Meanwhile, a waiter entered carrying with him, a hookah.

“Double Apple, Sir!”

“Yes, leave it here” said Miraj pointing to the table in front of him.

“Take this menu card.” Miraj said to Param. “What flavor would you prefer in your hookah?”

“No, no. I don’t want a hookah. I will have some coffee.” For the first time, Param was surprised to see a new aspect of Miraj, offering him the hookah.

“Hey Buddy! Don’t be shy! Enjoy!” Miraj’s elder brother Raj said while patting Param on his back.

Just so that he may not be the odd-person-out, Param also ordered the Double Apple flavour hookah for himself with some

discomfort. He was feeling hurt within; when the hookah was placed in front of him, his heart started beating faster.

“What will happen if mom and dad come to know about this? What if someone sees me? Do I have to try this? If I don’t, what would they all think of me? Even if it is ok with Miraj, his cousin-sisters are also present here, won’t it make me look bad? Will they make fun of me? What if these people think of me as one from a middle-class family? His brother and cousins will look down upon me...”thus Param felt choked up, with all

these questions that were whirling around in his head, as well as from all the smoke that was emanating from the hookah.

Miraj shook Param saying “Where did I lose you my friend?”

Shaken out of his reverie, Param unwillingly took the pipe of the hookah to his mouth, and at the first puff, started coughing. Everybody was staring at him.

“Never mind! This happens when it is the first time,” Raj told Param grinning sarcastically.

For the first time, Param realized how insulted he was. For the sake of ‘enjoyment’, he had to try a thing such as a hookah, which he disliked, and this gave him a good deal of suffering. Whether it was done forcibly or to save his face, so to say, it was still very hurtful.

“How was the inauguration? What did you eat there?” Asked Param’s mother when he got home.

“I only had coffee.” He lied to his mother, but thereafter he had a lot of remorse. He was haunted by the thought, “Am I doing something wrong?”



**Let us see
what Dadashri says
regarding this matter...**

Gnani's Scientific Solutions

Nature forgives a man who repents after he lies. When he repents, nature does not count it as an offence or sin. People, on the other hand, will punish him and he will have to suffer the consequences of his actions in this life.

Questioner: But that is what everyone believes – that it is wrong to tell a lie, to eat meat, to misbehave and yet people do all those things. Why is that?

Dadashri: If a person was to repent heartily, his faults would eventually disappear. But people speak superficially. Although you may commit a terrible mistake, if you sincerely repent for it, it will not occur again. If it occurs again, it does not matter as long as you continue to repent.

Questioner: So is it possible for a man to improve? (24)

Dadashri: Yes, very much so. But there has to be someone to improve him. An M.D. or an F.R.C.S. doctor will not work there. You need an improver and not an entangler.

If a mistake occurs even after a lot of repenting, one will feel, 'Why does this occur even after repenting so much?' Actually, with sincere repentance, the mistakes will definitely go away.

Pratikraman brings about a state of lightness. The moment one makes that mistake again, the repenting starts.

When do the effects of karma caused in past life (sanskar) change? Either when you repent day and night, or when you attain our Gnan.

Repenting is no ordinary thing. Repentance should occur.

Questioner: What if one does all kinds of bad and negative things all day long and then repents at night?

Dadashri: Yes, provided he repents heartily.

Questioner: What if he repents and makes the same mistakes again the next day?

Dadashri: Yes, if he repents heartily then his work will be done.

Questioner: The repentance that occurs, is it because of the planning (intent; bhaav) from the past life?

Dadashri: Repentance occurs because of the knowledge (gnan) in this life.

Questioner: What should we do if we have done some negative things in life and we feel bad about them, but there is no repenting?

Dadashri: The fact that you feel bad about it is repentance itself.

If a person repents any of his actions, that person will one day become pure (shuddha); that is certain.

Types of Mistakes

Mistakes of the Dark (Hidden/Unaware)

Such mistakes that we don't notice, are the mistakes of the dark.

We are unaware when these mistakes occur.

Only a Gnani Purush and Guru can show us the hidden mistakes made by us.

By praying to The Gnani Purush or Guru, He can show us these mistakes.

E.g. Who am I? Who is doer? Sukhshmatam Mistakes.

Consequences :-

The consequences of these mistakes is that one cannot attain moksh.

One cannot be free from these mistakes, he also cannot get free from sansar.

Mistakes of Daylight (Open/Known)

Those mistakes which we are aware of, are mistakes of the daylight!

Those mistakes which we see but are unable to work on them, are considered mistakes of the daylight.

Mistakes of daylight become more noticeable and proportionate to your growing awareness.

By doing 'pratikraman', daylight mistakes become more noticeable.

E.g. A 14-year old teenager knowingly or unknowingly crushes a cockroach under his foot. This is a mistake of daylight. Both have different consequences.

Consequences :-

The punishment for having crushed the cockroach knowingly, will result in the death of this teenager's mother, when he is old enough to be in pain for his loss. The punishment for having crushed the cockroach unawares, will result in the death of this child's mother in his childhood when he is not yet aware of his feelings.

User Feedback

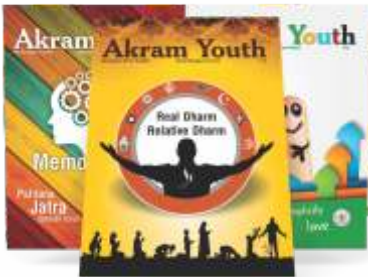
I was impressed by the Akram Youth: Dreams.

Muje Dream topic ka ek baat dil pe lagi ki jo hum log dream me agar kisi ko dukh diya ho, to uska pratikraman karna chahiye..or kyu karna chahiye ye bhi bahut acchi tarah bataya gya he.(One of the topics that touched my heart about dreams is that if we have hurt anyone one even in our dream, we must do pratikraman. They have also explained very well, how to, and why we should do pratikraman).

Me abhi Common Sense topic ka Akram Youth padh raha hu usme muje ek column nahi samajh me aaya he means to say conclusion nhi samajh me aaya Column ka naam h Experience by Aptsinchan Sadhak Page No:10...

Recently I attended the Summer Youth Camp. The theme was 'Spread Happiness'. Iss session ko attend karne k baad muje hamesha kisi naa kisi medium se chahe woo fb ho ya wahatsapp,quotes,peoples ,etc muje hamesha happy rehna ka reason milte h aur yaad dilate h ki muje happy rehna hai.

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We would love to hear from you.

Send us your feedback and suggestions.

Email: akramyouth@dadabhagwan.org



10 | July 2016

Experience

Niruma: Were you ever stubborn?

Aptputra: Niruma, I have been stubborn many times. In today's 'samayik' I saw that when I was kid, before Dada's Gnan, I used to bully my elder brother. After a few manipulative tantrums, I used to get things done my way. Everyone would get fed up of me and would give in. My mom, my dad and my brother were always helpless against my powerful tantrums. My brother would let go, so mom and dad would think likewise and let me have my way. This way I used to get everything done my way.

Niruma: Once, in the year 1990, you, your brother, and sister-in-law had come to me. Usually your brother does not complain, but that day he told me, "Niruma, my brother never admits to his mistakes. He always points to my mistakes." When I asked you whether this was true, you said to me, "Niruma, if he is at fault, I will surely show him his mistake. I never make a mistake so why should I admit it? He is the one who makes mistakes, whereas I am very sincere and hard-working. My elder brother is lazy!"

That day, after discussing this topic with you for nearly half an hour, you still did not accept your mistakes and insisted that you never made mistakes.

Then I told you, "There was one Mahavir Bhagwan who was faultless and now you are the second! "Jai Mahavir Bhagwan ki!" (I salute Lord Mahavir)" Saying this I bowed down to you. Then for the first time you realized that the fact that

you were not Mahavir Bhagwan was 100% true, and therefore, the fact that you did make mistakes, was also 100% true. Then you started thinking of how wrong your tantrums were.

Not accepting one's mistakes is obstinacy. You go on pointing out other person's faults and even after you notice your own mistake, you do not accept the fact. That amounts to being obstinate. It is your stubbornness.

When you get rid of your blunders and mistakes, you will not have any superior.

**When you
will get rid of
your
blunders and
mistakes,
you will not
have any
superior.**



12 | July 2016

When you recognize your own mistakes, you develop tremendous inner strength.

M

One becomes as superior as the number of mistakes he admits.

I

One who does not have any mistakes, will have no superior.

S

When one accepts his mistake, his face shines with humility, he utters good words and people follow him.

T

If a person had broken the pattern of just one major mistake in every one of his past births, he would have been on his way to salvation by now.

A

If he realizes that all his sufferings are due to the result of his own mistakes, would he worry? By pointing to mistakes in others, he undergoes suffering and worry. He suffers day and night, burning within. Because, he feels he suffers due to the faults of others!

K

E

A reporter was

interviewing a Business Tycoon...



Interviewer: What is the reason for your success?

Business Tycoon: 2 words.

Interviewer: What are they?

Business Tycoon: Right Decisions.

Interviewer: How do you make the right decisions?

Business Tycoon: 1 word.

Interviewer: What is the word?

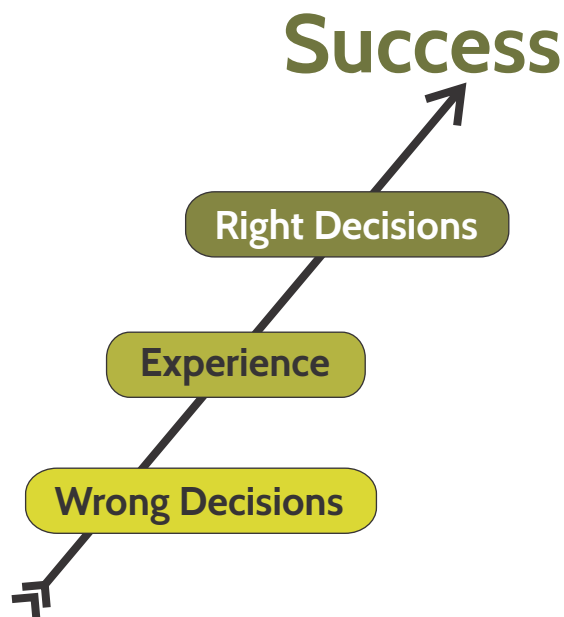
Business Tycoon: Experience

Interviewer: How do you gain experience?

Business Tycoon: 2 words.

Interviewer: What are the 2 words?

Business Tycoon: Wrong Decisions (Mistakes)



Wong Decisions, Mistakes, when taken in the right spirit are the stepping stones to success.

How Mistakes Can Make You Smarter

There are typical responses to mistakes: paying attention and shutting down. OK, nobody wants to make mistakes -- but how you react to them makes a big difference in whether you learn from the mistakes, or not learn from the mistakes.

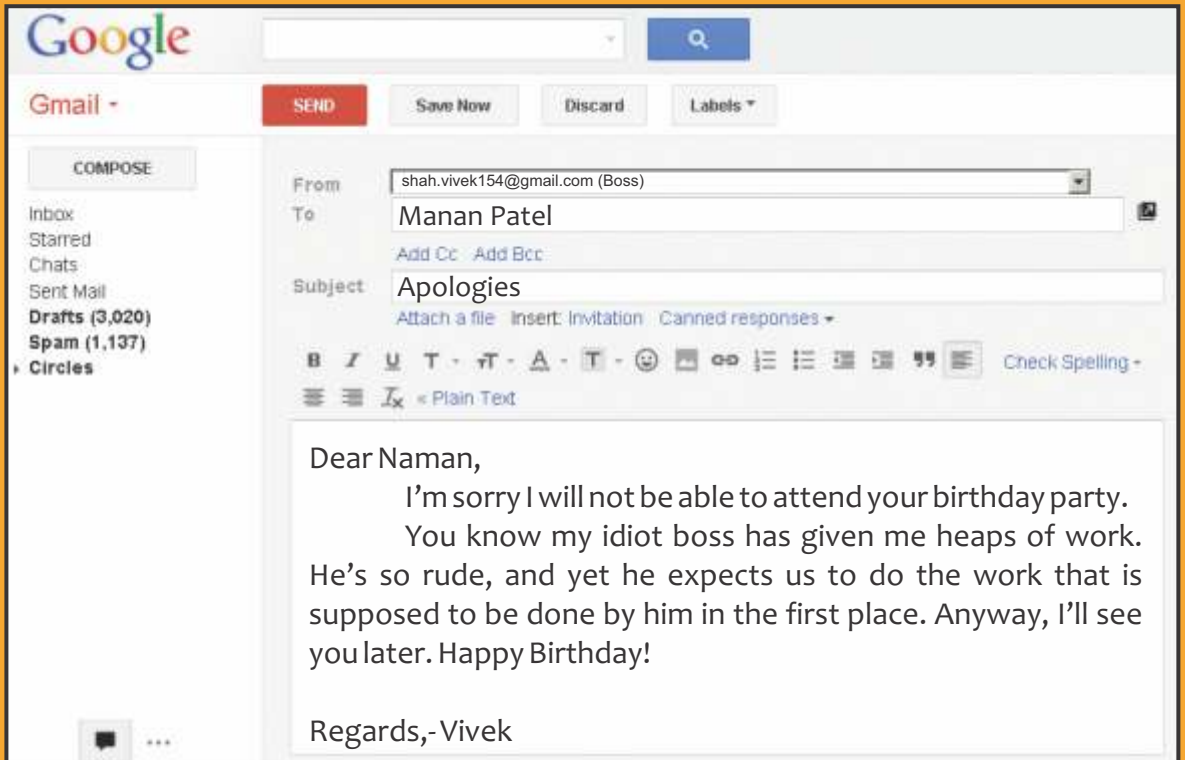
Two new studies looked at what happens in people's brains as they made mistakes. One used college students performing a computer task; the other study used doctors making decisions about which medications to prescribe. In both studies, participants received immediate feedback about whether they had made the right decision, they were also given opportunities to try again, using what they had learned.

It turns out that there are two typical brain responses to mistakes. One looks like a "wake up call." The brain hones in on the negative outcome, and treats it like a problem that needs solving. What happened, and why? The brain also increases its attention during the next decision, as if it is trying to prevent a repeat of the mistake. When this happens, people are much more likely to improve their performance and learn from the mistake.

The second brain response looks more like a 'shutting down'. The brain reacts to the negative feedback as a threat in itself. To escape feeling bad, or doubt one's abilities, the brain chooses to not think about the mistake. Interestingly, people whose brains show this 'shutting down' response pay much more attention to positive feedback.

The researchers think this is evidence of a confirmation bias - We want to feel good about ourselves, so we pay more attention to feedback that is consistent with our self-image. When this happens, our performances do not improve, and we fail to learn from our mistakes.

What is the lesson we learn from these studies? When you make a mistake or receive critical feedback, don't panic. Think of it as an opportunity for learning, and remember that the process of "failing" -- when you're willing to pay attention -- is often what leads to the greatest successes.



Your message has been sent. [View message.](#)

Google does not have a delete button
but LIFE does.

16 | July 2016

Pratikraman

Life's Delete Button

Pratikraman: The solution to relationship problems Are you trapped in the never-ending, intense emotions of anger, greed, suspicion, jealousy, and animosity for anyone?

Have you committed a sin that is now making you feel guilty or depressed?

Have you just realized that you tend to hurt people through thoughts, speech, and actions?

Is there a relationship that is taking away your internal peace through fights, contempt, or conflicts?

Do you have a bad habit such as lying, making fun of others, or stealing?

If your answer to one or more of these questions is yes, you truly must be seeking the way to sow seeds of peace and bring happiness back into your life, right?

Well, there is one easy and effective solution to all these problems – Pratikraman! It is the means to get guaranteed freedom through apology and repentance for gaining peace of mind so that you can live in harmony with family, friends, and co-workers.

Pratikraman is done with the Lord (Whomever you may believe in) as your witness, Pratikraman is a three-fold, short mental procedure that entails at first, an apology or confession with understanding, then, asking for forgiveness with heartfelt repentance, and lastly, making a strong resolution to never repeat the same mistake. It is a scientific way to get rid of any bad habit, misdeed, sin, or bad emotion!

Param Pujya Dadashri has shown us how to use this most powerful weapon of Pratikraman for fighting against all the odds of our lives. Whether it is a matter of how to fix a relationship, or how to get rid of a bad habit, Pratikraman is the scientifically and spiritually tested way to wash off your wrongdoings, just as you remove the dirt or stains from your clothes every single day. That's why even Christians have confessions on Sundays, isn't it? However, it is a virtue that is not restricted to Christianity; in fact, it is a healing practice meant for mankind to continue to keep to their humanity alive! Pratikraman has such an impact that if you do pratikraman for a person, whether the person is present or not, for one hour, it will bring profound changes within that person. With heart-felt apology and repentance, you will feel lighter. Not only that, you can even turn your foe into your friend without uttering a word to him!

**You yourself can
practically apply
pratikraman at every
stage of your life and
GET FREEDOM FROM
ALL YOUR MISTAKES**



Gnani with Youth

Questioner: One can understand that the justification and the protection of faults, by way of speech, is ‘upraanu’ (taking its side or being partial to the mistake). Can it also be done by way of our thoughts?

Pujyashri: It is not so. It is still subtle in thought. When is it ‘upraanu’? When someone points out to you that you have spoiled something, and if you feel that it is true and that it is your mistake. Simultaneously, you also feel that her method is correct whereas yours was incorrect and indeed what she is doing is right and you feel that you should support her. Then, if at the same time your friend comes to you and says, “Why aren’t you active this time? Why have you passed on your work to someone else” and you reply, “No, no. She bullied me and snatched everything from me, otherwise I would have done it!” Then it is because your ego is enraged, you rushed to protect your ‘position’.

She knows that it is wrong to deal with situations with anger. Yet, she gets angry

with her son and scolds him to study. She unnecessarily quarrels with him. Then her husband interferes saying “Why are you having this unfruitful discussion with him? Let him get bad results, but you have to stop quarrelling with him!” “You don’t bother!” She shouts back at her husband, “You are not at home all day, so I have to handle him. If I don’t keep an eye on him, how will I know whether or not he is studying?”

Here, when she gets angry with her son, he suffers and she is fully aware of this and she knows that what she does is wrong. But the moment anyone points out her mistake, she immediately protects it.

Questioner: Does that mean that only when someone is present she takes ‘upraanu’ or can she do that in her mind?

Pujyashri: That may be so, but as a precaution she prepares herself mentally that if he says something to me, then, I will say this, and actually when the situation arises, she justifies her mistake by saying exactly what she had planned, and therefore, taking ‘upraanu’. So then what?

Dada says it is wrong to smoke a cigarette. A person is penitent about his smoking, because he knows that it is wrong, but when someone tells him, “I saw you smoking a cigarette.” He then protects his habit by justifying it by saying, “I don’t drink tea, and I don’t chew tobacco. I don’t have any addictions. I smoke only once after lunch and once after dinner, no more.” Thus, he knows his mistake, yet he protects it.

Questioner: Then what should he say?

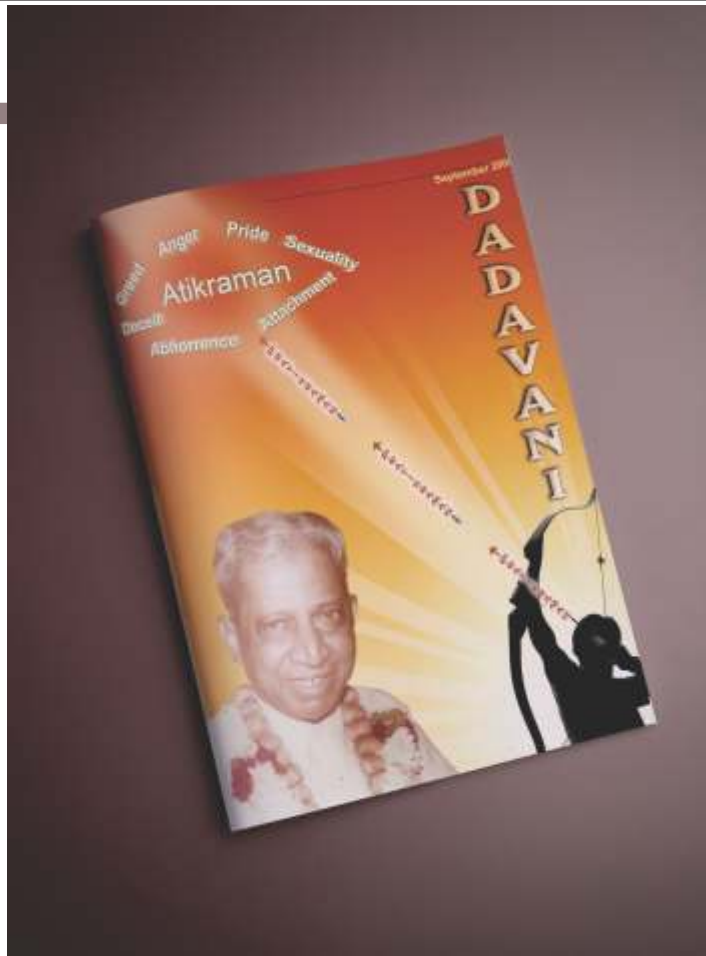
What kind of readiness must he have?

Pujyashree: If someone points out my mistake, I should be prepared to accept it by saying, “It is true. This is my weakness. I repent for this mistake.” I should admit that I am doing wrong and must repent from within for this mistake. Moreover, I should be thankful to the other person for pointing this out to me because it is my mistake.

Where on the contrary, we push the person away and we stop him from speaking further saying, “Don’t say another word to me! You should focus on your own mistakes!”

So, when someone points to our mistake, our intellect protects it and thereby that mistake remains on hand with an extension of 20 years!

**So, when
someone points
out our mistake,
our intellect
protects it and
thereby that
mistake remains
on an extension
of 20 years!**



Dada's Book Excerpt

I have searched far and wide and have discovered that there is no one in this world above you, to whom you are answerable. The entity that you consider God above you is your very own Self. God can never be anyone's superior. So then who is your superior? – Your own blunders and mistakes are your only superiors! I have no boss because all my mistakes and blunders have been cleared. You too can be free like Me.

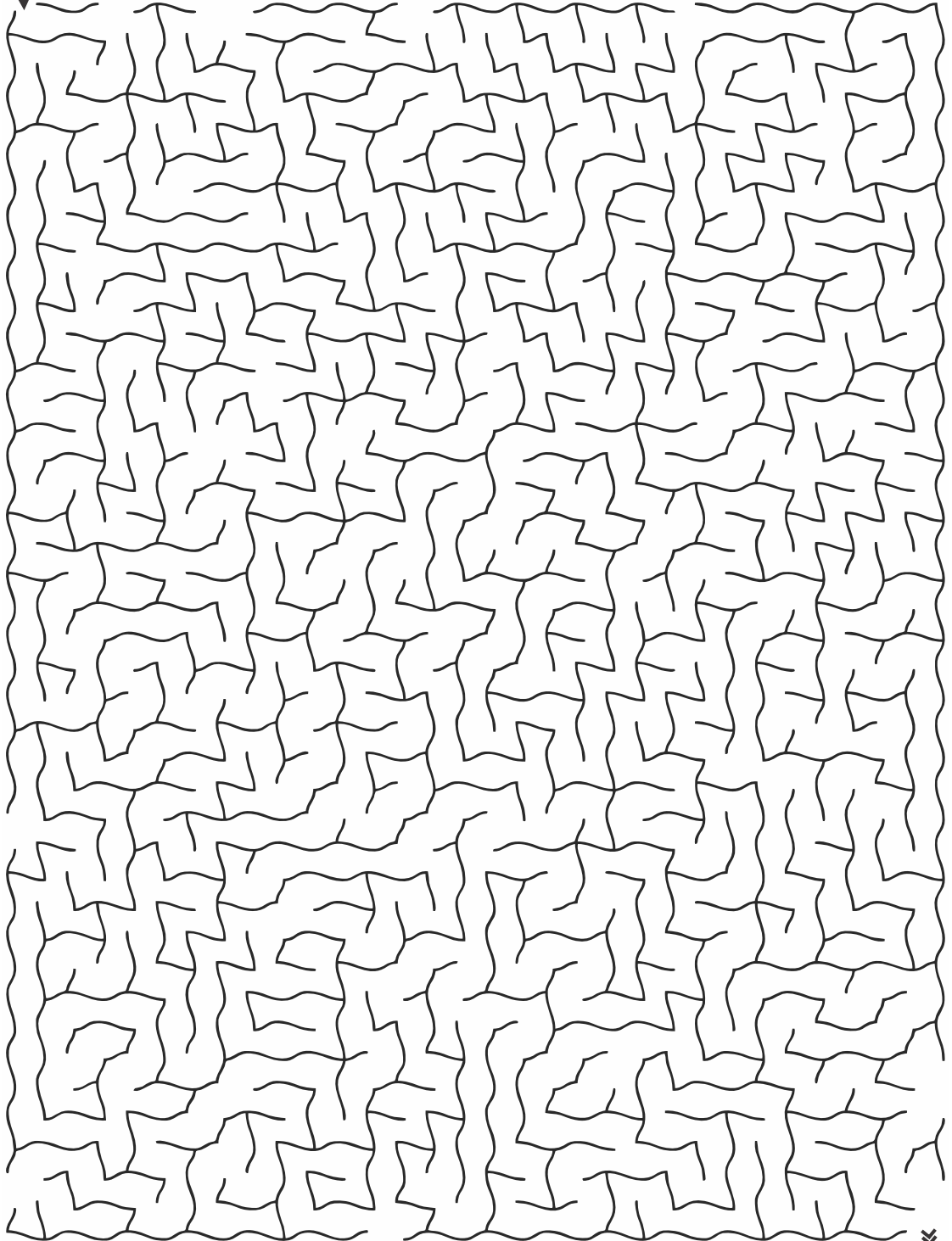
Suppose that on your way here to satsang, you were involved in a minor car accident and you failed to stop when the police signaled you. If the policeman were to come here, you would immediately know that he has come for you. You will be aware of the mistake you made. Now you have to rectify your mistake.

Until now, you have always looked at other people's faults and blamed them. You could not see your own faults.

When you see your own faults and you destroy them, you will become God.



Find the way





A specially designed Akram Retreat for International Youth between the age of 13 to 21 years.

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The Retreat includes interactive activities, day-trips, jatra (religious tour), group discussions, self development programs & games, videos and also satsang sessions with Aptsankul bhaios & behnos. It gives a wonderful opportunity for youngsters to visit India & Simandhar city to get a flavour of Indian culture, interact with other like-minded youths from various countries and get an introductory understanding of Akram Vignan.



Priyanka Harania
Kenya

I had so much fun. On coming here I felt at peace and most of my questions were answered.

We'll study Dada's principles and apply them in day to day life. If we progress with the right understanding, then we get two benefits... one - the benefit of progress in Gnan and two - the fun of travelling.
- Pujyashri Deepakbhai



Soham
U.S.A.

Before iStar, when we had sessions at Dallas I didn't really like all the vidhis and asim jay jay kars. I really thought they were boring. But then after I came here, I really felt at peace whenever I did them so it helped me see the value of doing vidhi.

22 | July 2016

Destroy just one mistake

Take a step forward to become God

As Dadashri says...

Bhulo Bhange e bhagwan

Write 1 mistake which you want to destroy.



Congratulations, you have taken a step closer to becoming God.

How does feel to destroy a mistake? Share your feedback / experience...

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