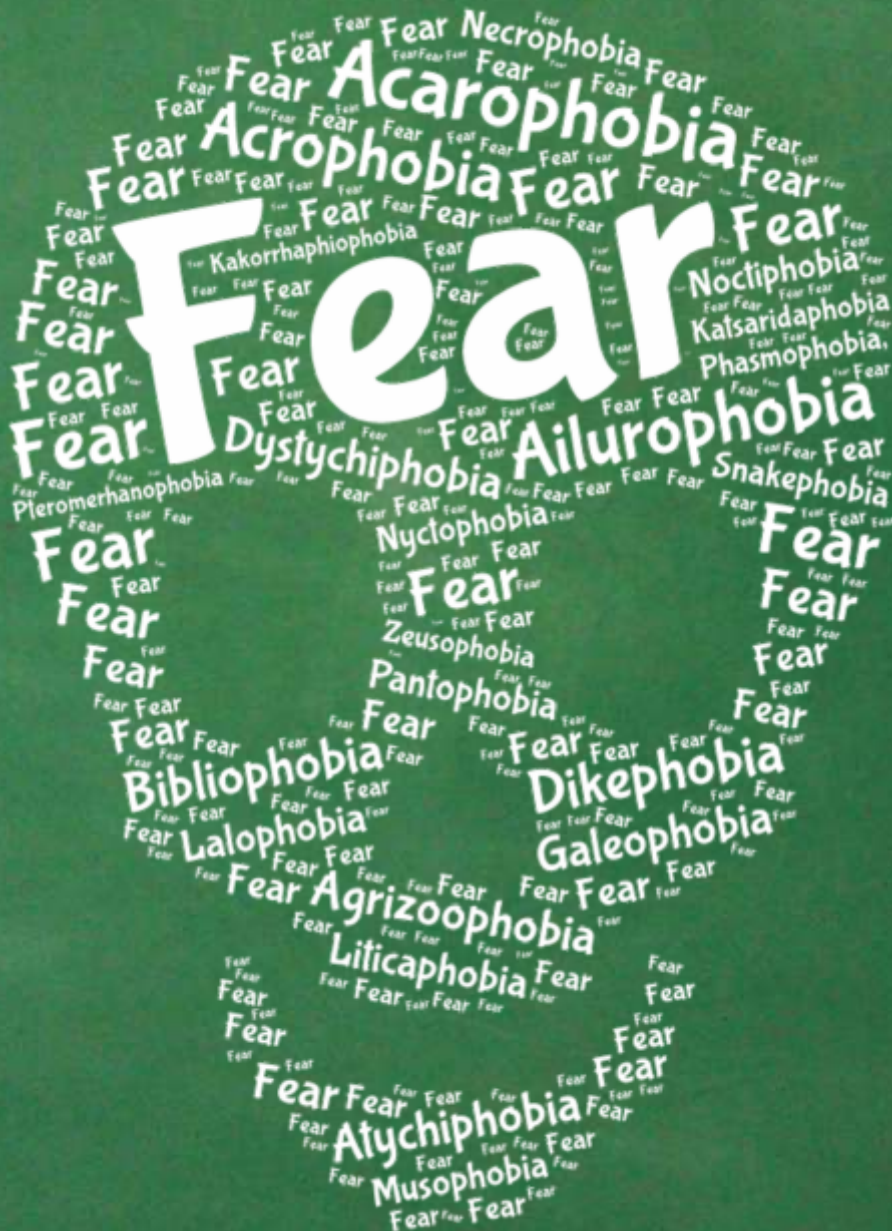


# Akram Youth

June 2016 | English

Dada Bhagwan Parivar

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**Contact :**

Gnani Ni Chhayama (GNC),  
Trimandir Sankul,  
Simandhar City,  
Ahmedabad-Kalol Highway,  
Adalaj, Dist. Gandhinagar,  
Gujarat-382421  
Phone: (079) 39830100  
email: [akramyouth@dadabhagwan.org](mailto:akramyouth@dadabhagwan.org)  
website: [youth.dadabhagwan.org](http://youth.dadabhagwan.org)  
store: [dadabhagwan.org/akram-youth](http://dadabhagwan.org/akram-youth)

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## Editorial

It is very difficult for people, and especially for men, to accept and admit that, "Yes we are afraid." "We feel fearful." There are many types of fears in our day to day lives. Fear of public speaking, fear of losing a loved one, fear of heights and fear of cockroaches, just to name a few. In this issue, let us observe in detail, this instinct of fear. Let us understand the types of fear. What is normal fear? Is fear an illusion?

After getting to know fear, let us understand how fear is born. What do we fear?

Then, let us learn the ways that Dadashri has shown us to get over fear. To overcome fear, the easiest way is to live with a fearless person. We take warmth, comfort and depend on people or on objects (hunf), but as both, people and objects are temporary, our fears don't subside completely. To be completely fearless, is to be Vitrag (free from attachment or abhorrence). That can be achieved by taking comfort and depending (hunf) on the grace of a Gnani.

When fear arises, you can either fight it or run from it. Let us learn how to fight fear in this issue of Akram Youth.

- Dimple Mehta





# Types of fears

Various types of fears eat away a human being. How can he get rid of these fears unless he gets the support of the 'true understanding' behind these fears? Dadashri has explained us the 3 types of fears. Every living creature has fear. However, in humans, these fears end in adverse results.

## Normal Fear

Every 'life' in this Universe is oppressed by fear. Fear is present in every living creature and that is normal. When circumstances of fear arise, only then, do living creatures feel fear, and due to this fear, man remains within his bounds (straightforward or true or cautious). To understand this, let's take an example.

**Dadashri:** At any time in your life, did you steal? Even in secret? You may not have stolen something openly, but you may have stolen something secretly.

**Questioner:** No. I haven't.

**Dadashri:** You haven't? You don't like to steal?

**Questioner:** Of course, I would like to, but I am afraid to do so!

**Dadashri:** People don't have strong minds. They only remain steady or true or cautious out of fear. Similarly, this normal fear always stops us from committing any offence. For example, whilst driving a car, a person drives with caution only due to the fear of an accident!

## Adverse Fear

Adverse fear starts after the development of the intellect, so it exists only in human beings. The more he considers himself temporary (destructible), the greater his fear. There may have been two obstacles during the month, but he harbours the fear of those obstacles everyday – this is due to adverse fear... if a bowl of curry is spilled once, it does not mean that it will happen every day. At night, if you see someone walking towards you in the darkness, in your mind, you may fear that he will rob you...

There are two types of adverse fear:

**1) Magnified** – Only one incident of fear may occur, but it will seem like it is a hundred-fold!

**2) Hallucination** – There may be no imminent fear, but it will only seem to be there! One person may be coming to dine at your home, but you fear that 100 people may visit. This is 'magnified' adverse fear.

Nobody has told you about inviting anyone for dinner, yet you fear, "What if somebody comes unexpectedly?" Such thoughts are 'hallucination' type of adverse fear.

## Let's look at some more examples: We asked some readers of Akram Youth magazine as to what fears they had. Here are their revelations:

- 1) Just before the Board exams, you hear through someone that this year's question papers are going to be 'hard' (difficult), so fear grips you.
- 2) If I have told lies about any of my family members or friends, I start to fear that they may come to know about the lie.
- 3) When I have been given responsibility to do any kind of work, I always fear that I will not be able to finish it.
- 4) If I have seen an accident on the road or when I see such videos, I constantly fear that I might also meet with such an accident while driving.
- 5) At school, when a friend informs me that the principal has called me to his office urgently, I start fearing (without waiting to find out the reason), as to what my mistake could be, because we have the wrong belief in our mind that 'Sir' always scolds everybody.
- 6) If I have seen a snake by the roadside once, every time I pass that spot, I feel fear.
- 7) If one is afraid of cockroaches, lizards or mice, one will not step into the room out of fear, and will not even bother to find out if they are really there in the room.
- 8) When I have not done well in one of my exams, then I fear that I will not be able to do well on the rest of my exams.
- 9) If I have to do a 'presentation', and I am weak in English, I fear that I will make a fool of myself, if I make mistakes when speaking English.
- 10) I always fear that a snake bite will result in death, although we are aware that many types of snakes are not poisonous.
- 11) As soon as the phone rings, I am afraid, before even answering the phone to find out who is calling. This is due to a bitter experience in my past.
- 12) After climbing a mountain, I fear that I may slip and fall down from the mountain, although I know that such incidents do not happen that often.
- 13) When one has fear of water (hydrophobia) and he goes boating, he is afraid of drowning, although he knows that such incidents will rarely happen.
- 14) If I happen to have damaged any expensive item in the house and have not told anyone about it, I am afraid to face my parents.
- 15) After seeing a 'horror movie', I fear ghosts in the night!
- 16) When one has had an electric shock, he is afraid of doing any electrical work.
- 17) When I have to go for my medical check-up, I am afraid of the pain from the injection!

# Physical Symptoms of Fear



Numbness, Weakness,  
Fatigue, Restlessness



Dizziness | Feeling that you  
are going to pass out



Panic attack



Rapid heartbeats,  
Chest pain



Trembling | shaking or shivering.



Stomach upset



Shortness of breath,  
Feeling jumpy



Mind goes blank, Depression,  
Suicidal thoughts



As I was leaving home for my class, my aunt asked me, "As you are going out, can you take this bag of grains for grinding?" I said I would. I wore my backpack on my shoulders, and held the bag on the top of my head.

When I was walking through the lane in my neighborhood, an aunty passed a comment, "Is this the new fashion?" I retaliated with anger, "What is your problem? I will do whatever I feel like, why have you to say anything?"

Because I was already angry, I shouted at the students in the class. My mind kept going back to thinking about what I would do or say to that aunty, and that I would go to her house and tell her off! I was burning with anger, thinking of how she could insult me like that!

Then, I read the issue of Akram Youth on anger (krodh). I Learned that, "To digest insult, shows that one is more powerful".... And so I did Pratikraman for the way I behaved with the aunty. Also, for a beautiful "Akram Youth" magazine, you have my heartfelt thanks.

-Krishna Jetani, Bhavnagar.

Monthly youth circle magazine

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# Why do I feel Fear?



ome on children, sit down to eat now!" Surekhaben called out from kitchen. "Yes mom! Just give us a little more time, please! There is great suspense in this movie." Nirali's younger brother Samir pleaded.

"What's the suspense?" asked Nirali eagerly, as she sat on the sofa. "Ah! The suspense is whether this hero has really become crazy, or just acting like he is crazy!"

"Oh!" said an apprehensive Nirali. Suddenly she turned pale while watching the scene of a mental hospital. In 5 minutes Nirali got up and started to walk towards the kitchen. Samir was surprised and called out, "Hey! Don't you want to see this movie?"

"No, no..... I am going to be late for the tuitions....." said Nirali, as if she was trying to escape.

Nirali had difficulty swallowing as she gulped her food down, but she quietly finished her meal. All the while, she was thinking of someone that made her uncomfortable.

Engrossed in setting up the kitchen, Surekhaben was not aware of this.

"Mummy, these mentally sick people should be put in the mental hospital by their family members!" Blurted Nirali

"Why?" Surekhaben was surprised.

"They can be dangerous for other people."

"No dear, they are not dangerous. It is only due to a chemical imbalance in their brain".

"But mummy, such people can also cause harm to people around them!"



"That is not true for all cases." Her mother replied.

"But I am afraid to look at them, I fear that they will do me harm at any moment."

"Nirali, why do you have such fears? On the contrary, we should sympathize with them and their family members, because of the fact that they are trapped in helplessness for life.

Nirali did not answer her mother and with a gloomy face, she left for her tuitions. All the way she was gripped in a certain fear.

Two hours later, Nirali came home. She quickly went to the bathroom and started washing her feet. Sensing that something unusual was happening, Surekhaben followed her to the bathroom.

"Oh! What is this? What happened to you?"

"Nothing really, I fell off the cycle."

"How did you fall? I hope you are not too badly hurt."

"No, I just have a few bruises on my knees."

Surekhaben gently cleaned her wounds and applied medicine to it. Then she went to the kitchen and warmed some milk and went to Nirali's room to give it to her. "Why are you lost in your own thoughts Nirali? What's troubling you so much?"

Nirali was waiting for this question, so she burst out, "Mummy, I told you before, that a crazy person is often sitting on the road that I have to take on my way to my tuition!"

"Yes, I have also seen him several times sitting on the side of the road."

"Yes mom, but today when I was coming home, he was standing in the middle of the road and shouting away!"

Suddenly realizing what Nirali was going to say, Surekhaben questioned, "What happened???"

"I was very frightened and without looking

around, I rode my bicycle too fast, lost control and crashed in to a wall!"

"Oh Dear, but why were you afraid?"

"I don't know mummy, as to why, but I feel angry, and also afraid, when I see such crazy people."

"Did he do anything to you?"

"No."

"Then, aren't you unnecessarily afraid?"

"Do you remember mummy, there was a mentally sick man, who used to stay in grandma's building?"

"Yes, I do."

"Grandma used to tell me that he used to beat his family members and when he got angry, he would throw whatever he could lay his hands on, at them."

"But dear, why do you think that all mentally sick people are the same? Now, try to remove this fear from your mind."

"Even at that time, I used to get angry as to why he was allowed to stay at home with his family." Nirali continued.

Surekhaben interrupted, "If you are afraid to walk or bicycle along your regular path, how will you ever manage to get around?"

Although Nirali was listening to what Surekhaben was saying, her fear had taken a grip so deep inside of her, that she was unable to find a way out of it. Whenever she went for her tuitions, she would look around to ascertain whether that person was on the road.

Even after her mother had left her room, she kept thinking as to why she was afraid to even look at him.

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

# Gnani's Scientific Solutions

very living creature in this universe is troubled by fear. Fear is inherent in every living being, but is present within the normal limits. They feel fear only when the circumstances of fear arise. Humans however, suffer from wrong fear (viprit). Viprit means that, after a single fearful situation has occurred, one will see or imagine hundreds more in the future. It is also viprit fear, to feel fear where there is nothing to fear. For example, you may have invited only one guest for dinner but you fear as if a hundred are coming. This is viprit fear. Viprit fear is false fear, imaginary, illusionary and worldly and highly aggravated in intensity.

What breeds fear? Fear is born from disdain that is actually borne out of abhorrence. Also, there is a continuous presence of fear in the feelings of contempt and disgust. Why are people afraid of the police? It is because they dislike them. Why do we fear the courts of law? Do the courts harm anyone? No, but because of abhorrence for it, one fears the courts. Fear is the expression of abhorrence and contempt one nurses within oneself. One fails to see God in a snake and hence fear arises. An encounter with a snake is purely a circumstantial evidence. If one encounters a snake and no feelings of fear arise within him, then the snake will pass by quietly without bothering him. Nothing will happen if there are no pending accounts with the snake.

## **C**ontempt – To Dismiss with Scorn | You Fear That What You Despise

You will fear anyone or anything that you have contempt for. Why do you fear the policeman? It is because you scorn him. Whatever you disdain, will cause you fear. If you scorn mosquitoes, they will not leave you alone at night.

If you have contempt for courts or lawyers, you will have a fear of entering the courthouse. Why do you not fear someone you know and like? It is because you do not feel any scorn for him.

**Questioner:** Does contempt come first, or is it fear that comes first?

**Dadashri:** First there is contempt. It is not fear that comes first. Why does contempt come first? Somewhere, you may have heard that policemen are really bad. So you have a prior knowledge or opinion because of which, you develop contempt for them. That feeling of scorn gives rise to fear, which increases gradually over time. Then when you see a policeman, you become nervous, even if he approaches you to ask for an address.

**Questioner:** If scorn (Tiraskar) gives rise to fear, then what does attachment (raag) lead to?

**Dadashri:** Infatuation (Murchha; illusory attachment) and unconsciousness occur. When both of these go away, you become Vitarag.



**Questioner:** Whenever I go to write my exams, I am very afraid. What if I don't know any of the answers?

**Aptputra:** Since you don't like exams, you fear them, otherwise examinations are not bad. Since you don't have an interest in studies, you are unable to prepare yourself appropriately. Hence you have this fear of exams, and fear of results. If you do take interest in your studies and be sincere to your goal of education, you will surely be successful.

Even a spider makes many attempts to climb up the wall. The spider falls down several times, but it doesn't let go of its goal. It remains sincere to its goal, so it finally climbs up the wall and achieves its goal. Therefore, you must also remain sincere to your goal of studying and pursue it relentlessly, and you will be successful. Stop worrying about what the neighbours will say, or what your friends will say, or even what your parents will say. All of them are busy with their own worries. Let us see what Dadashri has to say about sincerity.

Dadashri: Once you are sincere, you will win any challenge you face. When you are insincere, you will not win. So remain sincere in all your dealings and you will win the world. When you win the world, you will be able to attain salvation. No one in this world will allow you to achieve salvation (moksh) unless you have won them over.

**By multiplying your sincerity and with the Gnani's grace, you can achieve success in all that you pursue!**



# Sangnya (Instinct)

Starting with the single sensory beings, to the five sensory beings, all living beings have the four basic instincts of hunger, fear, reproduction and sleep. These instincts are an inseparable part of the living being from the time it comes to the womb to the time of its death. Based on these instincts, all its activities occur. Until ultimate liberation, they (the four basic



## Aahaar (Hunger)

Every being has the thought of eating and cannot do without it. Eating is essential, and a compulsory part of a living being's life. A living being is verily the diet of another living being. Nothing that lacks life can be eaten. "Jeevo Jeevasya Bhojanam." A jeev (living being) is the bhojan (diet) of another jeev.

What makes a Cow come running towards a container full of food? It is the instinct of hunger.

It is through this instinct that a living being feels the sensation of hunger. In the Animal and Plant realm, this instinct is most powerful, whereas in the celestial realm, it is the least active instinct.

## Maithun (Sexual Intercourse for reproduction)

This instinct causes the thought of sexuality.

During the monsoons, this instinct becomes highly active in the animal and plant realm which causes them to participate in reproduction. During the rest of the year, animals do not think of sexual activity.

In the human realm, one is continuously absorbed in sexuality due to the intellect (buddhi). The beings of Kalyug (the last part of the time cycle, characterized by ignorance and suffering) have a huge tuber of pride and a very powerful instinct of sexuality.

The instinct of sexuality is most active in the human realm.

instincts) are always present. It is only after the realization of 'The Self', that one can remain Asang (Separate), which means that these instincts can no longer affect Him (the awakened One).

Every living being wanders within the four realms of existence, they are the Celestial realm (Devgati), the Infernal realm (Nark gati), the Animal and Plant realm (Tiryanch gati) and the Human realm (Manushya gati) and these four basic instincts exist in all these realms, though in different magnitudes.

Instincts form the nature of a living being. They are in the form of tubers of the mind. They develop, as soon as the right circumstances gather.



## Nindra (Sleep)

Sleep is necessary for the body. Getting tired and restlessness are scientific circumstantial evidences which cause sleep. Upon eating more than what is required by the body, laziness of the mind (pramad) increases, which causes one to sleep. So, every living being must sleep but the duration of sleep is different for each being.

### Daily Sleep

Man - 6 to 8 hours
Dog - 10 hours
Bats - 18 to 20 hours
Giraffe - 2 hours
Horse - 3 hours
Cow - 4 hours

In the celestial world, this instinct of sleep is very powerful. It is said that the sleeping period of one Dev (celestial being) equals innumerable human life spans!



## Bhay (Fear)

When a puppy, sitting in the middle of the road, hears the honk of the horn of a car, it immediately gets up and starts walking away. What makes it do that? It is the instinct of fear, which causes the fear of death. Had the instinct of fear not been present, then it would not budge at all and a major traffic problem would occur!

Upon hearing sudden and weird noises, the whole body gets startled. These reflexes are due to this instinct of fear. The fear of death is due to the instinct of fear. If animals do not have this fear, they will not move off the road, and this will cause a major traffic jam ! When you honk, the knowledge (gnan) of fear immediately arises in these animals. It is due to the fear of death that they remain steadfast or cautious or straightforward. (Ane etle toh darek jeev pansaro chalechhe!)

This instinct of fear is most active in the infernal realm (hell). One constantly has the fear of death in hell. All the circumstances to activate this instinct are present there. For example, intense darkness, extreme abhorrence etc..

# Stay With the Fearless to Be Fearless

**R**aj and his mother were sitting on a bench in the compound of their building.

"Mom, please let me revise the method of solving the problem. It is just a solved example from our Maths textbook. Please let me read it."

"Nothing doing Raj, you have solved such problems before. It is time to solve it on your own without the help of the textbook. Son, you know you are not allowed to refer to textbooks during the exam."

"But ma, Maths is not my cup of tea. How would I know which formula to apply and where to apply it? I am afraid that I will not be able to solve the problem. Ma, at least give me a few hints."

"Raj, first read the question carefully. Then write down the data provided by the problem. Then think about which formula you can apply to the

problem. After you verify the given data, focus on what you have to find in the problem. Enter the data in the formula and you are ready for the solution! It is easiest hint, isn't it?" If it was so easy for me when I was your age, then why is it so difficult for you? Moreover, if you solve this problem, I will do for you whatever you like."

"But Ma..!"

Get started, son!"

Raj arrived at the solution of the problem, after he proceeded exactly as his mother instructed. It took him about a half an hour, but his fear of maths was gone.

So now we have in the compound, a mother who has lost her bet and Raj who is not afraid of Maths. The punishment for losing the bet was that Raj's mother had to learn to ride a bicycle.

"No Raj!" Now she pleaded. "I cannot do it as I have never tried it before. Look Son, I will fall and get hurt. I will either crash into the

compound wall and break my teeth, or break a bone if I lose control of the bicycle! Your dad will scold you and there will be no one to cook food for you."

"Mom, you must always think positive, and be positive."

To keep her son happy she tried to ride the bicycle.

After barely pedalling a few times, she came crashing down to the ground. Furious, she was about to quit, when Raj said, "Ma, if you can help me drive away my fear of Maths, then





why can't I help you get rid of your fear of riding a bicycle?"

With these words of inspiration, Raj's mother gathered all her courage, got back on the seat, stepped on the pedals, caught the handles and recollected what Raj had just taught her.

Look straight.

Never leave the handles.

Pedal slowly.

Apply the brakes when you lose your balance and quickly place your feet on the ground.

After about twenty unsuccessful attempts, Raj's mother could ride the bicycle on her own for the very first time in her life! Raj would always hold the rear of the bicycle to support his mother and whenever she fell, he would help her up and encourage her to try once again.

With this renewed confidence, Raj's mother practised for another half an hour. It was as if she was reliving her childhood days. She was happy to discover a change in herself and thought to herself that now she was not just Raj's mother, but a fearless mother of a more fearless son.

So remember friends, Maths and a bicycle always run on two wheels. The first wheel is the problem and the second wheel is the solution. Between them, lies the fear which obstructs the path from the problem to the solution. So if you pedal to overcome fear, remember the hints and suggestions given from the 'fearless One', this will help us move the bicycle forward and will lead us from the problem to the solution. In the company of fearless and courageous people, it is easy to solve a math problem or ride a bicycle. Isn't it? In the same way it is easy to get rid of any other fear.



## As Dadashri says...

**Questioner:** Do all fears depart in the company of the 'fearless One'?

**Dadashri:** To become fearless, you have to stay with the 'fearless One'. You have to stay with Him for two to four months. By remaining in His company, all your fears will (effortlessly) go away. Really speaking, there is no such thing as fear. It is merely the result of a distortion of understanding. By being with the 'fearless One', you will understand that this (fear) is due to wrong understanding. Without this understanding, you will stay confused.

## Hunf of Non-living Objects

In the English language, there goes a phrase, 'to walk on a tight rope.' The meaning of this phrase is to act cautiously to avoid bad situations. But in the real sense, and not from the point of view of English literature, it is not a cakewalk to walk on a tight rope. Why is it that it is so easy for the acrobats at the circus or the acrobats who do street shows, but not so easy for a layman? The only reason behind this is our fear of losing our balance. As the rope is tied at a considerable height from the ground, a mere glance at its height from the ground would create fear in us, preventing us from stepping forward and disturbing our sense of balance. Hence the acrobats take the support Hunf of a stick held horizontally in their hands. So whenever the fear of losing balance arises, the acrobat quickly takes the support of the stick and fearlessly walks on the rope from start to finish.

**Hunf of non-living objects  
also dispels our fears.**

16 | June 2016

## A Parent's WARMTH (hunf)

It was 2 o' clock in the morning. Parth was fast asleep in his bedroom. A sudden sound of thunder woke Parth up. Before he could even wear his glasses, he saw lightning, and heard deafening thunder. Even the open windows were banging against the walls. Parth quickly covered his ears with his hands and screamed out for his mother. But alas! His scream was drowned by the heavy rain which had just begun. Frantically, Parth pushed his way through his heavy bed covers and ran to his parents' bedroom. He quickly jumped into their bed and wiggled in between his mom and dad like a little mouse. His surprised mother woke up, but was also startled by the loud thunder and crackling sound of lightning and the rains which poured heavily. A terrified Parth cuddled close to his mother, and he felt totally safe and free of fear.

**A mother's hug or warmth (hunf)  
is the medicine to all of her child's fears.**





## WARMTH (hunf) of Other Humans

A newly elected minister, with an important portfolio, was very happy to be elected during his maiden election. However his PA was happier than him on his getting elected. The minister could now exercise power, and this corrupted his PA's mind. The PA became more arrogant, egoistic, not very friendly to the public and behaved as if he was the minister. He enjoyed a luxurious lifestyle, all thanks to the minister. The PA dared to behave in such a manner, only because he had the support (hunf) of his minister. All interactions of the public with the PA were going to waste, because no one dared to go against this highly influential minister and his personal assistant.

It so happened that the minister was defeated by his rival candidate in the next election. The minister's failure shocked his assistant. Now he could no longer usurp power under his minister's protection (hunf). All the comforts and vanity had vanished in a second. A shadow of fear constantly lurked on his back, for now was payback time for him for the misuse of his master's powers (hunf).

### Temporary hunf provides Temporary gains: Beware!

## Emotional Support (Hunf) of the Gnani

**Questioner:** Every man needs emotional support. For example, At home, as long as the father is with his child, the child feels safe. Otherwise the child experiences fear.

**Dadashri:** Emotional support itself is hunf. Everyone needs hunf. If the son has hunf from his parents, his life goes smoothly. If that support is gone, he searches for it outside. In the absence of hunf, one becomes restless. As long as one does not become fearless, he searches for hunf.

**Questioner:** Can a person who gets the Gnani's hunf, be free of all external support (Niralamb)?

**Dadashri:** Yes, sure! That is the way to become free from all external support (Niralamb)!

The whole world searches for hunf. It is the basis of peoples' lives. A wife requires her husband's hunf. A daughter also needs her husband's or her father's hunf. Everyone needs it. If one has to sleep in his bungalow alone, he calls for someone to stay with him overnight. Now, if someone comes to beat him, then do you think that this person will save him? In fact if his friend is a coward, he will let him get beaten up.. But still, he likes hunf.

The 'Jeev' (the relative self) itself is searching for hunf. The Gnani Purush gives tremendous hunf. The Gnani is the only one who doesn't need hunf. A Gnani is Niralamb (free from all external supports). Others take His support, but He doesn't need anyone's support. He is totally Niralamb.



# Experiences



**I**n 2010, I had an opportunity to travel with Pujiyashri, for 'satsang tour' to New Zealand and Australia. In New Zealand, there is a beautiful and thrilling attraction of skydiving, in which one jumps from a height of 11500 ft.

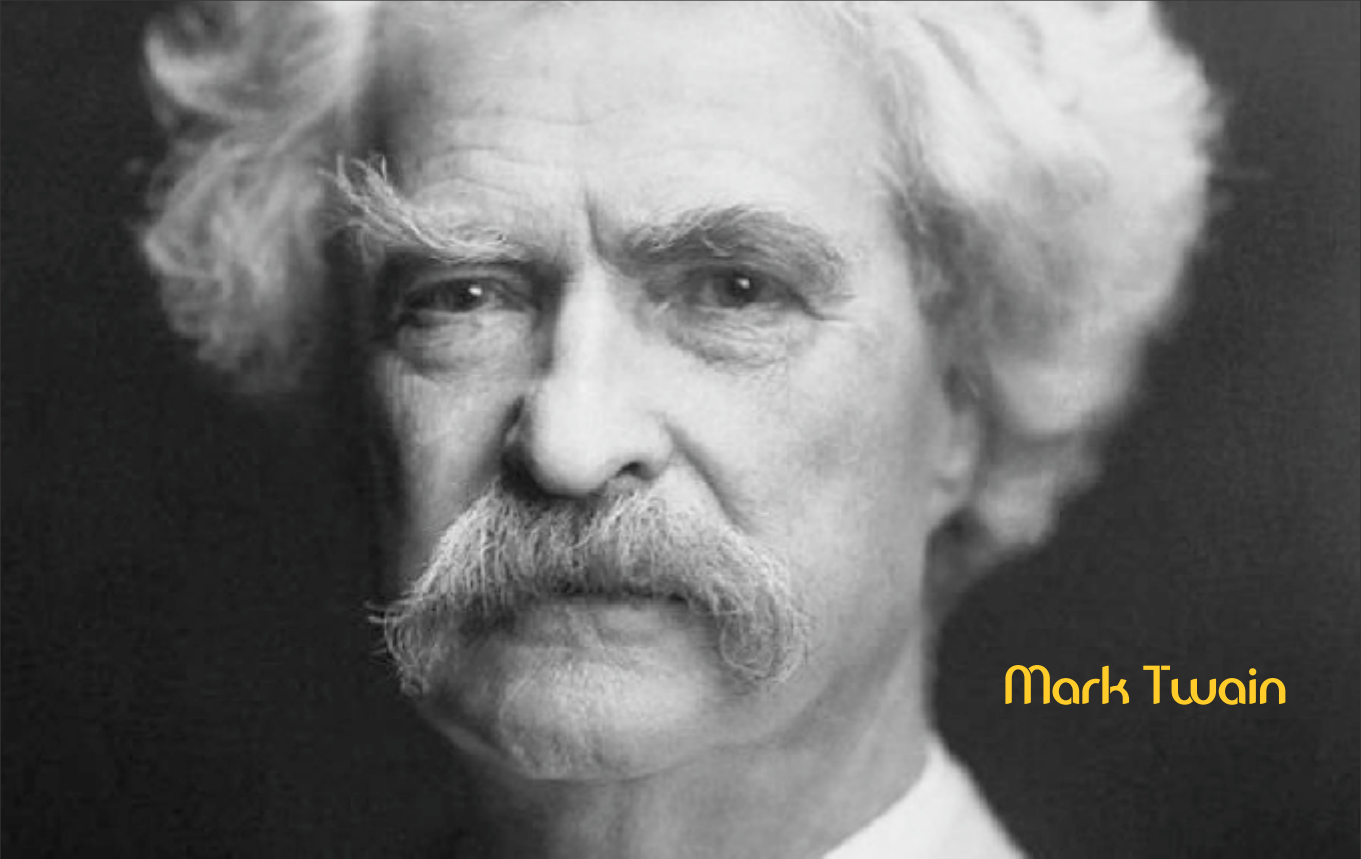
To reach that height one had to wear the appropriate gear and go by helicopter to skydive from 11500 feet which sounded very thrilling. Several 'mahatmas' and I were ready to do it, but many were afraid to skydive. What if they got hurt? What if they had a heart problem? Would they face other problems? Many such questions arose.

Pujiyashri came to know about the attraction and all the doubts the Mahatmas were having. In the midst of his satsang, by way of encouragement, it just slipped out of him that, "Of course, everyone should go! Niruma was fond of such mischievous and thrilling adventures. She admired children who were bold instead of those who were scared of adventure. If there is a chance, it should not be missed. Why should you be afraid? Be in awareness of 'Shuddhatma' and 'know' the various emotions that File No.1 is going through!"

Also, Pujiyashri urged the Aptputri (who was in his 'seva' or service) to put aside her fear and join us in having this experience. On our return, he was as thrilled as we were. He gathered information of the whole process by asking all the Mahatmas and from all the different angles.

- Chhaya Narielwala





Mark Twain

# Glimpses of Great Souls

Samuel Langhorne Clemens, better known by his pen name Mark Twain, was an American author, essayist, lecturer and humorist who wrote a series of famous books including *Adventures of Huckleberry Finn* and *The Adventures of Tom Sawyer*. In 1888, Mark Twain was awarded the Master of Art degree from Yale University.

## How I Conquered Stage Fright - by Mark Twain

My heart goes out in sympathy to anyone who is making his first appearance before an audience of human beings. I recall the occasion of my first appearance. San Francisco knew me

then, only as a reporter and I had to present myself to San Francisco as a lecturer. I knew that nothing short of compulsion would get me to the theatre. So I bound myself by a hard-and-fast contract so that I could not escape. I got to the theatre forty-five minutes before the hour set for the lecture.

My knees were shaking and I had my doubts that I will be able to stand on them. If there is an awful, horrible malady in the world, it is stage-fright and sea-sickness. They are a pair. I had a stage-fright then for the first and last time. I was seasick only once, too. It was on a little ship on which there were two hundred other passengers. I--was--sick. I was so sick that there wasn't any chance left for those other two hundred passengers to be sick.



In the theatre, on the stage, it was dark. I peeped in to the auditorium through the holes of the curtain. The auditorium was dark and empty. By and by it lighted up, and the audience began to arrive.

I got a number of my loyal friends, who were to spread themselves out in the audience, armed with big clubs. Every time I said anything they could possibly guess I intended to be funny, they were to pound those clubs on the floor. On top of this, a kind lady, the wife of the governor, and a good friend, was supposed to be seated in a box up above. She was to watch me intently, and whenever I glanced toward her she was going to deliver a gubernatorial laugh that would lead the whole audience into applause.

At last I began. I had the manuscript tucked under a United States flag in front of me where I could get it, in case of need. But I managed to get started without it. I walked up and down. I was young in those days and needed the exercise--and talked and talked.

Right in the middle of the speech I had placed a gem. I had put in a moving, pathetic part which was to get at the hearts and souls of my hearers. When I delivered it they did just what I hoped and expected. They sat silent and in awe. I had touched them. Then I happened to glance up at the box where the Governor's wife was--you know what happened.

Well, after the first agonizing five minutes, my stage fright left me, never to return. That was the moment, it struck me... In

life, whenever you come face to face with FEAR, you are always left with 2 alternatives... FIGHT (Face your Fear) OR FLIGHT (Run away).

## How to Fight your Fears?

Sometimes debilitating fear of public speaking, technically called "glossophobia", affects a large portion of the population. It is known in medical communities as a type of social anxiety, similar to "stage fright". When you get up to the podium, notes shaking in hand, feet nervously fidgeting, it seems like all the information you know well and rehearsed, delivering has just gone whirling away with your confidence. At that moment, staring at your anticipating audience, all you really want to do is flee. However, the right thing to do is to Fight your FEAR. You have to overcome it someday, Why not now?





“To run away to fight another day” may be a wonderful survival strategy. However, to suddenly flee from a discussion or a speech is not a very good socially accepted behaviour. So in such situations, if you are willing to face your fear, examine your body language. Then confidently tell your body/mind that you are staying, not fleeing.

Take a deep breath, shaking off your other thoughts, holding your head high and having the attitude of, “I will handle it” and with determination and confidence, and start your lecture.

**Always Face and Fight your FEAR.**

# Math-Magic

What is your shoe size? (Should be a whole number)

1. Multiply that number with 5.
2. Add 50 to that.
3. Multiply that with 20.
4. Add 2016 to that. (for the next year add 2017)
5. Subtract the year of your birth.
6. The first number of your answer will be your shoe size.
7. The last two digits will show your age.

Astonish your friends with this math-magic.



# ***Fight Fear***

## ***Find Freedom***

All our Fears bind us and keep us captive.  
Don't we want to be free of our Fears?

Dadashri says,

**“To move a big mountain,  
start by removing a single  
pebble or a stone, one at a time.**

So, let's overcome just one of our Fears by fighting against it. Let us stop  
running away from our Fears.

Overcome one of your Fears and prove to the world that you are Strong.

How does one feel when a fear is overcome?  
Send us your experience.



**Email** - [akramyouth@dadabhagwan.org](mailto:akramyouth@dadabhagwan.org)



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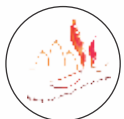


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## Stay With the Fearless to Be Fearless



Send your suggestions and feedback at: [akramyouth@dadabhagwan.org](mailto:akramyouth@dadabhagwan.org)

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