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HAPPINESS SPREAD



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Editorial

How can we be Happy? This is a topic which is well researched by many. A 'Jeev', (a life form) from the very beginning of its existence, is in pursuit of just one thing... Happiness. People do certain things in life believing that the activity will bring them happiness. But because the activity or the path chosen, is not the real path as shown by the Gnani, their happiness is short-lived, and 99 times out of a 100, that same activity, ends up making them unhappy.

So, how can one truly be happy? Let us ask Dadashri. Dadashri says that the best way to find true or real Happiness, lies in realizing one's own 'Self' (soul). Also, by applying the 'right understanding', in every situation in life, one can very easily be happy. Dadashri has given us many simple keys to happiness. In this issue, let us learn 5 of them...

- Staying in the present is Happiness.
- Encouragement is Happiness.
- Helping others is Happiness.
- Gratitude is Happiness.
- Forgiveness is Happiness.

Using these keys are the best and the simplest way to be happy. If we use these keys, it will be almost impossible to be unhappy, or, for anyone to make you unhappy. So, let us learn more about happiness, and choose the right path to be happy and spread happiness to all!

- Dimple Mehta

The Happiness Poll

We asked more than 500 kids about what made them happy and what made them sad. Here are their responses. Is your response similar to one of theirs? Check and compare your responses with theirs.

The Happiness Quotient

Luxuries of Life

Sports Items: bat, ball -100

Clothing: shoes, jeans, makeup -76

Electronics: mobile, tablet, TV, computer, laptop -86

Games: mobile Games, Computer Games, Clash of Clans -79

Vacations: Hill Stations, abroad -46

Food: Eating Out, Cold Drinks, Eating in Hotels, Good tasty Food at home, chocolates -90

Vehicles: bike, bicycle, car -40

WiFi: Free WiFi Passwords, Free Wifi Zone -105

Freedom

When I get what I want -40

Holidays in school -72

Making Others Happy, Helping others -44

Emotions

Appreciation: Parents are proud of me -54

Excel in Studies: Good marks, 1st rank -65

Good Friends -80

Sports: Cricket, football -92

Movies, Drama, TV Series -98

Hobbies: dancing, reading, photography -21





The Sadness Quotient

Lack of Wealth -65

Bad health

Illness -60

Someone harms me -24

Not Having Luxuries of Life

Electronics: Don't have mobile

No WiFi -127

No vehicles -76

Emotions

Demoralized: Someone blames me for things, someone gets angry at me -67

Disrespect: I don't get respect -86

Insult: When I am insulted in front of people -45

Comparison: When people compare me with others -45

Low marks in an exam -94

Tension, worry -76

Failure -88

People don't understand or listen to me -45

Negative news -24

Lack of Freedom

When I don't get to choose my career -120

When I cannot do things my way -42

My Inner Kashays

Krodh, (Anger) Maan, (Pride) Maya, (illusion) Lobh, (Greed) Moh, (Attachment) -48

Even if you say, “When I finally possess all these things, I will be happy, or I will be unhappy if I don't get the things I want.” Really speaking, it can be defined that under both these circumstances, you are **suffering in the present! How?**

Suppose I say, “If I get certain things I will be happy!” Then, do I have to remain unhappy until I obtain these things? With 'true understanding' or 'real knowledge', one can achieve happiness. Joy or suffering is not in relation to any object. The fact that you desire something, is the cause of your unhappiness. If you find happiness in what you already have, then you won't be tempted by something else or become unhappy even if you don't have what you desire. When you were a child, you didn't have to be dependent on 'things', but were happy with what you had. An English nursery rhyme says so...

**The time to be happy is now
And the place to be happy is here
And the way to be happy
Is to make others happy
And have a little heaven right here**

When would you like to be happy? Right now!

While you are reading this, at present, you are happy. What do you need to do to become sad? You would have to recall your past or imagine your future!

What does remembering your past mean? To remember that a person did something bad to you, or that your brother had insulted you yesterday, or even years ago.

What is it to imagine your future? Then you are 'Sheikhchalli' (a character in a children's story who always builds castles in the air). It would be marvelous if I could get the latest mobile phone.

It is the past, as well as the future, that do not allow us to remain happy now. By remaining in the present, we will automatically be 60% happy.

Where do you want to be happy? Right here!

Who says you need to visit any particular place to be happy? If you think that if I could watch a certain film, I would be happy, or, I would really enjoy eating at a certain restaurant and that would make me happy. This actually, will only make you sadder.

I will give you an example which highlights both the points above;

A father approached a likely suitor for his daughter. He had a Master's degree in Business Administration. The father asked the young man. "Will you be able to make my daughter happy?" The young man replied, "I will provide all the comforts of life, and give her security. I will amass wealth for her and give her affection. But, she will have to strive to become happy by herself."



Questioner: How can one remain in the present?

Dadashri: If you forget the past, then, you can remain in the present. The past is gone, so what happens if you remember it today? You can lose the 'profit' of the present, and that is a great loss. We have entrusted the future to the control of vyavasthit (scientific circumstantial evidence); and the past is forgotten. Even if at any time, you receive the news of loss of your money, you should not miss out on the present. So where should you be?

Questioner: In the present.

Dadashri: Yes. If I remembered that a person had said something to me a few minutes ago, then I would lose the present. Whatever happens in the past, settle it right there, in that moment.

If you had to go to the railway station and had to catch the train, also you were in a hurry because you had to handle an important case that day. But alas! You could not catch the train in time, and you missed the important appointment. That is now in the past.

What will happen in court? That is the future, which is in control of 'vyavasthit'. Therefore, remain in the present. For Us, such an analysis would happen immediately. All the Gnan will be present instantly. For you it may take some time.

99 Club

Once upon a time, there lived a king, who despite his luxurious lifestyle, was neither happy nor content. Since he had lots of responsibilities, he was always under stress. The king, his ministers, and all his subjects were unhappy.

One day the king came upon a servant who was singing happily while he worked. This fascinated the king. Why was he, the supreme ruler of the land, so unhappy and gloomy, while a lowly servant was so happy!

The king began to observe the servant in order to learn the secret of his happiness. He observed that the servant was happy because he didn't have anything to worry about. He worked hard to earn his bread, and because he worked hard, he slept well. He was happy with his work and his family.

But the king was not satisfied. He wanted to learn more about happiness. He sought the advice of his most trusted advisor. After hearing about the king's quest for happiness, the advisor, someone very much like Us (Dada) said, "What if I make the servant unhappy in no time?" The king was taken aback. "After such a long time, we have found a happy person! Why should we make him unhappy?" But the king soon got curious enough to test the servant's happiness, to see if it would last. The king asked his advisor what he had planned to do. The advisor said, "Your Majesty, I believe that the servant has not been made part of The 99 Club!"

"The 99 Club? And what exactly is that?" the king inquired. The advisor replied, "Your Majesty, to truly know what The 99 Club is, place 99 gold coins in a bag and leave it at this servant's doorstep." The king was astonished at the idea. "How can 99 coins give unhappiness to a person?"

Was the advisor right? What do you think?

Receiving 99 gold coins will make the servant...

• Happy

• Unhappy

Why??

Let's see what happens in the story...

When the servant saw the bag, he took it into his house. When he opened the bag, he shouted with joy, "So many gold coins!"

He began to count them. After several counts, he was at last convinced that there

were only 99 coins in the bag! He wondered, "What could've happened to that last gold coin? Surely, no one would leave just 99 coins!" He looked everywhere for the hundredth coin, but that final coin was elusive. Finally exhausted, he decided that he was going to have to work harder than ever to earn that last gold coin to complete his collection.

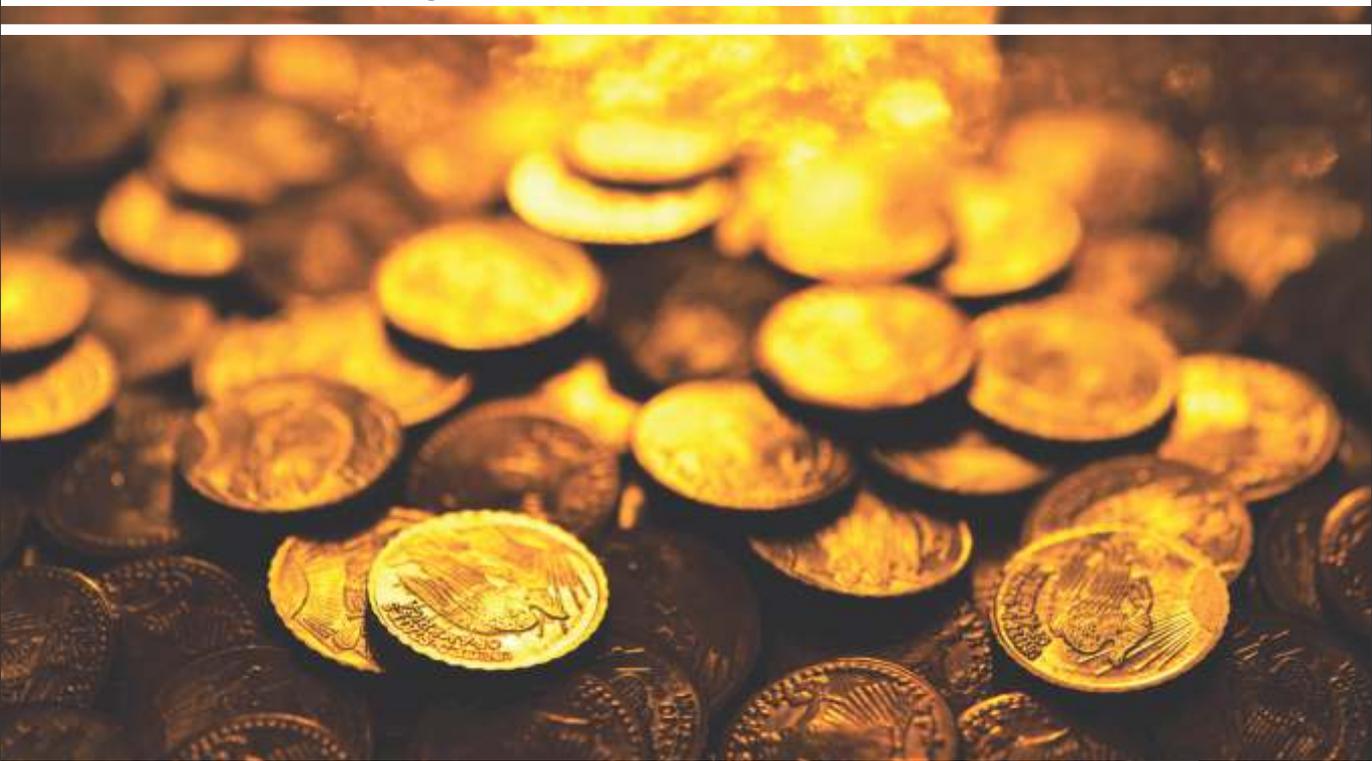
Starting the next day, the servant's life had changed. He was overworked, horribly grumpy, and he berated his family for not helping to make that 100th gold coin. He stopped singing while he worked.

Witnessing this drastic transformation, the king was puzzled. When he sought his advisor's help, the advisor said, "Your Majesty, the servant has now officially joined The 99 Club."

He explains, "The 99 Club is a name given to those people who have enough to be happy but are never contented. They are always yearning and striving for that extra "1" telling themselves, "Let me get that 'one final thing' and then I will be happy for life."

We can be happy even with very little in our lives, but the minute we're given something bigger and better, we want even more! We lose our sleep, our happiness, and we hurt the people around us. All this is the price we pay for our growing needs, greed and desires.

That's what joining the 99 Club is about.



Are we members of 99 club?



A labourer had 99 gold coins with him. Rather than enjoying what he had, he worked hard to earn one more gold coin to make it a100. He was unhappy about it. Does anyone amongst us belong to the 99 club? Do we have 99 with us, and are still unhappy about the '1' we do not have? what do you think?

Factually it is so. We all belong to club 99. I have often heard children complaining, “His mom is better than mine! She makes pizzas and burgers, and my mom cooks only boring vegetables and rotis all the time!”

Now, in this situation, can you figure out what comes within the 99 coins, and which one is the 100th coin?

The fact that she prepares good and healthy meals, and had taken good care of you when you were a child, and nurtured you when you were sick with fever, all this, falls within the 99. Whereas the part about her not making pizzas or burgers, is identified as the 100th, that leads to unhappiness.

Likewise, it happens for your father, friends etc. Other's friend circles seem better than your own. Someone else's school or education seems better than yours. Someone else has a better model of a mobile phone, or TV etc.

All this hankering that emerges from a comparative view point, is classified as the 100th coin!

Hence, Yes. We all belong to this club!

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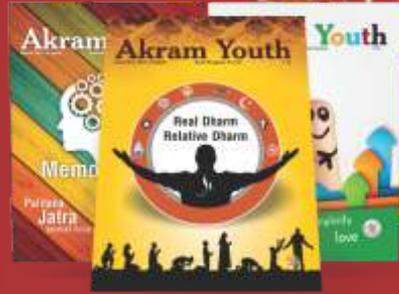
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Q & A

You have

Questions

We have

Answers

How

do I leave the 99 club?

Questioner: I am member of the 99-club, and I am unhappy. What should I do to become and remain happy?

Aptputra: You should be happy with whatever you have right now. But, are we really aware of what we have?

First, make a list of everything that has helped you reach the state that you are in today; every person, object and circumstance that has supported you to get to where you are right now; you are obliged to them all. Your ever-concerned mother; what would you have done without her? Have you noticed the life of any of your friends who are fatherless? Your life is not as unfortunate as his. If you have passed the 10th grade at school, then you are more educated than 80% of India's population. If you have electricity 24 hours a day, then know that 75% of India does not have that facility. Also, you forget that you have a healthy body, good teachers, good guidance, tasty and nutritious food, scientific inventions, the Internet, Google, your own or Indian traditions, love from your elders, and many such things or opportunities which you have received. So why are you greedy to seek that 100th coin? Get started now and draw up this 'list' and put it in a place where you can see it, and when you feel sad, look at this 'list' and be happy with all that you have right now! (Fill the next page with your 99 things)



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Crab Psychology

The term “Crab Psychology” or “Crabs in a Bucket” is used to describe a kind of selfish, short-sighted thinking that runs along the lines of “if I can't have it, neither can you!” This term is especially and widely used among Filipinos, who use it specifically to refer to people who 'pull' other people down, denigrating them rather than letting them get ahead in life, or pursue their dreams. As a general rule, an accusation of having this type of mentality is a poor reflection on someone's personality.

This concept references an interesting phenomenon that occurs in a bucket of crabs. If one crab attempts to escape from a bucket of live crabs, the others will pull it back down rather than allowing it to get free. Individually, the crabs could easily escape from the bucket, but instead they grab at each other in a useless competition which prevents any of them from escaping, and therefore ensures their collective demise. The analogy in human behavior is claimed to be that members of a group will attempt to negate or diminish the importance of any member who achieves success beyond the others, out of envy, spite, conspiracy, or competitive feelings, to halt their progress.

When someone has a crab mentality, it means that he or she is unwilling to allow someone else to get out of a bad situation or to get ahead. People who are attempting to get out of bad life situations often find themselves foiled by friends and family members who keep 'pulling' them back in. For example, a Latin immigrant in the United States, who decides to pursue a college education in the hopes of securing a good career or future, may find herself discouraged by her family members who do not approve of education, or fear that she will become distanced from them after going to college.

This mentality can strike at all levels of life. In office environments, the crab mentality can be particularly devastating, as coworkers snipe at each other to bring each other down, rather than congratulating someone who earns a promotion.

People who learn to recognize it in themselves can often find ways of counteracting it, which is a very good idea, especially for those who work or live in a highly competitive environment.

Do you have a Crab Psyche?





Encouragement

Questioner: if we encourage a person, he will perform well in his team, and we also will progress well ourselves. Dadashri says that encouragement can be done in three ways, with the mind, with words, and with action. Please can you explain in detail as to how this can be done?

Pujyashri: When we encourage a person, it means that we are boosting the positive points in the person. Thus, if he has done something good, you keep this point in mind, and when the time is right, you casually express this in words. This 'encouragement' will reach his heart. When you appreciate him in person, it is also encouragement. It can also be done with your mind through thoughts. Due to your ego you do everything yourself and do not allow others to do it. When someone else does the same job, and people praise him, you start finding faults in his work, saying that he is creating a mess and therefore, you have to straighten it out. Never mind, if he may have done only 20% of the work well, you should appreciate that. Faults are what we

see through our intellect, whereas he may have done the job 90% well. Therefore because of our ego and intellect we discourage him. This should not happen.

With your speech and action you can heartily express your positive views on his work. Even that will give him satisfaction. Once you allot the work to someone, look at the result positively, and encourage him for the work done. In case you need to point out his mistake, you should only suggest, for example, “If you can alter it in this way, it would be better. Think about it.” By saying so, it will not hurt him. He will be discouraged if you make allegations that he has done the job wrong. “You have done the job well but you can still improve upon it.” Show him how he may make some changes. If you find that he has done the work completely opposite to the instruction, instead of ridiculing it, which would discourage him, it would be better not to talk about it. It would not befit you to make allegations or talk about his mistakes. Instead of improving his behavior, which would be a blow to his understanding. To make him realize the mistake in his given work, we should make him understand that he should remain alert to instructions, since his previous behavior led to mistakes in his work. However, we are at fault when we cast a direct blow to his ego, thereby he feels discouraged even when he does the job right. Even though he has five or even ten positive qualities, he feels disheartened to explore them. We should therefore concentrate on explaining to

“Dadashri's science teaches us to be impartial, and to judge impartially. Once you learn this, then there will be a balance.”

him that he has this one wrong quality whereas the remaining nine good ones would always have our encouragement. When dealing with such a case, we should bring about a balance between the nine positive and one negative, and prevent him from falling. Our experience should create an impression on him. It is futile to hammer into his mind that he must follow you since you are speaking from your own experience. That would be meaningless. He should have the urge to learn from you. If encouragement is not given in the right way, then he is likely to go astray; therefore we should maintain a balance. Dadashri's science teaches us to be impartial, and to judge impartially. Once you learn this, then there will be a balance. You will be able to encourage the right attributes and will be able to remain silent toward wrong doing, or, you will be able to explain to a person why he should refrain from doing wrong, and help him do the right thing! You will have a comprehensive explanation, so that the other person will be convinced to accept your point of view and let go of his wrong opinion, and therefore, the right opinion will set in.

Tomato Story

At last! The bell rang! Ding, ding, ding! The Last Period of school! The semester was over! Exams were done! It was almost the end of the year!

Mrs. Xing entered the classroom. All her students of the 9th grade wished her, "Good morning Mrs Xing!" She smiled, "Students, after this month, you will be on vacation! Let's make this last week special for you." Mrs. Xing started the class on a lighter note. "Tomorrow, each one of you must bring to class, a bag of tomatoes." Mrs. Xing added. The students looked at each other in wonder.

The next day, the now very curious students, brought the tomatoes to class. They wondered what they were going to do with them. Mrs. Xing instructed the students to collect all the tomatoes and make a pile with them in the center of the classroom.

Mrs. Xing then said, "Each one of you has to collect a certain amount tomatoes. Pick up one tomato for every person you are enemies with, and upon whom you have decided to take revenge." All the students were confused. Me? Enemies? Revenge? We are just children! We have no enemies! The students thought to themselves. Mrs. Xing asked the biggest and the

smallest student in the class to stand up. Jackie, a heavily built boy, and Mitts, a small, petite girl stood up. Mrs. Xing now asked, "What would happen if Mitts were to slap Jackie?" All the students laughed. "Jackie will give Mitts a proper beating!" a student exclaimed.

Mrs. Xing now reversed the situation. She asked "What would happen if Jackie slapped Mitts?" "Mitts will have broken her teeth! Mitts will have a red and swollen cheek!" Cried the students.

Mrs. Xing asked further "What will Mitts' inner feelings be in this case? She is small and a bigger and stronger person hits her. She is weaker than him so what sort of intentions would start to form inside her mind?" All the students began thinking...

"Mitts will cry, but will plan to take her revenge." Said the students. "Mitts will not be able to say anything, but she will begin planning Jackie's downfall. Mitts will think... Wait till you come outside. I will bring ten of my friends to sort you out! Mitts may also think, Jackie, wait till you are going through a bad time and I will sort you out then!" the students exclaimed. Mrs. Xing then told the class "These types of feelings are thoughts of revenge. So if you are bigger, you may resolve a situation by slapping the smaller person. However, if you are smaller, then you could develop

the intention to take revenge. So if you hit someone and they don't react, the question arises as to what might be going on inside the other person's mind. Intentions made now, get resolved later and this is revenge or enmity. Individuals can be big or small in terms of their size, age, stature, position, etc. and a feeling of helplessness arises in all cases. So now, can you tell me how many tomatoes each one of you has to take from this pile?"

"10"! "15"! "85"! "30"! "60"! All the students started calculating the number of their enemies aloud!

"Now take the number of tomatoes you have calculated for yourself and put them in a plastic bag." Now each of the students had a big bag of tomatoes. Mrs. Xing then said to them, "From now, until you come back to school tomorrow,

you have to carry this bag wherever you go. You must carry it even while walking, sitting, standing and even when sleeping. Tomorrow, each one of you must share your experience of carrying the tomatoes around."

The next morning, all the students seemed grumpy. They told Mrs. Xing about the problems they faced carrying the tomatoes wherever they went. The students had felt the heavy burden of carrying the tomatoes. They had to consciously look after the tomatoes in every situation. Each and every situation of standing, of walking, of sitting, and especially, of sleeping, was cumbersome as they had to constantly keep thinking about the tomatoes! If someone accidentally bumped into them, a few tomatoes would get squashed, and tomato juice



would start leaking out of the bag! As the tomatoes burst open, they started to smell by the end of the day, and with the awful stink of degeneration, no one wanted to come near them!

Hearing their stories, Mrs. Xing explained, “If these tomatoes have rotted, and are smelling and making you feel unwanted, imagine what revenge and enmity does to you. If this intention of enmity or revenge remains, how much damage would it do to you? There is an intense feeling of burning inside. This has a negative effect on your whole body. These thoughts of revenge are the rotten tomatoes that make you unhappy.” The students were stunned by this revelation.

Mrs. Xing delved further, “Can anyone tell me, if the tomatoes are so rotten and bad, and effecting our mind, body and speech, what can we do, so that we may be happy once again?”

All the students said in unison “Let's throw away all our rotten tomatoes!!!”

Mrs. Xing said “Good idea! Let's throw away the rotten tomatoes. But these tomatoes are representations of our enmity and revenge. To be happy, we must actually throw away the rotten

thoughts of revenge and enmity. How can we do that? Can anyone tell me?”

Hearing this, Mitts got up and said “I think the easiest solution to be happy is to forgive the person.” “Excellent! Good answer!” exclaimed Mrs. Xing, and she continued, “If Jackie or someone else hits you, disrespects you, insults you, the easiest thing that you can do to be happy is to forgive them for what they have done. Only then can you enjoy happiness. If someone slapped you and you decided that till the time you reciprocate the slap, you will remain unsatisfied and therefore you will be unhappy. Even if the other person is slapped, he will determine the same revenge upon you, and this will carry on forever. Instead of waiting to be happy after slapping someone in revenge, why not forgive him now and Become Happy Now.”

So everyone, take 5 minutes out of your schedule every day. Close your eyes and forgive people for their mistakes. Think about all the people towards whom you have developed thoughts of enmity or revenge and say, “_____, I forgive you for whatever hurt you have caused me. I don't want to hold on to any intention of enmity towards you and may you be blessed with Divine Grace.”



Vengeance Is Eliminated, Happiness Increases

Only the intent not to hurt anyone in this world is considered a true and worthy earning in this life. You should affirm such an intention every morning. Accept any abuse anyone gives you and do not try to analyze what you may or may not have done to merit the abuse. If you accept it, then your karmic account will be cleared on the spot. If you do not accept it and instead, retaliate, then that account will continue into your next life and that is what we call 'roonanubandha' (connection through binding karma). Instead of settling the matter, people retaliate with four times the force. God tells you to give to others, what you like to receive yourself (A life without conflict). Do not do to others what you would not like to be done to you. If someone tells you, "You are a good man," you should tell him, "Sir, you too are a good man." If you speak in this manner, it is acceptable.

This worldly life is entirely meant for settling past karmic accounts. Any situation that creates vengeance, will have to be settled through your becoming a mother-in-law, a daughter-in-law, a wife, a son, or even an ox. You may pay twelve hundred dollars for an ox and it may die the very next day. Endless cycles of our lives have gone by in revenge. Vengeance is the reason you wander through life after life in this world. That is why your liberation is



impeded. Hindus create enmity in their own homes whereas Muslims quarrel outside of their home; they never create enmity at home. They know they cannot afford to fight with those whom they have to share the same room. The art of living is to not create enmity with anyone and to become free. That is the very reason some renounce this worldly life and run away from their worldly problems. However, one cannot run away from their responsibilities in this manner. From the day of one's birth, one's life becomes a battle, which needs to be faced. Rather than overcoming life's battles, people fall prey to seeking happiness in the luxuries and comforts of the world.

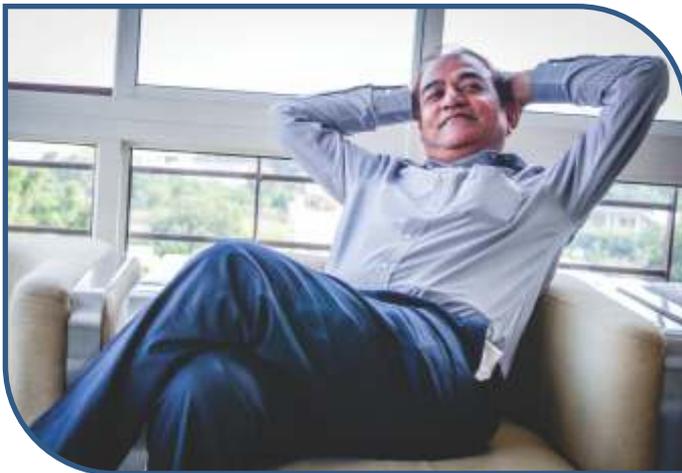
The art of living is not to create enmity with anyone and to become free.

Helping others is Happiness

Ankurbhai and Shridharbhai, both farmers, were in an audience with God, soon after they both passed away.

God asked Ankurbhai, “So how was your life on earth Ankurbhai?” Ankurbhai replied, “God, I didn't enjoy my life. After slogging all my life, my family did not have a full meal even once a day; I could hardly make two ends meet. I could not have the things I wanted.” Then God asked him, “Ok, so tell me, what do you wish for in your next birth?” Ankurbhai said, “In my next life, please grant me everything that I wish for. That is all I want.” “So be it!” said God.

Then, God asked Shridharbhai the same question, and Shridharbhai replied, “It was a happy life. I had to work hard all my life but I and my family lived happily. But God, I had one grievance in this life.” “Tell me about it.” said God, and Shirdharbhai said, “Whenever anyone approached me for help, I had to turn him away ungratified due to my own helplessness. God, my only request is that, if anyone visits me, may he never go home empty handed; that I may be able to help him solve his problem.” “So be it!” said God.



Soon both farmers are born again in the same village. Ankurbhai had wished that he may have every wish fulfilled, so he becomes the most unfortunate beggar in that village. On the other hand, Shridharbhai, who had requested that he may be able to help everyone who visited him, and help in whatever way possible, becomes the village Chief!

So friends! Our intention that I may get whatever I wish for, will make you a pauper; on the other hand, when you intend to give others whatever possible, will make you wealthy!

Even Dadashri has said...

You Will Experience Happiness through Such Adjustments

Dadashri : A man came to me asking for my blessing because he did not understand certain things. I placed my hand on his head and said, "Go. From today onwards, open up a shop of happiness. Get rid of the old shop. What is a shop of happiness? It is a place from where you can give happiness to others, from the moment you wake up in the morning. There should be no other kind of dealing except for happiness." He understood this very well and started to practice this immediately, and became a happy man. When you start a shop of happiness, happiness will come to you and to those to whom you give. Would you have a need to buy sweets from someone else's shop when you own one yourself? You will be able to eat them whenever you please. Similarly, if you open your own shop of happiness, you will not have any problems.

You can start any business you want. If you cannot do it every day, do it at least once a week, on Sundays. You will find customers for happiness.

Now, let's start a Store of Happiness. In this issue, with all the keys that we have learnt, we should begin to spread happiness throughout the world.

If any of our friends happen to be sad, just because he does not have a particular item, we can pass on the 'key' of making a 'Gratitude List' and guide him towards happiness.

Guide a friend toward the 'key' of forgiveness, who may have been insulted, and another who may have been slapped, just so that they may remain happy. (Do 'Pratikraman')

Thus, spread happiness in the world, and share your experience on our Facebook page. **Let's get going! Let's spread happiness!**



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**Happiness comes when your work
and words are of benefit to others.**
- Gautam Buddha



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