

Akram Youth

April 2018 | English

Dada Bhagwan Parivar

₹ 20

THE EFFECTS OF WORDS



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How do you talk? How many words do you speak? What is the style of your

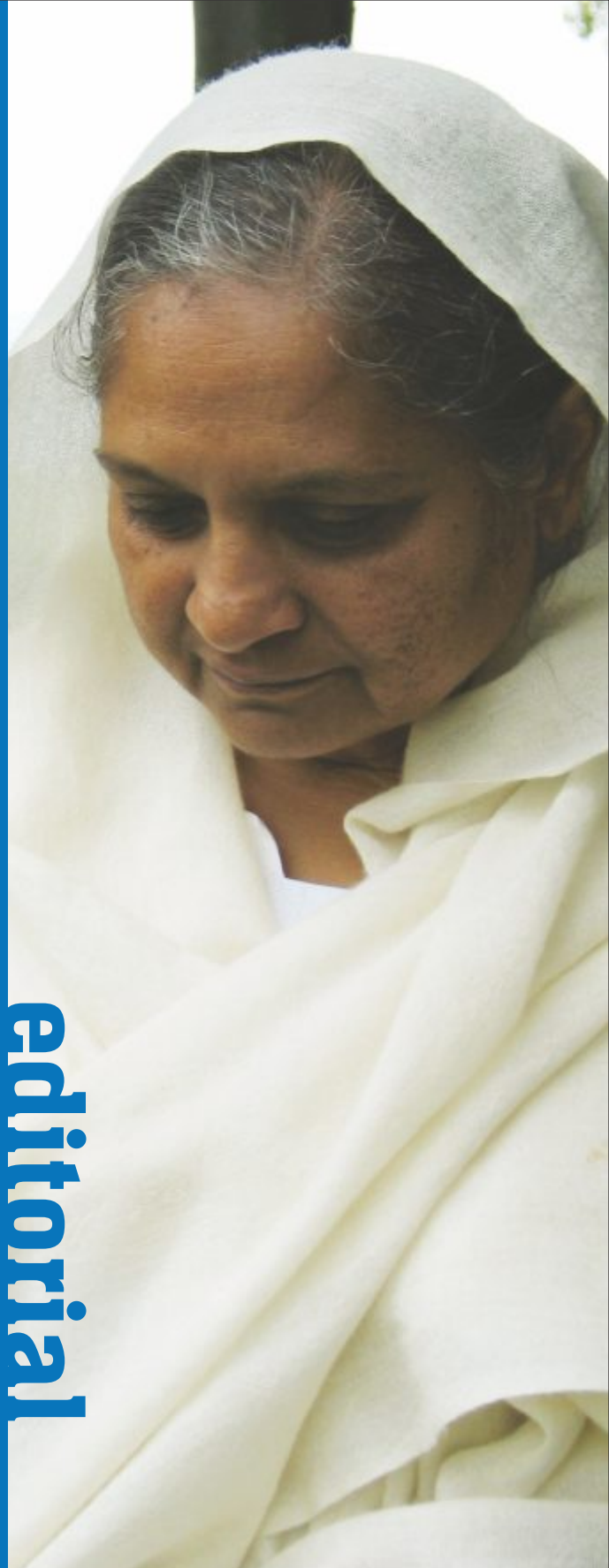
conversation? In determining your personality, language plays a very important role. From the moment one wakes up till the moment one goes to sleep, everyone continuously uses language. And some people even babble in their sleep.

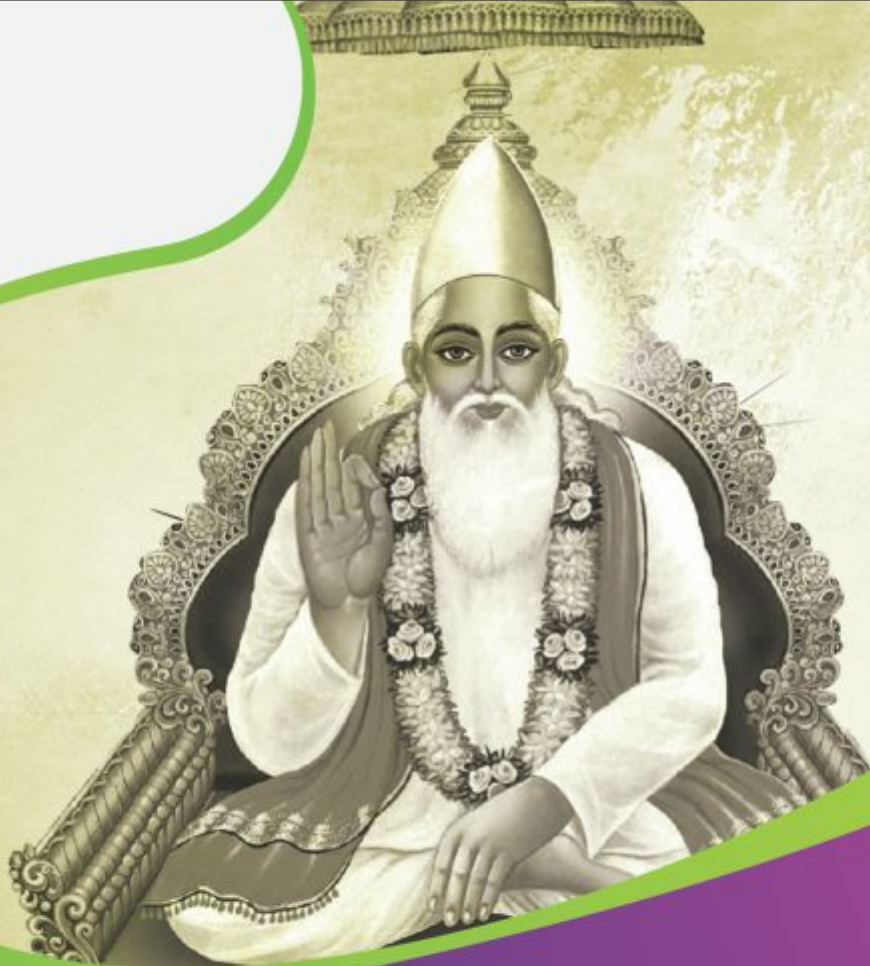
In the life of mankind, language was introduced around 15,000 years ago! With words, you can rule the world. Also, with words you can convert a friend into an enemy and an enemy into a friend. If you want to be successful in life, then believe the world visualizes you through the spoken word. You are measured through whatever deeds you perform.

The consequences from language emerge in two ways. Either sweet or bitter. Sweetness is easily digestible however bitterness doesn't go down easily. Gnani's provide us with understanding that enables us to remain in equanimity during both sweet and bitter consequences. Relevant to today's time cycle, Pujya Dadashri has given principles that are relevant to speech while conducting worldly interactions and executing moral duties.

- Dimple Mehta

editorial





Sant KABIR

Sant KABIR, a star that shined during the 15th century, was an Indian Sufi poet known for his spiritual insights and was widely acknowledged the world over. 'Doha' (the phrases or composed lines) that he used to sing were inspirational in nature and contained deep spiritual meaning. Let's look at some of them:

Mitha saab se boliye sukh upje chahu aur
Vashikaran yaha mantra he tajiye vachan kathor

Kabirji says – “Speak lovingly and sweetly with everyone. This will create an atmosphere of happiness around you. Renounce harsh words and win the hearts of the people through love. Sweet language is the mantra to control all”.

Aisi bani boliye maan ka aapa khay,
Auran ko sheetal kare aap hi sheetal hoi

Says Kabirji – “There shouldn't be any trace of ego in our speech. Those who give peace and quietude to others will find this in return.”

Shabd barabar dhan nahi jo koi jane bol
Heera to dame mile shabda ka mol na tol

Kabirji says - “There is no greater wealth than the spoken word, but this fact can only be understood by those people who value them. One can buy diamonds with money but the words are invaluable”.

Kaaga kiska dhan hara koyal kisko det
Mitha shabda sunay ke jaag apna kar let

Kabirji explains – “Words are responsible for making or breaking a relationship. Harsh words hurt, and it is difficult to forget. Hence it breaks a relationship. There is no difference in the beauty and colour of the 'crow' and 'cuckoo'. The only difference is that the crow's voice is irritating and that of the cuckoo is sweet and soothing. Due to the sweet voice, a cuckoo is adored by all. If words are pleasant and melodious, the world is yours.”

Science behind effect of WORDS



Sticks and stones may break your bones, but words can change your brain.

That's right.

According to Andrew Newberg, M.D. and Mark Robert Waldman, words can literally change your brain.

In their book, *Words Can Change Your Brain*, they write: "a single word has the power to influence the expression of genes that regulate physical and emotional stress."

However, a single negative word can increase the activity in our amygdala (the fear center of the brain). This releases dozens of stress-producing hormones and neurotransmitters, which in turn interrupts our brains' functioning. (This is especially true in relation to logic, reason, and language.) "Angry words send alarm messages through the brain, and they partially shut down the logic-and-reasoning centers located in the frontal lobes," write Newberg and Waldman.

By holding a positive and optimistic word in your mind, you stimulate frontal lobe activity. Words are extremely powerful tools that we can use to uplift our personal energy and improve our lives, though we're often not conscious of the words we speak, read, and expose ourselves to. Yes, even the words of others can easily affect our personal vibration. Spend a few minutes with a chronic complainer who uses all sorts of negative terms, and you'll feel your personal energy bottom out. Words have great power, so choose them and your friends wisely!

Japanese scientist, Masaru Emoto conducted an experiment with water. Why? Because sound vibration travels through water four times faster than it does through open air. Consider the fact that your body is over 70% water and you'll understand how quickly the vibration from negative words resonates in your cells. Ancient scriptures tell us that life and death are in the power of the tongue. As it turns out, that's not a metaphor.

You have the power to change your world, and using words consciously is one of the quickest ways to shift the energy you bring into your life.



Name : Ayush Mehta
Age : 18

It was just last year when all students reached the college wearing their formal dress ready to make their final group project's presentations. Precisely at 10:00 am the presentations started. One by one, each group was making their presentation. In a little while, it was our groups turn. We started preparations by adjusting the laptop, its connections etc. and managed to get everything ready. It was then Sidharth asked me to give him the pen drive which contained our project's presentation. I put my hand in the pocket of my trouser but did not find the pen drive. I looked in the other pocket, then the shirt pocket as well as my bag but couldn't find it anywhere. Sidharth watching me look for the pen drive said angrily, "Aayush, you have been given such a small task, can't you even do that properly? Where is your attention? Idiot!" Everyone around started staring at me. A mistake had happened by me. However, I had worked very hard on completing this project. Immediately I called home and asked my Mom to check whether I had forgotten the pen drive at home. She found it right on my study table. I requested my teacher to reschedule our turn after some time so that I could bring the pen drive. I went home fast and brought the pen drive. When our turn came up once again and we moved on to the stage, I heard some students calling me 'idiot, idiot...' but I kept my cool and carried on with my task. The event was finally over but the echo of teasing shouts of 'idiot' continued to haunt me for a very long time. The fear of being teased again made me think of leaving the company of Sidharth as well as the college. Then



one morning I got a notification on my mobile's A-Konnect App to watch Today's Energizer. Upon clicking on the link, a three minute - video started.

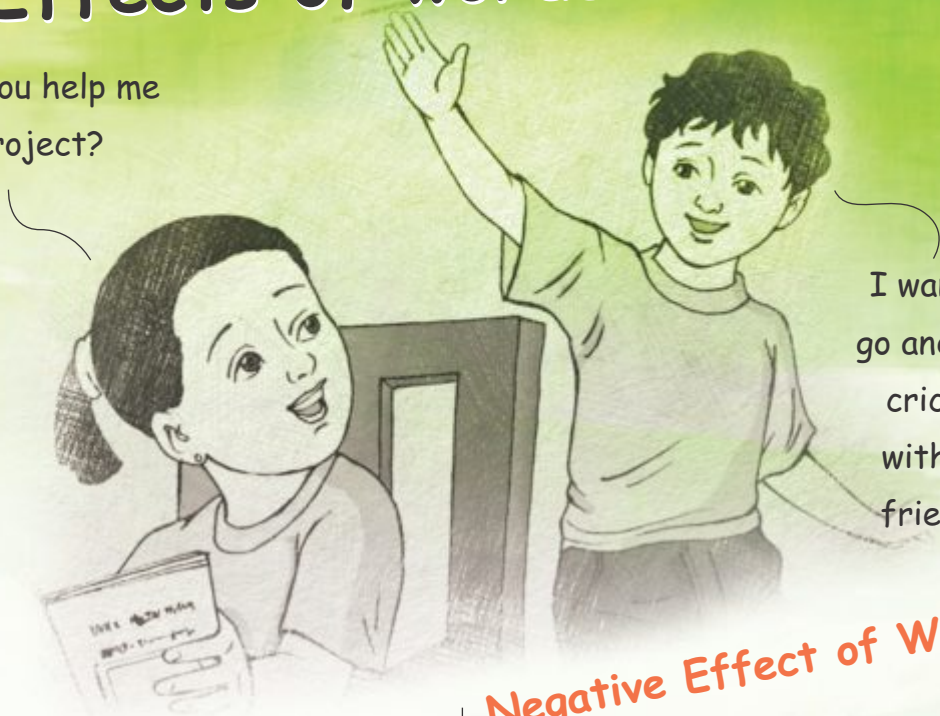
Questioner: When somebody is teasing me with the belief that I am not hurt but as a matter of fact I am hurt deeply. How should I deal with that person? How can I remain untouched by these events?

Pujyashree: Become such a person where nothing touches you. If someone says you are like this, then say, 'Yes, I have always been like this'. If someone tells, you lack intelligence, then reply to him - 'Yes it's the same from the very beginning. Have you noticed it now?' and dismiss the conversation laughingly. Do not wallow in the suffering from the teasing. However if you do, then the other person will enjoy teasing you resulting in more suffering. If people are told, do not make fun of anyone, then they will not be happy till they have mocked someone. People have no satisfaction, they have no peace, therefore they provoke or make fun of others and then find happiness. If we become unhappy then their pleasure is derived from making us unhappy further. However, if we don't get affected, what happens? Just like someone pulls a rope from one end and we let it loose from our end, does any pleasure remain in pulling? If we have left the rope loose, then the other person will have no fun pulling this rope.

Watching this video, it felt like it was specially put up for me. Instead of leaving the college or my friends, I decided to follow the path advocated by Pujyashree and am now living quite successfully with everyone.

Positive & Negative Effects of words

Will you help me
in a project?



I want to
go and play
cricket
with my
friends.

Positive Effect of Words

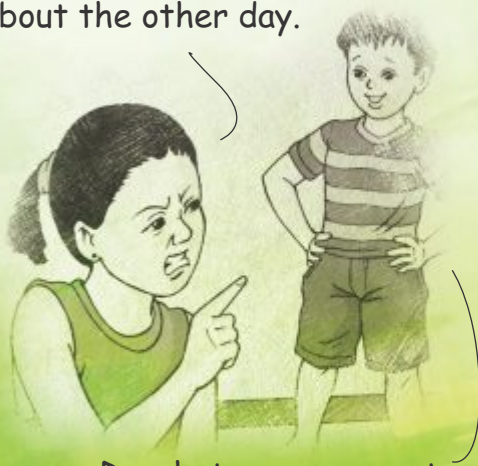
Please
brother,
I need help.



Ok, let's finish it fast,
then I will go and play.

Negative Effect of Words

Think carefully,
if you refuse,
I will tell mother
about the other day.



Do whatever you want.
Now I will not help you.

or

Why did you get such a poor result this time?

I think this is because of the mobile. You spend all your time on the mobile.



Positive Effect of Words

Sorry mom dad, now I will take care. You are right.

Negative Effect of Words

Ok, no mobile from now, no eating, no drinking water, no going to school, stop everything.



GNANI WITH YOUTH

Questioner: What does the effect of spoken words mean? When we say something, or someone speaks to us, we are affected, or some people are such that when they give motivational speech, we are influenced. Some people speak negatively, and we are influenced. Meaning, what is effect and how does it occur?

Pujyashree: If our friend says this Krishna is like this and that, then we would look around to see who is talking, won't we? The moment you look, you understand the voice of



your friend who is speaking this, she is speaking about me, and if she is pointing a finger at us then we know she is speaking about me and it is the intellect that receives all this. The moment the intellect receives, the effect starts like, I have been insulted, they are speaking negatively about me, backbiting and saying bad things about me, and if something good is said, excitement stems from within. Yes, this is me! I have always been good. I am glad they are praising me. First, it's the intellect that grabs the words and then it's the ego that enjoys. However, if negative and wrong words have been spoken, then suffering starts in both the mind and chit (subtle component of vision and knowledge in the inner functioning instrument called antahkaran). The mind keeps showing information like, she has no sense, yet she speaks negatively about me, she is like this and that. Once the intellect grabs something all tantrums start. So, spoken words are like someone throwing a stone in the air which falls besides you, but you feel it's thrown on you. It is only just a belief! The stone was thrown in fun, landed besides you and you still insist it was thrown upon you therefore you state I will hit you.

Similarly, words are thrown in the air. They spoke about me, they are telling me, is received by the

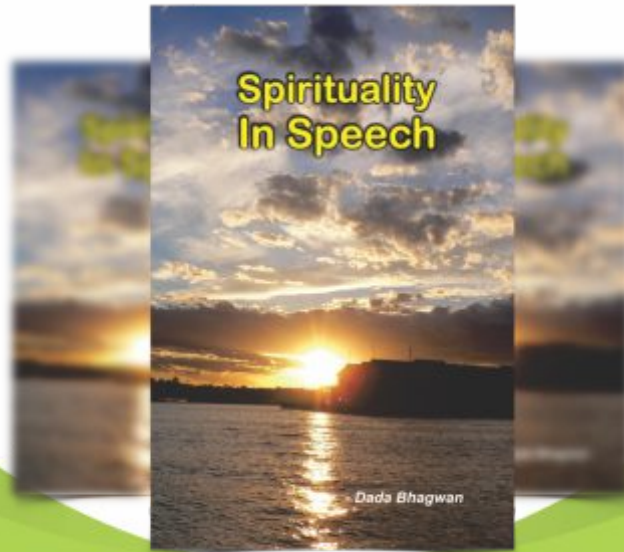
intellect and then one comes into effect. Wrong words create bitter effects and right words create sweet effects. Bitterness is experienced, and the science is that the words are spoken as an effect to our

causes. We should understand that when someone speaks negatively, it is a result of my own unfolding karma. The person is innocent. If I am being insulted, then insults I had sent are being returned. If I had done good, then good is being returned. If I had done bad, then bad is being returned. For balance we should have some keys otherwise we would continue to experience negativity.

If we have Gnan (Knowledge of the Self), Pragna (Direct light of the Self) is present, and when someone says you did this, then I would tell Deepak, “Deepak look, your blunder is now in the open, errors are out, see you have made mistakes, now wash them, why did the person feel bad about you? Hence it is our mistake.” Inside, I always keep Deepak separate. Then I don't get affected.

The Intellect is absent and Pragna is present, then there is no effect and solution found. Solution without suffering.

The Powerful Speech of the Gnani Purush



Questioner : How can one attain the energy and power of speech vachanbad?

Dadashri : People do ask me, 'Why do your words have such energy and ours do not?' Then answer is written in the Aptasutra-compilation of Dadashri's aphorisms of Gnan totaling 4231 in number. Go ahead and read please.

Questioner : “When not a single word has been used to make fun of another, when not a word has been employed for false selfish gain, when speech has not been misused, when words have not been used to increase one's pride; then the energy and power of the words will attain perfection-Aptasutra.”

Dadashri : Do you understand this

answer? Do you think this answer is correct? If one follows according to this, then will it not help him? One may be in a stage of ignorance but if he follows according to this then he definitely can attain the energy and power of speech.

Questioner : If you tell a lie to protect yourself, how will the power of your speech prevail? (Aptasutra)

Dadashri : Yes if you lie to protect yourself, how can your speech become powerful? Whose speech is laden with power and energy? It is the one who has no attachment to anything in this world. It does not matter whether that person has realized the Self or not, but the power of such a person's speech will be limited. Why do people lose the power and energy of speech? It is because they

misuse their speech. They have scolded others, they have frightened animals, they have deceived people, they have put other people in difficulty and that is why the power is lost. Power of speech is lost even when a person tells lies, protects himself, insists on his truth or becomes obstinate. That is why speech becomes weak and as it becomes weak, people have to exert their ego in order to get their work done. 'I will have to do this,' or 'I will have to go there.' They have to become forceful in their speech because ordinarily their speech is not effective in getting anything done.

The words-speech will have to attain its energy to perfection, will it not? To gain power of speech, will you not have to comply with the rules and the discipline of speech? Who will listen to the one who has lied and cheated others and has deprived the speech?

He will not pay any attention to you. Words that are lashed out that inflict deep pain in the heart of others in this life will result in total loss of speech energy in the next life, such a person will be dumb-nonverbal-aphasic-for ten to fifteen years.

If you speak only the truth and not insist it, then the power of your speech will grow. If you misuse something, then you lose its power. The mind and the

speech become fractured shattered, when one tells lies to protect the self. One speaks the truth, but along with it-deepest inner sincerity-bhaavna is needed too.

By misusing the speech vani, the power of speech will be lost. One should not waste words unnecessarily-apvyaya. When the speech is pushed into any unnatural state-vibhavik swaroop, reverts to its natural state, then it will gain its energy and power and effect.

Speak as much truth as you understand. If you do not, then do not say anything, there is no problem with that. The power of your speech will grow by that much. Make a decision, 'I do not want to say anything that hurts anyone', and repeatedly ask from 'Dada-the Lord within' for the energy-effect power of speech, and with that, it will be attained. It involves the power of 'our' speech and your unflinching desire. The power-energy effect-vachanbad-of 'our' speech will remove all your obstacles. You will be tested in the process, but you will win.

Insulted Maharaja used Rolls Royce for municipal waste

The world's most famous car brand Rolls-Royce is also associated with Rajasthan. A famous buyer of this car was the Maharaja of Alwar. He always bought three automobiles at a time. One day during his visit to London, Maharaja Jai Singh was walking in casual dress on Bond Street.

He saw a Rolls Royce showroom and went inside to inquire about the price and features of their cars. The showroom salesman thought he was a poor Indian. They insulted him and showed him the way out. After this insult, Maharaja Jai Singh came back to his hotel room and asked his servants to call the showroom and tell them that the Maharaja of Alwar was interested in purchasing a few cars. After a few hours, the Maharaja reached the Rolls Royce showroom again but in full royal regalia wearing his royal costume. The showroom had a red carpet on the floor to welcome the Maharaja and all the salesmen bowed before him with respect.

The Maharaja purchased all the six cars that they had at the showroom at that time and paid the full amount with delivery costs. After reaching India, The Maharaja ordered the municipal department to use all those six Rolls Royce cars for cleaning and transporting the city's waste. The world's number one Rolls Royce cars were being used for transportation of Alwar city's waste. The news spread all over the world and the reputation of Rolls Royce Company became a laughing stock.



Whenever someone used to boast in Europe or America that he owned a Rolls Royce, people used to laugh saying, “which one? The same that is used in India for carrying the waste of the city?”

After the severe damage to its reputation, sales of Rolls Royce cars dropped rapidly and the revenue of the company showed a decline. The Rolls Royce company owners sent a telegram to the Maharaja in India offering apologies and requested him to stop transportation of waste in Rolls Royce cars. Not only this, they also offered six new cars to the Maharaja free of cost. When Maharaja Jai Singh observed that the Rolls Royce company had learnt a lesson, he stopped using those cars for carrying municipal waste.

So, here we see the effect of words spoken in ignorance by the showroom's salesman on Maharaja Jai Singh and subsequently to the brand of Rolls Royce. Now let's see the positive and negative effect of spoken words in different situations.





Lord Mahavir

During the time of Lord Mahavir, a burglar named Lohkhur lived in the Vaibhargiri hill near the city of Rajgrihi. Being clever, he never left any traces of his burglary. He had a son named Rohineya who followed in his father's profession as a burglar and surpassed him in intelligence and smartness. He robbed the rich and helped the poor who then refused to assist government officials in tracking him down.

Lohkhur, on his deathbed made Rohineya promise that he would never listen to sermons of Lord Mahavir. Now Rohineya in his reign, made it impossible for rich families to keep their property safe. His complaints reached King Shrenik who allocated the task of arresting Rohineya to his most intelligent chief minister Abhaykumar. Once, Rohineya had to pass by Lord Mahavir's abode so he covered his ears with his hands to not listen. Unfortunately, at that moment he stepped on a sharp thorn that went deep into his foot resulting in him being forced to take his hands off his ears.

At this time, he heard the following words:

'Human life is the best of all lives as liberation is only possible in this form. By virtuous deeds, one can gain a life in heaven where all sorts of pleasures and happiness exists. When heavenly beings walk, their feet do not touch the ground. Their bodies are without shadow, their eyes remain steady, and their garlands do not wither.'

After this incident, Rohineya proceeded towards the city in the guise of a farmer where Abhaykumar surrounded, apprehended and put him in jail with the help of his trained soldiers.

The next day, as Rohineya in disguise was presented to the royal court, it was hard to identify him as the burglar and he could not be punished without proof. When questioned by the king, Rohineya replied that he was a farmer named Durgachandra and belonged to the Shaligram village. He had come to Rajgrihi to visit the capital and was returning home when the watchmen apprehended him. This story was verified by the villagers in Shaligram village.

Abhaykumar was now tasked with obtaining a confession from Rohineya. To support Rohineya's fondness for wine, he was served an excessive amount that made him unconscious. In this state, Rohineya was cleaned, dressed extravagantly in perfumed royal garments and adorned with valuable jewellery. He was then placed on a luxuriously velvet bed of sandalwood on the top floor of a palatial building.

As Rohineya regained consciousness, he saw himself in heavenly surroundings. The view was breadth taking. The walls, ceiling and floor were crystalline while soft serene music was heard in the background. Fairylike dancers were dancing in tune to music while divine musicians were getting ready for a musical concert. Confused, Rohineya asked one of the girls where he was. The girl replied that he was their new king in heaven where all the divine comforts were his to be enjoyed.

'Could this be true for a burglar like me?' he asked himself. However, he then remembered that he was helpful to the poor and needy and felt God had been just. 'Or could this be the plan of Abhaykumar?' he thought again. It was hard to decide so he thought it was best to wait and see.

After a while, a luxuriously clad person entered with a golden staff and a book in his hand. 'Is your new Lord awake?' he asked one of the damsels. The girl replied he had just woken up and was getting ready for the concert. 'Let me make sure that all preparations pertaining to his arrival have been

completed before you start your concert; and let me also get some information from him that the heavenly realm needs to know.' As he was saying this, he came to Rohineya. Opening his book, he asked Rohineya to narrate his deeds from his previous life prior to enjoying the amenities of heaven. Meanwhile, Rohineya was looking around. He remembered what he had heard from Lord Mahavir's sermon about heavenly beings, when he stepped on the thorn. He observed the movements of heavenly beings in front of him. He noticed that their feet were touching the ground, their bodies had shadows, and their eyes were blinking like human beings. He immediately figured out that this heaven was not real and was only an illusion created by Abhaykumar to gain evidence of his burglaries.

He therefore replied that in the previous life he had given donations to worthy causes, had constructed temples, had been on pilgrimages to holy places and had rendered services to deserving people. The person took note of his statement and asked him to narrate any wrong deeds that he might have indulged in. Rohineya said that he had scrupulously avoided misdeeds and therefore he was born in heaven. Abhaykumar's plan did not work and Rohineya was set free as being the innocent farmer that he pretended to be.

Upon release, Rohineya realized that what he had accidentally heard from Lord Mahavir had saved his life. Then how could his father be right in his advice? 'If those words which were accidentally heard were so helpful, imagine how helpful his teachings would be?' he asked himself. Had he wasted his years avoiding the sermons of the Lord? After pondering at length, he decided to go to Lord Mahavir and to serve at his feet. He humbly requested the Lord to accept him as his disciple and a monk. Mahavir asked him to disclose his real identity and confess all his past sins to the king before renouncing his worldly life. Rohineya then disclosed his real identity to the king in full assembly stating he was ready to accept any punishment due and requested Abhaykumar to accept all the treasures he had collected during his burglaries. The king decided to pardon him and permitted him to become a monk. Rohineya deeply repented, observed severe austerities to erase his past Karmas and in his old age, with Lord Mahavir's permission, he adopted Sanlekhana (avoiding food and staying in meditation until death). After his death he was born in heaven.

So friends, here we see how the words of Lord Mahavir affected a burglar to the extent that he took birth in heaven.

Puzzle

Solve the **Jumble words** and find the hidden letters...

iwdosm						
	14	15	7	18	13	12

ergenosu								
	17	9	1		5		4	

hmyepta							
			8	2	3	11	19

cpsreufrti								
		10						

lefs				
			6	16

1	2	3	4	5	2	6

7	8	9	9	10	11

12	9	2	1	7

13	1	9

14	11	15	10	11

15	7

16	5	9	9

16	5	13	12

3	11	9

7	6	15	17	11	3	9	7	3

9	17	13

Ans.: Natural speech means one which is free from the slightest ego

Kalam



“Dearest Dada Bhagwan! Give me the infinite inner strength not to speak, nor cause or encourage someone to speak any harsh or hurtful language towards any living beings, even to the slightest extent. If someone speaks in harsh and hurtful language, please give me the strength to speak softly and kindly in response.”

Dadashri : You should not speak harshly. If someone is hurt by your words, you should say, “Dear friend, I am very sorry. I made a mistake.” If it is not possible to tell him directly, then you must repent internally for having said such things.

Questioner : And we should remind ourselves repeatedly not to utter hurtful speech.

Dadashri : Yes, you should think this over and also repent for it. It will only stop through your repentance. It does not cease through words.

Questioner : So what is the difference in katthor; tunteeli language and mrudu; rujhu language?

Dadashri : Some people use harsh language and say things like, “You are worthless, you are wicked, you are a thief.” They use words that we may have

never heard before. Katthor speech can be so intense that it can even stop the heart. Katthor speech is never pleasant. It is an egotistical speech.

Tunteeli speech will convey rivalry and obstinacy. For example a woman may say, “See how well I can cook. My cooking is exquisite and she does not even know how to cook.” Tunteeli speech is very bad.

One should not use katthor and tunteeli (harsh and hurtful) speech. All faults through speech are covered by these two words. So in your spare time you should keep asking Dada Bhagwan for strength to speak shuddha (pure), syaadvaad (accepted by all, not hurting the ego of anyone), and mrudurujhu (simple and humble) speech.



2018 Summer CAMPS for youth

Dada Bhagwan Parivar

Place	Boys	Contact	Group B	Contact
Simandar City	25-26 April	079-39830939		
Surat	5-6 May	9898689697	30 April, 1 May	9601291024
Surat-rander				
Baroda	5-6 May	9033514749	30 April, 1 May	9624852602
Surendranagar	06-may	9998177813	30-apr	9726108434
Bharuch	06-may	9974299193	4-5 May	9427105443
Bhuj	06-may	9925991600	3-4 May	9427171976
Gandhidham	06-may	9726202570		
Rajkot	5-6 May	9825317607	3-4 May	7623844316
Thoraji				
Jetpur			24-25 April	9173674404
Morbi				
Jamnagar	06-may	9428315109		
Bhavnagar	06-may	9924344425	28-apr	9924344425
Mehasena	06-may	9879112894		
Anand	16-17 June	9924110170		
Ankaleshawer	16-17 June	9054030470		
Mumbai	2-3-4 May	9819758355		
Veraval	06-may	9033068964	10-jun	9638904820
Godhera	06-may	9979109529		
Junagad	06-may	9726754571		
Ahmedabad	5-6 May	9327072945	28-29 April	9825047038
Group E-yuva Girls 17-21 Years				
Simandhar City	6-7-8 May	079-39830939		

For more information
<http://kids.dadabhagwan.org>
<http://youth.dadabhagwan.org>

Note: (1) It is necessary to register at your nearest center to participate in Summer Camp. Registration charge will be nonrefundable. 2) According to the schedule for determining the dates of the registration for the youth and according to the standard for the registration will be done. Registration will be done 5 days before the date of the summer camp. Then there will be an immediate charge for registration. 3) Registrations for boundary city summer camps can be done at Trimandir Sakul's 'store of happiness' from 9:30 am to 12 pm in the morning, from 4 to 7 pm in the evening, which can be done till 5 days before the summer camp, this registration will be done from March 20.

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YVA Junior

A Fun Event
For Spiritual development of youth
for Junior youth boys (13-16yrs)

Fees Only
1600/-

9 to 13 May



Notes : All Participants need to arrange accommodation and Regular Meal coupon by themselves. During Picnic we will provide food.

Venue: Simcity Adalaj

Registration: youth.dadabhagwan.org



Send your suggestions and feedback at: akramyouth@dadabhagwan.org

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