

April 2009

Dada Bhagwan Parivar's

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AKRAM

Express

**Avoid
Clashes**



Akram

Express

AVOID CLASHES

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Friends,

Do you know what 'clash' means? To clash against a wall is not the only kind of clash. To quarrel with someone is also called a clash.

Dadaji used to say that clashes are a result of lack of understanding. If we overcome the lack of understanding, we can save ourselves from such clashes and live our life happily and peacefully.

From this issue, let us understand the insights to 'Avoid Clashes' given by Pujya Dadaji, and imbibe them in our lives.

Dimple Mehta



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Dadaji Says

Qu

estioner: Please explain. Dadaji, what are clashes?

Dadashri: "While walking along a road if we encounter a pole on our path, do we walk around it or do we collide with it?" He replied "If we collide with it, we will injure our head. I continued," If a buffalo comes towards you, will you walk around it or purposely walk into it? He answered, "If I were to walk into it, the buffalo would hurt me. So I would move aside and take a different path." "And what if you came across a snake or a huge rock on the way?" I inquired further. He replied, "I would have to walk around them too." I asked him, "Who should move around." He answered, "We have to move around." "Why?" I inquired. "For our wellbeing. If we clash, we will get hurt!" he responded. I said, "In this world, there are some people who are like stones, some like buffalos, some like cows, some like humans, some like snakes and some like

poles. There are all kinds of people. We should move ahead without entering into conflicts with them. We have to find a way to avoid clashes with every one of them."

If we clash against a wall, who is at fault? Is the wall at fault or are we at fault? If we ask for justice from the wall asking it to move out of our way, will it do so? And if we insist on going that way only, who's head get injured?

Questioner: Ours.

Dadashri: So who should be careful? It does not matter to the wall. Who is at fault? The one who suffers is at fault. So the world is just like the wall.

Dadashri: What do you gain from clashes?

Questioner: They make us suffer.

Dadashri: It results not only in suffering but also spoils the whole day. Along with that we also lose our human form in the next life. So if someone clashes with us, we should stay in check. The one, who imbibes the understanding of not wanting to enter into conflicts with anybody, will attain salvation in a lifetime or two.



When others clash with us and yet we don't clash with anybody, our common sense blossoms.





MASTER KEY

One day, Rahul who was trying hard to concentrate on studying, yelled at his sister Krisha. "Krisha, go downstairs and play. You are disturbing me." Krisha in turn screamed, "No, I won't go anywhere, why don't you study elsewhere?"

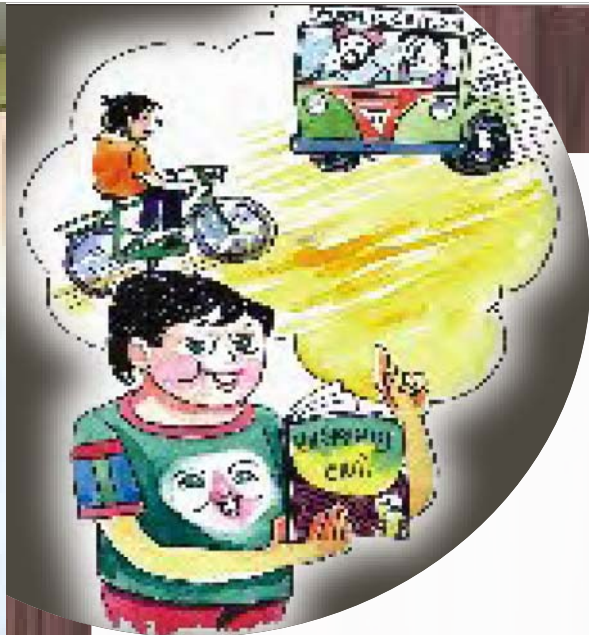
This made Rahul furious and he went to the living room, but he could not concentrate. He was angry with Krisha and wondered, "How should I put an end to my quarrels with

Krisha?"

Just then, his sight fell on a book called 'Avoid Clashes' lying on a nearby table. He opened the book curiously hoping to find a solution in it.

He read, "While driving, if a car comes towards you at full speed, what will you do? Give it way, right? If not, there will be an accident, putting both at a loss. In the same way, one should avoid clashes in all situations. By doing this, we develop a lot

**"How
should I
put an end to
my quarrels
with
Krisha?"**



of strength and our common sense also increases."

This example fitted well in Rahul's mind. He thought, "This is a very good suggestion. Let me try it." He quietly carried his school bag and all his books out of the living room. Krishna could not help but notice this. She asked, "Brother, where are you going?" Rahul replied calmly, "I will study

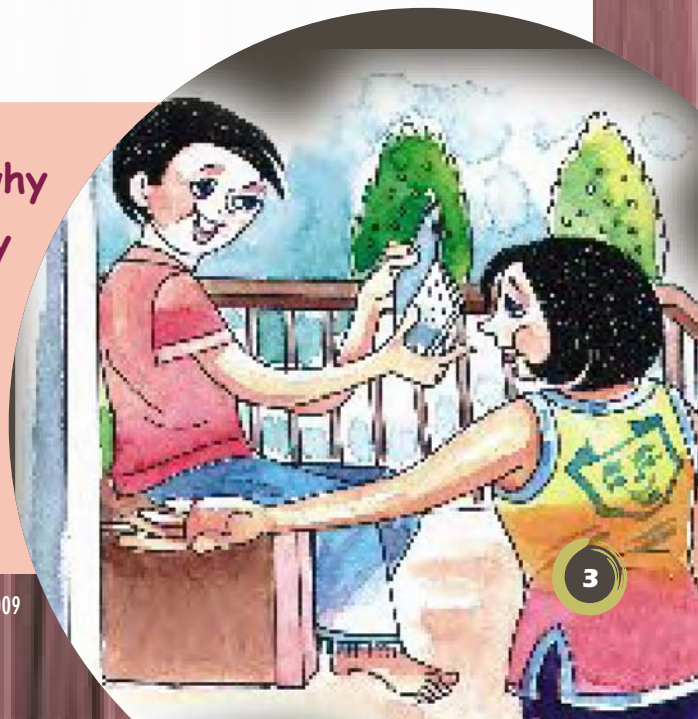
in the balcony so you can play here uninterrupted."

Krishna was touched by this, she thought, "Rahul has changed immensely. He is ready to study in the balcony just for my happiness. There is more noise in the balcony and this will affect his concentration." Krishna immediately changed her mind and said, "Brother, please study here, I will go downstairs and play. Henceforth, I shall play there and not disturb you at all, ok?" Saying so, Krishna made her way downstairs.

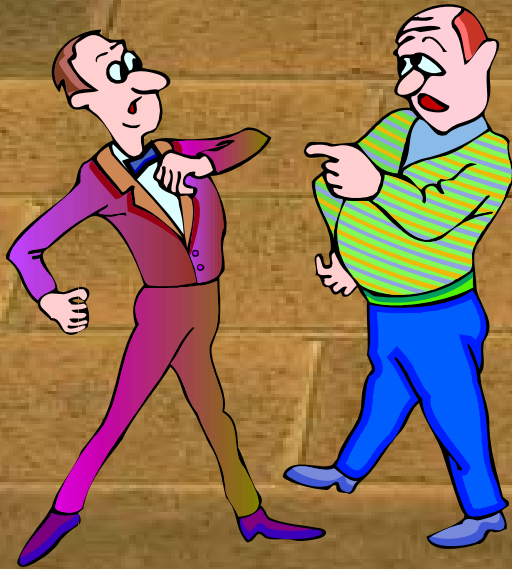
This instance deepened Rahul's faith in the teachings of the book. He imbibed them in his life, which in turn became peaceful and happy.



So Friends, why don't you try using this key in your day-to-day life too?



Absolutely new



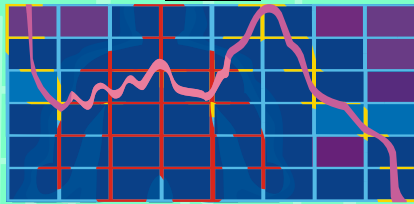
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To have a conflict with someone is similar to banging your head into a wall. There is no difference between the two. A person bangs into a wall when he misses seeing the wall. Similarly, he enters into a conflict when he is not aware of the consequences.



Strength



The entire strength of the soul gets exhausted only due to clashes. Our strength keeps developing as we avoid clashes.



and different!



As a rule, both parties suffer during clashes. If you hurt someone, you will inevitably suffer pain at the same moment.



Avoiding conflicts does not mean to tolerate. Tolerating is similar to compressing a spring. How long can a spring remain compressed? The day the compressed spring gets released, it will cause a lot of damage.

Therefore, do not learn to tolerate.



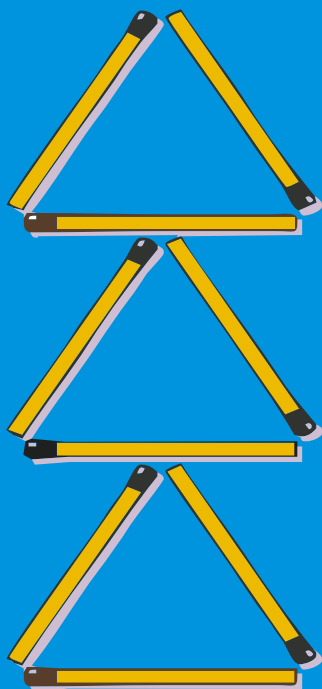
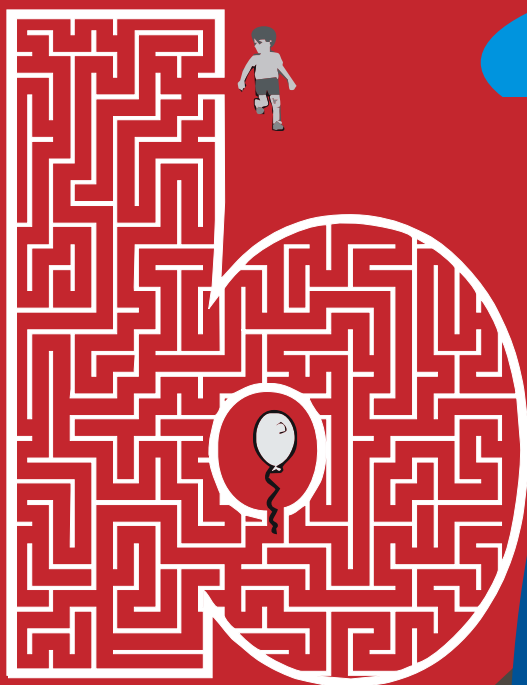
Let's Play...

← Find the way.

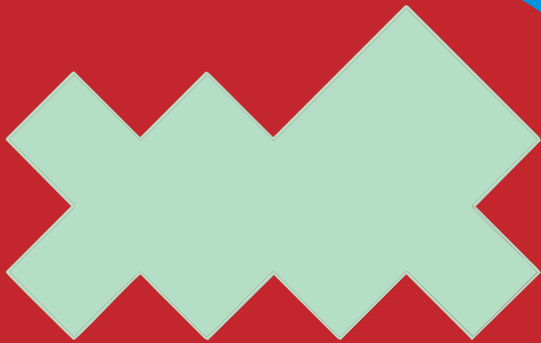
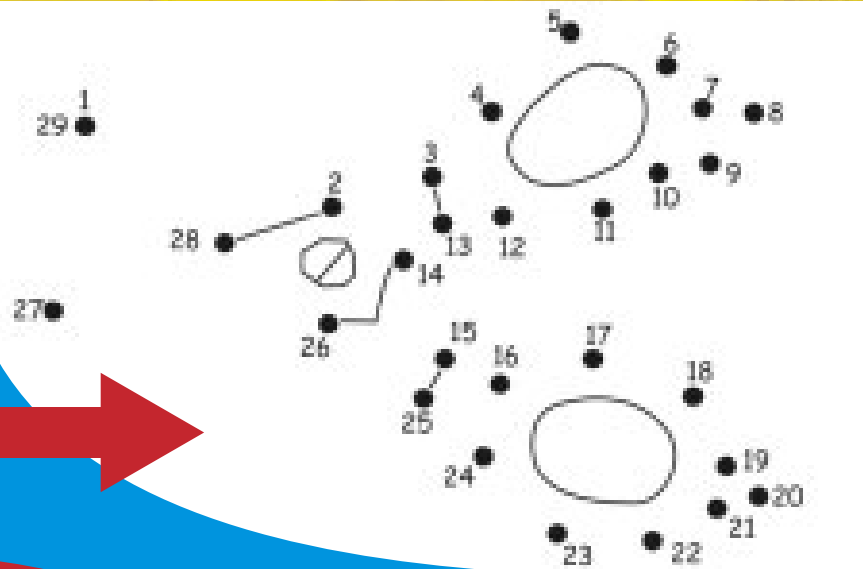
Find out 10 differences between this two picture.



← The object is to move three matches so that to get four equilateral triangles. Overlapping of the matches is not allowed.

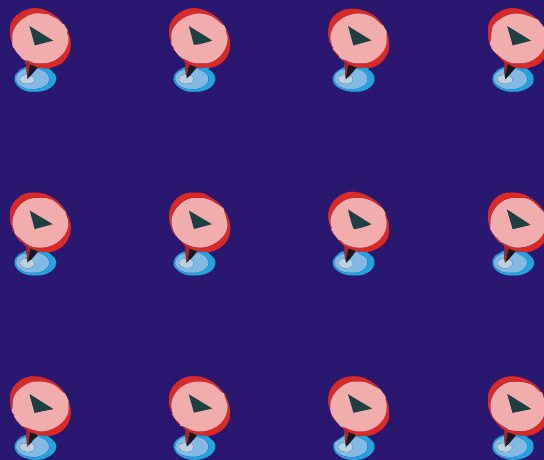


Join 1 to 29
dots and see
the picture.



The goal is to draw two line - of
course it needn't be straight -
that will divide the figure into two
identical parts.

Connect all the
twelve points with
exactly 5
connected
straight lines
without lifting
your pencil off
the paper.



Should we clash or take adjustments?



Once upon a time, there was a narrow bridge on the river. A red goat was crossing the bridge. Having reached half way, she came across a white goat. The bridge was so narrow that it was not possible for both the goats to cross the bridge simultaneously.

Now let's see the result if they clash, as well as the result had they taken adjustments.

Result of Clashing

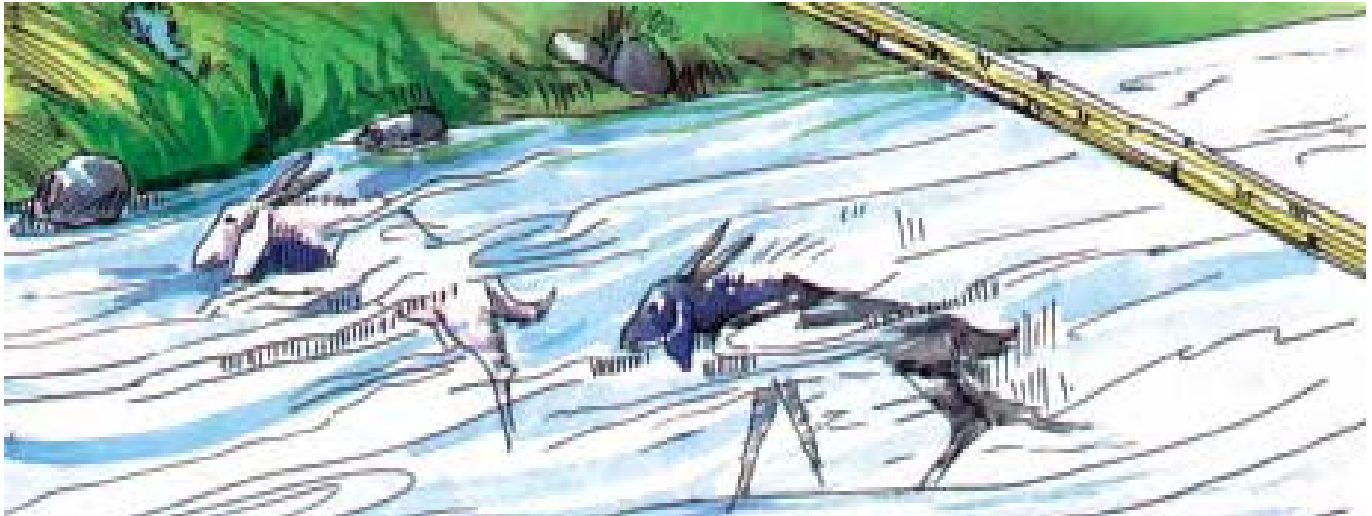
This bridge is not wide enough to allow both of us to cross over simultaneously, so why don't you move back?

Why should I go back, why can't you do so?

I will not go back as I am stronger than you

No, I'm stronger than you. Come, I will show you.

Both the goats fought hard with their horns,



and ultimately fell into the river and died.

Result of Adjustment



Thus, both goats crossed the bridge safely.



So friends, do you see how the goats lost their lives due to the clash? With a simple adjustment, they easily moved ahead in their respective directions.

Once a satsang program was organized for the elders in London. As Niruma started the satsang, an aged man interrupted her asking, "Niruben, all you saints come from India and talk about Ram and Krishna, but why hasn't anyone talked about Gandhiji? We have not even seen Ram or Krishna, while Gandhiji helped India gain freedom. Yet nobody talks of him."

Niruma tried to explain to him, but he would not listen. Instead, he held onto his viewpoint. Finally, Niruma said, "Uncle, what you say is very true. Gandhiji has greatly obliged all of us. I have always told these organizers to keep a week long session on Gandhiji, just like they have for Ramayan and Bhagwat."

The elderly man was delighted on hearing this and said, "That's all. I understand. Please continue with your satsang." Then Niruma

asked him, "Uncle, do you know who was Gandhiji's guru?" The elderly man was not aware of the answer and Niruma then said, "His guru was Shrimad Rajchandra. Gandhiji was planning to change his religion, but after his exchange of letters with Shrimad, he stuck to his religion and followed it sincerely." This gave the elderly man a lot of happiness.

Noticing this, Niruma related a few more incidents of Shrimad to him. The elderly man applauded her satsang very heartily. Once the satsang was over, the organizers then told Niruma, "You are the first person this gentleman has given a chance to speak. Usually, he never gives anybody else a chance to speak." After satsang, Niruma returned to the residence of her host.

The next day, Niruma was out on a walk, on the way, she stopped to buy

Sweet Memories

Incident - 1



vegetables for her host when the elderly man approached her. Seeing Niruma there he thought that Niruma had to prepare her own meals, and was appalled.

With a lot of emotion, he asked Niruma, "Niruma, do you have to cook for yourself and buy vegetables too? This will not do. Please come home. I will cook for you and serve you."

Incident - 2

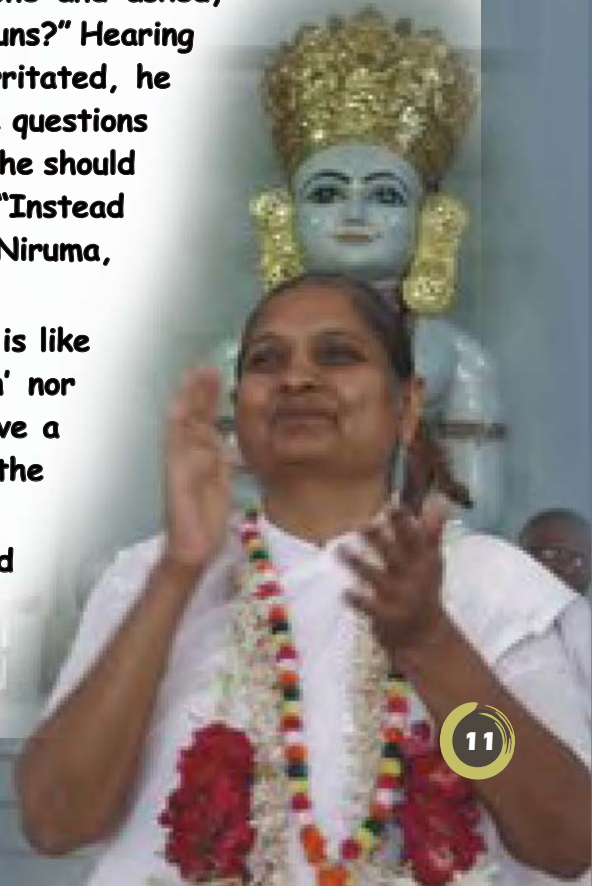
It was the year 1992, when a five day shibir was planned for youngsters at Poona's Ramji temple hall. The temple was full of people offering prayers and at the same time the shibir was also underway.

One night a group of college students visited the temple to pray, when they heard of the satsang going on in the hall. They joined the others in the hall where Pujya Niruma's satsang was going on. The college students were in a joking mood and instead of paying attention to the satsang, they spoke and laughed among themselves. Just then, a mahatma said to them, "You can ask questions, if you have any." Now the college students were up to mischief.

One of the students took the microphone and asked, "Gulab Jamuns contain neither gulab nor jamuns?" Hearing this, a devoted mahatma of Niruma got irritated, he felt like telling the students to ask sensible questions or to leave. He asked a man besides him, if he should say this to the students. The man replied, "Instead of doing anything in such a situation, watch Niruma, observe her 'vitraagta' and 'sahajta'."

Niruma casually responded, "Brother, it is like 'Mohanthar' which contains neither 'Mohan' nor 'Thar', it is just a name. You too must have a name right?" Listening to the answer the questioner was dumbstruck.

So friends, this is the way Gnani's avoid clashes. No matter what they face, there is never any change in their "vitraagta, sahajta, prem and karuna!"



The Great Mythological Stories

This is a story from a long time ago. Lord Krishna's palace is filled with an atmosphere of festive joy. Rukshmani devi, Lord Krishna's wife, has just given birth to a child. All of a sudden the child vanished. The child had been kidnapped!! The whole atmosphere changed drastically. Rukshmani devi was crying hysterically. All the maids, tried to pacify her. Lord Krishna also had no solution as to what happened and why. Then, all of a sudden...

Narad Muni flew into the palace from the skies chanting, "Narayan, Narayan". He asked Rukshmani devi about what had happened. She couldn't hold herself back. She pleaded to

Narad Muni, saying "Please find out where my son is... Please bring my son back to me." Narad Muni reassuringly told Rukshmani devi that he will promptly report on the child's whereabouts.

Saying this, Narad muni flew straight to Lord Simandhar Swami in Mahavideh kshetra. He bowed down to Lord Simandhar Swami and related the whole story, and then asked "Lord, what really happened?" Lord

Simandhar Swami, who is a 'keval gnani', which means he can see each and every atom of the universe as well as the past, present and future. With the help of this vision, he looked into the previous life of Rukshmani devi and said....

"In her last life,

“The punishment of a sin of sixteen months will have to be borne for sixteen years.”

Rukshmani devi was a Brahmin lady. Once she had gone to the jungle and there she saw the baby of a peacock. Upon seeing the peacock baby, she liked it so much that she took it home. Back in the jungle the baby peacocks' mother searched for her baby frantically. After a long futile search, she was deeply distressed. She wandered everywhere in search of her baby. Once, her search led her to the Brahmin lady's village. The baby peacock's mother cried in agony, but this had no effect on the Brahmin lady, who continued to lovingly nurture the baby peacock. Even the village folk tried to persuade her to give back the baby peacock, but she did not listen. Thus, sixteen months passed by, and the baby peacock's mother continued to search for her baby every day. At last, after a long period of sixteen months, the Brahmin lady felt pity on the baby peacocks' mother and gave the baby back.

As a result of that sin, Rukshmani devi had to suffer the pain of being separated from her son in this life. A 'dev' has kidnapped her son and named him 'Pradyuman'. Now, the child will be reunited with his



not
her after 16
years."

Narad Muni could not hold himself back and asked Lord Simandhar Swami, "The punishment of a sin of sixteen months will have to be borne for sixteen years?" Lord Simandhar Swami explained, "Yes, sins committed in this life have to be repaid with compound interest in the next life."

Content with Lord Simandhar Swami's explanation, Narad Muni flies back to Rukshmani devi and relayed everything to her. Rukshmani devi repented for her sin and was pacified to know that her son was safe.



You see children, if you take anybody's things without asking for permission, you will have to repay it with interest in your next life.



Introspect Yourself

How will you avoid clashes in the below given situations?

Situations

Solutions

- | | |
|---|---|
| 1) While walking on the road, a buffalo comes towards you. | 1) Give less or more but clear the account. His claim should not be left pending. |
| 2) When the next door neighbor leaves his garbage can right next to your house every day. | 2) Having a difference of opinion itself is a clash, so I will adjust myself with others. |
| 3) When there is an argument with a coolie for an amount of Rs. 10. | 3) They are our own dues, so there is no need to tolerate anything, but to make a settlement without conflicts. There is a need to interact peacefully and settle the matter. |
| 4) When you want to go for a movie and your parents want you to go for satsang. | 4) If I clash, I will injure my head so I will move out of its way and take a different path. |



April 2009



Questioner: How can self-confidence be developed? Even after studying for exams, I am not confident.

Niruma: Yes, that is a type of weakness of the mind. Even though you have studied and learnt everything, it keeps harassing us unnecessarily, putting us in doubt about whether we'll be able to answer correctly or not. By saying, "I won't be able to recollect," whatever has been learnt is also washed out. Whenever we get such thoughts, we should speak strongly against them and say, "I know everything and I will answer the examination paper correctly." Tell the mind to 'shut up' and not to interfere unnecessarily. By saying this strongly, the mind will sit quietly. Be confident and talk to the mind a little strongly, then it will remain quiet. ★ ★ ★ ★

Questioner: Niruma, I get very jealous of my friends and their possessions. What should I do to overcome it?

Niruma: Why does one feel

jealous? Because we feel we have less of everything and there is negativity in us. Jealousy arises when one feels, that one should have the best of everything, while others should not. That which others are getting is solely due to their fate. Nobody can change anything.

What do you gain by getting jealous? We ourselves are the losers, so a noble person does not feel jealous. If we are narrow-minded, we feel jealous. When the other person is blessed we cannot accept it. That is when one feels jealous. Hence, we should strive to be broad and noble minded.

As a result of nobility, we will have good relations with others, develop good qualities and it also helps us on the path to liberation. Whereas jealousy pulls us down. So introspect and find out, what makes us feel jealous. Probe over it and make it clear that whatever the other person has got is solely due to his/her 'vyavasthit'. Instead of being jealous, wish that the other person should get even more and feel happy. That is the only way to overcome jealousy.

Nirumaa with Kids

Story Writing Competition



Friends, your vacations have begun
haven't they?
So come join the story writing competition
of Akram Express.

7 - 9 years

Groups

**10 - 12
years**

**13 - 15
years**

Rules of the competition:

- 1) The story should be original.
- 2) The story is to be written in either English or Gujarati language.
- 3) The topic of the story should be one among the below given

- | | |
|---|--------------------------------|
| ⇒ I am very fond of my teacher. | ⇒ Sulking - Joy or Punishment? |
| ⇒ Sow as you wish to reap/ Give what you would like to receive (Humanity) | ⇒ Pride |
| ⇒ Obliging life - best life. | ⇒ Pure Love |
| | ⇒ or your Favorite Topic. |

The writer of the best story in each group shall be given a prize which will be delivered to the winner's residence. The story should be delivered to us by May 10th 2009. The winning entries will be published in the June issue of Akram Express. Send your stories to us along with your full name, address and age at the below address:

Akram Express - Story Writing Competition,
Balvignan Vibhag, Trimandir Sankul Simandhar City, Ahmedabad - Kalol Highway,
Municipal post - Adalaj, District - Gandhinagar - 382421, e-mail : akramexpress@dadabhagwan.org

Kid's Camp

HEY ARE YOU READY FOR KIDS CAMP?

Here it is with lots of new games, activities, stories all for you, a two day camp full of fun and gnan. Countdown starts so get registered at your nearest centre for your favorite camp as it for limited number of children and is on

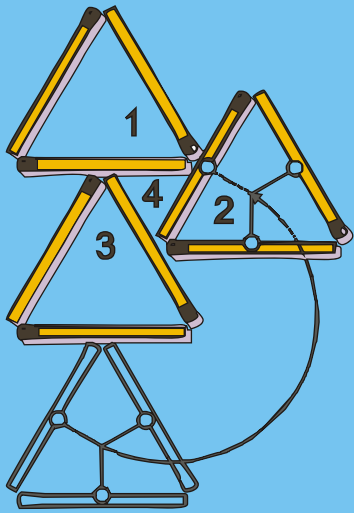
FIRST COME FIRST SERVE BASIS.

Don't be late and get registered soon!!!

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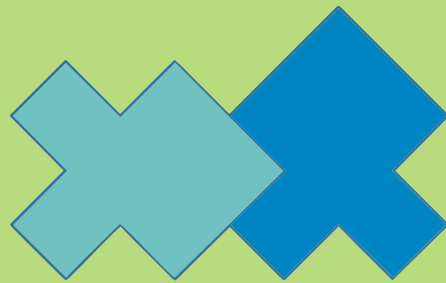
REGISTRATION FEE RS. 100/- NON REFUNDABLE

Puzzle Answer



Introspect Yourself

1 - 4	3 - 1
2 - 3	4 - 2



My Vision

You are playing cricket with your friends. According to you one of your friends is out. Upon this he gets angry on you and started arguing strongly for not out. What you will do on that moment?



My Corner

E
x
p
e
r
i
e
n
c
e

Earlier when I used to read Dada's books and magazines, I would not understand some words at times. Therefore I would ask my Mummy, Papa and didi to explain them to me. But now I have my dear favourite magazine 'Akram Express'. In this magazine, Dada's principles are related in a very way by means of stories, so that children like me can understand it easily. I am very thankful for that.

Besides, previously I used to get very nervous while giving my exams. But during this year's examination, I chanted 'Dada Bhagwan Na Aseem Jai Jaikar Ho' and asked for strength from Dada due to which I had no fears and I could also answer my papers very well. All of this is a result of my having read of 'Akram Express'. I have also stopped sulking. Due to which my parents, teachers, all my friends and I myself are all very happy and now Dada and Niruma too will be pleased.

I study in class VII. I stand first in class every year. Today a new girl joined us in our class. Our teacher made her sit beside me. She was weak in studies and I remembered that I should not feel proud in comparison with her. I introduced her to all my friends and invited her to join our group. I even helped her with her studies. Now she will surely rank among the top ten students of our class.

I liked Akram Express very much.

Harshna Pravinkumar Joshi, Palanpur

Responses from the previous issue of "My Vision"

If I found a boy from my building lying unconscious on the road, I would not even think about his past behavior and only understand that he needs help. I would inform his parents and take him to the nearest hospital. It is irrelevant that he is a naughty boy who teases me regularly. By helping him I would only be doing my duty.

Payal Gajwani, Ahmedabad

I will immediately admit that boy to a hospital and inform his parents of his accident. I will also pray to Dada Bhagwan to give him strength to bear all the pain in his injury.

Soham Rawal, Borsad

