



Akram Express



Profit	Loss
- 0	- Food
	- Fun
	- Picnic



Sulking....joy or punishment?





Akram Express

Sulking....joy or punishment?

Editor :

Dimplebhai Mehta
Vol.: 1, Issue : 2
Conti. Issue No.: 2
January 2009

Contact at:

Balvignan Department
Trimandir Sankul,
Simandhar city,
Ahmedabad-Kalol Highway,
-Adalaj,
Dist.Gandhinagar-382421,
Gujarat.

Phone:(079)39830100
email:akramexpress@dadabhagwan.org

Ahmedabad:(079)
27540408,27543979

Rajkot Trimandir:
9274111393

Baroda:(0265)2414142
Mumbai:9323528901-03
U.S.A.:785-271-0869
U.K.:07956476253

Website:
kids.dadabhagwan.org

**Publishers,Editor & Printed,
Published from**

Dimplebhai Mehta on behalf of
Mahavideh Foundation

5, Mamtapark Society,
Bh. Navgujarat College,
Usmanpura, Ahmedabad-14.

Print at:-

Amba Offset
Basement, Parshvanath
Chambers, Nr.RBI,
Usmanpura, Ahmedabad-14.

Subscription (English)

Yearly Subscription

India:125 Ruppees
U.S.A.:15 Dollars
U.K.:10 Pounds

5 years Subscription

India:550 Ruppees
U.S.A.:60 Dollars
U.K.:40 Pounds

Send D.D./M.o.in the
name of 'Mahavideh
Foundation'.



Editor

We would not find a single person who has never sulked in his or her life. Me, you and oh...even Dada could not refrain from it. Whenever circumstances go against us, we get angry and we sulk. Then later on, we would proudly give in and that too if everyone pleads to us a lot.

But has anyone ever tried to calculated how much the loss or gain is ? When Dadaji had sulked in his childhood, he had calculated the gain or loss of sulking.

So here we shall also see & learn from Pujya Dadashri's conclusion and his resolution thereafter. Let us all learn and resolve the way he did.

Dimple Mehta



Index



- | | |
|--------------------------------|----|
| 1.Dadaji Says... | 1 |
| 2.Enough! Now Never. | 2 |
| 3.Absolutely new & different ! | 4 |
| 4.Let's Play... | 6 |
| 5.Tanvi Understood that... | 8 |
| 6.Introspect Within! | 10 |
| 7.Sweet Memories. | 12 |
| 8.Answers to puzzles. | 13 |
| 9.My Corner. | 14 |





Dadaji says



Dadashri: It's like this, when I sulk with the train driver or guard, then after some time he will say, 'Friend, have a seat ! why are you arguing right now ? Please sit !' But if I keep sulking and say 'I will not sit in the train at any lost !' then will he take off the train or not ? Dose the world ever wait for anybody ? It will keep moving.You will have to 'adjust' yourself with it. Otherwise you will be left waiting forever on the 'station'. The guard will blow the whistle, won't he ?

Questioner: Then will the passenger realise that the train has left and I am at a loss ?

Dadashri: He believes that 'I have been right in my actions.' If he also admits

that he has made a loss and if he the knowledge as to how to do it, then mistake will not he committed again.

If we have been given a date for hearing at court and due to some reason we are fighting for a right cause, when the other person is at fault and we are not at fault, then too we should forgo the mistake before the train leaves, shouldn't we ?

If they request us saying 'let's put aside the whole matter here itself. The station master has made a mistake.' If they say this and yet we don't take a seat, aren't we crazy not to do so ? Then he will blow the 'whishe', won't he ? Thus the world carries on and those fools keep sitting on the bench.

There is total loss in sulking; the whole business of sulking is an utter loss. It is very harmful to sulk.





Enough! No Never.

Rajul was in a hurry to reach home after school. She knew that mom had prepared her favourite mango juice for lunch. As she sat at the dining table she found that the juice was not chilled enough to her liking. This made her furious. Putting the plate aside she yelled on top of her voice, "Mom, haven't I told you many a times that I want chilled juice with ice in it? This juice is hot."

"I know dear, but today I got late preparing lunch. So the juice was kept late in the refrigerator. That's why it is not that chilled. But I'll get ice for you."

Rajul lost her temper. She wanted her favourite food to be perfect. Angrily she got up, saying, "I don't want to eat", and walked away to her room, locked the door



sat sulking over the matter.

Her mother knocked on the door several times and tried to plead with her but she didn't heed to her mother's pleas. At last her mother gave up. She had her lunch and went off to sleep. At the other end Rajul was feeling hungry. But now what could be done? As she had made a scene earlier in the afternoon she was reluctant to go back



on her words .As a result she had to stay hungry and sit in her room all afternoon.

In the evening, all the other children went down to play. Rajul too longed to play but because of her stubborn nature she could not do so. Soon it was nightfall when her father came home from work. He too tried to persuade her to come out but Rajul was adamant. Finally her family had their dinner and sat down to watch T.V. Poor Rajul had to miss T.V. too that day. That night when they all went off to bed, Rajul thought to herself, "Did I benefit or make a loss by my behaviour today?" She got the reply, "It was a total loss!"



So she wrote down what she had lost out on: (1) Lunch, (2) Milk in the evening, (3) Playing, (4) Watching T.V., (5) Dinner, (6) Sleep. "Oh no! What a big loss in every sense! What did the others have to lose? Nothing. They are all fast asleep. I brought about my own loss", she said.

From that day, she resolved never to sulk under any circumstances. The next morning she went up to her parents and asked for their forgiveness saying, "Mom and Dad, I promise never to sulk again." Her parents embraced her very happily.

So friends, what do you say? Won't you also prepare a list of your losses and stop sulking from today onwards?

Absolutely new & different !

If we become obstinate, people will say, 'Just let him be!' Then of course it will be so!

Let her be, come, let's play.



If you throw a tantrum one night, sulk and refuse to eat, what will everyone do? Will they stay awake for you? They will all go to sleep at bed time.



When the meal is served, they will call out, "Come and eat, everyone is waiting." Then if we says, 'No, I am not coming to eat right now, you go.' They may request us to join once or twice, but then what will happen? They will eat their meals.



I don't want to eat.



Sulking is a form of obstinacy! Otherwise, where is the need to sulk? But a person cannot refrain from being obstinate. The smallest disagreement will result in one becoming obstinate. All that is needed to sulk is a little disagreement.





Let's Play...

(1) Find out what all is wrong in the picture below & then colour the picture.



(2) Fill - up missing number in below boxes.

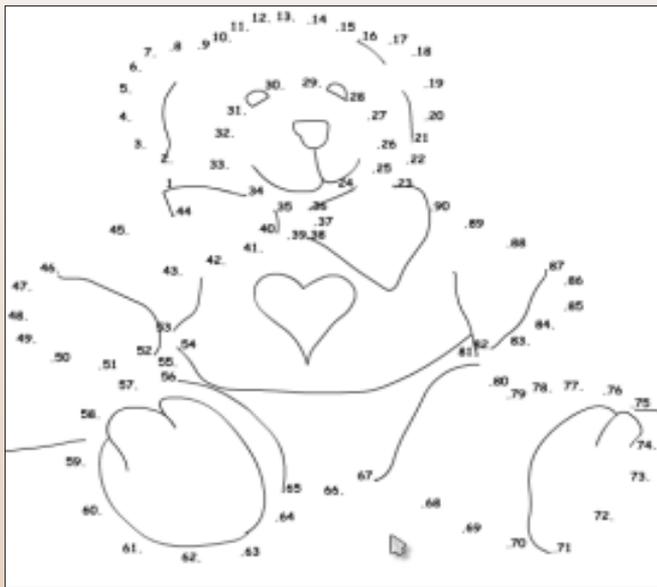
4	+		=	9
+		-		+
	-	2	=	
=		=		=
7	+		=	10

(3) Find out at least 8 differences in the pictures below.





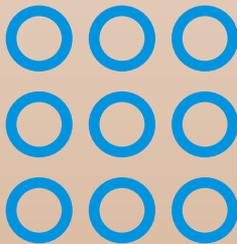
(4) Join 1 to 9 dots & complete the picture.



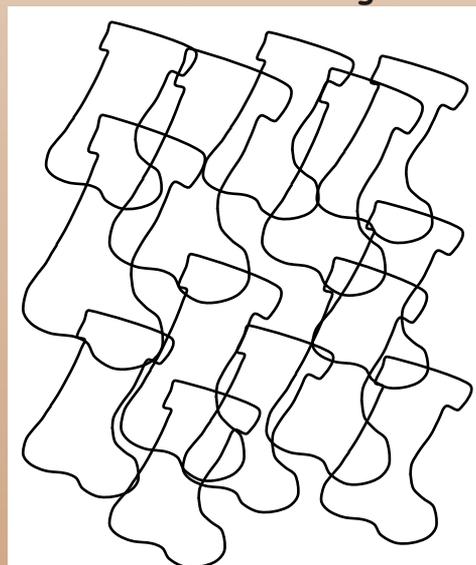
(5) Colour the picture.



(6) Using only three straight lines connect these nine dots, without lifting pen from paper or crossing over another line.



(7) Find the number of christmas stockings.



(8) Place three silver coins and three copper coins in a row like this



Moving only two adjoining coins at a time can you in three moves, change it to this:





Tanvi Understood that...

Today is Tanvi's birthday. She has planned a party for the evening. Her invitees include all her friends along with the guests. Her excitement is boundless since morning. She has also ordered a special dress for the party. Maganbhai, the tailor, is supposed to deliver it at 4:00 P.M. today. Tanvi is looking forward to it. She has been waiting anxiously for 4 o'clock in the evening.

At last the tailor arrived. Tanvi grabbed the dress from his hands and ran to try it on. But the dress was too short and too fitted. Tanvi was furious with Maganbhai. Maganbhai even apologised for his mistake but now nothing could be done. Tanvi's mood got spoilt. She stomped into her room and lay on the bed, crying. It was already time for

the party to begin. Her Mother asked her to put on another dress and get ready for the party, but Tanvi exploded on her, saying, "I don't want to hold a party. I will not come out of my room, so send everyone back home." saying this she started crying. That was when her best friend, Ankita, arrived. She entered Tanvi's place singing, "Happy Birthday, dear Tanvi". Hearing Ankita's voice, Tanvi sat up in bed. She wiped her face quickly as she heard Ankita screaming out, "Where are you, Tanvi?"



"Coming, just getting dressed", Tanvi replied and hopped out of bed and started getting ready, putting on another dress.

Within 10 minutes, she was all dressed up and She came out of her room. By



then, the other guests and her friends had also arrived. On seeing Tanvi, they sang birthday wishes in unison. Tanvi then cut the cake. Her guests and friends presented her with gifts, wishing her once again. Then a variety of games were played. Everybody enjoyed playing the games. Then followed dinner and lastly ice-cream. The party ended on this note and everyone thanked Tanvi and left.



When all the guests had left, Tanvi opened all the presents which contained things that she liked and desired. This made her feel elated.

Soon Tanvi was very tired so she decided to go to bed. While changing her cloths, the thought occured to her that she had enjoyed the party

immensely. So she was glad that the party had not been cancelled on account of her new birthday dress. On the contrary, people had praised the other dress that she had worn. She realized that she had unnecessarily made a big issue over her dress. This, in turn had made both her as well as her mother unhappy. That day onwards she learnt to let go with things as they are and adjust as per circumstances. And not to sulk or be stubborn.

So friends, when things don't go our way, are we at a loss? No, we can still adjust and win over it.





Introspect Within!

(1) Chintan saw that his younger sister Pooja, was sulking over something that had happened between their mother and Pooja. He went to her and started telling good stories carrying Dada's philosophy. Within minutes, Pooja felt better and started playing happily. So let's find out & separate those sentences

that helped Pooja give up sulking from the list given below:

(1) Our parents get us what we desire only when we sulk.

(2) It's a bad habit to get our demands fulfilled by sulking.

(3) How much do we benefit by sulking?

Everybody comes to us and pleads. This makes us feel high and mighty.

(4) Sulking is a way of being obstinate.

(5) Those who have big and warm hearts always let go. So we should let go.



(6) Mummy and Pappa do not like it at all when we sulk.

(7) When we sulk, nobody can scold us.

(8) When we sulk repeatedly, nobody bothers about us.

(9) Dadaji dislikes sulking.

(10) Others do not suffer a loss because of our sulking.

(11) Nobody appreciates sulking.

(12) There is nothing but total loss due to sulking.

(13) Sulking is a weakness on our part.

(14) There is fun in sulking.

(15) We hurt others by sulking.



(2) Find out sulking faces.

(1)



(2)



(3)



(4)



(5)



(6)



(7)



(8)



(9)



(10)



(11)



Speak out...Do you like sulking faces or smiling faces?



Sweet Memories

2nd December is our dear Pujya Niruma's birthday. Generally we cut a cake and thus celebrate our birthday, with our friends. On Pujya Niruma's birthday, other than cake and good food, the manner of celebrating it was completely unique. In Pujya Dadaji's



presence, every December a 10 days shibir at Aurangabad (Niruma's birthplace) was organized for mahatmas. On her birthday Pujya Niruma would take Dadaji's blessings. She would ask Dadaji to give 'Shakti' for 'jagat kalyan' and for progress in gnan, all within the boundaries of Dadaji's 'aagnya'. Then she would bow down to all mahatmas and even the youngest of her nephews for blessings. And that itself was her greatness.

After Dadaji had passed away, Pujya Niruma would wake up early in the morning on her birthday and pray to Dadaji for lots of 'shakti'. All the mahatmas would get together and celebrate Pujya Niruma's birthday with great happiness and enthusiasm. Niruma would welcome them with flowers and bow down for blessings, saying, "Today, all of you heartily give me blessings". Initially the mahatmas would feel very odd and would shy away, because the person on whose toes they touched their foreheads for vidhi and asked for blessings daily, would on that day bow down to them. No matter who it was, whether the person was a servant or a small child or even Pujya Deepakbhai. On that day, she would bow down to all one by one and take their blessings. Her art of being 'laghutam' was truly amazing. She continued this system till the end. On that day she would give treat to all the mahatmas very lovingly.

We bow down to our dear Pujya Niruma as an embodiment of pure love.

Answers to Puzzles

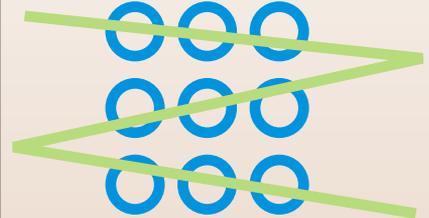
(1)

1. Moon - In water.
2. Bird - Below.
3. Fish - In air.
4. Grass - In air.
5. Micky's hate - Below.
6. Micky's shoes - On head.
7. Clouds - On land, In water.
8. Flower - Reverse.

(2)

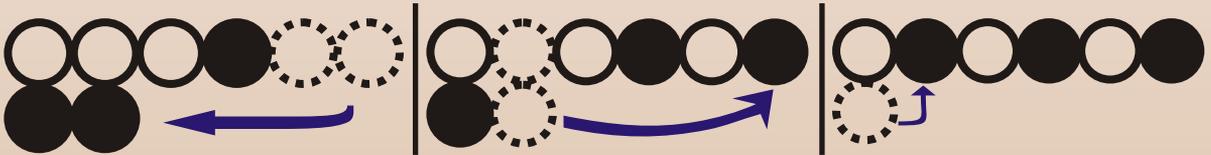
4	+	5	=	9
+		-		+
3	-	2	=	1
=		=		=
7	+	3	=	10

(6)



(7) 13 stockings

(8)



તમારી જાતને ચકાસી જુઓ.

(1) 2,4,5,6,8,9,10,12,13,15. (2) 2,4,5,8,9,10.

Ha...Ha...Hi...Hi...

Chhotalal got the sad news that his daughter has died. The grieving Chhotalal jumped from the 100th storey of the building. On reaching the 50th floor the silly forgetful Chhotalal remembered that he doesn't have a daughter. On reaching the 25th floor, he remembered that he is not married. On reaching the 10th floor he remembered that " Arre, I am not ChhotalalI am Motalal!!!!"



Teacher: "Raju, how are ants helpful to us?"

Raju: "Teacher...They help us to find out where mummy has hidden the sweets!!"

My Corner

Experience

One day the students of our school were let out at 2:00 p.m. But granny was late in picking me up. My teacher called up mama, but she had forgotten her mobile phone at home and left for her job. So Vrunda ma'am, along with two other teachers started talking to me.

Teacher: How do you do 'pratikraman' ?

Shruti: For example, if I have been angry at my mother then I do 'pratikraman' at bed time saying, "Oh

Shudhatma residing in mama, I ask for forgiveness for being angry. I have resolved not to repeat the mistake. Please give me the strength for it."

Teacher: Which God's name do you recite at bedtime ?

Shruti: I chant 'Dada Bhagwan na Asim JaiJaikar Ho'.

All teachers got very happy.

Then granny arrived and took me home.

Name : Shruti Vyas , Ahmedabad.

Age: 8 years.

My Vision

All your friends went to have an ice cream. They forgot to take you. The next day when you come to know about this, what would be your reaction? Why? Send your answer before 25th of this month.

Regarding admission for students of std. 6th and 7th Gujarati medium(Boys)

Gnan Mandir (Gurukul) , Simandhar city, Adalaj.

For parents wanting to instill right values in their sons as per Param Pujya Dada Bhagwan's gnan Both the parents must accompany their son to Gyan Mandir, Simandhar city (Adalaj) for the interview. Kindly carry along, the previous year's Annual report and the current year's six monthly terminal exam reports (original as well as 2 photo copies).

Date: 17-18 January 2009.

Time: 10:00 A.M. to 6.00 P.M.

Phone:(079) 39830032.



Publisher, Printer & Editor - Mr. Dimplebhai Mehta on behalf of Mahavideh Foundation

Printed at **Amba offset**:- Parshwanath Chambers, Usmanpura, Ahmedabad-14 and published.