

July 2009

Dada Bhagwan Parivar's

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AKRAM Express



The obligations of parents

The obligations of parents

Friends,

You may feel that your mother nags at you all day long and that your father is always in an angry mood ... right? But... that itself is a wrong notion on our part. Our culture has placed parents on a very high stature - almost next to God. A poet has famously expressed, "Forget everything else you may, but never forget your parents, countless obligations conferred have they, never should you forget these obligations."

Yes, Puja Dadashri has also highly regarded the obligations of parents towards children. This issue describes the importance of serving them and the wonderful results of doing so. Reading this issue will inspire us to serve our parent's whole heartedly.

-Dimple Mehta

Akram Express

Index

Dadaji Says.....	1
Mummy's Mom.....	2
Let's Play.....	5
Absolutely new and different!.....	6
Have you ever thought like this?.....	8
Sweet Memories.....	11
The Great Mythological Stories.....	12
Pujyashree with kids... ..	14
Summer camp.....	16
Answers to Puzzles & My Vision.....	17

Editor :

Dimplebhai Mehta

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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:

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Dadaji Says...



In order to value the obligations of our parents' towards us, we need to understand that they are the ones who brought us into this world and nurtured us. This human birth is meant only for the ultimate goal of salvation. So we should not forget their obligation in bringing us into this world. No matter what they say, they have obliged us - so we should be able to 'let go.' We should never forget the obligations of those who have obliged us. If we forget our parent's obligations towards us, if we go against them, even if our thoughts for them turn unpleasant, we have to repent for it.

The one who sees fault in his/her parents will never prosper. Such a person may be materially wealthy, but s/he will never progress spiritually. One should never find faults in parents. How can we ever forget their obligations? We don't forget the kindness of a person who has offered us a cup of tea, then how can we ever forget the obligations of our parent's towards us?

We should serve our parents in the best possible manner at every opportunity we get. If they say something uncalled-for, what should we do? We should ignore it because they are elder than us. Or should you retort?

Questioner: No, I shouldn't retort, but what if it happens? What should I do if the mistake happens?

Dadashri: Yes, if that happens, then it is a mistake on your part. They should not be hurt. Instead we should see to it that they are happy. Do they not see to it that you lead a happy and contented life?

Questioner: Yes.

Dadashri: Then you too should endeavor to keep them happy.

Don't you know how to keep your parents happy? Your behaviour should be such that they are always happy.

Questioner: Yes, I'll do that.

1

A live example of the outcome of serving your parents is that you will neither have to bear sorrow, nor face any obstacles in your lifetime.





2

Mummy's Mom

It was Friday night. Shivangi had just come home from her school picnic. Her entire day had gone by joyfully. By now she was extremely tired. She was just getting ready to go to bed, when the telephone rang.

Shivangi picked the receiver, "Hello ... what?" and her jaw fell in shock. It was a call from the hospital. Her mother had met with a fatal car accident and she had been taken to a nearby hospital. She was in a critical state. Shivangi and her father immediately rushed to the hospital

after the phone call.

Shivangi was shocked to see her mother's state. Her face was swollen. There was a deep gash near her eyes and her legs had also been injured. Tubes had been inserted below her neck and in her hand.

Shivangi started having all sorts of thoughts. Will mummy survive or not? If she survives, will she lose her eyesight? Etc ... She prayed all night for her mother.

Next morning the doctor said, "Your mother is showing good recovery

and she is out of danger now. There is nothing to worry about. She will be discharged in a week but she will not be able to walk for the next two months.

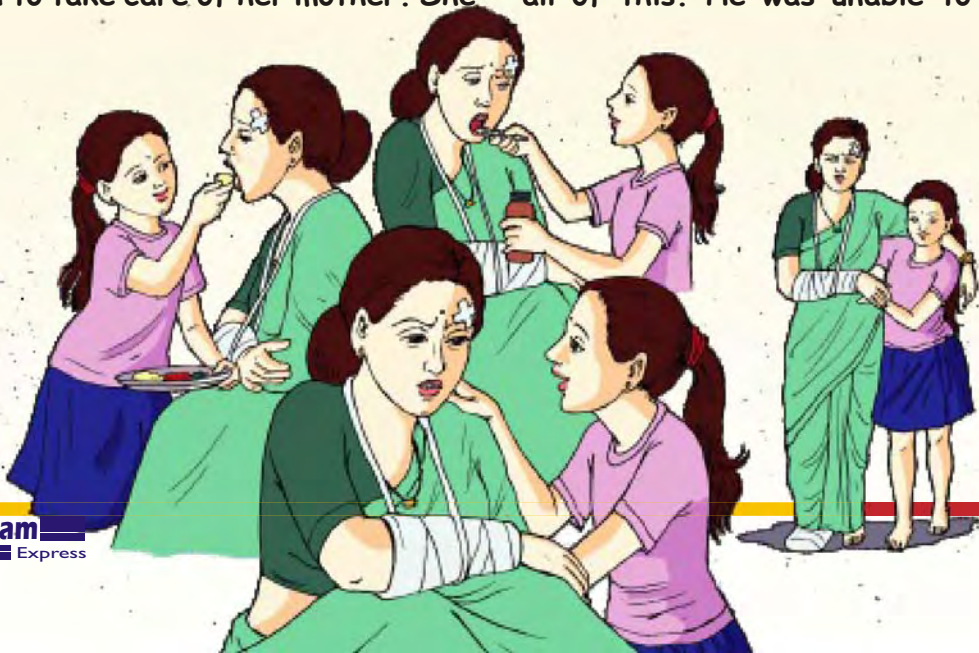
Seeing her mother's state, Shivangi's definition of 'problems' changed. Until now, her idea of problems was, not getting a new dress, not celebrating her birthday or not being allowed to go on a picnic. But now, it was not the same anymore. In comparison with her mother, none of these things held any importance anymore. To date, she hadn't realized the value of her mother to this extent.

Her mother's recovery and discharge from the hospital as well as her mother's return home was a blessing for Shivangi. At the same time, her responsibilities increased tremendously. Before the accident, Shivangi used to spend the entire day with her friends but now she had to take care of her mother. She

would bathe her mother, feed her, help her to the washroom, give her massages and ensure that she gives her medicines on time. She would also lift her mother's spirit up with lively chit chat when her mother felt low. In the evenings, she would take her mother out on a wheelchair. Thus, Shivangi played the role of her own mother's mom.

While caring for her mother, Shivangi increasingly realized the obligations of her parents towards her. It dawned on her how all these years, her mother had nurtured her, let go of things, loved her unconditionally, stood by her in her hour of need and encouraged her whenever needed. She started to notice how she used to get angry on her parents over very petty matters and talk back. She felt remorseful for the way she had behaved.

Her father had been noticing all of this. He was unable to help



Shivangi because of the work load at his office but he was very happy with the changes he had seen in her. She was becoming more and more polite by the day. Shivangi would encourage and help her mother so that she would become normal and independent once again. During this period, it was as if her relationship with her mother had changed to one of friendship. She started enjoying her mother's company. Shivangi seemed to have forgotten her friends.

One night while Shivangi was studying, her father walked over and sat next to her. Laying his hand on her head, he said, "I am proud of you dear. You have proved yourself to be our son not our daughter." Shivangi replied, "Papa, what I have done is

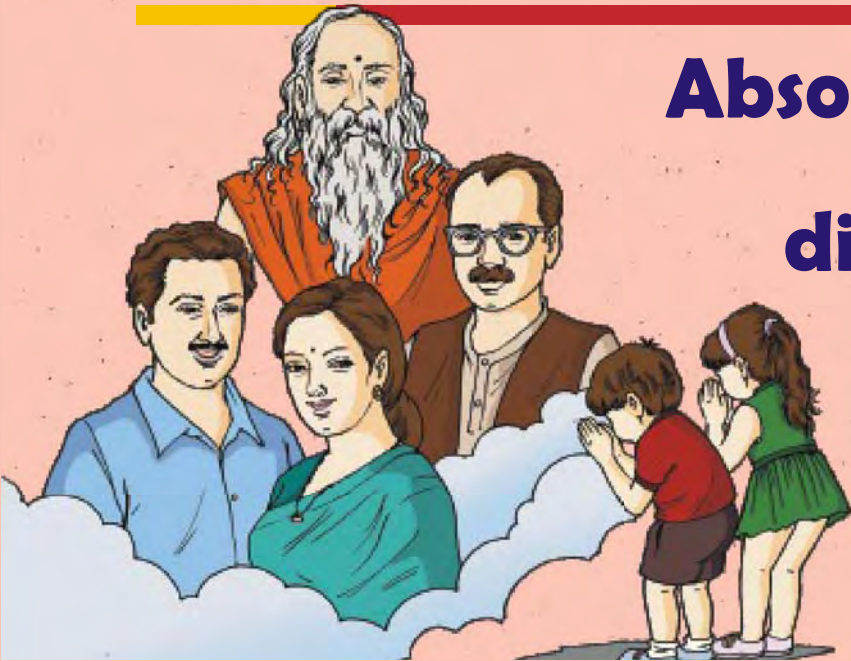
nothing in comparison to all that the two of you have done for me. Today I have understood the obligations of parents. They are not easy to forget. I derive on lot of pleasure in serving mummy so please do not worry about her at all."

Shivangi's father walked away to his room with contented heart.

Shivangi's mother completely recovered a short while later. She could now walk and do her chores independently. Thoroughly satisfied with her daughter's caring and affectionate tending, she heartily blessed Shivangi saying, "Dear, when you get married, may you lead a very happy life and give others a lot of happiness too."



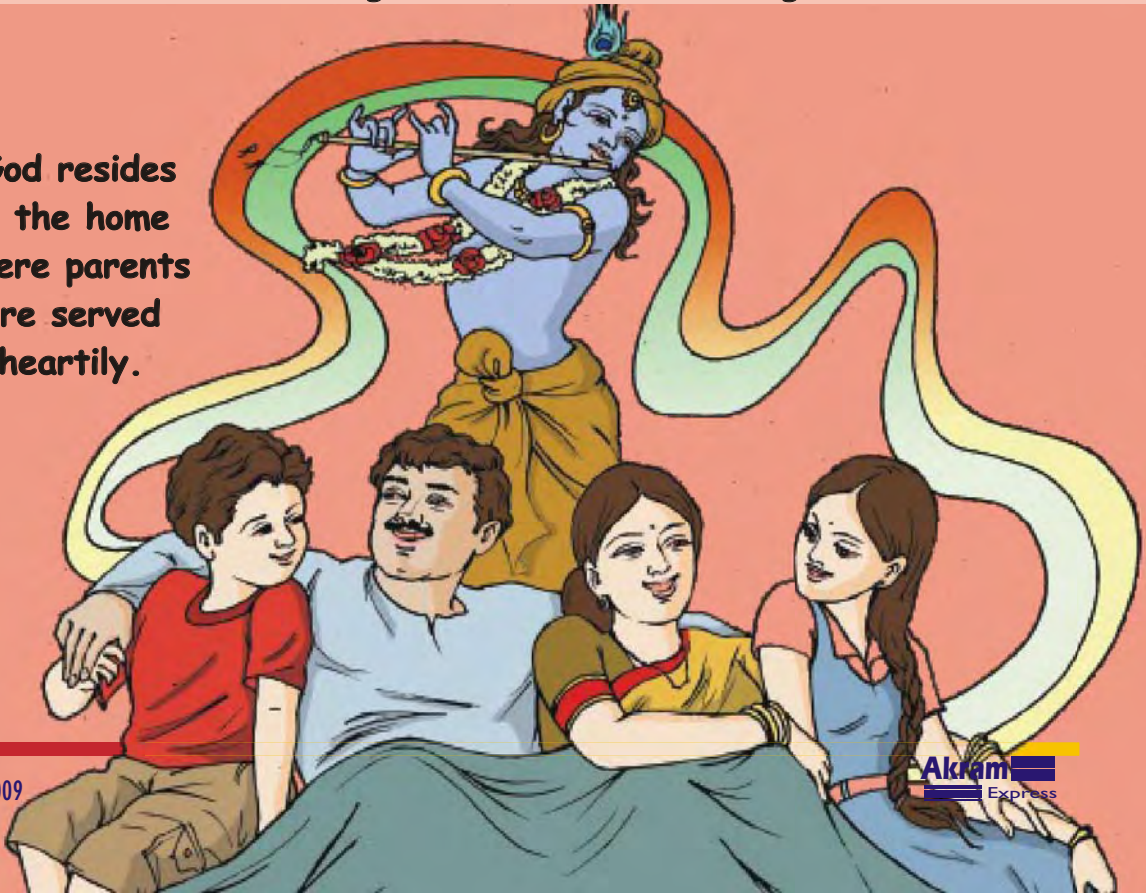
Absolutely New and different!



In this world, we are greatly indebted to three people: father, mother and guru! We should never forget their obligations. They have guided us towards the right path, so their obligations can never be forgotten.

6

God resides
in the home
where parents
are served
heartily.



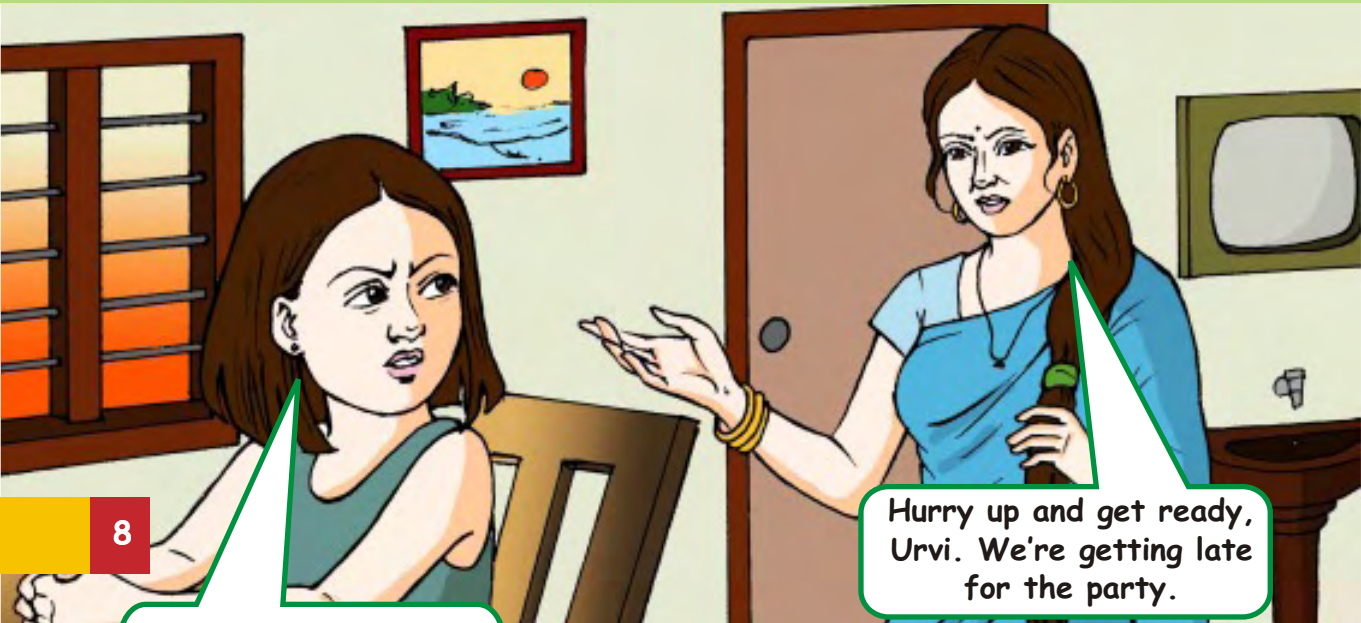
Looking after your parents wholeheartedly when they are in poor health is counted as true service to your parents. Even if they are unwell for as long as a decade, we should serve them without any ill feelings.



Immediate dividends are received as a result of serving one's parents. God is not visible, but we can see our parents. Where can one get to see God...? While, our parents are physically present.

Have you ever thought like this?

Urvi has to go to a party with her parents, but she is upset with them and sitting in a corner sulking. Let's see why Urvi is upset.



8

No, I will not go with you. Why didn't you buy me a new dress? You don't care for me.

Hurry up and get ready, Urvi. We're getting late for the party.

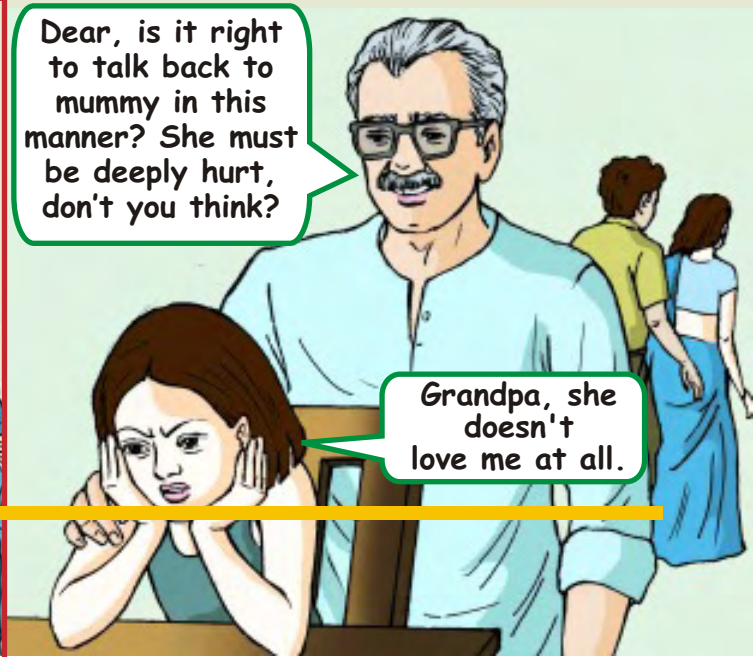
Consequently, mummy and papa also decide not to attend the party and instead get busy with their own chores. Noticing this, grandpa approaches Urvi who is upset.

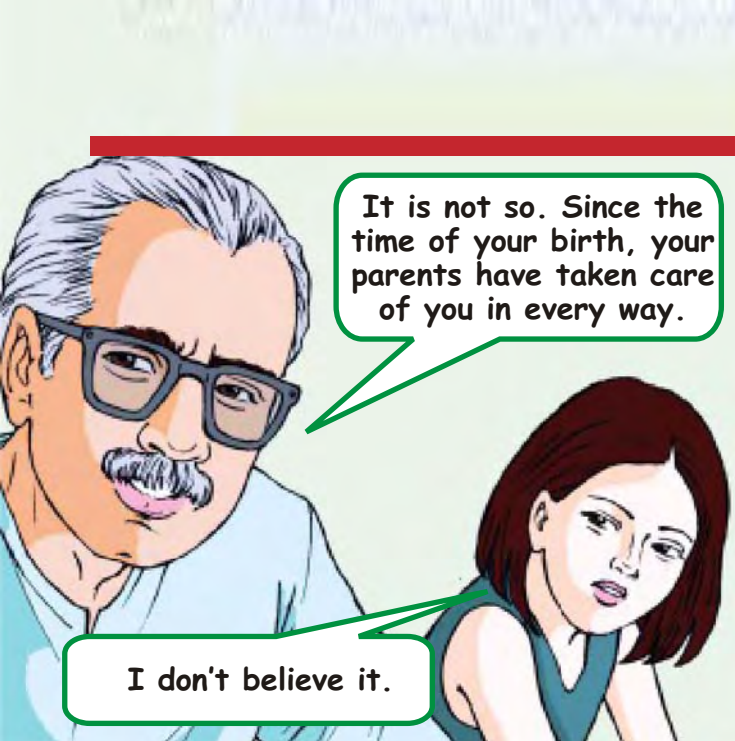
Urvi, you shouldn't be stubborn. Come on, you'll have a great time.

Dear, is it right to talk back to mummy in this manner? She must be deeply hurt, don't you think?

No

Grandpa, she doesn't love me at all.



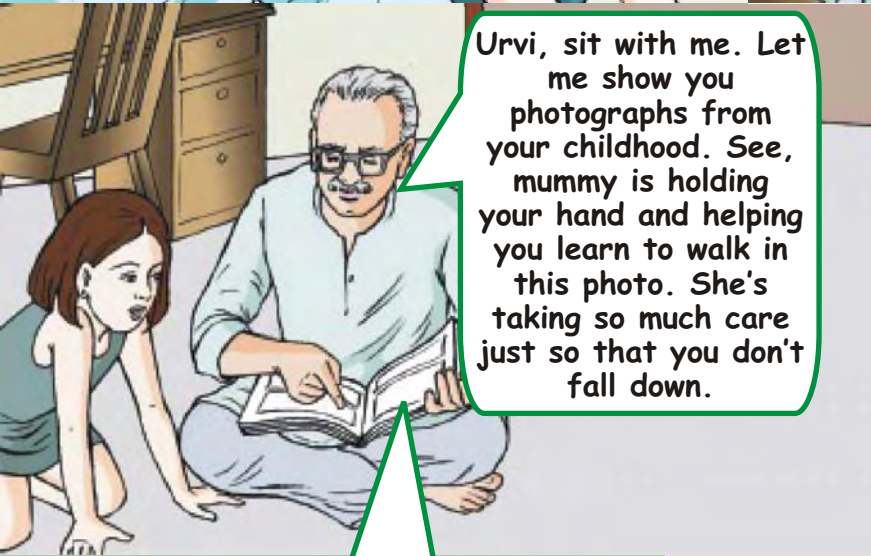


It is not so. Since the time of your birth, your parents have taken care of you in every way.

I don't believe it.



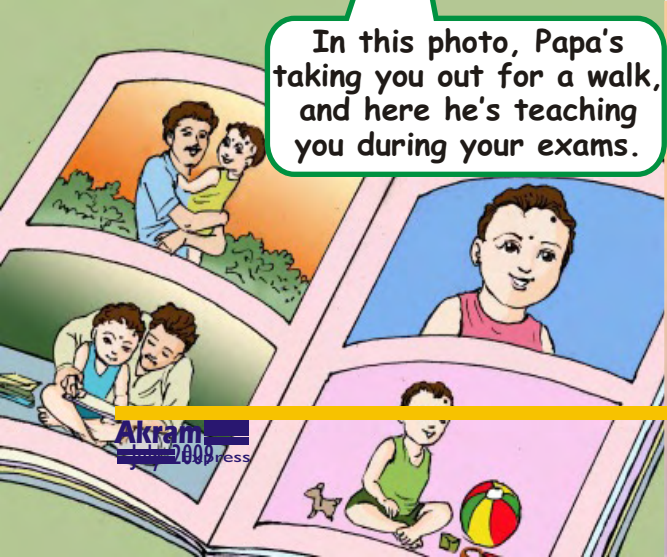
Grandpa gets an album from his cupboard.



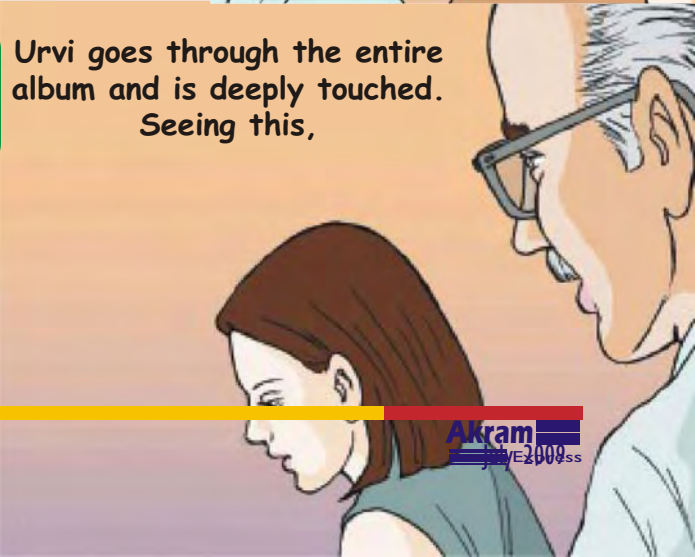
Urvi, sit with me. Let me show you photographs from your childhood. See, mummy is holding your hand and helping you learn to walk in this photo. She's taking so much care just so that you don't fall down.



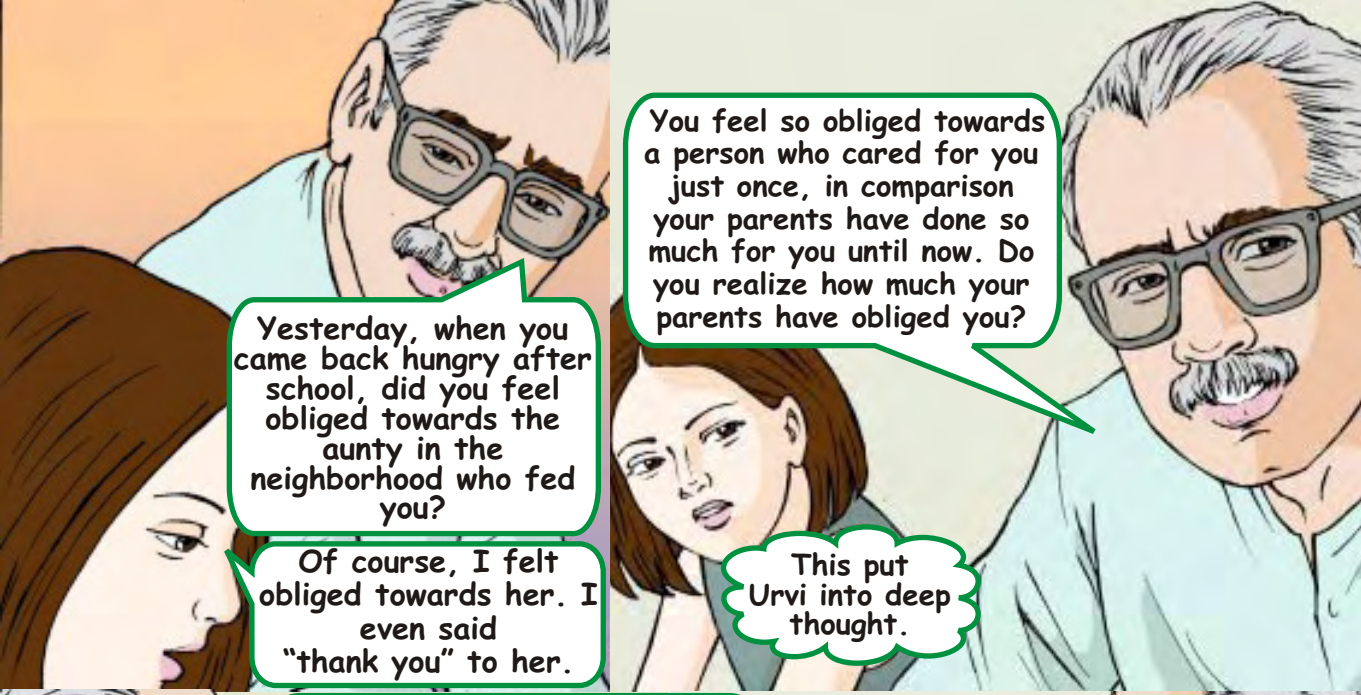
Here, she's feeding you and in this photo she's bathing you.



In this photo, Papa's taking you out for a walk, and here he's teaching you during your exams.



Urvi goes through the entire album and is deeply touched. Seeing this,



Yesterday, when you came back hungry after school, did you feel obliged towards the aunty in the neighborhood who fed you?

You feel so obliged towards a person who cared for you just once, in comparison your parents have done so much for you until now. Do you realize how much your parents have obliged you?

Of course, I felt obliged towards her. I even said "thank you" to her.

This put Urvi into deep thought.



Did you see how they cancelled their plans to go to the party, just because you didn't want to go? Do you think they would enjoy themselves when you are upset?

How can we hurt those who are always happy in our happiness? On the contrary, we should behave in a manner which pleases them.

Grandpa, you are right. I have made a mistake.



Urvi immediately got dressed for the party.

Bye.

Mummy - Papa, I am ready. Let's go for the party. Bye Grandpa.

Niruma was the youngest sister of five brothers. To add to this, she was highly educated, wealthy and very intelligent, so she had a strong personality. When Niruma's mother would ask Niruma to accompany her to the Lord Krishna temple, Niruma would say, "If the curtains are closed I don't want to go. If God does not have time, then I don't have time either," and avoid going to the temple. She would only go on Diwali day on the

Sweet Memories

condition that, "If the curtains are closed, I will not stand around and wait."

Her mother would specially ask Niruma to learn to cook, but Niruma would promptly respond saying that, "What's the big deal about learning to cook?" If I can read such big medical books, then I'll learn to cook in a week's time. Why should I waste my time on it now? Her mother would worry that, "This girl is not ready to learn any household chores and she has to be married. What shall happen of her?" In this way, Niruma's mother would worry and become heavy hearted thinking that Niruma will be sent back home after getting married. But, Niruma was in her own world and felt that, "I will not spend time on these things."

This is about an incident two years before Niruma met Dada. Her mother had been suffering from diabetes and was not keeping well. Six months prior to her passing away, Niruma had a strong internal desire

to serve her mother. She served her mother in every way and spent the whole day with her. She would bathe her, feed her and take care of all her other needs. She would also read out the Ramayan and Mahabharat to her mother. In this way she served her mother for six months. At the end, her mother was very contented with the way Niruma had served her. Niruma's mother had worried her whole life about what would happen of Niruma, she blessed Niruma saying, "Phew, now I am at peace. I had thought that although I have a daughter, will I have to ask my daughter-in-law to look after me? ...but you have served me well and satisfied me."

Niruma always said that I earned my mother's blessings by serving her heartily, which is the reason why I met such a great 'gnani' like Dada Bhagwan, and was fortunate enough to serve him and stay with him for twenty continuous years. Dada was 60 years old at that time. Thus, Niruma felt that, "If I serve Dada well, then Dada will be able to spread his 'gnan' throughout the world. This 'gnan' should reach every corner of the world." In this way Niruma surrendered herself to serving Dada.

Do you see friends, by serving and pleasing your parent's you earn merit karmas which are much more valuable than donations of billion of rupees. The result of those merit karmas is beyond imagination.



Last month, we read about Bahubali who was overcome with strong feelings of renunciation just when he was about to win the combat. The fist that he raised to kill king Bharat turned to pull out his own hair in an act of renunciation, as he walks away into the jungle for penance. Now, let's see what happens next...

After renunciation, Bahubali decides to join Lord Rushabdev to take up discipline for the attainment of Moksha. Just then, he remembered his 98 younger brothers who had taken initiation along with their father. Now, on the path of renunciation, age is not a measure of superiority; those who have taken renunciation earlier are considered senior. Recalling this,

he realized that, "If I join them, I will have to bow down to my younger brothers daily. I will have to live as their disciple even though I am older than them. I will not be able to do this. I will observe discipline and do penance myself to attain salvation." In this way, his ego obstructs his earlier decision, because of the pride within him. He decides to seek 'kevalgnan' on his own and proceeds towards the jungle for penance.

With the sole aim of attaining salvation, Bahubali stands in one position and performs severe penance. He was not deterred from his path even after suffering cold, heat, thirst, hunger, pain or harassment from mosquitoes and other creatures. Years passed by like this. Creepers thriving nearby started to grow along the legs of Bahubali who continued to stand there steadfast. Slowly over time, the creepers covered his whole body except the face. Snakes dug out their holes but Bahubali remained unmoved.

Even after thousands of years of such severe penance, Bahubali does not attain 'kevalgnan'. On the other hand, Lord Rushabhdev had attained 'kevalgnan' and could see everything in his divine vision. He noticed that Bahubali could not



Mythological Stories

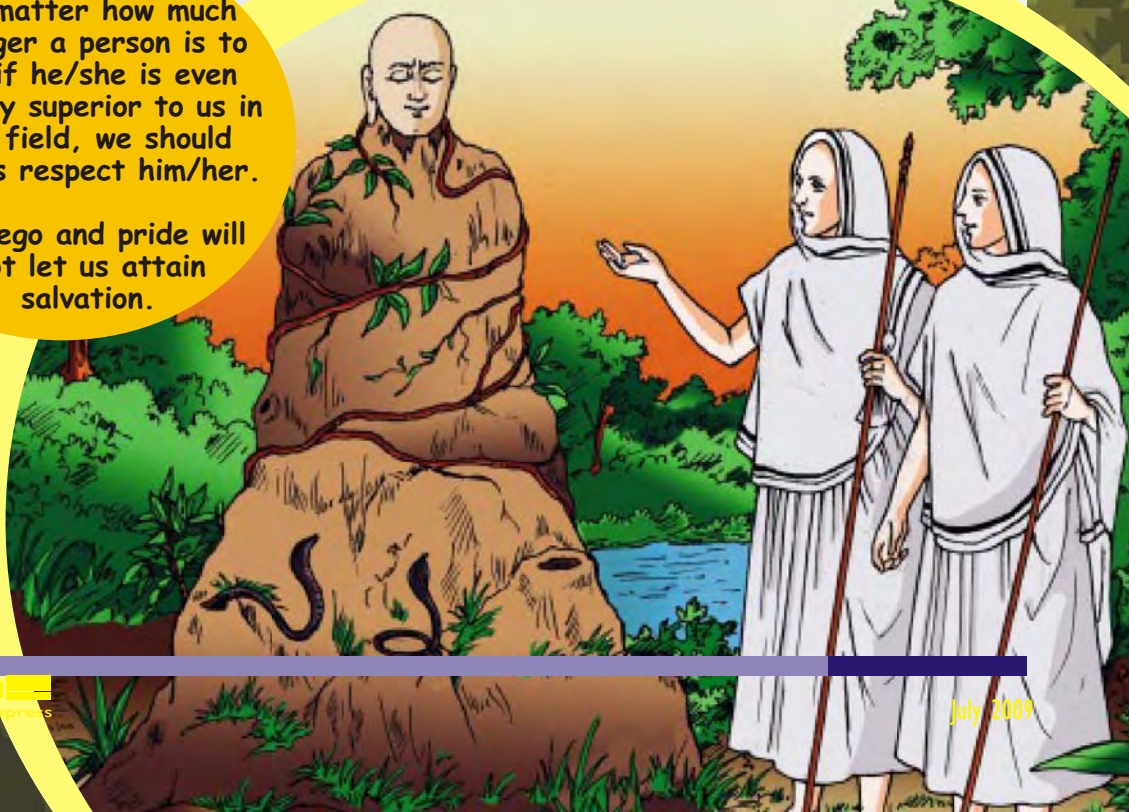
attain 'kevalgnan' only due to his pride and ego. The Lord is very compassionate and prompted a course of action for the welfare of Bahubali. He called upon his disciples, Brahmi and Sundari, who were also Bahubali's sisters and sent a message for Bahubali with them.

Brahmi and Sundari entered the jungle. Bahubali was still in the same unwavering position doing penance. Both the sisters said to him, "Come down from your high elephant brother, 'kevalgnan' is not attained on an elephants back." Bahubali who was so deeply involved in his meditation was astonished on hearing his sister's words.

He wonders, "What are my sisters saying? What elephant am I sitting on? I am doing penance in this saintly posture. But my sisters would not make any unfounded statements, so there must definitely be some mystery hidden in what they are saying." Upon deeper thinking within a few moments, he understood that there was truth in what his sister were saying. "I am riding on the elephant of pride. I will not bow to my younger brothers is my pride, isn't it? I will seek salvation on my own is my ego, isn't it? One can never attain salvation on the foundation of pride. He understood his mistake and repented sincerely. He immediately decided to go to Lord Rushabhdev and to bow down to his younger brothers. After making this decision, just as he lifted his

So Friends,

- No matter how much younger a person is to us, if he/she is even slightly superior to us in any field, we should always respect him/her.
- Our ego and pride will not let us attain salvation.



Pujyashree with kids

Questioner: My mother and father discriminate between me and my brother. They take care of him only. So, what should I do?

Pujyashree: Yes, but they must also have taken care of you, did they not? How else did you get so big? Could you have grown so big without their care? How old is your brother? Is he younger or older than you?

Questioner: Younger.

Pujyashree: How old is he?

Questioner: Nine years old.

Pujyashree: And, how old are you?

Questioner: Twelve years old.

Pujyashree: Twelve, so since you

were born, for three years, your parents gave you undivided attention, did they not? Then your brother was born later. Don't you think they nurtured you? When you cried, they must have fed you milk, they must have changed your wet clothes, they must have bathed you? For three years, did they not take care of you? Then how can you say that my parents do not take care of me? Do they not feed you? Are they only feeding your brother and not giving you any food?

Questioner: No, they give me food.

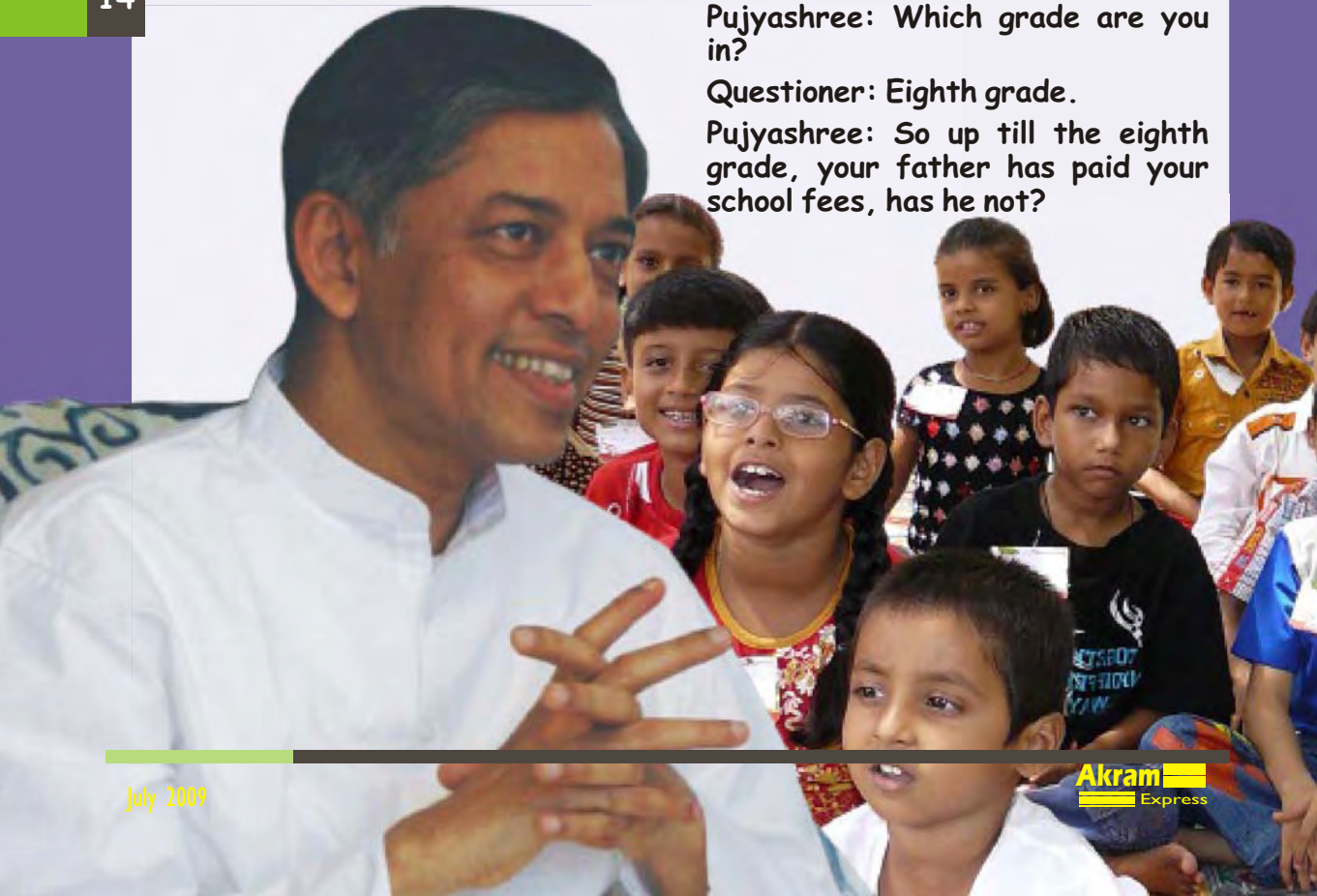
Pujyashree: Are they not sending you to school?

Questioner: Yes.

Pujyashree: Which grade are you in?

Questioner: Eighth grade.

Pujyashree: So up till the eighth grade, your father has paid your school fees, has he not?



Questioner: Yes.

Pujyashree: They pay your brother's school fees and not yours, is that what they do?

Questioner: No.

Pujyashree: Do they send you to work on a job?

Questioner: No.

Deepakbhai: Do they make you wash dishes in the house?

Questioner: No.

Pujyashree: Do they make you wash clothes at home?

Questioner: No.

Pujyashree: Do they make you iron clothes?

Questioner: No.

Pujyashree: Then why do you believe that they are biased against you? What will you learn when you grow up, if you start creating differences with your parents at this age? You must decide that, "I will let my mother and father take care of who-ever needs it more at any point in time. If sometimes my brother needs

care, then they will take care of him." If your leg is hurt, don't your mother and father take care of you?

Questioner: They take care.

Pujyashree: Then how can you say that my mother and father are only taking care of my brother? This is because your expectations are so many, that even after they take so much care of you, you are not satisfied and you want them to give your brother's share of attention to you too. So you should understand that, "Mother and father should take care of my brother, and I am now a big girl. I can take care of myself." I have never complained to my parents that you are doing less for me and more for this sibling. I used to do my own chores myself since I was young. I have never let my parents feel burdened with the thought that they will have to take care of me. Now, from what you have said, don't you think your mother and father will be stressed that, "We have to take more care of you." Then they have to reduce the care they give your brother so as to divert more attention to you. So be careful from now onwards.



Kids Camp-2009

(Surat, Bhuj, Simandhar City)



The extremely enjoyable kid's camps this year have been a great success exemplified by the increasing lists of kids who wanted to join in. Kid's camps had been organized at various centers including, Bhuj, Surat, Vadodara, Rajkot, Mumbai, Jamnagar and Simandhar City. Children shared their thoughts with the 'didi's' without hesitation in small groups. They enjoyed all the activities including satsang, craft, drawing, puppet shows, audio visual shows, bhakti, arti and games with bursting enthusiasm.

Spiritual understanding on topics like, not hurting anybody by our mind, speech or body; the meaning of trimantra, fear, theft, helping others, teasing, etc was given through various interactive mediums which proved to have a lasting impact on the children. The children confessed and repented their misdeeds with the didi's who in turn conveyed

Dada's teachings to them. Participants enjoyed playing one minute games like, eating the most biscuits, blowing the most balloons, drawing the most triangles etc. while others enjoyed cheering them on enthusiastically. The last session ended with a fun quiz contest enjoyed by all. Winners were awarded prizes.

Each center had chosen a different topic for the drawing activity, for instance one center had kids draw a scene out of a story related to them, while another had them draw a scene on 'helping others'. Some of the other topics were, celebrations and festivals, incidents from Dada's life time, how we hurt others by way of mind, speech and body, etc. Children exhibited their imagination well through their drawings. It was truly a difficult task to choose the best entry.

The kids in Surat seemed fond of singing and dancing. Many amongst them enjoyed singing the morning prayers daily. On the last day of the Surat camp, a few enthusiastic children even grabbed the opportunity to express their satisfaction and

describe their favorite activities in three sentences.

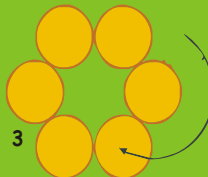
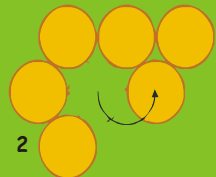
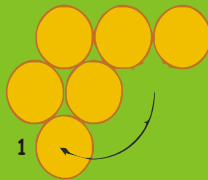
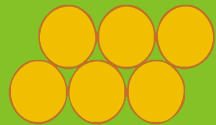
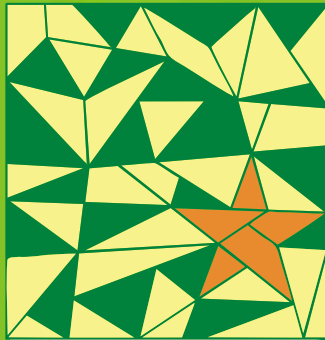
Finally, the children enjoyed a photo session in which they got to pose in photographs with their didi's. The photos will be hosted on the kid's website. Thus, the curtains were drawn on yet another year of successful kid's camps!



Answers to Puzzles



1 & 2



My Vision

17

Mummy was going to take you shopping in the evening. You have been waiting for her since you came back from school. Mummy is late coming home. As soon as mummy comes home, she gets angry on you.

Mummy: Today, as it is I am very late getting home and why are your things lying all around the whole place? You never keep the house clean!

Now, how will you respond to your mother? Write your response to mummy in 10 sentences.



My Corner Experience



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

Ramesh went to a shop that sold ants, animals and birds.

Ramesh: Do you keep bed bugs and rats?

Shopkeeper: Yes, how many should I give you?

Ramesh: 100 bed bugs and 50 rats.

Shopkeeper: 100 bed bugs! 50 rats! What will you do with so many?

Ramesh: I have to empty out my home, and return it in the condition I found it in.

Responses from the previous issue of "My Vision"

Below are the risks of teasing others:

1. We have to become like the person we tease in some future birth.
2. We should not tease anyone because it is equivalent to teasing the God within that person.
3. The risks incurred when teasing someone are much more than the risks incurred when physically hitting someone.

Name: Bhakti Chetanbhai Parekh
Age: 7 years, Vadodara

I once sulked to go to the garden. My parents wanted to watch Pujoyashree Deepakbhai's TV program 'Gnan Prakash'. They said, "Can we miss Deepakbhai's TV program to go to the garden? We will go after watching the program." I obstinately said, "No, I want to go now." My mother said, "Later we will also take you for ice-cream, for now calm down and sit," but I sulked and obstinately said, "I don't want to go. Let's go now otherwise, I don't want to go later." Saying this is sulked. My parents watched Deepakbhai and when the program ended they said, "C'mon... quickly, let's go to the garden." I said, "No." My parents tried over and over again to convince me to go. I kept saying 'no'. In this way, after spoiling fifteen to twenty minutes, I stood up and said, "Let's go." The garden was close to home but 10pm was the garden closing time. We still went, but in ten to fifteen minutes of arriving there the garden closed. I would have had twenty five to thirty minutes to play in the garden but I wasted time sulking. I repented for the sulking I had done. Then my mother asked me, "What did you get by sulking? You wasted time, spoiled the environment at home, did you gain anything by it?" I laughed and said, "Yes" but in my heart I knew the answer was "No, there's nothing to gain from sulking." Therefore, no-one should ever sulk.

Name: Parth, Anand
Age: 12 years.

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