



AKRAM

Express

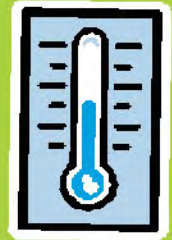
Doesn't increase!

Pure Love

Doesn't decrease!

From this issue, more pages more fun!!

Is always constant!!



Editorial

Friends,

Do you know what love is? You may say, 'Yes, I love my parents a lot.' But that love persists as long as Mummy makes your favorite dishes and Papa brings you the things that you like. You love them when they do things according to your wishes. But what if sometimes they do not follow your wishes? Then you will become angry and sulk.

Sometimes you love them and sometimes you become angry, how can that be called love? Can you find such behavior where there is true love? What is true love? Where can you find true love? Dadashri has given beautiful insights to these questions in this issue.

So friends let us also understand the meaning of true love and let us love everybody that we meet in our lives.

Dimple Mehta.

Pure Love

Index

Dadaji Says	1
A Unique promise	2
Absolutely new & different	4
Krishna-Sudama's Pure Friendship	6
Let's Play...	8
Selfless Love	10
Niruma-The idol of pure love	12
Sweet Memories	13
First Anniversary	
Celebration of M.H.T.groups	15
Summer camp (Shibir)	16
Answers to Puzzles	17
My corner	18

Editor :

Dimplebhai Mehta

Vol. : 1, Issue : 4

Conti. Issue No. : 4

March 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'.

Dadaji says



Nothing else has as much power as pure love. By scolding a plant, does it give bigger flowers? That will happen only by nursing the plant with love.

Questioner: What is real love?

Dadashree: Real love is that which neither increases nor decreases.

Questioner: Real love is love that does not increase or decrease?

Dadashree: Real love is such that it does not increase or decrease. What happens if we love somebody and someday we talk harshly, it creates a fight. However, if we praise that person, love is showered on us.

If somebody talks nonsense like, "Dadaji, now I won't invite you for dinner or even offer you water," then Dadaji's love for him would not decrease. And if the same person serves good food to Dada, then too Dadaji's love for him would not increase. That is pure love. So whether he invites Dada or doesn't invite Dada for a meal, whether he speaks harshly or he doesn't Dadaji's love is seen at all times. Real love is what 'we' have, it doesn't fluctuate. It stays just as it was on the first day, doesn't it? Even if you meet me after twenty years, then too my love will not increase or decrease. It will be the same all the time.

If we are hurt by the other person, it doesn't matter but we should see to it that others are not hurt by us. Then pure love can be attained. When does love come into existence?

Nobody is actually at fault. When some fault is seen, then pure love cannot come into existence. When we see everybody innocent, then love comes into existence. Till we see others as separate from us, there is no oneness with them. Till then how can we be an idol of pure love? So we should ask for forgiveness for all the mistakes committed to date. That is when pure love comes into existence.



A Unique Promise

Tulsi, a little girl, had recently shifted to a new locality with her parents. The next morning she got up early and got ready to visit the nearby temple with her mother. Tulsi and her mother climbed the temple steps talking about various Gods & Goddesses in that temple when all of a sudden Tulsi's eyes fell on the main idol of the temple. "Wow, it's amazing, what a huge idol," saying so Tulsi ran to the idol. She was amazed by the sweet smiling face and sparkling eyes of God.

Filled with happiness, she spoke to the idol saying, "Will you be my friend?"

"Oh sure, why not!" said a magical voice from within the God.

Tulsi's excitement was boundless. She started conversing with God and the divine voice spoke with her! Then suddenly Tulsi's mother called out to her saying they had to go back home. "We shall meet tomorrow. I'll bring my favourite chocolates for you. What gift will you give me?" enquired Tulsi.

"Love!" exclaimed God with a charming smile. With immense happiness she walked back home.

Tulsi got into the habit of conversing with God daily for hours after school. She would talk about

any topic she felt like and God would accept her speech with a loving smile. The following Sunday she threaded a flower-garland for God and asked, "Lord, today I deserve more love from you, don't I?"

God smiled and replied, "My dear, there is no bargain in love. My love shall never increase or decrease under any circumstances, even whether or not you honor me with a garland." She was amazed with the answer and immediately hugged God with love.

One day Tulsi made a new friend at school. She got so lost in playing with her that she forgot to visit the

Pure love does not increase or decrease. Whether you honour me with a garland or not, my love remains consistent.



temple and meet God for two full days. On the third day she visited the temple and asked God, "Lord, I forgot to visit you for two days, are you angry with me for this?"

At this God replied, "No, not at all my dear! Love is unconditional. There are no expectations in pure love." Tulsi respectfully bowed down to God's pure love and promised to visit the Lord every single day.

One day, Tulsi had a quarrel with her neighbour Rahul, but she couldn't come back with much to say as he was older than her. Later that evening, she went to God and vented her anger on HIM saying, "You smile even when I am in misery. This proves that you don't love me," and left the temple.

After a little while, she realized her mistake and went back to ask for forgiveness. She was surprised to see God smiling at her as always even though she had misbehaved with HIM. Before she could say anything, God very lovingly said, "Dear, it's good that you are back."

Tulsi's heart stirred and tears rolled down her eyes. She put her



face in God's lap and started weeping. "Sorry Lord, I love you. Please punish me."

God soothed her by saying, "Don't cry Tulsi. Just give me a promise that you'll spread the love you experienced with me. You will give the same pure love to all you meet in your life...Promise?" Tulsi placed her little hands in God's hands and promised to love all, with the same purity. She understood the characteristics of pure love and thought, "Love is...that which does not increase or decrease, which is consistent and which has no expectations."



So friends, you too shall bear the same kind of pure love for all, promise?



Absolutely new & different!



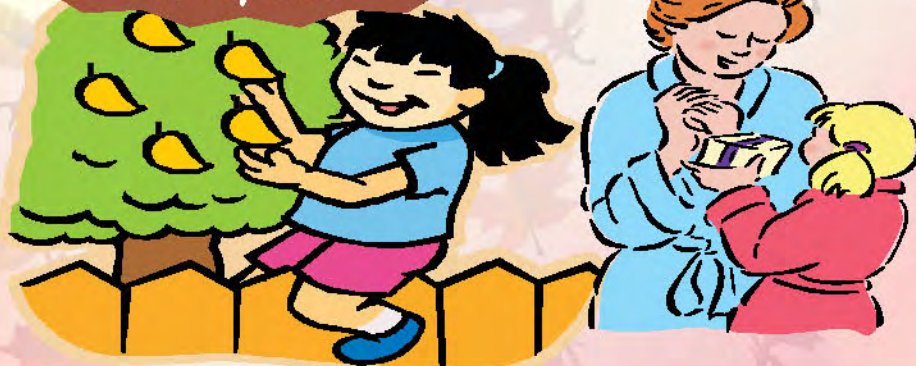
Where there is no selfishness, real love exists. Where there is a feeling of 'yours-mine', there is definitely selfishness. Where there is selfishness, there is no pure love.



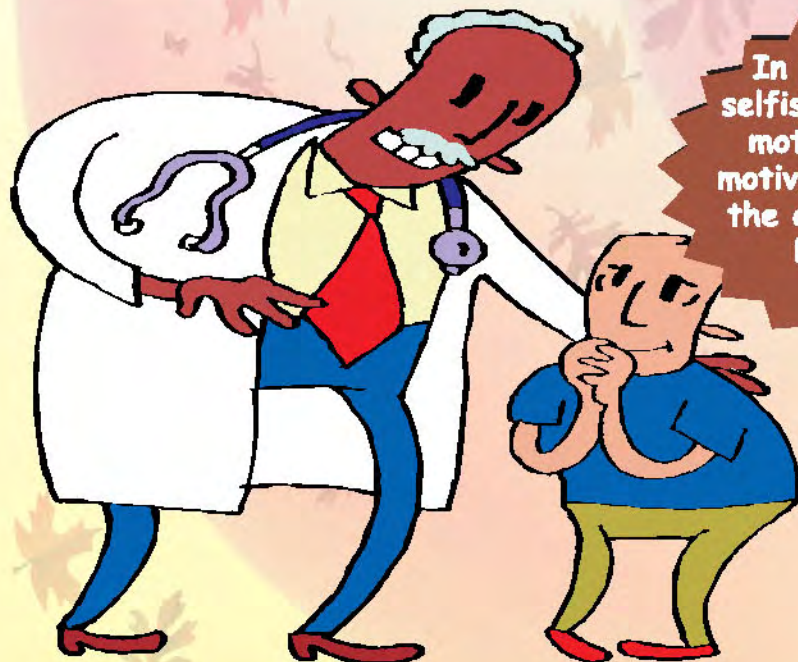
Where there is pure love, you never see faults in others.



There is no expectation of return where there is love. For example, when a person grows a mango tree, he does it with the expectation that he will enjoy its fruit. He even expects to the extent that his grandchildren will benefit from it. Doesn't he nurture the tree with that expectation? Does he nurture without expectations? So, where there is pure love, there is no expectation of return of any kind.



In pure love there is no selfishness, expectations or motives. What is selfish motive? To love someone with the expectation that he will be of use to me is called selfish love.



Krishna-Sudama's Pure Friendship

Krishna and Sudama's friendship is known to all. Sudama was a poor Brahmin man. He did not even have enough money to feed his children. Once with tearful eyes, his wife told him, "It doesn't matter if we are hungry, but we should at least be able to feed the children enough."

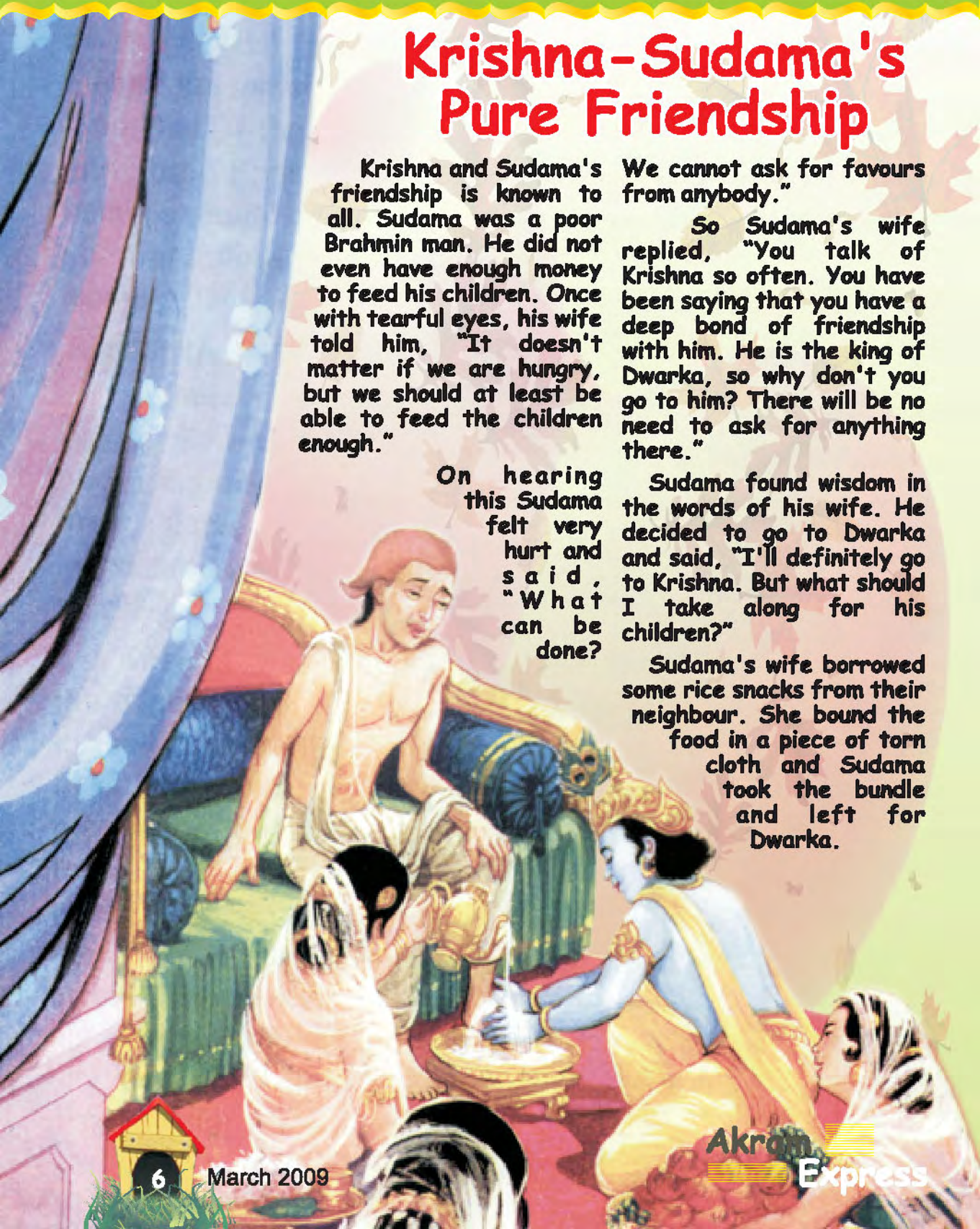
On hearing this Sudama felt very hurt and said, "What can be done?"


We cannot ask for favours from anybody."

So Sudama's wife replied, "You talk of Krishna so often. You have been saying that you have a deep bond of friendship with him. He is the king of Dwarka, so why don't you go to him? There will be no need to ask for anything there."

Sudama found wisdom in the words of his wife. He decided to go to Dwarka and said, "I'll definitely go to Krishna. But what should I take along for his children?"

Sudama's wife borrowed some rice snacks from their neighbour. She bound the food in a piece of torn cloth and Sudama took the bundle and left for Dwarka.





On seeing Dwarka, Sudama was amazed. The entire town was built with gold and the people were very well-off. He asked for directions and arrived at Krishna's palace. On seeing Sudama, who looked like a hermit, the palace guards asked, "Why have you come here?"

Look at Krishna's might, we have been rid of our poverty. Krishna has ended all of our miseries.

tasted such sweetness in anything else."

Later, they sat to have their meal which was served in gold plates. Sudama felt sad as he remembered his hungry children at home. He stayed at the palace for two days, but he couldn't bring himself to ask Krishna for any favours.

Sudama answered, "I want to meet Krishna, who is my friend. Go and tell him that Sudama has come to meet you."

On the third day, he got ready to go back home. Krishna embraced Sudama and escorted him out as he bid him farewell.


The guard smirked on seeing Sudama's attire. However, he hesitantly went and informed Krishna of Sudama's arrival. On hearing Sudama's name, Krishna immediately stood up and ran to meet him. Everyone looked on in wonder, upon seeing such a great king with his poor friend.

On the way back, Sudama wondered, "When my wife asks me what I've brought back, what shall I say?"

Krishna took Sudama into the palace. They recalled their childhood days at Sage Sandipani's school with great fervour. Seeing Krishna's wealth, Sudama felt ashamed of the rice snacks that he had brought and tried to hide the bundle, but Krishna snatched it from him. While enjoying the snack Krishna said, "I have never

As Sudama approached home, he could not find his hut! Instead, out came his wife from a beautiful house, dressed in elegant clothes. She said to Sudama, "Look at Krishna's might, we have been rid of our poverty. Krishna has ended all our miseries." Sudama recollected Krishna's pure love and his eyes welled up with tears of joy.

So friends, do you see how Krishna and Sudama's friendship was pure?

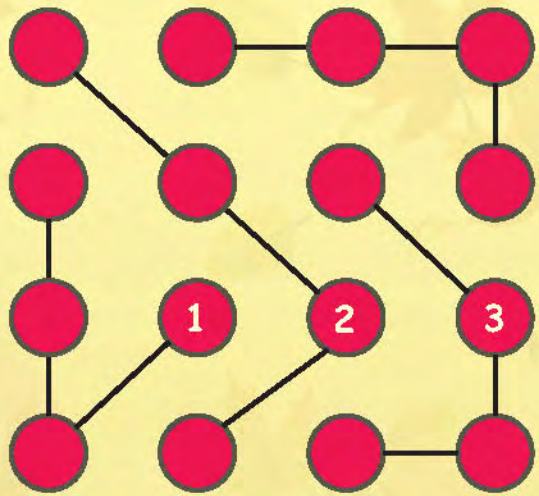


So Friends, true love does not distinguish between high and low status or between riches and poverty. Therefore, today, even after thousands of years, the friendship of Krishna and Sudama is remembered world over as a symbol of true love.

Let's Play...

1

In the circles given below, fill numbers 1 to 4 in such a way that each cross line, vertical line as well as each chain of connecting circles carries different numbers.



2

Find the objects shown on the right side from the picture



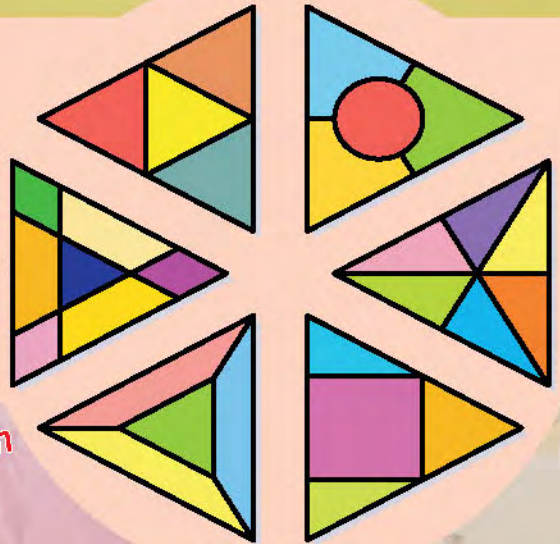
3

Find out what comes next in the given line.



4

Among the six triangles given below, two triangles are such that they can be drawn without lifting the pencil from paper as well as without running over any line twice. Find two such triangles.



5

Find the words given below from the box.

A	T	T	R	A	C	T	I	O	N
Z	P	U	R	E	Q	R	L	M	N
L	O	V	E	W	E	A	L	T	H
A	W	E	A	M	M	W	P	O	S
U	E	T	L	L	O	R	D	B	D
V	R	G	O	R	T	T	C	E	I
G	L	O	R	Y	H	F	I	Z	V
T	X	D	Y	A	E	G	P	O	I
N	U	R	T	U	R	E	U	S	N
S	I	N	C	E	R	E	L	O	E

- (1) LOVE
- (2) PURE
- (3) SINCERE
- (4) LORD
- (5) MOTHER
- (6) ATTRACTION
- (7) NURTURE
- (8) POWER
- (9) WEALTH
- (10) REAL
- (11) EMOTION
- (12) GLORY
- (13) GOD
- (14) DIVINE

Selfless Love

Once, it so happened that a boat carrying many passengers across an ocean, drowned in the middle of the night. Two youngsters named, Paras and Pranav swam to an island. The island was totally desolate. They looked at each other wondering what they should do. Neither of them had any ideas so, they decided to pray to God. Paras said, "Let's see whose prayer is more effective." They agreed to do so, and decided to live at different ends of the island.


It was a difficult task to stay on such an island. So the first thing

that Paras wished for was a beautiful house. Immediately, a beautiful house was ready for him. He was filled with happiness. Then, he felt very hungry and prayed for food. Immediately, he saw a tree laden with fruits next to his house. After having his fill of fruits, he dozed off. Thus, he kept praying for one wish after another which were granted accordingly.

After a week, Paras wondered how he would spend his lifetime all alone, so he prayed for wife. The next morning he saw an unconscious

Thus, he kept praying for one wish after another which were granted accordingly.





lady lying on the shore of the island. He cared for her, helped her recover and married her.

In the mean time, on the other side of the island where Pranav lived, nothing of this sort happened.

Finally, Paras prayed for a boat. Immediately, a boat appeared on the shores of the island. Next morning Paras got ready to leave for the city with his wife. It was as if, he had totally forgotten Pranav. As he was about to sail, there was a prophecy from the sky, "Paras, will you leave Pranav all by himself and go away?"

Paras replied, "All this splendor is a result of my prayers and

not his, so why should he get all of this?"

The prophecy replied, "Pranav had only one wish which I have fulfilled. If it was not fulfilled, you would not have any of this."

Hearing this, Paras was surprised and he asked anxiously, "What did he pray for? Do tell me." The prophecy replied, "He prayed that all of Paras's wishes be fulfilled." Saying this, the prophecy came to an end.

Paras felt very ashamed and he immediately went to find Pranav, so that he could take him along.

So friends, true love is not selfish.
One's happiness is encompassed
in the happiness of others.



Paras had only one prayer, which I have fulfilled. If I had not fulfilled his prayer, you would not have all these things.

Niruma - The idol of pure love



used to say that the definition of real and pure love is that which neither increases nor decreases, but is always constant. Where there is pure love, there is no weakness, there are no expectations and one does not see others' faults.

Puja Niruma attained all these qualities during her lifetime. She used to travel across towns and cities in India and various countries abroad with Dadashree for satsang. There she would put in all efforts that the old as well as new mahatmas would each get Dada's darshan, accept Dada's gnan whole heartedly and move further ahead on the path of salvation.

Kaviraj has said the truth about vatsalya murti Dada Bhagwan when he said, "One can never find anyone in this world to match up to Dada! The same can be said of Niruma, "One can never find anyone in this world to match up to Niruma!"

Niru, the younger sister of five brothers in a well reputed family in Aurangabad was the darling of all right from childhood. She met Dada Bhagwan in 1962 while she was studying medicine and received extraordinary knowledge of self realization from him. It is said of Gnani's that they are inexhaustible treasures of pure love.

Niruma was in Dada's seva for twenty consecutive years. During this period, she imbibed all the qualities of a 'gnani'. Dadashree

Many mahatmas of years back have still not forgotten her pure love to date. Before Dada's trips to various towns and cities, Puja Niruma would send sweet episodes of Dada's gnan by way of post or over the telephone to help attract them to Dada's vigan.

Even after Dadashree passed away, she continued with the 'Jagat

She would put in all efforts that all mahatmas would accept Dada's gnan whole heartedly and move further ahead on the path of salvation.

Kalyan Mission'. In accordance to Dada's wish, she made arrangements for all facilities for bramachari (celibate) brothers and sisters. As a result, many youngsters joined Dada Bhagwan's Jagat Kalyan Mission. In order that Dada's Jagat Kalyan Mission progress in the future, she trained Pujya Deepakbhai and the aptaputras - aptaputris, which is living proof of her deep pure love.

Every mahatma who would come in contact with her would feel as if each one was individually blessed with her pure love. It is solely due to the strength of her pure love that even today she resides in the hearts of lakh's of mahatmas.

Even those who met her for the first time would experience the selfless and pure love of Pujya Niruma - the epitome of pure love.

Niruma who had compassion for all living beings, gave the final message, "Premthi Rahejo" and even asked for a promise to fulfil before leaving her mortal body. There should be no difference of opinions between people. Negative in others and their faults should not be seen. Nobody should be hurt by us. One should stay amicably and with love and oneness with all.

So now, let's all try to be like our Niruma and fulfill the promise given to her...shall we?

Sweet Memories

युवाणु र्मते...
अपुत्रे?

Once, an aptaputra went for satsang with Niruma. Niruma was staying at that very aptaputra's home. His mother was very happy that her son had come home. She had called him quite often asking him to come home and stay with her. But, he would argue with her and cut off the discussion. This hurt his mother. Now that he had come home with

Niruma, she was very happy.

At night, when all the family members were sitting with Niruma, his mother said to Niruma, "Please tell him to come home once a week and stay with us." The aptaputra once again argued strongly with his mother upon hearing this. Both mother and son were deeply hurt over the argument that took place. Later, everybody went to their rooms to sleep. As per daily routine, the aptaputra bowed down to Niruma's feet before going to bed

Is this the way to speak to your mother?
It would hurt her so much. When you
speak to your mother in this manner,
I don't like it at all.

when Niruma said, "Is this the way to speak to your mother? It would hurt her so much. When you speak to your mother in this manner, I don't like it at all." Niruma's words were engraved in the aptaputra's heart.

When he went home next time, the aptaputra had an argument with his mother on the same subject again. His mother got angry and went off to her room to sleep. The aptaputra was to leave early at 5 a.m. in the morning. While lying in bed that night, he remembered Niruma's words and repented over his behavior.

The next morning, before leaving, he went and bowed down to his mother. His mother was fast asleep, but on feeling his touch, she woke up. She saw her son crying at her feet. He said tearfully, "Mummy, from today onwards, I will never do anything which may hurt you. I shall go to Niruma only when you allow me. I am coming back with my belongings." Saying this, he went away.

Just as he reached Niruma's



place, his mother called and said, "Son, I realize my mistake. Those who follow the path of salvation (saiyam) are truly rare. By stopping you from walking on that path, I am committing a big mistake. Please forgive me. From today on wards, I shall never call you back for my own selfish reasons. You stay with Niruma, serve her and carry on the work of Dada's mission."

From that day, his mother has never ever called him back. So friends, see how Niruma's true love resulted in right understanding and made the aptaputra realize his mistake. Our Niruma is such an epitome of pure love.



You see friends, Niruma so lovingly convinced that aptaputra and the resulting outcome was so beautiful. Our Niruma is the epitome of pure love.

First Anniversary celebration of M.H.T. Groups

Friends, do you know that baby, little and young mahatma groups completed one successful year on 20th January 2009. In this one year, other than Simandhar City, these groups have begun across various towns and cities not only in India but also abroad.

During this one year, the tiny tots of Baby M.H.T have blossomed as a result of the loving interaction with the didi's. With a variety of new stories, games and enjoyable outings, a special bond has developed between the baby mahatmas and the didi's.

The 7 to 12 year old little mahatmas have had beautiful experiences. Sessions on topics like adjustment, positivity,

anger, teasing etc have been conducted in a manner enjoyable for the children. With the help of various mediums like stories, puppet shows, plays and audio-visual shows, children of this group could very easily understand and imbibe right values in their daily routines and experience positive changes in their lives. Over and above all this, the group even benefitted from the satsang of aptaputra brothers and aptaputri sisters and greatly enjoyed the episodes they related of puja Dadashree and Niruma. The picnic and the various activities added to their fun.

What do I say about the young Mahatmas? Throughout the year, they organized various entertaining activities like art mela, food mela, sport week etc where they had wonderful experiences of healthy competition, team work, and oneness amongst themselves. They not only participated with great enthusiasm



Little M.H.T



themselves, but they also involved the senior mahatmas in these activities. Along with all this innocent enjoyment, they even got master keys of puja Dadashri's knowledge which will be very helpful in their daily lives.

On completion of one year the M.H.T. group celebrated it's annual day in Simandhar city on 30th and 31st December 2008. Young Mahatmas from various towns and cities participated in the annual day function. The most attractive feature in the function for them was Satsang with Pujyashree. Besides this, the annual day celebrations went on in full swing with games and activities carrying underlying morals,



camp fire, cultural activities, bhakti-garba, etc.

Oh! What happened? Do you also feel like joining the M.H.T group? Then come along. You too are welcome to join the group. The M.H.T group is conducted specially for all of you.

Summer camp (shibir)

Friends, your exams are fast approaching, right? All the very best for the exams and here's something exciting for you to look forward to after your exams are over.

A two day summer camp is to be held, where in there shall be story sessions, puppet shows, cultural activities, games, satsang, bhakti - garba and lots more.....

Age: 7 to 12 years

Time: 9:00 A.M to 7:00 P.M

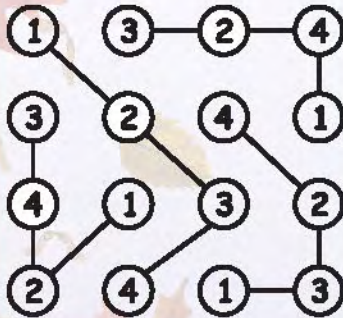
Registration fee: Rs. 100/- (Non refundable)

Camp centers: Mumbai, Baroda, Rajkot, Surat and Ahmadabad.

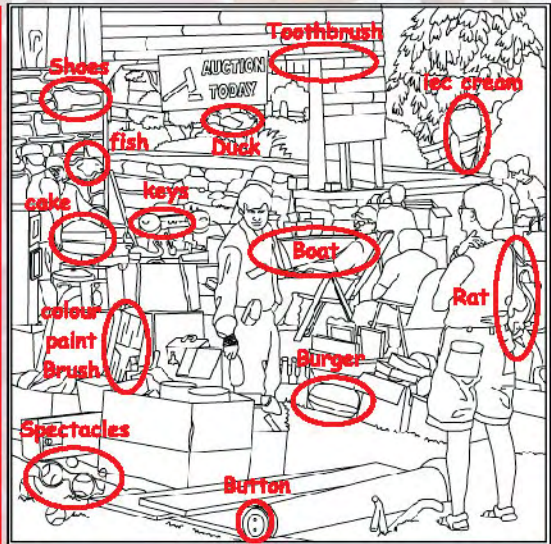
The dates of the camp shall be given in the next edition. More details will be available from your centre leader. Be sure not miss the summer camp.

Answers to Puzzles

1



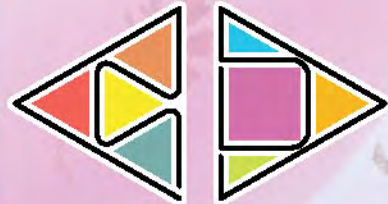
2



3



4



My Vision

A boy from your building teases you regularly. One day you see him lying unconscious on the road with his bicycle lying broken next to him. On seeing this, you realize that he has had an accident. What will you do?

5

A	T	T	R	A	C	T	I	O	N
Z	P	U	R	E	Q	R	L	M	N
L	O	V	E	W	E	A	L	T	H
A	W	E	A	M	M	W	P	O	S
U	E	T	L	L	O	R	D	B	D
V	R	G	O	R	T	T	C	E	I
G	L	O	R	Y	H	F	I	Z	V
T	X	D	Y	A	E	G	P	O	I
N	U	R	T	U	R	E	U	S	N
S	I	N	C	E	R	E	L	O	E



My Corner

My Dream School

My name is Krish. I study in standard VIII. I read every issue of Akram Express and learn a lot from it.

I recently read that you are starting a new school! What I'd like is a huge school with big classrooms, where there are enough arrangements to let just one student sit on each bench.

Also, the school would have a big canteen, where pure and delicious food would be served. There would be a huge ground with lush green grass. It would be big enough to fit in a cricket pitch, a basket ball court, a tennis court and a football pitch. Best of all, the ground would be so vast that all these games can be played at the same time!!

The key to increasing your memory power

Friends, you are all probably pretty busy with intensive exam preparations, right? Dadashri has given a very beautiful method of increasing concentration power while studying, so that you easily remember all that you have read.

Every time you start studying, first close your eyes for ten minutes visualize Dada's photograph and chant "Dada Bhagwan Na Aseem Jai Jai Kar Ho." If possible, try to read each word while chanting. By doing this, your concentration power increases. It is a rule that whatever is read with concentration, can be remembered by reading just once. So do this without fail each time you start to study. Wish you all the best!!

Responses from the previous issue of "My Vision"

Every year, ever since standard one even up to now, I have been passing my class with the top rank. I would behave very nicely with the weaker student who just joined my class. I would make him my friend and teach him whatever I know. I would hope that he becomes smart in his studies too. I would help him in whatever way I can and encourage all the other students in my class to be friends with him.

Bhakti

