

May 2009

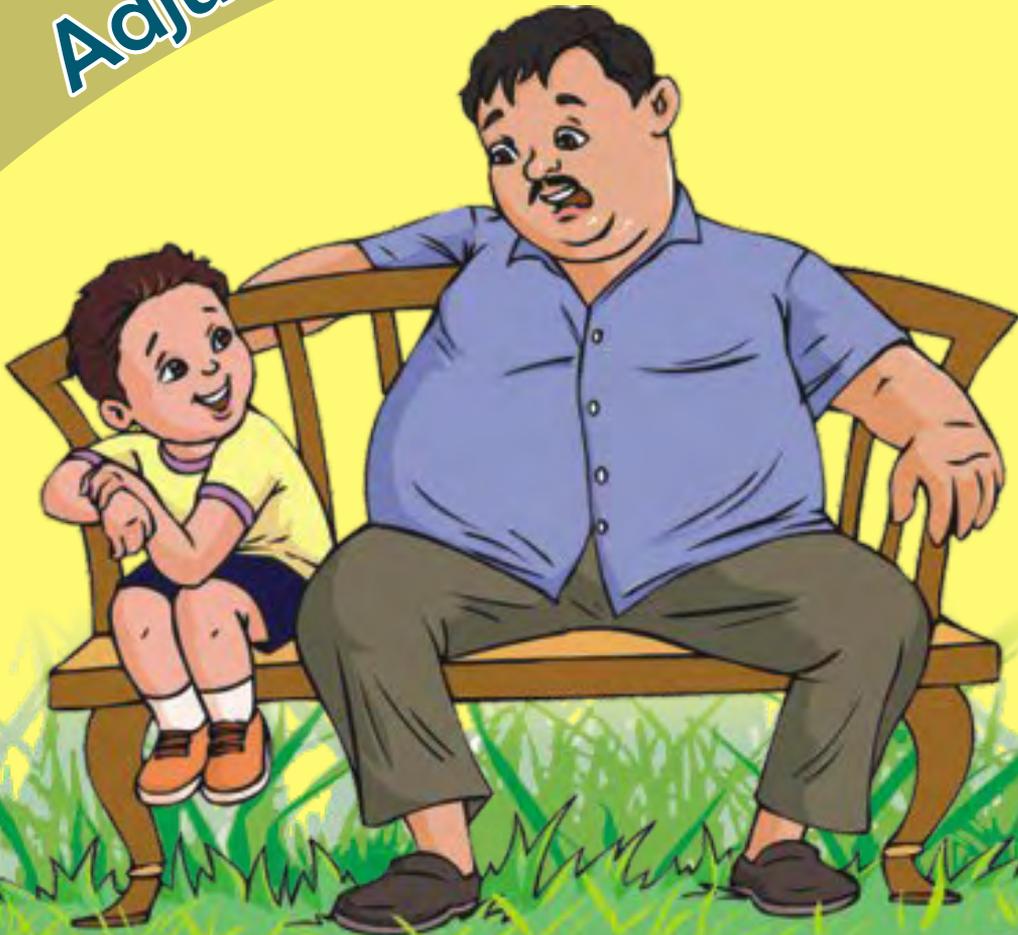
Dada Bhagwan Parivar's

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AKRAM Express

Adjust everywhere



Adjust everywhere

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Friends,

everyone has to take various adjustments in their own daily routine. You must also be taking adjustments with everyone including Mummy, Papa, your brother, sister and friends. But what if you don't take such adjustments? Dhishum, dhishum...

So if you want peace, then there is no other alternative but to take adjustments. Now what is 'adjustment'? How to adjust? Dadashri has given wonderful insights to all these queries.

So come, let us learn to 'adjust everywhere' and avoid all clashes.

- Dimple Mehta. 

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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name of 'Mahavideh

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What is the meaning of 'adjust everywhere'?

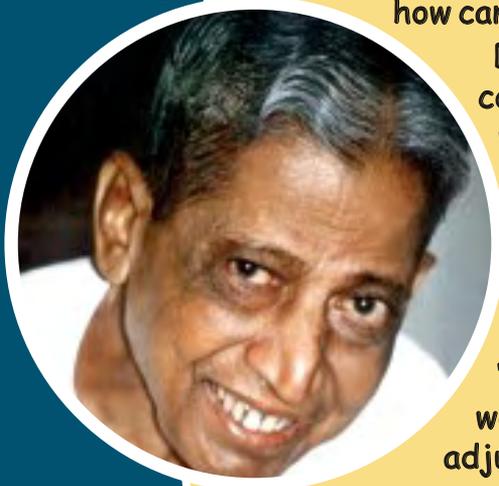
It does not matter even if you do not know anything in this worldly life, but you should definitely know how to take adjustments. You will pass the test of worldly life if you adjust with anyone who misadjusts with you. A person who knows how to adjust with others has no grievances.

Adjustment with each and every person should be the ultimate goal of our lives. In this present age, there are different 'prakritis' (people with different characteristics) so how can you get along without adjusting?

Do not enter into conflicts with anybody. Do not complain even if the curry is salty. Compliment it with some other food item to make it edible and avoid clashes. There should be no conflicts within the family. It is easy to adjust with straight forward people but if there is tact enough to adjust with the strong minded, then you have won the battle. When one adjusts with all kinds of 'prakritis' without getting upset or irritated, it is worthwhile. Flaring up is not acceptable at all. Thus, adjust everywhere.

Adjustment in daily life interactions is called 'Gnan' in the present times. Even if your attempt to take adjustments fails, adjust again. We might have said something to hurt the other person. Now, our speech is not under our control. Have you sometimes spoken so or not?

After doing so, we immediately become aware of our mistake. It is not possible that we do not realize our mistake. But generally we do not try to take adjustments at such times. Then it is necessary to take adjustments and say, "Sorry, I've spoken badly. It was my mistake. Please forgive me." In this way an adjustment has been taken.



What is the meaning of 'adjust everywhere'?

Does not even have the thought, "Why so?"

He doesn't get upset and
eats what he dislikes,
Fills his stomach easily adding
pickle in every bite;

Why Mihir So loving...?

Everyone was fond of
little Mihir. He was a
favorite at school, in his
neighborhood and
amongst family and
friends. Wherever he
would go, people loved
his company. Do you
know why it was so?
Well let's find out...



When others want his seat while he
sits near the window-side,
He very happily agrees and gives it
away without a fight;



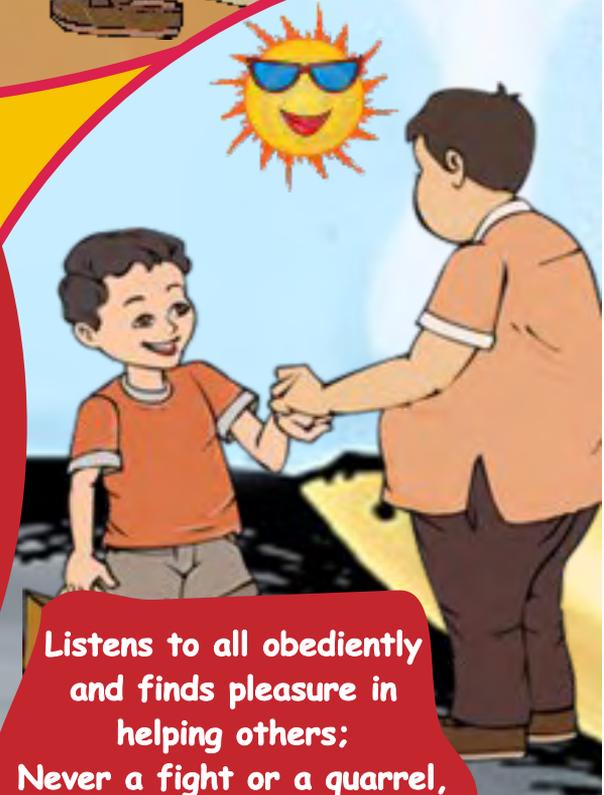
Always happy and content
with his old belongings;
He never complains with
greed for new and better
things;



Well friends,
now we know what's
his secret,
Why he has always
been everyone's
favorite;
He teaches us how
to 'adjust
everywhere;
Always be happy and
there's no
unhappiness
to bear.



He wishes to watch cartoons while his brother
insists on movies, He says its okay with me,
so do as you please;



Listens to all obediently
and finds pleasure in
helping others;
Never a fight or a quarrel,
what fun it is to play all
together;

Absolutely New and different!

Mingles with
everyone.

Fits in with
others no
matter what
the situation

What is the meaning of 'adjust everywhere'?



Stays in sync with everybody.



Takes adjustments under all circumstances.

Let's

Find out the objects from given picture.



1



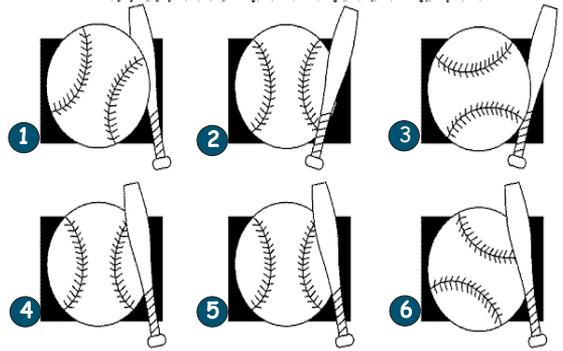
2

Fill the even number boxes to meet the friends.

	6	8	19	49	11	33	
	3	12	1	9	25	21	
11	27	35	20	27	3	23	49
13	15	47	14	25	17	9	13
49	24	10	8	15	36	40	50
4	30	5	7	11	34	39	44
28	19	17	18	22	26	33	8
2	16	32	42	45	25	13	

Play...

3 Find out two similar pictures.



						32
	6	2	2		4	23
7		4		4	3	27
4		3	7		2	21
2	6		8	4	5	30
	8	7	3		8	38
4	8	3	3	6		29
28	38	24	25	26	27	36

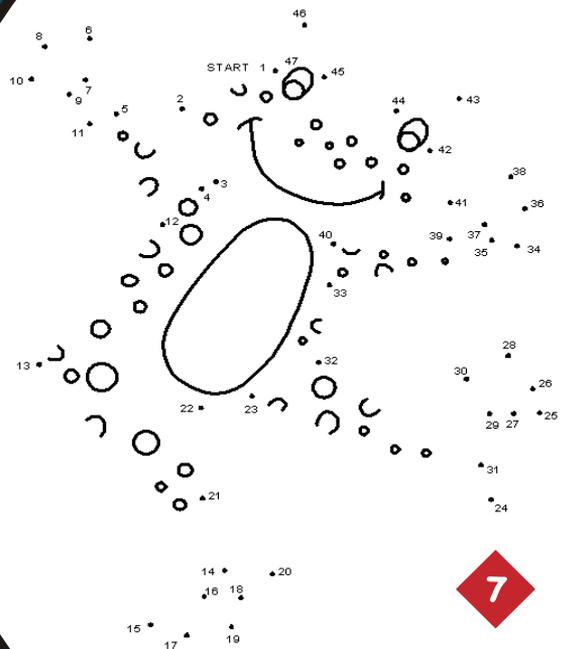
4

Try to fill in the missing numbers.
The missing numbers are integers between 2 and 8. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

5

Join the dots & see what you get?

6 Find out how many watches are there?



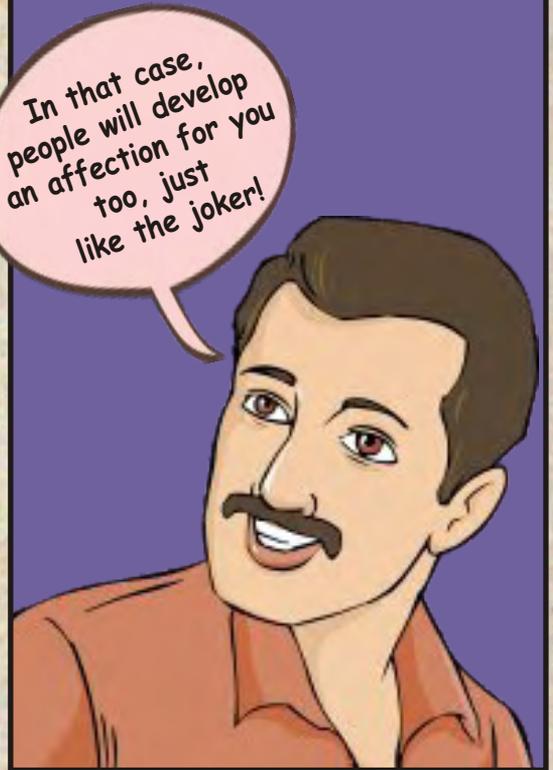
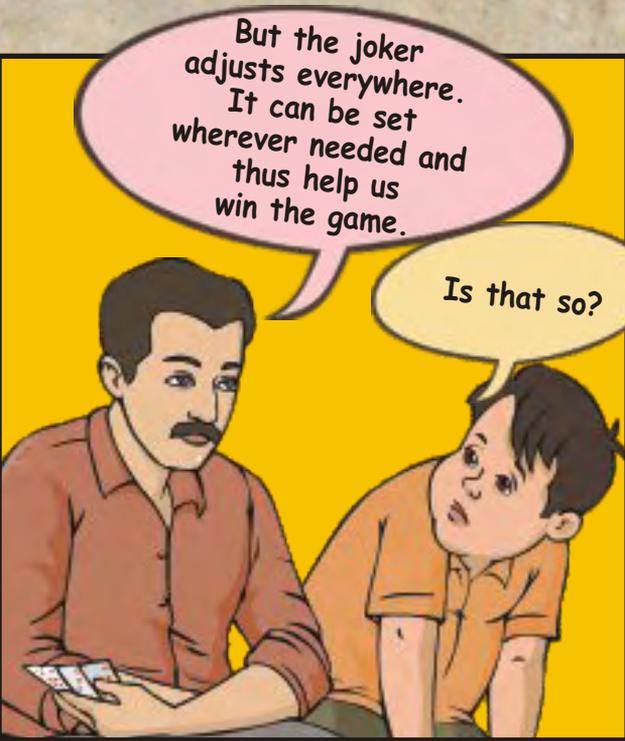
May 21

True Champion

Roly-Poly Raju was always teased by people calling him a 'joker'. Gradually the feeling that jokers are bad started building up inside him.







"The one who adjusts everywhere is the true champion."

Questioner: Whenever I talk to mummy about my friends, I happen to criticize them. In what manner should I talk to avoid criticizing them?

Pujyashree: Criticizing is to keep finding fault in others. Along with faults, we have good qualities too, don't we?

Questioner: Yes

Pujyashree: Just as we have good qualities, so do others. But we keep seeing their negatives saying she is in a foul mood today, she kept quarrelling, she was playing mischief with the boy, she is a weirdo, she is very bad, she was lying. When we keep seeing only negatives of that person, it is called criticizing. We should always find positives in people.

* * *

Questioner: My brother harasses me a lot. He even hits me.

Pujyashree: Is he younger or older than you?

Questioner: He is younger than me.

Pujyashree: So you are elder than him. How can you hit him?

Questioner: If I hit him, he hits back.

Pujyashree: We shouldn't hit him. We should make him understand, win him over, show him right from wrong. Make him also chant, "Dada Bhagwan Na Aseem Jai Jai Kar Hol" ...and if somebody is hurt by us, we should do 'pratikraman' and ask for forgiveness.

Questioner: What is 'pratikraman'?

Pujyashree: When we write with a pencil and make a mistake, don't we

erase it off?

Questioner: Yes.

Pujyashree: Similarly, when we hurt somebody, we should ask for forgiveness. We should resolve not to hurt anybody by means of thought, speech or action. By hurting others we are actually hurting our own selves. When we give happiness to others, it results in us feeling happy too. What do you prefer, happiness or grief?

Questioner: Happiness

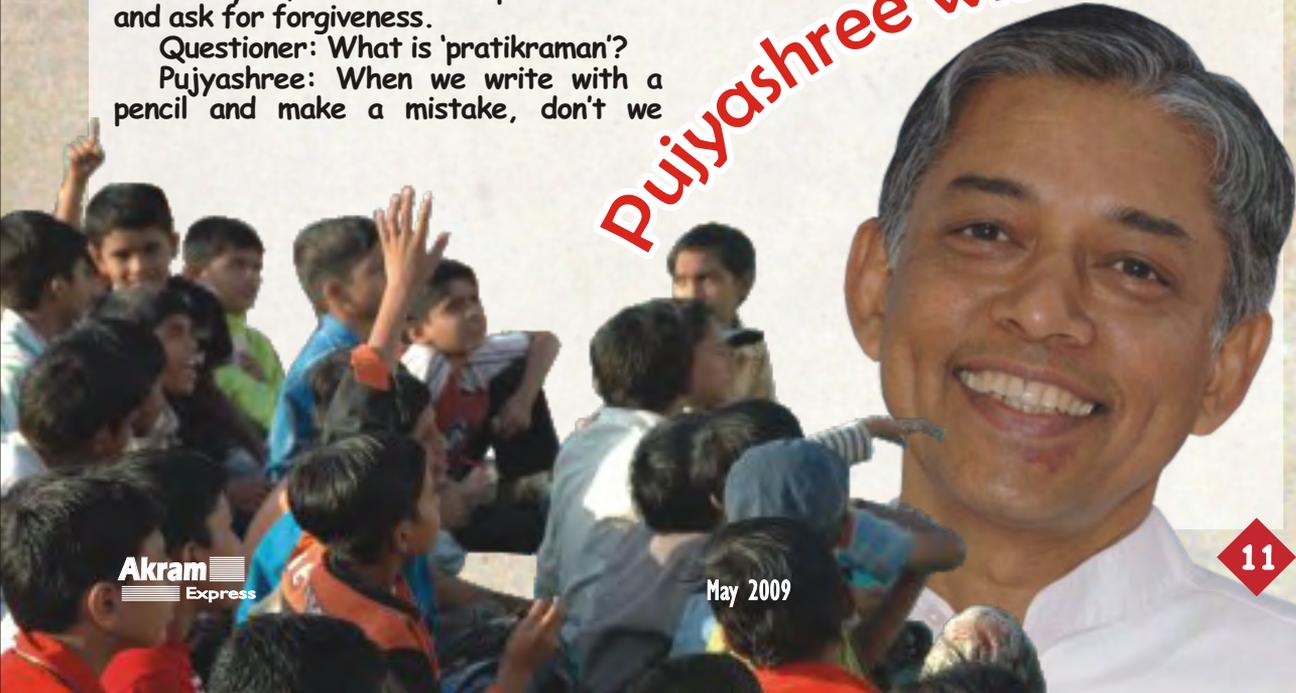
Pujyashree: Then if we hurt others, it results in us feeling sad too.

* * *

Questioner: I get very angry on my parents also.

Pujyashree: So we should resolve not to hurt anybody. Yet, if we happen to hurt somebody, we get angry on them, we happen to hit our brother, we get irritated, we get angry on our friend, then we should spend 10 minutes every night, repenting and asking for forgiveness saying, "Oh Dada Bhagwan, I have committed these mistakes for which I am asking for forgiveness. Please forgive me. Give me the strength not to commit such mistakes again."

Pujyashree with kids



Incident - 1

This is about an episode on pilgrimage with Niruma. All the mahatmas on the trip were accommodated in two hotels. Having completed allotment in one hotel, the organizers went ahead to the second hotel. There they came upon an aged mahatma who was very furiously still sitting in the lobby. The organizers asked the aged mahatma the reason for his fury and found out that his room did not have an attached bathroom.

Incidentally, this was the only room in the hotel without an attached bathroom which the organizers were not aware of. Due to his old age, the mahatma had to visit the bathroom often. He was furious and blamed the organizers for not making proper arrangements.

The organizers requested the mahatma to consider making an adjustment for that one night, but he retorted saying, "I will not spend a single night in t h a t

room. You have arranged for rooms in a better hotel for the others, but you have allotted a room for me in such a hotel! Now, I will not go to my room at all, I will spend the whole night sitting here in the lobby. This will make you people realize that you have not made proper hotel arrangements."

The organizers tried to pacify the mahatma but he was adamant. Now the organizers were in a dilemma because all the rooms had been occupied and it was a difficult task deciding who could be shifted to the aged mahatma's room. So the organizers related the incident to Niruma.

Niruma promptly said, "I will shift to that room so you can shift the mahatma to my room. If I need to visit the bathroom at night I will go to the aptapurtri's room next doors. I don't mind it at all. We don't want to do anything whereby the mahatma feels hurt. Where would such an aged person go? Don't let him know that Niruma has taken the adjustment. If you do so, he will not shift to this room, so don't tell him anything. Simply shift my luggage to that room and reset this room as before." Not having any other

I don't mind it at all. We don't want to do anything whereby the mahatma feels hurt.

Sweet

options, the changes were made speedily as per Niruma's instructions.

The organizers returned to the mahatma saying, "Uncle, your room has been arranged for. Please move into it."

In this way, Niruma took an adjustment by shifting overnight into the mahatma's room, while the aged mahatma stayed in Niruma's room. Niruma did not even let the mahatma know that she had taken the adjustment.

Incident - 2

Once, Pujya Niruma's satsang had been organized in a grand five day program. Niruma's accommodation was in a very small place. Everybody wished that Niruma would stay at somebody else's place where she would get some rest during such a long and hectic program.

Another family was ready to host Niruma. Niruma was a little weak health-wise and also wished to go to the other place but she knew that the mahatmas with the smaller place would be hurt. so she told mahatma to ask host and then to go other place. so other mahatmas asked "we should take Niruma to the other place. We should only be concerned with getting things done." The mahatma who was hosting Niruma kept nodding his affirmation but he was deeply hurt. Seeing the mahatma's grief, Niruma said, "I am not concerned with the house. It doesn't make any difference to me as to where I stay. If it hurts him

so much, we shall definitely stay at his place only.

To this the other mahatmas said, "But Niruma, you are not in the best of health. The bathroom facilities are also not appropriate there." Niruma replied, "We shall take all the adjustments required. He is feeling hurt which I don't like." But a few people still wished to take Niruma to the other place.

Niruma said, "Will all of you heed one request I have? We don't want to upset anybody. Let's move on with the program. If we don't do penance now, then when will we be able to clear it?" Thus, Niruma stayed at that very mahatma's place. She did not let anybody know of her poor health. She stayed there peacefully for 5 days, adjusting lovingly with everything.

So you see friends, Gnani's are ready to take any adjustments in order to refrain from hurting others. At such times, they do not even bother about their own

We don't want to upset anybody. Let's move on with the program. If we don't do penance now, then when will we be able to clear it?

Memories

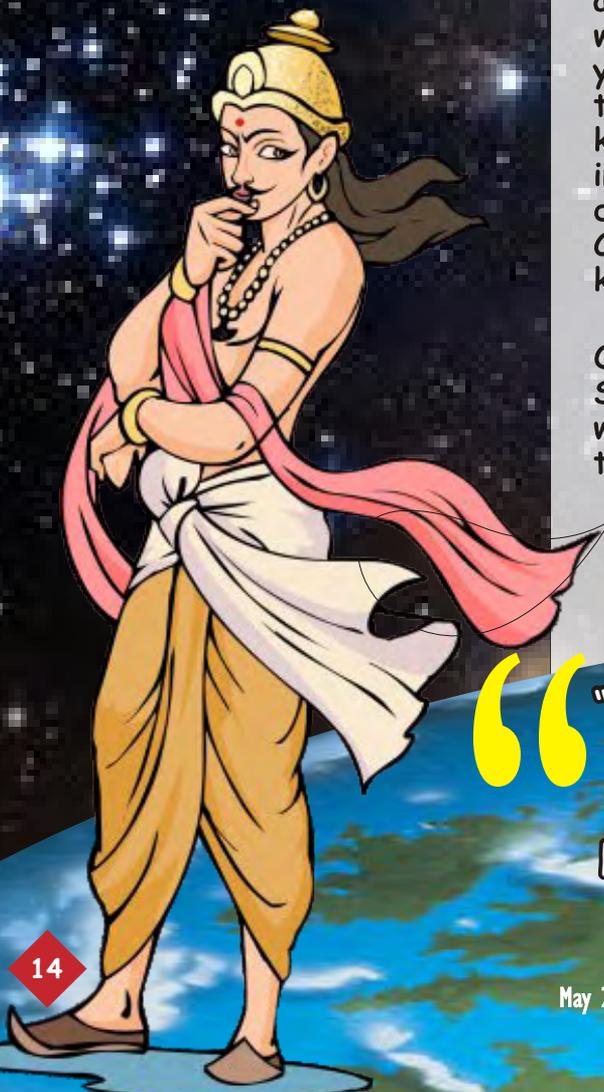
The Great Mythological Stories

Rushabhdev Bhagwan was the first tirthankar of the present set of 24 tirthankars. Let us read the events of one of his previous births. This instance is of his fourth incarnation after he gained 'divine vision.'

A son was born to King Satbad and Queen Swayamprabha. They named him Mahabad and his strength was synonymous to his name. He had also mastered various arts. The prince who had been brought up with lots of love and splendor was now a young man and his parents had deep faith that he was capable of handling the kingdom. Thus the king and queen took initiation under the guidance of God and departed for penance in the forest. Consequently, Mahabad came to be the king.

King Mahabad had 5 to 6 ministers. Other than one minister named Swayambudh, the rest of the ministers were under bad influence. They spent their lifetime enjoying worldly pleasures, all of which influenced King Mahabad and he too started accompanying them and enjoying these activities. With the king

“Your king will have a change of heart and he will soon become a divine soul. He has only one more month of his life span left to live.”



getting into bad company, there was chaos in the kingdom. Minister Swayambudh could not bear to see this. He

was a very pious and religious man. He had had attained 'divine vision' and lived with the goal of attaining moksh while fulfilling his duties as a minister as well. One day, minister Swayambudh went to pay his respects to a monk. The monk had 'avadhigyan', which means he could see the events of many previous as well as future ages to come (such a gyan was possible in satyug). The minister shared his concerns with the monk. He described the kings' way of life and wondered where the kingdom was headed. All of this weighed heavily on him. With the help of 'avadhigyan', the monk looked into the future and replied, "Your king will have a change of heart and he will soon become a divine soul. He has only one more month of his life span left to live." On gaining this knowledge, the minister bowed to the monk and immediately made his way to the king.

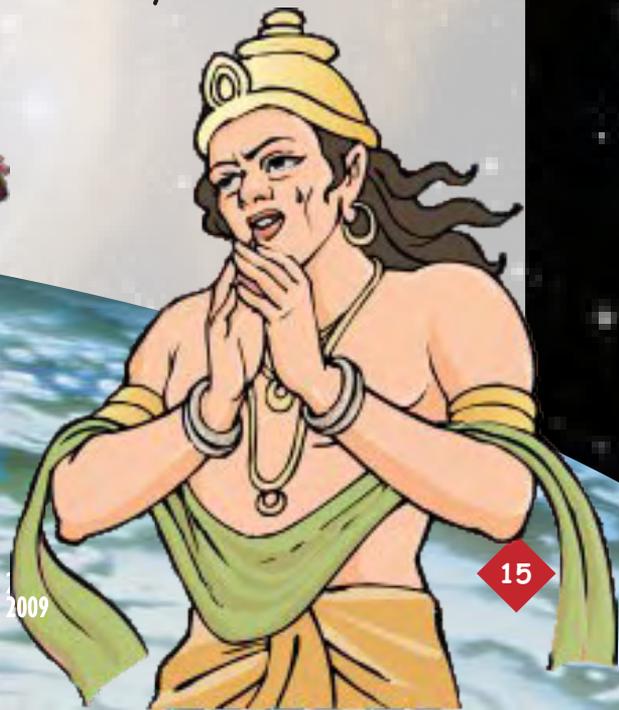
He gathered the courage to counsel to the king amongst all the courtiers in the court saying, "Oh King! You are committing a great blunder by leading this materialistic life. All these temporary pleasures shall soon come to an end. So please follow the path of self-realization." To this the king replied, "I shall do that when I grow old. Right now, let me enjoy my youth." The minister therefore related the entire episode of his talks with the monk. Upon hearing that his end was not far, the King and his other ministers were shocked. The king realized his folly and all his misdeed and sins floated before his eyes. Wondering how he could be free of his sins, the king fell into a dilemma.

Minister Swayambudh who himself had 'divine vision', reasoned with the King as he said, "Oh King! Do not worry. It is possible to be free from all sins, if one repents wholeheartedly and ask for forgiveness for each misdeed. So the King started 'pratikraman' for the sins he had committed. He sincerely asked for forgiveness by recalling each person involved and thus became free of his sins. He passed away after a month and was born as a deity in the celestial world.

So Friends,

(1) Do not remain in the false understanding that one should follow the path of salvation only after growing old; death can come at any time.

(2) It is possible to wash away all the misdeeds and sin one has committed by wholeheartedly asking for forgiveness for them.





Are you aware that our very own Simandhar City was under construction since the year 2000? Residences for followers in phase - 1 , phase -2 , followed by phase- 3 ... gurukul, hospital, vatsalya, sheel ,saiyam, seva, club house, unodari, stop and stay, nirant , food court, satsang hall and amongst all these , the grand Trimandir....various new buildings were constructed one by one. Dear friends, this is not all. Gigantic ' Dadanagar' is being built right behind in Amba Township!!! A beautiful Lake encompassing an attractive garden and walking path lying in the heart of Simandhar City has just been built in 2009. A celebration was held by way of ' Simandhar City Annual Mela' to mark the opening of the lake on 25th April 2009. This special programme was conducted at the lake between 6pm to 10 pm in the divine presence of Pujashree Deepakbhai. As a momento, every entrant was gifted with a cap and a wristband (with Dada's name). An idol of Simandhar Swami was placed on a small reserom in the lake where Pujyashee lit the lamp to mark the beginning of the function. A chain of oil laps was lit on the periphery of the lake. The lake side was flowing with mahatmas. A variety of games were played on one side, while on the other, mahatmas were served a delectable menu of pavbhaji, bhel, gulab jamuns and pullao. A village environment was built on one end of the lake where mahatmas made pots with the help of a potter. On the other end , mahatmas were enjoying getting themselves tattoned . even our Pujyashree got a tattoo painted on his hand. Seeing

A glimpse of Simandhar City

Pujashree being tattooed, mahatmas started queeneing up wanting to do the same. Some of them even got tattoos painted on their faces. On one side was a bookmarks stall where people used their creativity to make bookmarks as per their liking. All of this created an atmosphere of a fun fare. Following this was a surprise for mahatmas where ahmedabad's artists Nisargbhai, Jigarbhai and Priyankbhai very beautifully displayed a comedy paly 'Prashnarthchin' based on a book written by famous writer of comedy plays, shri Jyotindra Dave. Each and every mahatma enjoyed the comedy routine thoroughly. mahatma Rambhai related the history of Simandhar City in the form of poetry. The programme came to an end with Pujyashree relating Dada's ' bhavna' about the city . he also added that we should work towards purity in the whole city, where there is not an iota of Vishay to make it a 'Pavitra' city , a Kashailles 'Jagrut ' city and a 'vitraag' city which is devoid of ahankaar and buddhi that depletes oneness. All of this should be based on the foundation of having ' no negativity in Simandhar City.'

The attendance of mahatmas in great numbers in the divine presence of a 'gyani' and the lake glittering with oil lams all around it created a wonderful atmosphere. This enchanting evening came to a close with Dada's anthem.

2) Answers to puzzles



	6	8	19	49	11	33	
	3	12	1	9	25	21	
11	27	35	20	27	3	23	49
13	15	47	14	25	17	9	13
49	24	10	8	15	36	40	50
4	30	5	7	11	34	39	44
28	19	17	18	22	26	33	8
2	16	32	42	45	25	13	



3) 4 and 5

4)

32

6	6	2	2	3	4	23
7	7	4	2	4	3	27
4	3	3	7	2	2	21
2	6	5	8	4	5	30
5	8	7	3	7	8	38
4	8	3	3	6	5	29
28	38	24	25	26	27	36

6) 8

My Vision

One evening you are back home from school and you are very much hungry. At the same time your mother is also coming home from outside. so the meal is not ready. Now what will you do?



Sports week in Simandhar City

Kids in simandhar city were eagerly waiting for the completion of their exams, not because of exam stress but because of sports week arranged immediately after exams. Many new attracting games introduced this time like Relay Race, Badminton , cycling, kho-kho and of course evergreen cricket.

All LMHT & YMHT kids had participated in sports. they all were very exited while playing various games. One surprise event was kept on the last day . all mothers of the participants were invited ,

where they had to speak on positivity of their kids and viceversa. This event resulted in closeness and oneness between them. Sudden entry of Pujyashree in this event was a great surprise for all.

During sports week , kids could be close and open with each other, could learn team work , accepting winning and defeat, identifying hidden telants in everybody.

Thus sports week became an immemorable event of simandhar city which teaches many values very lightly and smoothly.

Response from the previous issue of "My Vision"

Playing is for fun, not for fighting . one has to give up his point to avoid clash. In this situation, I will try to clam him. I will avoid clash by accepting my mistake and will restart playing with him. Clashes are

always harmful to both.so better to adjust.

Kinjal Koradiya
Stnd- 8th , Rajkot

Kid's Camp

Centre	7 to 9 yrs	10 to 12 yrs	Contact Number
Simandhar city	5th - 6th May	7th - 8th May	079-39830400
Rajkot	19th - 20th May	21st - 22nd May	9924343478
Jamnagar	23rd - 24th May	23rd - 24th May	93777165661
Mumbai	24th - 25th May	26th - 27th May	9022339323
Baroda	28th 29th May	30th - 31st May	9825032901

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