

November 2009

Dada Bhagwan Parivar's

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# AKRAM Express



**Fear**

Friends,

All of you must have experienced fear. Some of you may be afraid of your teacher, while others may be afraid of exams and some of you may be afraid of darkness while others may even be afraid of being alone, and yet others may be afraid of ghosts. Sometimes we may not be afraid of anything at all, but if someone suddenly shouts "Boo" loudly behind us, we must have felt scared. Have we ever wondered why we feel fear? What are its causes and how we can free ourselves from it? Is there truly anything in this world worth fearing? Dadashri has revealed the secrets of all these mysteries in this issue.

So let us learn more about these mysteries and experience the state of fearlessness.

- Dimple Mehta

# AKRAM Express

## Fear

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All living creatures in the entire universe suffer due to fear. When is it instilled? There is constant fear when one feels hatred and dislike towards others. Why does one get scared of the police? It is because he is disliked, he is hated. One is afraid of the snake, because one is not aware of the pure soul residing within. If you naturally come across a snake and don't fear it, the snake will pass by. If there are no 'karmic' accounts to settle, it will not harm you.

### Hatred results in Fear

**Questioner:** What arises first, hatred or fear?

**Dadashri:** Hatred arises before fear. Fear does not come first. On what basis does hatred arise first? One might have heard from others that these policemen are very bad. Having gained this knowledge, hatred sets in first. On the basis of this knowledge, one will say that 'policemen are very bad'. When you have heard someone say that 'policemen are the worst kind of people', that is hatred. Fear arises as a result of hatred. Then, this fear keeps increasing day by day. And then, when someday a policeman comes to one's home, one feels uneasy, even though the policeman may have just come to inquire about an address.

You will be afraid of whoever you hate. Fear of the snake and tiger arises from one's hatred towards them.



Akram Express

**Fear arises when you perceive the other person to be bad, which is the root cause of fear in this world.**

Dislike of snakes, dislike of lizards - if you dislike a lizard, you will be afraid of it, if you don't dislike it you will not feel fear towards it.

### Where there is Dislike, there is Fear

**Questioner:** Is fear a result of dislike or is it vice-versa?

**Dadashri:** No, fear arises due to dislike. Is a policeman one to be feared? It is due to one's dislike that fear arises.

**Questioner:** How does one get rid of dislike?

**Dadashri:** I will have to teach you. What will happen if one keeps saying "it's bad, it's bad"? It results into dislike. There if you keep saying good things like, "it's good, it's good," the dislike will disappear.

If someone says "I don't like going to school" or "I don't like drinking bitter medicine at all" or disapproves of things and people, then dislike arises which gradually results into fear. So now, if you fear taking bitter medicine, then by repeatedly saying "it is very sweet," the fear for it disappears. Similarly if you begin to dislike someone, for example, a teacher, then fear for him/her will arise. Here, one has to use solutions shown by a Gnani. One has to do pratikraman for that person in their mind, and also, by saying 5 to 50 times that "he is very obligatory," the wrong belief that has been set gets dissolved. Then relations become good and



there is no fear.

When pigeons are feeding and a fire cracker bursts, they immediately take flight due to fear. When it bursts again, they look around but don't fly away. And the third time around, they don't even bother to look up. They understand that there's nothing worth getting scared about. Thus, many times fear is just imaginary.

Of course, it's good to fear doing bad deeds. One should fear hurting others and binding demerit karmas, but not fear anything else. "If I'm ever tempted to steal, then I can immediately see the results of my actions. Therefore, the fear of stealing arises. Therefore, I am never able to steal. And thus one does not engage in wrong deeds.

Now when you feel fear, you should immediately say, "Dada, I am absolutely free from fear." Repeating this five times will help dissolve your fear. Now you won't feel fear, "Dada, why should I fear when you are with me!" saying this will immediately dissipate your fears.



# Imaginative Fear

The selection of the role of Humayun for the play "Rakshabandhan - the bond of love" was being conducted during English class. All the students had to read one page aloud for the tryouts. Shrey loved to read but he did not want to play the lead role because he had extreme stage fright. Just the thought of going on stage was enough to make him nervous. However, despite his nervousness, he read his part as he was an obedient student.

The next day, the teacher announced the list of the students chosen for the play. Shrey had been selected to play the role of Humayun. He was terribly scared but knew he had no other option.

He went home and

talked to his elder brother Shivam about being selected for the play, "Will I be able to go on stage? Is it possible? I think it is an impossible task for me. I shall fail miserably."

Shivam told Shrey, "Shrey, if we have a negative attitude before starting any activity, then it depletes the energy to complete that task from within. So always be positive." Shivam would always inspire and comfort him. He added, "Okay, tell me, what's the worst that could happen?"

After pondering over it Shrey answered, "I might possibly forget my dialogues on stage. The audience will laugh at me." Shivam said, "Do you know, whenever I am scared, I

try to find something positive in the situation and that is the key to making me fearless. In this situation, if the audience laughs, you should take it as your way of entertaining them. And remember one thing, only you know the dialogues, not the audience. So if you forget your lines, just say something similar to your dialogue. So there is no need to get scared. Do not lose your confidence and do not worry about what the audience or other people will think of you. I am sure you can do it." Listening to this, Shrey got a new vision and strength. He was now eager to make a good effort and memorize his dialogues. He began practicing daily - while





walking, on the way to school, during lunch break, before going to bed and on weekends. Initially, it was difficult for him to remember the long sentences, but gradually he was able to memorize everything.

Eventually, the day of the play arrived. The play was to be performed twice that day. The first show was for the students and the repeat show was for family and friends.

During the first show, Shrey went on stage with full confidence. The play was being performed very smoothly. People would even applaud Shrey's dialogues, which pleased him. With the success of the first show, Shrey's self-confidence increased tremendously.

Now the repeat show began. This time around too, the performance was going smoothly, when all of a sudden, Shrey forgot his dialogue. He did not get scared. Shivam's voice rang in his ears, "Only you know the

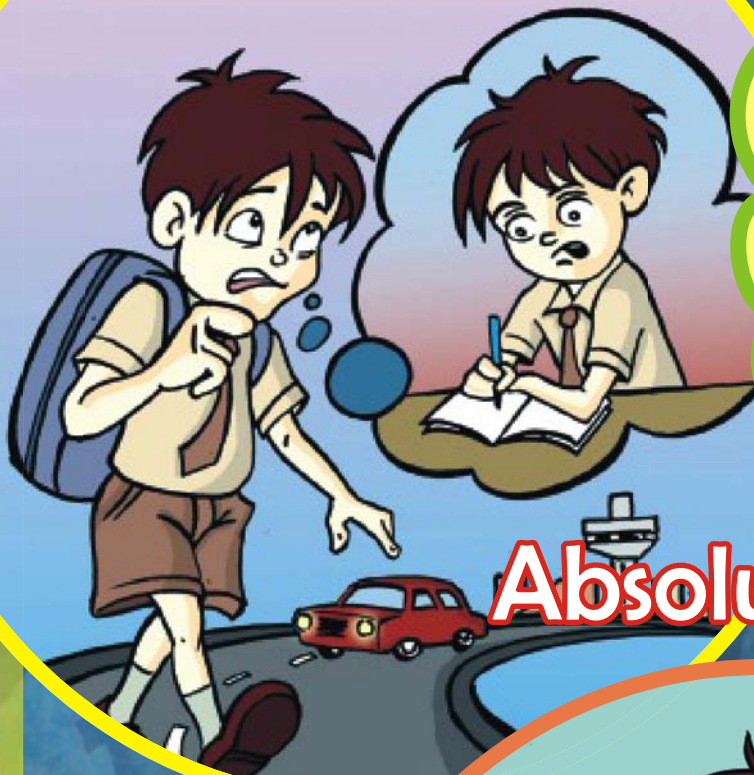
“ This time around too, the performance was going smoothly, when all of a sudden, Shrey forgot his dialogue ”

dialogues, not the audience. So if you forget them midway, you just have to say something similar to your dialogue. Do not worry about what the audience or other people will think of you." He remained calm and within a few moments, he remembered his lines. He

even noticed that when he forgot his lines, the audience neither reacted badly nor laughed at him. On the contrary, they applauded his performance heartily. What was of most importance to him, was that his parents and Shivam attended the performance.

The following week, Shrey's fellow students complimented him saying "You performed well," "Too good!" or "Wonderful." But all these compliments held no importance for Shrey, in comparison to the achievement of overcoming his fear. For this he was very obliged towards his elder brother who had inspired him and taught him how to overcome his fears.





When fear arises in a situation where there is nothing to fear, it is called false fear. E.g. Exams that are to be given a month later are feared as tremendously as if they are to be given tomorrow.

**Absolutely new**

Everything can be obtained easily if one has faith. People keep feeling, "What if I don't get this? What if it doesn't happen?" This in itself is false fear. E.g. When one falls sick and doesn't recover soon, then thoughts like these arise, "What if I don't get proper medicines? What if I die?"



What is the intellect to be used for? To keep everyone calm, and not to scare anyone, e.g. to instill the fear of ghosts in someone.



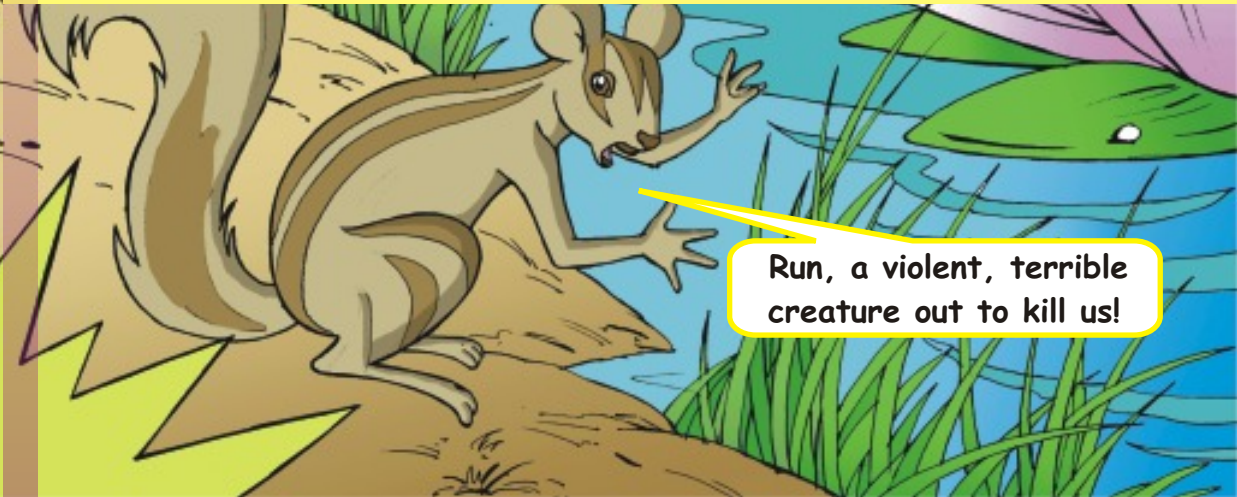
**and different!**



What if I happen to do something wrong? This feeling is called precaution, not fear e.g. to hold a glass carefully so does not break is called precaution not fear.



There was once a little squirrel who was always fearful. Anyone could easily scare her. One day she was peacefully drinking water at a lake when she heard a loud noise. She got very scared and ran for her life.



Run, a violent, terrible creature out to kill us!

The monkey sighted the squirrel running and concluding that something terrible was about to happen, he joined the squirrel, running and screaming.

## The Fearsome Flock

While running they passed by the hippopotamus who was lazily idling in the mud, the giraffe who was eating leaves off high branches, the rhinoceros and the elephant who was spraying water on his back with his trunk. They all joined this fearsome flock.



Run, a violent creature is out to kill us!

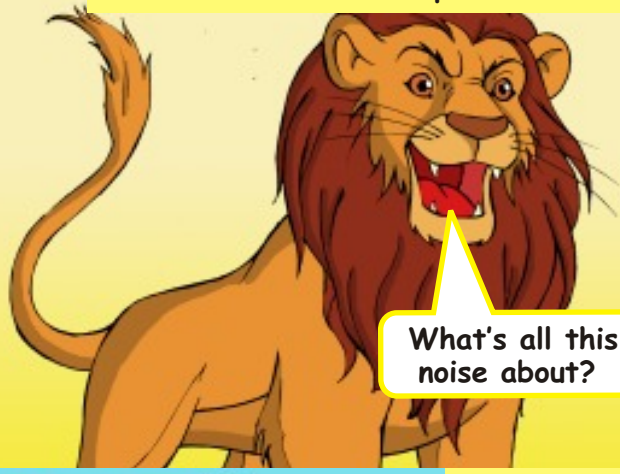
Run, save your lives!

Help, some violent, terrible creature is after us!



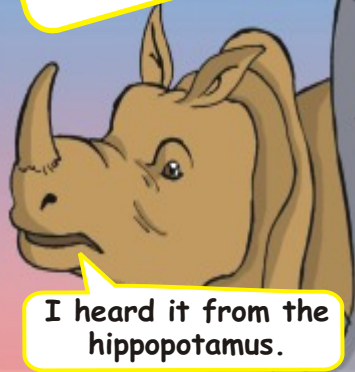


Meanwhile, hearing all the screams and shouts the lion woke up from his sleep

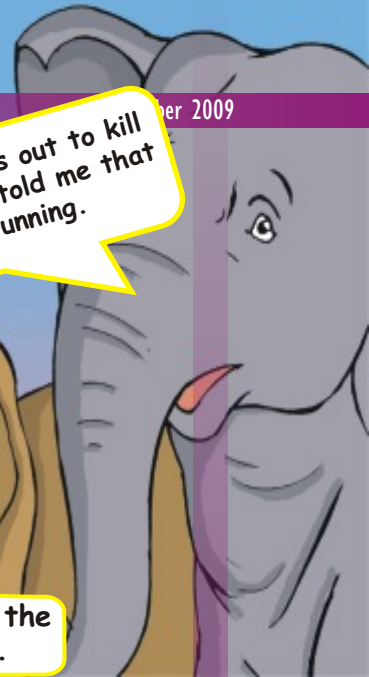


What's all this noise about?

A violent creature is out to kill us. The rhinoceros told me that everyone is running.



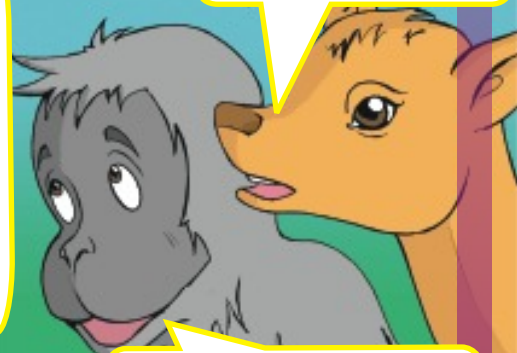
I heard it from the hippopotamus.



When I saw the deer running, I felt that it must be something serious. The deer only runs like the wind when some calamity actually befalls, so I too started to run.



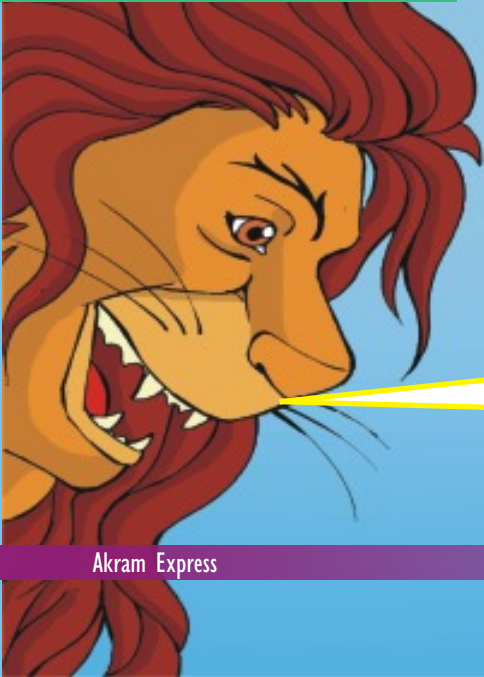
The monkey told me.

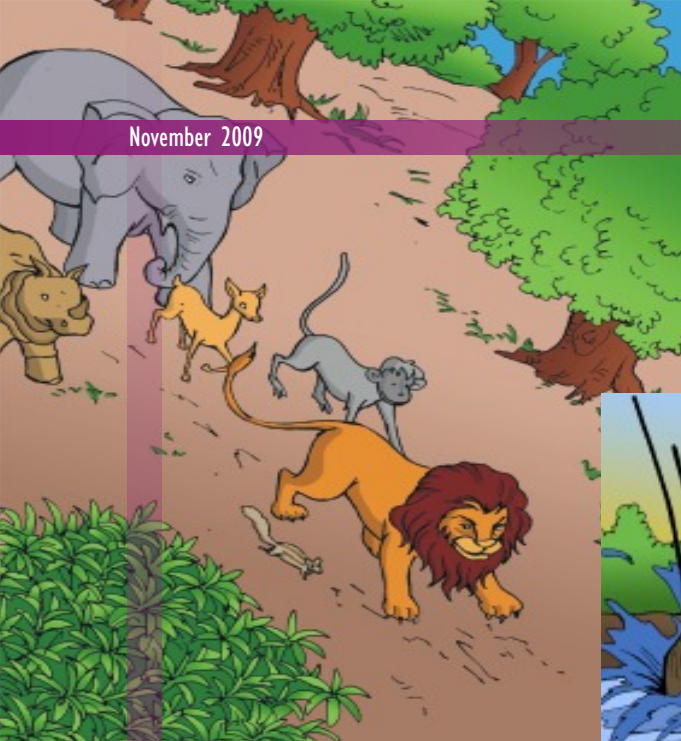


Yes, I was following the squirrel. She warned me. She was running and was very scared.

By the lake side.

Where did you hear of it?





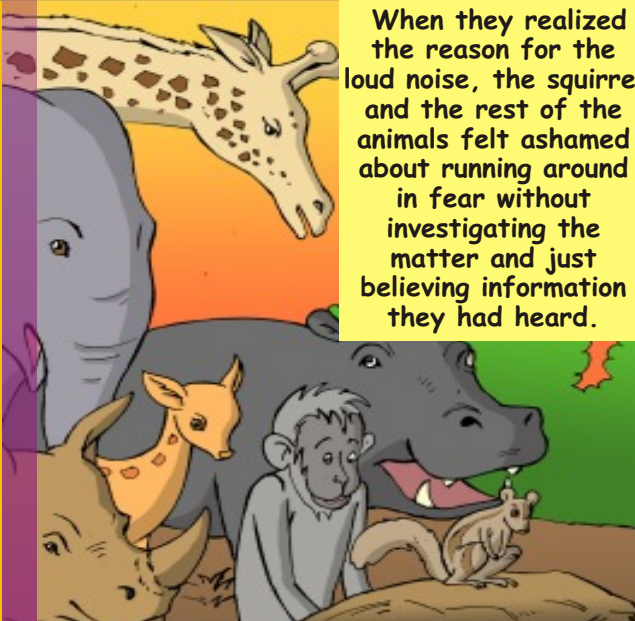
So everyone went up to lake and looked around but found no sign of any violent creature. Just when they decided to leave, a big rock came rolling down the hillock and fell into the lake with a loud 'thud'.



That's the one! Run!

Stop. Look, this 'thud' is not the noise of any violent creature but of a rock that has fallen into the water.

When they realized the reason for the loud noise, the squirrel and the rest of the animals felt ashamed about running around in fear without investigating the matter and just believing information they had heard.



Do not feel ashamed. All animals, as well as humans, experience fear. But quite often our fear arises only out of our own imagination. Many a time we fear things which need not be feared at all. When we find ourselves in such a difficult situation, we should pause and ask ourselves if it is really worth fearing. If it is really a difficult situation, then we should take measures to protect ourselves but there is no need to be frightened.



That's true. Today, I have learnt an important lesson - there is no need to be in false fear without investigating the matter.





# Introspect Within!

A group of friends have gathered together and happen to be discussing their fears. So let's see what each of them is afraid of:-

I am scared of examinations. I'm never confident about whether I will remember what I've studied or not.

I've made a mistake. I'm afraid that mummy will scold me.

**4) Akash**

I get scared of what may happen in the future.

**1) Devam**

When I watch horror movies, read horror stories or if I hear some horrifying sounds at night I get scared.

I am afraid of injections.

**5) Alaap**

**3) Neerja**

**2) Anu**

We have various magical potions which can make one fearless. But to our dismay, these bottles have been mixed with other bottles holding harmful potions. Can you help pick the right bottles to make them fearless?

1. I shall chant "Dada Bhagwan na Aseem Jai Jaikar ho" daily and pray to Dada that I may remember all that I have studied.
2. Do unto others what they do to you - if someone insults me, I shall retort with an insult.
3. I will tell them that they look very horrifying and that they will have to bring the change by themselves.
4. "Has my fear ever come true?" Never. Then it is totally imagined and there is no need for me to fear anything. It is my negative intellect which is scaring me.
5. I shall go to an astrologer to learn of my future.
6. I will declare my mistakes and never repeat them again.
7. Whenever I read or watch a horrifying story, I shall call my friend to stay overnight.
8. I shall chant the "Trimantra" or concentrate on Dada or Simandhar Swami's Picture.
9. I shall always stay in the present. I shall never fall into the trap of negativity.



Name	Magical Potion no.	Have you ever experienced such a fear in your lifetime? Yes/No	Have you tried out this tonic? Yes/No
1. Devam			
2. Anu			
3. Neerja			
4. Akash			
5. Alaap			



In a small Indian town named Mrunalkund, there lived a learned priest named Shribhuti. He and his wife named Saraswati, had only one daughter named Vegvati. Theirs was a highly honored family.

One day, a devout and knowledgeable ascetic arrived at the town. People started flocking to pay their respects to the ascetic. The ascetic's glory increased day by day. It is a pitiable trait of humans that they sometimes suffer being jealous about others. One grieves not only over what one lacks, but also over others peoples better fortunes. Who can help them come out of such suffering? Hearing all the praise and honor being showered on the ascetic, poor Vegvati

burned with jealousy. Ultimately, she could bear it no longer and started telling people, "This priest is a fraud - you ignore a worthy person such as a Brahmin and run to worship a saint who is always on the move, but you are not aware of his character."

## Mythological Stories

People tend to have interest in listening to the negatives of others. They have more interest in gossiping than speaking positively about others. As Vegvati was out to demean the saint, she left no stone unturned. She started spreading false rumours about the saint. All this cheap talk spread like wild fire across the town, people even





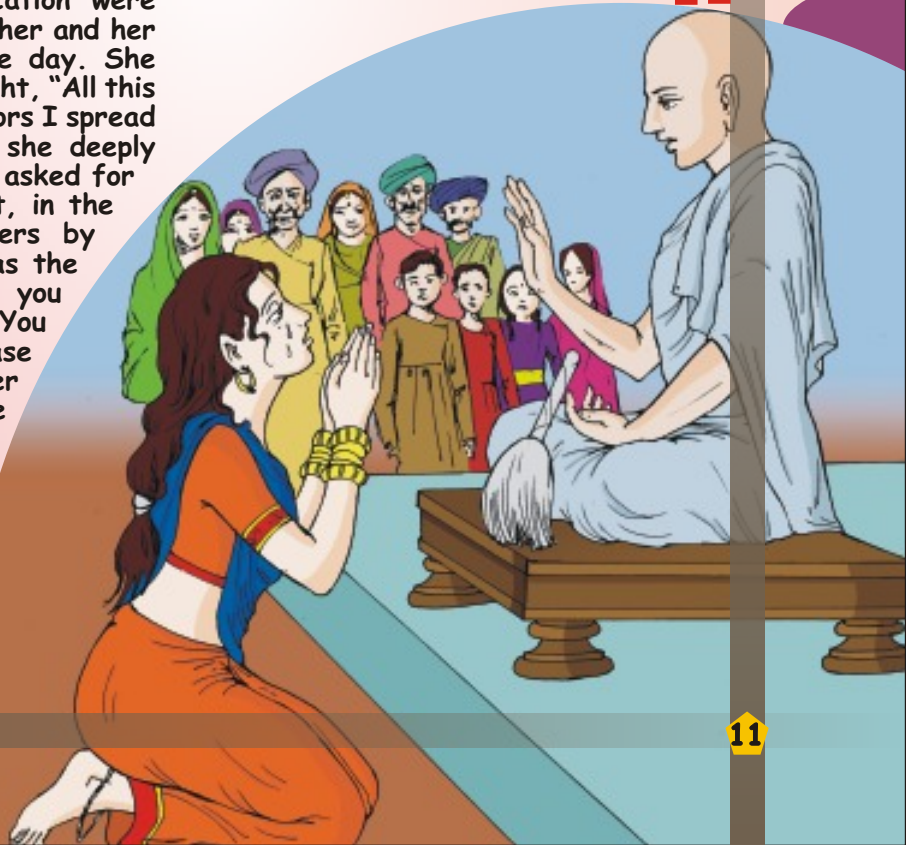
believed it and refrained from going to the saint thereafter. Upon knowing this the saint was deeply hurt and he thought, "How can I bear it if due to me the honor of the divine deities is at stake?" He took an oath that "I shall give up food and water until the day these allegations are reversed." Saying this he sat in penance. Because the ascetic was truly pure, a celestial deity came to his help. Vegvati became very ill and was in unbearable pain. Many different types of medication were tried, but none could cure her and her suffering increased by the day. She realized her folly and thought, "All this is a result of the false rumors I spread about a pure saint," and she deeply repented her actions. She asked for forgiveness from the saint, in the presence of fellow villagers by saying, "You are as holy as the fire. I tried to demean you solely out of my jealousy. You are very merciful. Please forgive me. I shall never repeat such a mistake again." Due to her heartfelt repentance, the celestial deity cured her of her agony. On being cured of her illness, she listened to religious preachings and took renunciation from worldly life. On the other hand, people

praised the ascetic. Vegvati took her rightful place in heaven on being reborn.

After completing her life span in heaven, Vegvati was reborn as a princess. Due to her misdeeds of disgracing the ascetic in her previous birth, she too had to suffer being disgraced and exiled. As a result she lead her life in solitude in the forest.

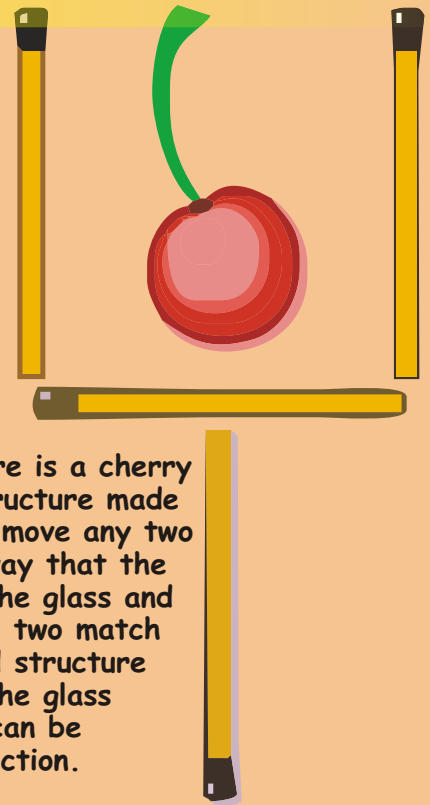
So friends, did you see how risky it is to speak negatively of others? One should never say or listen to negative things, especially about saints. And when you realize your mistake, you should repent on it. On repenting heartily, all offenses are forgiven.

“So pray every day, “Oh Dada Bhagwan, give me the infinite inner strength not to criticize, offend, insult or commit undesirable mistakes against or disrespect any living preacher, teacher or saint.”



# Letter t's P I a y

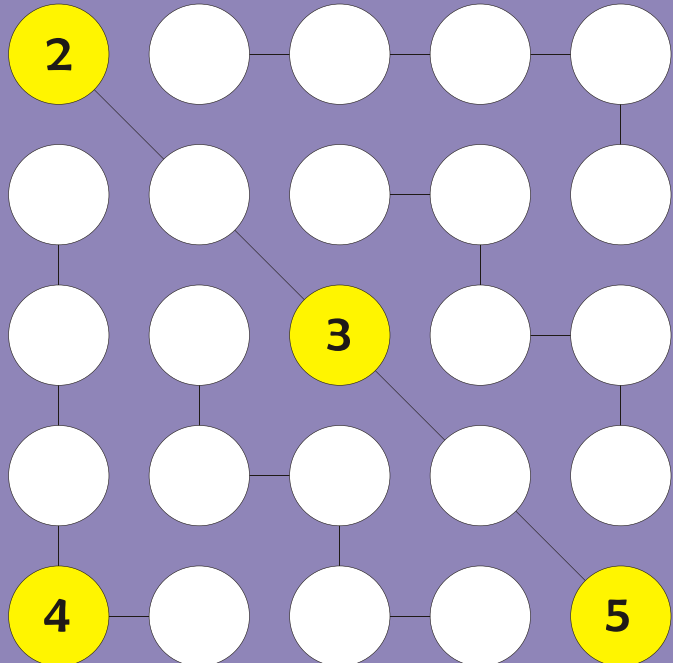
# I



In the picture above, there is a cherry inside a glass shaped structure made with 4 match sticks. Now move any two match sticks in such a way that the cherry appears outside the glass and even after moving these two match sticks the glass shaped structure should be formed. The glass shaped structure can be formed in any direction.

# 2

In the circles to the right, fill in the numbers 1 to 5 in such a way that each diagonal line, vertical line as well as each chain of connecting circles has a different number.





In the two entangled yarns shown below, one tangle is made up of a single string in which both ends of the string are joined, while the other tangle is made up of two strings which are joined to each other. Find the tangle made up of two strings and the tangle made up of a single string.



Arrange the pieces shown below in such a way that a chess board of size  $8 \times 8$  is formed.

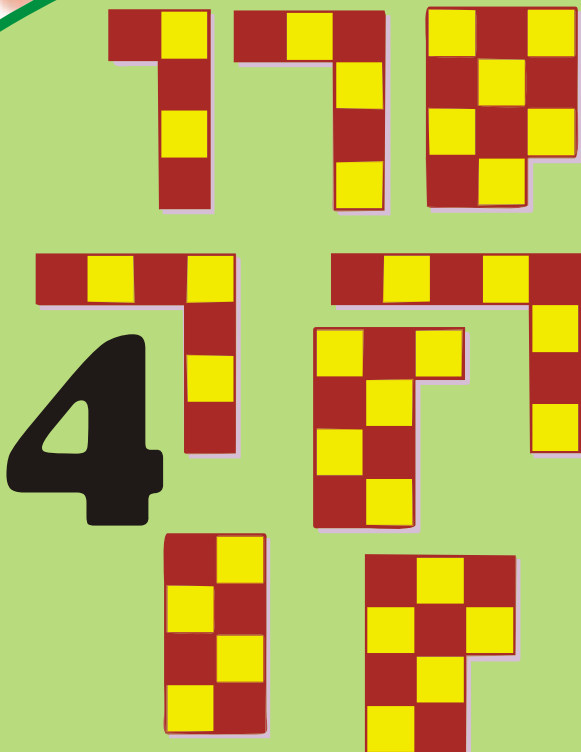
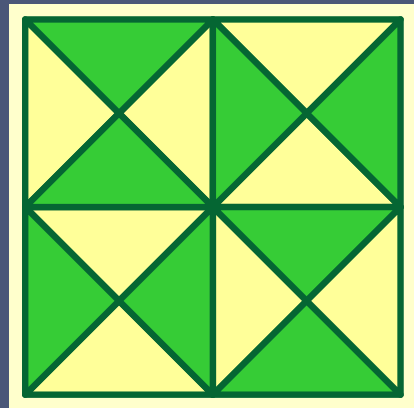


Figure out the total number of triangles (of all possible sizes) in the picture below.

5



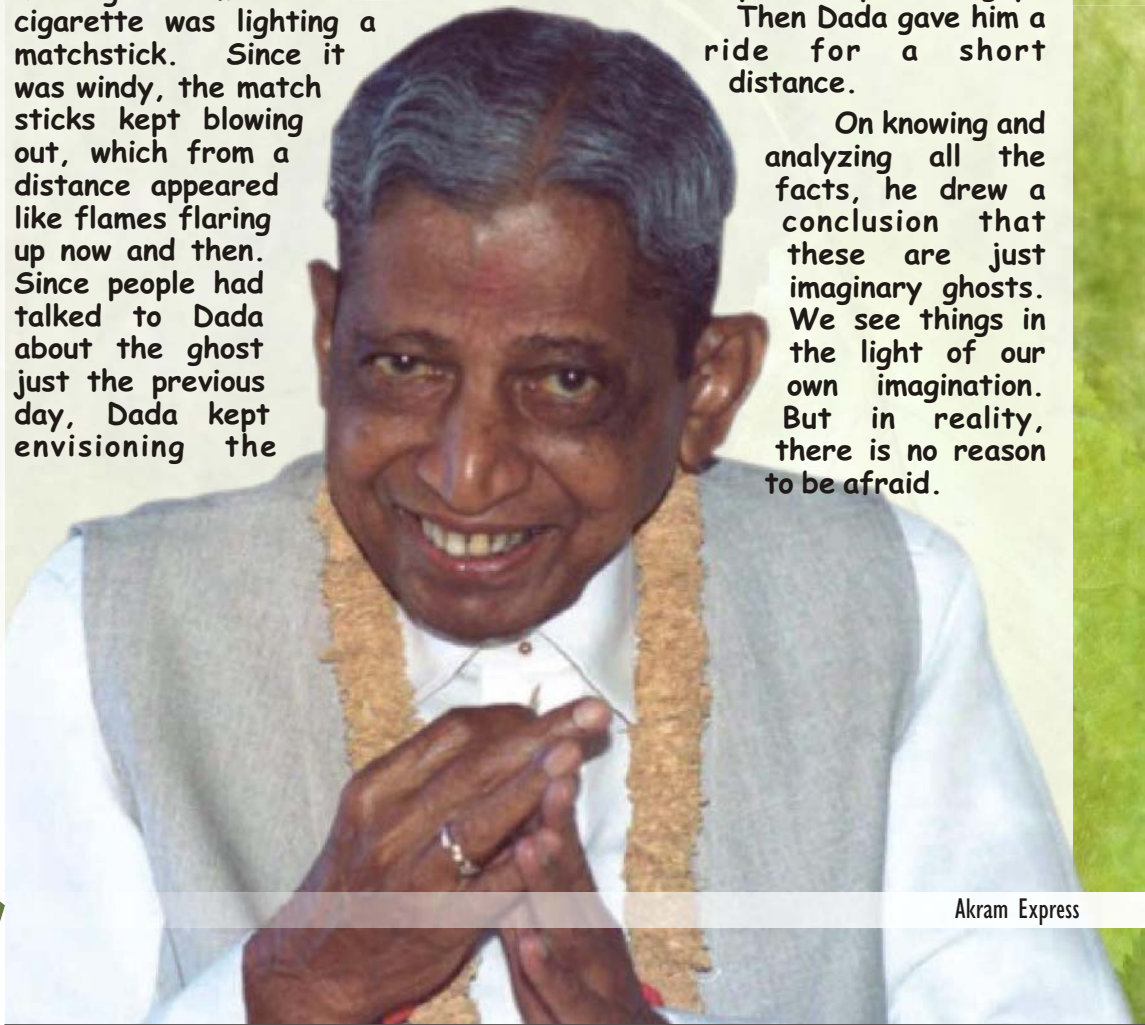
This is an incident that took place in Dada's life. Dada was a contractor by profession so he had to visit his construction sites. From there, he would return home on his bicycle. On the way, there was a particular tree named 'Mahudo.' One day, a few people told him, "a ghost resides in the mahudo tree, so beware."

Dada listened to what they said. The next day it so happened that by the time he was returning home, it was pitch dark. As he got closer to the tree, Dada started picturing the ghost. Now what really happened is that, at the same time, a man wanting to smoke a cigarette was lighting a matchstick. Since it was windy, the match sticks kept blowing out, which from a distance appeared like flames flaring up now and then. Since people had talked to Dada about the ghost just the previous day, Dada kept envisioning the

ghost. However, Dada was a courageous man and wondered what was the reality of the matter, let me investigate the cause of the flames and put an end to the whole matter today. He thought, "Let me follow it up. Now there is no turning back. If I turn back now, it will haunt me." So he rode his bicycle in full speed up to the man by the tree and said in a loud voice, "Hey, why are you coming in my way?" Dada had by now understood, that it was a man standing there. The man was shocked with the sudden turn of events, and said "Oh sir, it is you! Sir, it is you!" pleadingly. Then Dada gave him a ride for a short distance.

On knowing and analyzing all the facts, he drew a conclusion that these are just imaginary ghosts. We see things in the light of our own imagination. But in reality, there is no reason to be afraid.

## Sweet Memories





**Questioner:** Is there a world of ghosts and spirits? If so, please briefly explain.

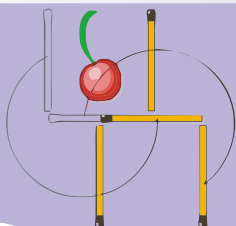
**Pujyashree:** A ghost (bhoot) is a kind of diety and a spirit (pret) is a wandering soul. Hardly one in lakhs becomes a wandering soul. The soul has an electrical body and a causal body but no physical body. In spirits, (pret) the soul is present but without a physical body so it cannot fulfill its urge to eat and drink. This is why it possesses a human body and consumes food in large quantities like 50 laddoos and 50 puris. While ghosts (bhoot) are a different entity, they don't harm anyone. Actually speaking, we should not even use the word, they are deities. These (ghosts) are

all 'vyantar' deities. There is a separate world of these beings.

**Questioner:** Even after reading everything, on the examination day, I forget what I read. What should I do?

**Pujyashree:** Our anxiety on the examination day makes us forget what we read. Confidently decide that, "If questions come from what I have read, I will write the answers" and a second option is to pray, "Dada Bhagwan please give me the strength to answer the paper well. Dada Bhagwan please be present and help me write the paper." Hand the matter over to Dada Bhagwan and ask him to do the needful. If you do this before you start the exam, your fear and anxiety will leave. Then you will be able to answer the paper well. Otherwise...what you have read is already in your memory, but you get disturbed because of exam fear and anxiety. That's why everything gets spoiled.

## Pujyashree with Kids



1

# Answers to Puzzles

3

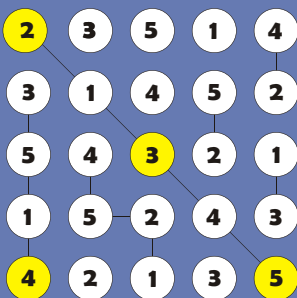


One String

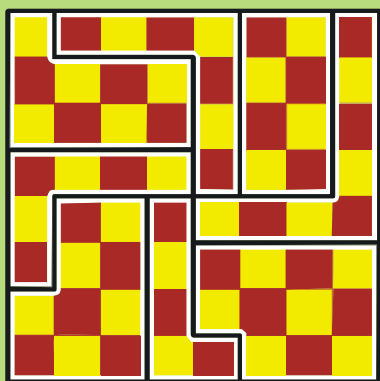


Two String

2

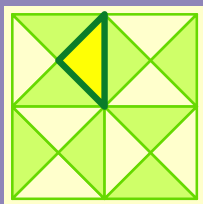


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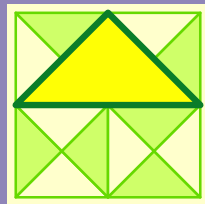


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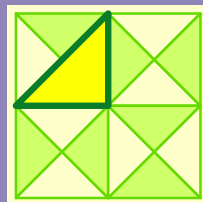
44 Triangle



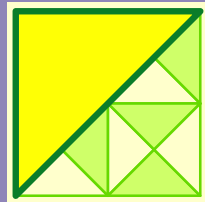
X 16



X 8



X 16



X 4

'My Vision' response  
on 'Miracle' (Sept 2009)

I read this month's Akram Express and I really liked it...

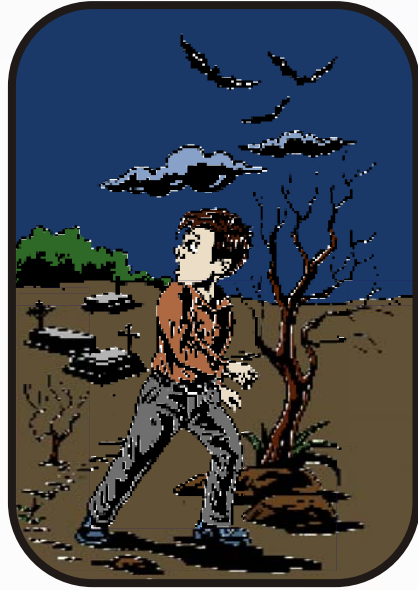
- 1) If I got the power to do miracles for a day, first of all I'd call Niruma and Dada here.
- 2) If I could do miracles, I'd give food to those who don't have any. I'd give homes to those who don't have a place to live, money to those who don't have any and I'd give everyone happiness and peace.
- 3) If I get the power to do miracles then I'd explain Dada's gnan and share this correct understanding with all my friends.
- 4) I would not do miracles to get anything for myself because we get happiness by giving happiness to others.

Niki Joshi, Kandari



# My Vision

You have gone to a friend's birthday party which goes on late into the night. On the way back, it's very dark and the road is deserted. You are all alone and the wind is howling. You feel afraid, 'what if someone comes from somewhere and kidnaps me?' With these thoughts, you begin to feel extremely scared. What inner understanding will you apply at this time?



## NAIROBI SHIBIR HIGHLIGHTS

The shibir was held from 9th to 11th October in Nairobi, at the Brookhouse school complex surrounded by natural beauty and a very peaceful environment. 300 mahatmas from all



over east Africa participated in the 3-day shibir. Pujya Deepakbhai's natural poise and relaxed composure came out beautifully in the fun filled satsangs.

There is a very active group of youths in Kenya's Nairobi centre. About 25 youths regularly meet for 2 hours every Sunday. The youth welcomed Pujya Deepakbhai at the

Nairobi airport with a Swahili welcome song. They were actively involved during the shibir held at Brookhouse school. They had enthusiastically organized various activities and events for mahatmas, like Akram Safari - Treasure hunt of gnan, and a cultural show in which children and youth from age 6 to 24 yrs participated in a very unique presentation that explained youth activities in Kenya.

They also had put up a beautiful display based on their understanding on topics like, 'not to hurt anyone by





one's mind, speech or body' and 'pratikraman-atikraman'. This work was a wonderful output of workshops organized during their youth sessions. They had the opportunity to show Pujya Deepakbhai this exhibition and received one to one blessings from him.

The youth had two satsang sessions with Aptaputra and two satsang sessions with Pujya Deepakbhai during the 10 day visit in which they asked their questions and got solutions. Their questions were very interesting and came from the heart. A lot of them also took gnan after the discourses.

For the first time in Africa, Simandhar Swami pran-prathistha ceremony was celebrated amidst 400 enthusiastic mahatmas who were filled with emotion.

A picnic was organized in Naivasha on the last day of shibir. Mahatmas and the youth alike got an opportunity to freely interact with Pujya Deepakbhai. It was fantastic!!!

