

October 2009

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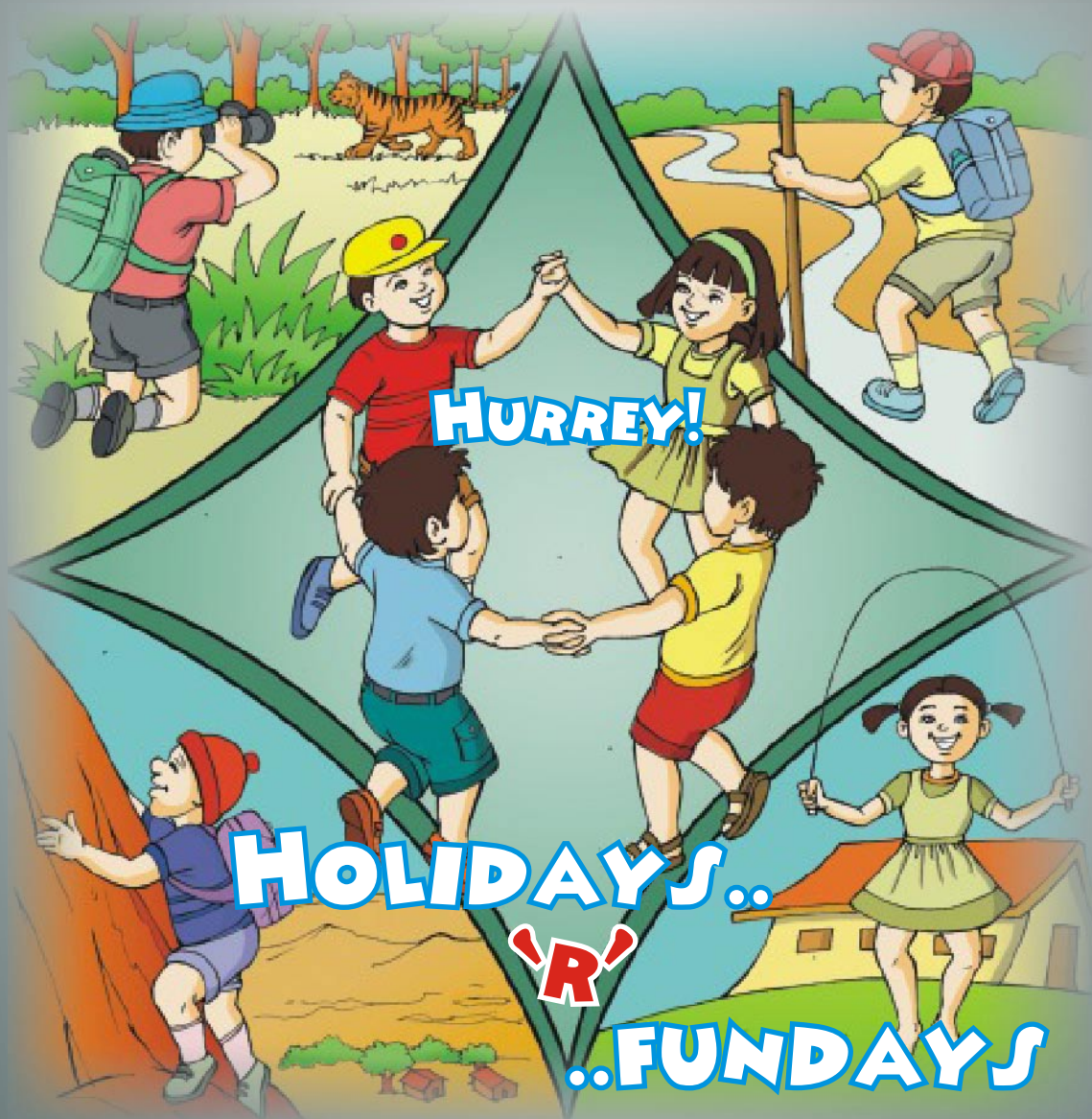


Happy Diwali



AKRAM

Express



Friends,

You must be enjoying your Diwali vacation right now, isn't it? The fun during vacation time is something else isn't it? Eating, drinking, sleeping, playing, hanging out with friends - that's it!! Joy and happiness only.

However, in this issue, Pujya Dadashri has shared insights on alternative ways of obtaining happiness and keys to leading a happy life, which are worth understanding. So let us try to understand the teachings in this issue, assimilate them into our lives and spend this vacation in an entirely different way.

This issue has been specially prepared keeping in mind your vacation and enjoyment. Yes, 'fun with gnan'. Hope it adds to your happiness.

- Dimple Mehta

AKRAM Express

HURREY!

HOLIDAYS 'R' FUNDAYS

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Dadaji Says



CHARITY MEANS SPREADING HAPPINESS

Charity means giving happiness to another living being, whether human or any other life form. When we give happiness to others, we are bound to gain happiness in 'reaction'. While donating, one automatically gets a feeling of happiness inside. Even though hard earned money is given away, one gains happiness by having done a good deed. Good deeds result in happiness and bad deeds result in suffering. Based on this, we can determine whether a deed is good or bad.

WAYS TO GAIN HAPPINESS

Dadashri: If you want peace of mind, share your meals with others. Tomorrow, bring a big tub of ice-cream and serve all these mahatmas. Then, relate to me how much happiness you feel at that moment. These people do not want to eat ice-cream, but you can experiment to experience the resulting peace of mind.

Similarly, if there is an animal, a monkey for example, and you keep feeding it with roasted lentils (channa), then it will jump around and your joy will know no bounds. You will increasingly experience joy as the monkeys continue to eat. Even before you start feeding pigeons, they will jump around with happiness. As soon as you scatter the birdfeed, give away that which is yours, happiness will start overflowing within you.

Now, if someone fell on the road, hurt his leg and happened to be bleeding, you would feel

Therefore, every morning pray five times with the deep intent that
'May no living being be hurt by my mind, speech and body even to the slightest degree.'

happiness if you removed your handkerchief and bandaged the wound. Even if it is an expensive handkerchief that cost you Rs. 25, the moment you remove it to bandage the wound, you will feel immense happiness.

Are you aware of the different kinds of donations? There are four kinds. One is donation of food, the second is donation of medication, the third is the donation of knowledge and the fourth is to donate the assurance of safety.

DONATION OF FOOD

The first kind of donation, is donation of food. If a stranger comes to your home and says, "Please give me something to eat, I am hungry," then we should say, "Sit down here. I shall give you something to eat." That is donation of food.

DONATION OF MEDICINE

Next is donation of medication. It is considered superior to donation of food. If a person of average income falls sick and visits a clinic, he says, "Oh dear, the doctor's advised me to take this medicine but I don't even have the Rs. 25 to purchase it. How will I get this medicine?" Then at that time, we would say, "Here, Rs 25 for the medicine and Rs 10 extra." Alternatively, we can buy the medicine and give it to that person for free. That too is considered donation of medicine.

SUPERIOR DONATION OF KNOWLEDGE

Then, even more superior is the donation of knowledge. This includes printing of good books which gives people an understanding that steers them onto the right path leading to their spiritual progress. One who gives this kind of donation can attain a better life form or even salvation.

MOST SUPERIOR IS DONATION OF ASSURANCE OF SAFETY

This kind of donation entails having the intent not to hurt any living being even to the slightest degree, and eventually embodying this principle in one's actions too. If one has the intent then someday it will come into action, but what if there is no intent? Thus, the Lord has said, this is the most superior form of donation. In this form of donation, money is not needed. This is therefore, the topmost donation of all.



The joy of giving others



With Diwali vacation fast approaching, everyone was very happy. All in the classroom were busy discussion their vacation plans.

Purvi said in excitement, "This Diwali we are going to visit Goa." At that, Kruti remarked, "My mummy has prepared delicious snacks." "My papa has bought me a lot of firecrackers," said Amul loudly. Sapna added, "My sister and I are going to buy lots of new clothes this Diwali."

Kajal did not join in this conversation. As usual she quietly listened to what the others had to say. No-one bothered to ask about or inquire into her plans for the vacation.

Kajal's companions

would hardly ever consider her presence. She was the most silent student in her class. She would only say something when she was asked and then too she would speak very softly. Her class teacher had tried many times to get her to open up but to no avail.

These discussions ensued until, the teacher Rashmi ma'am, entered the class. There was a lot of clamor in the class. All the students were deeply engrossed in conversation with extraordinary joy on their faces, which was a sight seldom seen. It seemed as though, the students were tired of studying and were enthusiastically awaiting their vacation. Rashmi ma'am noticed all this.

The teacher addressed the students saying, "Children, today I



3

want to share something special year, this year too, you will all enjoy this festival by lighting fireworks, eating sweet dishes, going shopping and travelling out of town. But are you all aware that there are so many children around us who will not enjoy this festival as we will? Our school has decided to help such needy children. You too can help bring some happiness to their Diwali festival by offering sweet dishes, clothes and gifts for them. So let's celebrate this Diwali in a different way! We will start collecting donations from tomorrow. Did you all like this idea?" The students enthusiastically replied in affirmation, as the teacher's eyes scanned the class for a response.

The next day after class, Rashmi ma'am asked the students to come forward with their donations. But to her amazement, everyone except Kajal had forgotten to bring a donation. Kajal removed Rs 100 from her pocket for the donation and quietly returned to her seat.

After school, the teacher went to the Principal's office with the donation from her class. The teacher was embarrassed to have collected a mere Rs 100 donation from her class. She informed the principal that the Rs 100 donation was received from just one student, Kajal.

The Principal asked, "Are you talking about Kajal Pandya?"

Rashmi ma'am replied, "Yes,



Kajal Pandya. She's a very shy and silent girl."

The Principal knew Kajal's family very well. He said, "The fact is that Kajal Pandya's own family is one of those that could use this help. But Kajal's family is such an honorable one, that they will not accept any help of this nature." The teacher was deeply touched to hear this from the Principal.

During the Diwali vacation, Rashmi ma'am went to Kajal's home to offer season's greetings. There, she learnt from Kajal's sister, that Kajal had been saving the money that she donated, for a new pair of slippers since the past one year.

The teacher asked Kajal why she donated her year's savings. Kajal replied, "I know I would have been very happy with a new pair of slippers. But if this money is used for needy children, they will derive more happiness than I will. That is why I decided to donate my savings."

Rashmi ma'am could see the glowing happiness on Kajal's face. Kajal added, "And... do you know, since the moment I gave away my savings for others, my happiness

has been overflowing. For the first time, I realized that spending on others gives such immense happiness."

Upon hearing this, Rashmi ma'am couldn't hold herself back and hugged Kajal very lovingly. The next day, the teacher went and gave Kajal a Diwali gift. When Kajal unwrapped the gift, she found a brand new pair of slippers.



After studying so hard for exams, your memory must have become very powerful. Come, let's test your memory. Hopefully, you have read all the Akram Express issues to date and enjoyed them. The below statements have been extracted from previously published issues. All you have to do is fill in the blanks. At the end of each sentence, the name of the issue from which that particular statement has been picked, is stated. So ready?

Exams ... Again!! All the best

- 1) Sulking is a form of _____! - Sulking.... (Joy or punishment?)
- 2) Pure Love - that which does not _____ or _____ (Pure Love)
- 3) _____ is the business of making fools of other. (Miracles)
- 4) _____ blossoms where Pride is absent and vice versa. - (Pride)
- 5) There is total _____ in sulking. Sulking is a business of loss. This is a big loss. (Sulking-Punishment or Joy?)
- 6) The law of nature is such that in some future birth you will have to be like the person you _____. (Risks of Teasing)
- 7) Where there is pure love, you never see _____ in others. - (Pure Love)
- 8) If you hurt someone, you will inevitably suffer _____ at the same moment.
- (Avoid Clashes)
- 9) When anger has a _____, that actually is called 'Anger'. (Anger)
- 10) With the grace of Dada and Niruma, blessings and protection of Deities, this grand _____ event was celebrated with lots of happiness and enthusiasm. (101 Birth Celebration Highlights)
- 11) If someone offers you a cup of tea, you should not forget the kindness of that person. How can we ever forget the obligation of our _____ towards us? (The obligations of Parents)
- 12) _____ does not mean to tolerate. Tolerating is similar to compressing a _____. Therefore do not learn to tolerate. (Avoid Clashes)
- 13) If you climb up with _____, nature will take its toll on you and bring you down to earth. (Pride)
- 14) What is the meaning of _____? It means to take adjustments under all circumstances. (Adjust Everywhere)

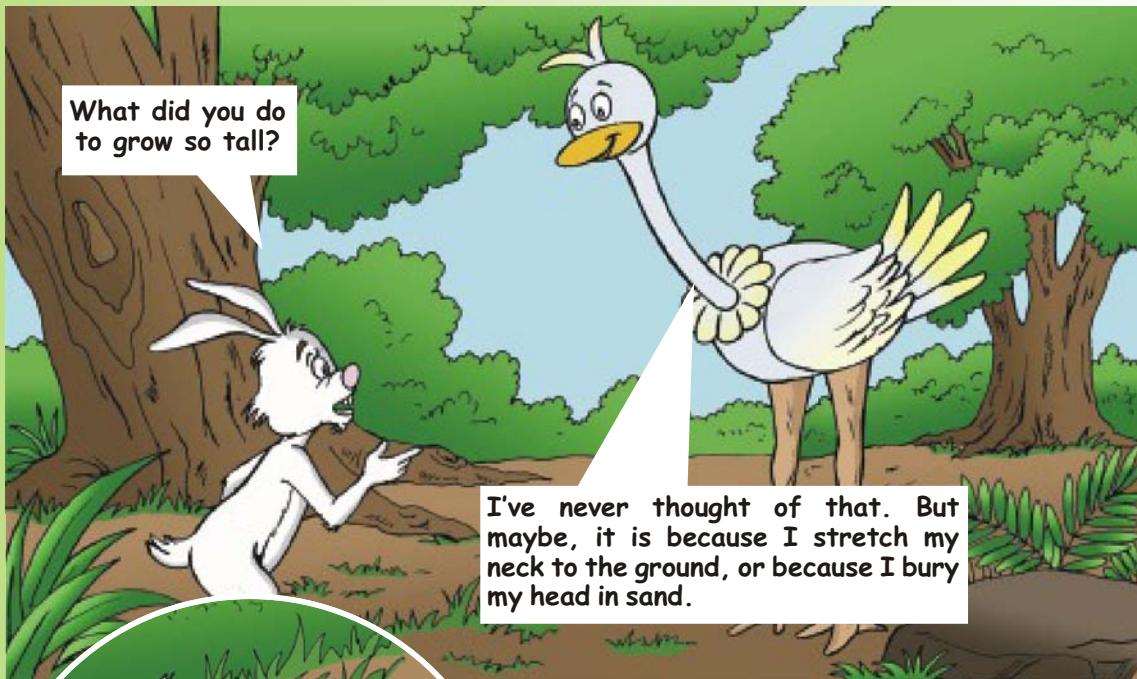


Bonny's Realization

Bonny was a short rabbit that was unhappy about its height. He would spend the entire day thinking, "How can I grow tall?" He was curious to find out how taller animals acquired their height. With these thoughts, he went to the Ostrich. Ostrich is the tallest bird in the world.



What did you do to grow so tall?



I've never thought of that. But maybe, it is because I stretch my neck to the ground, or because I bury my head in sand.

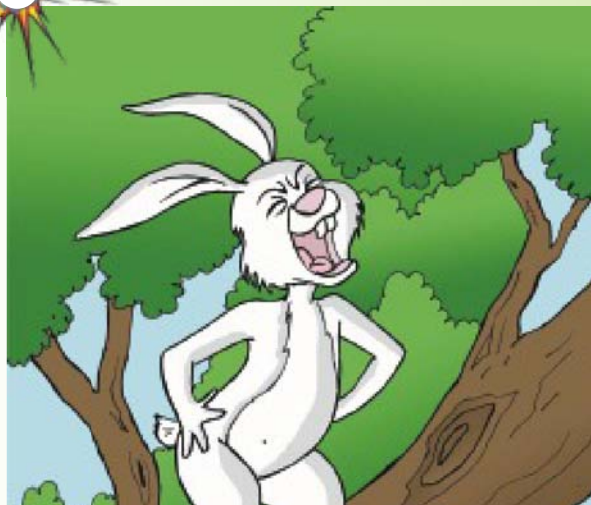


Bonny imitated the Ostrich's actions, but Bonny's neck started to hurt and his height didn't increase by even an inch! Bonny then went to the Giraffe.

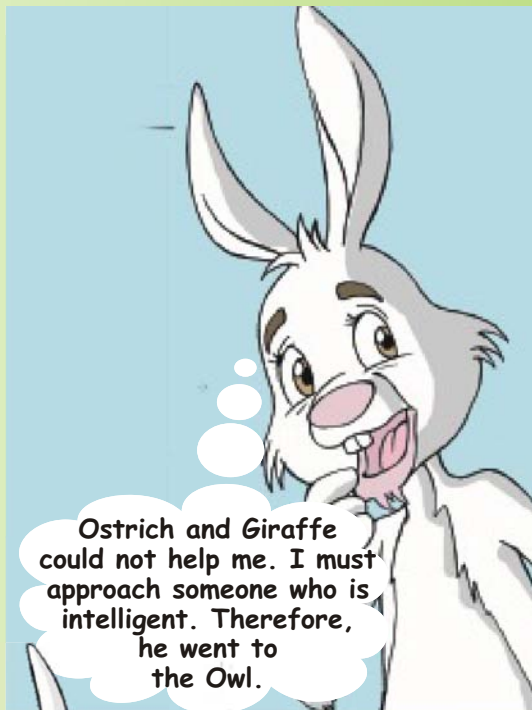
Brother Giraffe, what did you do to grow so tall?

I eat the topmost soft leaves of tall thorny trees. May be that's why I'm so tall.





It was impossible for Bonny to reach the top of a thorny tree. So Bonny decided to climb it. The sharp thorns ripped Bonny's skin and he began to bleed. He was very upset because his height hadn't increased by even an inch.



Ostrich and Giraffe could not help me. I must approach someone who is intelligent. Therefore, he went to the Owl.



Can you tell me how to grow tall?

First, tell me why you want to grow tall?



I feel that if I am tall, I can win any fight.



But first tell me how often you have a fight?

Oh! Not much. I don't recall ever having a fight with anybody. But if I'm taller, everyone will respect me.

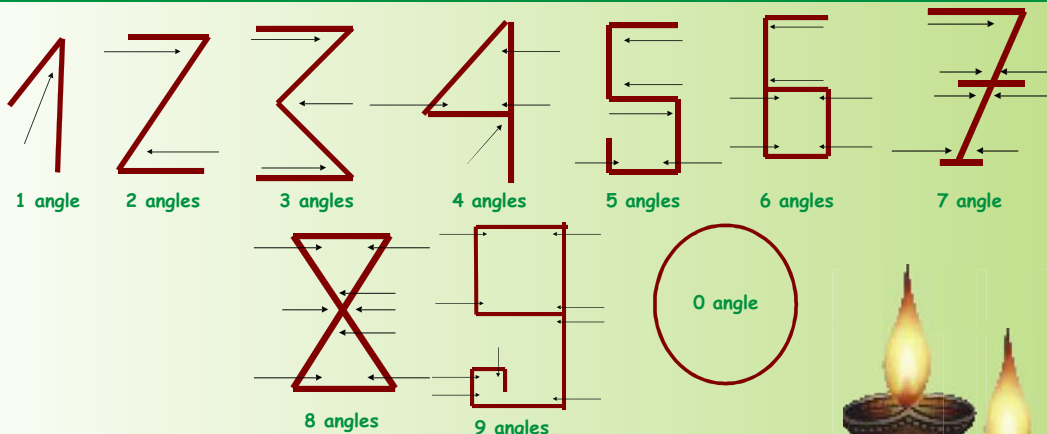


**Find
Out**

**Find 10
differences.**



Do you know, how 1 to 10 digits were invented? Answer is very easy, depending on the angles in them , they were invented. Let's see...



Once, a shibir exclusively for male mahatmas was under way at the gigantic satsang hall in Adalaj. Thus, it goes without saying that female mahatmas were not allowed. A newly recruited watchman has been assigned to guard the entrance way to ensure that no female would enter the satsang hall.

Pujya Deepakbhai was conducting the satsang with male mahatmas. After a little while, Pujya Niruma arrived at the satsang hall entrance way to bless all the mahatmas. The poor watchman was completely new, didn't recognize Pujya Niruma and had never seen her before. Coincidentally, Pujya Niruma happened to be alone. The male volunteers accompanying her had gone to get something at that time. The watchman stopped Pujya Niruma from entering the satsang hall.

Pujya Niruma requested the watchman saying, "I'll be back in just 2 minutes, please let me go." The watchman responded sternly saying, "No, I have received orders from 'the top' not to allow any lady to enter the hall." In this way, Pujya Niruma tried to convince him, while he sternly refused.

Just then a mahatma passed by there. Seeing Pujya Niruma, he was overjoyed and fell to her feet devotedly saying, "Jai Satchitanand Niruma." Upon hearing the word 'Niruma', the watchman was dumbfounded. He got scared thinking; "Now I'm done for! I shall definitely lose my job." He started pleading for forgiveness with folded hands saying, "Please forgive me, I did not know you are 'Niruma', which is why I made this

Sweet Memories

mis
take."

Seeing the watchman's scared face, Pujya Niruma commended him with a lot of love, saying, "I am very happy with your sincerity. Keep doing your job with the same honesty."

Hearing this, the watchman bowed down respectfully.

In spite of being in a position of such high regard, Pujya Niruma's modesty and humbleness are heartwarming.



Pujyashree with kids in light mood

Questioner: Your friends' hair has turned white. When asked why, he answered that it is due to the tension of my son not getting married. But Deepakbhai, why has your hair turned white?

Pujyashree: My hair has turned white with the concern that none of my children (celebrate) should get married.

Questioner: If a dog falls behind you, what would you do?

Pujyashree: If a dog falls down behind me, I shall help him get up. My only job is to help those who have fallen. My job is not to push anyone down.

Questioner: Deepakbhai, have you ever climbed a moving train?

Pujyashree:

Yes, I've climbed onto Dada's train.

Questioner: What would you do if you got a magic lamp?

Pujyashree: I would first invite Dada and Niruma and then call for a big airplane and take everyone to Simandhar Swami. I would not leave anyone behind. Whether one wishes to go or not, I would take everyone along.

Questioner: What is your favourite pad?

Pujyashree: Shudhdhatma

Questioner: Not that pad(seat), but pad(devotional song) which we sing.

Pujyashree: Dada Bhagwan na Aseem Jai Jai Kaar Ho.

Questioner: Imagine you were made India's Prime Minister for one day, what would you do?

Pujyashree: I would ensure that everybody takes Gnan.



This is the story of King Bharat. Lord Rushabhdev had 100 sons. King Bharat was the eldest of them. Bharat was a 'Chakravarti King'. A 'Chakravarti King' is one whose worldly wealth and glory knows no bounds. All worldly pleasures are available to a Chakravarti King. His stables has a collection of many fast and skillful horses, and large team of very strong elephants. His fame spread far and wide and there was none capable of defeating him. His appearance, form and beauty were mind boggling. His body exuded great strength, vigor and power.

King Bharat was a king of kings, whose wealth, luxury, strength, and armed forces were unmatched. One day this glorious king was sitting on this ornate throne in the room of mirrors wearing this stately clothes and jewels. This room of mirrors is equivalent to a modern-day dressing room. Our dressing room has only one mirror, but this was no ordinary dressing room, it was Bharat Chakravarti's dressing room! It was covered entirely in mirrors; wherever you looked you would see your own reflections.

The king was sitting, admiring himself in this dressing room, when he suddenly noticed the third finger of his right hand. He wondered, "Why isn't this finger reflecting beauty?" Upon inspection, he realized that it was because the ring on his finger had slipped off. He began to ponder on whether the

beauty of his finger was enhanced by the ring, or whether the ring was enhanced by the beauty of his finger?

As he dwelled upon these thoughts, he gradually removed all the rings from his remaining nine fingers. He then looked at his fingers and realized that in the absence of the rings, his fingers weren't attractive any more. This sparked a trail of thoughts in his mind, "Hmm, how strange is this? That a ring made by molding gold should make my finger look attractive... and that removing these rings, should make the

Mythological Stories



appearance of my fingers less attractive. The fingers add to the beauty of the hand, and the hand makes the body appear beautiful. Then what should I consider beautiful? My body or the rings?" He was astonished and fell into a deep chain of continuous thoughts.

"This body which I consider 'mine' is attractive only due to clothes and jewellery. Does my body have no beauty of its own? It is in fact true. How can the body hold beauty at all? It is made of nothing but blood, pus, bones and flesh after all. Is this what I consider mine? What a blunder, how bizarre! When this body is not mine, then how can this kingdom and grandeur be mine? This supreme reign cannot be mine either. This body too shall die one day. Then what shall I consider my 'own' in all

“ He began to ponder on whether the beauty of his finger was enhanced by the ring, or whether the ring was enhanced by the beauty of his finger? As he dwelled upon these thoughts, he gradually removed all the rings from his remaining nine fingers. ”

This body, through which I enjoy all this imperial glory and monarchy, is itself not mine. What greater sorrow than this could there be?

With these profound thoughts, King Bharat's worldly desires got completely dispelled. The veil of misconception flittered away and he attained 'keval gnan' right there in his dressing room.

Thus friends,

It is not worth being charmed by the physical body. It is not worth wasting time beautifying this body. The body will never belong to us. We have been fortunate to meet a 'Gnani'. We should attain the knowledge of our pure soul from the 'Gnani' and use this body to attain completion in our goal of moksh.



Let's
Play...



Find the
way

Friends, After reading "Dadaji Says..." page no. 1 , Fill the missing words.

		a				y
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p				e
---	--	--	--	---

		s	u		
--	--	---	---	--	--

		a	r	
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s			e		
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2



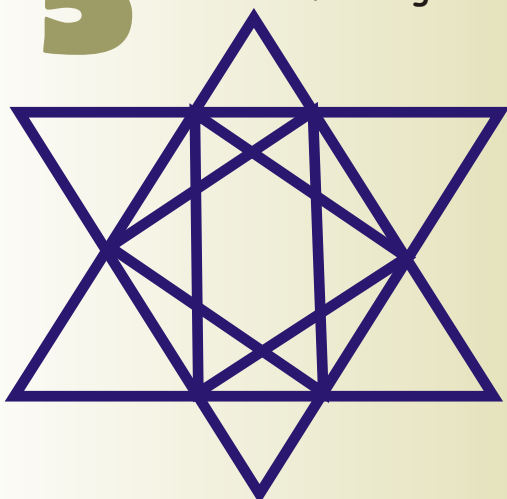
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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 to 9. > and < connections between squares indicate that one number is greater than or less than another.

3	9	7						
5	2	1						
6	8	4						

5

Find out the total no. of triangles.



4

Find out 6 different boys from following 15 boys.

(1)



(2)



(3)



(4)



(5)



(6)



(7)



(8)



(9)



(10)



(11)



(12)



(13)



(14)



(15)



Result of Drawing Competetion

7 to 9 year

First prize - Shlesha M. Shah
Vadodara, Aeg:- 9 year

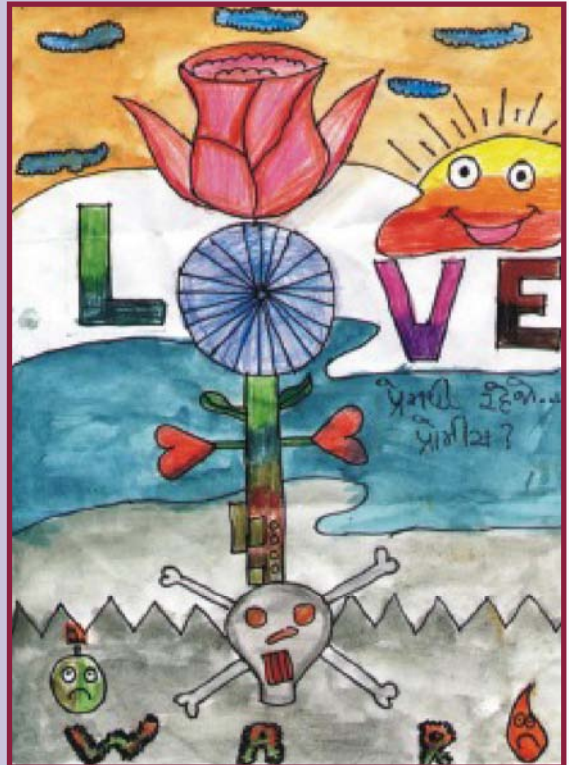


Second prize - Dharmik R. Shah
Ahemdabad, Aeg:- 8 year



10 to 12 year

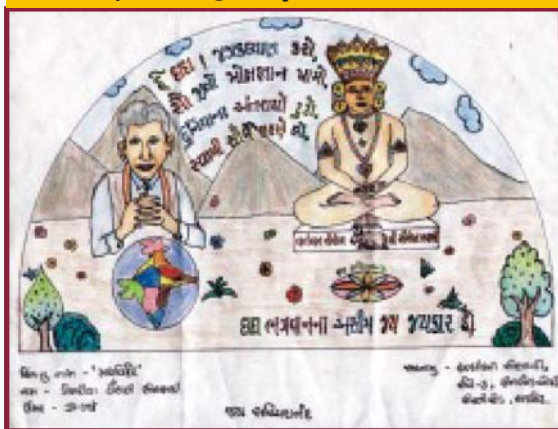
First prize - Manan M. Shah
Mumbai, Aeg:- 10 year



Second prize - Siddharth C. Vora
Mumbai, Aeg:- 10 year



13 to 15 year

First prize - Jeet M. Shah
Mumbai, Aeg:- 14 yearSecond prize - Vaishali B. Dobaria
Rajkot, Aeg:- 14 year

Answers to Puzzles

2

c h a r i t y

r e s u l t

m o n e y

g a i n

g o o d

p e a c e

s h a r e

h u r t

f o o d

s a f e t y

Let's
Play

3

3	9	7	1	2	8	6	5	4
5	2	1	9	6	4	7	3	8
6	8	4	3	7	5	9	2	1
2	1	3	7	8	9	5	4	6
4	7	6	5	3	2	8	1	9
9	5	8	4	1	6	2	7	3
1	3	2	8	9	7	4	6	5
7	4	9	6	5	3	1	8	2
8	6	5	2	4	1	3	9	7

4

3, 6, 8, 10,
12, 15

5

20
Triangles

Answers to Exams...again

1) Obstnacy, 2) Increases, Decreases, 3) Miracles, 4) Knowledge,
5) Loss, 6) Teased, 7) Faults, 8) Pain, 9) Lingering Effect (Tanto),
10) 101 Birthday Celebration, 11) Mother and Father, 12) Avoiding
clashes, Spring, 13) Arrogance, 14) Adjust Everywhere





Simandhar City's Experiences

"When I went to Simandhar City, I had so much fun. I had lots of friends. I like the part when 101st Janmajayanti came. It was fun. When I saw Deepakbhai, I felt so much in gnan. At Gurupurnima in LA this year, Deepakbhai told me to sing the badko ni prarthna, so I always do it every night before I go to sleep. I do it with my parents, we all sing it together. I always try not to hurt anyone. I always do pratikraman at nighttime when I go to sleep. I always like to give people happiness and it makes me happy too."

Ujani Patel, from New Jersey, age 8,

My experience at Sim city was amazing. I don't know where to start from! Sim City was such a nice place to be in because it had so many nice qualities. Sim City has so much peace and tranquility that it took me away from the outside world and I felt so light. The mahatmas were so helpful and friendly, this made it feel like home!

Attending Deepak Bhai's satsang was the best part. His pure and simple speech dazzled not only me but also thousands of other mahatmas. It was great seeing so many mahatmas attend satsang. It was really easy for me to abide by Dada's 5 agnas at sim city because the place is so peaceful. I had the best time in Sim city and I loved it. I can't wait to come back. Sim City must be the closest place to Mahavideh Kshetra!

Suraj Gudka-Kenya

Sim city was a very quiet and peaceful place. There were good vibrations within me all the time, this kept me happy at all times. Sim city is so clean and it felt like home everyday! This shows that Sim city is also suitable for people coming not only from Africa but also from the rest of the western world. The activities such as satsangs kept me busy all the time and I never even got bored! It was good seeing so many people attending satsang. I had a very pleasant time at Sim city and I look forward to coming back.

Parita Gudka-Kenya

When I first started coming to satsang I was in 3rd grade and I had no clue what to do. I did not even know what to do while doing Charan Vidhi. So when we had kids satsang I understood what shuddhatma meant and to see shuddhatma in every body. I also understood what pratikraman means so every night when I go to sleep I try to remember if I hurt anybody with my mind, speech, and body. Mostly I go to sleep very late on the weekends and when I have vacation. When I have to go to school I go to sleep early so I forget to do pratikraman - so one of my ways to not forget to do pratikraman is when I finish dinner I start doing pratikraman. My first Gurupurnima was in Chicago in 2007. I learned so many things and I even heard great stories. I attended Dada's 101 JJ and I was in the Cultural program. I loved to play all the games and also sit on every ride. The puppet show was very good. In JJ my favorite part was that I got to tell my experience for the interviews they were doing there. I have a home at Sim City - my home is at ATPL. I really wish that I can move to Sim City soon. Sometimes I get in fights with my sister. My sister bites me and hits me. I also hit her back, I get so frustrated. What I do when this happens is pratikraman. I even get in arguments with my grandma. What I do then, is that I know that my grandma is yelling at me not my shuddhama. I get so happy when I see Deepakbhai. I love all mahatmas. I love all the aptaputris. I hope when I grow up I can become an aptaputri too!

Minita Patel, from New Jersey, age 12

