



AKRAM Express

Opinions are like
eyeglasses

What a selfish
person ...!



What a brainless
guy...!



Opinions are like eyeglasses

Friends,
Every now and then we are always saying something like 'he is nice, he is mean, if I do this he will definitely scold me, this thing is really very good,' etc. In fact not only do we say it, we also believe it, too. This is called having an opinion. We are unable to see the changes that take place in someone, because of the opinions that we have for that person. As soon as we have a biased view for someone, we instantly lose our happiness. Our interaction with him/her is no longer open hearted. And eventually, we cannot free ourselves of our abhorrence towards him/her.

This issue gives us a detailed understanding on what opinions are, how they are formed, how one can be free from them, the results of having opinions and how one can be free from these results.

So let us understand this matter, become free from opinions and save ourselves from the resulting misery.

- Dimple Mehta

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Editor :

Dimple 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

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Send D.D./M.o.in the

name of 'Mahavideh Foundation'.

Questioner: What is an opinion?

Dadashri: A certain person donates regularly. Upon seeing that person, to believe that he will give a donation today too, is referred to as having an opinion. Similarly, someone reprimands us daily, today that person has come to invite us for a meal, but upon seeing that person the thought arises that, 's/he will scold me again' that is referred to as an 'opinion'. Stop thinking like you used to, it is better not to have opinions about anyone as circumstances are constantly changing. Even if you happen to see a thief in the act of robbery, you should not form an opinion; tomorrow s/he may become an honest person.

When a boy, who is a habitual liar comes here, and you have a preconceived opinion that, "This boy is a liar", then as long as he sits here your dislike for him will keep bothering you. Others will not feel bothered by him. Do you know why?

Questioner: Others do not know that 'he is a liar', that is why!

Dadashri: Others are aware, but they do not form an opinion about him. You, on the other hand, have a biased opinion



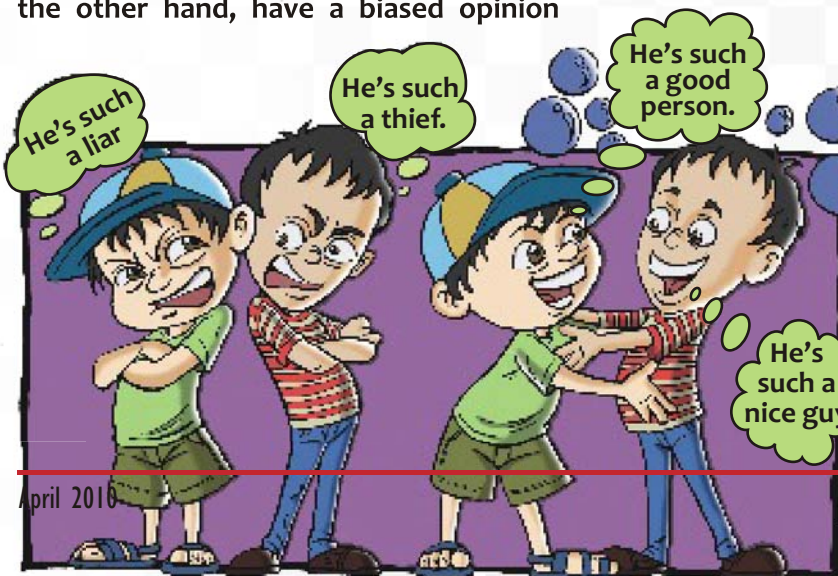
Dadaji Says...

and erase it, immediately. If one is not able to do pratikraman, one should merely state in short that 'it is not right to have such thoughts' in witness of Dada or the family deity.

When our opinions about others break, we can speak happily with them, without any reservations. As a result, that person will also be happy. Whereas if you see him/her with an opinioned view and see his/her faults, then she will immediately know.

What should one do to change an opinion? If the person is a thief, then to change that opinion, one should repeat in their mind, 'He's honest! He's honest. He is a good person, a Shuddhatma and I was the one who formed a wrong opinion', and thus change the inner belief.

If you form an opinion about someone, that person in turn will also have an opinion about you. When we break our opinion for him/her, his/her opinion towards us will automatically dissolve.



Opinions are like eyeglasses

Just as she entered the classroom, the teacher announced, “This year we shall focus more on project work. This project work will be done in pairs. I shall now announce the names of the students in each pair.”

“What? Will madam choose our partners? Won’t we be able to make our own selection?” whispers and murmurs of disappointment spread in the classroom. The teacher asked the class to maintain silence and started declaring the names of each pair.

“Ketan and Keyur, Amul and Aalap, Rajshree and Namita.”

Namita was irritated on hearing her partner’s name. “Rajshree? Has ma’am gone mad? How could she even think of pairing me with Rajshree?”

Namita was the most brilliant student of the class. She was proud of her intelligence, and chose only to talk to a few selected classmates and ignored the rest. Rajshree was an average student.

Namita could not concentrate on her studies that entire day. She started having

negative thoughts. “Having a dumb girl like Rajshree as my partner, I will definitely lag behind in this project and others will perform better than me. Hm... She doesn’t even know how to comb her hair properly, how will she manage a project for a subject like science?” Just then the bell rang and it was time to go home.

Namita came out. After school all the students were discussing the project with their respective partners. Just then Rajshree approached Namita and said,





few paintings on the wall. She thought the paintings were beautiful. She asked Rajshree, "Where did you buy these from? I would like to purchase a few as well." Rajshree replied, "I haven't bought them. I have painted them myself." Namita said in astonishment,

"Namita, come over to my place this Sunday. We'll start work on the project." Namita reluctantly said, "Yes." She thought, "I will have to do everything. Even if Rajshree does anything, it will be useless."

"Really! Have you painted them yourself? You can draw this beautifully! I must compliment you."

Soon it was Sunday. Namita didn't feel like going to Rajshree's place at all. However, it was necessary to work on the project as the marks would count towards the final exam. Feeling helpless she arrived at Rajshree's place.

Chatting away they drifted to Rajshree's room. Namita noticed that Rajshree had already prepared quite a bit in advance. She had already worked on the main points and drawn their

"Come in dear, Rajshree's waiting for you," saying this Rajshree's mother welcomed her lovingly. In no time at all, her mother brought sandwiches and cold coffee for them. Namita got her favorite snack and she ate to her fill. She said, "Aunty, both the snacks are delicious." To this Rajshree's mother replied, "Rajshree has prepared them especially for you. She knows that you relish them. As it is, she's a wonderful cook." Namita looked at Rajshree who smiled back.

Just then Namita's sight fell on a



related pictures. Seeing all this, Namita was pleasantly surprised by Rajshree's intuition. Namita had not imagined Rajshree to be so capable and assumed that she was completely dumb. Both girls started to work on the project.

All of a sudden Rajshree said, "Namita, I always feel as if you don't like me." As Namita heard this she was taken aback and didn't know what to say. She thought, "How did she know that I don't like her? Is it possible that the vibrations in my mind reached her?" She hesitantly replied, "No, no there's nothing of the sort." The girls got engrossed in their project once again.

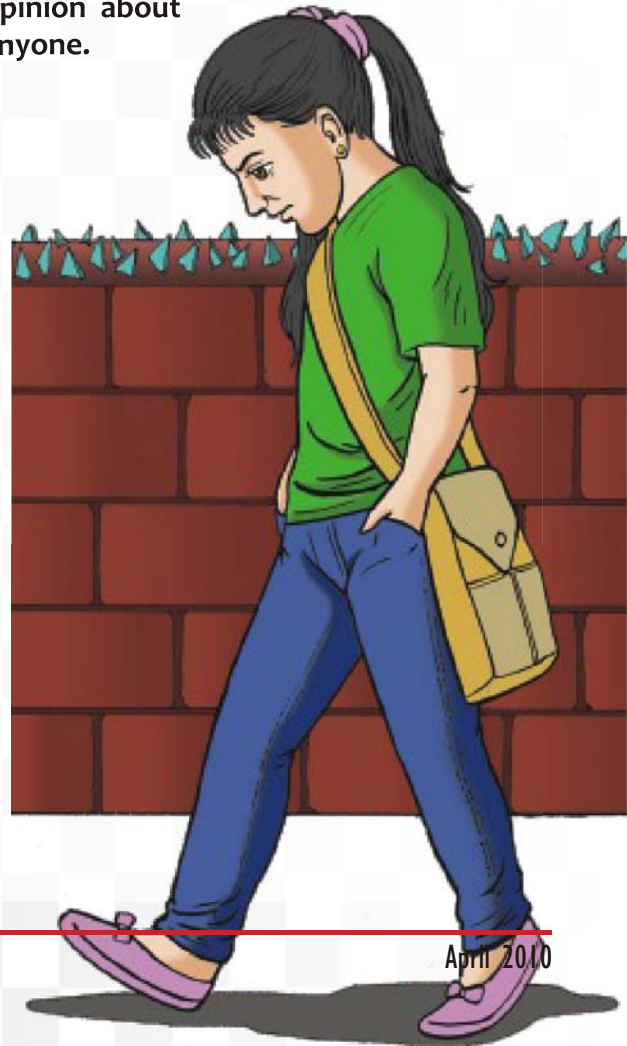
It was evening by now. Namita said, "Enough for now. We'll meet next Sunday and work further on it." Namita realized that this time she did not say these words reluctantly. Her opinion about Rajshree had totally changed.

On her way back home, Namita thought, "My opinions about Rajshree proved to be totally wrong. I took her to be dim-witted but she is so hard-working! Over and above that, I cannot match up to her in drawing and cooking." Deep in thoughts, Namita also remembered that Rajshree had come first in the essay and elocution competitions. Namita was amazed and thought, "Rajshree cannot be considered dumb in any way. Yet, how did I consider her to be so? Was it simply because she does not rank high in class? In fact, she is way ahead of me in other talents."

Namita was remorseful for the negative opinions she had formed to

date about Rajshree. From that day onwards, she stopped having negative opinions for others. She now understood that it was not right to have such opinions about anybody. There is always something good in everyone, so one should only see the positive.

See friends, this teaches us that opinions are like eyeglasses. Seeing through yellow eyeglasses one finds everything to be yellow and by seeing through red eyeglasses, one finds everything red. Similarly, viewing others through our opinions makes them appear to us that way. So always think twice before forming a negative opinion about anyone.



Always a thief?

It was a hot summer day. Mr. Shah was at home that day. Manji, his servant was busy working in the kitchen. Mr. Shah's coat was hanging on the door and a 100 rupee note was sticking out of its pocket.

Manji noticed this



Just as Manji attempts to take the money...



Mr. Shah rushed over upon hearing this.

You thief, how did you dare to steal the money?

Pp... please forgive me sir. My daughter is ill. I needed money for her medicine.

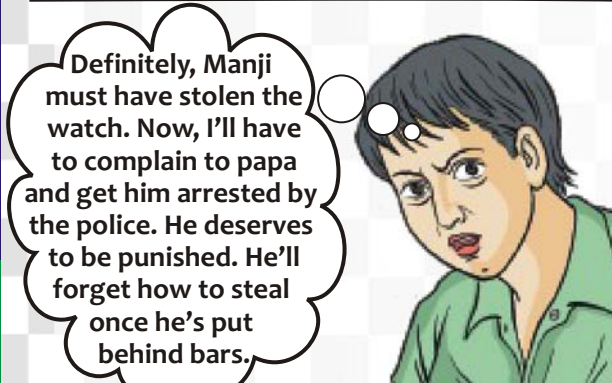


Beware! From now onwards, if you are ever caught stealing again, I'll hand you over to the police.

From that day onwards, Aditya was of the opinion that Manji is a thief.



One day, Aditya was looking for his watch.



Definitely, Manji must have stolen the watch. Now, I'll have to complain to papa and get him arrested by the police. He deserves to be punished. He'll forget how to steal once he's put behind bars.

Just then Aditya's mother arrived



What's the matter? Why do you look so angry?

Manji has stolen my watch. I'm going to tell papa and get him arrested by the police.



Your watch? I have kept it in your cupboard. It was lying around on your bed.

Aditya looked in his cupboard and found his watch. He was ashamed for suspecting Manji.





Do you know how wrong it would have been had you taken Manji to the police based on your false opinion about him?

Yes mummy.

Manji is not the kind of person who steals. It was only under the pressure of his circumstances that he had tried to steal the other day. Is it appropriate to view him as a habitual thief based on that incident? Doesn't your negative opinion bother you? No matter what happens, the first thing that you do is suspect Manji.

Erase the negative opinions that you have for him. Then, notice how light you feel! Repeat 50 to 100 times that Manji is a very honest person so that your negative opinion about him is erased.



What should I do Mummy?



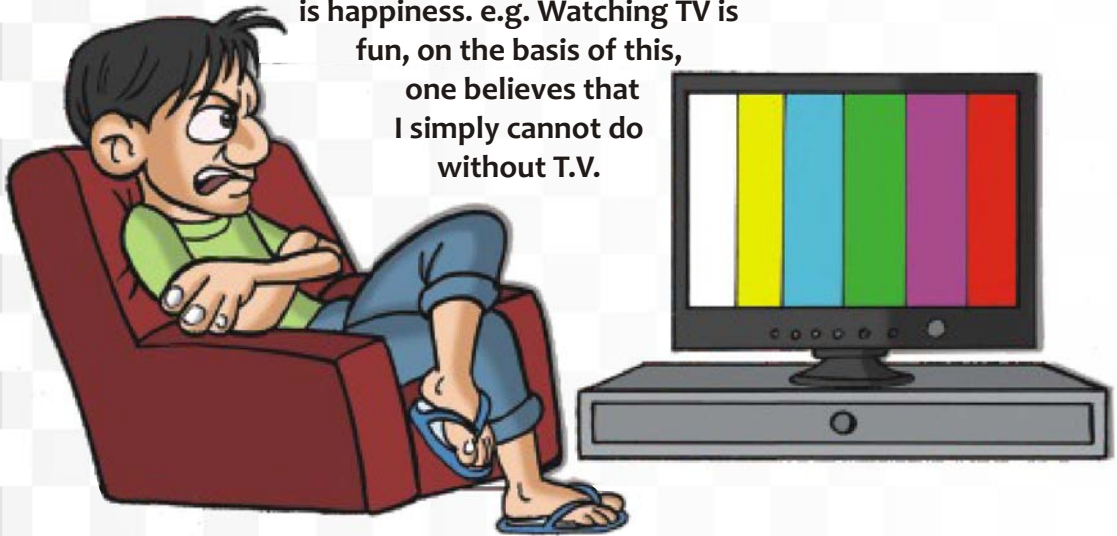
Sure mummy.

Aditya did as he was told by his mother and became relaxed from that day onwards. He started to like Manji.

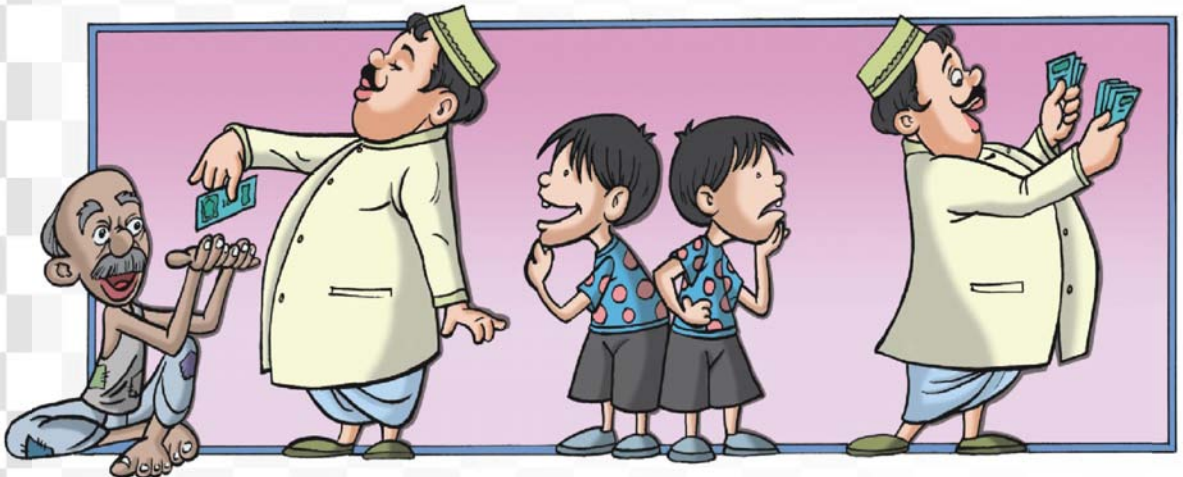


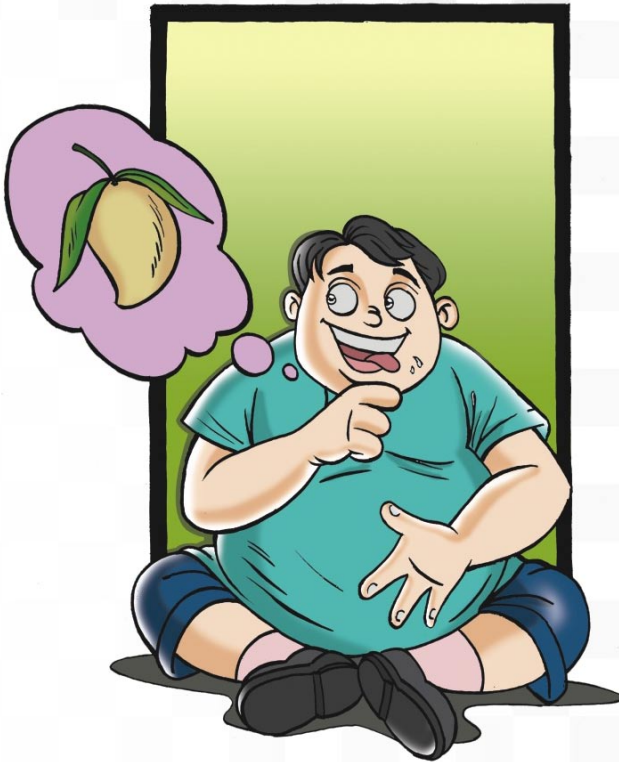
Absolutely New and Different!!!

The intellect forms opinions on the basis of wherever it believes there is happiness. e.g. Watching TV is fun, on the basis of this, one believes that I simply cannot do without T.V.



Opinions generate abhorrence or attachment in us. In the absence of opinions, attachment and abhorrence does not exist e.g. when we form an opinion that 'this person is very kind,' then we tend to have a liking for him. If, on the other hand, we form an opinion that 'This person is stingy' then we will continue to get angry with him.





Whether good or bad, as soon as an opinion is formed, thoughts of that person or thing will keep coming to our mind. For example, after eating a mango why does one keep remembering it? Because of the opinion that, mango is delicious.

Our speech will either be sweet or harsh towards someone, due to the opinions we have formed for that person. For example, if we have an opinion that this boy is good, our speech will be affectionate towards him, whereas if we have the opinion that this boy is cunning, our speech will be harsh.



Mythological Stories

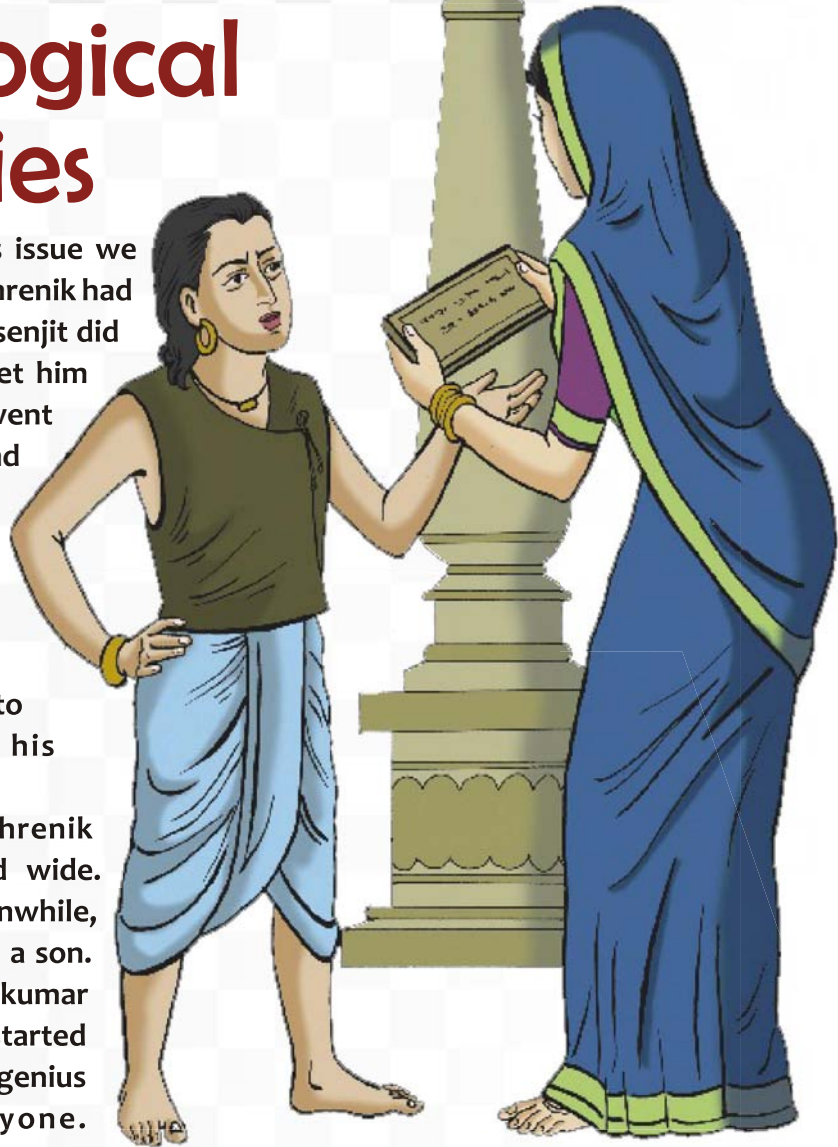
Friends, in the previous issue we read that although prince Shrenik had passed both tests, king Prasenjit did not reward him. This upset him and he left home. He then went to the town of Benatat and got married to Sunanda. Sunanda was to have a baby when king Prasenjit fell sick. The king called prince Shrenik back, handed the throne over to him, and departed to his heavenly abode. Then...

The glory of king Shrenik started to spread far and wide. Many years passed by. Meanwhile, Sunanda had given birth to a son. The child was named Abhaykumar as agreed. Abhaykumar started studying in 'Gurukul'. His genius intellect amazed everyone. Gradually, his fame as a highly intellectual person spread throughout the region.

Once, it so happened that another student at school taunted him saying, "Why are you being so pompous when you are not even aware of your father's name?" Hearing this, the angered Abhaykumar demanded to know his

father's whereabouts from his mother Sunanda. Sunanda handed over the inscribed piece of wood to Abhaykumar.

Upon reading it, Abhaykumar said, "Mother, it is a matter of amazement that my father is the king of Rajgruh. Come, let us also go there." After taking



her father's permission, Sunanda took Abhaykumar to the city of Rajgruh. Abhaykumar entered the city all by himself, having seated his mother on the outskirts of the city. Just as he entered the city, he saw a huge crowd around a well.

Upon inquiring, he was told that many ministers had been appointed to ensure the proper management of the kingdom; however none had the brilliance to work on his own or from a subtle hint. With the aspiration to find such a minister, king Shrenik had thrown a ring inscribed

with his name into a dry well and declared that whoever pulls out the ring while standing at the edge of the well, shall be appointed chief minister.

On hearing this, Abhaykumar said, "Oh, that's very easy. I shall pull it out right away," He asked for a lump of cow dung and threw it right onto the ring. It got stuck on the ring. He then threw some burning haystacks into the well, which heated and dried the lump of dung. Next he diverted the flow of a nearby sewer into the well. The

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...whoever pulls out the ring while standing at the edge of the well, shall be appointed chief minister.

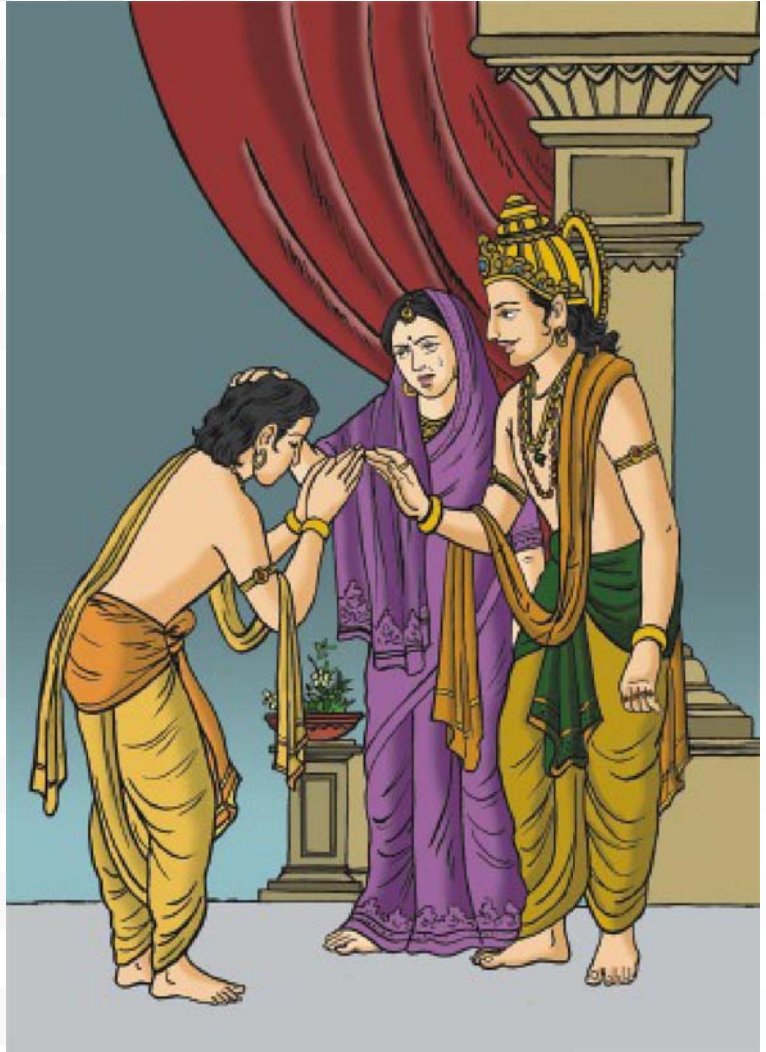
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water flow gradually filled the well and the dry dung rose up with the water level. Abhaykumar then caught hold of the dry dung and pulled out the ring.

Upon learning of the incident, the king came to meet Abhaykumar and asked him to introduce himself. Abhaykumar replied, "I am the Prince of Benatat." Saying this, he led the king to his mother. The king was delighted to see Sunanda. Sunanda introduced Abhaykumar to the King saying, "Lord, this is our son Abhaykumar." The King was happy to know that the intelligent boy, who had passed his test, was his very own son. The king took his wife and son to the palace. Abhaykumar's intelligence further added to the glory of the kingdom of Magadh.

Once, Lord Mahavir arrived in the city of Rajgruh. Abhaykumar went to pay his respect to the Lord and upon hearing the Lord's divine speech; he was inclined to renounce the material world. With the permission of his parents,



Abhaykumar took renunciation. He then spent the rest of this life on the path of salvation and attained a higher life form in his next birth.

See friends, even with such royal luxuries Abhaykumar could not be bound by the material world on his quest to attain spiritual progress. Blessed is Abhaykumar who was not tempted by material comforts.

Introspect Yourself !

Choose the correct words from the brackets and fill in the blanks.

Then search for your answers in the word search given below.

- 1) Soham's classmate once got caught lying. Since then Soham holds the _____ that he always lies. (*opinion, resolution, surety*)
- 2) Now due to the negative opinion, Soham always feels _____ for that boy. (*attachment, hatred, love*)
- 3) But by _____ Soham's negative opinion can be broken (*acceptance of his mistake, complaining against him, pratikraman*)
- 4) Soham should always view him as a _____ and not a liar (*friend, Shudhatma, boy*)
- 5) Holding opinions is equivalent to wearing dirty _____ (*thermometers, spectacles, binoculars*)

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

Sweet Memories



Once, Niruma scolded a gentleman very strongly for some reason. From the exterior she appeared to be very angry. Just then Deepakbhai arrived there all of a sudden. Seeing Niruma so angry he wondered if she was alright. He was concerned about her health since she was speaking so loudly. The very next moment, Niruma was composed and spoke so calmly as if nothing had happened, "Come Deepak, let's sit to eat." Seeing the expression on Deepakbhai's face, Niruma repeated, "Come, come, let's eat. Why such a look on your face? I am perfectly alright. All

this doesn't affect me. Even after saying so much, I don't recall that this is what he said or this is what I said, I don't recollect what has transpired between us. I have no opinions at all for that person. Just like a mirror, whenever needed I scold, but there is never any lingering effect of anger for that person. No matter what happens or what incident takes place but there will never be a grudge." Niruma had her meal as calm, composed and stable as usual.

No matter how Niruma conducted herself, sometimes she may scold someone, shower love on someone, perform a little act with another, endear someone, or do anything but the very next moment, she would never have any opinion for that person. That is why people would come to Niruma and reveal their mistakes, because she would not harbor any opinions for anybody. In future dealings whenever that person would approach Niruma, she would never remember what that person previously did. There would be no print of the instance in her mind. This is how the Gnani's vision is, totally pure and free of opinions!

Pujyashree with Kids

the time. She is surrounded by many circumstances too. So whatever the circumstances may be, if we adjust everywhere then she can be happy and so can we.

.....

Questioner: There are a lot of quarrels within our family. Please explain how they can be resolved.

Pujyashree: Why do they happen?

Questioner: My father speaks too much. He makes a big issue out of small matters.

Pujyashree: Then we should chant 'Dada Bhagwan na aseem jai jai kar ho.' Do you also quarrel?

Questioner: Yes

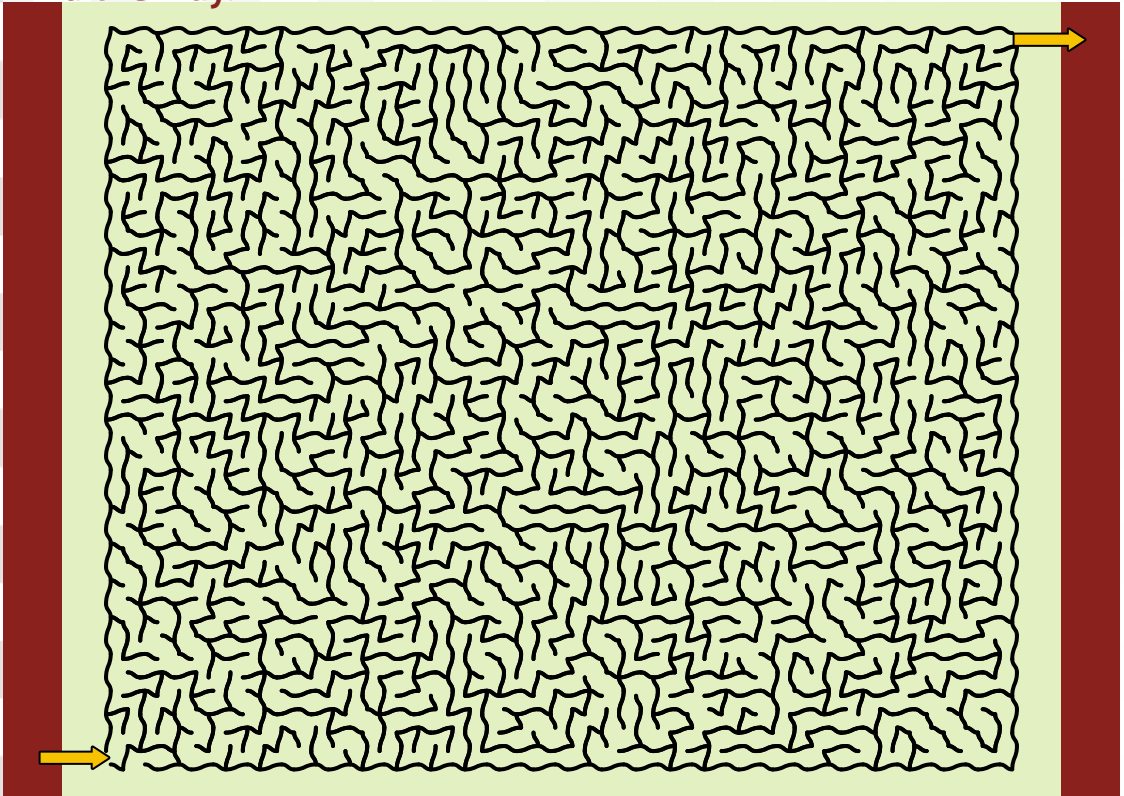
Pujyashree: How can that do? You relate others' quarrels but you haven't mentioned that you do the same too. Don't do anything that hurts others. If it happens, ask for forgiveness. I teach everyone that Dada Bhagwan says behave in such a way that no one is hurt by our mind, speech or actions, and if someone is hurt, then ask for forgiveness. Gradually, the quarrels will get resolved.

Questioner: I am very attached to my mother. But when I get angry, I am infuriated and end up having feelings of revenge towards her.

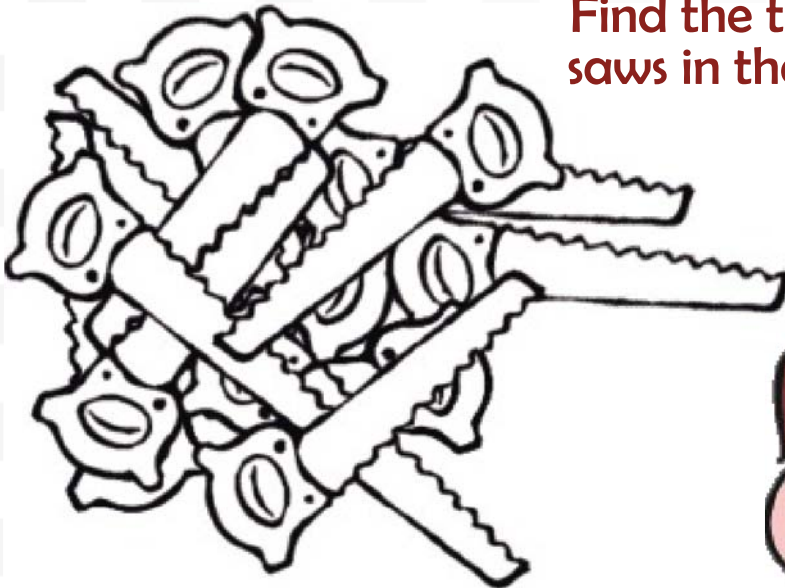
Pujyashree: It is because of the deep attachment, that you feel revengeful. But it is not right to hurt one's mother. You are attached to your mother, but it should be in normality. Expectations arise from this very attachment and when they are not fulfilled one feels spiteful. We should resolve not to have abhorrence for our mother, and as many times as it arises, keep doing pratikraman. At the same time reduce your own expectation of her, stay in normality. She prepares delicious food, but there should not be expectations that she prepare your favourite food all

Let's Play...

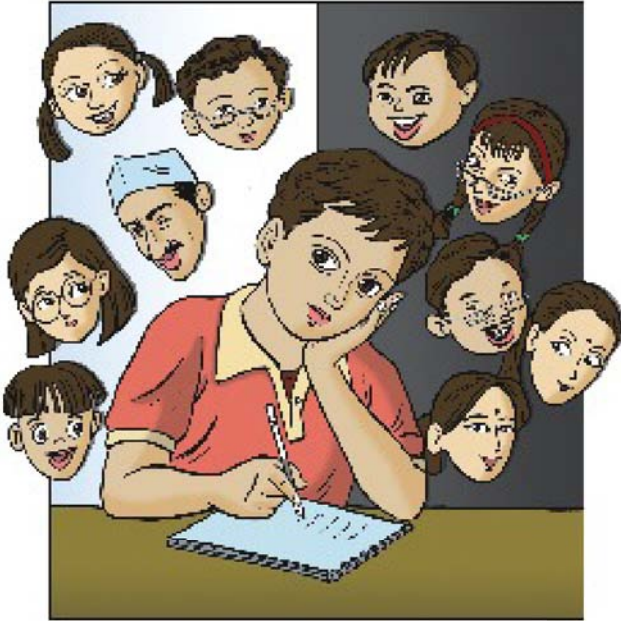
Find the way.



Find the total number of saws in the picture given.



My Vision



My Experience of Akram Express

Jai Satchitanand,

My name is Riya Gajjar. I live in Ahmedabad and study in class VII. I get to learn a lot from Akram Express. I had an amazing experience after reading the March issue of Akram Express. My mother would always ask me to chant, 'Dada Bhagwan na aseem jai jai kar ho' before studying, but I never tried it. However, I read in Akram Express that by reading out, 'Dada Bhagwan na aseem jai jai kar ho' for ten minutes prior to studying, one's chit gets focused. That day I chanted 'Dada Bhagwan na aseem jai jai kar ho' before I sat to study. The next day in school when the questions were dictated, I knew the answers to all the questions. Usually, even though I study the matter three times I would never be able to remember what I read. That day, even though I studied the matter only once, I could recall what I had read. On that day, I could actually visualize the answers as they were given. I really liked this issue of Akram Express.

Riya Gajjar, Ahmedabad

Your birthday is fast approaching. Make a list of all the people you are going to invite to your party. Now, write down the names of 10 people you are not inviting for your birthday. Do you have negative opinions about these 10 people? Investigate and write down the opinions for each.

Now write 5 positives for each of those 10 individuals and thus wash out the negative opinions for those 10 people.

Answers to Puzzles

Answer to the last 'Introspect Yourself'

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

Let's Play: 12 saws

Akram Express

April 2010

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CARD MAKING COMPETITION

EXPRESS IT THROUGH A CARD
WORDS FROM YOUR HEART,

'GET WELL SOON', 'SORRY' OR
'THANKYOU',
JUST REVEAL WHAT'S INSIDE YOU!!

Friends, your vacation is quickly approaching and what better way to be a part of Akram Express than to participate in our 'Card Making Competition'.

Age
Groups:

7-9 yrs

10-12 yrs

13-15 yrs

Rules of the Competition:

- 1) You can only select 1 topic and send in 1 card on that topic.
- 2) The size of your card must not exceed an A3 page.
- 3) The message in your card should be original.

You have a choice of three different topics in which to express you talent. Select any one of the below three topics and send in one card to participate in this competition.

- 1) 'Get well soon card' – sent when you want to wish someone a quick recovery
- 2) 'Pratikraman Card' – sent when you want to ask for forgiveness from someone
- 3) 'Thank you card' – sent when you want to show your appreciation to someone

First two best cards in each group shall be given a prize which will be delivered to the winner's residence. The card should be delivered to us by May 10th 2010. The winning entries will be published in the June issue of Akram Express. Send us your card along with your full name, address and age at the below address.

Akram Express – Card Making Competition

Balvignan Vibhag, Trimandir Sankul, Simandhar City, Ahmedabad-Kalol Highway, Municipal Post-Adalaj,

District – Gandhinagar, 382421, email: akramexpress@dadabhagwan.org

We look forward to receiving your cards!



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