

August 2010

Dada Bhagwan Parivar's

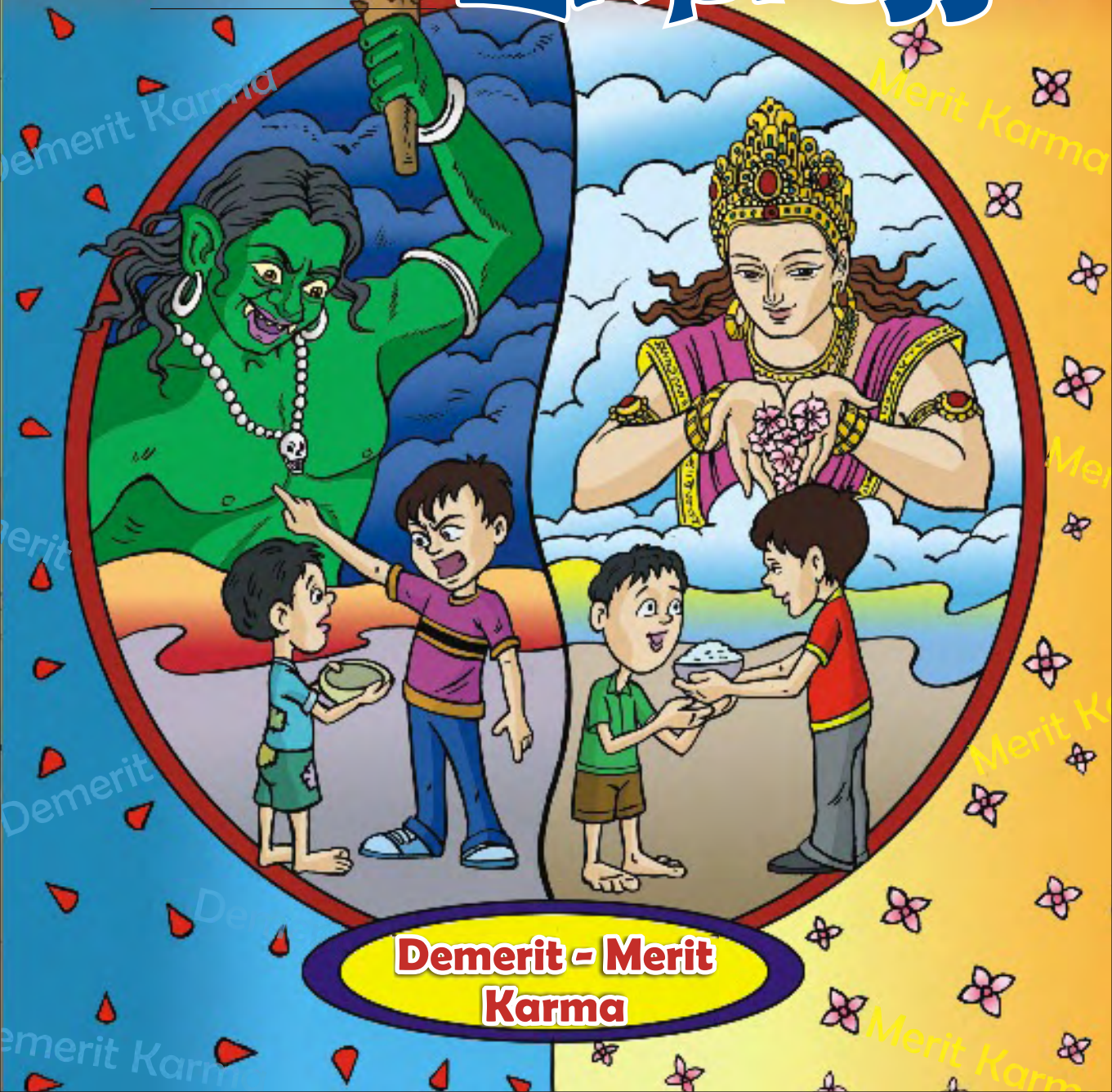
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AKRAM

HAPPY
BIRTHDAY

Akram Express

Express



**Demerit - Merit
Karma**

AKRAM Express

Demerit Merit Karma

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Friends,

Often we hear our parents or grandparents tell us not to do certain things. If you do this then you will bind demerit karma (paap). If you do that then you will bind merit karma (punya). These words – demerit and merit karma are definitely not new to us. However, we will have to test our understanding of what we consider demerit karma and what we consider merit karma. What we understand demerit and merit karma to be and what God refers to as demerit and merit karma, are they both the same?

Gnani Purush Param Pujya Dadashri has revealed here what is in God's heart. What is demerit karma and merit karma? How are they bound? How can we overcome demerit karma? etc, have been explained in a very simple and straightforward language in this issue.

So let us understand demerit and merit karma in the true sense, and safeguard ourselves from committing demerit karma.

- Dimple Mehta

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
U.K.:07956476253
Website:
kids.dadabhagwan.org

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name of 'Mahavideh Foundation'.

Dadaji Says...

Questioner: What is demerit and merit karma?

Dadashri: If you hurt or torment any living being in any way, then you bind demerit karma. God resides in all living beings, whether visible or invisible. Therefore, harming any living being at all binds demerit karma.



On the contrary, if you give happiness to any living being, then you bind merit karma. For example, when you water a garden, are you giving living beings happiness or unhappiness? Happiness. By giving such happiness, you bind merit karma.

Questioner: In what other ways do we bind demerit and merit karmas?

Dadashri: If you have bad thoughts, such as taking someone's things away, stealing, finding ways to accumulate things and using things that do not belong to you, whether it is possessions, money or anything else; all of these bind demerit karma.

And if you have virtuous thoughts such as, "How do I ensure that my behaviour does not hurt anyone, even if I have to suffer some difficulty, it does not matter, but I do not want to trouble anyone, I want to help everyone." Whatever you do for the happiness of others, all binds merit karma.

The result of demerit karma is that

one will have to face many difficulties in worldly life and with merit karma, worldly life carries on smoothly.

Questioner: What can be done to increase merit karmas?

Dadashri: Keep obliging others all day long. Use your mind, speech and body for the benefit of others.

Questioner: How can one wash off demerit karma (sins), such that one does not have to suffer its negative effects?

Dadashri: To wash off one's demerit karma (sin) is to do pratikraman. If you have done any action to hurt someone, and if you do pratikraman for this, then all the sins bound by that action will be washed off. Or else, the sins will not be washed off. When you feel happy about a sin that you have committed, the punishment increases and if you repent and ask for forgiveness (do pratikraman), then the punishment decreases. If you regret deeply, then the sin can be cleared away completely.

Shalibhadra

In a village called Shaligram, there once lived a widow named Dhanya. She had a son called Sangam. He always used to take the cattle to graze. One day he found out that the children in the neighbourhood had eaten 'kheer' (rice pudding). He also felt like eating 'kheer', so he asked his mother to make him some. Hearing this, the poor widow began to ponder upon what she would say to her son. Since an answer was not forthcoming from his mother, the Sangam started to pester her for 'kheer'. Dhanya made several attempts to explain to him that she did not have the ingredients to make 'kheer' at home, and that she would make it for him another time, but the Sangam would not listen. He began to cry. Seeing her son cry, Dhanya also broke into tears. In her mind, she felt sad and helpless that due to poverty she could not even fulfil her son's wishes.

The ladies in the neighbourhood saw both mother and son crying and enquired about what had happened. Dhanya explained the reality of the situation, expressing regret about her poverty. The other ladies told her, "Don't make your son cry. Take whatever ingredients you need to make 'kheer', from us." Saying this, each one of them gave her something – milk, rice, sugar, ghee etc. In a short while, a delicious 'kheer' was ready. Dhanya called Sangam saying, "My child, the 'kheer' is very hot, so I have left it to cool. I am going to fetch water, and will be back soon." After saying this, she left to fetch water.

While Sangam was waiting for the 'kheer' to cool down, he heard someone knocking at the door. He opened the door to find a sage asking for alms. Sangam felt very happy to see the sage. He looked around the house for something to give to the sage, when his eyes fell on the 'kheer'. He divided the 'kheer' into two



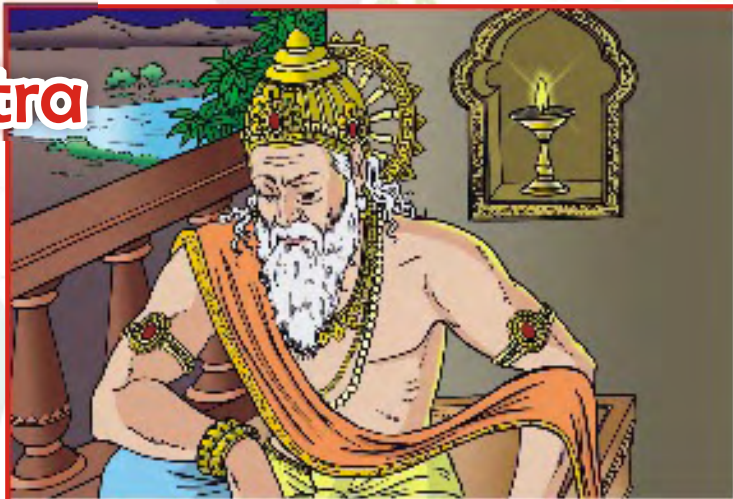
equal parts with his finger thinking that he would give one half to the sage, and keep the other half for himself. As he tilted the bowl to pour the 'kheer', all of it poured into the sage's vessel, because it was very liquid. Upon seeing this, Sangam did not feel hurt at all. The sage left after receiving the alms. Sangam happily ate whatever remains of 'kheer' he could scrape from the bowl and felt very content. He did not regret giving away his favourite dish and not being able to have any for himself. As he offered alms to the sage with such virtuous thoughts, Sangam bound very high merit karma.

As a result of this merit karma, he was reborn in a very wealthy family, where he was named Shalibhadra.

So children, can you see how phenomenal the results are for one who gives away without a single thought!

King Dhrutrashttra

King Dhrutrashttra was in deep sorrow after the demise of his beloved son Duryodhan and the entire "Kaurava" clan in the Mahabharata war. He was devastated to lose all his hundred sons at the same time.



"O King! Please be calm."

"Whatever was meant to be has happened. You have no choice but to maintain your composure."

But nothing gave him solace. He remained all the more grief stricken.

Lord Krishna, on his way back to Dwarka, stopped over in Hastinapur to meet King Dhrutrashttra.

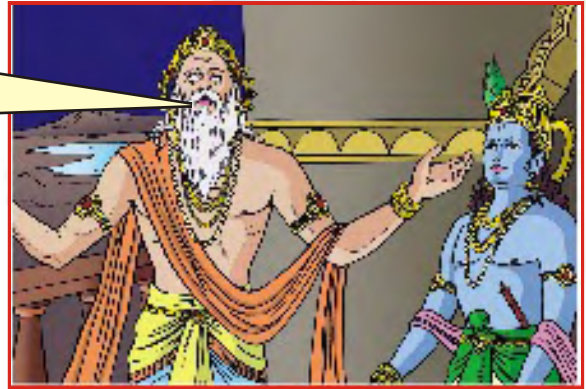


O King! What can I do for you before I depart from here?

O Krishna! What is the reason for this severe pain and sorrow in my life? I have not committed any terrible sins in this lifetime that would cause me to suffer such unbearable grief.

"Blind from birth and now the sorrow of the demise of all my sons! O Krishna, please tell me for what crime of mine am I being punished like this?"

O King, I am bestowing upon you the divine vision through which you will be able to resolve all your burning questions.

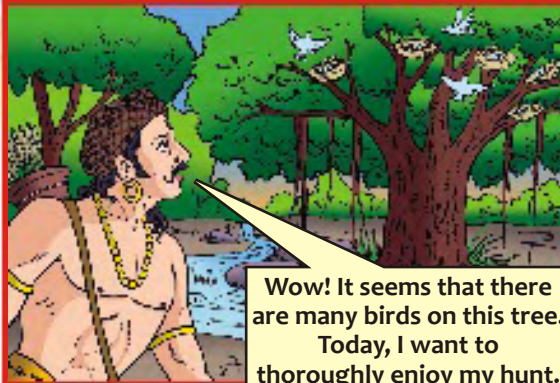


With the help of Lord Krishna's divine vision, Dhruvashtra was able to see his previous births. He saw that many lives ago; he was born as a hunter.



Thus, for the sake of his own enjoyment, he threw a burning net on the tree. Many birds lived with their young ones on this tree.

One day in the forest,



Wow! It seems that there are many birds on this tree. Today, I want to thoroughly enjoy my hunt.



About a hundred of the young ones were instantly burnt to ashes from the fire of the burning net.



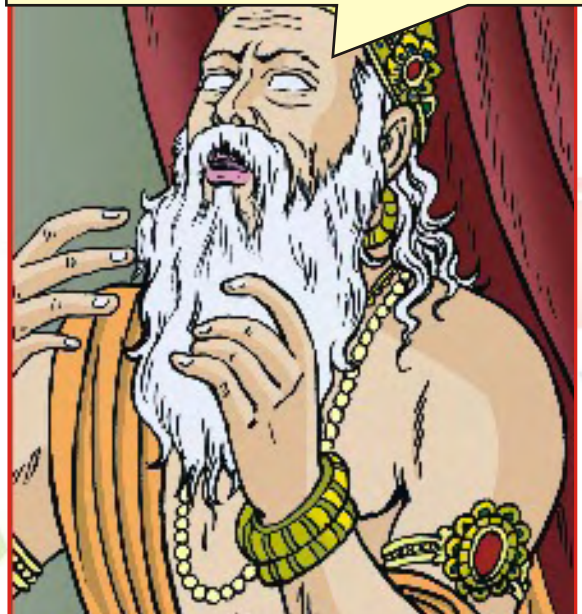
Today I've really enjoyed myself. After a long time i have hunted down so many birds at one go.



The rest of the birds that escaped and flew away lost their eyesight due to the terrible fire from the burning net.



Oh no! I killed a hundred young birds for which, today I have had to lose a hundred of my sons. As a result of my actions, the birds lost their eyesight; therefore, I was born blind.



See friends, such is the punishment for sins!

Absolutely New & Different



Sins committed knowingly, will have to be suffered knowingly, and sins that are committed unknowingly will have to be suffered unknowingly. For example, Even if you unknowingly hold the blade of a knife firmly, it will still slit the hand.

Demerit karmas cannot be deducted from merit karmas. For example, If one gave a donation to someone and bound merit karma equal to Rs. 100 and then demeaned someone else and bound demerit karma equal to Rs. 10, then it does not mean that the person will only enjoy the effects of merit karma equal to Rs 90 ($100 - 10 = 90$). The person will enjoy effects of merit karma worth Rs 100, as well as suffer the effect of Rs 10 worth of demerit karma.

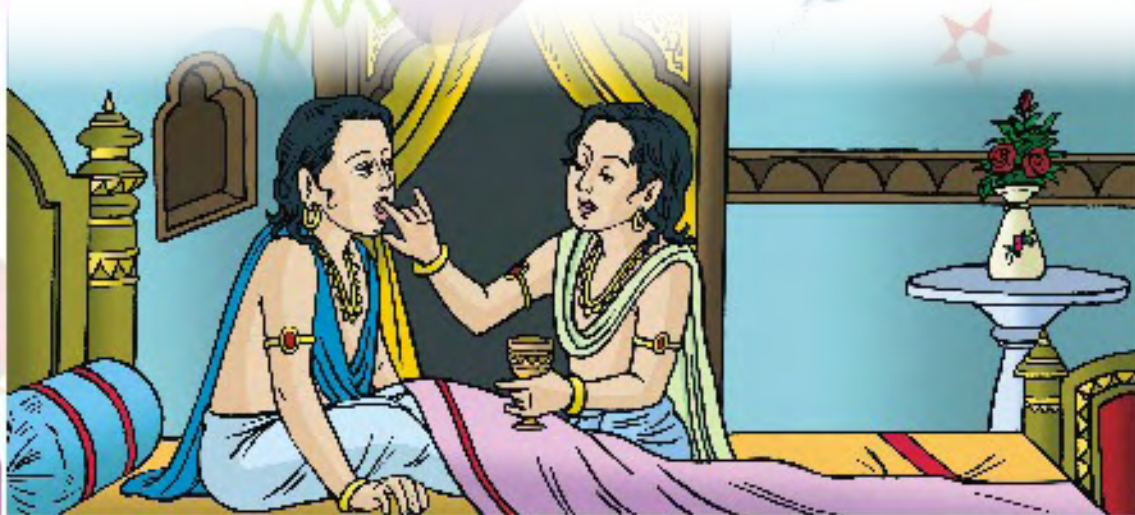


If I do a good deed or a bad deed for someone else, then the results still come to me, not to the other person. For example, if someone is not able to eat, and instead if I eat the food, then only my stomach will get filled, not the other person's.



Is it ok to commit sins on the one hand, and to keep repenting on the other hand? Yes, because repentance can never be fake. Therefore, just as an onion has many layers, and if one layer were to be peeled off, the onion may still appear whole, yet that particular layer is certainly gone. In this way, mistakes gradually reduce.





Mythological Stories

A valiant king named Veersen ruled over the city of Bandhura. He was loved by his subjects because he was not only a valiant king, but also a philanthropist and very humble too. He had two sons, the older prince was called Sursen, and the younger one was Mahasen. They were both very handsome and virtuous.

One day, all of a sudden, Mahasen felt pain on his tongue. It began to burn and soon became swollen. All the doctors tried many remedies, but the pain did not subside in any way. Eventually, along with the pain, the tongue started to rot. The prince's mouth began to smell so much that everyone left the room one by one. The physicians said, "We have tried all that we possibly could. We do not have any other remedies left." The king's eyes welled up with tears. Sursen began to cry uncontrollably.

A couple days passed by. The stench

from the rotting tongue increased. Sursen lost his sleep. He began to attend to Mahasen's every need, day and night. He could not understand what to do any more. Suddenly, he remembered the glory of "Shree Navkar Mantra." He filled a silver glass with water. He focussed his mind on chanting the Navkar Mantra, and used his fingers to pour drops of water onto Mahasen's tongue. To everyone's surprise, the stench decreased on the very first day. On the second day, the holes in his tongue started to heal. On the third day, the swelling on his tongue receded completely and on the fourth day, Mahasen was completely healed. He embraced Sursen heartily. The people of the city began to praise the virtues of the two brothers.

Many months passed by after this incident. One day, an Acharya named Bhadrabahu Swami arrived in their city.

He had “avdhignan” – knowledge of the nature of things within the limitations of physical elements of space, time and feeling. Sursen and Mahasen both went to pay homage to the Acharya. Sursen asked the Acharya, after receiving his blessings, “Gurudev, what is the reason for the terrible disease that my brother Mahasen had on his tongue?” The acharya said, “It was the result of sins committed in his past life. Listen, ‘In the city of Manipur lived a brave soldier by the name of Madan. He had two sons, Dheer and Veer. One day, both the brothers went to an orchard. There they saw an ascetic lying unconscious on the ground. Upon asking the gardener about him, they learnt that a wicked snake had bitten him on the leg, and slithered into a hole.

Veer was very attached to the ascetic. He said to the gardener, “Oh Dear! Why didn’t you kill the snake when it slithered into the hole after biting the ascetic?” Hearing this, Dheer said, “Brother, why are you committing a sin with your tongue? Whatever was meant to happen has happened!”

Veer said, “It is only right to kill a snake that bites the ascetic. Then how does using the word “kill” commit a sin? It is the duty of a kshatriya (warrior) to protect ascetics and to destroy the wicked. If what I say is wrong, then may my tongue bear the effects of this sin!” Dheer did not say anything. He called the snake charmer to extract the poison, and the ascetic recovered shortly.

Both brothers were pleased that the ascetic’s life had been saved. In their next birth, they were born as

“It is only right to kill a snake that bites the ascetic. Then how does using the word “kill” commit a sin? It is the duty of a kshatriya (warrior) to protect ascetics and to destroy the wicked. If what I say is wrong, then may my tongue bear the effects of this sin!”



brothers. Dheer became Sursen, and Veer became Mahasen. The terrible tongue disease, that even the greatest of physicians could not remedy, was a result of saying the words, “kill the snake”. The merit karmas gained by saving the ascetic’s life helped to cure Mahasen’s disease’.”

Upon hearing about their own previous births from the Acharya, both Sursen and Mahasen felt detached from worldly life. They took initiation under the Acharya, and gained freedom from worldly bondage.

See friends, you cannot subtract demerit karmas from merit karmas. You have to enjoy the effects of merit karmas separately, and suffer the effects of demerit karmas separately.



Introspect Yourself !

Today, the accountant had to go out all of a sudden. He has left a paper with details of Jaimin’s account on the table. Let’s put on the accountant’s eye-glasses and prepare an account balance of Jaimin’s merit (credit) and demerit (debit) karma from the details provided below.

Note for calculation:

For happiness given to others – credit 100 points

For hurting others – debit 100 points

Jaimin and his younger sister, Sneha, came to platform number 3 and sat on a bench. A few birds were eating some bread crumbs next to the bench. Playfully, Jaimin made paper balls, and began to hit the birds in order to make them fly away. Suddenly, he noticed an old man, who was running to catch the train with many heavy pieces of luggage. Seeing him, Jaimin said to Sneha, "I'll be back soon, after helping the old man."

The train's whistle blew. Jaimin and Sneha sat on their allotted seats near the window. There, a small child began to pester his mother, insisting that he wanted to sit by the window. Jaimin immediately gave up his seat for the little child.

Jaimin began to solve his crossword puzzle. A little while later, Sneha came up to him and said, "Brother, please let me play with you, I am getting bored." "Don't disturb me. Sit quietly. You do not know how to do this," Jaimin snapped at Sneha without even looking at her. Sneha looked as if she was about to cry.

At about 8 o' clock at night, all the people in the compartment began to open their dinner tiffins. Jaimin and Sneha's mum had packed their



favourite meal of fenugreek chapattis. As they sat down to eat, they noticed a child sitting quietly nearby, who had nothing to eat. Sneha was about to give one of her chapattis to him, when Jaimin stopped her saying, "There is no need to give him anything. We will have less, then!"

At night, when Jaimin went for a walk on the train, he noticed a beautiful pair of sunglasses under a man's seat. The man was sleeping soundly. Jaimin thought to himself, "Nobody is watching. Should I take the sunglasses?"

Based on the incidences above, please total Jaimin's credit and debit points.

Credit: Debit:

What should Jaimin do, in order to reduce his debit balance?

1

Let's Play...

Strengthen your observation skills.

More than one picture is contained in the image below, look carefully!!

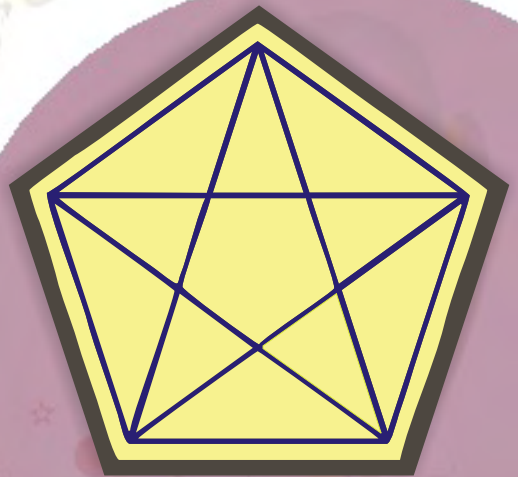


3

Figure out how many triangles are there in this pentagon.

Arrange 9 coins in a triangular shape as shown below. Now, move any two coins in such a way that the triangular shape becomes a square.

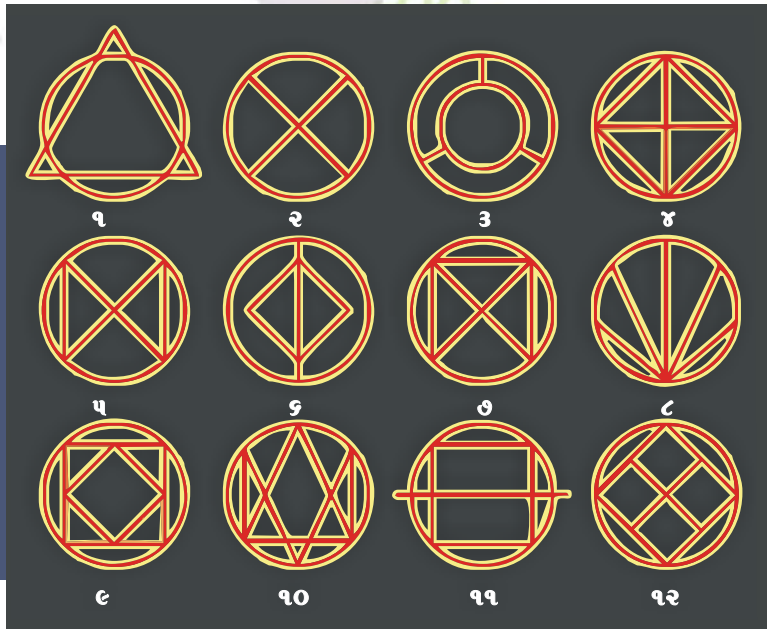
Note: - Move each of the two coins just once.



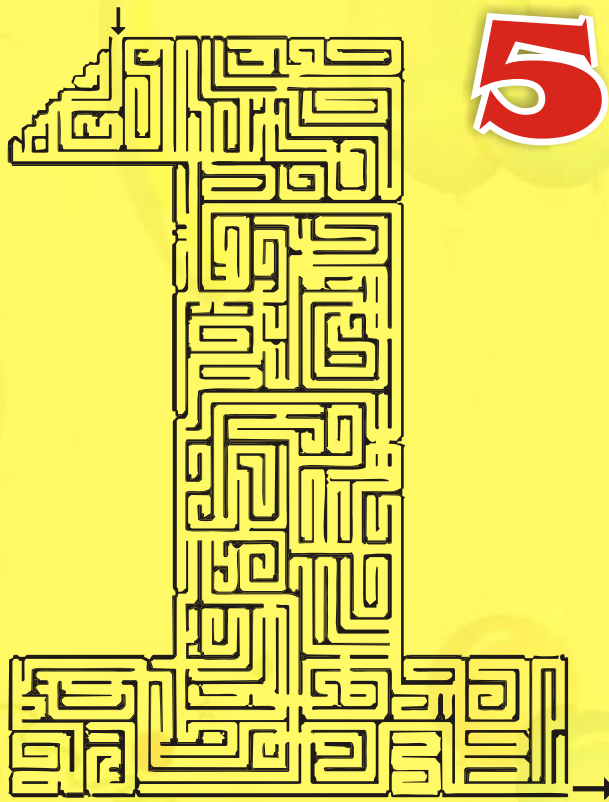
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From the 12 shapes provided, find the shapes that can be drawn with just one line and without taking the pencil off the paper.

Note:- Do not cross or draw over an existing line.



Find
the
way
out



5





Questioner: Whenever we want to do some work, why do our parents say that “You are too small, you will not understand.”?

Pujyashree: Who is older, you or your father?

Questioner: My father is older, but what if I can understand. If we want to do some work, then it is our duty to ask for permission. When I ask him, “Shall I do this work?” Then he tells me, “No, leave it for now, you are too young for it.”

Pujyashree: When the time comes, do some good work and show them, then even they will feel content that, “Wow, look at him, he is very clever!”

People will then notice that you fulfilled that small task in a responsible manner, and they will be confident that next time you will do an

even better job. We only prefer to do the chores that we like. If mummy sometimes assigns us some chores that we don't like, we either make excuses not to do them by roaming around or we may do it insincerely. This makes mummy feel that he is messing up the tasks, therefore let it be for now. Even if mummy assigns you the most trivial task such as, sweeping the floor, then you should make everything so clean that mummy can trust you to do a good job. Slowly, in this way, she will gain confidence that you can also perform well with bigger tasks. Why don't you try this! You have to gain her trust with love. If she

says, “You are too small”, then you can ask, “Please

let me do a small part of the job, if you like what I do, then you can give me more responsibilities.” Then she will gain confidence that the job was done well. ▶

If you have been asked to deliver 5000 rupees to your uncle, and you lose it, then they (your parents) will not be able to trust you. They will feel that you have carelessly lost the money. Next time, they will think twice before giving you even 500 rupees, because they feel that you are not careful enough. On the other hand, if you are very reliable and keep awareness, then they will be confident that now they can hand over 50,000 rupees, and there will be no problems. They will feel that you are very strong and reliable. Your behaviour should appear so good that they can gain more confidence in your abilities.

Pujyashree with Kids



Sweet Memories



This incident took place in the year 1980. Dada's Janmajayanti (birthday) was being celebrated in Ahmedabad. At that time, Dada's health had deteriorated substantially. At about eleven o' clock at night, a doctor was summoned from the civil hospital which was located nearby. After inspecting Dada's health, the doctor said, "Admit Dada into the hospital immediately." Plans had been made to go to Kutch the following morning. A gnan vidhi had been scheduled and two thousand people were expected to attend. So Dada said, "No, No, there is nothing wrong with me. I am completely

fine. We have to leave tomorrow morning." Since Dada refused to go to the hospital, the doctor said, "Let us start the treatment right here, we will put Dada on a glucose drip with the medication." All the preparations for this began. Dada had become so weak that even his veins could not be traced. Finally, Niruma managed to locate a vein, and the drip was administered.

Even in this condition, if anyone asked Dada how he was feeling, he would reply, "No, I am just fine. Nothing has happened to me. The health will improve, as soon as we reach Kutch and drink the water from there." How positive was Dada! He would not let anyone worry about him. He would always say, "Everything is fine."

The trip was delayed in the morning by a few hours because Dada had been on the drip all night long. Instead of going in a bus as planned, arrangements were made for a special Matador car. Dada was extremely positive. He did not even say a word. Everyone would ask, "How are you, Dada?" and he would reply, "Very well". There were many obstacles on the way to Kutch. The roads were bad and to add to that, the brand new car broke down. Eventually, they reached Kutch after 22 hours, and even then Dada was in a state of eternal happiness.

Friends, observe the state of Gnani's even during the unfolding of karmas of physical pain and what about us?

Green Day

Dear friends,

On 8th July 2010, it was our beloved Niruma's 42nd Gnan Day. Mahatmas living in Simandhar city each planted a sapling with delight to commemorate 'Green Day.' So let's take a glimpse of the celebration.





My Vision

You are taking a walk on the road with your friend. Suddenly you happen to step on an ant and it got crushed and died. You feel very sorry about what has happened. Your friend says to you "You killed it unknowingly, so you have not committed any sin. There must be so many ants like this on the road. How can we be aware of all of them?"

1. Do you think that your friend's understanding is correct?

2. Will you bind demerit karma because the ant died? If so, then what will you do to revert from it?

Answers to Puzzles

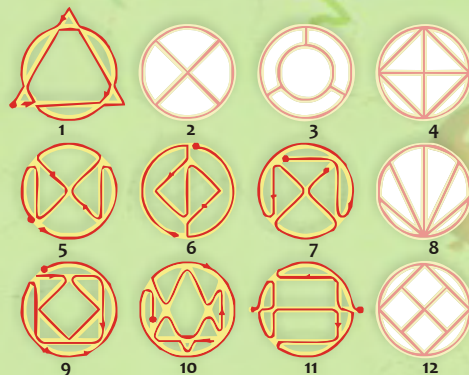
2



$$5 \cdot 5 \cdot 5 \cdot 5 \cdot 5 \cdot 5 \cdot 5 \cdot 5 = 35$$

3

4



1,5,6,7,9,10,11

Introspect Yourself!

Answers: Credit: 200 points; Debit: 400 points
He should feel remorse for hurting others and should
repent and ask for forgiveness (do pratikraman)

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Akram Express's 2nd Birthday



HAPPY BIRTHDAY Akram Express

Happy Birthday to you Akram Express,
May your readers remain always fresh,
We all learn a lot from you,
Enjoyable, fun things a new,
Not only do we read, but our friends read too,
Imbibing correct understanding in our lives through
On this day, we pray to you Dada Bhagwan,
Long live AEX, for the cause of kid's kalyan!



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