



# AKRAM

# Express

## THE SAGA OF 'DISLIKES'



## THE SAGA OF 'DISLIKES'

Friends,  
"I like this, I do not like this," "this is tasty, this is not," "I am comfortable with this, and not with that." This happens every day in our lives. We have also experienced that when we are forced to do things that we do not like, then we get extremely bored and disgust arises. So, what is the solution for our 'dislikes'?

In this issue, Param Pujya Dadashri has given us wonderful keys to remain positive and take adjustments when we are faced with situations that we 'dislike'.

So, let us also acquire these keys and remain happy in every situation.

- Dimple Mehta

## Index

Dadaji Says.....	1
The Saga Of 'Dislikes'.....	2
Stones or Diamonds?.....	5
Absolutely New and Different!.....	10
Mythological Stories.....	12
Sweet Memories.....	14
Pujyashree With Kids.....	15
Janma Jayanti Glimpses.....	16
My Vision.....	18

Editor :  
Dimple Mehta  
Vol.: 2, Issue : 5  
Conti. Issue No.: 17  
December 2010

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: 927411393  
Baroda:(0265)2414142  
Mumbai:9323528901-03  
U.S.A.:785-271-0869  
U.K.:07956476253  
Website:  
kids.dadabhagwan.org

Printed, Published and Owned by :  
Dimple Mehta on behalf of  
Mahavideh Foundation  
Simandhar City, Adalaj  
Ta & Dist - Gandhinagar 382421  
Published at Mahavideh Foundation  
Simandhar City, Adalaj  
Ta & Dist - Gandhinagar 382421  
Printing Press:-  
Amba Offset  
Basement, Parshvanath  
Chambers, Nr.RBI,  
Usmanpura, Ahmedabad-14.

Subscription (English)  
Yearly Subscription  
India:125 Ruppes  
U.S.A.:15 Dollars  
U.K.:10 Pounds  
5 years Subscription  
India:550 Ruppes  
U.S.A.:60 Dollars  
U.K.:40 Pounds  
Send D.D./M.o.in the  
name of 'Mahavideh Foundation'.

# Dadaji Says...

'Like' and 'dislike' are two sides of a coin. 'Likes' can be associated with a 'feel-good-factor' whereas 'dislikes' can be associated with uneasiness. If one gets an excessive amount of what they like, then it can lead to dislike for the same things. For example, if you really like 'jalebis' (an Indian sweet dish), and you are served 'jalebis' everyday for eight consecutive days, what will you feel?

**Questioner:** Then I would no longer enjoy eating 'jalebis', I would be bored of it. There is like and dislike for food too, isn't there?

**Dadashri:** Yes, of course! It exists in everything. When one says, 'I don't like this', then the 'shak' (vegetable curry) that is cooked as



well as the chef who made it, will feel offended. Many a times, when I am served a vegetable curry that I dislike, I eat it willingly, and on top of that, I comment that, "Today's vegetable curry is very tasty."

**Questioner:** So, even if we dislike something we should say we like it?

**Dadashri:** Yes, because then that dislike will begin to go away. If one is not

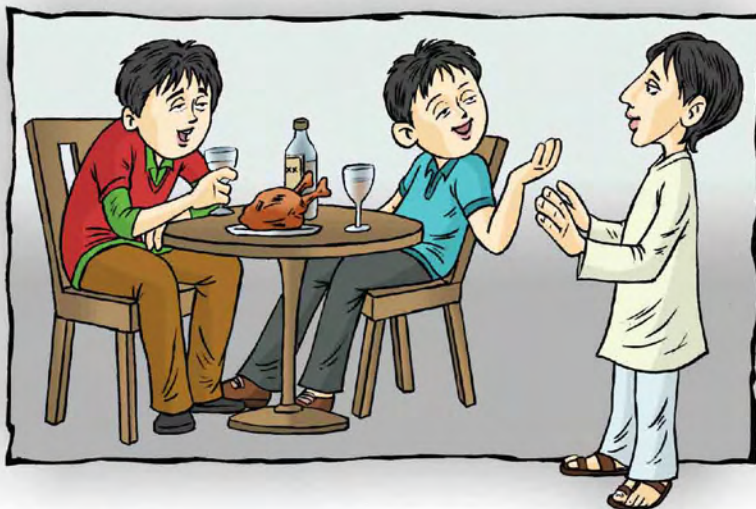
comfortable drinking bitter medicine, then what should be done?

**Questioner:** One has to plug the nose to force the medicine down.

**Dadashri:** Yes, but rather than drink it after plugging your nose, why don't you drink it willingly. These people don't like to study either. Do people like to go to school in cold weather? Yet, they have to go, do they not? People do not even like to get out of bed in cold weather!

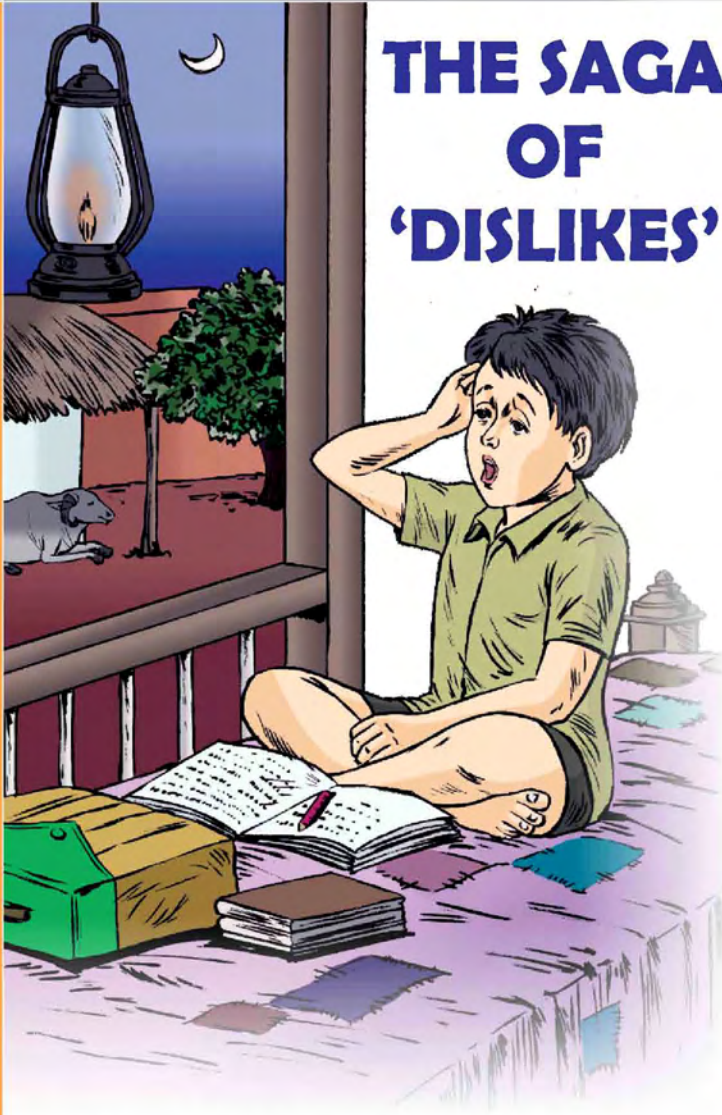
**Questioner:** Even, I do not like to get out of bed in the morning.

**Dadashri:** Nobody likes to, but there is no choice, one has to get up! It will not do at all. The mind does not like it at all, in fact, it does not like it 100%, even then we should say, "I like it."



Our dislike should only be for those deeds that disgrace the qualities of humanity. For example, if someone asks us to drink alcohol or eat non-vegetarian food, then we should not develop a liking for these things. Keep your dislike for these things.

# THE SAGA OF 'DISLIKES'



will it be over?" Grumbling away with dislike, Bansi was forcing himself to do his homework. He took three hours to complete one hour's homework. Finally, he went to bed at two o'clock at night after completing his homework.

His dislike for household chores was far greater than his dislike for studying. Bansi's father was a farmer by profession. During the sowing season, he needed extra help on the farm, and he would assign some small tasks to Bansi and his younger siblings.

Bansi's siblings used to finish their chores easily, whilst laughing, playing and singing songs but Bansi would feel excessive laziness in doing the work. Whenever it was time to do work, it was as if his feet got glued to the ground, and would not move towards the farm. Ultimately, he would force himself to go to the farm and help with the work, because his father would not tolerate anyone's

It was eleven thirty at night. Bansi's eyes had become very red and he was yawning away one after the next. Nearby, his father had fallen asleep and was blissfully snoring away. Bansi really wanted to go to sleep too, but how could he? He still had to complete his homework.

Looking out the window, Bansi thought to himself, "The whole world is comfortably asleep. In fact, out in the courtyard, even Bhuri, the buffalo, is sleeping soundly and here I am busy trying to complete my homework. When

excuses.

Many a times, Bansi's mother would lovingly explain to him, "Son, why do you dislike the chores that you have to complete anyway? Eventually, you have to do the work even after a beating, instead is there anything wrong in doing it happily? If you develop a liking for that chore, then your dislike for it will soon disappear."

Bansi argued saying, "But, if I do not like something, then how can I say that I like it?" His mother would try to make him



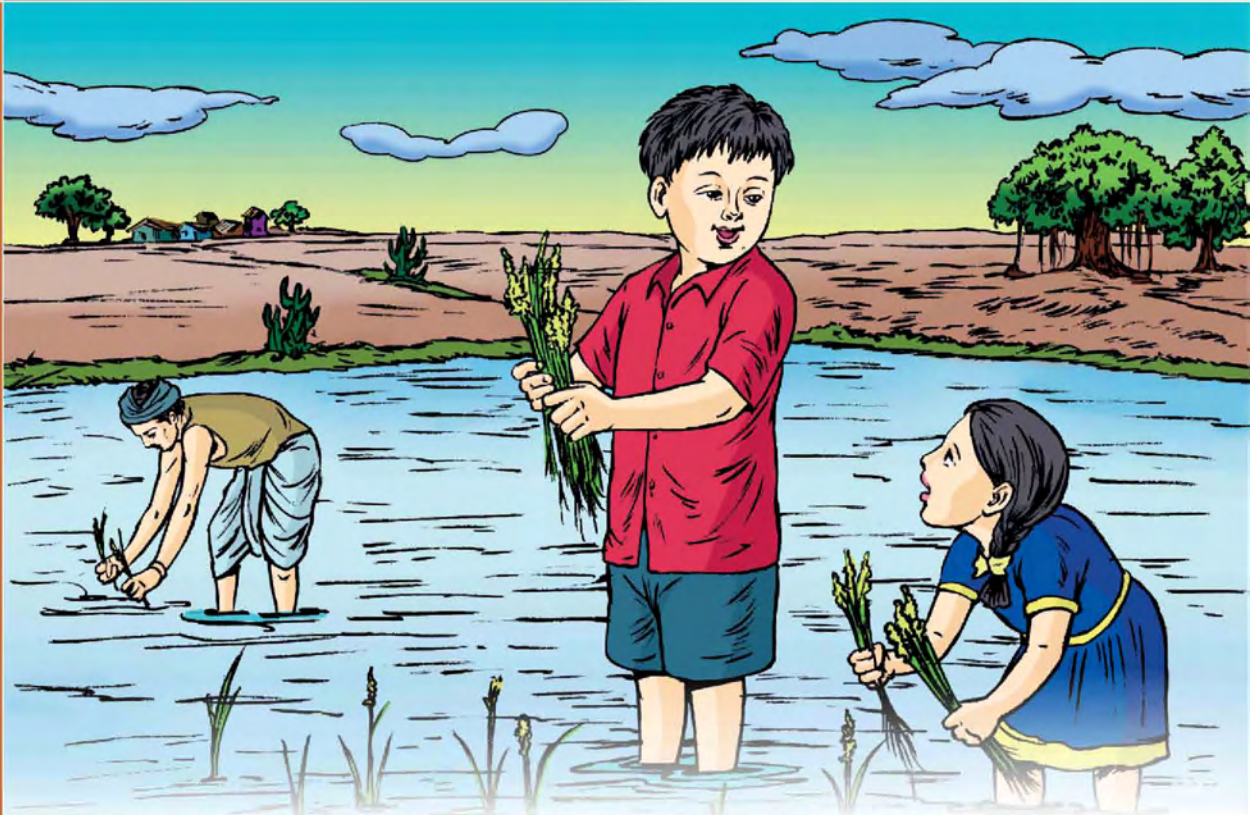
understand in various ways, but Bansi could not accept his mother's explanations.

One day, when Bansi returned from school, his father and their neighbour, uncle Ramu, were taking Bhuri, the buffalo, to the veterinary hospital. Bhuri could sense that she was being taken to the vet. She did not want to go to the vet under any circumstances. Therefore, she refused to lift her leg or budge forward. Bansi's father was pulling her from the front while uncle Ramu was hitting her from behind.

Seeing this, Bansi asked his father, "Father, why are you hitting Bhuri?"

His father replied, "Look at her. She just won't move. She does not want to go to the vet, but she will have to. Eventually, she will have to go there even after taking a beating. Instead, if she would come along easily, then she would neither have to be pulled nor would she have to take the beating."





Hearing this, Bansi remembered his mother's words. Today, he saw a live example of the words that he had always disregarded. He felt pity to see Bhuri take a beating. He now realized that his state was just like Bhuri's. At the end, Bhuri reached the vet's clinic after taking a beating.

The next day, when Bansi's father asked all the children to come and help on the farm, Bansi once again felt lazy, but Bhuri's image immediately floated in front of his eyes. He thought to himself, "Am I as senseless as Bhuri? I have no choice but to go and do the work, then why should I go with dislike?" He decided that, "From today onwards, I will do any work with the attitude that 'I like it', and he went to the farm.

That day, he was not lazy or bored at all to do the work. On the contrary, he completed his chores laughing and playing, just like his brothers and sisters. The chores that generally took him a long time to complete were accomplished in a rather short time that day.

On returning home, Bansi said to his mother, "Mummy, what you said was right all along. Today, at the farm, I did all the tasks with the attitude that 'I like it', and as a result it was done with ease."

His mother said, "That's very good. From now on, always keep this attitude. Even when you are doing your homework, keep the attitude that 'I like it'."

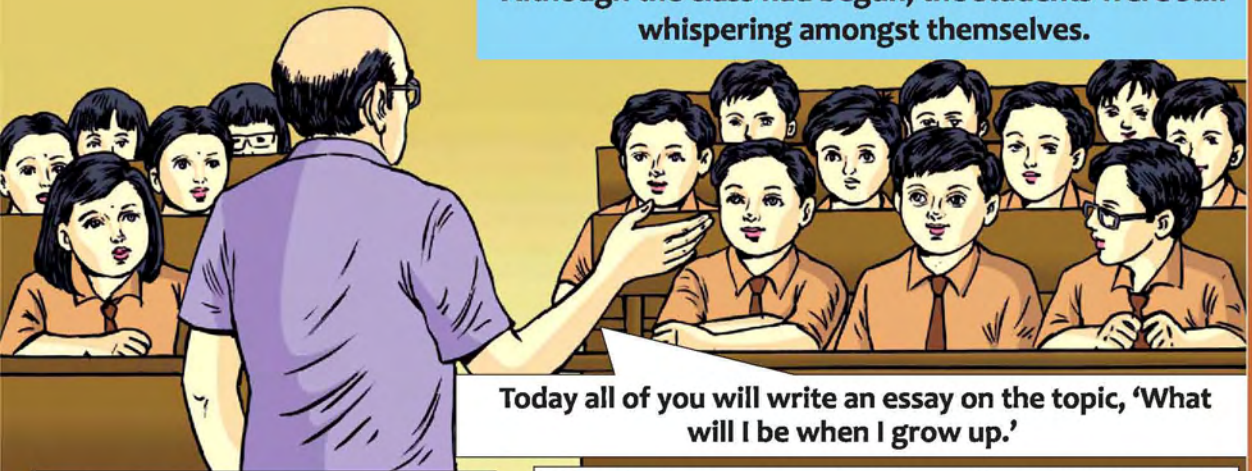
Bansi boasted saying, "Not only for homework, from now on, I will keep this attitude for every task."

Seeing this, Bansi's mother, mockingly said as she laughed, "Good, so quickly complete your homework and come help me sift through the wheat grains."

"What...?" Bansi exclaimed, staring at his mother as she walked away into the kitchen.

# Stones or Dimonds?

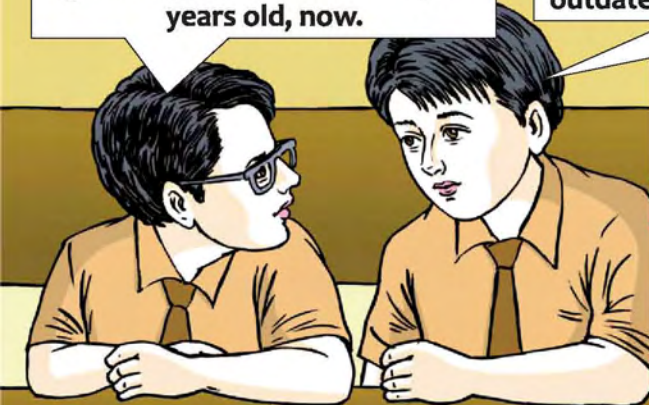
Although the class had begun, the students were still whispering amongst themselves.



Today all of you will write an essay on the topic, 'What will I be when I grow up.'

What? How can anyone think of what he wants to be when he grows up, now? We are only 12 years old, now.

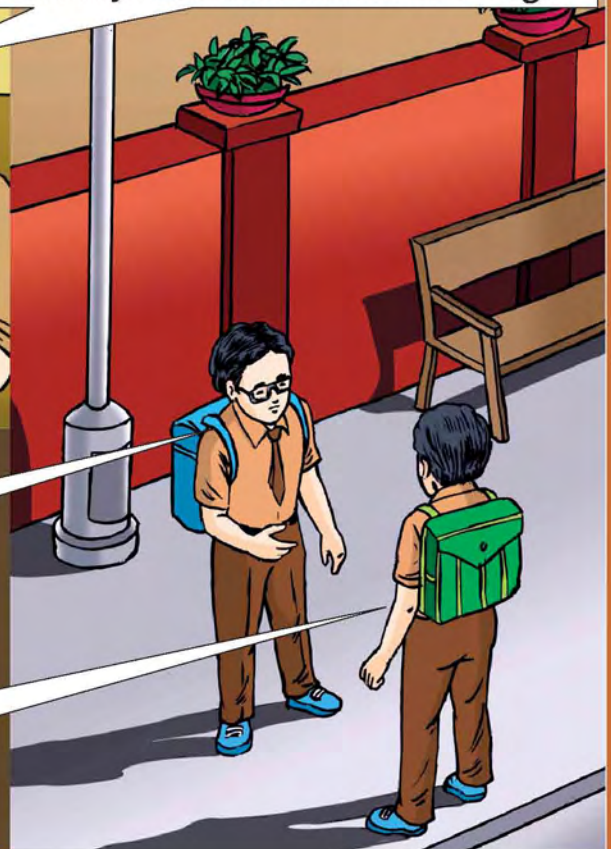
What is the purpose of all these things? At times it's essay writing, other times it's solving math problems and sometimes its learning about old, outdated history. Who is interested in these things?



After school,

What will you write about in your essay? What are you planning to become when you grow up?

I don't know, buddy, and I hate this work of writing essays. It is so boring! But I'll have to finish it somehow.



That evening, uncle Vipul and aunty came to Aseem's place for dinner.

What's up Aseem, where are you lost? Are you worried about something?



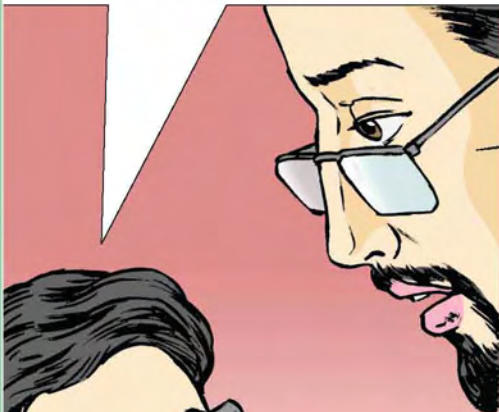
Yes uncle, the teacher has given a torturous assignment today. We have to write an essay on 'What will I be when I grow up'.

Do you know, son, in my profession as a journalist, I have to write these kinds of articles many times. However, I really enjoy writing them.

Enjoy? How? What enjoyment do you get out of it?

An essay is one of the best mediums to express our thoughts. Through essay writing, our ability to think and express our views, blossoms.

But what should I write about? Uncle, please tell me a little bit about your profession.





In my profession as a journalist, I get the opportunity to visit new places and meet different people. Every so often, I get to interview people who have been very successful in various areas, through which I learn about their line of thought and their viewpoint. This helps to broaden our outlook and vision too.



Then, for the next two hours, uncle shared all the details of his profession. He even gave the main points on how to write essays. This sparked Aseem's interest. He didn't even realize when the main points to writing his essay were prepared.

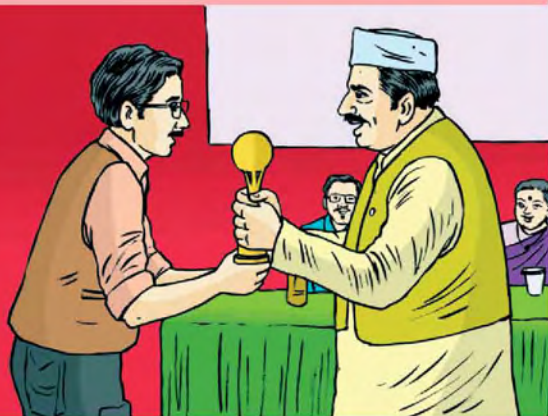
A few days later,

Hey buddy, how far have you gone with that essay writing assignment?

I have completed my essay. For the first time, I really enjoyed writing an essay. It does not matter what grade I get on it, but I really got to learn a lot from it



When Aseem grew up, he also became a successful journalist and won many awards. He was highly indebted to uncle Vipul and his teacher for awakening his interest in this profession.



## Seminar on Career Planning

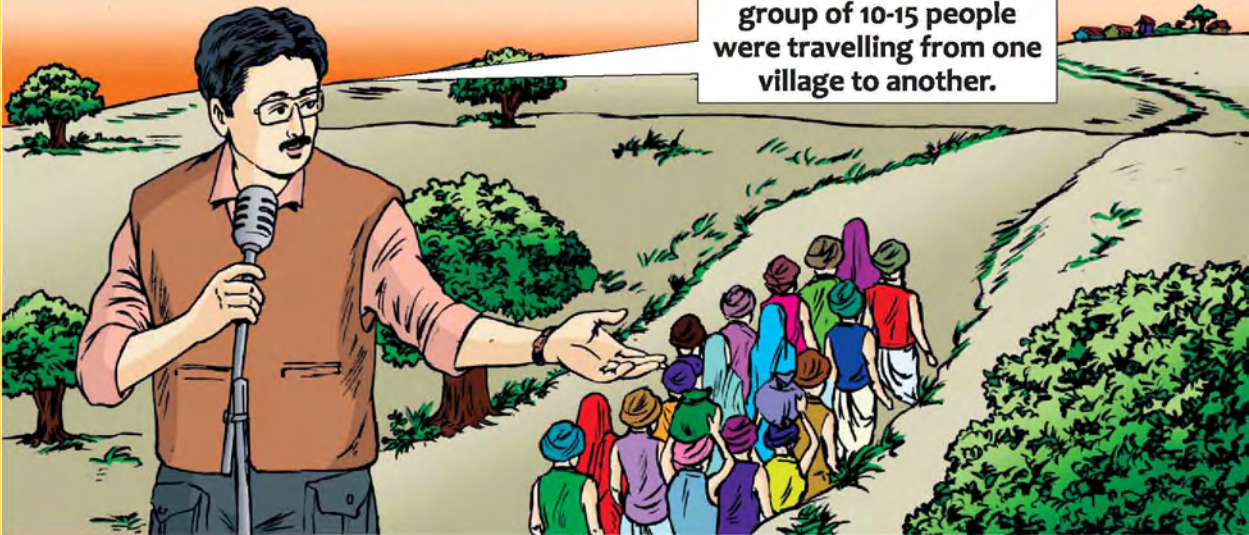


Today, Aseem has been invited by his high school to speak at a seminar.



Children, before beginning this seminar today, I would like to tell you a story.

It was night time. A group of 10-15 people were travelling from one village to another.



Suddenly, there was a divine revelation from the skies.

Tomorrow, collect stones all day long. At night, you will understand the intention behind my message.



A few people whole-heartedly followed the message and collected stones all day; but others found the task boring and did not bother to collect any pebbles at all. By nightfall, everyone realized that the pebbles had turned into diamonds. Those who had not followed the message regretted it deeply.

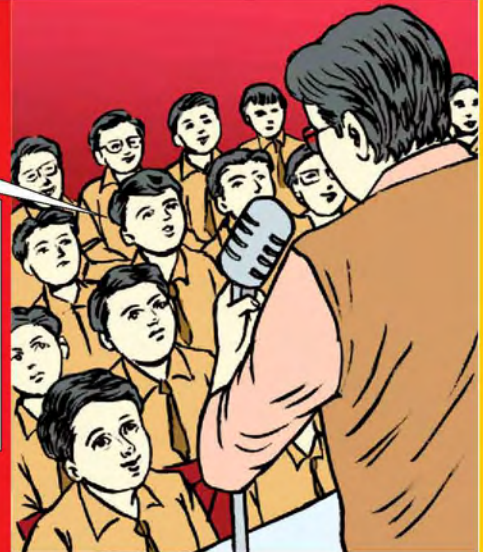


If they had known that the stones were going to turn into diamonds then they too would have collected them.

Yes, that is true. They did not know this would happen. Nevertheless, just so you become aware today, I am telling you, that you may possibly find all this homework and studying just as boring as collecting stones, but, today if you do your work properly and with interest then your future too will definitely be bright like sparkling diamonds!

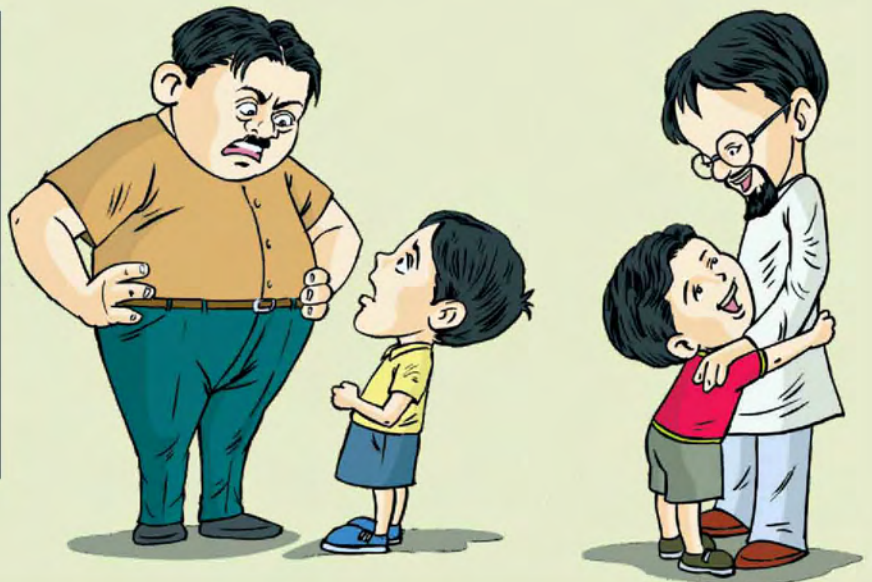


All the children liked the story so much that their boredom for studying disappeared. From that day onwards, the students of that school started studying conscientiously and with deep interest.



# Absolutely New and Different!

You begin to develop fear for the things that you do not like, and the fear will disappear for those things that you like. For example, you will be afraid of the teacher you dislike. You will not be afraid of the teacher you like.



When you develop a liking for the things that you previously disliked, and then you will gain strength, otherwise the strength will not arise. For example, you may not like to shower in cold water, but once you learn about its benefits and you begin to like it from within, then the strength to shower in cold water will arise.



**You should not give that others what you dislike yourself. For example, if you do not like it when others insult you, then you should not insult anyone.**

**If you have formed a dislike for someone, then you should keep on doing 'Pratikraman' (ask for forgiveness) in the mind for that person, and at the same time you should say that, "He has greatly obliged me." at least five – twenty five times. By doing this the knot of dislike will unravel, and then your interactions will be better.**



In the previous issue, we saw that King Mahabal took renunciation with six of his friends. Even though all seven friends had decided to do exactly the same penance, King Mahabal deceitfully performed more penance than his friends. Due to this, he was reborn in the female body as princess Mallikuvri. Now let us read further.

There was no-one within the three worlds who could match the beauty of princess Mallikuvri. On the other hand, King Mahabal's six friends were born as princes to Kings of various different kingdoms. All six princes were crowned King when they grew up. Coincidentally, words of praise for Mallikuvri's beauty reached all six Kings and each of them sent a messenger to King Kumbh asking for Mallikuvri's hand in marriage.

King Kumbh got worried upon receiving proposals from six Kings. When King Kumbh rejected all the proposals, the six Kings attacked the city of Mithila. With the help of 'Avadhignan' (transcendental knowledge of material things within the limitations of physical elements-space, time and feeling), Mallikuvri recognized the six kings as the six friends of her previous birth. Thus, she said to her father, "You do not have to go to war. Just give each of them a secret message. Ask each one to come alone, saying we shall try to ensure their satisfaction. I shall take care of the rest of the arrangements." King Kumbh did as Mallikuvri asked him to.

Meanwhile, in order to steer the six friends towards religion, Mallikuvri asked her father to have a golden life statue made, which was exactly her body shape and form. She got the top of the statue fitted with a lid and covered with a golden lotus. The artisans had prepared such a look alike statue that onlookers would feel that it was Mallikuvri herself standing there. Mallikuvri would throw one morsel of her food into the hollow statue every day before she ate.

Along with this, Mallikuvri also had a chamber built with partitions. She had the

## LORD MALLINATH



# Mythological



golden statue placed at the centre of this chamber. Six doors were made to the chamber. People sitting at any of these six doors would be able to see Mallikuvri's golden statue, but would not be able to see each other.

As per King Kumbh's instructions, all six Kings secretly arrived at the partitioned chamber and arranged themselves at their allotted doors. Assuming the statue to be the real Mallikuvri, each of them gazed steadily at it. Mallikuvri came from behind, and pulled open the lotus lid on the top of the statue with its string. As soon as the lid opened, an unbearable stench came out. Unable to bear the stench, all the six Kings turned their faces away.

At that moment, Mallikuvri stepped forward and addressed the six Kings saying, "What you see before you is a golden statue. Everyday a morsel of food is thrown into it, due to which you are experiencing this unbearable stench. So, why are you attracted towards a body in which morsels of food are put daily; a body that is made of bones, flesh, blood, pus, urine, and stool? Intelligent people would never be attached to such a body at all. O Kings! Why have

you forgotten that all six of you were my friends in the previous birth? Please recall that."

Upon hearing this, all six friends attained 'Jatismaran Gnan' (knowledge with the help of which one can recall his previous birth). They overcame their worldly attachments. The six Kings were grateful to Mallikuvri and begged for forgiveness from King Kumbh. They returned to their respective kingdoms.

As time passed by, Mallikuvri took renunciation. That very same day she attained 'Keval Gnan' (absolute knowledge). When Lord Mallinath gave 'Deshna' (the divine speech of a Tirthankar), all six Kings were present. They also took renunciation and realized their souls.

Mallikuvri was none other than our 19th Tirthankar, Lord Mallinath.

## Stories

# Pujyashree With Kids



**Questioner:** I get scared of dead bodies. What should I do? When I go to someone's funeral, I get scared to see the dead body, and I feel what if the dead body becomes alive, it will start walking, jumping and doing everything. So I have this kind of fear.

**Pujyashree:** Has that ever really happened?

**Questioner:** No.

**Pujyashree:** Now, when you bathe, don't you take off all your dirty clothes and put on fresh clean clothes? Then do you feel afraid to see the dirty clothes?

**Questioner:** No.

**Pujyashree:** Why?

**Questioner:** Because, I know that they cannot harm me.

**Pujyashree:** Then, this is just like that. The soul discards old, soiled clothes and puts on new clothes. So why should we get scared of dead bodies which are just like soiled clothes? What we wear are also clothes, and this body is the soul's clothing. You are a pure soul and the pure soul is separate from the body. Therefore, the body is clothing for the pure soul. When we discard old clothes, we know for sure that we shall get new ones. Similarly, every soul leaves the old clothes (body) behind and goes into new clothes. These old clothes (body) are burnt and cannot be reused. These old clothes are not going to harass everyone. It is our beliefs and imagination, which makes us suffer. In reality, nothing will happen because it is a non-living thing.

After Dada left his mortal body, Niruma not only went to different cities but also the smaller villages in order to spread Dada's Akram Vignan amongst people. Niruma's deep inner wish was to spread Dada's Vignan to places where people were not yet aware of Dada. In order to do this, Niruma first began with the smaller villages.

In those days, there were no cars, so Niruma used to travel from one village to another in open six seater rickshaws, jeeps and even bullock carts. In the open rickshaws and jeeps, people were packed in quite closely! Even during peak summer heat, Niruma used to travel in these open rickshaws. It made no difference to her whether she travelled in an air-conditioned car or in an open rickshaw. She was out just to spread Dada's Gnan. In order to do this, she did not see whether it was cold or hot, nor did she see her own happiness or rest. Nevertheless, whenever one looked at Niruma, she always seemed to be in a state of pure bliss.

Once, Niruma happened to visit a small village. In olden days, houses in such small villages did not have bathroom and toilet facilities. In the house there used to be a big hall, which led to a small room. Within this small room there would be a small 'chokdi' (small square washing area), which was used for bathing and washing. And if there was no 'chokdi' in the house, the people of the village used to bathe anywhere near the well. Niruma was visiting this place for the first time. There was a 'brahmachari' (celibate) woman accompanying her. When Niruma wanted to have a bath, then everyone left the room. After Niruma had her bath, when the 'brahmachari' woman went inside, then Niruma said to her, "This bathroom is as big as a room. Does one find such big bathrooms in Bombay? What a luxury it is out here."

If she wanted to go to the toilet, she had to go out in the open. 2-3 people would go with her. Even there Niruma said, "See, what a vast area! Back home we have such small toilets."

See friends, Gnanis never have likes or dislikes for anything. They take adjustments everywhere and always remain positive.



## SWEET MEMORIES



## Glimpses of Kids Park - Exhibit



# Exhibition at Rajkot Janma Jayanti





## My Vision

After a month long summer vacation visiting Simla and Kulumanali, Rakhi, her parents and brother Anurag had just returned home. They were all very happy. Rakhi's father unlocked the front door and began to take the luggage inside, but Rakhi just stood at the doorway. "Oh no! The house has become so dirty, and what a horrible stench!" She said as she spoiled her face. Her mother explained to her saying, "That is what happens when the house remains locked up for a month. As soon as we clean it, it will become as good as before. Come on; quickly sweep up the rubbish from the drawing room." Rakhi spoiled her face again and replied, "Yuck, I don't like cleaning up such a filthy house." Hearing this, her mother replied, "Then, just remain standing outside until the house has been cleaned."

What should Rakhi do in this situation? What understanding should she apply?



## Riddles

Pulp(juice) in the fruit, a layer in the pulp(juice)fruit in the layer, two layers of that fruit eat it, the layer has matter even when split tell me friends, what fruit is it?

Tall tall sticks, with black black heads, forty to fifty stay together, but each one lights.

Two sticks the same, when closed seem one, circular grooves in between them, a bridge in the middle, joined by glass.

Answers: 1. Mango, 2. Matchsticks, 3. Spectacles

### Information for Annual Subscribers of Akram Express

How would you know if your annual subscription is about to expire? If there is a # besides the member id number on the label which appears on the cover of your current month's Akram Express, then you should know that this is your last issue e.g. AGIA4313#. If there is a ## besides the member id number on the label which appears on the cover of your current month's Akram Express, then you should know that this is your second last issue e.g. AGIA4313##.

Details on how to renew your Akram Express subscription can be found on the editorial page.



Publisher, Printed & Editor - Mr. Dimple Mehta on behalf of Mahavideh Foundation  
Printed at **Amba offset**:- Parshwanath Chambers, Usmanpura, Ahmedabad-14 and published at Mahavideh Foundation, Simandhar City, Adalaj, Ta. & Dist. Gandhinagar.