

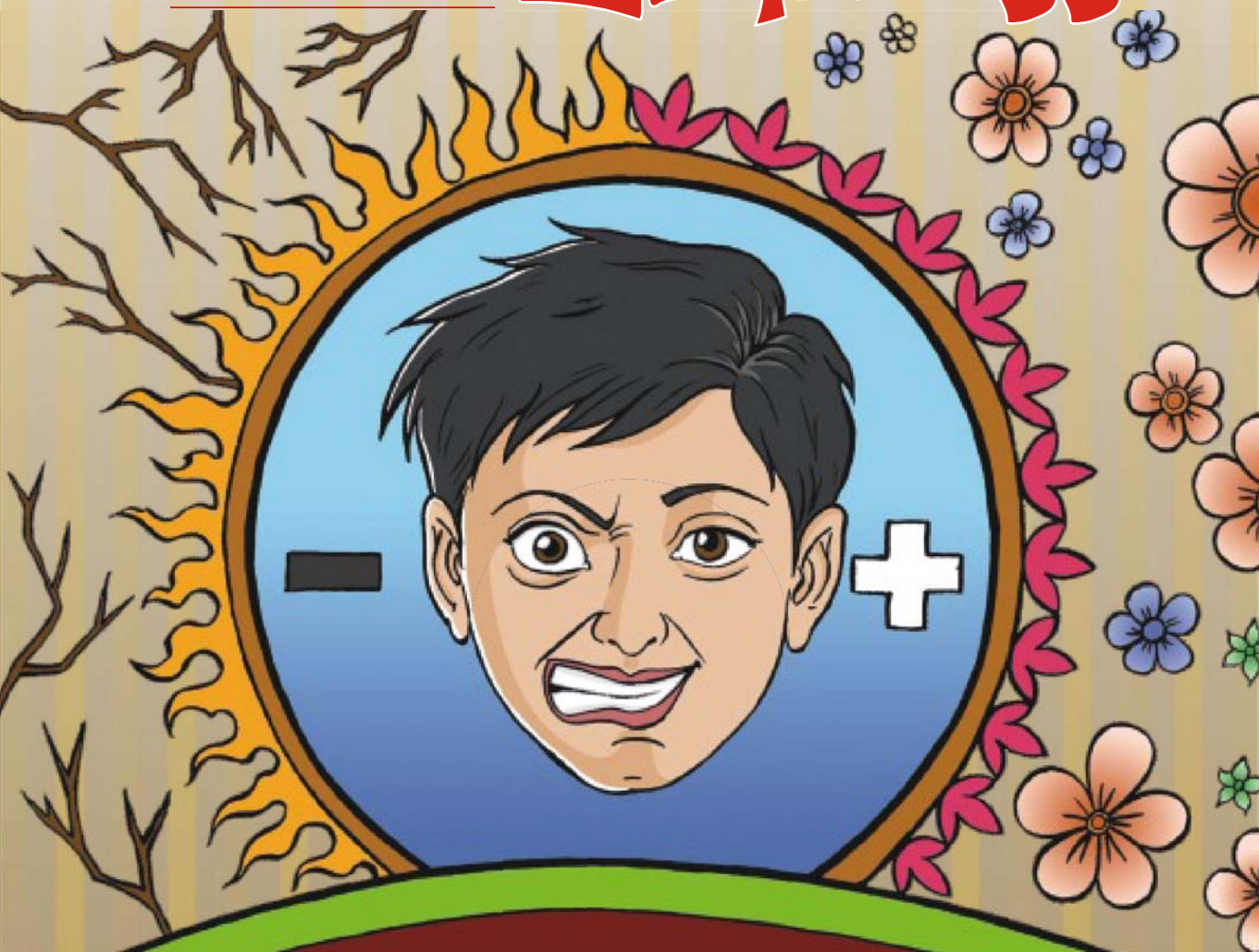
February 2010

Dada Bhagwan Parivar's

Price Rs : 12/-



AKRAM Express



From Negativity to Positivity

AKRAM Express

From Negativity to Positivity

Index

Dadaji Says.....	1
A Lesson Learnt in the Basement.....	2
Is It Negative or Positive?.....	5
As You Think, So Will Be.....	6
Absolutely New and Different!.....	8
Introspect Yourself!.....	10
Mythological Stories.....	11
Sweet Memories.....	14
My Vision.....	15
Pujyashree with Kids.....	16
Students of more than 100 schools visited during Bhuj Trimandir Pran Prathistha Celebrations.....	17
Feedback of the Bhuj Pran Pratishtha Celebrations.....	18

Editor :

Dimple Mehta

Vol. : 1, Issue : 8

Conti. Issue No. : 8

February 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:

9274111393

Baroda:(0265)2414142

Mumbai:9323528901-03

U.S.A.:785-271-0869

U.K.:07956476253

Website:

kids.dadabhagwan.org

Publishers,Editor & Printed,

Published from

Dimple Mehta on behalf of

Mahavideh Foundation

Simandhar City, Adalaj,

Ta. & Dist.- Gandhinagar - 382421

Friends,

In our lives, knowingly or unknowingly, we tend to go towards negativity. Will I be able to remember all that I study? What if I lose the competition? I don't have this, I don't have that. This person is very bad, etc., etc..

At times, we have also experienced being positive. I am sure that I shall attain my goal; I am content with all that I have; after all everyone is good, etc., etc..

In both these situations, only we are aware of our internal state. We have experienced for ourselves that there is unhappiness in negativity and happiness in positivity.

So let us learn through Param Pujya Dadashri's vision, what negativity and positivity really are, and what their results are. Let's learn how one can permanently stay positive and attain lasting happiness.

- Dimple Mehta

Print at:-

Amba Offset

Basement, Parshvanath

Chambers, Nr.RBI,

Usmanpura, Ahmedabad-14.

Subscription (English)

Yearly Subscription

India:125 Ruppees

U.S.A.:15 Dollars

U.K.:10 Pounds

5 years Subscription

India:550 Ruppees

U.S.A.:60 Dollars

U.K.:40 Pounds

Send D.D./M.o.in the
name of 'Mahavideh
Foundation'.

We should always see everything positively. In this world, only positivity will give us happiness, while negativity will give us nothing but sorrow. Our efforts should always be positive. If you think negatively about anything or anyone, you should set positive thinking internally to immediately overcome that negativity. So we should always engage in positive discussions, never negative. Negativity leads to waste of time, confusion and prevents us from being happy. We should immediately join with the positive. Our dictionary should not have any negatives.

The Positive Vision of 'Vitraags'

Vitraags used to give such amazing examples! Lord Mahavir used to give exceptional examples of positive vision! When a man said "Sir, I lost one hand," the Lord would answer, "No, you have one more hand

and two legs. You are very fortunate." That person would go back feeling happy and contented. Later, when he loses the other hand too, he would say, "Sir, I lost both my hands." Then Lord would answer, "You have two legs, don't you? You have two legs and two eyes." When he lost his eyesight, the Lord said, "You still have ears and a tongue."

What does the Gnan of the Vitraags say? If one asks, "What am I left with?" when one leg is lost, he would be told, "No, you still have one leg left. Even if both the hands and one leg are missing, you still have one leg left. If someone gives you a helping hand, you will still be able to walk on one leg." A Vitraag doesn't count losses, rather His vision is always on what profit still remains. All these years, a lot of 'our wealth' has remained intact. We have eyes, a nose, ears, healthy hands and legs. We have everything. This is what the Vitraags always see. What would a Vitraags' vision be like? It would only view that which one has, not what one doesn't have.

All the strengths already lie within us, but if one says, "I will not be able to do this," then it will be so. This negativity has ruined people. People have actually been ruined due to their negative attitude.

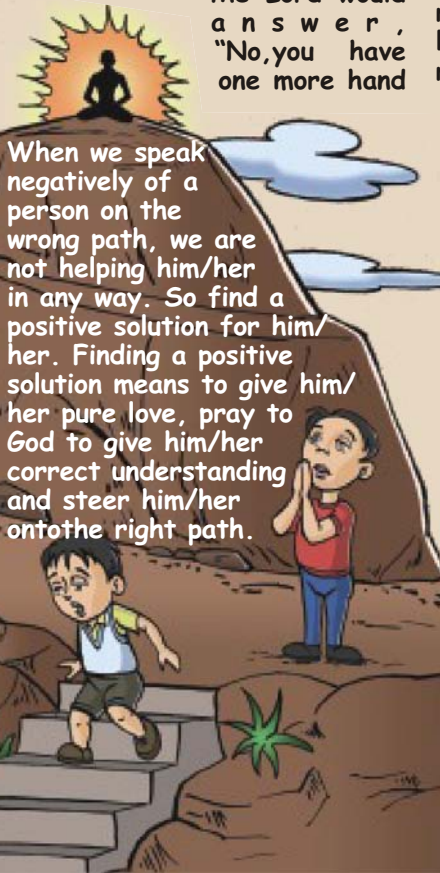
See, how far people have gone in negative thinking! If after a



single reading, one doesn't remember what has been read, they start to think negatively, "What if I don't recall anything during the exams and fail? When I go home, Papa will not let me in." People think negatively to such extents! So, one should think only up to a certain limit and then stop. Just as when thoughts of dying begin, we stop them immediately, when we get negative thoughts, we should stop them immediately too.

As You Imagine, So Will You Be

When you yourself say, "My health is good" then you will feel better. Likewise, if you say, "I am not feeling well," then you will feel worse. So you will become as you imagine! By speaking negatively about a good thing, it will get ruined, and by speaking positively about a bad thing, it will improve. Hence, we should always speak positively. By saying, "This 'khichdi' is delicious and I liked it", one starts to find it tasty. At least try this experiment once! 🌱



"....But I only want a video game for my birthday present? I don't want this green dress. I hate this color and the combinations don't match. Who would like such a dress?" This was Toral's reaction to the dress that her mother had bought for her as a

12th birthday gift. "Even a five year old has a video game these days", complained Toral with the same negativity.

"It is not as you believe, Toral", said her mother trying to pacify her. "This is how it is, I know it. This is the reason others don't

want to be my friends. It is because I don't have a video game. We don't even have cable TV at home and look at the size of our TV, it's smaller than seven inches. I don't know which century you got this from. We don't even have a DVD player at home. It is so boring

A Lesson Learnt in the Basement



to live in this house." Toral kept grumbling in irritation.

Her mother ignored her complaints and changed the topic saying, "Today Kirti Uncle, Ashok uncle, aunty and their children are going to come for dinner. Toral, you can play with their children." "But what is there to play in this house?" Toral complained again. The guests arrived at 7:00pm. Toral guided Aakash, Arti, Jalpa and Keyur to her room.

"What games do you have, Toral?" asked Aakash. Toral felt that Aakash was asking for a video game. She reluctantly brought out snakes and ladders. They all played the game together. Other than Toral, the rest of the group enjoyed playing the game. After a little while Arti asked, "Toral, can we go down to the basement to play?"

Toral said, "No, there is nothing in the basement to play with." Without waiting for



Toral's reply, the children raced to the basement. In one corner of the basement, there lay some empty cartons, utensils, ropes, old newspapers, etc. Upon seeing all this, the children thought of a new game, the memory game. They arranged a few things on the floor. Keyur first studied all the objects lying there and then closed his

eyes. Next, Jalpa took away one object, after which Keyur had to look again and spot the missing object. If Keyur was able to guess the missing object correctly, he would score a point and if not, Jalpa would gain one. They all took turns, one after another.

For their next game, they took a plate and a rolling pin. They banged away at the plate with the rolling pin and played, 'Fire on the mountain, run, run, and run'. While playing, they said to Toral, "Didi, we are really enjoying ourselves at your house. There's so much to play with. We shall definitely come

“But what is there to play in this house?” Toral complained again.

back here again."

Toral looked at the children in amazement, and realized that in order for them to have fun, no video game was necessary. Instead, they all enjoyed playing with things which Toral considered worthless.

Now, she realized that in all circumstances to date, instead of being happy with what she had, she used to find something negative and be miserable. In fact, she had lots of other games and story books, but she was never

satisfied with them. Instead she would always complain. Today, she learnt from these children, how to find the positive in everything and always remain happy.

That night after the guests left, Toral sat alone in her room. Her sight fell on the dress that her mother had gifted her, and she thought, "The colour green doesn't look all that bad. I have worn purple dresses before too." She repented deeply for venting on her mother and immediately ran to her to ask for forgiveness. Seeing Toral's repentance, her mother hugged her lovingly.

Do you see friends, by being negative we cannot enjoy what we have. Furthermore, we become miserable. Not only does this make us unhappy, but we make those around us unhappy too. So always be positive and find the positive in every circumstance to be happy forever. 🌿





Is It Negative or Positive?

We say that rats and insects are a nuisance, don't we? Now in Alaska, all the rats were killed. As a result, all the harvests were spoiled. Upon investigation, it was found that the rats used to eat the insects, and in the absence of rats, the insects ate the harvests. Since rats were abolished, what would snakes eat? So, all the snakes came out in search of food. Thereafter, they had to import rats.

The same goes for termites. We say that termites are very bad.

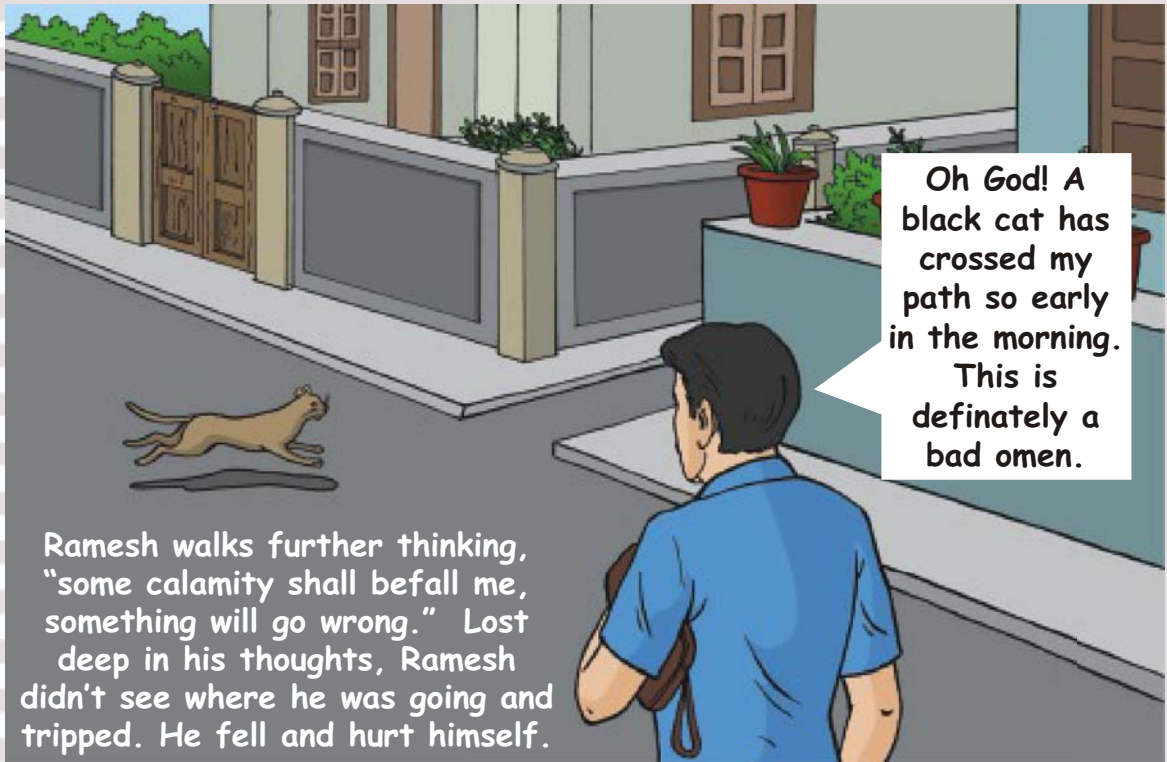
But, farmers are very pleased to see termites. What do termites do? They eat mud and create holes in the mud. As a result of these holes, rain water goes deep into the soil. In absence of these holes, the layers of soil underneath become hardened which wipe out trees and other vegetation.

So friends, whatever nature does is always correct. It is not worth meddling with it.

So really, is it Negative or Positive? 🌿

As You Think, So Will Be

Ramesh would always think negatively about everything. Let us see what happens.



Having hurt his leg, Ramesh reached the bus stand late and missed his bus.



I missed my bus because that black cat crossed my path.

Ramesh arrived at the office late because he had missed his bus. Consequently, his boss reprimanded him severely.

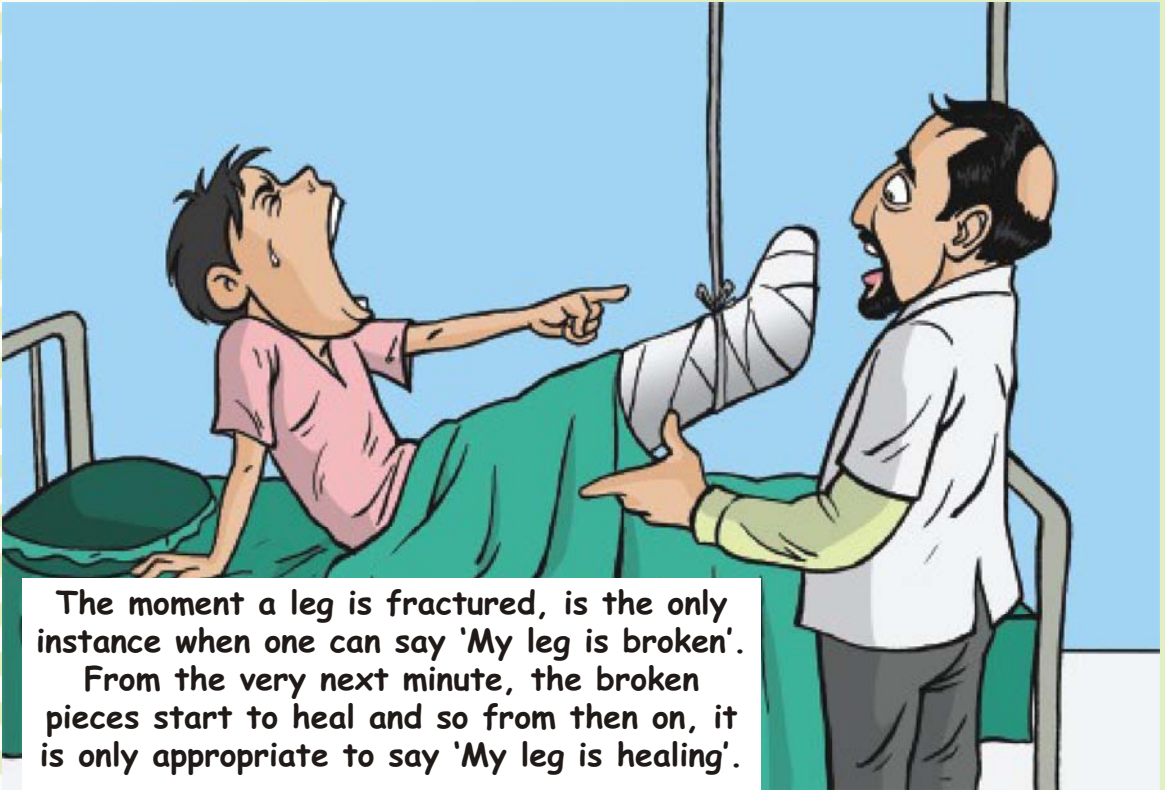


My boss got angry at me because of the black cat that crossed my path. That black cat has ruined my entire day.



So friends, do you see how Ramesh's negativity brought about only negative circumstances? Therefore, remember that by thinking negatively, you will get negative results and by thinking positively, you will get positive results. 🌱

Absolutely New and Different!



When will my speech be as sweet as yours?

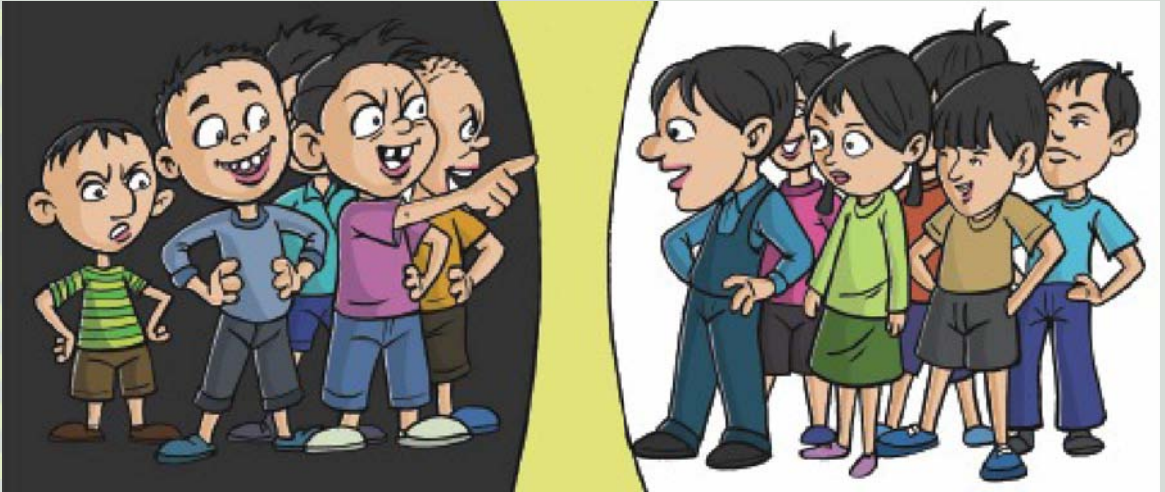
When no negative words will be spoken anymore.

Increase positivity to such an extent that negativity automatically disappears. For example, when one is getting angry with their mother, then by seeing her good qualities for instance, 'she takes such good care of me, cooks my favorite food, educates me,' by cultivating such a vision, bad thoughts vanish.

Intellect directs us towards negativity while understanding leads us towards positivity. For example, the intellect shows, "If the other person gets hurt, what can I do?", while understanding shows, "I should take care not to hurt anybody."



Introspect Yourself!



There are two teams: 'Negative' and 'Positive'. The negative team has challenged the positive team to set positive understanding against the negative circumstances they are facing. So let us help the positive team by giving them Pujya Dadaji's positive understanding. Fill the empty spaces with the help of the code words given below.

code
words

A-st	D-po	G-si	J-ti	M-re	P-ous	S-in	V-ci	Y-od
B-al	E-de	H-go	K-he	N-te	Q-ng	T-a	W-fi	Z-l
C-li	F-ni	I-y	L-fu	O-ve	R-th	U-ck	X-gr	

Oh! Dada Bhagwan, give me the (AMQR)..... to always be (DGJO).

Negative Team

- 1) Today my results will be declared. What if I fail?
- 2) The meal served today is hopeless. This has ruined my mood.
- 3) I won't do this chore. I won't be able to do it.
- 4) I am not feeling well. I have a terrible headache.
- 5) My neighbor is very uncooperative.

Positive Team

- 1) I am (DGJO)..... I shall get a (HY)..... result.
- 2) The meal served is very (ECVP)..... I enjoyed it.
- 3) I can do any chore. Because I have (SWFN) (AMQR)
- 4) I am (KBRI)..... I am not feeling (GU).....
- 5) My neighbor is a very (HY)..... man. I am very (XTNLZ) to him.

Answers: 1 Positive; good 2 delicious 3 infinite, strength 4 healthy; sick 5 good; grateful



Mythological Stories

This is a story of King Shrenik, the ruler of Magadh. He had a well-cultured son named Meghkumar. As a prince, he lived in great splendor and happiness.

Once, Lord Mahavir arrived at their kingdom. Meghkumar joined his parents to pay his respects to the Lord. On seeing the Lord's divinity, he had a strong desire to renounce the world, which he related to his parents. His parents tried to explain to him that it would be a very difficult lifestyle.

After renunciation, one has to walk barefoot, eat whatever is offered, sleep on the bare floor, perform severe penance and one has no comfort or happiness at all. To this Meghkumar replied, "I desire only the happiness of salvation and none other than that." Ultimately his parents relented due to his unflinching resolve and gave him permission to proceed.

Meghkumar then took initiation into monkhood and was very happy. Now he was no longer Prince

Meghkumar but Sage Meghkumar. On the first night after initiation, he made arrangements to sleep besides the other sages. As the sages were to sleep in line by order of their age, Meghkumar who was the youngest, had to sleep in the only space left, near the door. He was unable to sleep all night long, as the other sages coming in and out of the room, kept disturbing him by kicking his feet which lay near the entranceway.

While lying on a single quilt, Meghkumar

Until yesterday, I stayed in the palace enjoying great honor and respect but today people are kicking me when leaving the room. How will I spend my whole life here like this?

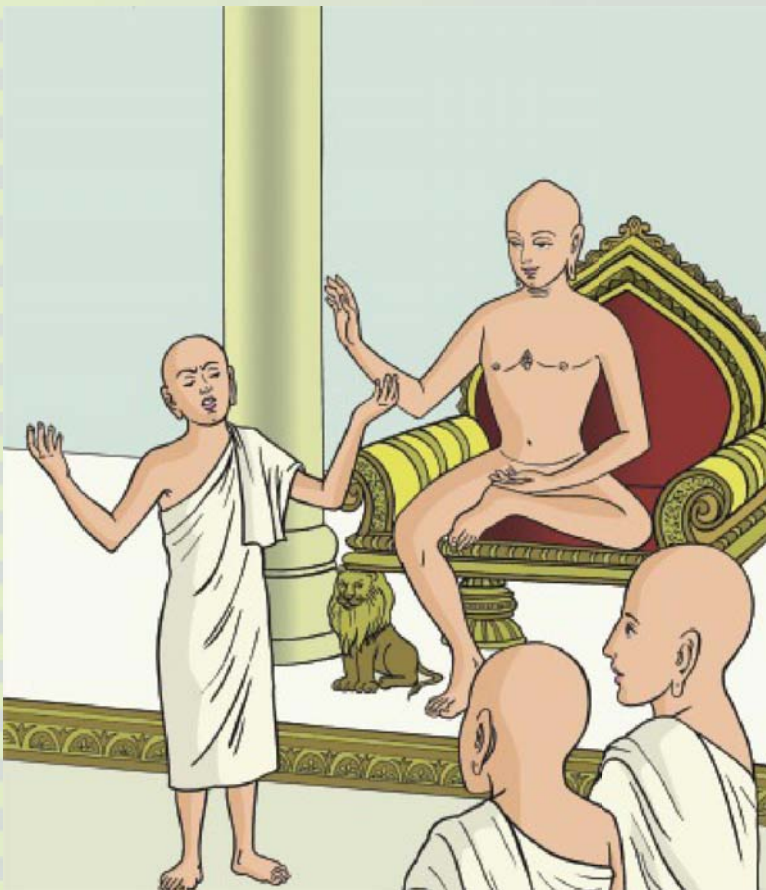
remembered his palace where until the previous night he had slept on a soft mattress. He then felt that his parents were right when they had said that there would be no comfort and happiness here. "Until yesterday, I stayed in the palace enjoying great honor and respect but today people are kicking me when leaving the room. How will I spend my whole life here like this? I want to go back home!" he fell off to sleep, waiting for the following morning,

with these thoughts on his mind.

The next morning, at the break of dawn, he went to Lord Mahavir. The Lord being a 'Kevalgnani' knew Meghkumar's intentions for coming to him. The Lord then made Meghkumar recall his previous birth.

In his previous birth, Meghkumar was a huge elephant in a forest called Vindhyachal. Once, the forest caught fire and all the trees got burnt. All the animals ran helter skelter, screaming for their lives. In the centre of the forest, there was an open patch of barren land. Since there were no trees there, the fire did not spread to that area. All the animals gathered there, the entire space was crowded with animals and there was not even an inch of space left. Tigers, lions, rabbits, elephants, giraffes, all stood there together caring for each other as if they were one big family.

Meghkumar who was then an elephant, also stood amongst them. Feeling an itch on one leg, he lifted that leg. At the same time, a





rabbit looking for safety from the fire ran into the empty space under the elephant's leg, and sat there.

As the elephant was about to put his foot down, he spotted the rabbit. In an effort to save the rabbit, the elephant kept its foot hanging midway.

The fire continued the next day and the day

after. All the animals stood in the same place, feeling hungry and thirsty. Astonishingly, the elephant was standing in its position, with one leg raised for two and a half days. And for what reason? In order to refrain from killing the rabbit. After two and a half days, when the fire extinguished, all the

animals scattered away. The elephant's leg had become stiff from having stood in this position for two and a half days. As soon as he placed his leg on the ground, he fell down. The elephant had no strength to stand up, as he was weak and in unbearable pain after 3 days of hunger and thirst. In a few moments, he passed away and was reborn as prince Megh Kumar.

After relating his previous birth, the Lord explained to him, that he had undergone such severe penance just to save a rabbit. Getting kicked on the legs was nothing in comparison to the pain he had borne in his previous birth. You have such noble understanding. You are so fortunate and definitely worthy of attaining 'Moksh'. How can you leave the path of salvation because of such minor inflictions?

M e g h k u m a r understood everything, asked for forgiveness and returned to lead a pious life. As a result he was born as a deity in his next birth.



Sweet Memories



This incident happened in December 2002 during the 'Pran Pratishtha Mahotsav' at the Adalaj Trimandir. The 'Pran Pratishtha' was just two months away. The architects and engineers were worried because there was a lot of pending work. They wondered how it would be completed in just two months. Work had not yet commenced on any of the domes for the temple. The domes were to be constructed one

hundred and eight feet high. It would be inappropriate to have the temple inauguration without the domes completed.

All those involved gathered and informed Niruma, that they didn't think it was possible to finish the work on time. They requested to postpone the 'Pratishtha' (inauguration). Niruma said, "How can that be possible? Five hundred mahatmas coming from

abroad have already booked their flights." Then Niruma added, "As per Jain customs, domes are a must. If the temple remains incomplete, it will do. But the domes have to be completed. Only then can the 'Pratishtha' be done, so focus all your attention on completing the dome over Lord Simandhar Swami. If that is completed, it's more than enough. We can erect the domes over Lord Krishna and Lord Shiva later. Ultimately if the dome over Lord Simandhar Swami is unfinished by the Pratishtha date, then we shall tie a cloth overhead. Just make positive efforts and things will fall in place. Instead of having these negative discussions, let us chant 'Dada Bhagwan Na Aseem Jai Jai Kar Ho' for one hour each night." Thus, Niruma remained extremely positive.

Thereafter, Niruma investigated all the areas of concern and discovered that, sufficient labor wasn't available and the existing laborers weren't enough to carry the work load. Niruma gave an excellent solution to this problem, saying, "Let's

serve proper snacks and sweets to the laborers'." Everyone suggested that the snacks should be obtained from the market. Niruma rejected saying, "We shall serve them piping hot snacks." Again, it was suggested that some dry snacks like 'chevdo' be served. To this Niruma responded, "No! Give them hot freshly cooked snacks. I shall handle all this. You don't need to worry." She called for a few female mahatmas and said, "Come, we have got the chance to give 'seva'. So are all of you ready?" They all answered in affirmation saying, "Yes Niruma, we will do it."

Niruma would decide on the daily menu. Pakoda,

vada, bhajia, and pauva etc was served, among many other varieties of snacks. Niruma took personal interest in the project and would go to the kitchen. Earlier where hardly any laborers were willing to work, suddenly now they started to pour in once the hot snacks started being served. The number of laborers increased exponentially to a thousand working round the clock, from a meager fifty to a hundred initially.

Thus, a task that dragged out for one and a half years was completed within a month or two. Almost all the work was done by the date of the 'Pran Pratishtha'. There were no hurdles and all

three domes were erected. Whereas before there was no hope of even a single dome being completed; now all three were ready. Amidst all these negative circumstances, Niruma was positive throughout. On the basis of her positivity, she had developed great insight. The laborers experienced Niruma's pure love while enjoying the hot snacks and developed a deep sense of belonging for the temple. They felt like it was their very own temple. They got to work so earnestly that everything was completed smoothly and on time. There is definitely great strength in positivity. 🌸

My Vision



Rakhi is a class VI student. Today, she has a science exam. She disliked science since the beginning. To add to that, she has a persistent fear of exams due to which, today, she is very nervous.

She entered the examination hall burdened with thoughts like, "Will I be able to answer or not? Will I be able to remember or not? Will I pass or not? Will the paper be easy or difficult?" She was so scared that as soon as she received the question paper, she went totally blank. Upon reading the

paper, she found it difficult. None of the questions asked, covered the portions that she had studied. In her fright, she even forgot the answers she knew. Eventually, she could write nothing at all in her state of tension and fear.

As a result, she failed her science exam and had to repeat class VI. All her friends had passed. She was the only student left behind. She was shattered.

In these circumstances, as a friend, what positive vision will you offer to alleviate her misery? 🌸

Pujyashree With Kids

Questioner: When I try to think positive, it ends up negative.

Pujyashree: When negative thoughts arise in our mind, then we should tell them, "I have not signed in agreement with you. I sign only in favour of positivity." Another remedy is to ask for strength saying, "Dear Dada Bhagwan, please give me strength to remain on the positive side." Repeat this five to twenty times.

When negative thoughts arise like, "What if it doesn't happen? Will I be able to

study for my exams or not? Will I pass the exams or not?" then we should say, "I will definitely pass. Oh Dada Bhagwan, please give me the strength to think positively." Repeat this twenty times.

Then you should firmly tell your mind that, "If you have even a single negative thought, then you will have to say the following positive statements twenty times; give me the assurance and strength to remain in the positive." One should state this with deep conviction or write it and then read it aloud twenty times.

Repeat the same procedure for every single negative thought that arises. It is just like the teacher says, "If you are caught speaking once, I will make you do twenty sit-ups." At least try it once. When the mind shows a thought like, "What will happen if I can't do

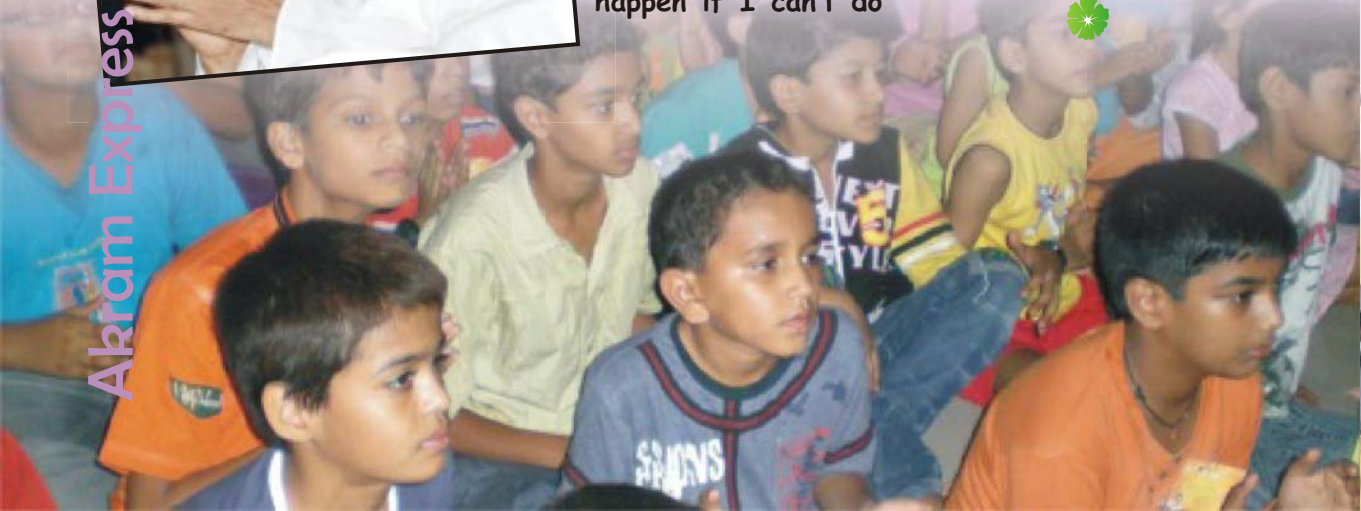
it?" then one starts to feel, "I can't, I can't, I can't." Against such negativity, say, "Why can't I? I can." Repeat twenty times, "I can do it, I will do it well. I'll be able to manage. I definitely want to do it. It will be done. Dada Bhagwan, give me strength."

Questioner: What is 'Shuddhatma Bhagwan' like?

Pujyashree: The one whose ego has dissolved is called 'Shuddhatma Bhagwan'. He is one who does not hurt or harass another, doesn't hold onto his opinion. If someone doesn't give you your things, you get angry. Do you get angry?

Questioner: Yes

Pujyashree: One who has anger, expectation of respect-dislike for insult, deceit, attachment, greed-gluttony, lust, all these are referred to as being in a state of 'ego'. One who has overcome all these is a 'Shuddhatma Bhagwan'.



Students of more than 100 schools visited during Bhuj Trimandir Pran Prathistha celebrations

The Pran Prathistha celebrations of the non-secterial Trimandir in Bhuj were held between 20th and 27th December 2009. As part of the celebrations, a Children's Park and Theme Park were organized as a special attraction for the local public and especially for

a result, the students of many schools came to enjoy the Children's Park. Over the eight day celebrations, more than 20,000 children from almost 100 schools came to visit the Children's Park. The children were so captivated by the Children's Park that after their initial school visit, they returned repeatedly with their parents and friends.

Various themes such as displays, puppet shows, multimedia shows - Magical Glasses, Total Experience, Magical Eraser etc were used to impart the understanding about where God truly resides; how one should interact with parents, friends and elders; how one can develop a positive vision; and how one can avoid clashes with others by taking adjustments with them. The understanding was presented in such an interesting manner that children would decide to implement the principles in their own lives just by watching the themes.

Responses from the visiting children were overwhelming. The students



showed deep interest and genuinely inquired about each and every activity for children conducted by the Dada Bhagwan Parivar. Many children also subscribed for the children's magazine, 'Akram Express'. They even signed up for the kid's camps and youth camps to be organized in the future.

Each of the visiting schools was given a gift pack from the Dada Bhagwan Parivar. The gift pack contained a leaflet about kids activities, Balvignan books, CD's containing hymns, puppet shows and prayers as well as a VCD of Pujya Deepakbhai's satsangs with children.

The face of every child leaving the Children's Park was full of happiness. During the celebrations, adults and children alike benefitted tremendously.



kids.

Before the Pran Prathistha celebrations, Dada Bhagwan Parivar's sevarthi mahatmas went to approximately 50 schools in and around Bhuj. They exhibited puppet shows to almost 22,000 children through film projections. In this way, they introduced the children to Dada Bhagwan's gnan in a language that they easily understood. In addition to this, the students and teachers were invited to visit the Children's Park during the celebrations. As





Feedback of the Bhuj Pran Pratishtha Celebrations

The experience of a Teacher

I am extremely pleased to be here. One finds that there are a lot of negative influences on students these days. Here, we have been shown how to divert ourselves from negative influences towards positive understanding. Students often feel, "How can we attain better marks in our examinations and how can we work harder to make a name for the school." Most of the students feel that, "I am not able to study well. What can I do to improve in difficult subjects like mathematics or science, which I am not very good in?" So, after having come here, I have realized that each student has some kind of a hidden talent within them. Here, I have been taught in a very nice way how to develop a positive attitude to nurture and groom that talent.

Here, there's a lot that teachers can learn as well. For instance, a teacher can learn how to help a child who is extremely naughty, disobedient and weak in his/her studies by determining which subject the child is weak in and the negative attitude s/he has towards it. In order to help the child come out of this negative attitude, the teacher should first develop a

positive attitude towards the child and then guide the child on how to become successful in life.

Khevna Dhorkia,
Principal-Ashapura Gujrati Medium School

The experiences of children

I have really liked all that I have seen here and most of all I liked the show on how to take adjustments. The person who learns to take adjustments everywhere can attain all kinds of happiness. This is the true key to happiness which everyone should learn. I somehow feel that from all this, some improvement will take place. Such programs should definitely be organized. The theme, "Should one eat eggs" shows that eggs too have life. When we eat eggs we don't realize that the life form in the egg cannot speak but we should understand that the egg has life in it too. If someone were to give us such pain, we would not like it either then should we not understand what the chick must feel?

Khatrri Nurulen,
Muslim Education School

Response from the previous issue of 'My Vision'

Scolding my younger brother was my mistake. My younger brother was repeatedly taking my school bag. That is why he said he had not taken the pencil. However I did not believe him. When I was arranging my school bag, I found the pencil. Seeing it there, I felt extremely remorseful and sorry for scolding him. I will not wake my younger brother. My brother is definitely upset with me. When he wakes up in the morning, I will ask for his forgiveness by saying, "Please forgive me" and I will also ask for forgiveness from Dada Bhagwan, saying, "Through my speech and action I have hurt my brother, so Dada Bhagwan please forgive me, forgive me. Dada Bhagwan please grant me the strength, not to hurt anyone with my speech and action from now onwards."

Arun D. Chavda
Chaloda, Age: 9 years

