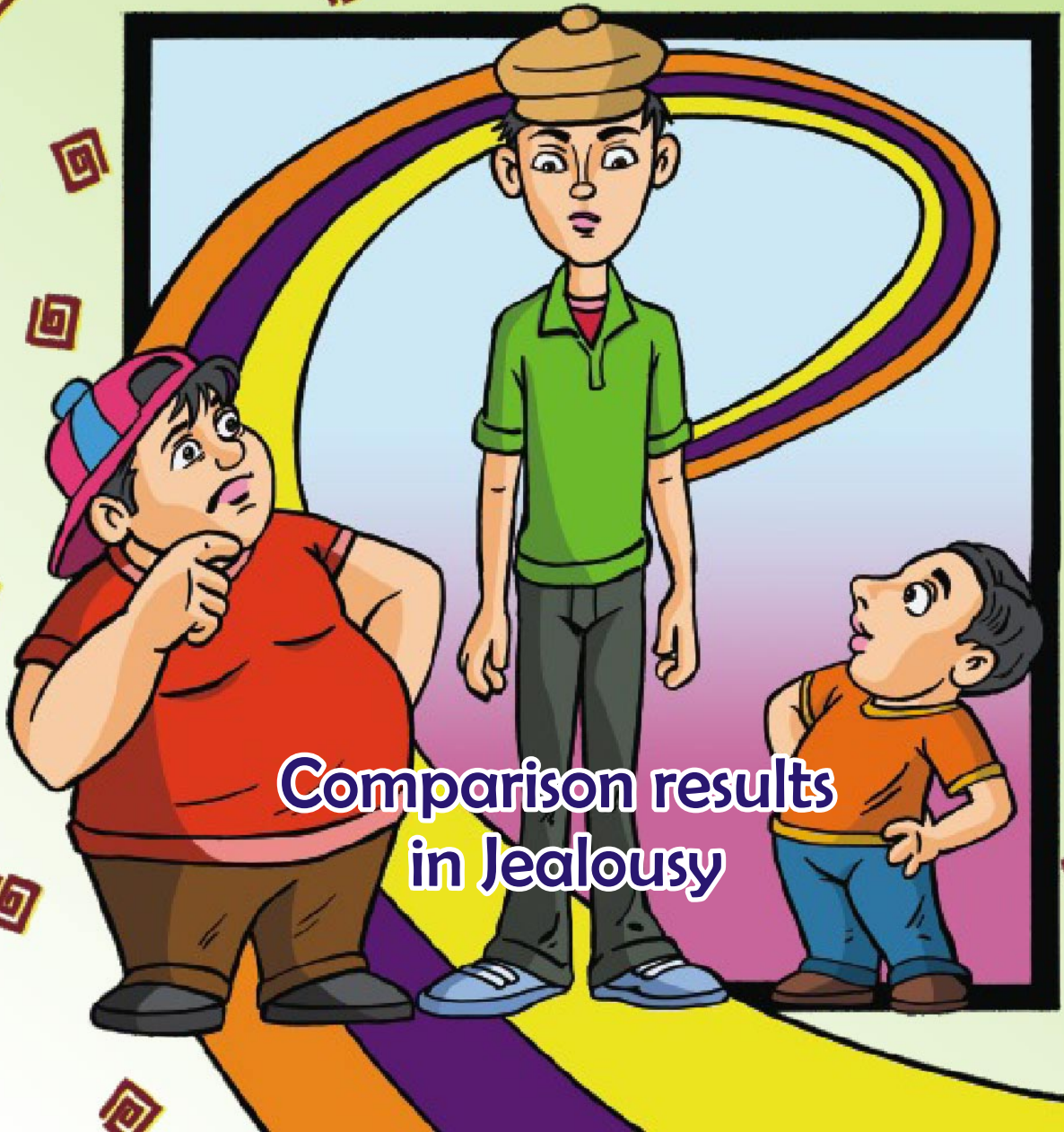




AKRAM

Express



Comparison results
in Jealousy

AKRAM Express

Comparison results in Jealousy

Friends,

Would there be anyone who may not have experienced jealousy? When another person gets something better or more than us, we immediately feel jealous, even if that person is our very own brother, sister or best friend. We cannot find it in ourselves to be noble minded towards that person. Many a time, the poison of our jealousy increases so much that we even go to the extent of trying to humiliate that person. Once a person gets caught in the snare of jealousy, s/he forgets right from wrong. At such times even if someone tries to warn us for our own benefit, we ignore it. In this way, jealousy hinders our own progress.

How does jealousy arise? What are its' results? How can one escape it? Solutions to these questions have been explained by Pujya Dadashri in this issue.

So let us understand the nature of jealousy and save ourselves from its' suffering.

- Dimple Mehta

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Gnani's Say...

Questioner: I always compare myself with others and feel as if I get less and others get more than me.

Dadashri: What happens when you compare? Do you feel at peace or does it increase your restlessness?

Questioner: It increases my restlessness.

Dadashri: We should find a way such that our restlessness does not increase. This comparison later leads to jealousy. Jealousy arises because one cannot bear to see the progress of others. Then dislike sets in that, "S/he should get less and I should get more." Isn't this what happens?

You should simultaneously pray that, 'Oh Dada Bhagwan, may everyone get a lot of strength. May everybody strive hard and attain success.' Praying like this will dissolve the negative feelings you have for the other person.

Questioner: Yes, this is what happens.

Dadashri: Jealousy is self-invited sorrow; it is not true sorrow. We should wish, "May everyone get (good things)...". Someday when it is my turn, I too shall receive what I want. We should be happy when we see another person becoming happy because s/he got more. We should not spoil our inner feelings. Do you understand?

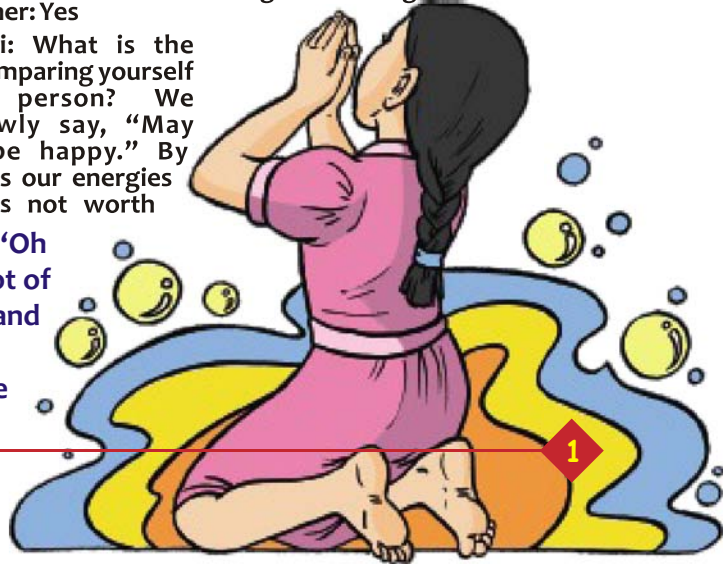
Questioner: Yes

Dadashri: What is the benefit in comparing yourself to another person? We should slowly say, "May everyone be happy." By being jealous our energies decline. It is not worth

having a single negative feeling. Do pratikraman for negative feelings saying, "I see the fault in others, Oh Dada Bhagwan, I ask for forgiveness. Please forgive me. I don't want to see the negative in others. I only want to see their positives. Give me the strength to do so." Make a firm decision that, "I only want to see the positives in others." This world is like an echo. If we say that, "You should not receive," then the echo will say, "You should not receive" and thus you will not receive anything either. And if we say, "May everyone receive," then the echo will say, "May everyone receive." "May everyone receive," automatically implies that we too shall receive.

Questioner: And what should I do if someone else is jealous of me?

Dadashri: We should pray to the God residing within him/her saying, "Oh Lord! I am the cause of his/her jealousy but I don't want to react with like or dislike towards those feelings of jealousy. Please give me the strength to remain in equanimity." From our side, we should maintain positive feelings. This effort, in time will gradually release the other person from his/her negative feelings too.





The Fire of Jealousy

“What else can I offer you, aunty, would you like some chocolates?” asked Punit as he spoke to a lady who had come to his stall during the annual school fair. To this she replied, “No, I just bought 20 packets from Dhyey Shah’s stall. He had a lot of variety.”

“Okay, okay, it doesn’t matter.” Punit answered with a weary smile. Punit and Dhyey had been classmates since kindergarten. Dhyey was always a step ahead of

Punit in all fields, be it studies, sports or any extracurricular activity; Dhyey always won. Due to this Dhyey was famous throughout the school. He was always selected for all school programs. Punit would endeavor to out-do Dhyey each time, but never succeeded.

One day, Punit returned home with a gloomy face. Putting his backpack down, Punit went near his closet to change his clothes. Just then his sight fell on the

mirror and Punit said to himself, “I look like a cry-baby.” He stared at the mirror with a grumpy face.

Just then the mirror replied, “I am a mirror. I show you as you are. But my dear friend, do tell me why you look so sad today?” Punit was startled to hear the mirror speak. With irritation he said, “It’s all because of Dhyey. Once again, he got higher marks than me in the exams. No matter how hard I try, he is

always ahead of me. I don't understand why I am always lagging behind."

With laughter the mirror replied, "Oh! So that's what's going on! You are jealous of Dhyey." To this Punit said, "Jealous? No, no Dhyey is my friend. Why should I be jealous of him?" The mirror continued, "Like I mentioned before, I am a mirror. I show you as you are."

● Punit then asked, "How do I believe that I am jealous of Dhyey?" The mirror answered, "I'll

prove it right away. Listen carefully to what I say and tell me whether you agree or not."

● When Dhyey outshines you, you don't like it.

● When people praise him, you cannot tolerate it.

● When he suffers a loss or falls back, you feel happy. In fact, you even wish for this to happen.

● Whatever he does, you feel compelled to do it all.

● You keep seeing negative qualities in him,

“ Just then the mirror replied, “I am a mirror. I show you as you are. But my dear friend, do tell me why you look so sad today.” ”

and feel a sense of dislike towards him.

● You feel like telling others about his negatives.

● You burn like fire all day long.

Tell me, do you feel all of this?

Punit was stunned with what he had just heard. Everything that the mirror had said was true. He asked the mirror, "Oh! How did you find out about all this?" The mirror replied, "I told you, I am a mirror. I show you as you are."

Listening to this, the expression on Punit's face was that of a thief caught red-handed. Seeing this the mirror said, "Your gloomy face, your resentment and irritation





are all a result of your jealousy. I have a great solution to help you overcome jealousy." Punit's face was an exclamation mark. He asked the mirror, "What is it? Please tell me."

The mirror then replied, "When you heartily appreciate the positive qualities in others, those qualities manifest in you. Our strength increases and by heartily accepting the positive in others, our jealousy for the person dissolves completely. Therefore, you too should appreciate the positive qualities in Dhyey from the bottom of your heart."

Once again with a grumpy face, Punit said, "Positive qualities and that too in Dhyey? Even if I search with binoculars I cannot find even a single positive quality in him."

The mirror rhetorically asked, "You can't find any or you don't want to find any positives?"

Punit looked down speechlessly. The mirror then said, "C'mon... tell me, when do you start preparing for your exams?" Punit thought over it and answered, "A week in advance." The mirror asked, "And Dhyey?"

Punit answered, "He studies daily. Once

Dhyey's father told me, that Dhyey always follows his timetable. He has slotted aside time to watch TV, play and chat with friends and he diligently follows the timetable."

Explaining to Punit the mirror said, "So this is known as his good time management skill. Then, have you seen him practicing tennis?" Punit replied, "Yes, at school while the rest of us chit chat, or goof around, he practices tennis."

So the mirror said, "This proves that he is sincere and hardworking." Punit said yes nodding his head. The mirror then added, "Instead of being jealous, if you appreciate his positive qualities, then these qualities will also begin to develop in you."

Punit felt inspired by these words. The following day, in math class the teacher asked the students to solve a tough problem. No-one other than Dhyey was able to solve it. At first, Punit felt jealous, but at once he remembered the teachings of the mirror. In his mind, he immediately praised Dhyey's intelligence.

Thus, Punit began to notice and happily

appreciate Dhyey's discipline, sincerity, concentration, hard working qualities. Within no time, he also became sincere and hard working like Dhyey.

Today, Punit's exam results were declared. He looked extremely happy. Punit promptly went and stood in front of the mirror. The mirror questioned him, "What's the matter? You look very happy today!" Punit answered, "How do you know that?"

The mirror said, "Have you forgotten? I am a mirror. I show you as you are."

To this Punit said, "Yes, I got my results today. Dhyey stood first while I came second. I scored the highest marks in science. The best part of all is that, I am not at all jealous of Dhyey, in fact, I am happy about his progress and at the same time I am happy with my own progress also." The mirror proclaimed its happiness saying, "I am pleased to hear about this too." Punit added, "...And as I tell others of Dhyey's result, I feel all the more lighter." To which the mirror said, "Do you know the reason?" Punit asked, "What is it?"

The mirror replied, "By speaking positively about a person for whom we hold negative opinions, the negativity in our mind gets dissolved. This is why you feel light."

Punit said, "Oh! Thanks a lot! You have given me the ultimate solution to overcome jealousy. All my energies

were lost being jealous. Now, I can steer my strengths onto the path of progress."

The mirror said, "Very good! Now, don't ever go astray, or else I will immediately catch you. You remember, don't you?" Punit replied, "Yes, yes! You are a mirror and you show us as we are." And, they both burst into laughter.



Absolutely New and Different!



Jealousy arises from comparison. Instead of concentrating on work, your attention gets focused on the other person as a result of jealousy. Consequently, your energies begin to break down. For example, Pinky practices rigorously for the running race. “If she wins, then it will reflect so badly on me, my image will get shattered,” thoughts like this keep arising. As a result, Chinki’s concentration power to work hard breaks down.

Then competition will also arise. For example, “Pinky is slim so she can run faster than me; therefore I should also become slim.” With these thoughts, Chinki gets busy in her effort to reduce weight.

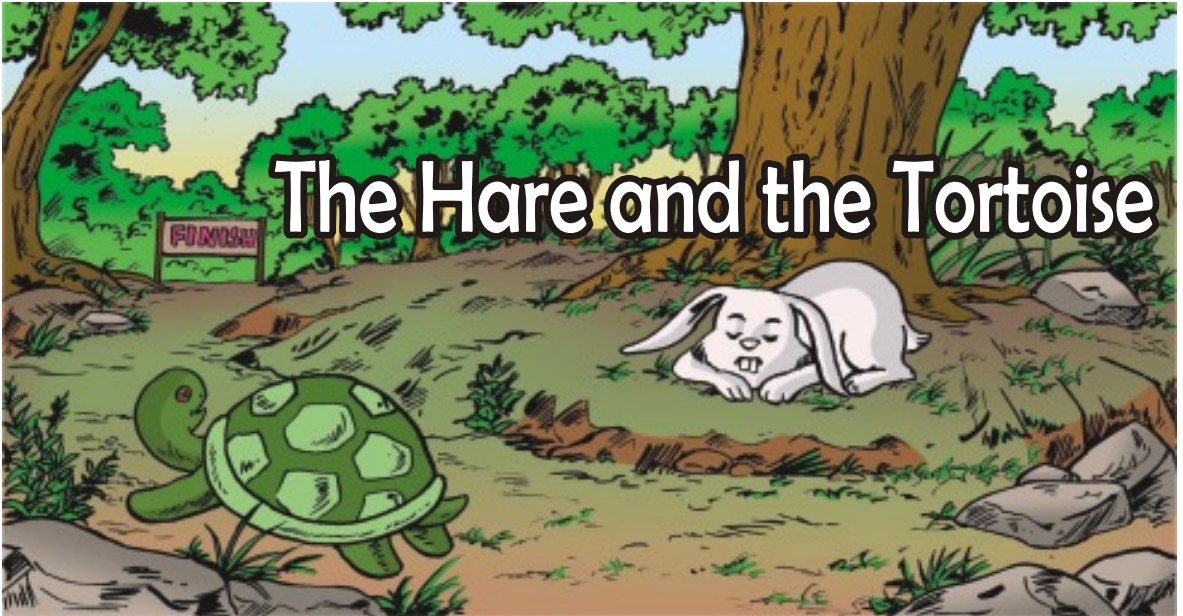




Gradually, dislike arises and one starts to have negative feelings for the other person. For example, Chinki has to strive hard to match up to Pinky's speed. When she gets tired, she starts thinking negatively about Pinky wishing that, "It would be good if Pinky suffers from Malaria. She can't run fast if she becomes weak and I will come first."

Jealousy melts away by heartily accepting the good qualities of another person and those very qualities begin to develop in you. For example, "She has such great strength to run fast. She also has a lot of stamina which is the reason why she does not get tired easily."





Everybody knows the story of the hare and the tortoise. They had decided to have a running competition. The hare thought that, "The tortoise is running so slowly. He won't be able to catch up with me, so let me rest for some time." While resting, the hare fell into deep sleep and the tortoise slowly and steadily went ahead and won the race. So let's see what happened next.



The hare could not accept the defeat. In order to prove that he was faster than the tortoise, he challenged the tortoise to another race. This time around, he did not stop to rest on the way and easily won the race.



Now the tortoise became jealous of the hare. He thought, “How can I defeat the hare?” when an idea struck him. He asked the hare, “Do you want to race again?” The hare said, “Yes.” “But this time we will pick a different route,” said the tortoise. The hare agreed and the race began. The hare was way ahead of the tortoise. Soon he reached the banks of a river and stopped right there. The finishing point of the race was on the other side of the river. The hare wondered, “What should I do now?” In meantime, the tortoise swam across the river and he won the race.



I am the fastest.

They argued once again about who was faster of the two.

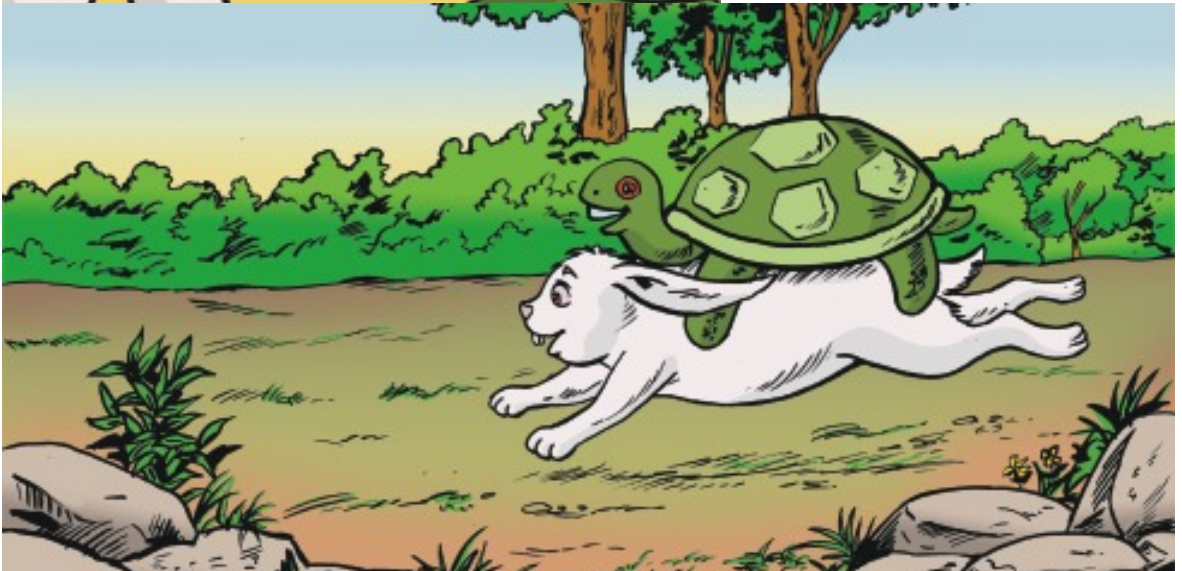
No, I am the fastest. I won the race twice.

After the last race, both of them had realized that one was faster on land and the other was faster in water. Instead of being jealous of each other and competing, if teamwork is applied, then both of them can easily reach their goal.

They decided to have the last race once again, but not with the aim of competing with each other.

I think if we help each other out we shall be able to perform much better.

Yes, I feel the same way.



They began the race. While they were on land, the hare carried the tortoise on his back and sped along until they reached the river bank.

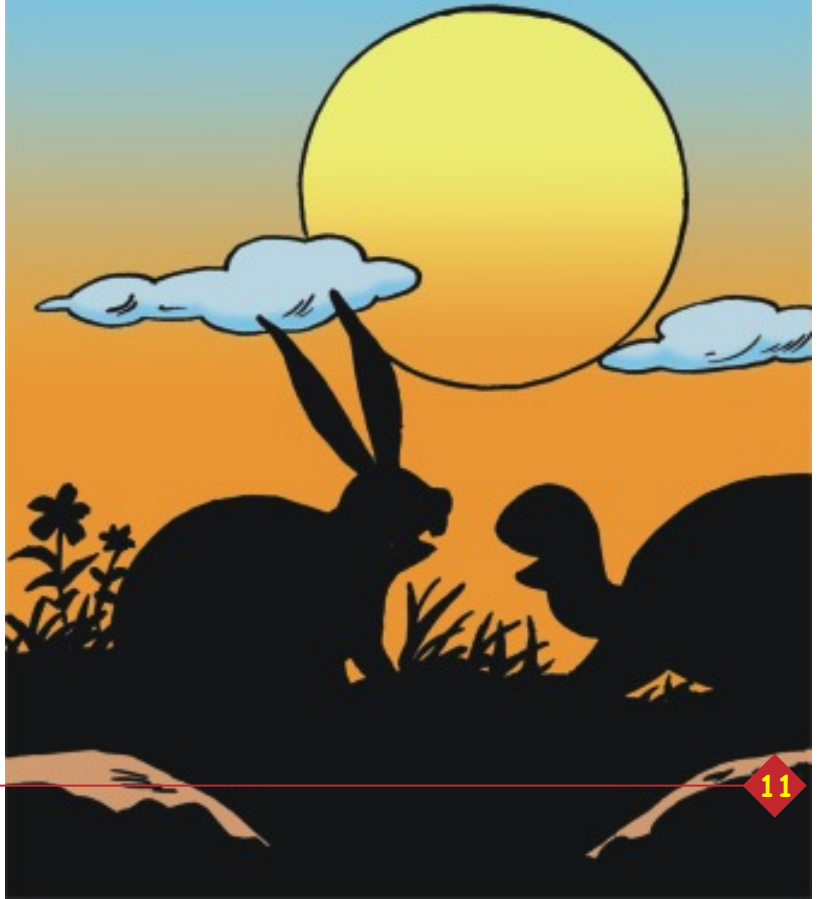
At the river, the tortoise lifted the hare on its back and he quickly swam across the river to the other side



In this way, they both reached their goal faster and more easily than in the previous races. They were both deeply satisfied.

From that time, they became the best of friends.

You see friends, instead of being jealous and competing with one another the result is always better when we combine our individual strengths.





Sweet Memories

This is an incident that happened a long time back. Once it happened that a person accused Niruma of a big offence. Upon hearing of it, Niruma felt inner turmoil. Her ego was tremendously hurt. Dada was unwell during that time so Niruma was in his constant service twenty four hours a day. Seeing Niruma's face, Dada immediately understood that something had happened. At the first possible opportunity, Dada asked Niruma, "Niruben, what has happened to you? Why is your face not glowing with happiness?" Since Dada was unwell, Niruma avoided telling him the truth. Instead she said, "No, Dada, it's nothing at all. Everything is fine." In any case, Niruma had never said

anything negative about someone else to Dada. Whenever she said anything, it was always positive.

All the same, this time Dada insisted and asked Niruma, "Niruben, tell me what's happened to you." Eventually, Niruma spoke about the matter with Dada saying, "Dada, today my ego has been hurt." Dada said, "Is that so? What happened?" To this Niruma replied, "Nothing, but the ego has been hurt." Then Dada asked, "Is that so? Whose ego has been hurt?" Upon hearing this Niruma immediately realized that it was 'Niruben's' ego that had been hurt. With the words 'who's ego has been hurt,' there was immediate separation and all the suffering immediately came to an end. Yet again

after a few moments, Dada asked, "But, do tell me what happened, Niruben. What happened to you, who hurt your ego?" When Dada insisted yet again, Niruma said, "Dada, this person has expressed these opinions about me. But now I don't feel anything at all. It has dissolved within, as I related the incident to you. So, I want to end the matter here." And with this the matter came to an ended right there.

The next day, suddenly that person came to pay his respects to Dada. Just as Niruma's sight fell on him, she instantly brought out the gifts that Dada had bought from America. Selecting the best wrist watch, she handed it over to him saying, "Here, this is Dada's 'prasadi' (blessings) for you." At first, the man was shocked to see Niruma but he became pleased to hear that it was Dada's 'prasadi' (blessings). Dada witnessed all this. After the man left, Dada looked very lovingly at Niruma and said, "I expected no less than this kind of nobility from my Niruben."

See, how noble our Niruma was! Jealousy was not even a consideration when it came to her.



Mythological Stories

In the hermitage of a small village, there lived a sage. Deeply impressed by the sage's simple life style and deep penance, the sarpanch (Chief) of the village took the responsibility to cater for his food and other daily needs. With passing time, the sage became accustomed to these amenities. Being the only sage in the village, he was never fearful of losing the comforts of these amenities. He did not

require much in terms of things or necessities because of his lifestyle of penance. As such, the sage progressed on his path towards salvation with peace of mind as he engaged in penance and disciplined spiritual effort.

One day, an ascetic of a higher order arrived at the village on his journey from a distance away. This ascetic who appeared indifferent to worldly attachments, sat down to give the village folk spiritual discourses. Just

then, the sarpanch who happened to be passing by heard the ascetic speak. Profoundly impressed by the ascetic, the sarpanch invited him home. The ascetic accepted his courteous invitation and arrived at the vast residence of the sarpanch the next day. The ascetic was not tempted at all by the immense respect, delicious food or other facilities and things offered by the sarpanch. The sarpanch made arrangements for the

ascetic to stay in the same hermitage where the sage lived.

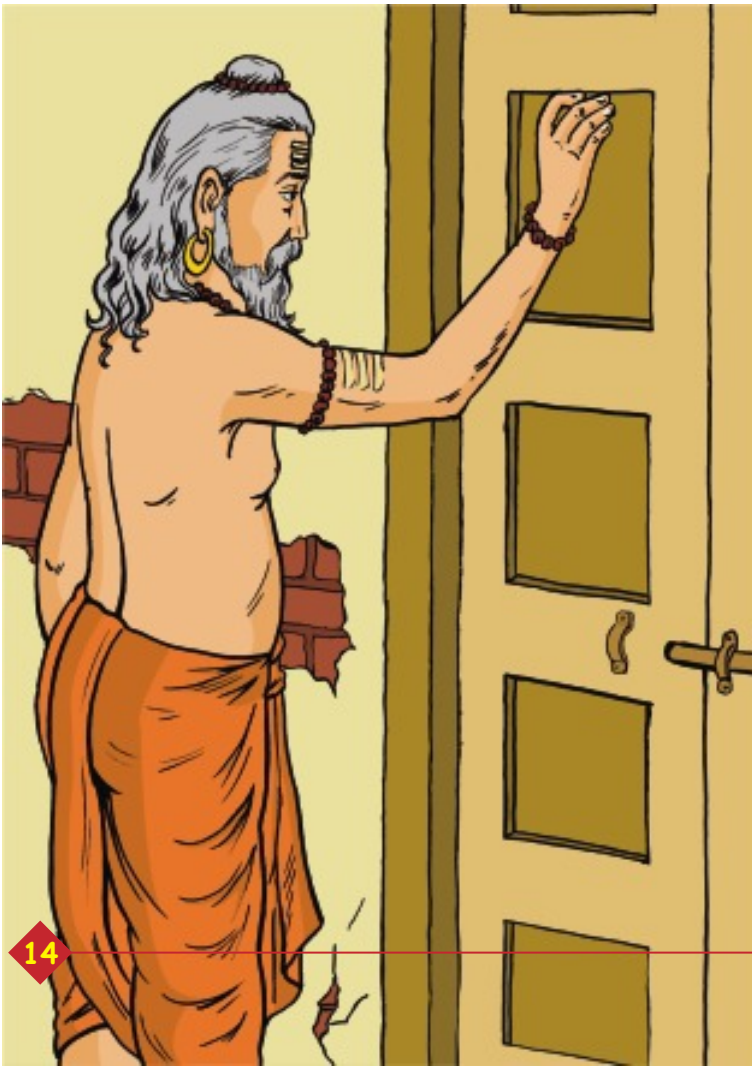
Days passed by and the sarpanch would go everyday to the hermitage to listen to the ascetic's words of wisdom. The love and respect that the sarpanch and the village folk felt in their hearts for the ascetic increased by the day. As a result the sage started to feel jealous of the ascetic and he began to think, "If the villager folk give more importance to the ascetic than me, all the privileges

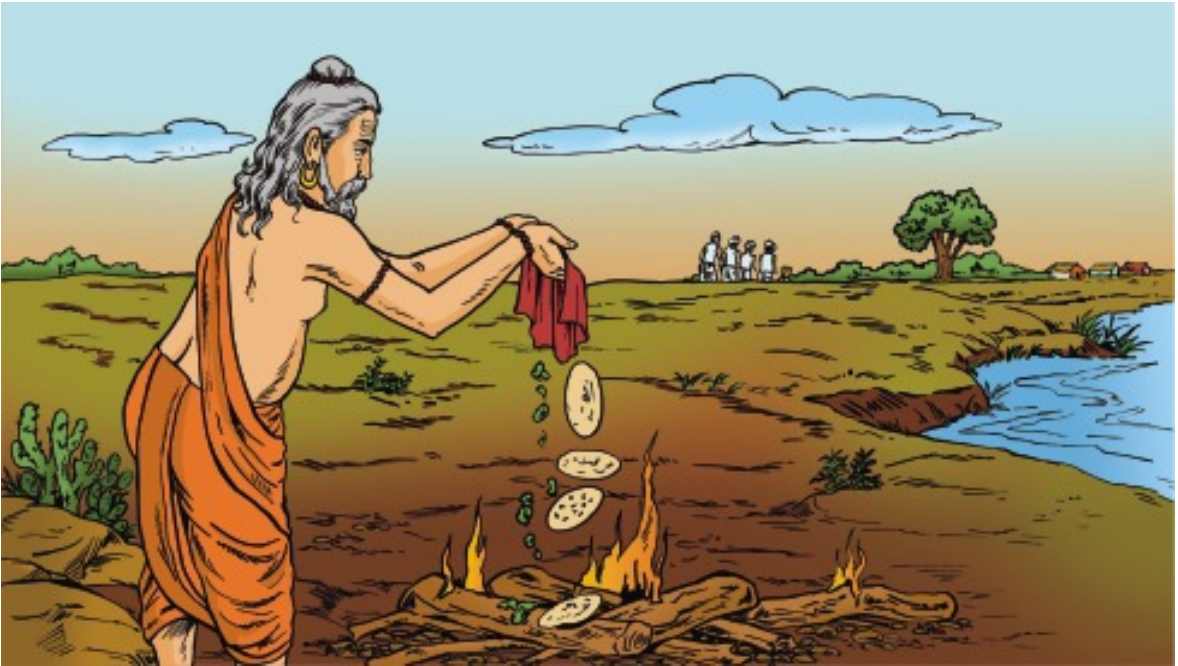
“**While thinking in this manner, he happened to see a few people coming out of a funeral ground after having lit a pyre. The pyre was still burning, so the sage threw the ascetic's meal onto it and heaved a sigh of relief.**”

and food that I am getting now will be passed on to the ascetic and I will lose everything.”

The next day, as per the daily routine the sage and the ascetic met for the morning prayer rituals. The ascetic talked casually as always but the sage felt dislike and contempt for him out of jealousy. The ascetic realized that the seed of envy had been sown in the sage's mind and felt compassion for him.

One evening, at dinner time as per daily routine, the sage would offer prayers at the temple and ring the bell loudly. After this, he would go and knock on the door of the ascetic's room. The ascetic would then end his meditation and they would both leave together to go for their dinner at the sarpanch's house. On that day, the sage rang the temple bell so lightly that it would not even have startled a bird. He also knocked on the door of the ascetic's room so lightly that no-one could have heard it and then went off to the house of the sarpanch. As the sarpanch inquired about the ascetic's absence, the sage said, "Sarpanch, it seems like the slumber arising from your delicious meal has not yet worn off the ascetic. It appears that the ascetic has fallen into such deep sleep while meditating that he heard neither the temple bell nor the knocks on his door.





You should serve him a lighter meal so that he doesn't suffer such obstructions to his penance." All the same, the sarpanch packed a meal for the ascetic. The sage left without saying a word.

Half way back the sage thought, "If the ascetic keeps eating such delicious meals daily, he'll never think of leaving this village. No matter what I should not deliver this meal to him. But if I throw it on the way, the crows will come and make noise and people will get to know that the food given by the sarpanch has been thrown here. If I give it to a beggar, people passing by will see me in the act and the news will spread. If I throw it into the water, the butter

from the food will float in the water and people will come to know." While thinking in this manner, he happened to see a few people coming out of a funeral ground after having lit a pyre. The pyre was still burning, so the sage threw the ascetic's meal onto it and heaved a sigh of relief. On the way back, he thought about everything that he would tell the ascetic. But, what is this? The sage searched the entire ashram for the ascetic but there was no sign of him anywhere. The sage immediately understood that, "Since the ascetic had no worldly longings, he must have felt my negative vibrations and left."

The sarpanch continued

to fulfil his responsibilities towards the sage as faithfully as before, but the sage's mind was very disturbed since that day and he later passed away in that state of mind. As a result of these bad deeds, the sage had to suffer immensely in his next birth where he was deprived of even one square meal a day. He was reborn as a dog and had to wander on the streets in search of food and even fight other dogs for food.

Do you see friends, the consequences of jealousy, deceit and slander are truly horrendous! A person would have to become an animal from human and even undergo hellish sufferings.

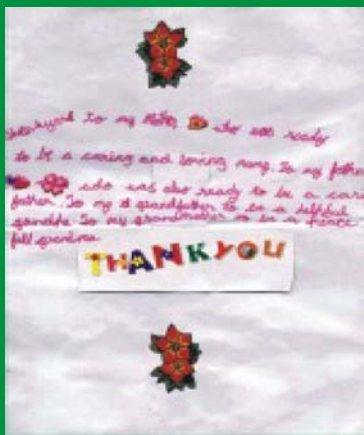
Result of card competition

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Khushi Satyam, Mumbai
Age: 8 Year

Soham Raval, Rajasthan
Age: 8 Year

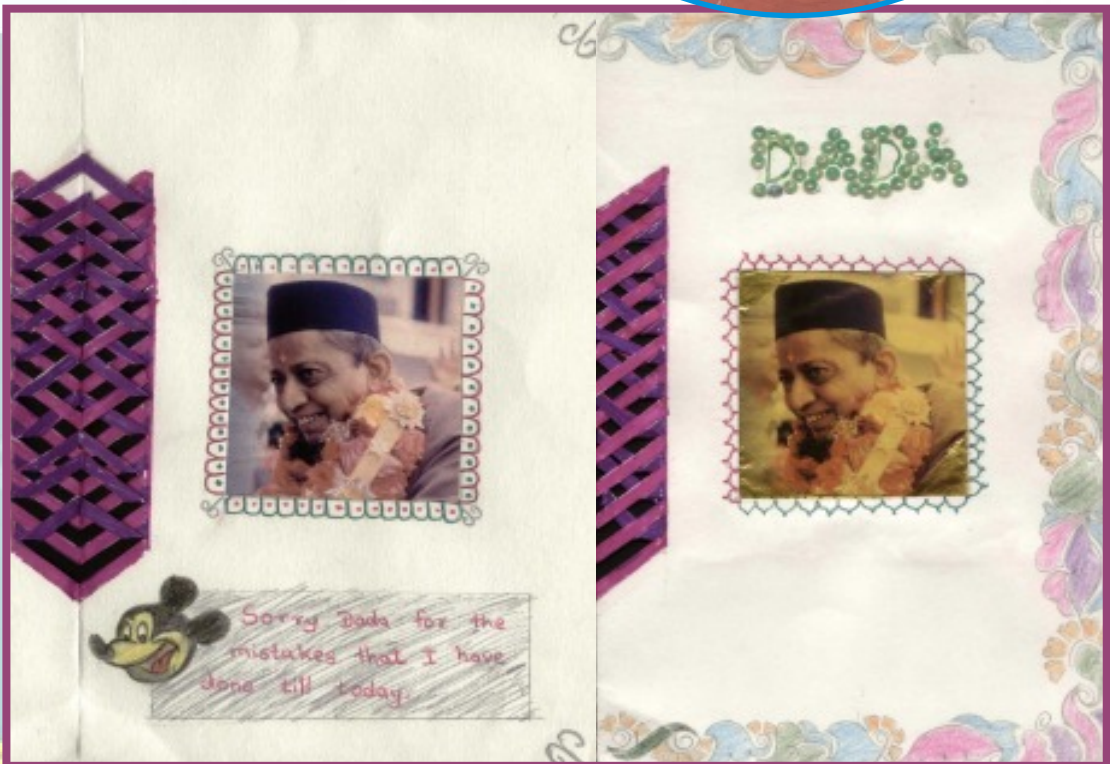


second Prize – Shrusti Dodiya, Ahmedabad, Age: 7 Year

10 to 12 year

First Prize

Manshi Patel,
Ahmedabad,
Age: 11 Year



second Prize - Hinal Rathod, Baroda, Age: 11 Year

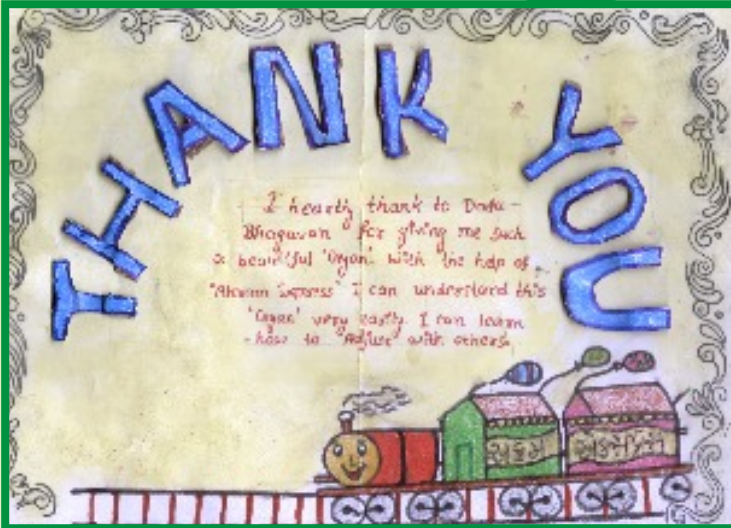
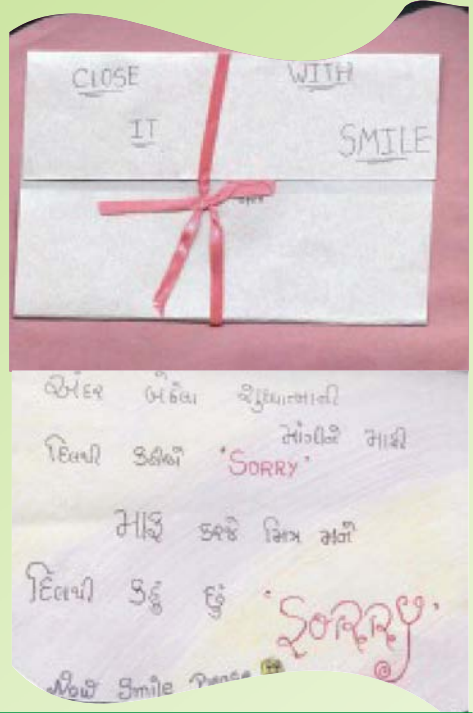


13 to 15 Year



Purva Maldhari,
Simandhar City,
Age: 14 year

FIRST PRIZE



Second Prize - Nikita Pujara, Rajkot, Age: 15 Year

