

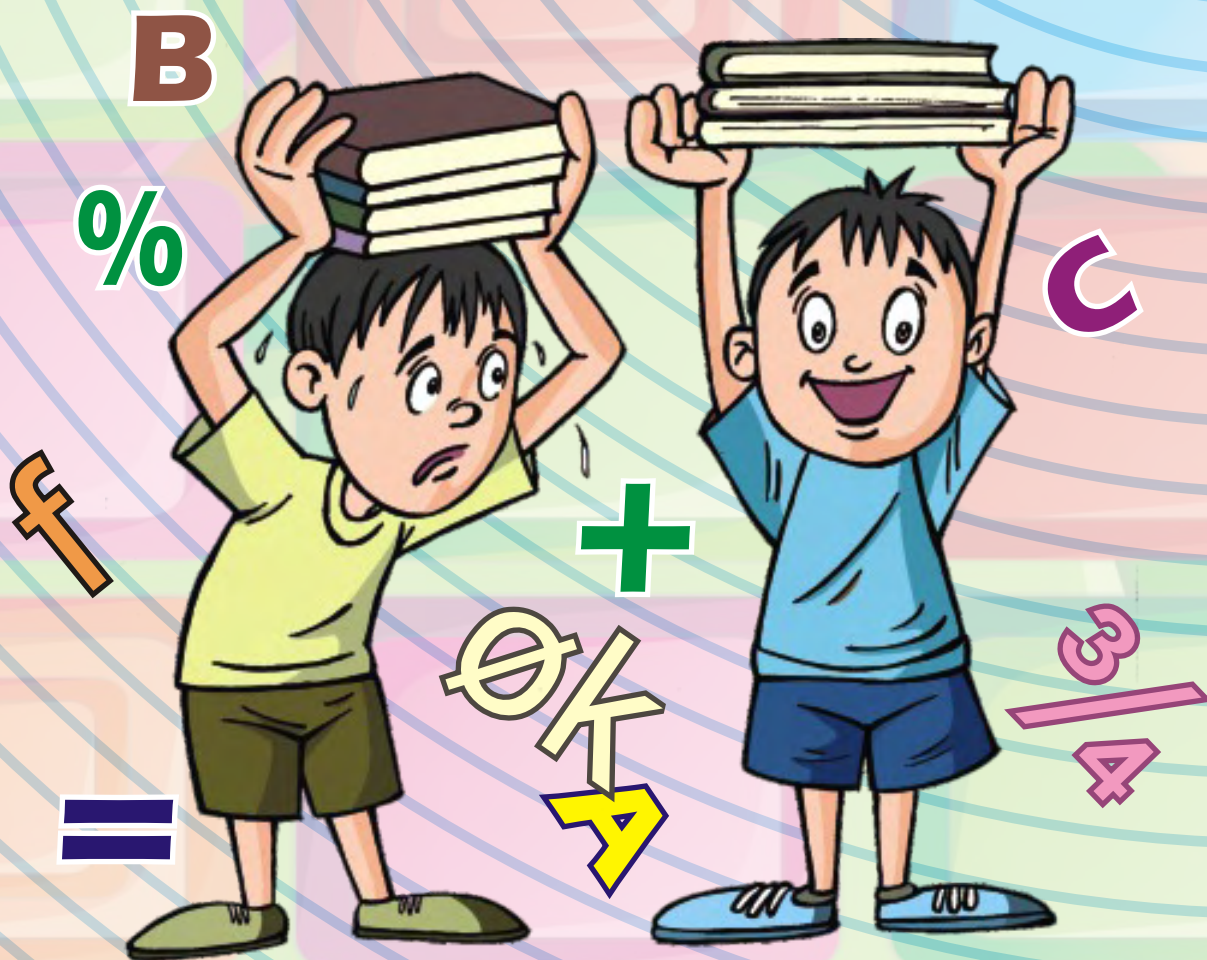
March 2010

Dada Bhagwan Parivar's

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AKRAM Express



Exams Again!



AKRAM Express

Exams Again !

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Friends,

‘EXAMS AGAIN!’ Does it make you anxious to read this? Relax; no-one is going to examine you here. On the contrary, this issue will provide you with such terrific understanding that you will never be afraid of the word ‘exams’ in your life again.

This issue contains extraordinary keys to understand the importance of exams during our student life, how to increase our memory and concentration, how to free ourselves from the burden of exams etc. So, let us thoroughly understand all the reasoning given in this issue and successfully pass every exam that we face in life.

All the best!!!

- Dimple Mehta

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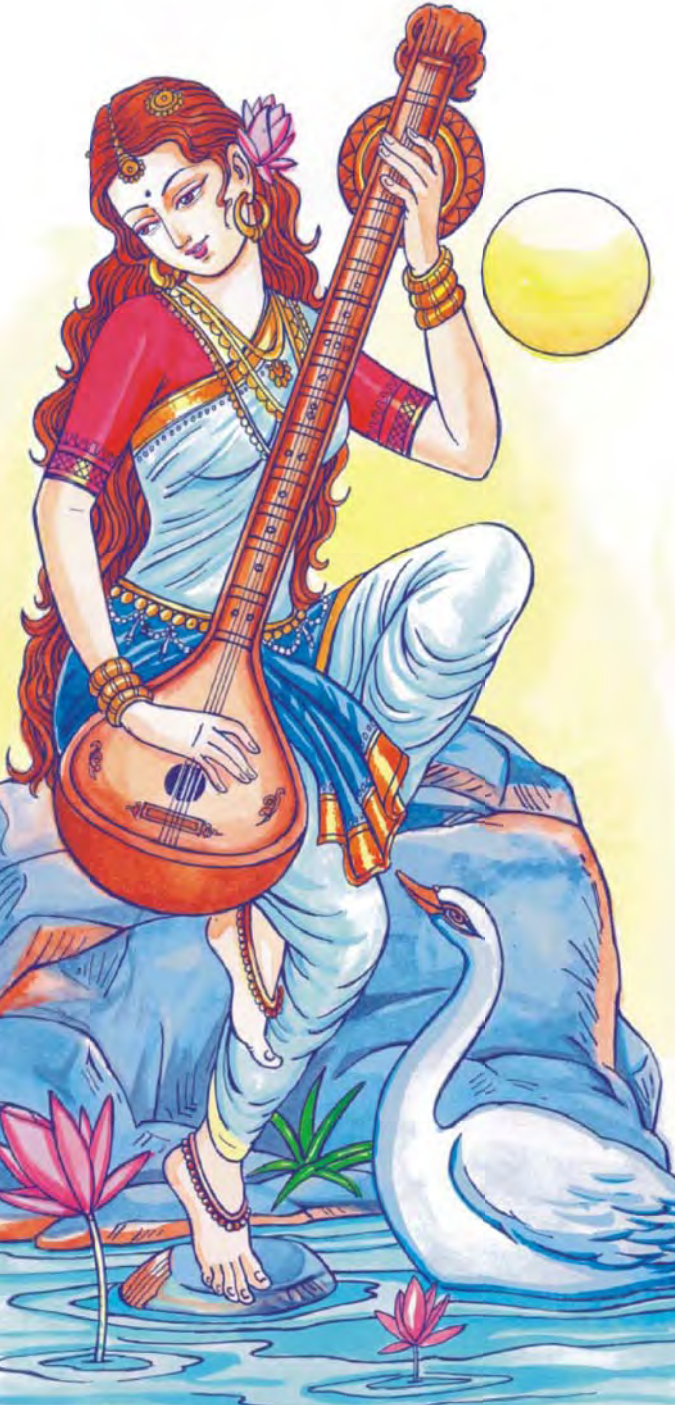
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name of ‘Mahavideh Foundation’.

Prayer



Saraswati Devi aap amari vidhyani
denari,

Mangu hun aapni paase mata, premal
madhuri vaani (2)

Vaanino durupyog jyan karyo,
Jooth asatya, prapanchthi.

Saraswati mata kshma dyo
amne,

Fari bhool evi na kariye.

He Shardamata! Sanmukhe uchhravo
savaadi vani.

Mangu hun aapni paase ...

Hasi udavi, kari mashkari,
Jokham ema bhaari.

E jeevma bhagwan biraaje,
Chootiye maafi mangi.

Aapana kayda paadine mata, kariye
tamne raaji.

Mangu hun aapni paase...

Pratyaksh che aa Saraswati,
Maliki vagarni vaani.

Kaadhi naakshshe kaam
vishvanu,

Laakho hradayne jagaavi.

Aho gajab vitraagi Dada, namu hun
vaari vaari,

Mangu hun aapni paase Dada,
meethi madhuri vaani.





The Wonderful Power of 'Chit'

questions which you have to answer. Don't worry, this is not an exam, and you'll like the questions too. So, are you ready?

1. Who is the captain of India's current cricket team?
2. Which is the latest film released this month?

3. Who won the Miss World title this year?

4. What is the name of the most recent mini car launched?

5. Who discovered water on the moon?

Excellent! All your answers have been prompt. Our thermometer says that your memory is very powerful.

Now, let us conduct one more experiment. Close your eyes. Now think of your mom and dad, can you visualize their faces? Next, can you picture your closet and study table? Can you see the clock placed on your study table with closed eyes if you want to?

Aren't you amazed about who sees all this, even though your eyes are closed? Come, let's find out the secret behind it.

Just as our body consists of organs like hands, legs, eyes, nose etc, similarly, there is an invisible body within us known as 'Sukshma Sharir'. It is made up of 'mun' (mind), 'buddhi'

What did you say? You cannot remember science equations? You cannot remember dates in history? You don't remember the names of authors in language class? You cannot solve math problems?

So what do you intend to do?

Nothing, we just memorize.

Oh! Let's evaluate your memory power.

What? Can memory power be evaluated?

Of course, just as a thermometer is used to measure temperature, we have a thermometer to evaluate memory power. I shall ask you a few





(intellect), 'chit', and 'ahankar' (ego). Amongst these, 'chit' is like a camera. Once the camera clicks a picture, it can be viewed as and when desired. In the same way, during any activity, if the 'chit' is present, then the 'chit' stores it like a picture. Later on, we can recall it whenever we wish to do so.



Now, what should I do?

Do not worry.

There's a solution for that too. Dadaji used to say that by chanting 'Dada Bhagwan na aseem jai jai kar ho' with closed eyes in such a way that each letter can be read, for 10 minutes before starting to study, focuses the 'chit'. Doing this will increase your stability and help you to focus your attention on studies. As a result, you will instantly remember what you read. Gradually, your results will get better and better each day.

Now be honest. When you try to learn science equations or history dates, is your 'chit' present there or...

No, no! At that time the 'chit' has wandered off into a cricket match, or a picnic, into partying, eating or any number of diverse distractions...

Yes... That's why the 'chit' remembers everything other than studies. This is because we are interested in all those other things. Our concentration gets disrupted solely due to our wandering 'chit' and ultimately we do not achieve success in that particular field.

Does the 'chit' really hold so much strength? Oh! You still don't believe it? I'll give you a couple of examples.

Let's begin with our beloved Niruma. You are well aware that she was a doctor. In order to be a doctor, one has to study thick volumes of books. While studying, Niruma would read page by page and commit it to memory. She did not need to go through it a second time because she used to say that, "It is all printed in my mind." She passed all her exams with flying colours in this manner and became a doctor. Not only that, but she could easily recollect the names and other details of people whom she had met years ago.

Second, let's take the example of Shrimad Rajchandra. His extraordinary memory could put even highly learned scholars to shame. He could perform multiple activities all at the same time. This phenomenon is known as 'avdhaan'. This means that he





would be playing chess with one person, cards with another, keeping count of the number of times the bell would ring, count the number of marbles thrown over his shoulder, multiply and divide large numbers, write poetry on a given topic, rearrange wrongly placed words in different languages, all at the same time. He could perform one hundred such 'avdhaans' (activities) simultaneously at the young age of just 19 years.

The third great personality is Swami Vivekananda. Once he was out on a stroll on the banks of a river. There, a few young boys had thrown rubber balls into the gushing river waters and were taking aim.

However, it was very difficult to pierce the balls being pulled

away speedily by the choppy waters. As a result, none of the youngsters could pierce the ball.

On seeing this, Swamiji laughed light heartedly. In response, the boys asked him to give it a try. Swamiji took the gun in his hands. He aimed at a ball being tossed about in the raging waters and bang, bang, bang... he shot one after the next at each of the six balls, piercing them.

The boys were stunned to see this. They said, "You seem to be a professional marksman." Swamiji replied with a laugh, "No, no! I am holding a gun for the first time in my life."

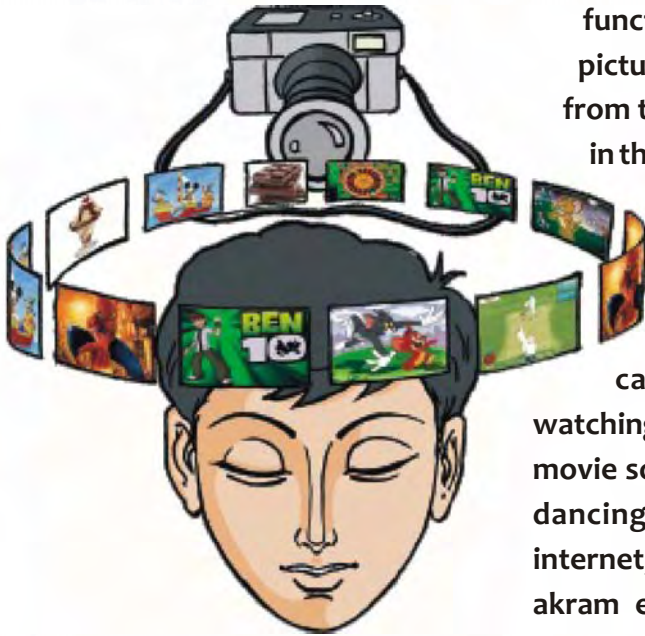
Hearing this, all the youngsters were dumb founded. Swamiji understood the reason for their astonishment and said, "I could aim well due to my focus on the goal."

See friends, there have been many such examples in our history. So always remember...

"Focus your 'chit' on your target and you will never miss your goal."



Introspect Yourself!



Friends, did you know that our 'chit' functions like a camera and clicks pictures of things. Find your favorites from the list given below and feed them in the camera of your 'chit'.

Watching TV serials, eating ice-creams, eating chocolates, studying, chatting on the phone, watching sports, watching cartoons, playing video games, watching movies, traveling, listening to movie songs, reading magazines, satsang, dancing, shopping, browsing on the internet, painting, craft, cooking, reading, akram express, reading comics, reading educational books, and washing dishes.

Fill in the blanks from the choices given in the brackets.

1. The entire day gets spent going to school, doing homework, doing extra curricular activities, sleeping and having meals. In order to use your times in the best way possible, a _____ should be prepared. (study plan, menu, TV guide)
2. The three things that waste time while studying are _____, _____, & _____. (reading text books, TV, reading question papers of previous year, internet, phone)
3. If we study in the presence of _____, then we can remember all that we have read. (friends, 'chit', Parents)
4. If we cultivate _____ in studies, then we can study with full concentration. (scare, tension, interest)
5. In order to stay healthy during exams, _____ & _____ are very essential. (balanced, diet, exercise, junk food, fasting)

Answers: 1) Study plan 2) TV, internet, phone 3) 'Chit' 4) Interest 5) Balanced diet, exercise



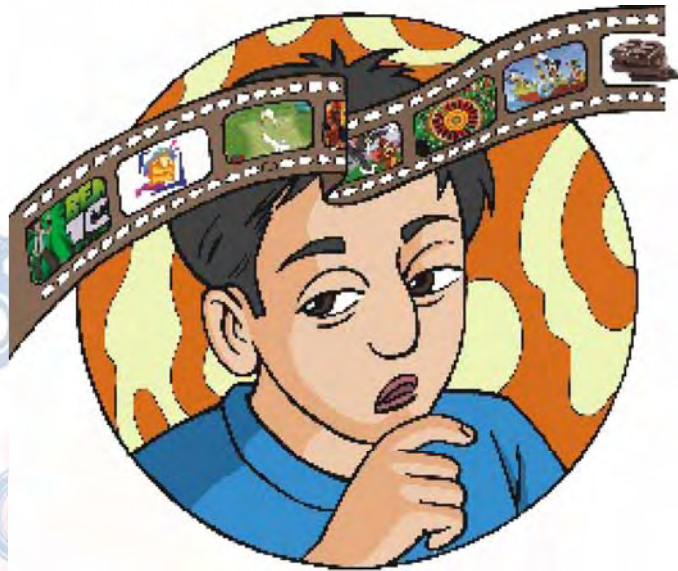
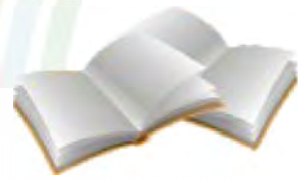
Absolutely New and Different



We enjoy television, movies and movie songs but it spoils our 'Chit' and weakens our memory too.

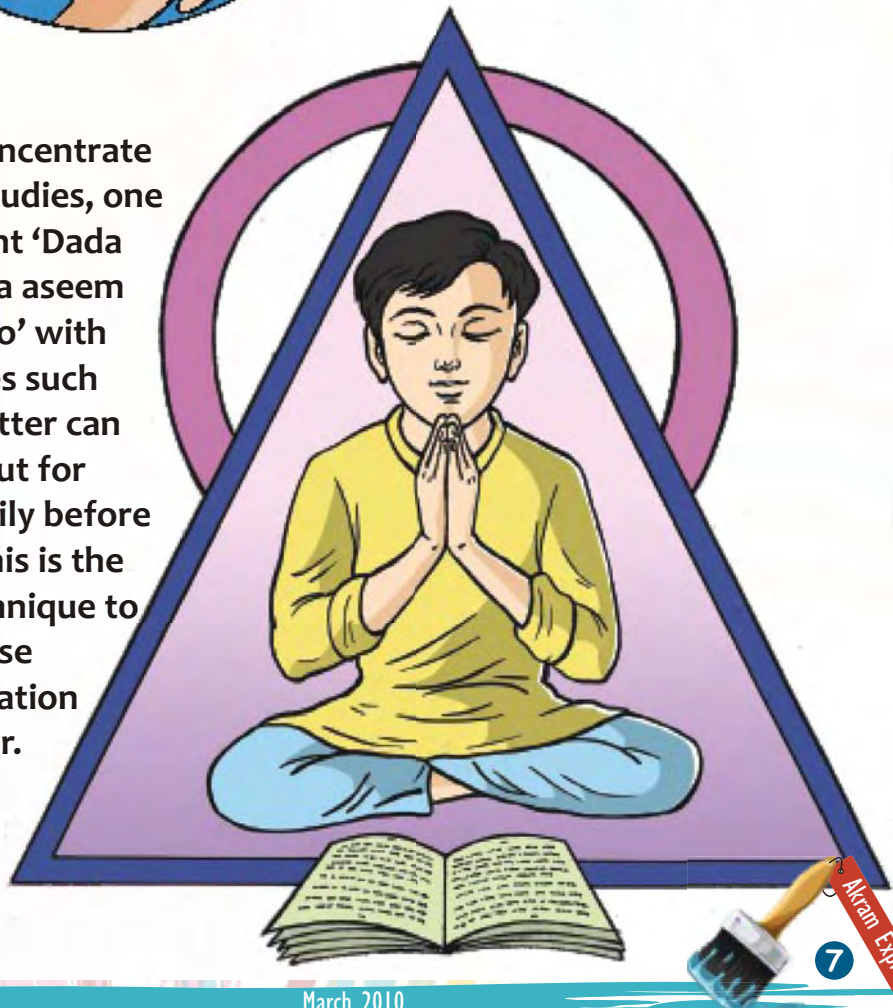
'Chit' is like a camera. The camera only shows the pictures that have been clicked, doesn't it?





Likewise, one will remember only those pictures that the 'Chit' has clicked. The chit instantly clicks pictures of its areas of interest, for example, picnics, parties, cricket, movies, cartoons, serials etc. That is why all of these are immediately committed to memory.

In order to concentrate the 'Chit' on studies, one should chant 'Dada Bhagwan na aseem jai jai kar ho' with closed eyes such that each letter can be read out for 10 minutes daily before studying. This is the ultimate technique to increase concentration power.





Exams Again!

Part 1

After a relaxing break on Sunday, everyone was studying with renewed energy and vigor on Monday. Just then, the teacher Mr. Joshi announced, "There will be a science exam this Friday. The exam will not be too difficult. Those who study well will pass the exam easily." Hearing this, everybody's elated faces fell into a gloom. After school, all the students discussed the upcoming exam on their way home.

Ankit arrived home and saw his elder brother Apoorva watching TV. Seeing the gloom on Ankit's face, Apoorva asked him, "What happened Ankit? Has another exam been announced?" As Ankit was in no mood to talk, he responded curtly, "Yes, we have a science exam this Friday."

Saying this he walked off to have his meal.

After eating, Ankit went to his room. Apoorva followed him and saw that he was preparing to go to sleep. Apoorva said, "Ankit, I am going to study now, come and join me." Ankit yawned and lazily replied, "I'll study later. I want to sleep right now." Saying this, he stretched out onto his bed. Apoorva quietly walked away.

When Ankit woke up, his friend Arjun arrived waving two tickets in his hand and said, "Ankit look at this, I have got two front row passes for the ongoing cricket match at the stadium. Do you want to come along?" Ankit replied excitedly, "Of course I do. I don't miss watching any match on TV, how can I miss the opportunity to watch it live at the stadium? I'll be



ready in a jiffy.” While studying, Apoorva overheard their conversation. He reminded Ankit saying, “Don’t you have to prepare for your exams?” Ankit casually replied, “I’ll do it later. There are quite a few days left to the exam.” Having said this, he went to watch the match.

Ankit started to feel tense because the exam was the next day and he hadn’t studied at all

thought to himself, ‘I will study upon my return’ and he went off to the restaurant. When he got home, his favorite TV serial was being telecast. ‘Oh! I cannot miss this episode at any cost; the suspense is going to be revealed. I still have two days left to prepare for the science exam,’ and

with these thoughts, he settled down to watch TV.

The next day, his paternal cousin, Samir visited him. Right from childhood, Samir and Ankit got along very well. Samir asked, “My friends and I are going to a restaurant, would you like to come?” Ankit remembered the looming science exam, but upon hearing the invitation to go to a restaurant, he began to salivate. He

On Wednesday, Ankit sat to study. He was not feeling well and thought, ‘...may be it’s because I ate at the restaurant yesterday. I should take some medicines so that I am better by tomorrow.’ He then spent the day resting.

Before he knew it, it was Thursday.





Ankit started to feel tense because the exam was the next day and he hadn't studied at all. He had no option but to learn everything by heart for the exam. On Thursday, he spent the entire day and night memorizing.

Finally, the examination day arrived and Ankit was scared. He was very tired, having stayed up all night studying. As soon as Ankit received the exam paper, he got frightened and forgot all that he had memorized. He could not write anything and as a result he failed.



Mr. Joshi announced, "My hearty congratulations to all the students who have passed. Those who have failed need not be disheartened. Next Friday, they will have the chance to attempt the exam again. They will have the opportunity to study hard once again and pass. Best of luck to all of you!" After school, all the students went home.

Somebody else told Apoorva that Ankit had failed the science exam and that he had the opportunity to try again. Ankit came home and went to sleep



Exams Again!

Part 2

without eating. When he woke up in the evening, Apoorva lovingly said, "Ankit don't be discouraged at all. You will definitely pass the exam this time around. Come; let's go out for a stroll. I'll tell you from my experience why exams are useful to us and shape our lives in the future. This will definitely help you."

At that time, Ankit was in such a state that he was willing to accept

anyone's suggestions.

He went out with Apoorva, who began by asking, "Ankit, what happens to you when you hear the word 'Exams?'" Ankit said with a frown, "I get bored. Why does the school need to have exams so frequently! Does it prove that we have understood everything if we simply pass a 50 or 100 mark examination? And other than a few subjects, the rest are not useful to us in our daily lives at all. Then, what sense does it make to study, remember and work so hard? This is what I keep feeling so I have no interest in studying and giving exams."

Apoorva said, "Oh! Let's leave aside the knowledge of the various subjects for now. Even so, exams tremendously shape our lives. Do you know how?

- 1) It helps develop the virtue of sincerity in us
- 2) Exams train our mind and prepare it to adhere to our goals
- 3) It makes us realize our responsibilities
- 4) It teaches us how to plan, in order to accomplish a task within given timelines.
- 5) Helps us lead a goal-oriented life
- 6) Develops our intuition
- 7) Expands our vision
- 8) Helps us to become an ideal person.
- 9) Helps to measure our knowledge/skills

Ankit then remarked with irritation, "Brother, this is all big talk. Say something that I can understand." Apoorva thought for a moment and responded, "Fine,





Let's take your example. You had a three day advance notice of the exam. First of all, you should make a firm decision to pass the exam, under any circumstance. After that, in order to attain the goal, you should plan, 'There are three days available and I have this much study material to cover. Then how much time can I allocate to studying, to playing and watching TV etc?' It is possible that you may have to reduce the time spent watching TV and playing, compared to your normal routine. But, once you make a firm decision to pass, your mind then understands the responsibility and is prepared to work in accordance with the set goal. Initially, you may find it difficult to reduce the time spent chit chatting, playing and watching TV, but you should sincerely follow your schedule as per your planning. In this way, your mind gets trained. As a rule, when a person

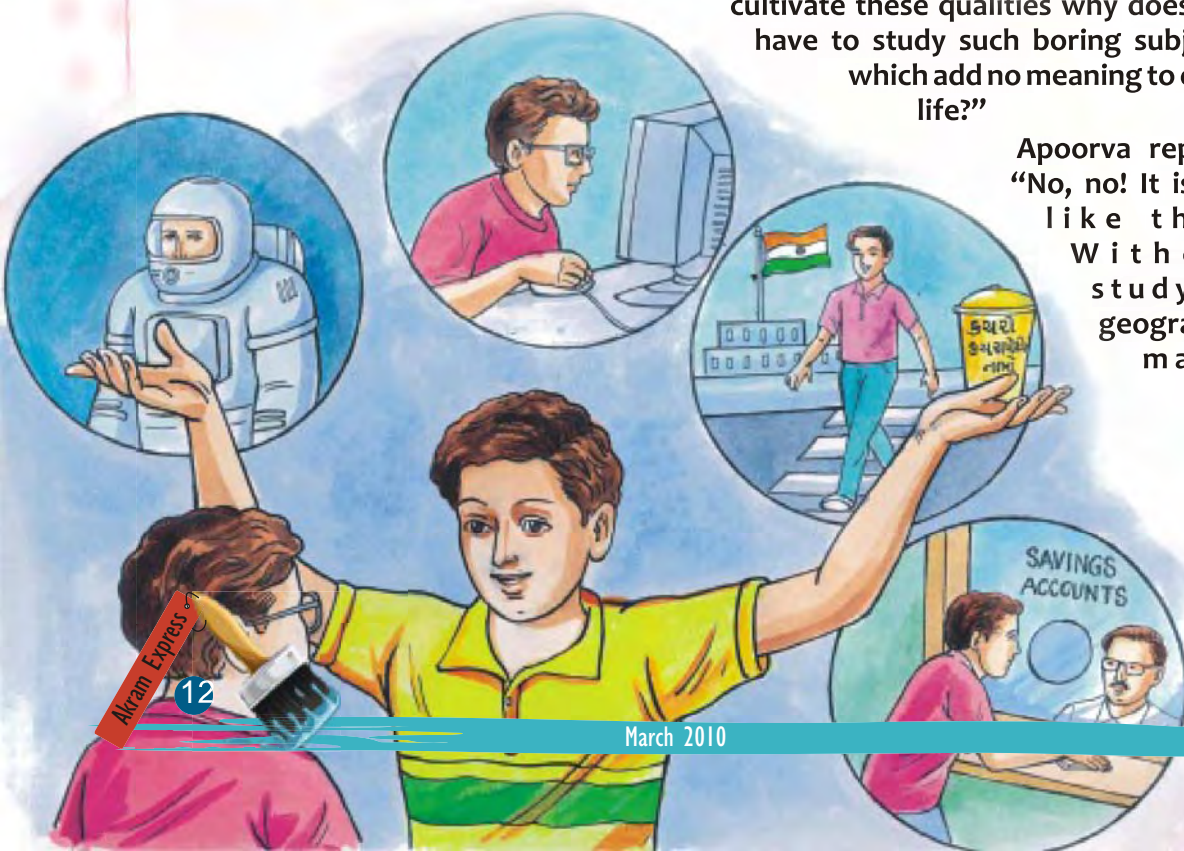
**Brother, this is all big talk.
Say something that
I can understand**

sincerely tries to attain a goal, then his/her power of intuition blossoms to help him/her accomplish that goal. His/her vision broadens and it helps him/her easily attain his/her goal."

Seeing, Ankit accept this understanding, Apoorva continued, "Therefore, it is only because of exams that we develop all these qualities, which help us in the future too. Once you grow up, whether you are employed, run a business, or just lead an ideal life, qualities such as ambition, sincerity, presence of mind, intuition etc. are really helpful."

Ankit said, "Oh! I had never understood the importance of exams in this manner before. But in order to cultivate these qualities why does one have to study such boring subjects, which add no meaning to one's life?"

Apoorva replied,
"No, no! It is not
like that.
Without
studying
geography,
man





would not have been able to land on the moon. Your favorite ‘internet’, is a gift of science. By studying civics we learn the duties of an ideal citizen. Math teaches us to calculate and maintain accounts. Don’t you think so? If you ponder over this peacefully, you too will realize that all this is very useful for us in our lives.”

Hearing this, Ankit said regretfully, “Brother, had you explained all this before, I would not have failed. I shall never make this mistake again.”

Apoorva added, “And this too is an important lesson, taught by exams.”

Ankit did not understand what Apoorva implied, and asked, “What important lesson?”

Apoorva responded, “If you ever fail in an exam, then you understand your mistake and consequently make a firm resolve never to repeat such a mistake. We learn to walk on the right path.”

To this Ankit replied, “Brother, you are absolutely right. Now, I understand how I should study.”

Hearing this Apoorva heaved a sigh of relief. It was getting dark outside, both brothers returned home. After dinner, Ankit immediately prepared a daily time table to study for his exams.

On Sunday, Arjun came and asked Ankit to play cricket with him. Ankit replied, “Not now. I will join you after an hour, during my break.” Thus, Ankit followed his timetable sincerely. Besides preparing for his exam, he also completed an English essay, a craft project and some work on Social Science in a timely manner. He also managed to spare enough time for games and relaxation.

Soon it was Friday; Ankit gave the exam confidently and passed with 90% marks. He was extremely pleased with the result and went straight to Apoorva and showed it to him. On seeing the wonderful result, Apoorva embraced him lovingly.

This was the first exam that Ankit gave without getting bored.





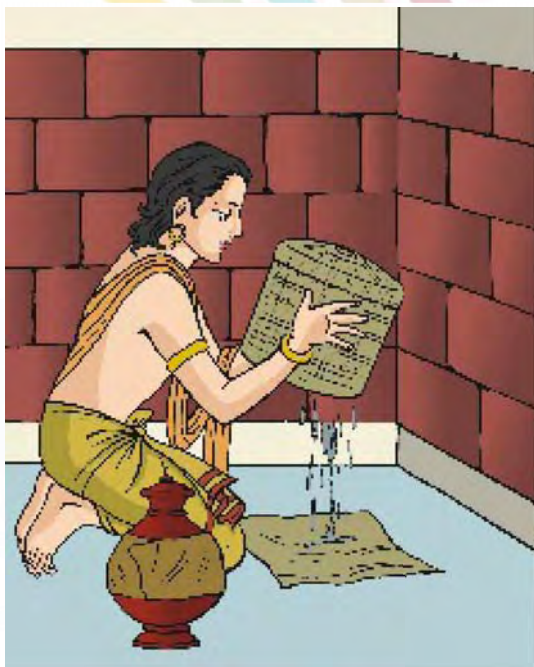
Mythological Stories

Prasenjit, the king of Magadh, had a hundred sons. In order to determine who of the hundred sons would be the appropriate heir to the throne, once king Prasenjit gathered all the princes for a meal in a large tent and served them. No sooner was the food served, that the king released a few hungry dogs into the tent. The dogs quickly began eating food from the princes' plates. Seeing this, all the other princes except prince Shrenik walked away without eating anything. Meanwhile prince Shrenik put the plates of the other princes' to the mouths of the dogs' one after the next, as he peacefully finished his meal from his plate and stood up.

The king was not satisfied with this one test so he decided to test them once more. He ordered for some crates to be filled with snacks and got each crate covered with a cloth sewn all around the sides. Then

he got a few clay pots filled with water, sealed from the top. He had everything placed in a room. Then he said to all his hundred sons, "My dear sons, you have to spend this whole day and night here in this room. When you get hungry, eat the food that is packed in these crates without opening them and when thirsty, drink from these pots without opening the pots. But do not remain hungry or thirsty."

Hearing this, the princes were puzzled wondering, "What should we do? How shall we eat?" Finally, unable to come up with a solution all the princes sat idly. However, Shrenik crashed one crate against a wall. Upon crashing against the wall, the snacks within the crate got crushed. Shrenik repeatedly shook the crate until the crumbs fell out from the cracks in the crate and he filled his stomach on the crumbs. Then he bound a piece of cloth on one of the freshly made earthen pots. Since the pots were made of clay, water seeped out and soaked the



cloth in a short while. Shrenik wrung the cloth and drank the water. All the princes were amazed with what they saw.

The next morning as soon as the king learned about what happened, he was reassured of Shrenik's suitability to be king. However...the king did not commend Shrenik because he did not want Shrenik to become proud and he did not want the other princes to be jealous of Shrenik. On the contrary, he gave the other princes a few villages each to rule over and thus pleased them while he offered nothing to Shrenik at that time. This hurt Shrenik deeply and one night, without informing anybody, he left home.

As Shrenik walked some distance, he reached the town of Benatat. There, he sat on the porch of a shop to rest.

That day, at the break of dawn, the shop owner had a dream not to worry about his daughter as a husband worthy of her would come to his doorstep. The owner of the shop saw Shrenik and he felt as though his dream had

come true. He married his daughter Sunanda to prince Shrenik. Time went by and Sunanda was to have a baby.

On the other side, king Prasenjit fell sick. He sent his soldiers to seek out and bring Shrenik home. In just a few days, the soldiers found Shrenik. Upon hearing the news of his father's ill health, he said to Sunanda, "My father's health is deteriorating. I will have to go to attend to him. You stay here right now and when our son is born, name him 'Abhay Kumar'."

To this Sunanda replied, "But you have not told me anything about yourself. When this child grows up and questions me about your identity and whereabouts, what shall I say?" In answer to this question, Shrenik, inscribed on a piece of wood.

"I Gopal Dhawal, reside in the kingdom within the fort,

As an invitation my son, I am writing this for you."

Thus, Shrenik informed Sunanda and with his father-in-law's permission, he returned home. He bowed down to his parents who were very pleased to see their son after such a long time. The king explained the reason for not praising Shrenik in front of his brothers. Then, a grand ceremony was held to coronate prince Shrenik. After handing over the throne to prince Shrenik, king Prasenjit left for his heavenly abode.

To be continued...





Let's Play!

In this game, you have to decipher each word and then reorder the words so that you end up with a coherent statement. This activity requires you to have presence of chit!

For example:

Clue: kile ot I dtysu

Answer: I like to study

Ready to begin....

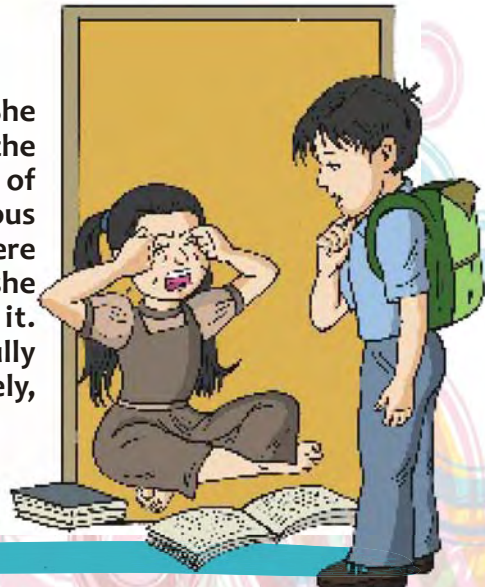
- 1) nkewdelgo eth gsarp ese tesiipvo ni yitilab ot Guur ocne ouy icnearses rouy
- 2) a tol si reanling nuf fo
- 3) connat ot ew anethor's rou bregthining hodl a onw thap rchot thiwuot lghit
- 4) Adad em iveg ot tusdy fo hitc genthsrt thiw penceser
- 5) onyl si morf ew eth lear ichwh nithong leran eth oen mitsake

Answers: (1) The ability to grasp knowledge increases once you see positive in your guru. (2) Learning is a lot of fun. (3) We cannot hold a torch to light another's path without brightening our own. (4) Dada give me strength to study with presence of chit. (5) The only real mistake is the one from which we learn nothing.

My Vision

Tomorrow, Ruchi has her social studies exam. She found social studies a difficult subject right from the beginning. Although, she has put in a great deal of effort studying, by evening Ruchi gets nervous thinking, "I don't remember anything and now there isn't enough time left to revise the subject." Thus, she spent three to four hours worrying over it. Consequently, that night she neither slept peacefully nor could she concentrate on studying. Ultimately, she bursts into tears in the morning.

What would you do if you were in her shoes?



Summer Camp

IT'S THAT TIME OF YEAR AGAIN...

ARE YOU READY FOR THIS YEAR'S CAMPS?

CHECK OUT THE DATES FOR THE UPCOMING KIDS CAMP AT YOUR CENTER BELOW...

<p>THE DAY CAMP DESIGNED TO ACTIVELY ENGAGE KIDS IN LEARNING VALUABLE LIFE SKILLS THROUGH STORY TELLING, PUPPET SHOWS, GROUP DISCUSSIONS, SATSANG SESSIONS, GAMES, DRAWING AND CRAFTS. GARBA AND BHAKTI SESSIONS ARE ALSO ORGANISED TO SUPPORT SPIRITUAL GROWTH. DETAILS OF THE CAMP ARE AVAILABLE THROUGH THE CONTACT NUMBER PROVIDED FOR EACH CENTRE. REGISTER YOUR NAME ASAP, LIMITED SEATS AVAILABLE!!</p>	CENTRE	AGE GROUP	Date	CONTACT NUMBER
	MUMBAI (WESTERN)	7-12 YRS	APRIL 22nd, 23rd	09820888138
	MUMBAI (CENTRAL)	7-12 YRS	APRIL 24nd, 25rd	09820888138
	BHUUJ, Trimandir	7-9 YRS	APRIL 27th, 28th	9924343835
		10-12 YRS	APRIL 29th, 30th	
	SURAT	7-12 YRS	MAY 10th, 11th	9979265640
	SIMANDHAR CITY, Adalaj, Trimandir	7-9 YRS	MAY 14th , 15th	(079) 39830400
		10-12 YRS	MAY 16th, 17th	
	BHAVNAGAR	7-12 YRS	MAY 17th, 18th	9574008087
	RAJKOT, Trimandir	7-9 YRS	MAY 24th, 25th	9712343929
		10-12 YRS	MAY 22nd, 23rd	
	VADODARA	7-9 YRS	MAY 27th, 28th	9979519644
		10-12 YRS	MAY 29th, 30th	
	JAMNAGAR	7-12 YRS	To be Announced...	2882552436

And these are the dates for the youth camp to be held at your nearest centre.

BOYS (13-16 YRS) YOUTH CAMP SCHEDULE

CENTRE	AGE GROUP	Date	CONTACT NUMBER
MUMBAI	13-16 YRS	APRIL 28th, 29th, 30th	8080844420
BHUUJ, Trimandir	13-16 YRS	MAY 2nd, 3rd	9924343835
SURAT	13-16 YRS	MAY 8th, 9th	9998218725
SIMANDHAR CITY, Adalaj, Trimandir	13-16 YRS	MAY 25th, 26th	079-39830400
	17 to 21 YRS	MAY 11th, 12th, 13th	
BHAVNAGAR	13-16 YRS	MAY 15th, 16th	9574008087
RAJKOT, Trimandir	13-16 YRS	MAY 18th, 19th	9428464942
VADODARA	13-16 YRS	MAY 31st, 1st	9825243105

GIRLS YOUTH CAMP SCHEDULE

CENTRE	AGE GROUP	Date	CONTACT NUMBER
SIMANDHAR CITY	13-16 YRS	MAY 27th, 28th	(079) 39830400
	17 to 21 YRS	APRIL 28th, 29th ,30th	

THE YOUTH CAMPS ARE DESIGNED TO CREATE A COMFORTABLE LEARNING ENVIRONMENT AND ENHANCE SPIRITUAL UNDERSTANDING THROUGH DADASHRI'S SCIENCE. THE ACTIVITIES IN THE CAMPS ARE ORGANISED SUCH THAT IT ENABLES PARTICIPANTS TO FACE DAY TO DAY CHALLENGES AND DEVELOP POSITIVE MENTAL ATTITUDE & SELF CONFIDENCE.

IT'S GOING TO BE AN UNFORGETTABLE EXPERIENCE SO REGISTER ASAP AT YOUR NEAREST CENTRE. IT WILL BE A UNIQUE OPPORTUNITY TO BE IN SIMANDHAR CITY ENGULFED BY THE BLESSINGS OF ALL THE GODS AND GODDESSES AT TRIMANDIR.



17



Antaryami parmatma ko naman

Antaryami parmatma ko naman,
Shakti hamesha milti rahe apse,

Aisi krupa kardo,

Agyan duur ho,

atam gyan paye...

Antaryami Parmatma ko naman...

Sadbuddhi prapt ho,

vyavahar adarsh ho,

seva me jivan rahe...

Antaryami Parmatma ko naman...

Maat-Pita ka upkar na bhule,

Hardam guru ke vinay mein rahe,

Dosto se spardha na karenge,

Ekagrah chit se padhenge hum, (2)

Alasya ko talo,

vikaro dur kardo,

vyasanose hum mukt rahe,

Aise kusango se bachalo hamein

Mun-Vachan aur Kaaya se,

Dukh kisi ko hum na de,

Chaahe na kuch bhi kisi ka,

Purity aisi rakhenge hum, (2)

Kalyan ke hum sab,

nimit bane aise,

vishva mein shanti failaye...

Antaryami Parmatma ko naman...

Purna roop se hum khile,

Mushkilo se na dare,

Dharmo ka bhed mita de jag mein,

Gyan drashti ko paakar hum, (2)

Abhed ho jaye,

laghutam mein rahekar hum,

Prem swaroop ban jaye...

Antaryami Parmatma ko naman...

Antaryami parmatma ko naman,

Shakti hamesha milti rahe apse,

Sadbuddhi prapt ho,

vyavahar adarsh ho,

seva me jivan rahe...

Antaryami Parmatma ko naman...

Shakti hamesha milti rahe apse,

Aisi krupa kardo,

Agyan duur ho,

atam gyan paye...

Antaryami paramatma ko naman...

**Prayer
before
studying**

I pray to pratyaksh Dada Bhagwan, "Oh, Dada Bhagwan! Give me ultimate memory power to study. For that, Oh Dada Bhagwan! I ask for forgiveness for all the mistakes that I have committed through my 'chit' and I ask for the strength to concentrate my 'chit' in only you and my studies.

