

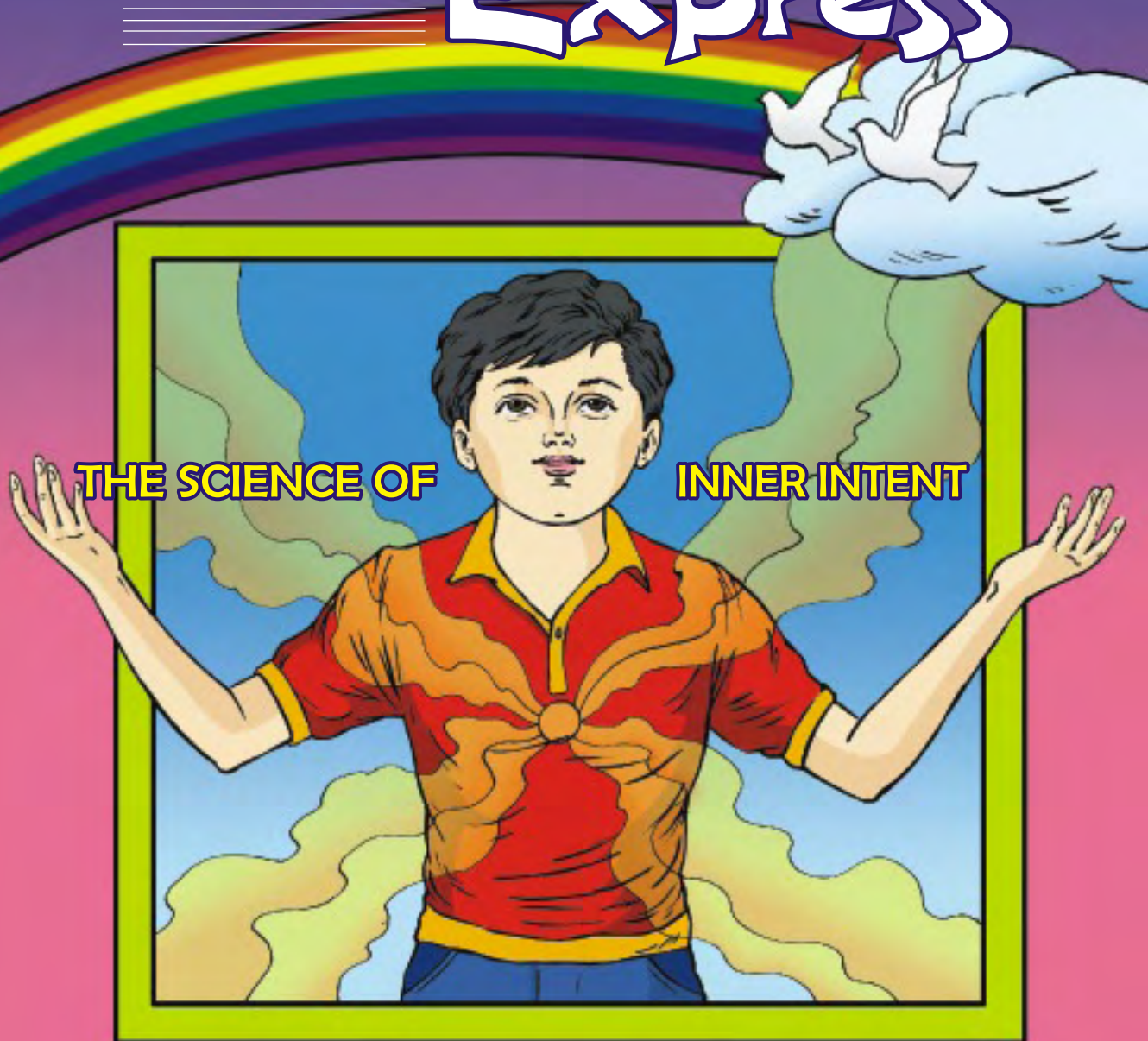
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AKRAM Express



Friends,

You may have experienced many times that when you have your favourite chocolates or Cadbury; you want to eat it all by yourself. You do not want to share it with anyone else. However on your mother's insistence you may have been compelled to share some of your chocolate with others. Seeing this everyone may think that you are very generous, but is this really how it is? Was your inner intention to share the chocolate? Who can know your inner intent? Nevertheless, nature is not unjust. It gives results according to our inner intents.

In this issue, through the medium of Param Pujya Dadashri's 'Gnan' (knowledge), we get an excellent understanding of answers to questions such as - Does intent have so much importance? Is action not important? How do bad intents arise? What should one do then? How can one reverse these intents? etc.

So let us understand Param Pujya Dadashri's science of inner intent, rectify bad intents that may arise and save ourselves from their consequences.

-Dimple Mehta

AKRAM Express

THE SCIENCE OF INNER INTENT

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Dadaji Says...

that, "This copying that I am doing is wrong. I should not do this." Due to this, he will stop copying in his next life. Thus, things take place according to the intent.

People take note of actions while a 'Gnani' places value on the inner intent. An action with a selfish intent binds demerit karmas, while the same action with a selfless motive binds merit karmas. As a result one inevitably has to take birth in this world to reap the fruits of the karmas bound. Therefore, one should reform the inner

intent behind each action. Do not spoil your intent.

Our intents should be such that no living being in this world should be hurt even to the slightest extent by our mind, speech and body.

Questioner: It is very difficult to live in a manner in which no living being is hurt.

Dadashri: All the same, you should always keep the intention that you do not want to hurt anybody. Your intention means your resolution. If you recite the 'Nav Kalamo' (nine deep inner intents) daily, then gradually your quarrels and commotions with others will come to an end. This is because one's intention to hurt has been broken; so gradually the tendency to hurt others will diminish. If one has the intention not to hurt anyone, then he will no longer bind vengeance with anybody in this world. On the contrary, he will become friends with everyone. By asking for this strength, the result will eventually show in one's behaviour.

I will copy and pass, if I don't know how to answer the exam questions; but now I will absolutely not fail.

Questioner: What is inner intent?

Dadashri: When plans take shape from within, these plans are called inner intents. The intent formed in this life will dictate the effects of the next birth. For example, there is a student who is weak in studying and fails regularly in his exams, so his friend says to him, "You do not copy? If you copy then you will be able to pass your exams." When his friend repeatedly instigates him, he decides that, "From now onwards I should also copy in the exams!" So here he has changed his intention. This is referred to as forming a plan. As a result, in his next birth he will begin to copy.

There is another boy who, in this life is copying, but he keeps on feeling in his mind



Nine Deep Inner Intents

1

Oh inner pure soul, give me the infinite inner energy to not hurt, cause someone to hurt, nor instigate anyone to hurt the ego of any living being, even to the slightest extent. Give me the infinite inner energy not to hurt the ego of any living being and to conduct my thoughts, speech and action in a manner that is accepted by all.

2

Oh inner pure soul, give me the infinite inner energy not to hurt, cause someone to hurt, nor instigate anyone to hurt the foundation of any religion, even to the slightest extent. Give me the infinite inner energy not to hurt, even to the slightest extent, the foundation of any religion and to conduct my thoughts, speech and action in a manner that is accepted by all.

3

Oh inner pure soul, give me the infinite inner energy not to criticize, offend, or insult any living monk, nun, preacher or religious head.

4

Oh inner pure soul, give me the infinite inner energy not to, nor cause anyone to, nor instigate anyone to dislike or hate any living being, even to the slightest extent.

5

Oh inner pure soul, give me the infinite inner energy not to, nor cause anyone to, nor instigate any one to speak any harsh or hurtful language towards any living being, even to the slightest extent. If someone speaks harsh or hurtful language, please give me the strength to speak kindly and softly in reply.

6

Oh inner pure soul, give me the infinite inner energy not to have, nor cause anyone to have, nor instigate anyone to have any sexual inclinations, feelings or gestures towards any living being, be it male or female or of bisexual orientation.-Give me the supreme energy to be eternally free from all sexual inclinations.

7

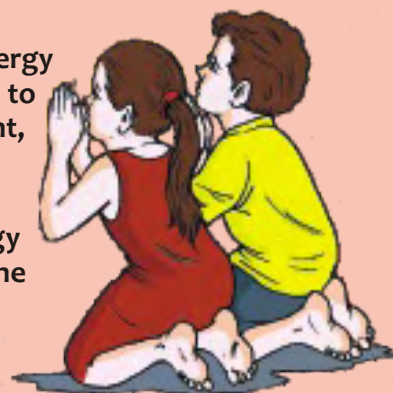
Oh inner pure soul, give me the infinite inner energy not to have any greed towards any taste in food. Give me the energy to take balanced meals consisting of all tastes.

8

Oh inner pure soul, give me the infinite inner energy not to, nor cause anyone to, nor instigate anyone to criticize, offend or insult any being, present or absent, living or dead.

9

Oh inner pure soul, give me the infinite inner energy to become an instrument in the path of salvation for the world.



Delicious Laddu

There was once a wealthy merchant. He was very miserly by nature. He would not spend any money himself. Neither would he spend any money for himself, nor for his family. In spite of having a lot of wealth, his burning desire to accumulate more money did not let him lead a peaceful life.

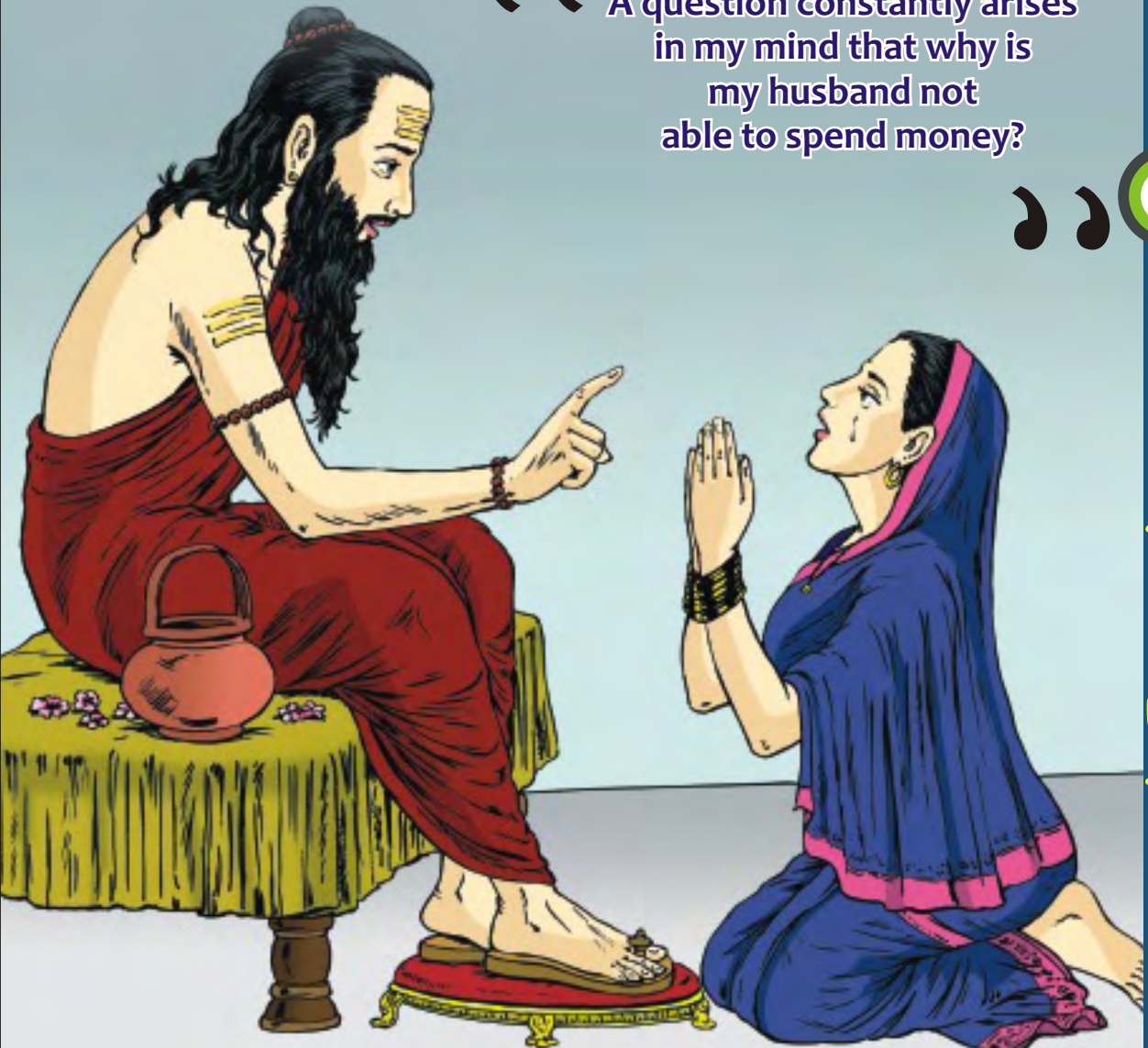
One day, a learned saint arrived at his village. All the village folk including the merchant's wife went to pay their respects to him. After bowing down to the saint, the merchant's wife asked, "We are very wealthy and can lead a very comfortable life but my husband is a miser and a very greedy man. Spending money is far-fetched; instead

“

A question constantly arises in my mind that why is my husband not able to spend money?

”

3

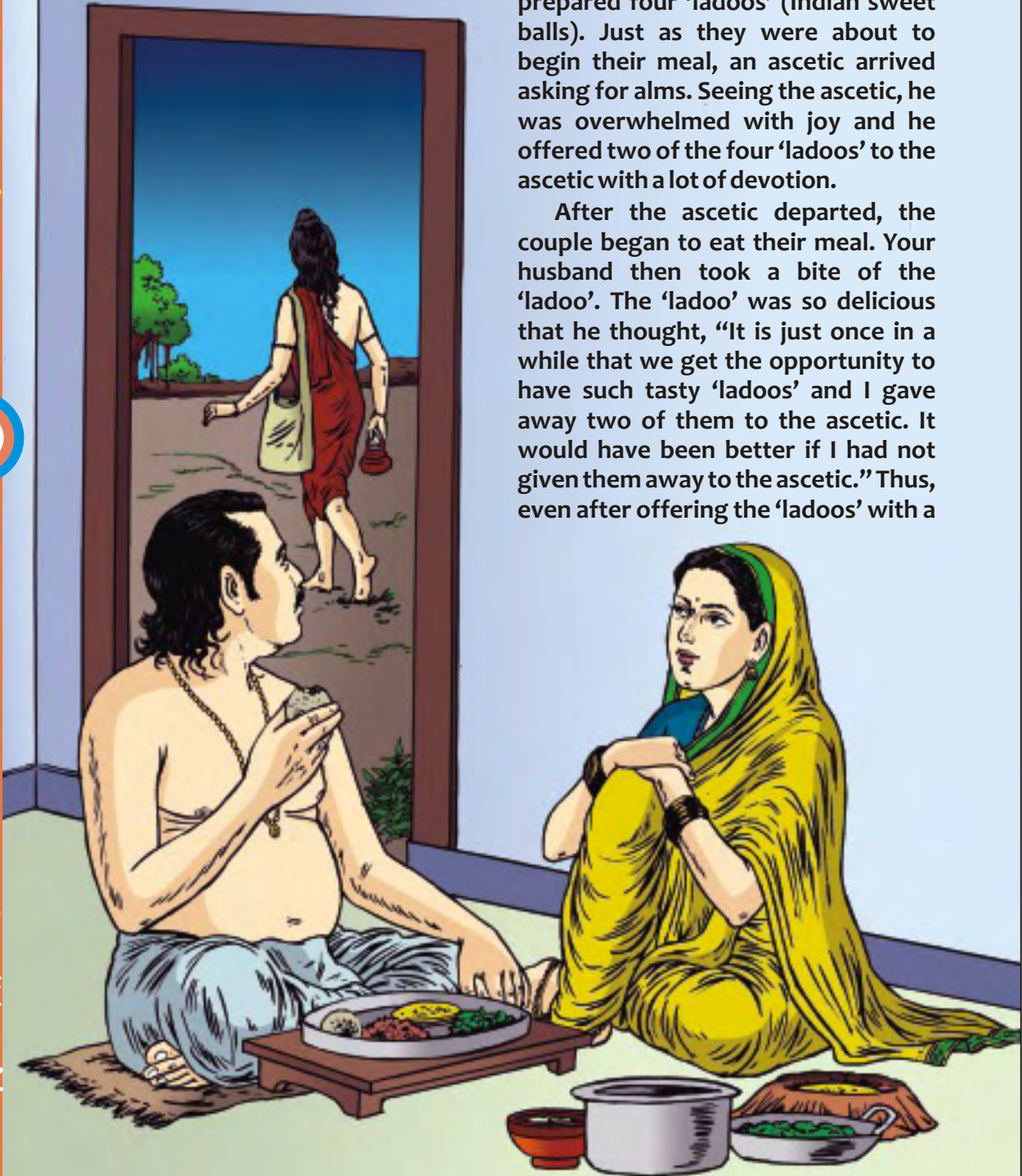


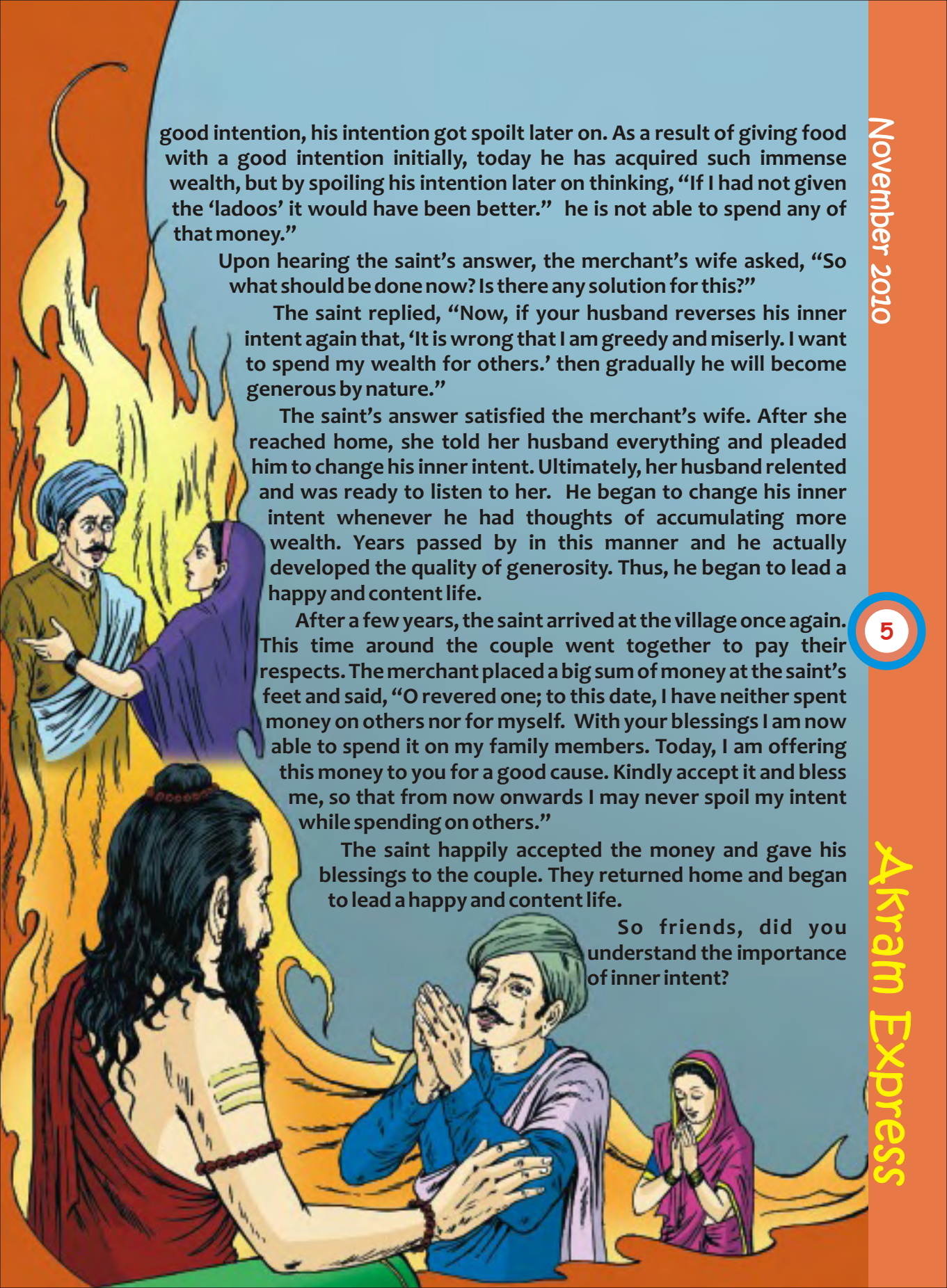
he spends all day calculating how he can acquire more wealth. Although we have money, we are forced to live very frugally. A question constantly arises in my mind that why is my

husband not able to spend money?"

On hearing her question the saint laughed a little and said, "In his previous birth, your husband was an ordinary man. One day his wife prepared four 'ladoos' (Indian sweet balls). Just as they were about to begin their meal, an ascetic arrived asking for alms. Seeing the ascetic, he was overwhelmed with joy and he offered two of the four 'ladoos' to the ascetic with a lot of devotion.

After the ascetic departed, the couple began to eat their meal. Your husband then took a bite of the 'ladoo'. The 'ladoo' was so delicious that he thought, "It is just once in a while that we get the opportunity to have such tasty 'ladoos' and I gave away two of them to the ascetic. It would have been better if I had not given them away to the ascetic." Thus, even after offering the 'ladoos' with a





good intention, his intention got spoilt later on. As a result of giving food with a good intention initially, today he has acquired such immense wealth, but by spoiling his intention later on thinking, "If I had not given the 'ladoos' it would have been better." he is not able to spend any of that money."

Upon hearing the saint's answer, the merchant's wife asked, "So what should be done now? Is there any solution for this?"

The saint replied, "Now, if your husband reverses his inner intent again that, 'It is wrong that I am greedy and miserly. I want to spend my wealth for others.' then gradually he will become generous by nature."

The saint's answer satisfied the merchant's wife. After she reached home, she told her husband everything and pleaded him to change his inner intent. Ultimately, her husband relented and was ready to listen to her. He began to change his inner intent whenever he had thoughts of accumulating more wealth. Years passed by in this manner and he actually developed the quality of generosity. Thus, he began to lead a happy and content life.

After a few years, the saint arrived at the village once again. This time around the couple went together to pay their respects. The merchant placed a big sum of money at the saint's feet and said, "O revered one; to this date, I have neither spent money on others nor for myself. With your blessings I am now able to spend it on my family members. Today, I am offering this money to you for a good cause. Kindly accept it and bless me, so that from now onwards I may never spoil my intent while spending on others."

The saint happily accepted the money and gave his blessings to the couple. They returned home and began to lead a happy and content life.

So friends, did you understand the importance of inner intent?

Bad intents arise due to wrong beliefs. For example, a person keeps getting angry at the servant due to the belief that 'if I do not get angry at the servant, then he will not work efficiently.'

Absolutely New



God does not judge you by your action, but by your inner intent. While worshipping God, if a person has thoughts of his new sandals left outside, then he loses the benefit of worshipping God.



and Different!

Actions do not need to be reversed; only the inner intent needs to be corrected. For example, if you want to stop the fan, then you have to turn off the switch. You cannot put a stick in between it to stop it. Likewise, by correcting the inner intent, the behaviour will automatically change. A person can change their intent by heartfelt repentance.



After enlightenment, Tirthankars have just one intent left, 'Jagat Kalyan' – Salvation of the world. Since they themselves have attained Salvation, now the only intent that arises is, "How can others become free?" The result of this intent is that they become 'Kalyan Swaroop' - the embodiment of Salvation. Then, just by being in the presence of a Tirthankar, the worshipper becomes free of all worldly ties and attains Salvation.



THE SOUND OF A BELL

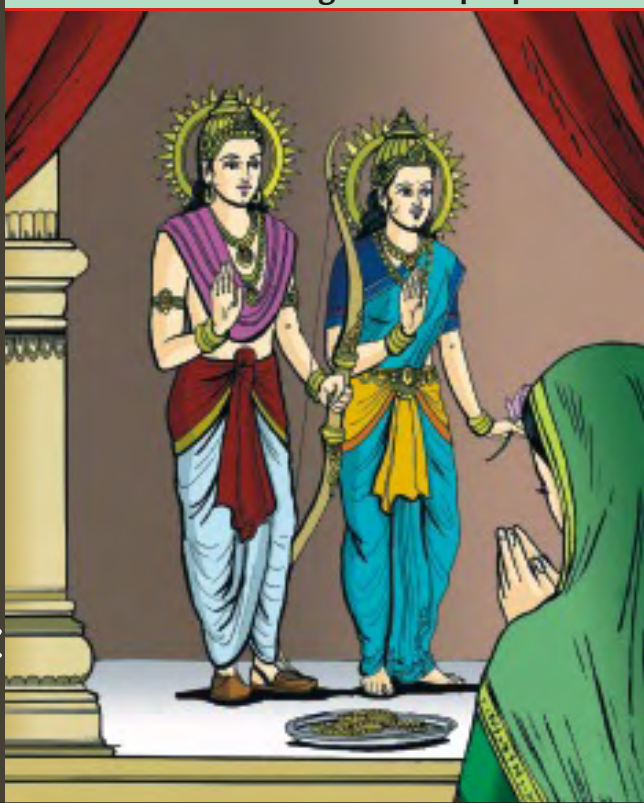


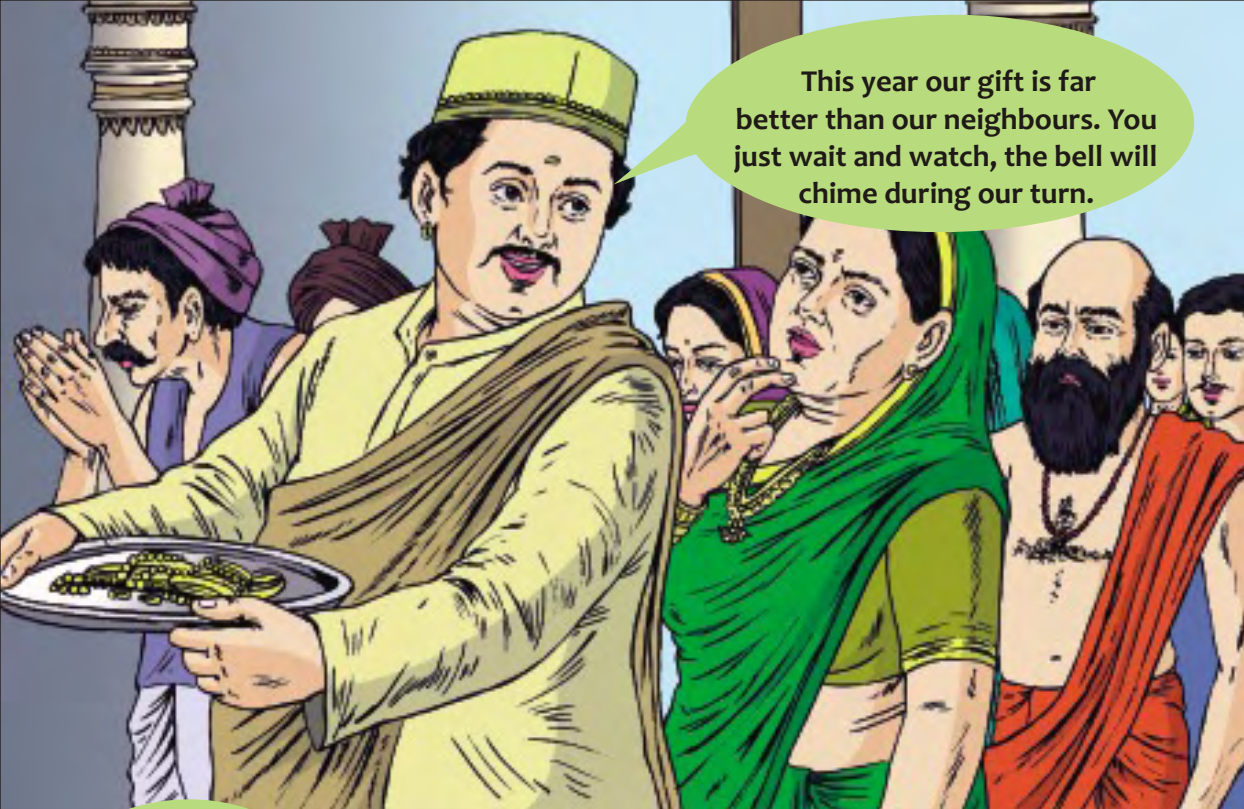
There was a grand temple in a small village. It was said that when the best of gifts was offered at the Lord's feet, the temple bell would chime of its own accord. But the bell had not rung for many years.

8

The New Year's day had arrived. The villagers went to the temple to worship the Lord and offer their gifts. While offering gifts, each villager hoped that the bell would chime, so that their fame would increase amongst all the people.

I have no desire to offer this gold to the Lord, but I am compelled to do so, otherwise people will think I am greedy.





This year our gift is far better than our neighbours. You just wait and watch, the bell will chime during our turn.

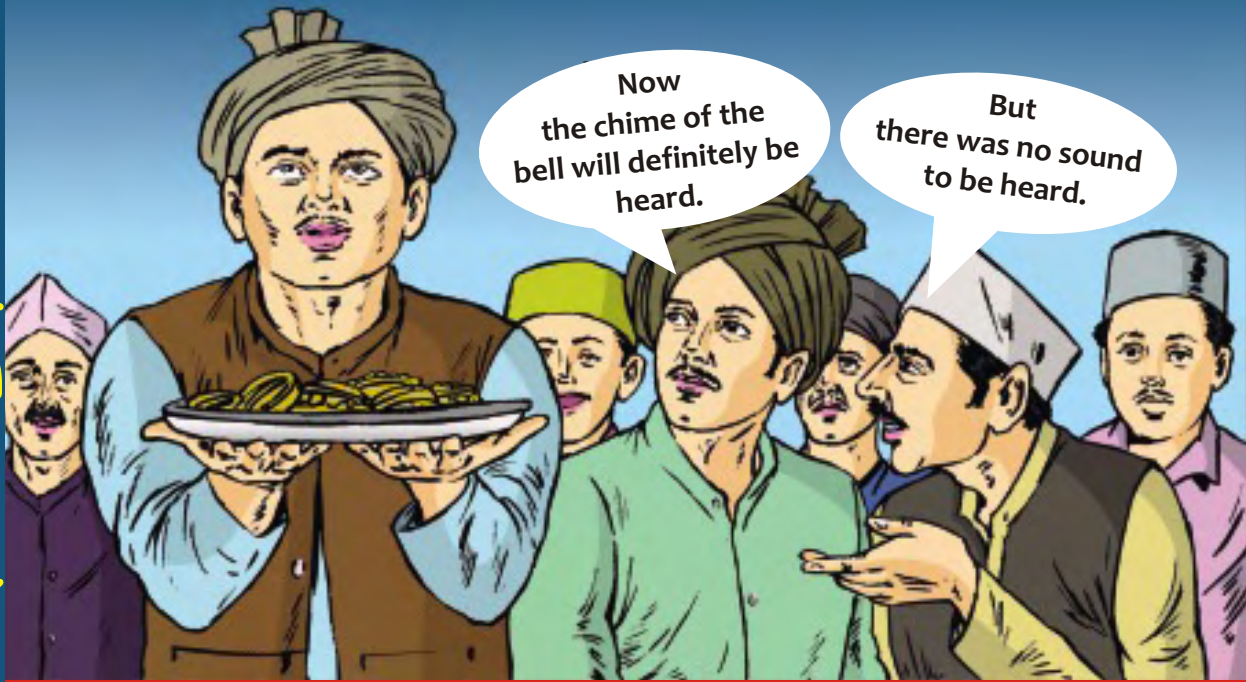


I don't like this jewellery anymore. It looks too old fashioned but it is expensive, so the bell should chime when I offer it. I will receive a lot of honour.

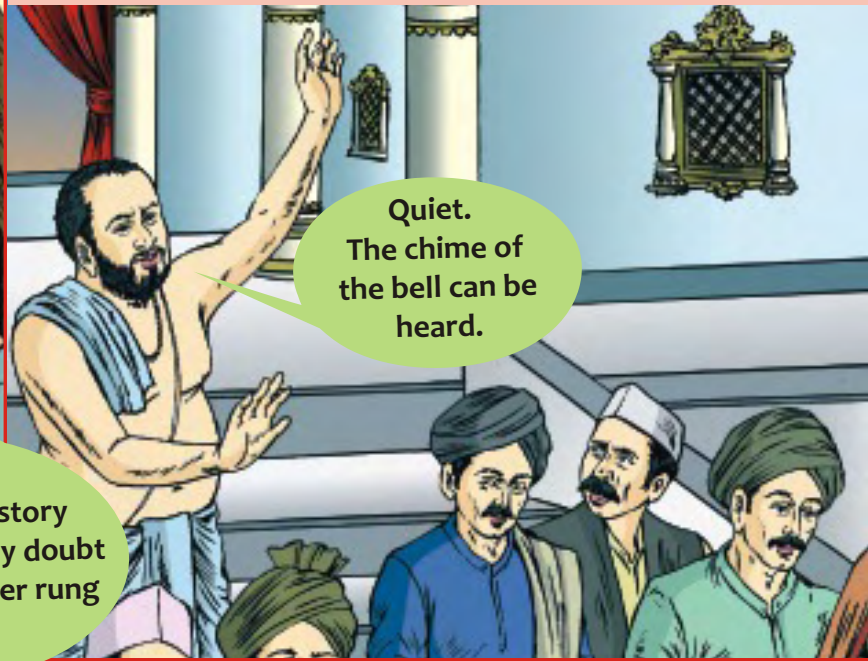
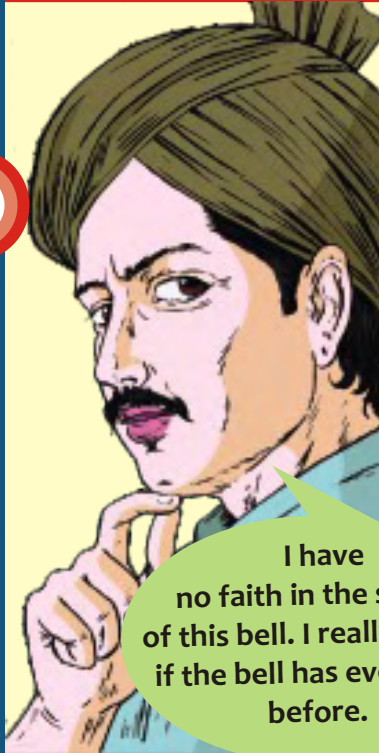


Mummy, what shall we offer?

Son, we have nothing other than this one gold coin. So we shall offer this coin, although, if we had more, we would definitely have given more.



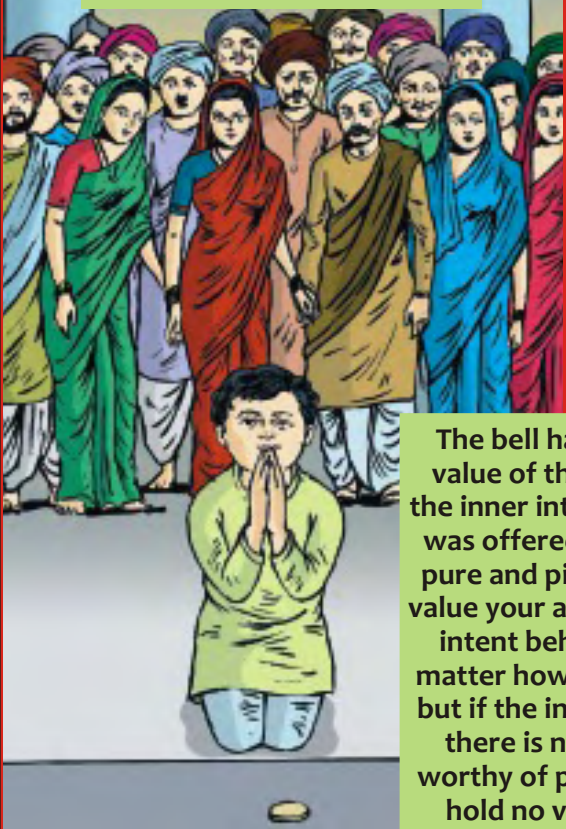
The celebration was about to end and people were beginning to disperse when all of a sudden the temple priest said,



Which exquisite offering has made us hear the sound of the bell after so many years?



The villagers saw that the small boy had offered a gold coin to the Lord. They were dumbfounded.



The bell has rung not due to the value of the gold coin but due to the inner intent with which the coin was offered. The boy's intent was pure and pious. The Lord does not value your actions but He values the intent behind those actions. No matter how good a deed one does, but if the intent within spoils, then there is no benefit. It might be worthy of people's praises but will hold no value before the Lord.

What's this? Just one gold coin!

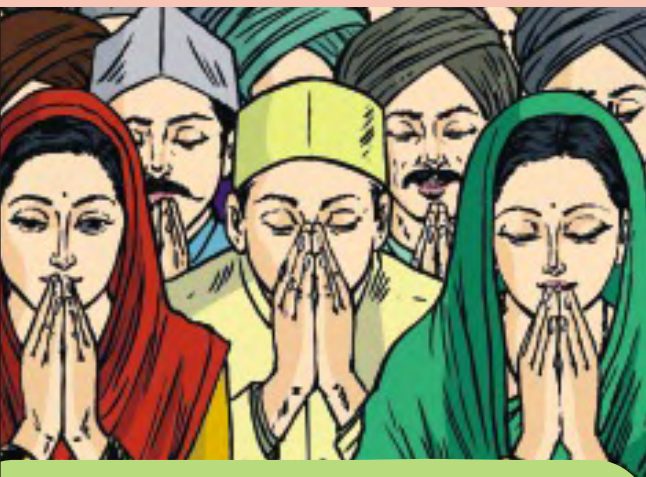


Seeing the curious looks on people's faces,



11

The villagers realized their mistake.

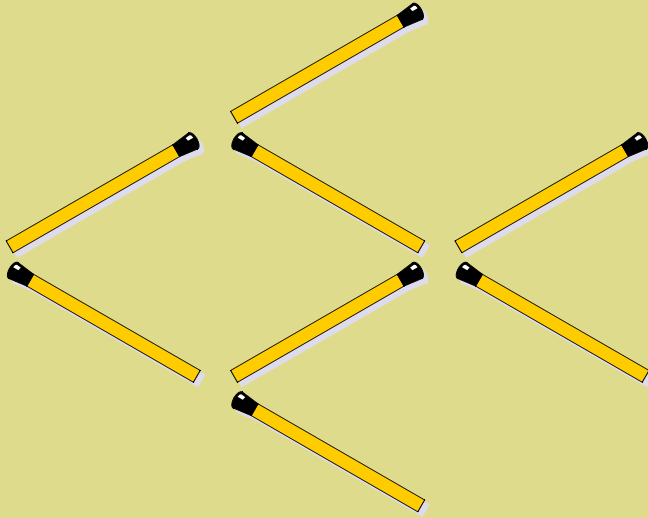


Oh Lord! Please forgive us. We have offered gifts with the greed of raising our prestige amongst the village people, not with heart. We shall never repeat such a mistake again. Please give us the strength to ensure that our intent does not spoil in whatever we do.

From that day onwards the temple bell chimed away regularly.



Let's Play...



From the eight matchsticks shown below, move any three matchsticks just once in such a way that this fish starts to swim to the right.

Find 6 differences



Introspect yourself!



Ami, Kinjal and Rupa decided to work on their math project together. They divided the project work amongst themselves. Ami and Kinjal completed their part of the work on schedule, but Rupa was unable to do so. The three friends got together the day before the date of submission. Ami and Kinjal got very upset with Rupa for not completing her work. They spoke very harshly and scolded her. Rupa's eyes filled with tears. Rupa then stayed up all night to complete the project.

On returning home, Ami thought, "It was right to get angry with Rupa. This was the only way to get the work completed. From now onwards, she will always remember to finish her work on time."

Kinjal also had a thought, "If I were not able to finish my work and my friends were to get angry with me like this, then wouldn't I feel deeply hurt? What right do I have to hurt others? I should have helped her but instead I scolded her. That was so wrong on my part!"

What is of utmost importance from the sentences given below?

- A** The project should be completed at any cost in order to obtain good grades.
- B** One should never let one's anger out. One should hold it back.
- C** A person should never spoil their intents for others.
- D** One should speak out exactly whatever one feels within.

In order to avoid suffering bad consequences, Ami should....

- A** Change her opinion that, "One need not scold others to get the work done".
- B** Ask for forgiveness from Rupa.
- C** Ask for strength from God that, "May I never hurt anyone's ego."
- D** Do all of the above.

Ami and Kinjal will both have to suffer the same bad consequences because both did the same external action of scolding Rupa and hurting her.

- A** True.
- B** False.

Explain your answer.

ANSWERS: 1) C, 2) D, 3) B - Because Kinjal's inner intent was that of repentance for what she did wrong.

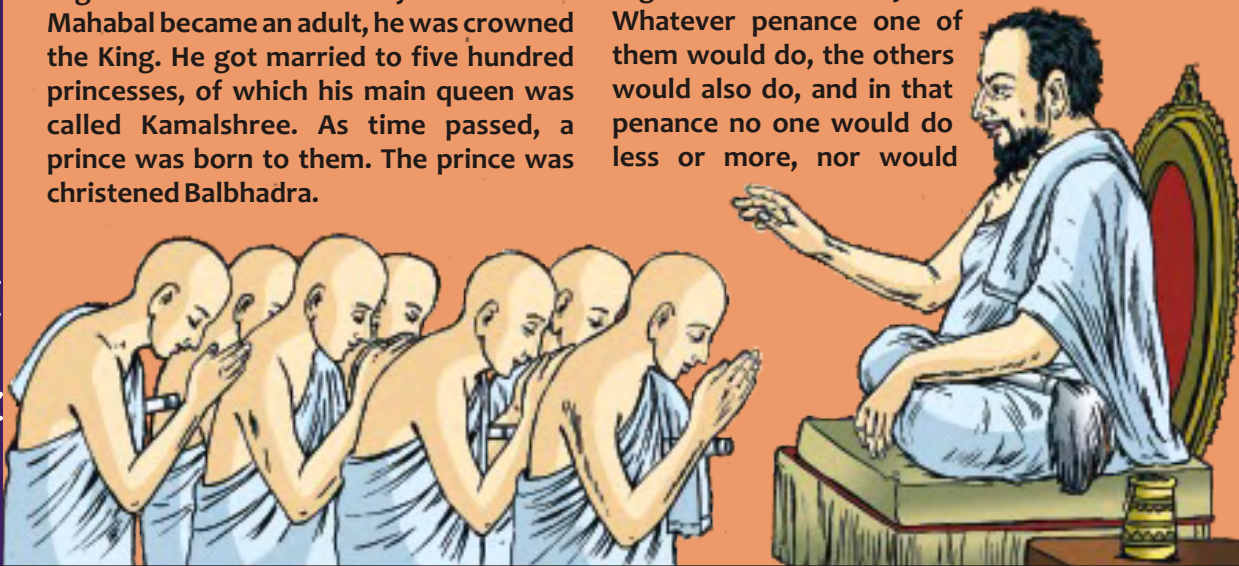


MAHABAL

King Bal ruled over a city called Veetshoka. His queen named Dharini bore a son who was named Mahabal. True to his name, Mahabal was very strong and powerful.

He had six friends. The bond of friendship between all seven of them was so strong that they had vowed to stay together in all that they did. When Mahabal became an adult, he was crowned the King. He got married to five hundred princesses, of which his main queen was called Kamalshree. As time passed, a prince was born to them. The prince was christened Balbhadra.

As Balbhadra reached adulthood, Mahabal gave him the status of crown prince. Then Mahabal along with his six friends started spending time on religious activities. As time passed by, all seven friends took 'diksha' (renunciation). They all took an oath that whatever penance they would do; they would do it all together and in exactly the same manner. Whatever penance one of them would do, the others would also do, and in that penance no one would do less or more, nor would



anyone start before or lag behind the others. Sometime after taking this oath, Mahabal had a thought, "At present, amongst all seven of us, I am far superior, but if we do exactly the same kind of penance then in the future we will all become equal, and I will no longer be considered superior than them in every way. Therefore, if I undertake more penance, then I will become superior compared to my six friends."

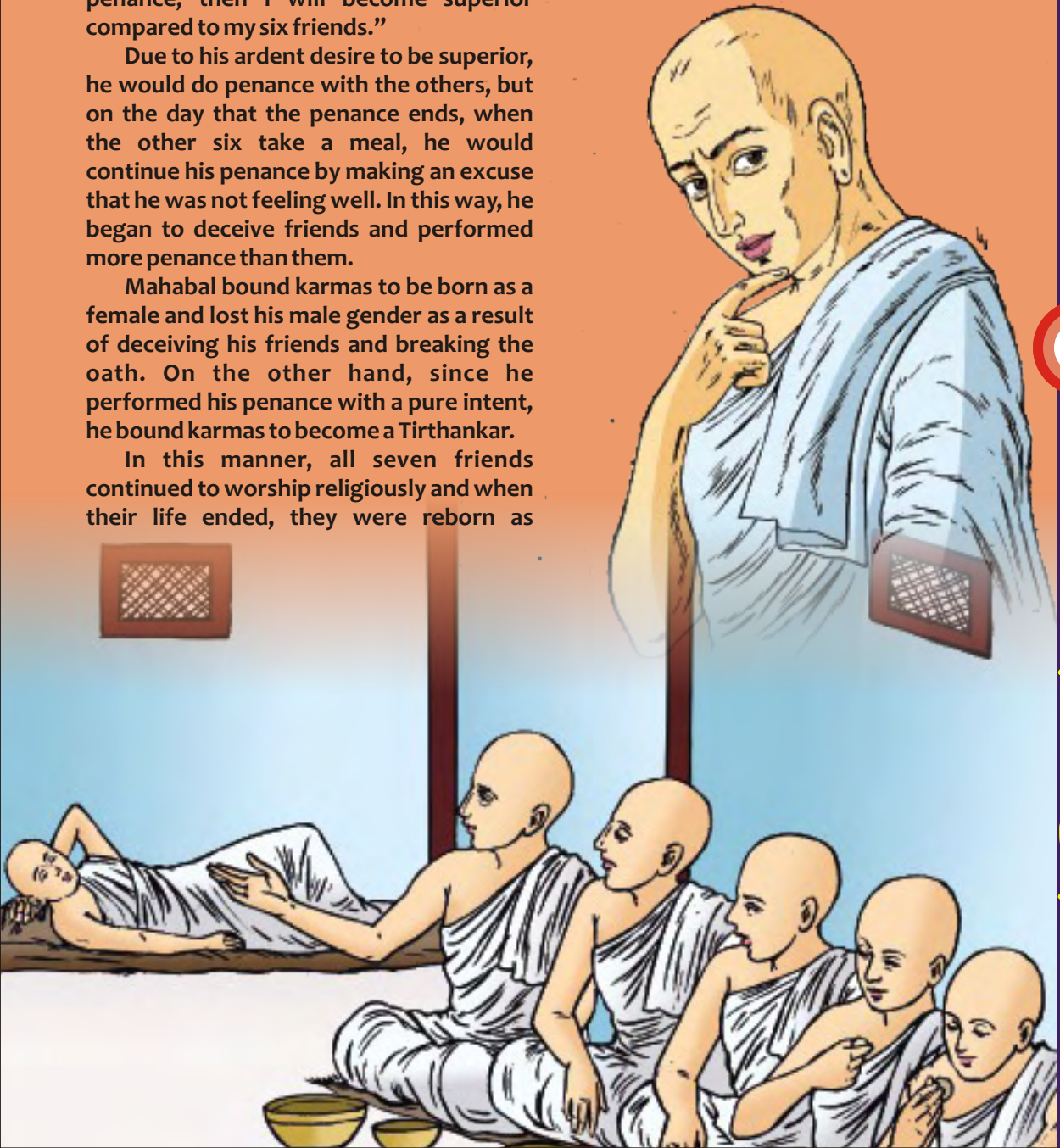
Due to his ardent desire to be superior, he would do penance with the others, but on the day that the penance ends, when the other six take a meal, he would continue his penance by making an excuse that he was not feeling well. In this way, he began to deceive friends and performed more penance than them.

Mahabal bound karmas to be born as a female and lost his male gender as a result of deceiving his friends and breaking the oath. On the other hand, since he performed his penance with a pure intent, he bound karmas to become a Tirthankar.

In this manner, all seven friends continued to worship religiously and when their life ended, they were reborn as

celestial beings. After completing his lifespan as a celestial being, Mahabal's soul was reborn as a Tirthankar Lord in the form of the daughter of King Kumbh and Queen Prabhavati, who named her Mallikuvri. The remaining six friends from his previous birth were reborn as princes of various different kingdoms.

To be continued in the next issue.....





Sweet Memories

This incident took place in 1994. When Niruma arrived in Mumbai from America, she had a severe cough. Arrangements had already been made for her satsang in Mumbai. On the first day, because she was coughing less, the satsang continued as planned. With each passing day, her cough increased. Initially the coughing bouts were 15 minutes apart, but the cough gradually increased. The day before the Gnanvidhi, her coughing increased so much that not a minute passed without her coughing. Within sixty seconds, she would have coughed 2-3 times. Seeing this, one of the youths said to Niruma, "Niruma, should we cancel the Gnanvidhi? We can have satsang instead." Niruma answered, "Gnanvidhi can never ever be cancelled." The youth then said, "Niruma, you have such a bad cough." To which Niruma replied, "Dada will make everything well." In the afternoon, the youth asked again, "Niruma, the cough has not decreased. During Gnanvidhi, even if a person just repeats everything in a normal tone, he is liable to get a cough. Niruma, you conduct

the Gnanvidhi with such a strong voice, then how will you speak during the Gnanvidhi?" Niruma answered once again, "Dada will make everything well." Soon it was time for Gnanvidhi. Seeing Niruma coughing again, the youth said, "Niruma, do something about it. The coughing has not decreased at all. If a coughing bout begins after we get there and you are unable to give Gnan, then would it not be better to cancel the Gnanvidhi right now, if you permit us?" Niruma replied, "Don't use your intellect too much. You go ahead; I shall pray to Dada and join you." In spite of youth's insistence, Niruma did not waver. She remained firm on the point that Gnanvidhi cannot be cancelled.

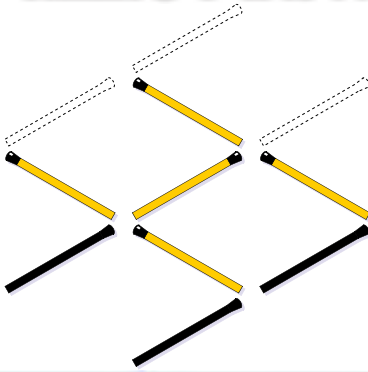
Niruma left for the Gnanvidhi coughing all the way. She bowed down at Dada feet, sat down and then the hymn "Sarvasva amaru arpan che..." started. During the hymn, the cough was still persistent but with reduced intensity. However, just as the Gnanvidhi began, the coughing stopped totally. Throughout the Gnanvidhi, she did not cough even once. It was only during the 'Five Agnas' that she coughed a little. After the Gnanvidhi, just as she returned home, the cough began once again but during the Gnanvidhi she did not cough at all.

See friends, a strong intent and prayers can give such a beautiful result! The Gnani's prayers are solely for 'Jagat Kalyan' – Salvation of the world.

My Vision



Puzzle Answer



Your brand new set of colour pencils is lost. Your mother scolded you tremendously. She got you a new set of colour pencils and warned you saying, "If you lose this one, then I will not buy you another one. Use it carefully."

During the drawing class, your classmate Renu forgot to bring her set of colour pencils. So, she asked you if she could borrow your colour pencils. Although, you do not wish to lend the colours to her, you said, "Sure, use them. You don't have to ask me." Thus by lending the colour pencils to Renu, you really helped her in her time of need.

1.) In the above situation, relate what your action was as well as your inner intent.

2.) Do you think you have bound merit karma by helping Renu? Why?

17

Ha...Ha...Hi...Hi...

Champak: I have one problem.

Doctor: What is the problem?

Champak: When speaking I cannot see the opposite person.

Doctor: When does this happen?

Champak: Whenever I speak on the phone this happens.

Police: You will be hanged tomorrow morning at 5:00 am

Prisoner: Ha... ha... ha... ha

Police: Why are you laughing?

Prisoner: I wake up at 9:00 am!

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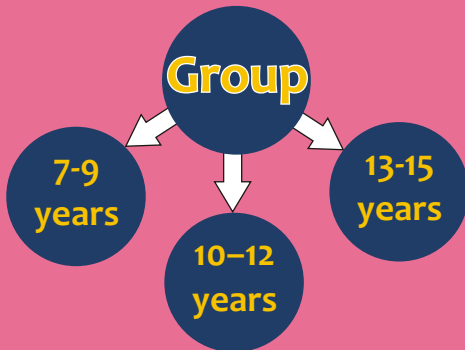
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'Poem' Competition



Friends, the Diwali holidays have started, haven't they? So come and join in the Akram Express 'poem' competition.

Make a poem using the words provided below.

- 1) For children aged 7-9 years:- 1) Mummy, 2) Obligation, 3) Story
- 2) For children aged 10-12 years:- 1) Friend, 2) Help, 3) Game
- 3) For children aged 13-15 years:- 1) Dada, 2) Niruma, 3) Jagat Kalyan

Competition rules :

- 1) The three words given in each group should appear in your poem at least once.
- 2) Your poem should have 8 lines at minimum and 10 lines at maximum.
- 3) The poem should be in your original words.

The best two poems from each group will be awarded a prize. The winners will receive their prizes at home. The poems should reach us by 10th December, 2010. The winning poems will be published in the January issue of Akram Express. Please send your poem with your full name, address and age to the address below.

Akram Express - 'Poem' Competition

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