

July 2011

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Dada Bhagwan Parivar's

AKRAM Express



To side with your mistakes

To side with your mistakes

Akram Express

When someone points out our mistake to us, we immediately say, "The work will only be done if I say this," or "He will only straighten his act if I behave like this, I have to do this, this will not do at all." We take the support of various such phrases and instead of rectifying our mistake we cover it up. We also tend to cover up our mistake because we do not want to look bad in front of others. This is called taking side (upranu) with your mistake.

Can we become free from our mistake by taking side with it? What could be the effects of taking side with our mistake? What would Gnanis do, if they were in our place under these circumstances?

So come along friends, let us carefully understand what Param Pujya Dadashri has to say about 'upranu' (siding with your mistake) and obtain keys to become permanently free from our mistakes.

- Dimpal Mehta

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Dadaji Says



To take side with your mistakes means to protect them, to defend them or to cover them up. To try and convince someone that what you are saying is always right. The mistake will leave when you acknowledge it as a mistake. Then the mistake will not last but instead people do not accept the mistake as a mistake and on top of that they protect it. This is why the mistake never leaves!

Questioner: Dada, how do we take side of our mistakes?

Dadashri: By protecting your viewpoint. For example, when you get annoyed with your servant and at that time if someone were to tell you, "Why are you getting angry at him?" then you reply, "He will only work properly if I get angry with him." Then (our) anger realizes that, "Oh! This person is the kind that will look after me." When you take side with your anger that means that you have fed it. The

anger stays alive on this nourishment. When we realize that, "Anger is bad, it has happened because of my weakness," then it would be considered equivalent to not feeding your anger. Just one mistake can ruin infinite lifetimes. If a person wants to be free of mistakes, then I tell them that, "Do not take side with that mistake for just three years, then it will surely leave." And always keep in mind that, "This is wrong". Then one day it will go away. If we take side with our mistake even once, then the lifespan of that mistake is extended by twenty years. For example, you have the habit of swearing and someone tells you, "Why are you using such abusive language, give it up!" to which you reply, "I am just swearing, I am not hitting anyone!" Then, in this way you have protected your mistake. Any habit that you have is your weakness. When you protect that weakness then that habit will not leave for twenty years.

I have never protected my mistakes. When everyone is sitting and someone comes in and says, "You are acting like an Enlightened Person (Gnani); yet you cannot let go of this mistake," then I tell him, "Yes, this is my obvious weakness and I am aware of it."

Instead if I tell him, "Nothing touches an Enlightened Person (Gnani) like me" then that mistake inside me realizes that, "Here, my life span has increased! because this person is nice and will protect me no matter what."

If you have taken side with a mistake then, keep on asking for forgiveness with the live presence of Dada Bhagwan as your witness.

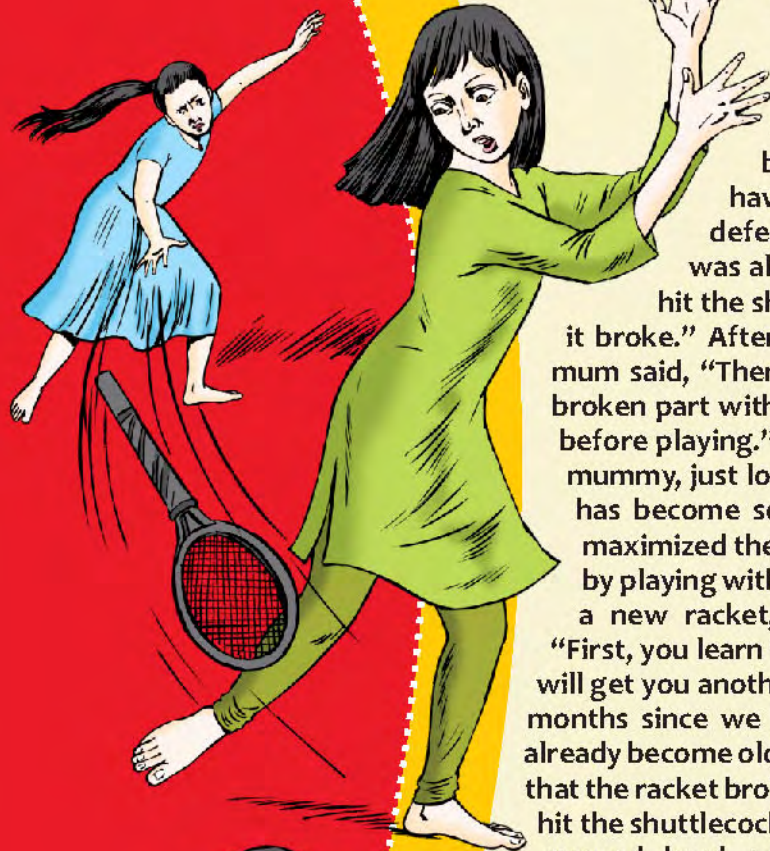


Arguing back and forth

One day, Purvi and her friend Kruti got into a fight while playing. Infuriated she threw her badminton racket at Kruti. Kruti moved out of the way just in time and the racket fell hard on the ground and broke. Kruti ran home. Purvi also went home with her broken racket.

Purvi's mum saw her enter the house with the broken racket. She said, "You have broken the racket?" Instantly defending herself, Purvi replied, "It was almost broken anyway. I tried to hit the shuttlecock with some force and it broke." After hearing Purvi's response, her mum said, "Then you should have mended the broken part with cello tape to make it stronger before playing." Purvi argued back saying, "Oh mummy, just look at the state of this racket. It has become so old! On the contrary, I have maximized the value of the money spent on it by playing with it so much. You will you get me a new racket, right?" Her mother replied, "First, you learn to look after your things, then I will get you another one. It has not even been six months since we bought this racket, and it has already become old for you! How hard did you hit it that the racket broke?" Purvi said, "When I tried to hit the shuttlecock hard with the racket, it hit the ground hard and broke." Now her mother understood that the matter was something else and that Purvi was just trying to cover it up. She cross-questioned Purvi saying, "Who were you playing with?" "With Kruti," replied Purvi immediately. "With Kruti? But you do not get along with her at all," replied Purvi's mother. Purvi said, "Yes, but she is still my friend! While playing Kruti scored more points than me, so I tried harder and I hit the racket with force and it broke."

"But, didn't you tell me that Kruti does not know how to play badminton," said her mother.



"Yes, I was teaching her," answered Purvi.

"If she was just learning then how could she have scored more than you?" asked her mother.

Now, Purvi did not have any more answers. She became quiet. From her silence, Purvi's mother realized that she had fought with Kruti. Purvi conceded. Her mother said, "Purvi, to cover up one small mistake you have made so many arguments one after the next. Do you realize that?"

"Arguments?" Purvi did not understand.

"Yes, arguments. Let me count them for you;

1. The racket was almost broken anyway.
2. I tried to hit it with some force and the racket broke.
3. The racket has become so old.
4. I have maximized the value of the money spent on the racket.
5. The racket hit the ground hard and broke.
6. I was playing with Kruti.
7. I was teaching her how to play.

Oh my!... So many arguments, just over one broken racket. C'mon now, tell me the truth about how it broke?"

Purvi looked down and answered, "While playing I got into a fight with her, so I threw my racket at her with all my might. She moved out of the way and the racket fell on the ground and that is how it broke." After saying this Purvi kept quiet. Her mother was also quiet. There was silence for a few moments.

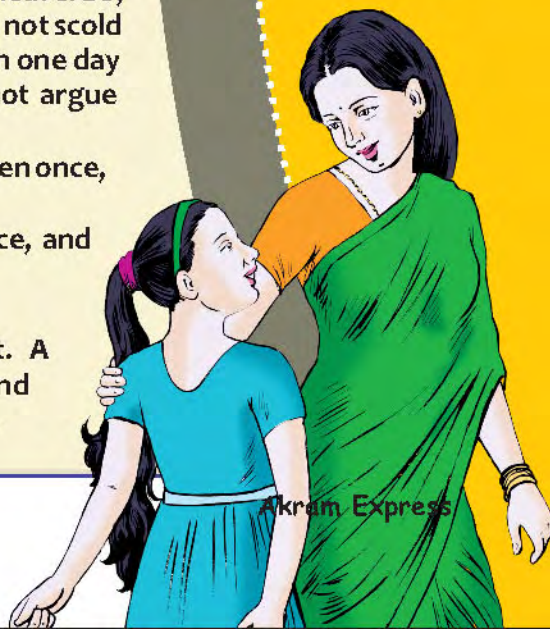
Her mother, tried to explain to her saying, "By covering up your mistake, it is you who stands to lose. For as long as you cover up your mistakes, they will not leave. So, from today onwards don't ever do this again. I will not scold you, but you should tell me exactly how it is. Then one day you will be free from your mistakes. You will not argue from now onwards, right?"

Purvi looked at her mother and said, "Not even once, not for a hundred times, I promise."

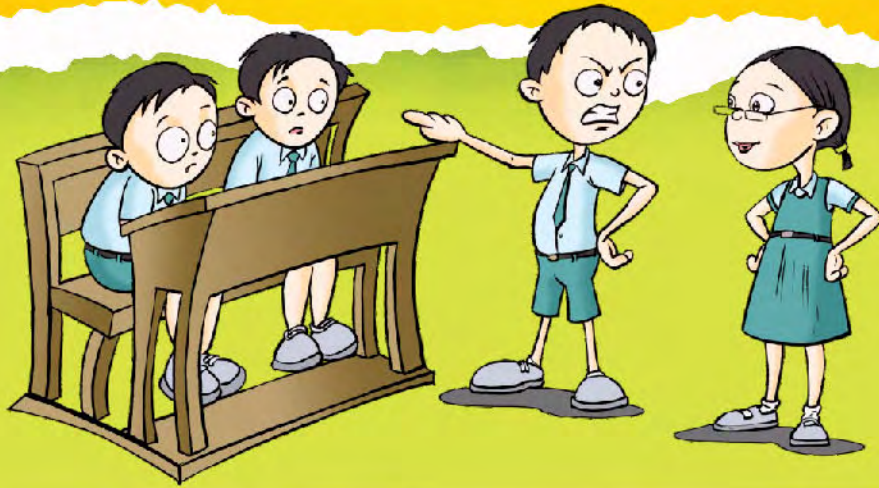
A faint smile flickered on her mother's face, and she held Purvi's hand and said, "Let's go."

Purvi asked, "Where?"

Her mother said, "To buy a new racket. A reward for the promise you have just made", and the two of them happily went to buy a new racket.



Anger-Pride-Deceit-Greed live because of nourishment



As a class monitor, if you are scolding someone and another person says to you, "Why are you getting so annoyed?" then you reply that, "He deserved to be scolded" that would be considered giving food to that anger.

Absolutely ^{new}

What is the food of pride?
You pass the exams with flying colours and because of this you are made the class monitor. This makes you happy. You become arrogant and the pride gets its food.



How do we feed them?



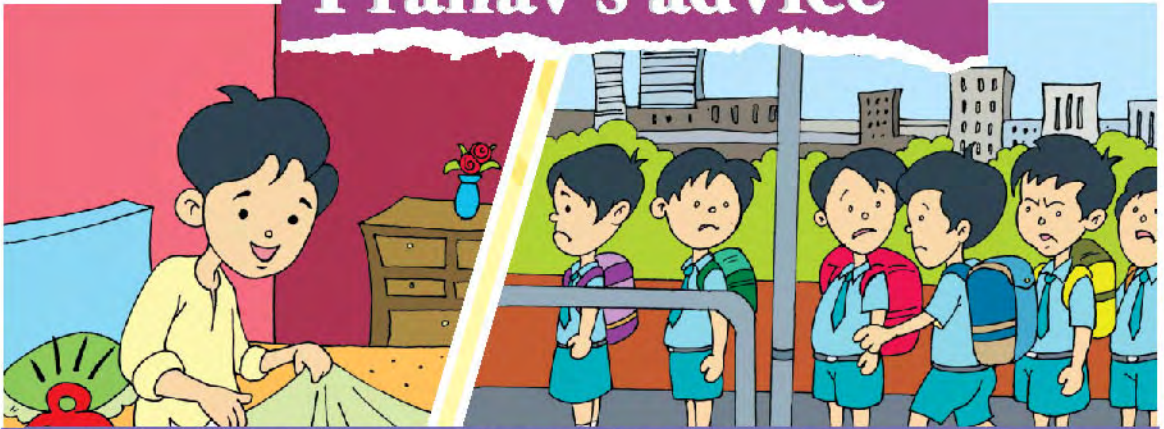
What does greed feed on? When your parents give you things or pocket money and you do not share them with your friends, then that would be considered giving food to greed.

and Different !



What do you think deceit feeds on? As a monitor, you let your friend go free if he has not done his work and punish someone else, then deceit gets its' nourishment.

Pranav's advice



Keyur wakes up late every day. As a result he was always late to catch his bus to school. He never had the time to stand in the long queue for the bus so he would cut the queue when the bus arrives and get on.

One day, the other students stopped him from cutting the queue to get on the bus.

Keyur, it is not ok for you to intrude in everyday. We have all been waiting in line for so long. We also have to get to school.



It's not like the bus is going to get filled just by me squeezing in?

The next day,

Today, we will not let Keyur cut in.

Yes, yes...



In a short while, Keyur arrived.

Keyur, today you will have to stand in queue.



Look, my friend Pranav is standing up ahead and I had already asked him to keep a spot for me. I had told you, right Pranav?

Before Pranav could say 'yes' or 'no' the bus arrived. Keyur got on the bus with Pranav, again.



At school, during recess,

Keyur, instead of fighting every day, why don't you come early?

While watching TV, it gets late every day by the time I go to bed. That's why I have a hard time waking up in the morning.

Don't you think the mistake is yours?

It is a mistake, but what can I do.

What do you mean by what can I do? First of all, you make a mistake, and on top of that you lie and bully to protect it. Then how will the mistake leave?

So what's the problem with that? The habit of lying and waking up late will never leave if you protect it. If you protect your mistake once, then the habit will not leave for twenty years. That's the law of nature.

So what you mean to say is that I should become like King Harishchandra in front of everyone and admit that I am unable to wake up early?

I don't believe in such laws.

Keyur's routine of waking up late and intruding into the bus continued. Years passed by. Both of them grew up and began working. One day,

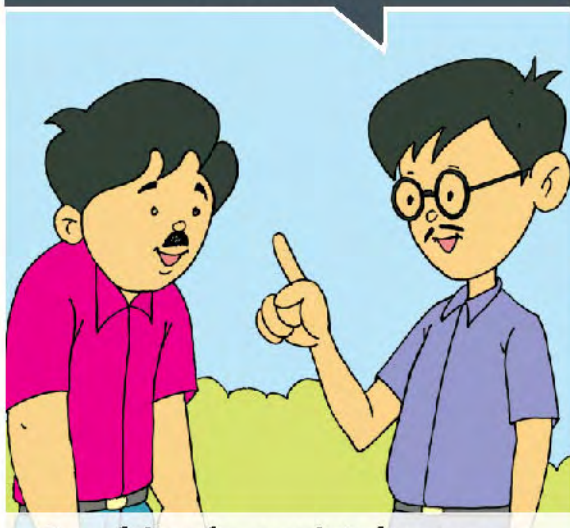


keyur, you still cut in between the queue? Do you remember what I had told you years ago, that a mistake will never leave if you protect it.



What you said is correct. Up until today, I still wake up late and cut in the queue. I want to break free from this habit, but I am unable to.

It's never too late to mend. Stop protecting the mistake from today and ask for forgiveness for protecting it in the past. Gradually, it will become alright.



See friends, a mistake never leaves, if it is protected.

Let's Play...

1

6		10		9	15		9	
16	15		15		3	5		21
		10		24		9		
13								17
	4		20	9	8	8		
19							28	
26			13	12	27			13
12							9	

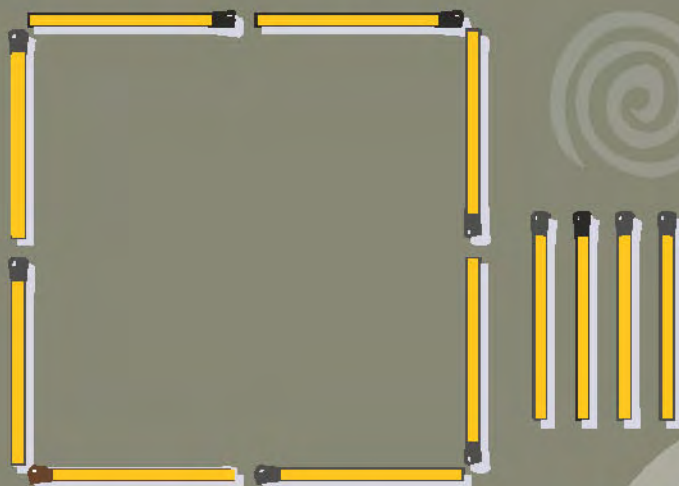
Fill in the blanks with the numbers 1 to 9 in such a way that every horizontal line, vertical line and block of 3×3 numbers, has the numbers 1 to 9 in it.

Instructions:-

No single number should appear twice in the empty boxes with a red line. In addition, the total of the numbers in boxes should equal the number in the corner box.

2

Take 8 match sticks and arrange them as shown in the square besides. Now take four more match sticks and divide the square shown in two equally shaped parts.



Instructions:-

The matchsticks are not to be arranged one on top of the other. They are to be placed without breaking them.

Mythological

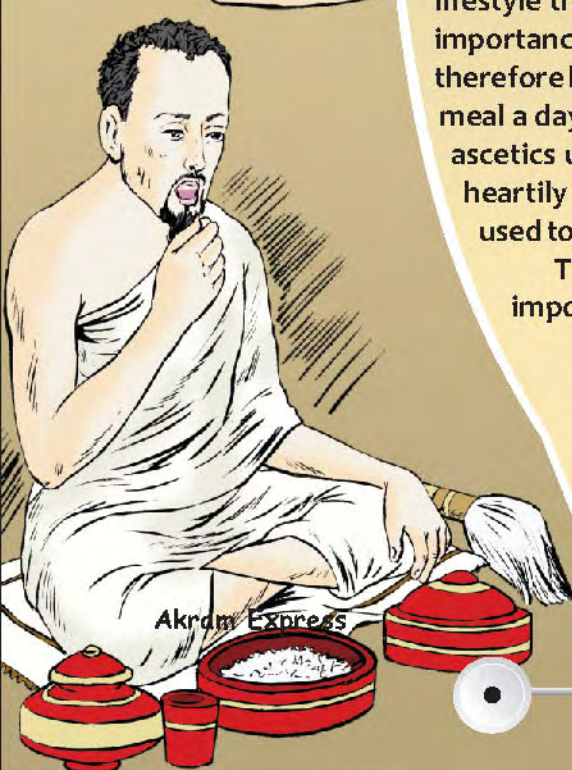
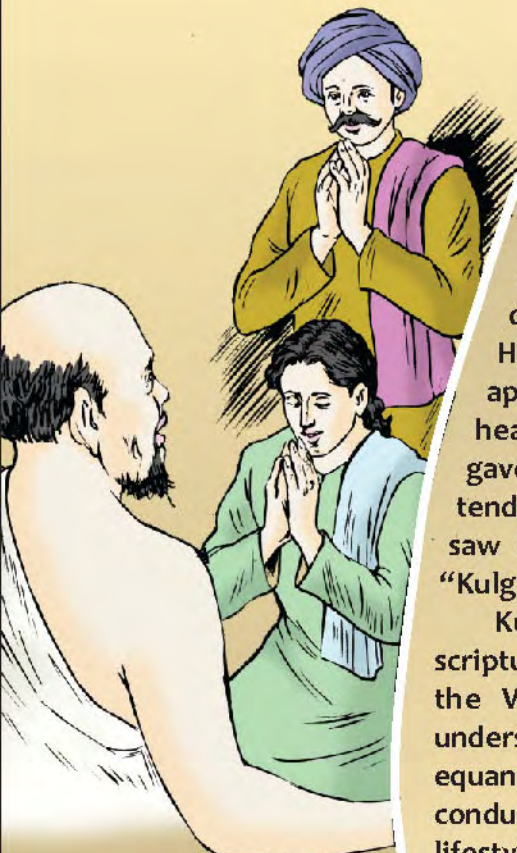
There was once a trader named Dhandat. He was of a very pious nature. He had a very virtuous and cultured son. Like his father, he was also very interested in religion.

Once, a Gnani Acharya named Dharmaghosh Suri arrived in their village. Dhandat and his son went to see the Acharya for his blessings and to listen to his discourse. The son was very impressed by the Acharya. He decided to become the Acharya's disciple. He approached his father and told him about his intent. Upon hearing this, Dhandat was very pleased and he happily gave his blessings. In this way, he gave up worldly life at a tender age and accepted the life of an ascetic. The Acharya saw that he had a bright future ahead and named him "Kulguru". He later came to be known as Saint "Kurgadu".

Kurgadu regularly started studying the religious scriptures. He began to absorb the teachings in the heart of the Vitraag (free from all attachments) Lord. After understanding the 'law of karma' his life was full of equanimity. In this way, he started following the codes of conduct of the ascetic life in an orderly manner. In the ascetic lifestyle there are certain days when fasting is given a lot of importance. Kurgadu was never able to stay hungry and therefore he was not able to fast. He needed to eat at least one meal a day. For this he was very remorseful. When the other ascetics used to fast on certain auspicious days, he used to heartily congratulate and look after them. Moreover, he used to nurture the intent to be able to fast.

The auspicious days of Paryushan (which is the most important Jain religious observance of the year) were

“In this way, he gave up worldly life at a tender age and accepted the life of an ascetic.”



Stories

“ You are not worthy of being an ascetic. ”

drawing closer. All the ascetics began the penance of fasting according to their strength and intent. Kurgadu's guru also started to fast for a month. Kurgadu was very remorseful within that he was not able to stay hungry and thus unable to fast. In this way the seven days of Paryushan went by. It was the last day of Paryushan, Samvatsari (considered the most pious day of the year where all Jains ask for forgiveness). By lunch time, Kurgadu was very hungry. He could not wait any longer, so he went to his guru to ask for permission to go and ask for alms of food. His guru said some harsh words to him for being unable to fast. Kurgadu accepted his mistake and remained in equanimity.

After bringing his food, Kurgadu following the conduct of conduct of ascetics, went to his Guru to show the plate of food and to ask for permission to eat. The guru pushed away the plate of food in anger towards Kurgadu and said, “You are not worthy of being an ascetic.” Kurgadu took the guru's words as a blessing and sat down to eat. The other ascetics who saw Kurgadu sit down to eat showed contempt towards him.

Kurgadu was very grateful to all the ascetics and went into deep repentance. With genuine remorse, all his karmas were burnt and he obtained Kevalgnan (Absolute Knowledge).

See friends, he did not take side of his weakness even once and wholeheartedly accepted it. Whole hearted repentance can have such a wonderful outcome!



Introspect Yourself!

Dada says when you take side of your mistakes that is like giving food to the kashays (anger, pride, deceit, greed). Today, let's play a game called, 'Feast for Kashays'. From the scenario below let's find out:

1) Who feeds sweet dishes to the Kashays and makes them stronger and in turn becomes weak. 2) Who keeps the Kashays hungry and in turn becomes strong.

Scenario

Malini Didi was conducting a game in a group, with everyone. While playing, Janak and Mayank got very agitated.

Didi: friends, why are you agitated? We are playing so that we can have some fun, right?

Janak: Didi, I made a mistake. Now, I will not get agitated.

Mayank: But, I will naturally feel agitated, won't I? There is no discipline in this group. Everyone is cheating. I am getting agitated so that the discipline is maintained and no-one cheats.

Nirav: Sorry, I will not cheat anymore.

Alas, what's this? Just to win, Mayank was also cheating without anyone noticing.

After the game, it was time for the final rehearsal of the play. There were a lot of times when Malini Didi felt that she was behaving like a miser for no good reason, but today she had bought nice new clothes for everyone to wear in the play.

Janak was supposed to bring his new suit for Mayank's role but, "What if Mayank spoils it" he thought and decided to take his old suit.

Janak: Didi, I really wanted to bring the new suit but my brother took it, so I have brought the old one.

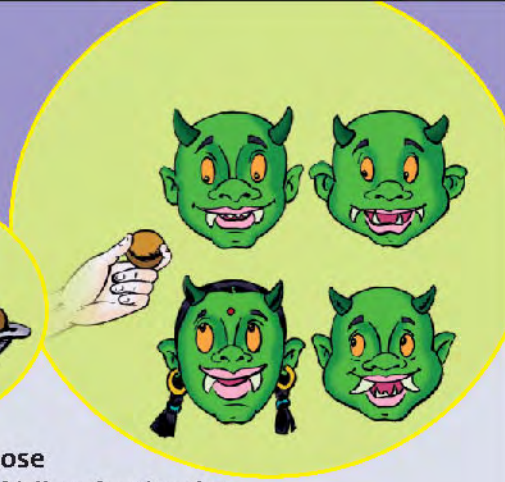
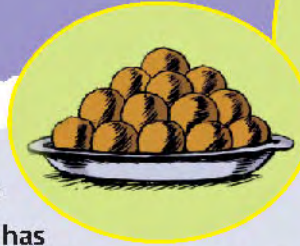
Before leaving, Didi asked everyone how they did in their final exams.

Janak: We have new neighbours in our compound. They used to play really loud music and because of that I was unable to study. That is why I got 75%. Otherwise, I have a record; I have never get anything less than 85%.

Mayank: I got 65%. This time I wasted a lot of time watching cricket. I did not listen to my mother. It was my mistake.



Below there are four demons named anger, pride, deceit and greed. Each of the demons has two plates. One plate has sweets and the other plate is empty. Write the names of those characters in the Scenario who fed the demon, besides "fed it" and write the names of those characters in the Scenario who kept the demons hungry, besides "kept it hungry". So are you ready?



Anger : Fed it :
 Kept it hungry :
 Pride : Fed it :
 Kept it hungry :
 Deceit : Fed it :
 Kept it hungry :
 Greed : Fed it :
 Kept it hungry :

My Vision

Maulik and Kaushal were riding on the motorbike. Due to heavy traffic Maulik took the motorbike on a "one way" road. Kaushal tried to stop him. Maulik replied nonchalantly, "It's ok, there are no policemen here." Just up ahead on the road their motorbike had an accident with an oncoming rickshaw. The rickshaw's front headlight broke. The driver of the rickshaw got angry with Maulik. He started to scold Maulik about being on the wrong side of the road. Maulik told the rickshaw driver, "You were not looking while driving; I was riding on the side of the road. The fault is yours not mine."



1. In the above situation who took side of their mistake? Which phrases depict that the person took side of their mistake? How many times?
2. What should have been the correct thing to do in the above situation?
3. What will be the effect of this in the long run?

Sweet Memories

You must all be aware, that our Niruma was born into a wealthy family. Moreover, she was the only sister among five brothers, and to add to it she was studying to become a doctor, so she was raised with a lot of pampering. She never had to do any housework because she had her mother, five sisters-in-law and servants in the house that took care of all the housework. As soon as she became a doctor she met Dada, and who got involved in Dada's service. Where ever Dada went, Niruma was always there with Him.

In this way, once Niruma went on a pilgrimage to Nepal with Dada. In those days, the pilgrimage was truly a way to dissolve one's prakruti (mind-body complex). You had to stay wherever there was space and eat whatever you got. Nothing was pre-planned.

There was one place in the pilgrimage where everyone was put up in a cowshed. There they had to prepare the food themselves. The cowshed was filthy. All the mahatmas started to clean the place up. Niruma was sitting beside Dada. Just then Dada said, "Niruben, will you stand up? Please sweep that rubbish from there." In her entire life Niruma had never held a broom in her hand. She had never done any housework, cleaning or preparation of food but because Dada had asked her to there was no thinking about it. Even though this conflicted with her prakruti, she was overjoyed because Dada had asked her to do it.

When she used to live at her house she used to feel that this work was not for her, it was for her sisters-in-law. But here, because it was Dada's agna (directive) she happily swept away the rubbish. There were so many layers of dirt and it was flying everywhere. It took half an hour to forty five minutes to sweep away the rubbish, but Niruma remained in quite another state of bliss because she had received an agna from Dada. With utmost joy she completed the job and did not feel tired at all.

See friends, by following the agna of a Gnani with utmost joy, your prakruti dissolves, you progress and obtain the Gnani's grace!

Pujyashree with kids

Questioner: I always get into arguments with my mother. For example, when my mother tells me, "Come out of the bathroom" then I reply, "After 10 minutes." My arguments are never ending. What should I do?

Pujyashree: When your mother asks you to come out of the bathroom, why don't you come out? If you want to shower longer and have fun then you can do that on Sundays or during the holidays but on the rest of the days because you have to go to school, you should come out quickly. What do you think?

Questioner: Yes, I should come out quickly.

Pujyashree: So, when your mother tells you to get ready for school quickly, that is correct, isn't it?

Questioner: Yes, it is.

Pujyashree: Do you spend more time in the bathroom only during the holidays or every day?

Questioner: Every day.

Pujyashree: So, then your mother's complaint is correct. Otherwise, would it be ok with you to wake up half an hour early every day to spend more time in the bathroom?

Questioner: Meaning?

Pujyashree: Meaning, you would have to reduce your sleep. Sleep a little less and wake up early in the morning and spend more time in the bathroom, so that you can get ready for school in time. We should try to adjust! Why should your mother shout and complain? Because, you are not aware of your responsibilities. If you are late and the school bus leaves without you, what would happen? You will be late. Do you understand? So, now what will you do?

Questioner: I will get out of the bathroom quickly.

Pujyashree: Good.

Questioner: We are three friends. Among the three of us, two are very close and because of that the third friend feels very

jealous. So, what should I do?

Pujyashree: You should do pratikraman. You should tactfully look after that friend. You can only call each other friends when you do not hurt each other. You should discreetly ask her, "Are there things about me that you do not like? What mistake am I making?" Come along, let us play together and be together.

Questioner: But what she does is, when the two of us are talking, she will come in between and take my friend away from me.

Pujyashree: Yes, after she has taken her away, you feel jealous just the way she feels jealous. So you need to do pratikraman and gradually learn to become noble hearted and feel that, "It is fine, you finish talking to her and I will talk to her later."

Questioner: Good.

Pujyashree: You should be loving with her!



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



1

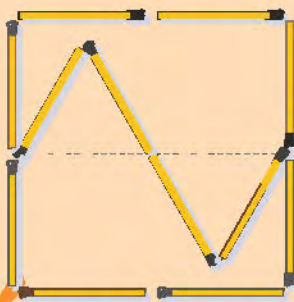
Chhote(Young one): If you had listened to your mum when you were young, then you would not have had to see this day today.
Bade(Older one): What was mummy saying?
Chhote(Young one): If I had not listened to her, then how can I tell you?

Puzzle Answer's

1

2	4	7	3	5	6	9	8	1
5	6	9	8	4	1	3	2	7
1	3	8	7	9	2	4	5	6
4	7	2	1	6	8	5	3	9
9	1	3	5	7	4	2	6	8
8	5	6	9	2	3	1	7	4
7	2	4	6	1	5	8	9	3
6	8	5	4	3	9	7	1	2
3	9	1	2	8	7	6	4	5

2



2

Seeing Chhotu's anxious face, his friend asks him, "Hey Chhotu, why do you look sad? What happened?"
Chhotu: I gave my friend Gatu (chubby) fifty thousand rupees for a plastic surgery, but I am worried about how I will recognize him now?

3

A tenant, who has newly arrived in town, asks his neighbour.
Tenant: Do you have a son?
Neighbour: Yes, I have one son.
Tenant: Does he smoke cigarettes?
Neighbour: No.
Tenant: Wow, your son is so good! It is quite impossible to meet such well-cultured children in this day and age. How old is he?
Neighbour: Three years old.

Introspect Yourself Answers

Anger : Fed it : Mayank – By saying, "I am getting agitated so that no-one cheats."

Kept it hungry : Janak – By accepting his mistake.

Pride : Fed it : Janak – By blaming the neighbours and protecting his pride.

Kept it hungry : Mayank – By accepting his mistake that he had wasted time watching cricket.

Deceit : Fed it : Mayank – By saying, "No-one should cheat" while he himself cheated.

Kept it hungry : Nirav – By asking for forgiveness for having cheated.

Greed : Fed it : Janak – By lying to cover up his greed so that the suit would not get spoiled, he said that his brother had taken it.

Keep it hungry : Didi – By purchasing new clothes for all the children.

Glimpses Of The Drawing Competition

An art competition had been organized in Simandhar City during the month of June. Kids ranging from K.G. level up to youth at college level took part in the competition. The participants were divided into four age groups. Each age group was given a different topic on which each participant was to bring shape to their imagination on paper. So let's see the talent of the top two winners in each age group...

KG to 2nd Standard

1st prize

Goswami Param Dineshkumar, Std-2, My Family



2nd Prize

Kalrav N. Dave, Std-2, My Family



3 to 7th Standard

1st prize

Niyoshi, Std-6, If I Had Wings



2nd Prize

Parthi Shah, Std-6, If I Had Wings

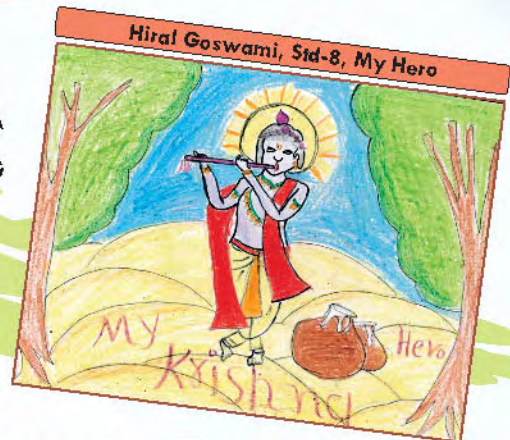




8 to 10th Standard



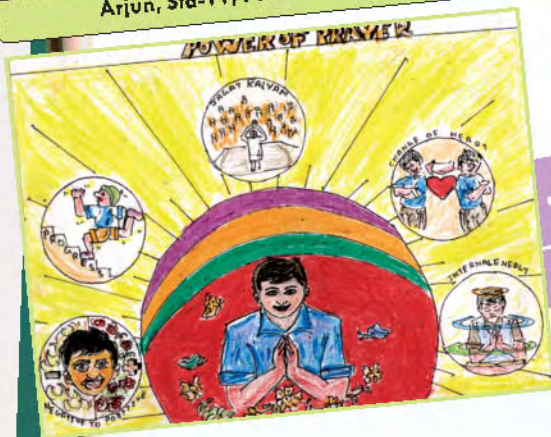
Second Prize



11 to college

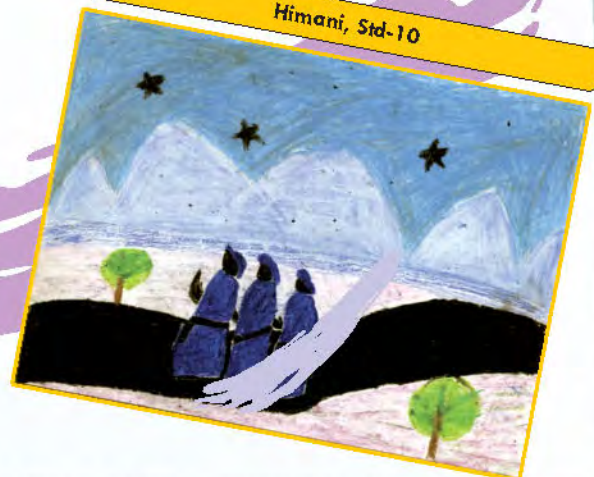
First Prize

Arjun, Std-11, Power Of Prayer



Second Prize

Himani, Std-10



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