

May 2011

Price Rs : 12/-

Dada Bhagwan Parivar's

AKRAM

Express

Holidays...

'R'



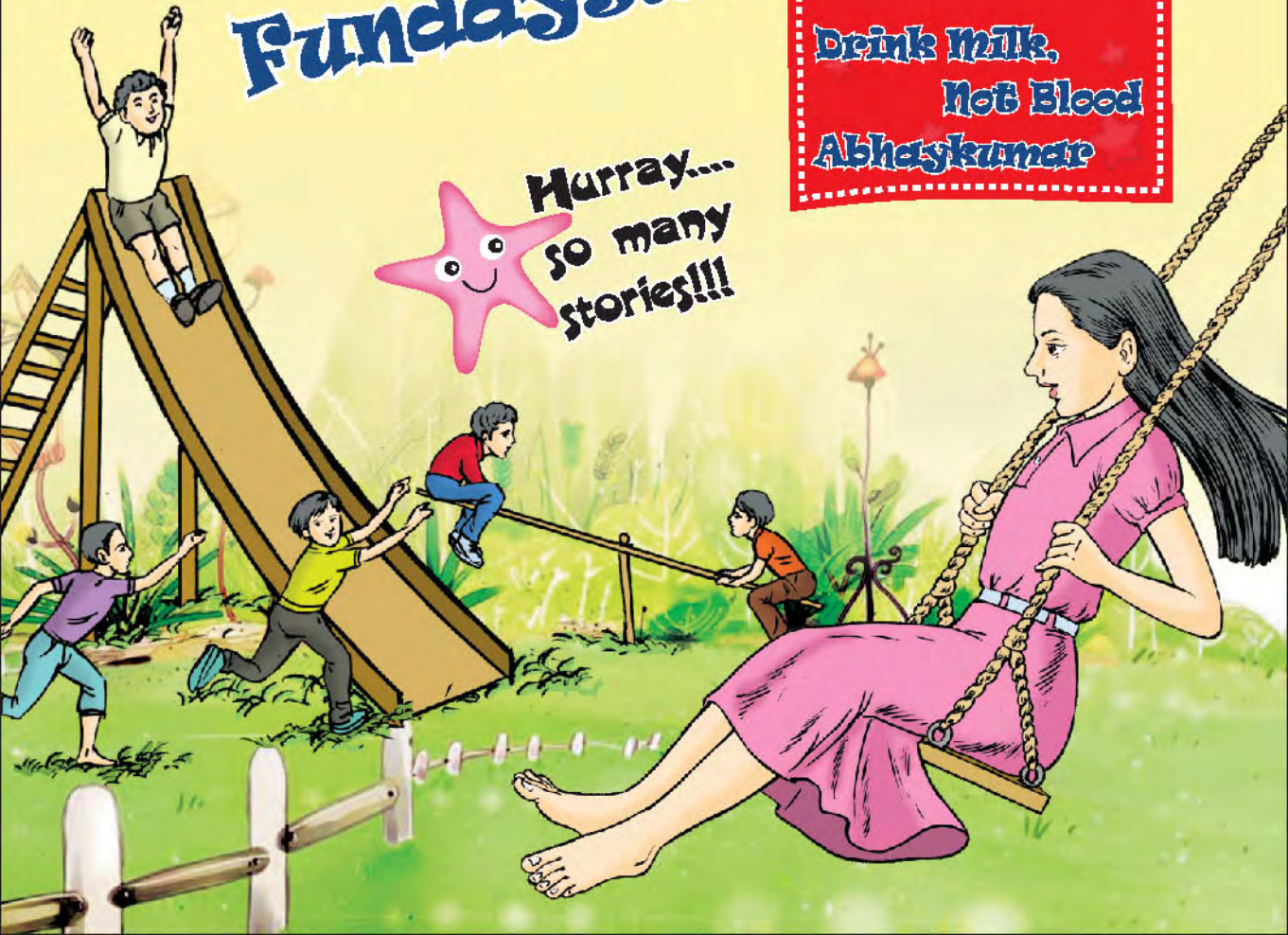
Fundays...

Hurray...
so many
stories!!!



**Tukaram's
Morality
Jesal And Toraj**

**Drink Milk,
Not Blood
Abhaykumar**



Holidays... 'R' Fundays... **AKRAM Express**

Sweet Memories..... 1

Absolutely New And Different..... 2

With Respect Comes Wisdom..... 4

Dadaji Says..... 6

Jesal And Toral..... 7

Let's Play..... 10

Tukaram's Morality..... 12

Drink Milk, Not Blood..... 13

Store Of Happiness..... 14

Find Out..... 15

Things To Know..... 18

Puzzle Answers..... 17

Mumbai Kids Camp..... 17

Friends,

Holidays mean eating, drinking and playing only. But, you probably aren't getting a chance to play outside in this summer heat, are you? And, isn't it true that if you do not get to play, then the holiday fun just fades away? A wonderful collection of stories have been put together in this issue keeping in mind that you can enjoy your holidays while staying indoors. And yes, along with that, there are new things to learn as well as games that will exercise your brain.

So come on, let's read stories that will teach us good moral values; learn new things; play games and thoroughly enjoy ourselves. You are happy now, aren't you?

- Dimple Mehta



Editor :

Dimple Mehta

Vol.: 2, Issue : 10

Contl. Issue No.: 22

May 2011

Contact at:

Balvignan Department

Trimandir Sankul,

Simandhar city,

Ahmedabad-Kalol Highway,

-Adalaj,

Dist.Gandhinagar-382421,

Gujarat.

Phone:-(079)39830100

email:akramexpress@dadabhagwan.org

Ahmedabad:(079)

27540408,27543979

Rajkot Trimandir: 9274111393

Baroda:(0265)2414142

Mumbai:9323528901-03

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

U.K.:07956476253

Website:

kids.dadabhagwan.org

Printed, Published and Owned by :

Dimple Mehta on behalf of

Mahavideh Foundation

Simandhar City, Adalaj

Ta & Dist - Gandhinagar 382421

Published at Mahavideh Foundation

Simandhar City, Adalaj

Ta & Dist - Gandhinagar 382421

Printing Press:-

Amba Offset

Basement, Parshvanath

Chambers, Nr.RBI,

Usmanpura, Ahmedabad-14.

Subscription (English)

Yearly Subscription

India:125 Ruppees

U.S.A.:15 Dollars

U.K.:10 Pounds

5 years Subscription

India:550 Ruppees

U.S.A.:60 Dollars

U.K.:40 Pounds

Send D.D./M.o.in the

name of 'Mahavideh Foundation'.



Sweet Memories

There was a bramchari bhai living in Mumbai. He had great devotion for Dada and Niruma. He used to visit Niruma regularly. Many a times, he used to feel like moving in to stay with Niruma for good, but there was definitely some reason why he stalled. This used to bother him a lot.

One day while pouring his heart out to Niruma, he said, "Niruma, I want to come and stay with you forever, but I refrain from doing so because of one thought." Niruma said very lovingly, "Tell me, what's the matter?"

He said, "Niruma, I love Kajukatri (a sweetdish made of cashewnuts). Here I eat Kajukatri so many times. So I get the feeling that after I come to you, I will not get to eat Kajukatri. It is due to this thought that I stall myself from coming to stay with you forever." Hearing this, Niruma broke into laughter. She immediately asked for Kajukatri to be brought and while feeding him with her own hands she said, "That's all it was about! I will feed you Kajukatri. How can you leave Niruma for Kajukatri? Now, come over." And in a short time, he came to stay with Niruma.

After that, whenever any Kajukatri came to 'Vatsalya' (Niruma's residence), Niruma would call him for some without fail and she would feed him Kajukatri with her own hands.

After a short while, he came to Niruma and said, "Niruma, now instead of Kajukatri, I am satisfied with your love. Your love is much sweeter than the Kajukatri."

See friends, Gnanis take care of everyone with so much love!



Absolutely New And Different!

Questioner: One man plucks some grass, the second man cuts a tree, the third man kills a mosquito, the fourth man kills an elephant, and the fifth man kills a human being. Now, in all these cases the killing of life has occurred, then why is the result of these sins different?

Dadashri: Our demerit karma is bound in proportion to the suffering endured by the other living being. The grass has no value.

Questioner: But, there is a soul in it, isn't there?

Dadashri: That's true, but it is suffering unconsciously. Whereas the human being endures the highest suffering, therefore by killing a human, one binds the most demerit karma.

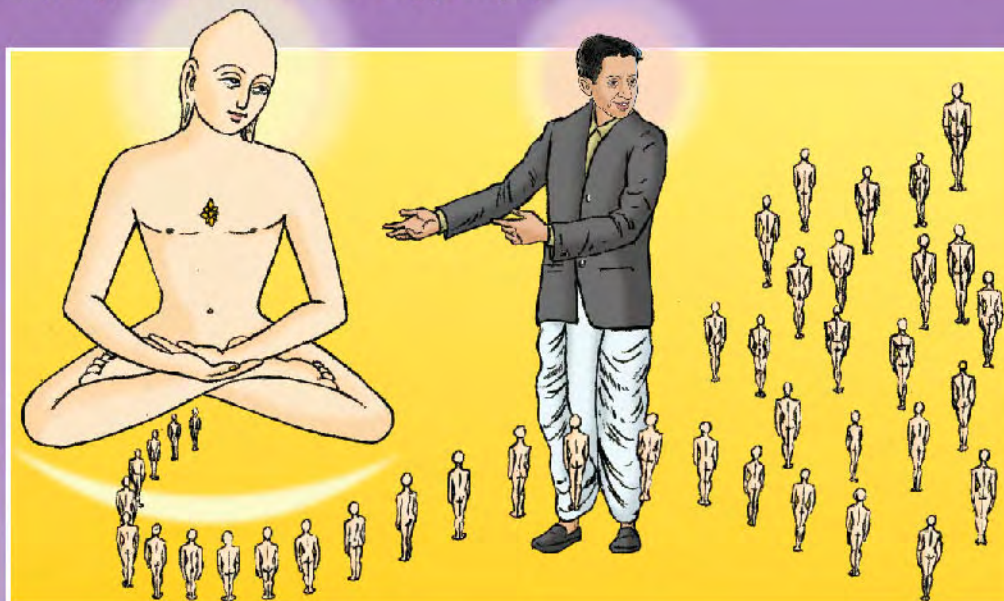


The chit has a lot of strengths. The chit goes wherever there is pain in the body again and again, and in a short while heals everything. But, at that point, if we turn the chit away to something else, then it stops the healing. For example, if your head is hurting and you go to play or sit down to watch T.V. then the chit gets involved in that action. Therefore, the headache does not heal.

These oxen have to pull the ploughs in the fields, without uttering a word. Whether they want to pull it or not, whether they can pull it or not, once they are hit from behind, they have no choice but to walk. To whom can a speechless animal complain? Now, why does it have to suffer such a beating? This is a result of complaining a lot before (In its previous life). At that time, when it had a position of power, it kept complaining about others. Now, it does not have authority; therefore, It has to live without complaining. Therefore, one should never complain about others.



When does the face of a Tirthankar light up with joy? Upon seeing 'Gnanis' (Enlightened One). This is because Gnanis prepare everyone for Moksh and send them to the Tirthankars. The Tirthankars do not have to make any effort hence they are very pleased with Gnanis. Precisely for this reason, when we send our salutations (namaskar) with Dada Bhagwan as a witness, they reach the Tirthankar very promptly.



With Respect Comes Wisdom

At the time when King Shrenik reigned over Rajgruhi city, there lived a 'Chandal' (man of lower caste). Once when his wife was expecting, she had the craving to eat a mango. She asked her husband to bring one for her.

The Chandal said, "This is not the season for mangoes, so I cannot do anything. Otherwise, no matter how high up in the tree the mangoes may be, I would bring you the mango and fulfill your desire with the strength of my knowledge."

His wife said, "There is a mango tree in the Queen's garden that bears mangoes all year long. There must be mangoes dangling from it right now. So, please go there and bring a mango."

The Chandal went to that garden to fulfill his wife's desire. He secretly went near the mango tree, recited a mantra which made the mango tree bend over, and he plucked a mango from it. Reciting another mantra, he restored the mango tree back to its original form.

When he returned home, his wife was very happy. Now, in order to fulfill his wife's desires, the Chandal began to use his knowledge frequently to bring mangoes from there.

“I have a special knowledge, with which I can do this”

One day, while the gardener was inspecting the garden, he happened to glance at the mango tree. He immediately notified King Shrenik about the stealing of mangoes.

On King Shrenik's orders, an intelligent minister named Abhaykumar, devised a plan and caught the Chandal. The Chandal



pleaded, "Please pardon my crime."

Abhaykumar asked him, "There are so many people in the garden, yet how did you manage to climb up and take the mangoes? Tell me."

The trembling Chandal answered, "I have a special knowledge, with which I can get the mangoes. Please forgive me."

Abhaykumar said, "I do not have the authority to forgive you, but if you give this knowledge to King Shrenik, then I can get your crime pardoned in return for your obligation."

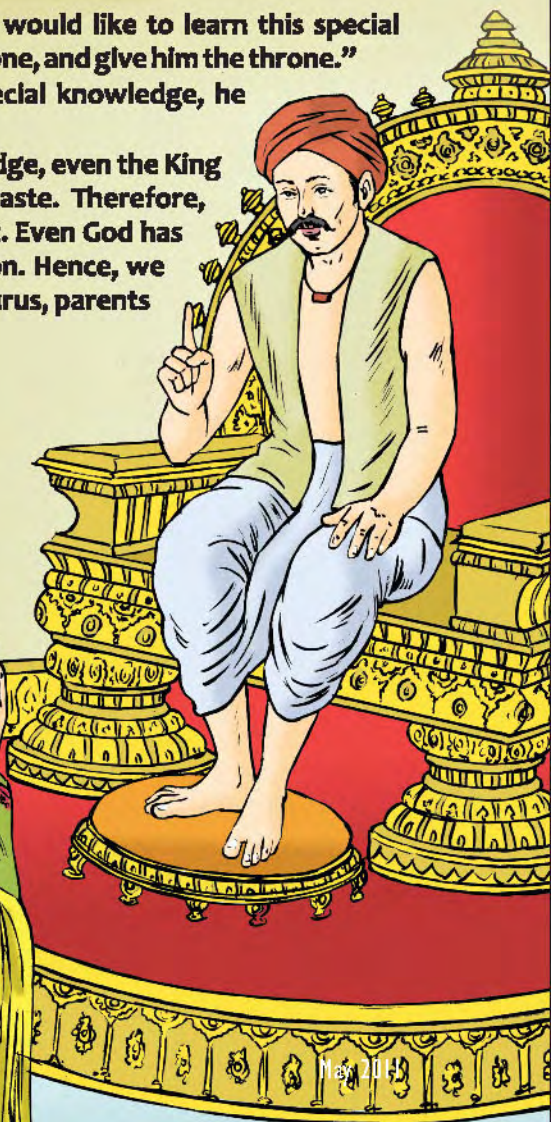
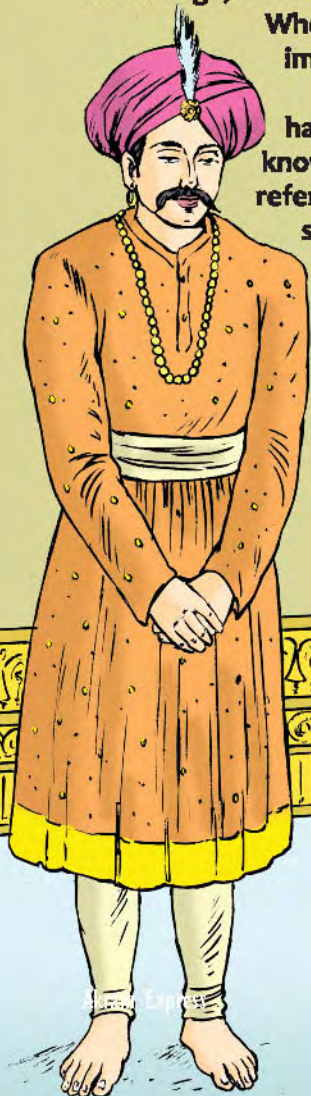
The Chandal agreed to do this. The King also agreed to this, when Abhaykumar narrated the whole story to him.

The Chandal was brought in front of the royal assembly. King Shrenik sat on the throne. The Chandal stood before him with trembling feet, and began to teach him the special knowledge, but the King was unable to learn it.

Abhaykumar hastily got up and said, "King! If you would like to learn this special knowledge, then come over and stand in front of the throne, and give him the throne."

When the King did this to learn the special knowledge, he immediately gained the knowledge.

See friends, in order to gain knowledge, even the King had to respect a person of a lower caste. Therefore, knowledge can only be gained by respect. Even God has referred to 'respect' as the core of religion. Hence, we should always respect our teachers, gurus, parents and elders.





Dadaji Says...

What is 'common sense'?



What is 'common sense'? It is 'applicable everywhere', theoretically and practically. 'Common sense is the kind of key that is always applicable everywhere, it can open any rusted lock (any kind of difficulty can come to an end). If you are able to open the lock to the most terrible person, then know that you have common sense. It means that one has common sense when one is able to adjust with the most dreadful person.

A person with common sense is adjustable everywhere. If someone insults him, then he will adjust (without arguing) by saying, "Welcome, come in, please sit! It's no problem at all." Therefore, common sense is required. Instead if someone were to say to

you, "You are brainless," then you would immediately get upset. My dear, don't you have any common sense? Why does your face look upset?

Questioner: The one with common sense would solve all issues, right?

Dadashri: The one with common sense can bring about many kinds of solutions; they can remove all worldly complications. Those with common sense do not have any disputes with anyone. Where a difference of opinion arises, should we not understand that there must be a lack of some sense (understanding).

Questioner: How would a person know who among two people has less 'sense'?

Dadashri: It's evident, can you not figure out which one of the two creates a difference of opinion first? That person has less sense.

Questioner: It means that wherever there are conflicts, there is no common sense.

Dadashri: It's not like that, but it means that there is less common sense. People with common sense will immediately set things right, where things are going wrong. It does not take them any time at all. That is called 'common sense'.



HOW CAN ONE INCREASE COMMON SENSE?

- 1) Common sense increases when one lives harmoniously with everyone.
- 2) Straightforwardness increases common sense a lot. One can easily be conned by being straight forward, but when you are being conned, your common sense blossoms and you get the understanding that one can get conned in these circumstances, hence your common sense increases.
- 3) Wherever there is even an ounce of selfishness, complete common sense cannot prevail. In this world, people keep the other person happy for their own selfish reasons, therefore people's common sense remains incomplete. This is because the common sense is used up in being selfish.

Jesal And Toral



This story is about a bandit and a 'sati'. A 'sati' is a woman who is so pure that she never has any thoughts of men other than her own husband. This true story highlights the glory of the sati, who possesses not only this, but many other excellent virtues.

Jesal Jadeja was Kutch's most ruthless bandit. Cruel and murderous towards animals, he would eat peacocks raw. It was the era of kidnapping. He would rob women in broad daylight. Such was the terror of this dacoit. The earth would tremble with the mere mention of his name.

Once his sister-in-law taunted him saying, "I will believe that you have guts only if you are able to kidnap Kathi Saskia's wife, Toral."

Unable to tolerate his sister-in-law's taunt, Jesal got up immediately. He jumped on his horse and thundered away at full speed to kidnap Toral.

He reached Saskia's house in no time. It had become dark, and aarti was going on in the house. The satimaa (mother sati) Toral was doing the aarti.

Jesal hid in the stables where the horses were tethered. Meanwhile, as soon as the aarti finished, satimaa started to distribute the 'prasad' (food offered to the deities and taken by devotees after worship). Maa had fifty two packets of 'prasad' but only fifty one were distributed. Seeing the extra packet left, she said, "There must be one devotee remaining, otherwise fifty two packets of prasad would not have been made."

Looking around nearby, Kathi saw Jesal hiding in the manger. Kathi asked, "Who are you? Why are you hiding here?"

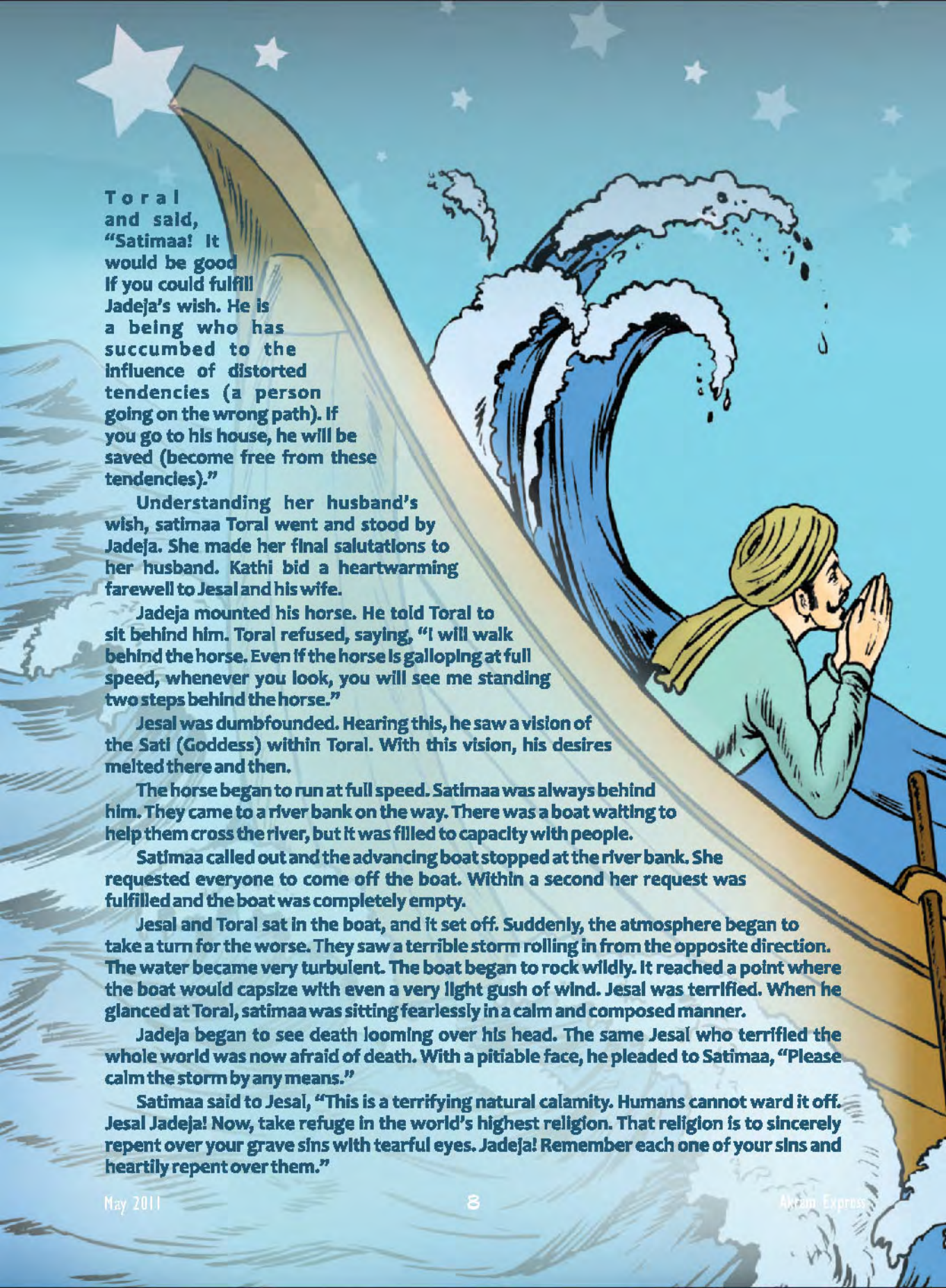
Jesal Jadeja announced his name. Upon hearing his name, the people present began to tremble in fear.

Jadeja said, "Kathi! I have come to take Toral. If you do not give her to me without a fuss, then I will have to create a commotion."

Kathi said, "Is there need to create an uproar?"

Then, Kathi turned towards





Toral and said, "Satimaa! It would be good if you could fulfill Jadeja's wish. He is a being who has succumbed to the influence of distorted tendencies (a person going on the wrong path). If you go to his house, he will be saved (become free from these tendencies)."

Understanding her husband's wish, satimaa Toral went and stood by Jadeja. She made her final salutations to her husband. Kathi bid a heartwarming farewell to Jesal and his wife.

Jadeja mounted his horse. He told Toral to sit behind him. Toral refused, saying, "I will walk behind the horse. Even if the horse is galloping at full speed, whenever you look, you will see me standing two steps behind the horse."

Jesal was dumbfounded. Hearing this, he saw a vision of the Sati (Goddess) within Toral. With this vision, his desires melted there and then.

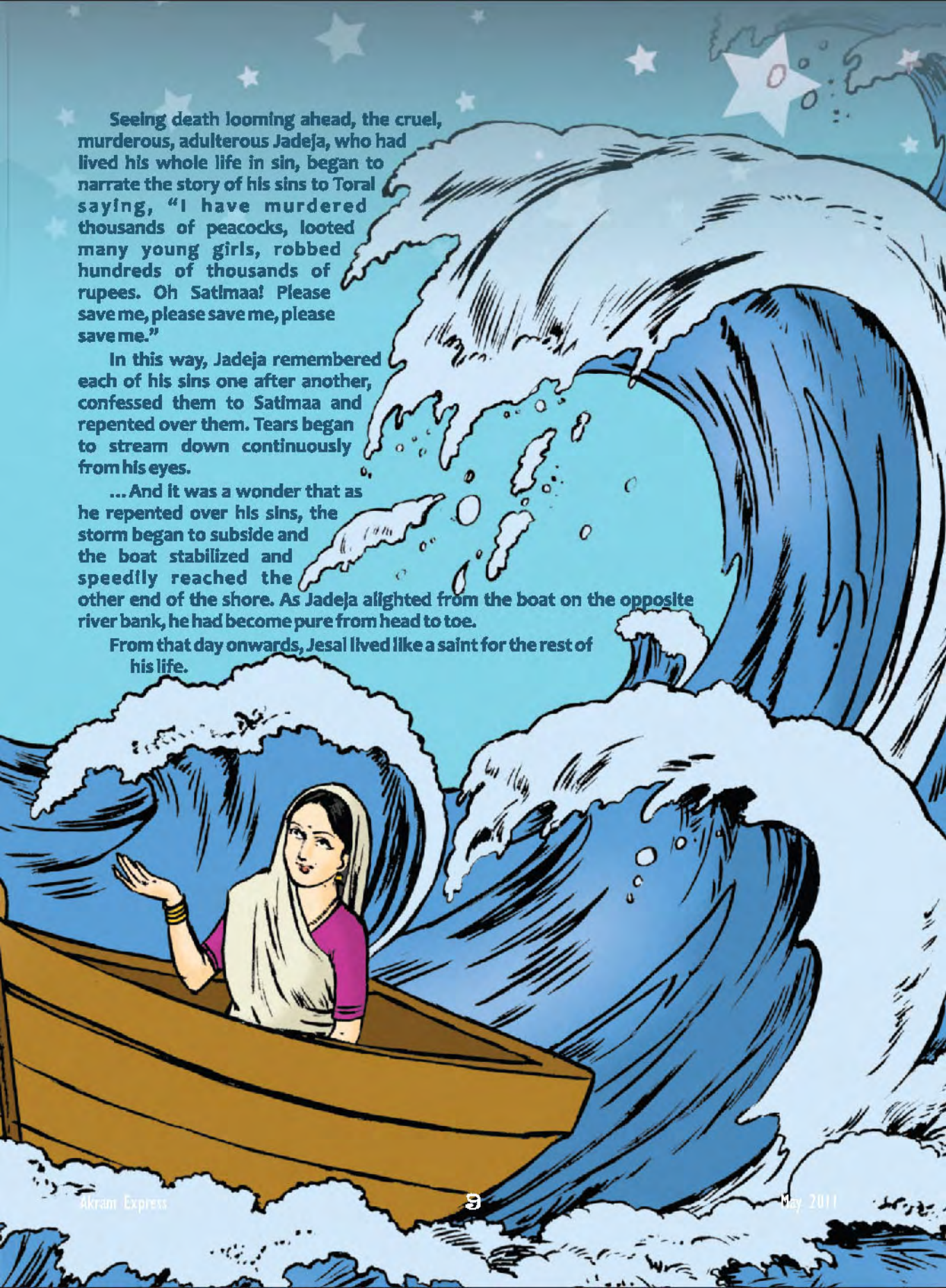
The horse began to run at full speed. Satimaa was always behind him. They came to a river bank on the way. There was a boat waiting to help them cross the river, but it was filled to capacity with people.

Satimaa called out and the advancing boat stopped at the river bank. She requested everyone to come off the boat. Within a second her request was fulfilled and the boat was completely empty.

Jesal and Toral sat in the boat, and it set off. Suddenly, the atmosphere began to take a turn for the worse. They saw a terrible storm rolling in from the opposite direction. The water became very turbulent. The boat began to rock wildly. It reached a point where the boat would capsize with even a very light gush of wind. Jesal was terrified. When he glanced at Toral, satimaa was sitting fearlessly in a calm and composed manner.

Jadeja began to see death looming over his head. The same Jesal who terrified the whole world was now afraid of death. With a pitiable face, he pleaded to Satimaa, "Please calm the storm by any means."

Satimaa said to Jesal, "This is a terrifying natural calamity. Humans cannot ward it off. Jesal Jadeja! Now, take refuge in the world's highest religion. That religion is to sincerely repent over your grave sins with tearful eyes. Jadeja! Remember each one of your sins and heartily repent over them."



Seeing death looming ahead, the cruel, murderous, adulterous Jadeja, who had lived his whole life in sin, began to narrate the story of his sins to Toral saying, "I have murdered thousands of peacocks, looted many young girls, robbed hundreds of thousands of rupees. Oh Satimaa! Please save me, please save me, please save me."

In this way, Jadeja remembered each of his sins one after another, confessed them to Satimaa and repented over them. Tears began to stream down continuously from his eyes.

...And it was a wonder that as he repented over his sins, the storm began to subside and the boat stabilized and speedily reached the other end of the shore. As Jadeja alighted from the boat on the opposite river bank, he had become pure from head to toe.

From that day onwards, Jesal lived like a saint for the rest of his life.



Let's Play...



1

Find eight differences from the pictures shown below.



6	5			2	1
4					3
3					
5	6				

2

Fill in the blanks in the table to the left with the numbers 1-6, in such a way that every horizontal line, vertical line and continuous chain contains different numbers.

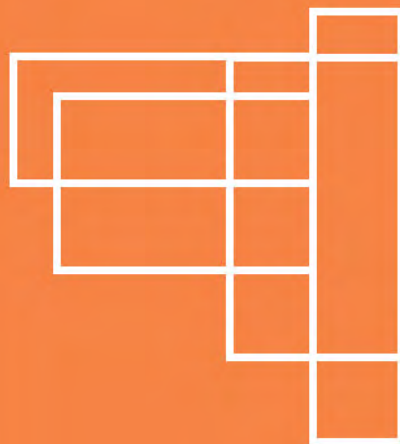
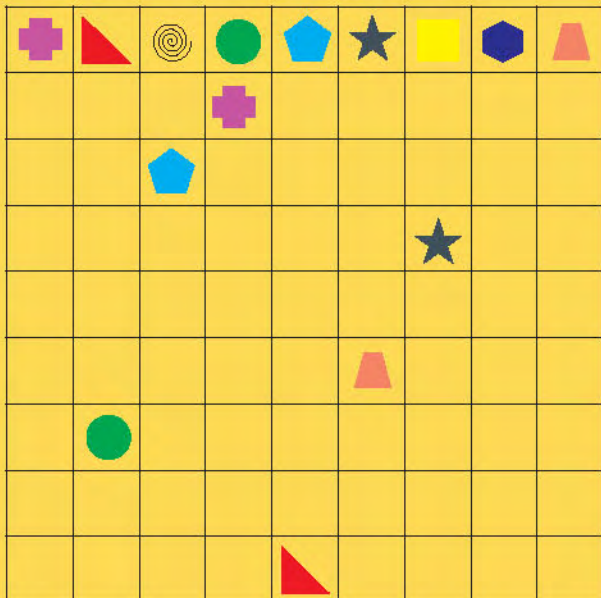


Organize the 9 shapes in the empty slots below, in such a way that no single shape is repeated in any horizontal, vertical and diagonal line.

3

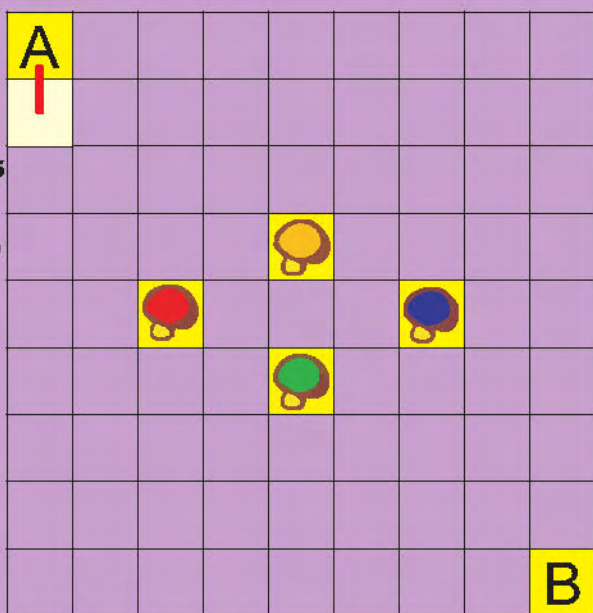
4

In the figure below, how many 4 sided shapes are there?



5

Draw a continuous line connecting A to B in such a way, that it passes through all the squares, but does not pass through the squares with mushrooms. The lines should only be horizontal or vertical, not diagonal.



6

How many times does the number 7 appear from 1 – 100?



Tukaram's Morality

Saint Tukaram was a great devotee of Vishnu. He was very compassionate. Even though he was extremely poor, he lived his life with utmost purity. His wife was very quarrelsome by nature, and this is the reason why he had turned towards devotion of the Lord.

Shivaji shuddered when he came to know of Tukaram's severe poverty. He decided to help Tukaram in some way or other. On enquiring, Shivaji found out that Tukaram had some earthen utensils in his house, which were cracked and broken.

The next day, Shivaji sent a beautiful set of brass utensils to Tukaram's hut. At that time, Tukaram was not present at home. His wife was tempted to see the utensils. She accepted the utensils. She was very delighted to see the beautiful utensils. She immediately distributed all the earthen utensils in the house to the poor.

In the evening, Tukaram returned home. He was deeply saddened to hear the entire story. He felt deeply saddened. He sat down to eat, but he could not even partake of all his food. His mind kept voicing one thing only, "How can we take something that does not rightly belong to us?"

He left his meal half eaten, and gathered poor people at the doorstep of his house. He gave away all the brass utensils as gifts.

Seeing this, his wife started to quarrel again, but who was listening to her. The wife kept on lamenting, and the utensils were distributed. After all the utensils were distributed, Tukaram said to his wife, "If you have the right to give away the utensils (earthen ones) to the poor, then do I not also have the same right?"

See friends, even though he was poor, Saint Tukaram's had very high morals!



Drink Milk, Not Blood



Once, Shrimadji made a deal with a diamond merchant. They had negotiated the deal such that the merchant would give certain diamonds, on a particular date at the agreed price. The merchant had written a contract, signed it and had given this document to Shrimadji.

But it so happened that by the time the date arrived the value of those diamonds had increased tremendously. If the merchant would abide by the written contract and give Shrimadji the diamonds, then he would have to suffer a very heavy loss. He would have to sell off all his property and wealth, but what could be done now?

Meanwhile, when Shrimadji became aware of the market price of diamonds, he immediately went to that merchant's shop.

The merchant was troubled to see Shrimadji at his shop. He implored as humbly requested, "Raichandbhai, I remember the diamond contract made between us. I am worried about it. Whatever happens to me, let it happen, but be certain that I will give you the value of those diamonds at the present market rate. You need not worry at all."

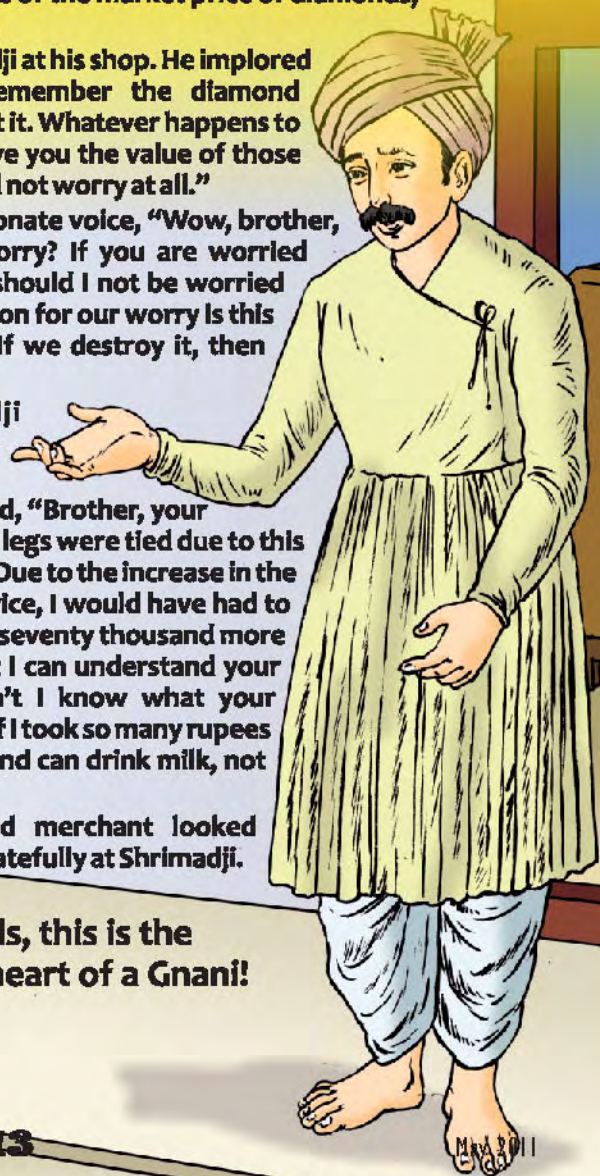
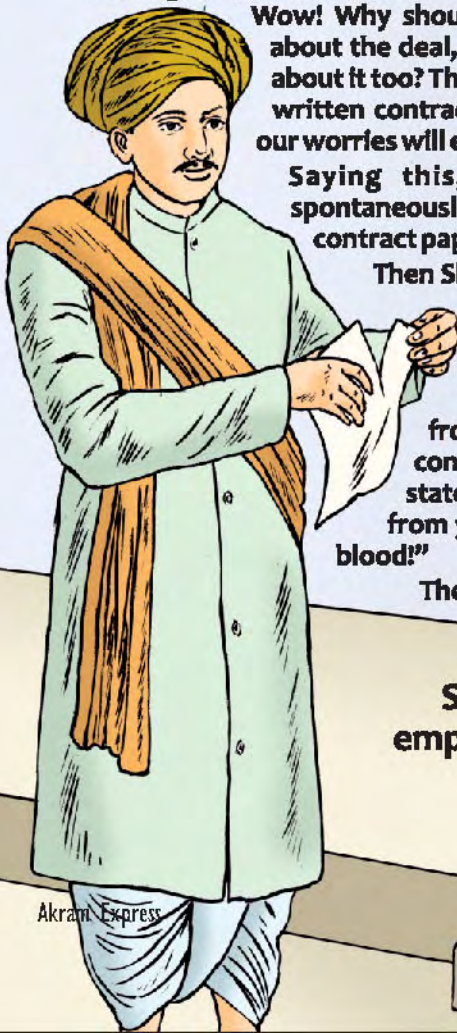
Hearing this, Shrimadji said in a compassionate voice, "Wow, brother, Wow! Why should I not worry? If you are worried about the deal, then why should I not be worried about it too? The main reason for our worry is this written contract, isn't it? If we destroy it, then our worries will end."

Saying this, Shrimadji spontaneously tore the contract paper.

Then Shrimadji said, "Brother, your hands and legs were tied due to this contract. Due to the increase in the market price, I would have had to get sixty – seventy thousand more from you, but I can understand your condition. Don't I know what your state would be if I took so many rupees from you? Raichand can drink milk, not blood!"

The astounded merchant looked gratefully at Shrimadji.

See friends, this is the empathetic heart of a Gnani!





Store of Happiness

Say 'Jai Satchitanand' to Deepakbhai



Jai Satchitanand

If you say
'Jai Satchitanand'
you will get a
chocolate.

I should say Jai
Satchitanand if I
am going to get a
chocolate

Jai Satchitanand



Jai Satchitanand

Let me bow down
to his feet. I'll get
another chocolate.



Now, please give me chocolate.



Now, please give me another chocolate.



You'll only get it once. Now, no more.

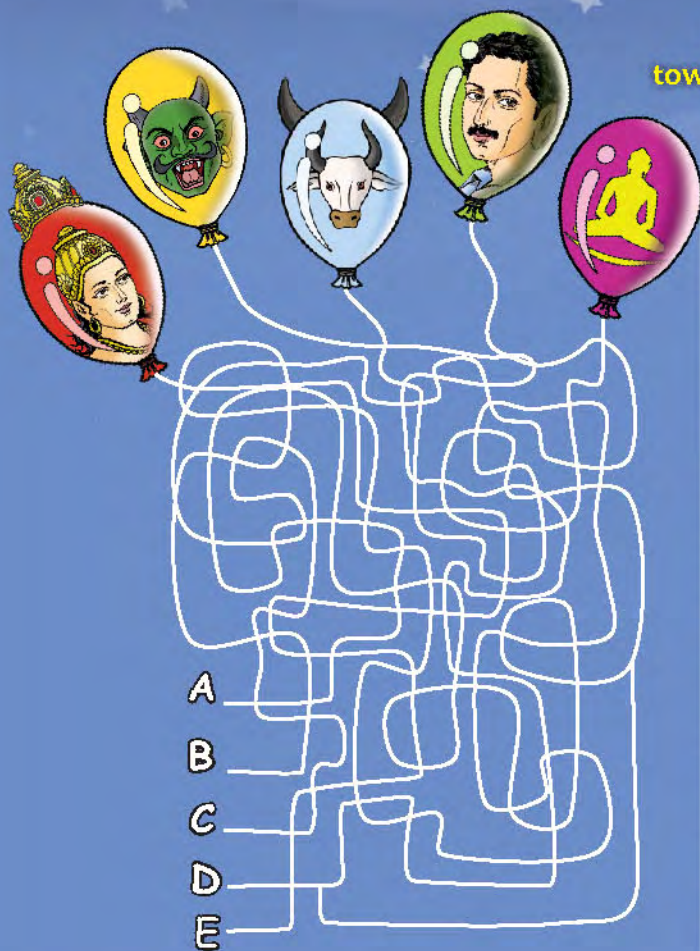


Find Out...



Figure out what the choices A,B,C,D, and E represent.

Each sentence given below points towards one of the life forms represented by the choices A-E, So let us find which life form (Choice from A-E) each sentence represents.

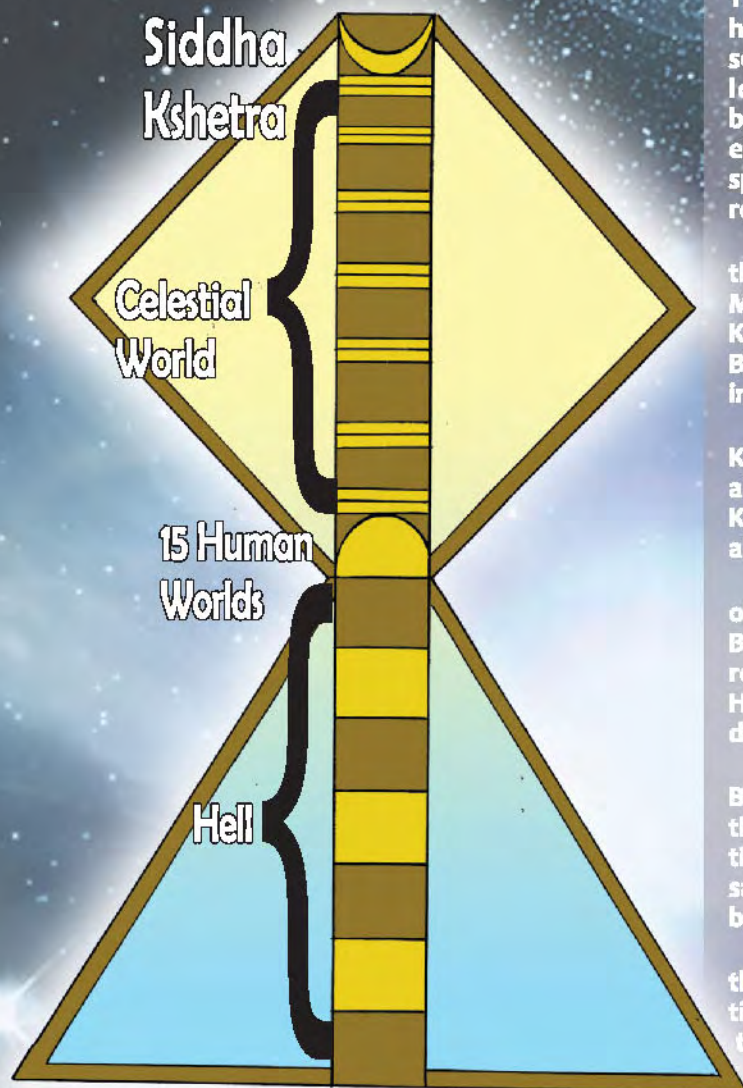


- 1) Liberation can only be attained from here.
- 2) There is suffering similar to death here.
- 3) There isn't even an iota of happiness to be seen here.
- 4) Here, the proportion of grief is more than that of happiness.
- 5) Here there is no birth, old age or death.
- 6) Here one can charge karmas and one can also become free of karmas.
- 7) Here one has to endure immense suffering.
- 8) The whole lifespan is spent in helplessness.
- 9) Severe cold, severe heat, being drowned in rivers of blood, being burned in fire etc. are the various kinds of innumerable suffering one has to endure.

- 10) The Lord, devotion, knowledge, understanding of knowledge, are all found here only.
- 11) The kind of helpless state where one is in constant fear and has to endure suffering without complaining.
- 12) There is immense pleasure here but one cannot perform religious activities.
- 13) The proportion of happiness is more than that of grief.
- 14) The body is like mercury. As many times as it is cut, it rejoins.
- 15) Here there is suffering of birth, sickness, old age and death.
- 16) Here there is nothing but bliss and not even an iota of sorrow. From here, one does not have to wander around in the 4 life forms ever again.



Things To Know



1) The whole universe is shaped like a man standing with his legs wide apart with both his hands on his waist.

In the mid section, there are fifteen worlds where human beings can live. The upper section has twelve types of heavens, and the lower section has seven types of hells. Siddha Kshetra is located at the connecting point between 'lok' (where six eternal elements exist) and 'alok' (where only space exists). Infinite Siddha Bhagwans reside there.

2) Among the fifteen human worlds, there are five Bharat Kshetras, five Mahavideh Kshetras and five Airavat Kshetras. The world that we live in is Bharat Kshetra and Simandhar Swami is in Mahavideh Kshetra.

3) In Bharat Kshetra and Airavat Kshetra, Tirthankar Lords are not always present, whereas in Mahavideh Kshetra, the Tirthankar Lords are always present.

4) Simandhar Swami has an obligation towards the living beings of Bharat Kshetra. Therefore, you can reach Him by devotedly worshipping Him. You can go to Moksh by doing His darshan.

5) When Tirthankars are present in Bharat Kshetra and Airavat Kshetra, there can only be one Tirthankar at a time. When that Tirthankar attains salvation, then another Tirthankar is born.

Whereas, in Mahavideh Kshetra all the Tirthankars are born at the same time, they take renunciation (diksha) at the same time, they get absolute knowledge (keval gnan) at the same time and they all attain salvation (moksh) at the same time.

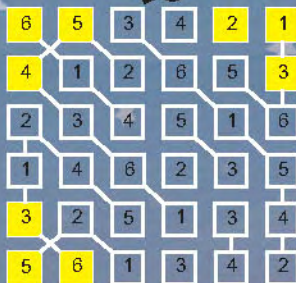
Even though the timings are alike, none of the Tirthankars ever meet each other throughout their lifetimes.

Puzzle Answers

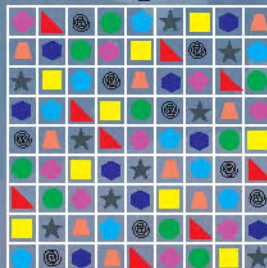
1



2



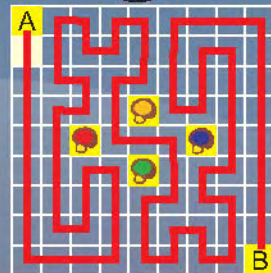
3



4

ANSWERS: 20

5



6

ANSWERS: 25

Find Out...



Mumbai Kids Camp

The unique thing about the Mumbai Kids Camp organized from 21st - 24th April is that the entire responsibility, right from session design to execution, was very successfully managed by the Mumbai team.



ANSWERS:

A) Moksh: 16

B) Animal Form: 4, 8, 11

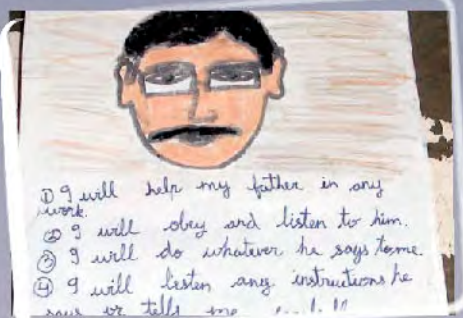
C) Human: 1, 6, 10, 13, 15

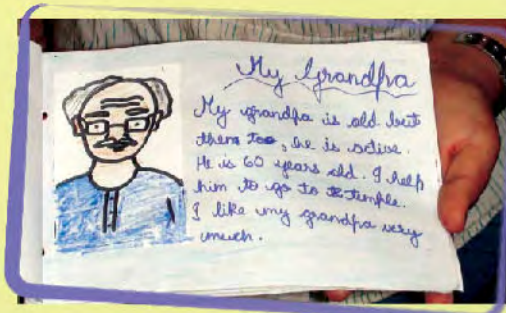
D) Hell: 2, 3, 7, 9, 14

E) Celestial World: 5, 12



In the 7 - 9 years age group, the session was on 'helping' and 'bad words should not be spoken'





while the 10 - 12 years age group had sessions on 'respect' and 'my responsibilities'.



In both groups a session on the biography of Shrimad Rajchandra was also organized. The sessions designed on the basis of active learning were successful in imparting knowledge with fun. The active learning included craft work, puppets, hand painting etc. Combining both groups, an estimated 160 children participated in this kid's camp.



At the end of the camp, the return gift given to everyone brought a different kind of addition in the happiness of the children.



Information for Annual Subscribers of Akram Express

How would you know if your annual subscription is about to expire? If there is a # besides the member id number on the label which appears on the cover of your current month's Akram Express, then you should know that this is your last issue e.g. AGIA4313#. If there is a ## besides the member id number on the label which appears on the cover of your current month's Akram Express, then you should know that this is your second last issue e.g. AGIA4313##.

Details on how to renew your Akram Express subscription can be found on the editorial page.



Publisher, Printed & Editor - Mr. Dimple Mehta on behalf of Mahavideh Foundation
Printed at Amba offset:- Parshwanath Chambers, Usmanpura, Ahmedabad-14 and
published at Mahavideh Foundation, Simandhar City, Adalaj, Ta. & Dist. Gandhinagar.