

October 2011

Price: ₹ 12/-

Dada Bhagwan Parivar's

AKRAM Express



How Much Television Should
One Watch?

How much Television should one watch?

EDITORIAL

INDEX



Friends,

If someone asks you to refrain yourself from watching TV for just one week, are you able to do this? You can't, right! Not even in your wildest dreams! We do not even know whether TV has latched itself onto us or whether we have latched ourselves onto the TV. Just as a coin has two sides to it, similarly watching TV has benefits and disadvantages too. No, don't worry. We are not going to totally forbid you from watching TV.

Param Pujya Dadashri has given beautiful understanding in the present issue about topics such as, What amount of TV is beneficial to watch?, What are the losses incurred by watching TV?, and What can one gain by limiting one's exposure to TV?

So, let us resolve to restrain ourselves by understanding how
-Dimple Mehta.

Editor :

Dimple Mehta

Vol.: 3, Issue : 3

Conti. Issue No.: 27
October 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

Website: kids.dadabhagwan.org

Printed, Published and Owned by :
Dimple Mehta on behalf of
Mahavideh Foundation

5, Mamtapark Society,
Bh. Navgujarat College,
Usmanpura, Ahmedabad-14.

Published at Mahavideh Foundation

5, Mamtapark Society,
Bh. Navgujarat College,
Usmanpura, Ahmedabad-14.

Printing Press:-

Amba Offset

Basement, Parshvanath
Chambers, Nr.RBI,
Usmanpura, Ahmedabad-14.

Subscription (English)

Yearly Subscription

India:125 Ruppess

U.S.A.:15 Dollars

U.K.:10 Pounds

5 years Subscription

India:550 Ruppess

U.S.A.:60 Dollars

U.K.:40 Pounds

Send D.D./M.o.in the
name of 'Mahavideh Foundation'.

the gnanis' say...

Dadashri: On Sundays, Satsangs are held in your locality, then why don't you com?

Questioner: On Sundays, we are busy watching TV, Dada.

Dadashri: You have glasses, and yet you watch TV? TV tends to spoil the eyes. It weakens the eyesight.

Niruma: We have nothing against TV. You are at liberty to watch anything that you may desire, but children should watch only those programs that will help them in their education. They should not waste time watching unnecessary things or those programs meant for adults. They should take their parents consent to watch their favorite shows and that too should be according to the daily timetable agreed upon and not a minute more. We are not saying, "What you are doing is wrong," but you waste time doing that, don't you? It is a "waste of time."

Questioner: Dada, what happens if one watches television for 2-3 hours daily?

Dadashri: When you watch TV, your attention is focused there only. You cannot concentrate on anything else. Moreover, while watching TV, you spoil your own eyes only. Other people's eyes are not spoiled, are they?!



Niruma: Yet, there is no insistence that you should not watch TV at all. You can watch it for some time, but if there is a choice between TV and satsang, then what would you like? So, you should decide which path you want to tread on. The mind will lure you towards TV and internet but if you follow it then it will hamper your progress towards your goal. For example, during exams, if your mind lures you to watch TV and you obey it, then you will forego studying and will fail as a result.

Dadashri: Have you understood? If you do not understand, then ask 'Dada'. 'Dada' will show you which path is full of danger and which one is safe and you may proceed on the safe path with our blessings.

You have attained the human life form with extreme difficulty. This body is very valuable. Moreover, due to the fruition of merit karma, you get food and drink (necessities) at home, but by watching TV you misuse this merit karma. You should make such good use of the merit karma that whatever time you have should be utilized for the realization of the soul. The moment you decides that there is no need to watch TV, the habit (of watching TV) leaves.





LIFE WITHOUT TV?

"Tapan.... Hey Tapan...." shouted his sister from the kitchen. Tapan lay on the sofa in the living room staring at the TV. He was so engrossed in watching the TV program that he did not even hear his sister call out to him.

Getting fed up, his sister came out of the kitchen. Tapan was so involved in the fight scene showing on TV that he too imitated the hero's actions and said, "Give him one... give him one more!" His sister said, "Tapan, I've been calling for you for a long time. Are you even listening? Please, come and help me." Tapan's sister held his hand and tried to pull him up, but he jerked himself free. "Today you've had it, watch out."

Muttering to herself, his sister went back to the kitchen.

At night, on the dining table Tapan's sister started complained about him to their mother, "Mummy, Tapan has become a couch potato by sitting in front of the TV all day long. Mr. Fatso with spectacles! He neither goes out to play with his friends nor helps me. Today, when I asked him for help, he hit me."

“mummy. Tapan has become a couch potato by sitting in front of the TV all day long. mr. fatso with spectacles!”



Every two to three days Mummy would hear complaints about Tapan. She was unable to give enough time to Tapan, as she returned home late from the office every day. Many a times she had lovingly explained to Tapan to watch TV within limit. She reiterated this today, "Son, you have the freedom to watch TV, but don't you think you should adhere to the schedule that we jointly decided upon? If you watch these movies and serials over and above the shows that we have shortlisted, then it will spoil your eyesight! Hasn't doctor uncle warned you that if you watch too much TV, your eyes will get weaker?"

Tapan looked down shamefully as he listened to his mother. His mother read out an article that was published in a newspaper a few days back and said, "Look son, this article states,

- ➡ Those kids who watch T.V. for more than 4 hours daily tend to become fat and ugly. Due to the increase in the amount of fat in the body, they tend to feel lazy.
- ➡ Those kids who grow up watching excessive TV happen to have more tendencies that are violent.
- ➡ Watching the TV screen constantly, weakens eyesight by up to 40 %.

Would you like that to happen to you?" asked Mummy.

Tapan shook his head, saying no. He made a decision that from henceforth, he would watch TV only according to the set schedule. However, within a few days he started remembering his TV serials and soon started watching TV as fervently as before.

“he made a decision that from henceforth. he would watch TV only according to the set schedule. however. within a few days he started remembering his TV serials and soon started watching TV as fervently as before.”

During the vacation, Mummy planned a visit to aunt GITU's for a week.

"To Rajpur? Oh no! I don't want to go there. Please Mummy, what will I do there all day? I'll get bored." Tapan made many excuses to avoid the trip, but his mother did not pay any attention to them.

Aunt GITU's son Shubh was of the same age as Tapan, and so he was very excited about Tapan's visit. As soon as Tapan arrived, Shubh took him along and introduced him to his friends. Tapan, however, hated being there and was counting the days to his return. After dinner that night, his uncle and aunt planned to play 'carrom', but Tapan really longed to watch TV. He was very curious to know what would happen next in his favorite TV serial, but Shubh did not have a cable connection at his house. This meant that they only viewed Doordarshan channel. This upset Tapan.

"I don't know how to play 'carrom', I don't want to play," said Tapan with irritation.



"It doesn't matter. Come in my team. Try your hand at it, you'll have fun," said Shubh encouragingly. Indeed, Tapan truly enjoyed playing 'carrom'.

The next morning they were to join the 'prabhat pheri' (trip at dawn). Waking up early was a very difficult task for Tapan but somehow or other, before going to bed, Shubh managed to coax him to wake up early.

At dawn, the beautiful atmosphere, soft chirping of birds, a light cool breeze, and listening to hymns made Tapan feel very cheerful. He realized that this natural beauty was much more enchanting than the artificial enjoyment of TV shows. Tapan saw the sunrise after many days. Back at home, due to watching TV late into the night, he always used to wake up late. That afternoon, Shubh took Tapan to the library in their area. In the evening, all the friends gathered to play cricket. Tired and exhausted, after playing cricket until late evening, they sat and relaxed at the edge of the pond. Then, looking up at the sky, Shubh said jokingly to Tapan, "Look Tapan, the sky's screen is much wider than the screen of your L.C.D.!"

**“LOOK TAPAN. THE SKY'S SCREEN IS MUCH WIDER
THAN THE SCREEN OF YOUR L.C.D.!”**

Thus, the days passed by. Sometimes they went to pick berries from the fields and at other times, they went hiking. In the evenings, Shubh and Tapan would either play chess or discuss the books they had read at the library. Sometimes they even had story telling sessions or played 'antakshari' with the rest of the family.

Thus, the week passed by quickly and the day of departure soon arrived. Tapan, who had initially made excuses to avoid coming to Rajpur, was now searching for reasons to stay back. Unfortunately, as his mother had to resume work and his sister also had her classes, it was not possible to extend their stay.

On the way back, Tapan's sister teased him saying, "Fatso, you wanted to stay, didn't you? Didn't you long to watch TV?"

"TV?" Due to lack of interaction with TV for a week, it seemed that Tapan had almost forgotten about it! It was only after spending all those days without watching TV that he understood how much of his time was wasted in watching TV. He reflected, 'I gained such a lot by not watching TV for just one week! I made new friends, read different books, interacted with people through whom I learnt new things, spent time with relatives which in turn gave them satisfaction too, learnt various games, did not even get any violent thoughts, my body kind of felt rejuvenated and my eyes stopped aching totally.' When he experienced firsthand that even without watching TV you could have this much fun, then he realized that TV was such a big bondage.

"No Didi, I don't remember it at all. You watch! Now, I won't be a couch potato any longer. I will become so physically fit that you won't be able to tease me by calling me 'Fatso'!" Laughed Tapan and he challenged his sister with a thumbs up sign.





THE PHOTOGRAPHS OF 'CHIT'

Parth, Ishaan and Paras had just arrived for their science tuitions. As they entered the room, Paras asked the teacher,

Teacher, I've brought my camera today. I would like to take a group photograph for remembrance sake. May I take it now?

Yes, you can.



Everybody took their position. Paras tried to click, but

Oh no! I will not be able to take the photograph.

Why?



The roll has been used up, that's why!

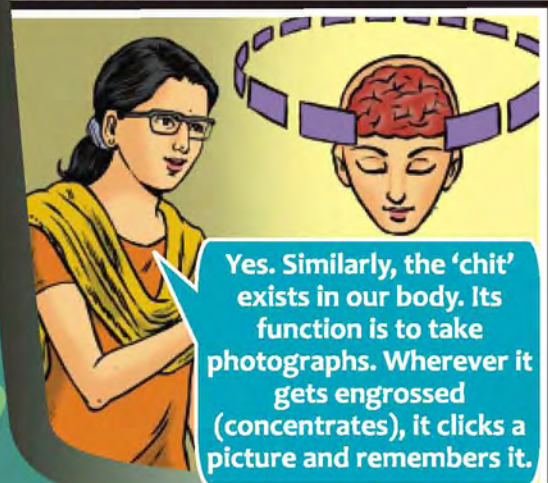
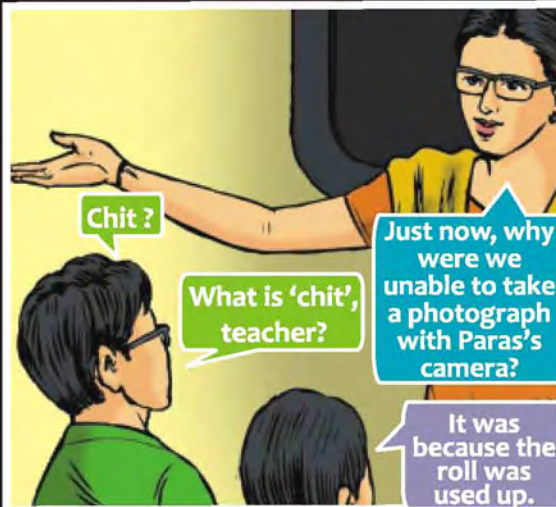
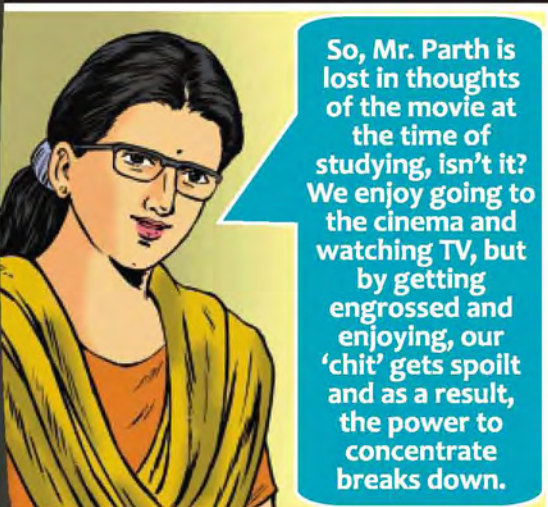
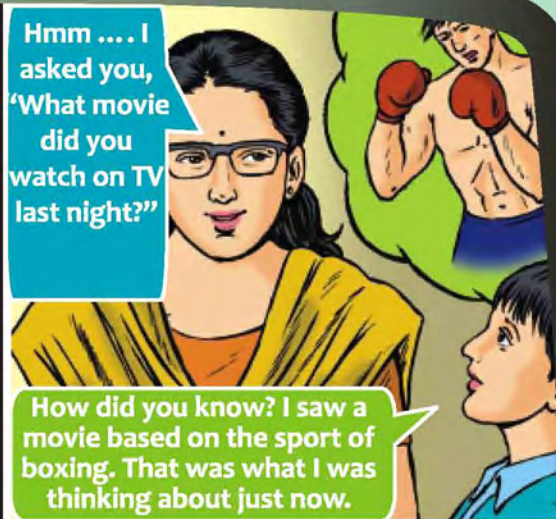
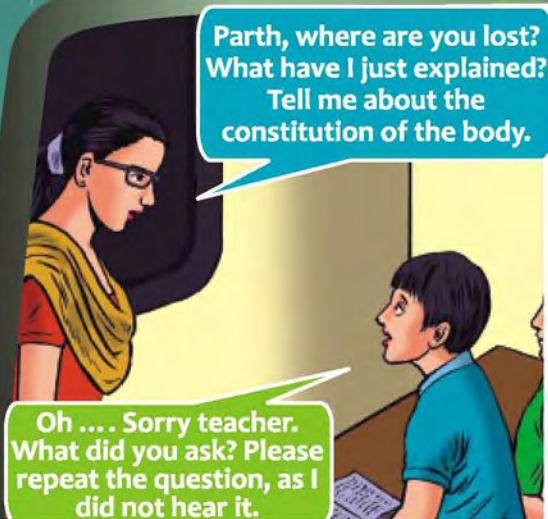
Obviously.

Can a picture only be taken if there is space on the roll?

Mrs. Rama started teaching about the constitution of the body.

Come on, now; let's get on with studying without wasting any more time.

and Parth Trivedi has become the boxing champion. Hooray.....



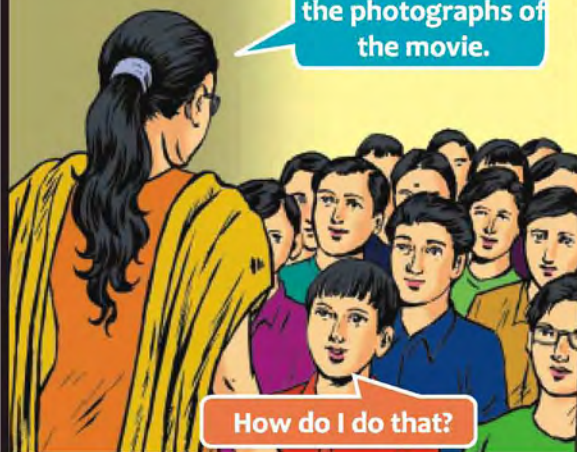


Just as there is no space left for more pictures when the roll is used up, similarly there is no space left to remember your studies, when your chit is used up in remembering the TV and cinema scenes.

Why does TV and cinema break down concentration power?

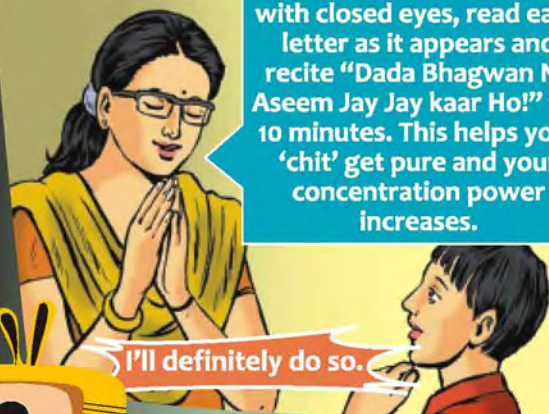


Oh, you are right teacher! Just now, I remembered boxing scenes; therefore, I could not concentrate on what you were teaching.



So, now erase all the photographs of the movie.

How do I do that?



Everyday, before studying, with closed eyes, read each letter as it appears and recite "Dada Bhagwan Na Aseem Jay Jay kaar Ho!" for 10 minutes. This helps your 'chit' get pure and your concentration power increases.

I'll definitely do so.

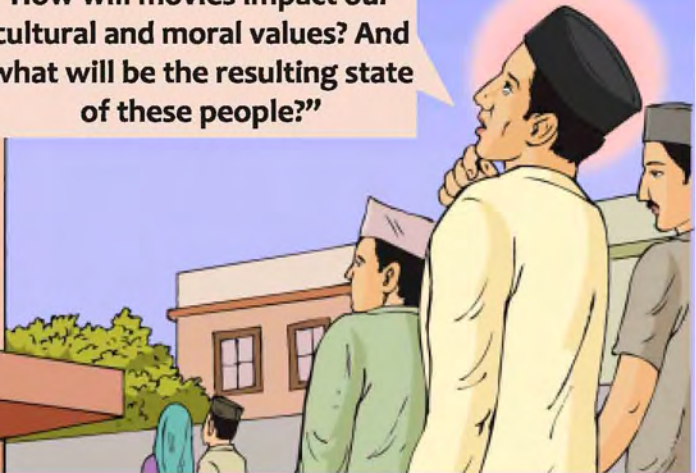


But now, will you all limit the number of hours you watch TV?

absolutely ^{new} and different!



It was in 1928 that this question arose in my mind, "Oh Dear! How will movies impact our cultural and moral values? And what will be the resulting state of these people?"



Then another thought arose, "The medium that spreads negativity so quickly can also help to spread positivity just as quickly. The television that teaches bad things will also be useful in teaching the right things."



Today, we can see that after watching Niruma's satsang on TV, tens of thousands of people are experiencing peace and harmony, flocking to attain knowledge of the Self (Gnan), and gaining freedom from all suffering.

October 2011

MYTHOLOGICAL STORIES

Friends, you all must have heard of the pilgrim spot, Palitana. This story is about a temple on the mountain of Palitana. About 200 to 300 years ago, a poor labourer named Lakha lived on that mountain. He would leave every morning to earn his living and return at night with his day's earnings of 4 to 5 cents. His status was such that he could buy food items only with whatever he earned on a day-by-day basis. His wife would then cook this food, which they would both eat. Even so, they both lived in peace and harmony.

One day, a program of 'pran pratishtha' ceremony (instilling of life in the idol of God) was held at one mountain. People from young, old, poor, rich, merchants or the temple to celebrate occasion. The charged with joy and Lord was to be instilled real Lord was actually

The labourer, by from there. His thought, "What is inquiring he found out ceremony was to be Lakha had never seen He was very happy to going to be instilled in Although he was extremely tired, he stood there and joined in the celebration.

In those days, it was a ritual to place a nameplate on the temple door which highlighted the name of the person who gave the largest donation. In this way, all the people passing through the temple would know who gave the largest donation. The 'pratishtha' ceremony was conducted with great pomp and people of all ages danced and expressed their deep joy.

On one end of the temple, 'prasad' (food offering blessed by the Lord) was being served while on the other end, a stage had been built where the process of giving donations was taking place. All the devotees declared their individual donations with great pleasure.

A landlord named Mahant offered 10,000 gold coins. On observing this, a mayor named Shaamjibha offered a donation of 12,500 gold coins. Seeing this, another mayor offered a donation of 15,000 gold coins. Just then, Dhana declared he would donate 108 maunds (forty seers in weight) containers of ghee. Lakha, the labourer, was watching all this attentively and he too felt like giving some donation. He thought, "It would be so good if I too were to donate my day's earnings of 4 cents during this

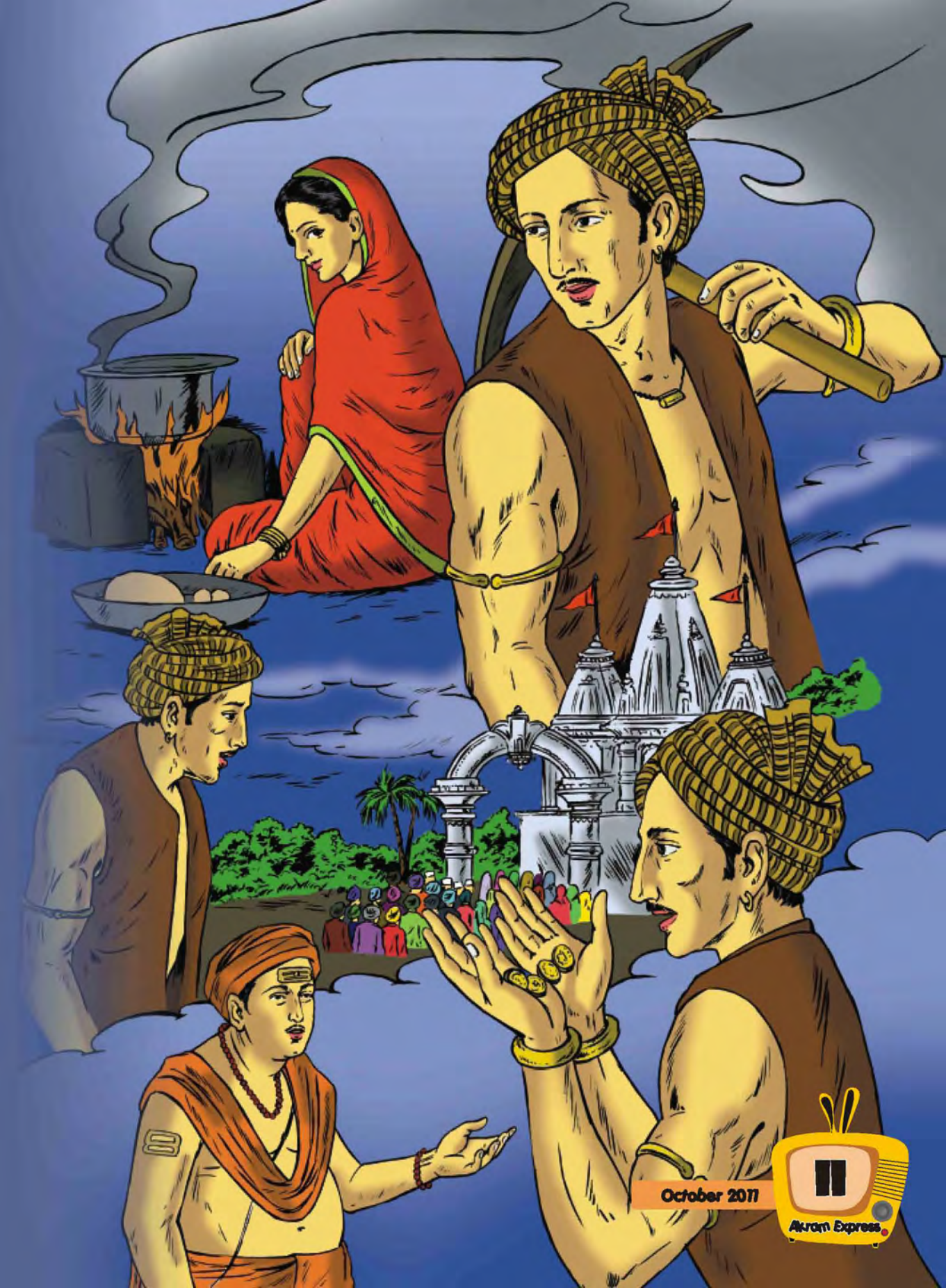
his status was such that he could buy food items only with whatever he earned on a day-by-day basis. his wife would then cook this food.

of the temples on this far and near, be they farmers, mayors, rich labourers, flocked to this auspicious atmosphere was gaiety as the idol of the with life. It felt as if the going to be present!

Lakha happened to pass curiosity aroused, he going on here?" On that a 'pran pratishtha' held at the temple. Poor such an event before. know that life was the idol of the Lord!



October 2011



October 2017



celebration of the Lord's 'pratishtha'! I can earn more tomorrow but I don't want to miss this golden opportunity today..." Thinking thus, he walked up to the area where donations were being noted. He made his way through the crowd of wealthy people. He felt ashamed of giving his hard earned four cents amidst all the people. What was the value of 4 cents as compared to thousands of gold coins! Yet, he stood in the queue.

“BUT.... I ONLY HAVE FOUR CENTS. WHICH I EARNED TODAY”

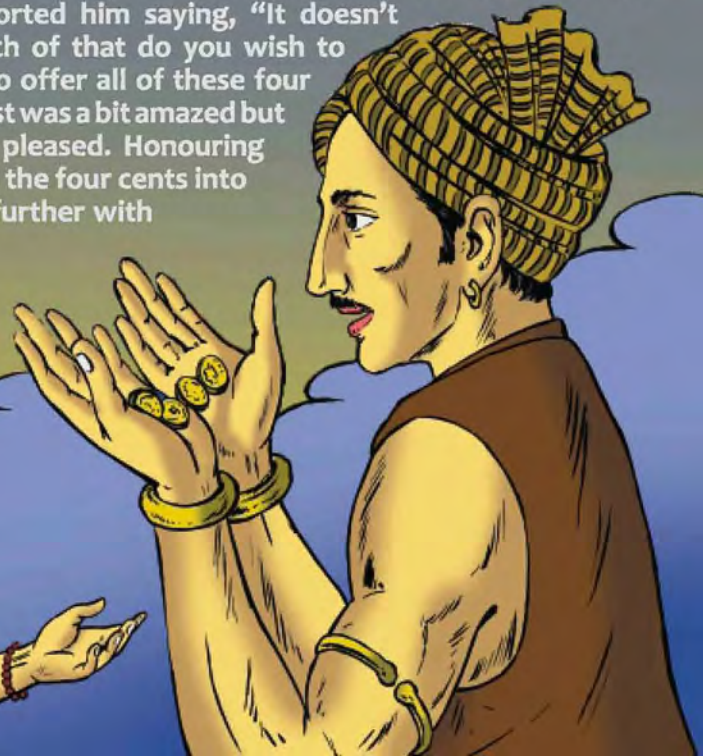
Dressed in a dhoti and an open vest, Lakha looked weak and frail. Having labored all day, his body smelled of sweat. People did not let Lakha stand in the queue, as he appeared to look like a beggar. Lakha also hesitated a little and moved way behind.

A few devotees felt irritated on seeing Lakha. They wondered irritably, 'why has this beggar come here on such a pious event...!' They informed the temple priest about him who in turn called Lakha over to one side of the stage. Initially, Lakha was terrified but then he built up some courage and walked up to the stage.

He could see the big idol of the Lord in front of him. Decorated with beautiful ornaments and various colourful flowers, the Lord's idol looked immensely beautiful. Lakha then bowed to the Lord. The priest seated Lakha and asked him, "Brother, what is your name? and why have you come here?" Lakha answered humbly but a little frightfully, "Honourable one, I am Lakha, the labourer. I earn my living as a labourer and maintain my livelihood. I was passing by when I was dazzled by this grand celebration and I too felt a desire to donate. It would be so good if my earnings could also be spent on the projects of the Lord! But" Lakha hesitated while speaking.

The priest stood up, came beside Lakha and asked him lovingly, "But what?" Seeing the light sweet smile on the priest's face, Lakha gathered up his courage and explained his anguish to the priest saying, "But I only have four cents, which I earned today." The priest comforted him saying, "It doesn't matter, brother Lakha. How much of that do you wish to donate?" Lakha replied, "I wish to offer all of these four cents. Will you accept it?" The priest was a bit amazed but at the same time was also very pleased. Honouring Lakha's wish, the priest deposited the four cents into the donation box and continued further with the process of bidding.

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



Sweet memories

This incident is about the days when Niruma studied medicine. She had spectacles, but she did not wear them the whole day, she only wore them for reading. She never went to Dada wearing the spectacles. One day, Dada visited Niruma's house in Aurangabad. That day, when Niruma returned from the hospital she had forgotten to take off her spectacles. Just as Niruma entered, Dada said, "Oh Niru, come here. What have you put on?"

Niruma said, "They are just my spectacles."

Dada asked, "Is that so? What are they for? For pleasure?"

Niruma answered, "No Dada, they are numbered glasses."

"Do you have weak eyes?" asked Dada. Niruma replied, "Yes."

So Dada said, "Take them off, take them off. If you use spectacles people might say, 'how can you guide us when you cannot see yourself!' Take them off."

Whatever Dada said was final for Niruma. She never had any other thoughts on the matter. She immediately threw away her spectacles. She went to college the next day. On seeing her without her spectacles, her senior professor who was a Punjabi, said, "Niru, put on your spectacles. If you don't, you will ruin your eyesight and your eyes will get even weaker."

Hearing this, Niruma replied, "I don't need spectacles anymore."

The Punjabi professor said, "Are you trying to make a fool of me? How is it possible?"

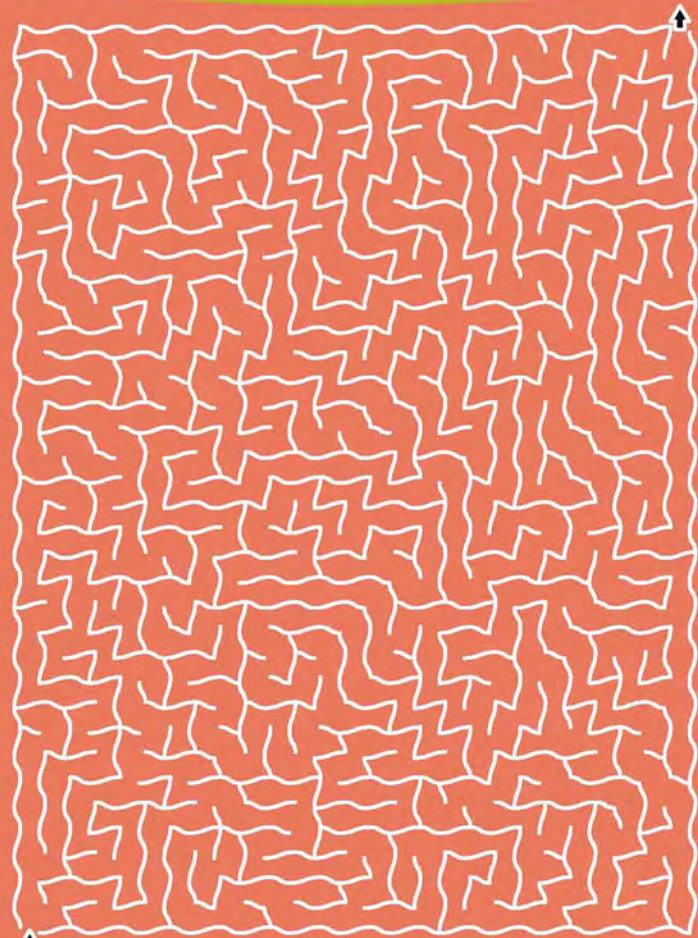
Then Niruma replied, "It's true! You can test my vision. I don't need spectacles anymore."

The professor immediately tested her vision. Niruma quickly read up to the last line of the eye chart without her spectacles. The professor could not understand how this could happen. Such a major improvement in one day! Then, Niruma talked to him about Dada. The professor was overjoyed. Later on, he also went along with his wife to pay respects to Dada.

See friends, although there is nothing like miracles, yet everything about the Gnani (enlightened person) is miraculous.

October 2011





NIRUMA WITH KIDS

Questioner: Niruma, if I concentrate on one matter, then I am not able to focus on another. I try very hard but still I am unable to do so. What could be the reason?

Niruma: Are you not able to concentrate when you try to do two things simultaneously or is it when you do them one after another?

Questioner: I complete the first task. Then, when I think about the second task, I am not able to focus on it and my attention keeps going back to the first task.

Niruma: You should do only one task at a time. If you sit down to do one task then you should concentrate on only that task at that time. When you complete that task then think about another one. You will be able to make progress only if you do the tasks when you think of them.

Questioner: Yes, I try to do exactly as you have mentioned but my attention tends to go back to the previous task.

Niruma: Even after you have completed the first task?

Questioner: Yes.

Niruma: What are you saying? That which is completed has to be forgotten and you should then begin the new task. That which is in the past is gone forever. It can never come back, hence it is called the past. Once you have completed a task, you should not think on it again. Then you should concentrate on completing the new task that arises. So, when you sit to study, concentrate only on your studies. At that time, don't think about playing. Likewise, when playing, don't worry about your studies. Do not have thoughts like, "What if my teacher hits me if I do not complete my homework...?" While playing, thoroughly enjoy the game. Then, when you return home, study with sincerity. When you sit down to have your meal, concentrate on eating. At meal times, don't let your thoughts wander off to playing. Make a firm decision to do this, ask for strength from Dada to follow this and before taking up any new task, pray to Dada saying, "Oh Dada Bhagwan! Give me the strength that my chit concentrates only on what I am doing now. And after it gets completed, grant me strength to be able to withdraw from it." Ask for this kind of strength.

Questioner: Niruma, is there a possibility of returning from 'Mahavideh Kshetra' to this 'Bharat Kshetra'?

Niruma: Yes, if we go astray there, then we may return. We should maintain discipline. Why should we leave Lord Simandhar Swami?

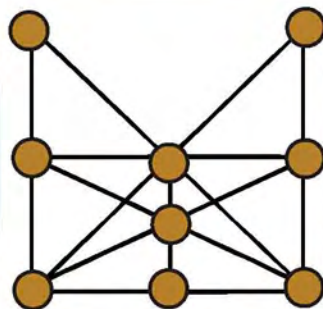
1



2

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

4



**Serving the children
at the Blind School**



Satsang session

**Visiting Lotus Temple,
Delhi**



*Glimpses of ISTAR
boys retreat*



Activities



Group photo with Pujyashree

*Glimpses of ISTAR
girls retreat*

**Helping out ('seva') during the
occasion of Janmashtmi**



**Visiting Taj Mahal,
Agra**

**ISTAR
2011**

October 2011

17

Akram Express



Group photo after
'Prakshal' of
Simandhar Swami.



Visit to behno's
Aptsinchan,
Dada Darshan.



Group photo with
Pujyashree.

GLIMPSES OF PUJYASHREE'S VISIT TO THE GOLDEN TEMPLE



Leader of the mandir
gifting Pujyashree gifting a
shawl and books.



Pujyashree in the Golden
Temple compound.

Pujyashree eating 'prasad'
in the community dining hall
with the everyone.

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.