

September 2011

Price: ₹ 12/-

Dada Bhagwan Parivar's

AKRAM Express

*Resolving complaints with right
understanding...*



Resolving complaints with right understanding....

Editorial

Friends,

Let us try to investigate how much unhappiness we have felt to date, by comparing our selves with others. We tend to make ourselves unhappy (where unhappiness does not exist), when we see others with new clothes, new games, new shoes and many other things. Then we go crying to our parents with a long list of requests, in such a way that they feel that a mountain of unhappiness has overcome us.

Is this called unhappiness? In reality, are you unhappy? In this issue, Param Pujya Dadashri explains in detail, what real unhappiness is and how to get out of unhappiness which we have created ourselves with right understanding.

So, let's apply this understanding in our lives and live a happy and content life by extracting happiness out of unhappiness.

-Dimple Mehta

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Akram Express

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Vol.: 3, Issue : 2

Contl. Issue No.: 26

September 2011

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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 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'.

Padaji Says...

In worldly life, what can truly be called suffering? When your nose is pinched and you feel suffocation within five minutes, is that called suffering? When you feel hungry and do not get food; you are thirsty and do not get water to drink; you do not get to sleep; furthermore, you cannot go to the lavatory. Can all these things be counted as suffering?

Without even giving it any thought, one has repeatedly said that, "This is suffering. This is unhappiness!" For example, if you find out that your friend has already watched the latest movie released, you feel, "I have not yet seen it. I have missed out." That brings on suffering!!! You did not have any unhappiness, but by comparing with others, you invited suffering! Thus, you have brought on all this suffering. The result of comparison is unhappiness.

If you set the right understanding, then there is nothing like suffering. If your leg has become



septic, then you need to enquire if other people are suffering from a similar pain or not? If you have a look in the hospital, you will realize that, "Oh! Ho! Ho! My suffering is nothing compared to theirs."

Due to wrong understanding, one does things incorrectly; otherwise there is no suffering in any place in India. Those who complain even when they have at least four things are foolish. What are the most important requirements for this body? The most important thing is air. Then, do you get food on time or not? No matter how it is, with or without "ghee" (clarified butter), but at least you get it. Then, do you get clothes to wear or not? Do you get a shirt, trousers or clothes to wear during the cold winter months or not? Do you have a house to live in or not? Those who complain, even after getting these four things, should be locked up in prison! If one does not have these four to five things, then we can infer that this person has some difficulties.

Even if you gave a million rupees, would you be able to get these eyes? No, never. Alas! You have such precious things and yet you do not understand their value!

You do not even know what is good for you and what is not! You have become experts at imitating anything and everything! Then you invite unhappiness by being jealous. All this is imagined unhappiness. In reality, unhappiness does not exist.

Absolutely New



Your suffering was at 25%, and you say, "I am suffering from this" then the suffering increases to 100%.

By talking about your suffering, you are actually increasing it's intensity! For example, if you have a headache and you say that, "My head is hurting a lot," then that pain will double.

By comparing, you can actually extract happiness out of suffering. For example, there are many children in this world, who do not have parents, a place to stay, get two square meals a day or education, whereas you have all these things. It is possible to be content and happy by making this comparison.



& Different

If you want to be free from all the pain in this world, then when somebody causes you pain, you should not cause them any pain in return. For example, if the other person does not talk to you, even then you should be loving towards them.



As long as one believes that one is unhappy, the suffering will not leave. For example, as long as you feel sad because you were not invited to go out for an ice cream, the sadness will not go away, and you will constantly feel, "These people are just like that, they always forget me, they do not like including me."



Fairy's Key

Aditi had a complaint for every situation. Pankti, Aditi's younger sister had nicknamed her "Queen of complains". To see a smile on Aditi's face was more difficult than looking for the full moon. Whilst studying or eating, Aditi had become habituated to finding faults and becoming unhappy. She would moan about her discomfort and unhappiness all the time.

Aditi was grumbling while studying, "How much homework does the teacher give us? They make us work like prisoners! I feel this school is like a prison."

Adjusting her spectacles, Pankti said, "Aditi, do you know how many people cannot read in this world? We were taught that there are almost 2 million people in this world who cannot read. You do not even value the fact that you are fortunate enough to study in such a good school. You just keep on grumbling about everything."

Aditi retorted quickly, "Good! Now, I do not want to listen to your big lecture."

A dance programme was going to take place in Aditi's school in ten days. Aditi had also participated. Every evening after school, all the girls practiced for the programme. One day whilst practicing, Aditi suddenly slipped on a stone and sprained her foot. She screamed, "Oh my



66 Come, today I will take
you to a place where you
can exchange your
suffering. 99



God!" Aditi began to feel unbearable pain. Everyone carefully helped her in a rickshaw and took her to the nearest hospital, where they discovered that she had fractured her bone. She got a plaster for one and a half months.

While staring at her cast, Aditi sobbed to Pankti, "Why does this happen to me only? Now, I will not be able to participate in the dance programme." Before Pankti could console her, Aditi resumed crying and grumbled, "Everyone will have such a great time at the dance. I will miss all that. I am not destined to have fun and this pain is so much! Today is only the first day. How will I endure this pain for one and a half months? How will I go to school? How will I climb the stairs?" Aditi cried so much that her eyes had become tender and sore.

That evening, after dinner, Aditi went to sleep early. In a short while, she saw a beautiful fairy in a white chariot. Aditi was amazed to see the glow on the fairy's face. The fairy disembarked the chariot and came towards her. Lovingly, she asked, "My child, are you very unhappy? Come, today I will take you to a place where you can exchange your suffering. What do you say; would you like to exchange?"

Aditi immediately replied, "Yes." She presumed that the fairy would take her to a wonderful place, but the fairy's chariot stopped outside a hospital.

Surprised, Aditi asked, "Here? Can suffering be exchanged here?"

The fairy answered with a faint smile, "Yes. You may go into any room and exchange your suffering. Go."

Aditi entered slowly with her crippled leg. She peeped into the first room and her heart melted upon seeing the scene. She began to tremble. It was a ward for people who were burnt. Here, severely burnt patients were writhing in unbearable pain. Aditi left the ward immediately. Her heartbeats increased.

She walked further and entered another room. There some patients were sleeping with their legs raised. They had sores on their back due to lying down for a long time. Some patients had lost their hands and legs in accidents. Aditi was unnerved on seeing this. In this way, she visited each ward one by one. She could not bear to see the pain and suffering of the patients.

She thought, "These people are so unhappy! My suffering is nothing compared to theirs. Comparatively, the pain and discomfort of this plaster is absolutely nothing." She understood the fairy's intention.

She came out and said to the fairy, "I did not feel that I could exchange my pain with anyone. I have now understood how lucky I am! just realized that nature has blessed me with all these comforts. By seeing those people's pain, my pain has vanished. I am very grateful to you for showing me the key to remaining happy."

"Who are you grateful to? What pain? Which key? What are you murmuring, Aditi?" Pankti asked by shaking her. Aditi woke up with a start. The fairy had disappeared, but she had given Aditi the key to remain happy always.



INVITING UNHAPPINESS



In a small village, there once lived a mouse called Tiku, who lived a happy and peaceful life with his family. He did not have any difficulties in finding food or drink.

One day, his friend Miku, who lived in the city, came to visit him.



Do you only get wheat and sorghum to eat in the village? In the city, we get all sorts of delicious food!

Really! What do you get? Please tell me!



Oh! Ask me, what we don't get there? You get everything in the city. You should come to the city to see for yourself.

After Miku left, Tiku began to feel very unhappy...

Miku has so much prosperity in the city, whereas here, in the village, I do not get a chance to have any fun. What kind of life is this? We have to eat only wheat and sorghum everyday! Who likes to eat that daily?



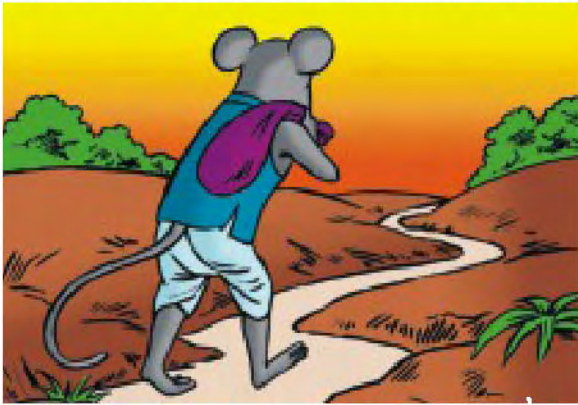
Mummy, I am going to the city. Miku is so happy there! I also want to be happy.



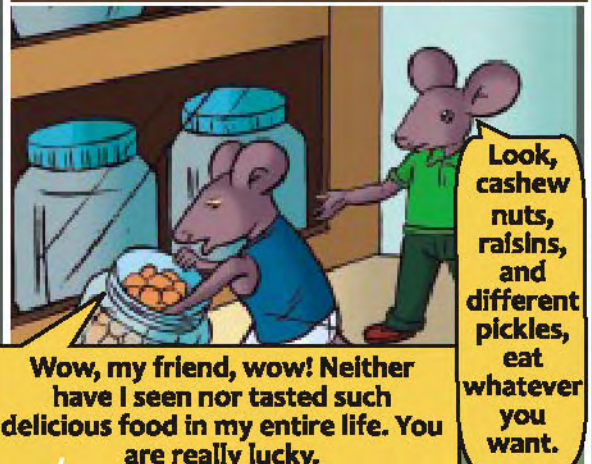
Son, he may be happy, but you don't have any suffering, do you? You get food and drink without any hassle.

Why are you inviting unnecessary unhappiness?

After comparing with Miku, Tiku was so unhappy that he did not listen to his mother. With the burden of unhappiness on his head and hope of happiness in his eyes, he left for the city.



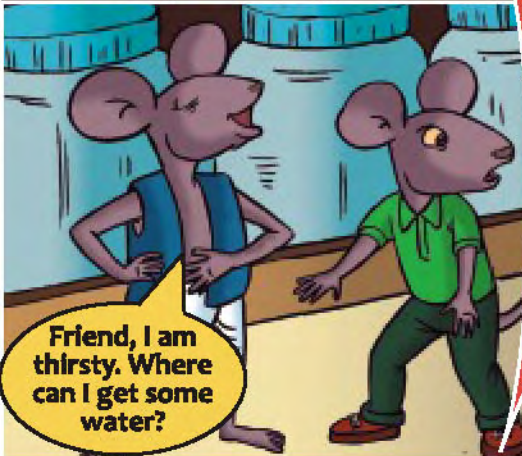
Miku took Tiku to the house of the wealthiest man in the city.



Look, cashew nuts, raisins, and different pickles, eat whatever you want.

Wow, my friend, wow! Neither have I seen nor tasted such delicious food in my entire life. You are really lucky.

Satisfied, after having his fill...



Friend, I am thirsty. Where can I get some water?

Suddenly, they heard a sound,

"Meow..."
"Meow..."

Run, Tiku....
Run quickly...

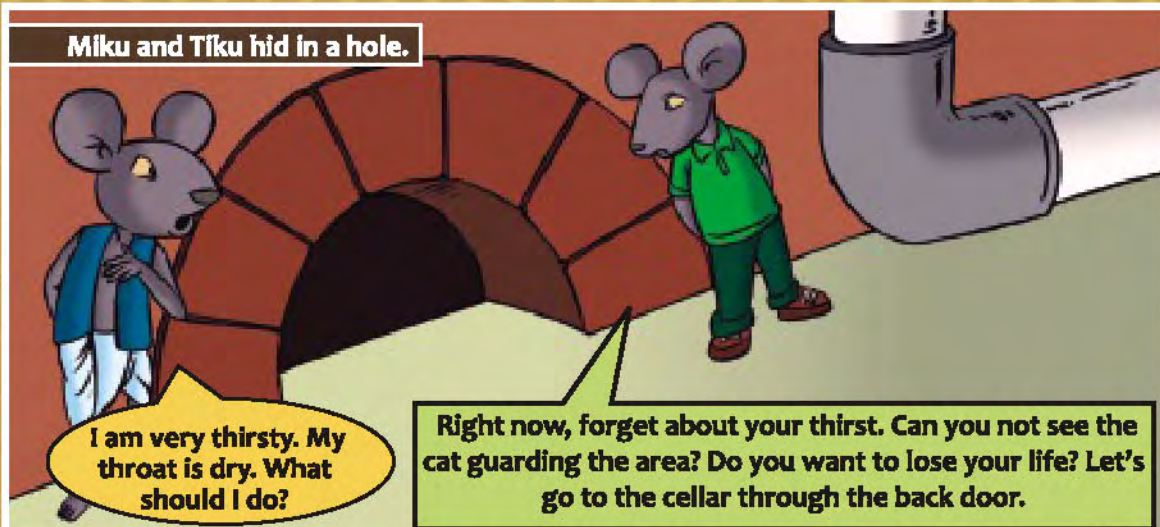


Tiku ran with his tail raised.

This is the most dangerous mouse-eating cat of this city. If any mouse comes into her grip, you know that the mouse has had it.



Miku and Tiku hid in a hole.



I am very thirsty. My throat is dry. What should I do?

Right now, forget about your thirst. Can you not see the cat guarding the area? Do you want to lose your life? Let's go to the cellar through the back door.

In the cellar, Tiku, seeing a piece of 'dhebru' (fried sweet chapatti) and an orange, ran towards it for a sip of juice...



Trap! What's that?

Stop!... That's a trap!

As soon as you try to pick the 'dhebru', something will quickly drop on your head and then, that will be the end for you...



finish!

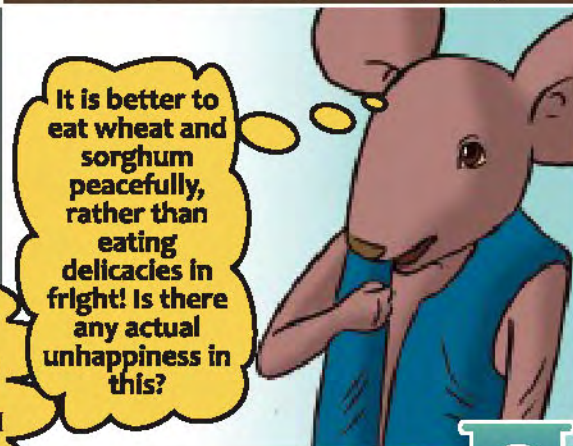
Does that mean you can die?

Tiku was unable to sleep the whole night. He began to feel dizzy with thirst. He could see the lake in his village.



I was living so happily and peacefully in the village! I invited unhappiness by being jealous. I did not have any sorrow at all! I am truly suffering right now. Even though I am so thirsty, I cannot get even a drop of water. I am so scared that I cannot sleep.

At dawn, the next day, Tiku set off for his village. In the evening, he contentedly sat down to have dinner with his family.



It is better to eat wheat and sorghum peacefully, rather than eating delicacies in fright! Is there any actual unhappiness in this?

let's play...

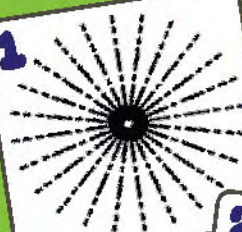
Find the twins
which two are exactly
alike?



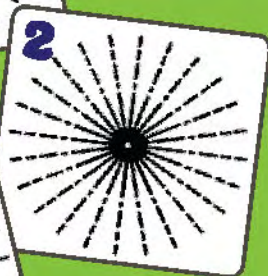
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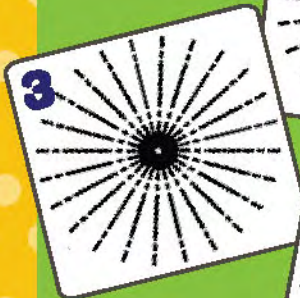
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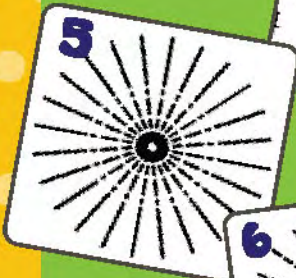
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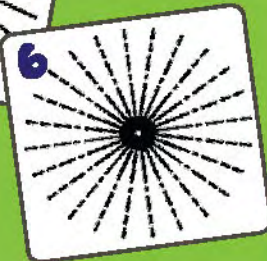
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5



6



Find a
way out



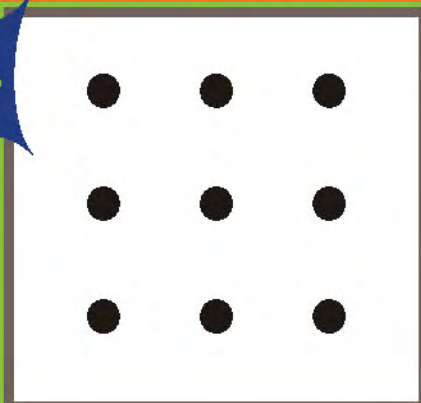
From the picture below find the total number of dinosaur pairs.

3



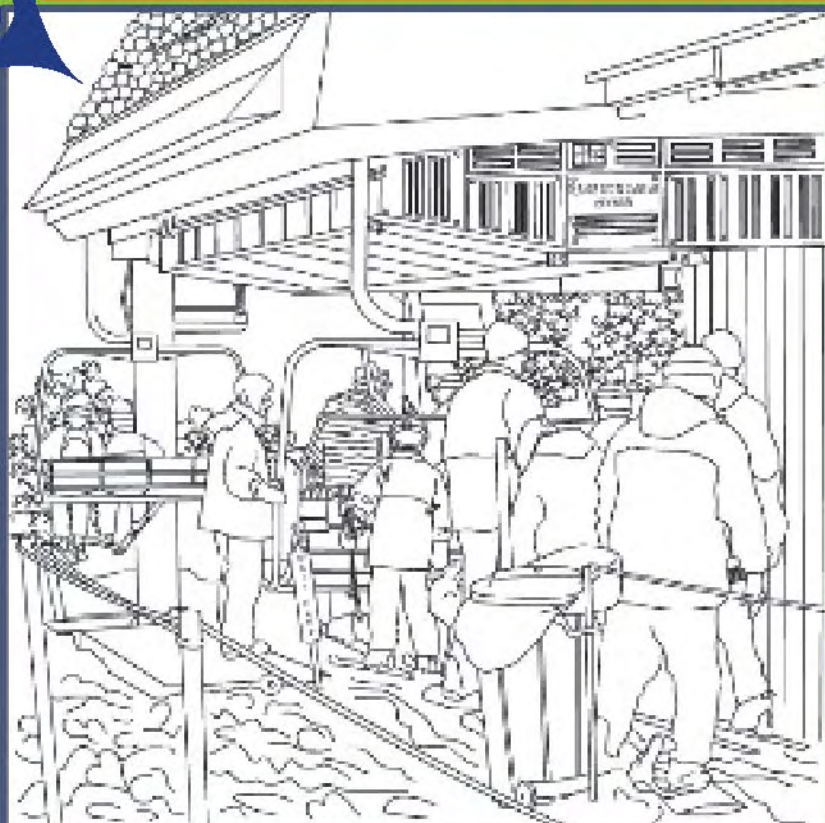
Without lifting your pencil, can you connect all of the dots below with four straight lines?

4



5

Can you find in the picture the objects listed on the right?



Mythological Stories



Tripushta Vasudev was enjoying the splendour of his kingdom. One day, several musicians came to his kingdom. With various tunes, they sang melodiously and captured Tripushta Vasudev's heart. The musicians were singing melodious tunes until late at night. Tripushta Vasudev ordered his servant, "When I fall asleep, ask the musicians to stop the music and leave." In a short while, Tripushta Vasudev fell asleep. In order to satisfy his greed of listening to music, the servant did not tell the musicians to stop. Thus, the music continued until late night. Suddenly, Tripushta Vasudev woke up. Upon seeing the musicians still playing, he asked the servant, "Why have you not asked the musicians to leave yet?" The servant replied, "Oh King! I was so engrossed listening to their music that I forgot your order and did not ask them to leave." The King was enraged on hearing this. He ordered his other servants, "Pour hot lead into the ear of this music loving servant. The ears that have committed the offence of listening to music instead of hearing my order are the ones at fault."

They took the servant to a quiet place and poured very hot lead into his ear. The servant died immediately because of suffering terrible pain. He bound revenge

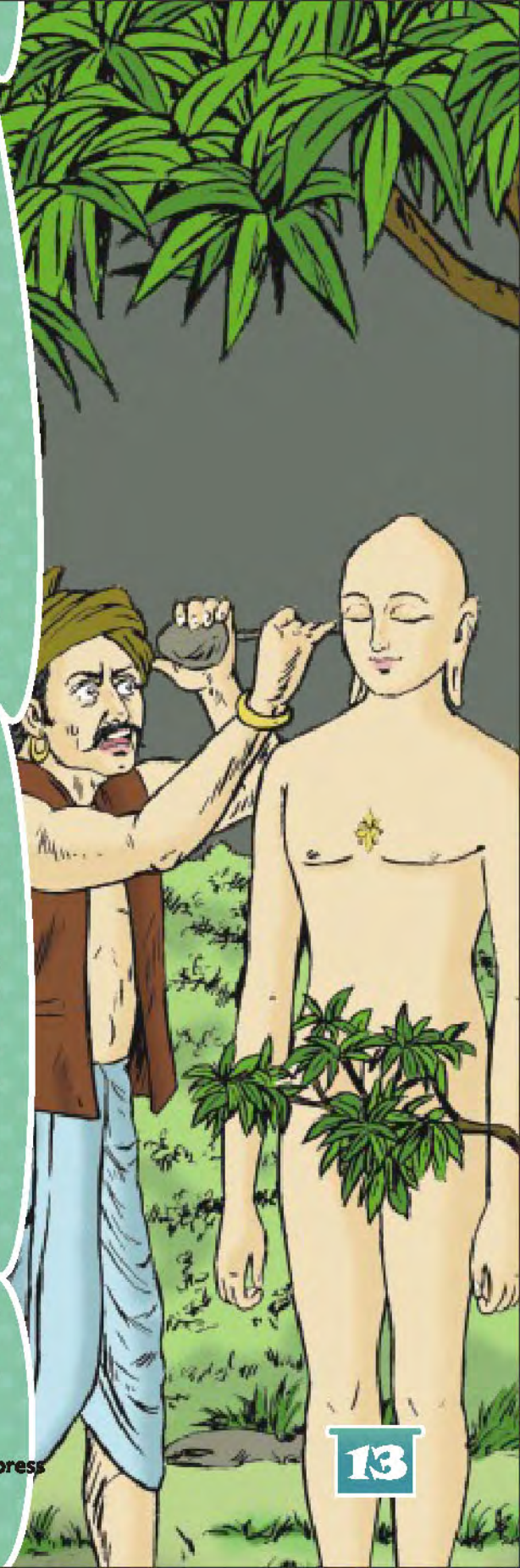
“ They took the
servant to a quiet place
and poured very hot
lead into his ear. ”

“Why are you not speaking?
Why are you not listening to
me? Are these ears of yours
just useless?”

with the King who had caused him such unbearable pain. Tripushta Vasudev completed his life and went to hell.

After many births, the soul of Tripushta Vasudev, entered the womb of Queen Trishalamata, as the 24th Tirthankar, Shri Mahavir Swami. In the same period, the servant was reborn as a cowherd. One day, when Lord Mahavir was standing in deep introspection, the cowherd brought his cows to graze in the same area. He asked the Lord to look after his cows and went off to finish some work. As the Lord was in deep introspection, it was quite natural that he was not able to keep an eye on the cows. The cows wandered away because no one was looking after them. When the cowherd returned after a short while, he could not see his cows so he asked the Lord, “Oh divine person! Where are my cows?” The Lord was still in deep introspection and did not reply. This made the cowherd very angry. He said, “Why are you not speaking? Why are you not listening to me? Are these ears of yours just useless?” Even after asking these questions, when the Lord did not respond, the cowherd with extreme anger, pierced the Lord’s ears with ‘baru’ (long steel like blades of grass). He cut the ends of the grass that were sticking out, so that no one would be able to remove them and left.

In this way, as an effect of the karma of pouring hot lead that was charged in Tripushta Vasudev’s lifetime, in the Lord’s lifetime, he had to endure the pain of his ears being pierced by the thick blades of grass.



Sweet Memories

Once during satsang in USA, a man asked Niruma, "I would like to ask a question, but I feel that as you are sitting up there at the moment, I should not ask this kind of question." Hearing this, Niruma instantly got off her seat, sat down on the floor and said, "Now, go ahead, ask whatever you want to." All the mahatmas as well as the man were astonished to see this.

See friends, the humility of the Gnani! Just so the other person would not hesitate to ask any kind of question, because they feel that the Gnani is so respected, the Gnani instantly became so small.

This incident happened when Niruma was in Toronto, Canada. It was decided to visit Niagara Falls one morning. They were going to leave after having breakfast; therefore, the host (at whose house Niruma was staying) was busy making preparations for this. She served everyone hot 'puris' (fried chappatis). Everyone was in a hurry to leave. The host still had to get ready, and her two children also had not yet had any breakfast. Niruma entered the kitchen at that time, and she told the lady, "Go and get ready." Then Niruma told both the children, "Come my children, sit down to eat." She prepared and served them both hot 'pudla' (chappati's made from gram flour batter). The mahatma lady was in awe of Niruma's straightforwardness.

See friends, Niruma was so spontaneous. Even though she was such a truly enlightened person, on seeing her pure love, one would feel that she is one of our own. Niruma used to interact with everyone with such 'abhedhta' (oneness).



Questioner: Niruma, my nature is such that I trouble everyone. My intention is not to hurt anyone, but due to my mischief, my parents and others get hurt. My mischief usually entails pulling hair or catching plaits, which my father and sister do not like at all. I also do the same mischief with my mother. Whenever I feel like being mischievous, it generally results in a quarrel.

Niruma: Do one thing. Keep a big doll with long hair and then pull her hair. Pull the doll's hair as often as you like.

Questioner: So what should I do? Why is my nature such that I tend to hurt others?

Niruma: This is a bad habit. Does it look good if you do that every day? Do you pull your mother's, sister's, everyone's hair?

Questioner: It is just for fun. Just to harass them.

Niruma: Would you like it if someone pulls your hair or troubles you?

Questioner: No, I will not.

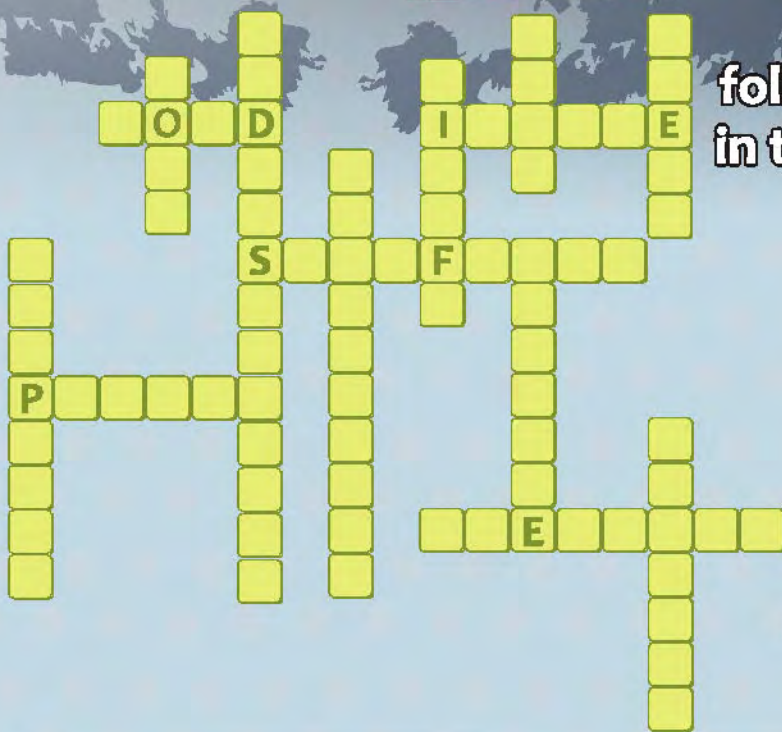
Niruma: You don't like it! Then, you should think if you were in their place how would you feel?

Questioner: I do think about all that, but I cannot control myself. As soon as I feel bored, I start my mischief.

Niruma: But, find other activities to do. Recite "Dada Bhagwan na aseem jai jai kar ho"; listen to Dada's songs and hymns. Take some books and read them. There is no purpose to what you are doing. We should never do anything that will hurt the other person. No matter what, but we should not hurt anyone. Be it our family members or anyone else, nobody should be hurt by us. If we hurt them, then we should immediately feel remorse and ask for forgiveness. Therefore, ask for forgiveness from your mother, sister and others by accepting that you were wrong and it was your mistake. Begin to feel remorse in your mind, then the habit will automatically leave. You should go to your mother and ask for forgiveness.

Niruma with Kids

Introspect Yourself!



Fill in the following words in this criss-cross puzzle

FOOD
CLOTHES HOME
UNDERSTANDING
HOSPITAL
PRECIOUS
IMITATE
SLEEP
DIFFICULTY
INVITE, WINTER PRISON
ENVY,
SUFFERING

My Vision

Make a list of situations to date where you have felt a need to complain/make a request. Then, write down how you will resolve your complaints/requests using some specific understanding that you have obtained from this issue. Now, make a list of all the items you have and be grateful for them.



Krupa Parekh, Year 7, Age 10,
ATPL Adalaj, Trlmandir

Response From the Previous issue of 'My Vision'

I would let the old woman sit down. I should respect her, as she is my elder. Therefore, I would say to her, "Please take this seat. You will not be able to stand in such a crowd." By letting her sit, I would maintain my humility towards her.

Jokes



1

Sonu: Whom would you call foolish?

Monu: By my viewpoint, a foolish person is one who speaks in a weird way such that the person who is listening to him cannot understand a word of what has been said. Did you understand anything?

Sonu: No!

2

A child arrived in school wearing one white shoe and one black one.

Teacher: Go home and change your shoe.

Child: There is no point in going home.

Teacher: Why?

Child: There is also one white and one black shoe at home.

3

Doctor: Was the medicine you took last time for your memory useful?

Patient: No, there has been no benefit yet because I keep forgetting to take the medicine.

4

Sonu: Why are you staring at the tubelight with your mouth wide open?

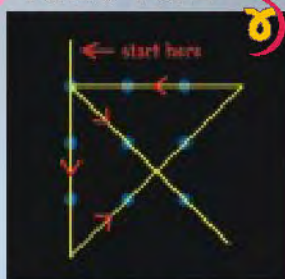
Monu: Hey pal, the doctor has told me to eat light for dinner.



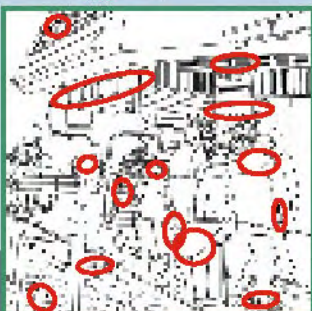
Puzzle Answer

2) Ans :- 2 & 6

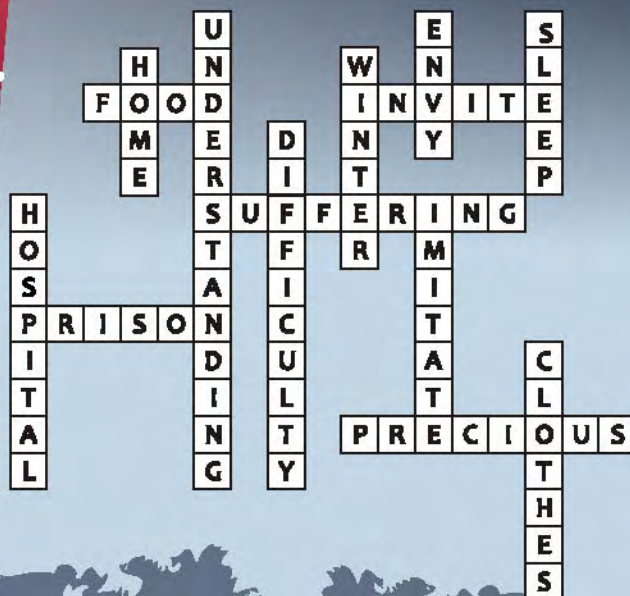
3) Ans :- 1 & 2

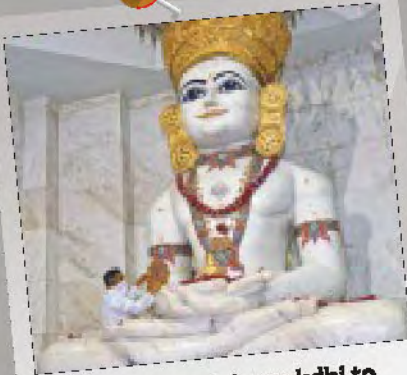


5



Topic Activity Answer





Pujyashree tying rakdhi to Simandhar Swami

*The joyous
celebration of
Rakshabandhan
and Janmashtmi in
Simandhar City
in the presence
of Pujyashree*



Pujyashree tying rakdhi to Dadashri & Niruma



Pujyashree making mahatmas ecstatic by standing in Lord Shri Krishna's pose.



Pujyashree cracking the pot at 12:00 Midnight



Pujyashree embracing Yogeshwar Lord Krishna with devotion

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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.