

December 2012

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Dada Bhagwan Parivar's

# AKRAM

## Express

Obstinacy



Straightforwardness



## Editorial

Dear Friends,

Sometimes it happens that when someone is giving us some good advice we don't listen to it. We insist on doing exactly what we want to do and we carry on with whatever we want to do. We show stubbornness in all matters and we start sulking, all that comes under 'aada' (obstinacy). If we start doing 'aada', then people do not like to be with us, they get fed up.

Everyone likes to be around those who are straightforward.

In this issue, Param Pujya Dadashri has explained beautifully what 'aada' is, its repercussions, how to come out of it, and what is 'saradta' (straightforwardness) etc.

So come, let us understand the nature of obstinacy and straightforwardness and try to progress towards straightforwardness.

**Dimple Mehta**

**Obstinacy  
Straight-  
forwardness**

**Index**

**Akram  
Express**

**Dadaji Says**

**Left behind due  
to obstinacy**

**Absolutely new  
and different !**

**Left behind  
due to obstinacy**

**Sweet Memories**

**Let's Play...**

**Mythological Story**

**Collage Work  
Competition Results**

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name of 'Mahavideh Foundation'.

Q: What is 'aadai' (obstinacy)?

Dadashri: 'Aadai' means if you have had a disagreement with someone at night and in the morning if that person comes to talk to you, you do not answer. You say, "I will not speak to you," and become obstinate. Hey you! Let bygone's be bygone. Yesterday, it was Saturday; today it is Sunday. If you extend incidents of Saturday to Sunday then that is obstinacy.

Now, if you don't know you have made a mistake, and you cover it up then it is a different matter. However, if you know you have made a mistake and you try to cover it up, or protect it, then that is the biggest obstinacy. For example, if you had a quarrel with your friend and ended up hitting him, you would surely realize that what happened was wrong. However, if someone asks, "Why did you hit him?" and you reply that, "He deserved it"; now that is obstinacy.

Q: One needs to develop that much straightforwardness ('saradata'), right?

Dadashri: Yes. You are travelling out of town. You sit in a car. You are told to sit on someone's lap, as there is no space. In a little while, you are told that it feels uncomfortable, its better you alight, we will take you tomorrow. As they move a bit further down, they call you back again. As you are about to sit in the car, someone else passes by, and again you are told that you will be taken tomorrow. In this way, even if you are made to get in and get off seven times, yet you do not feel the slightest annoyance; then know that you have become straight forward ('sarad').

Now, in this situation, if you had made a face, it would have been okay, but you must not spoil your inner intent. You should not become obstinate. Otherwise, you might say, "Now I won't go, no matter what." That must not happen. It does not matter if you have a sullen face, like when you taste foul tasting food, but you should not become obstinate. You must not allow this obstinacy to arise. Obstinacy will not allow us to acknowledge the other person's viewpoint.

No one likes to interact with one who is obstinate in the smallest of instances. Everyone greets the one who has less obstinacy. Obstinacy will disappear only if you admit your mistake. In addition, if you do pratikraman, it will disappear. The one who becomes straightforward, becomes worthy of attaining liberation (Moksh).



Dadaji says...



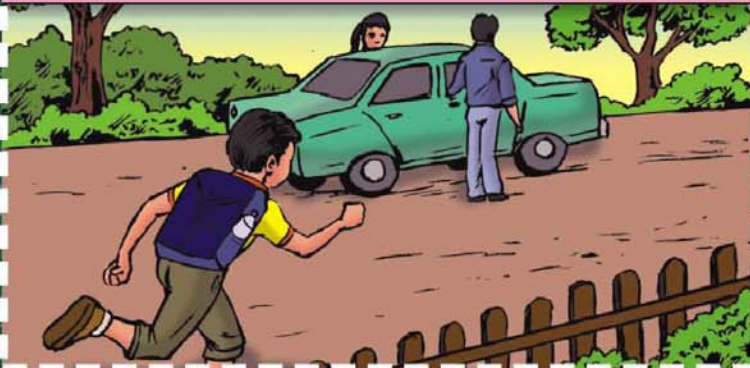
**Left  
behind  
due to  
obstinacy**

Today Malav, Darsh and Kavya have planned to go to Zoo Garden with Mummy and Papa.

Children, have you already packed your water bottles, fruits and snacks?

Yes, Mummy.

Daddy is ready, sitting in the car. One by one everyone came and settled in the car. Malav, bag on his shoulders, ran to take the front seat next to Daddy.



Seeing Darsh already in the front seat,

Darsh, I want to sit in the front.  
You go at the back.



No, I want to sit in the front.

We will get late if you argue like this. Let's do one thing, we'll keep turns. One person can sit on the way there, and the other will get his turn on the way back.

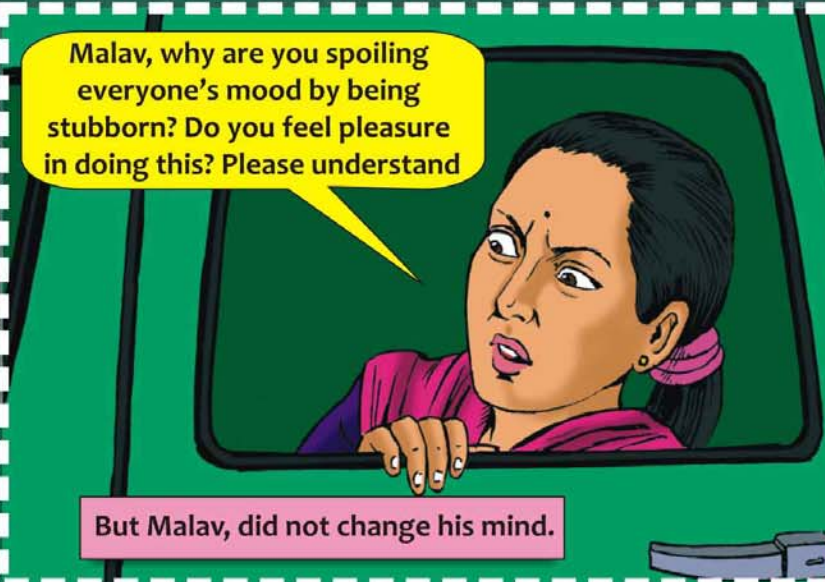


O.K. Malav, I will sit now and you take over on the way back.



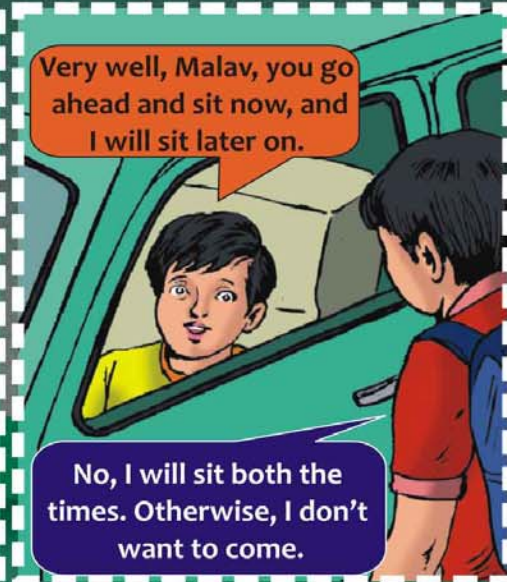
No, I want to sit both the times, otherwise I don't want to come.






Malav, why are you spoiling everyone's mood by being stubborn? Do you feel pleasure in doing this? Please understand

But Malav, did not change his mind.

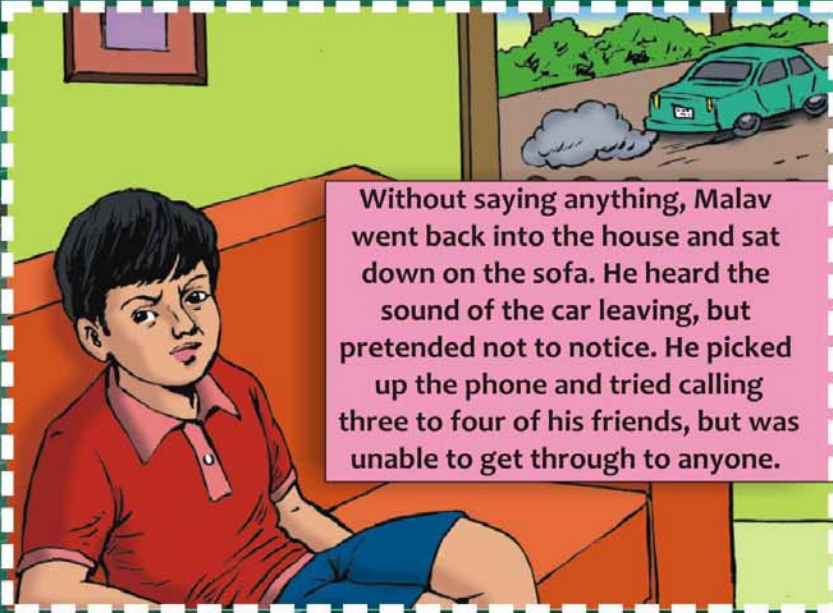


Very well, Malav, you go ahead and sit now, and I will sit later on.

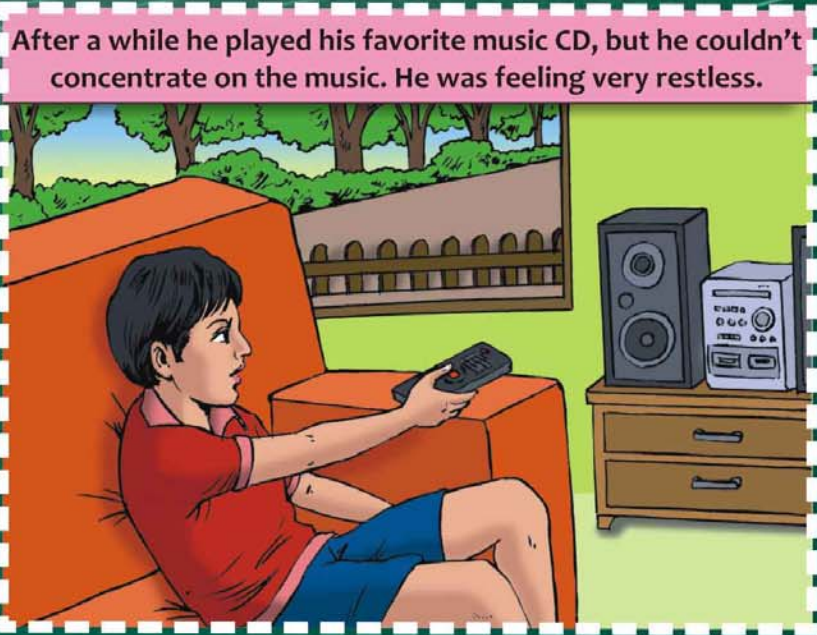
No, I will sit both the times. Otherwise, I don't want to come.




In that case, you just stay here. We will carry on.



Without saying anything, Malav went back into the house and sat down on the sofa. He heard the sound of the car leaving, but pretended not to notice. He picked up the phone and tried calling three to four of his friends, but was unable to get through to anyone.



After a while he played his favorite music CD, but he couldn't concentrate on the music. He was feeling very restless.



I wonder how much fun they will be having at the Zoo?



In order to pass his time, Malav tried everything - books, games, TV, but his chit would not settle on anything.



At 9.00 p.m., Malav heard Darsh and Kavya's laughter. They opened the door, whilst discussing the Zoo. Malav quickly grabbed a comic and pretended to read it.



Malav, we had so much fun at the Zoo. It's a shame you missed it. Come, I will show you all the photos.

I am not interested in seeing the Zoo photos. Even I had a lot of fun with my friends over here.

The next day while having breakfast, Darsh and Kavya were still talking about the Zoo.

Darsh ; those dancing ducks were amazing! And that elephant that walked on two legs!

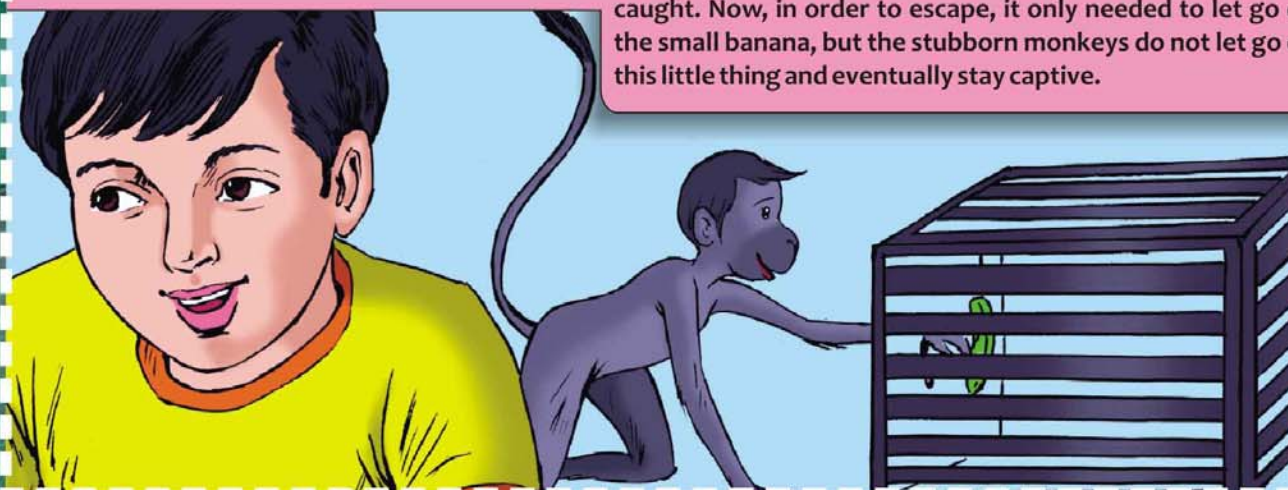
But the best was the monkey show.



Although Malav was listening intently to what they were saying, he pretended to be disinterested.



Do you know, the monkey's caretaker told me something. In order to catch monkeys from the forest, they make a hole in a box, big enough for a monkey's hand to go through, and then they hang a banana inside the box. The monkey would put his hand through the hole to get the banana. However, by holding the banana in the hand, the hand becomes wider than the hole and since between the monkey cannot pull its hand out from the hole, it gets caught. Now, in order to escape, it only needed to let go of the small banana, but the stubborn monkeys do not let go of this little thing and eventually stay captive.



The monkeys are so silly!



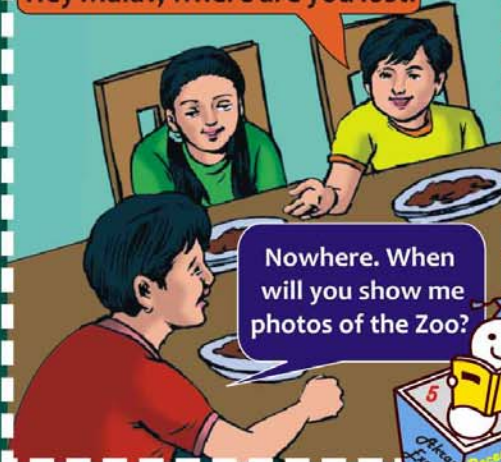
Hearing Darsh's story, even, Malav started laughing.

Even I behaved like those monkeys! I insisted on taking the front seat. I refused to compromise when Pappa suggested that we take turns and in order to do things according to my will, I became obstinate. In the end, like those monkeys, I got cooped up in the house all day and missed all the fun at the Zoo.

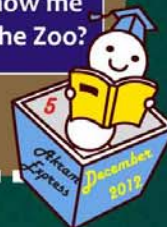


Malav understood his mistake.

Hey Malav, where are you lost?



Nowhere. When will you show me photos of the Zoo?





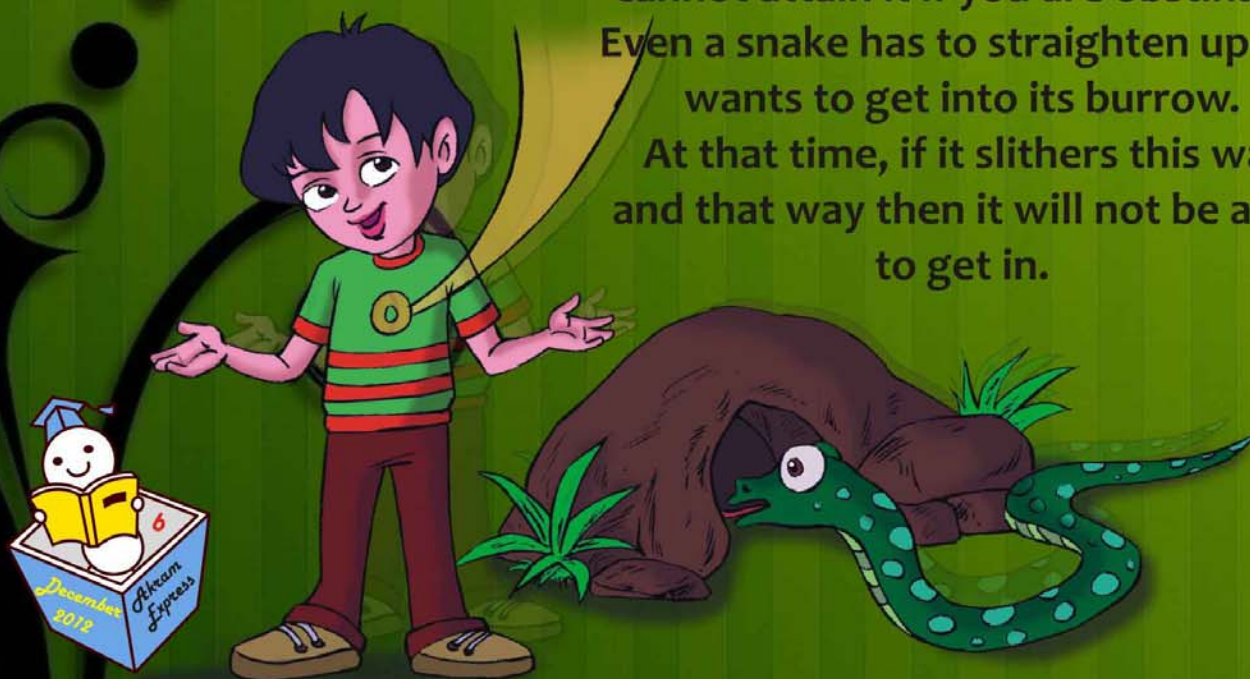
To not accept another person's viewpoint even if it is correct, and insist upon doing things according to your own viewpoint is called obstinacy.

**new**

## Absolutely

You have to become straightforward if you want to attain liberation. You cannot attain it if you are obstinate. Even a snake has to straighten up if it wants to get into its burrow.

At that time, if it slithers this way and that way then it will not be able to get in.



The Gnani will be  
more and more  
pleased the  
more  
straightforward  
we become.  
The Gnani will be  
happy with you.



# different

## and

One is called straightforward,  
if you turn whichever  
way you are twisted  
(adapt to instructions given).

For example, if you are told  
only once that you must not  
take another person's  
belongings without his  
permission, then you  
become such that you  
always ask before you take  
anything; that is called  
straightforward.



# Benefits of being flexible (Sarad)

It was raining in torrents since the evening. Everyone in the house was relaxing after having dinner. Mummy was finishing some work in the kitchen and as usual Papa had settled down in his chair with a magazine. Arya and Maurya, also came and sat down near Grandma to listen to a story. Grandma means a boundless treasure chest of novel stories.

Grandma began to narrate the story.

Our River Ganges manifests from the Himalayas and flows through Rishikesh, Haridwar, Kashi and other cities. Many saints and ascetics also dwell in these places, carrying out their spiritual practices on the shores of the Ganges.

On one such shore of the Ganges, was a small hut belonging to a sadhu. This sadhu would wake up early each morning, bathe in the Ganges, and then do his prayers and worship. Whenever the sadhu bathed in the river, large branches and trunks from trees would brush against his body or would just float past him. One day, the Sadhu asked the Ganges, "Gangaji, I have noticed only large branches and tree trunks floating past in your currents. I hardly ever see small plants or blades of grass! Why is that?"

Hearing this Gangaji smiled. She said, "When I manifest from the Himalayas, my current is very rapid and reckless. There are huge trees nested in the hollows and on the slopes of the mountain. Even though they are not powerful enough to overcome the flow of this river, yet they are not willing to let go of their position. "They do not let go of their stubbornness and insist on standing tall in their position. As a result, they break down against my wild and vibrant current and are carried away. However, the short grasses and plants are not stubborn. They are flexible. They bend and adjust with my movements. They yield to my flow. That is why they are spared."

Satisfied with Gangaji's answer, the sadhu then became engrossed in his prayers.

As the story ended, Grandma said, "Humility and flexibility are the highest of virtues. They influence everyone." Whilst listening to the story, Maurya had dozed off, but Grandma's story touched Arya immensely.

The next day, when Arya returned home from school, she was very happy. Putting away her school bag in the room, she embraced Grandma with affection. "Grandma, there is going to be a selection to play the drums for our school band. It will be so great if I get a chance to play the drums for the band!"

"Practice sincerely my child, you will definitely get a chance," Grandma encouraged Arya. Arya used to dearly look after the drums she had received as a birthday gift. She started practicing from that evening onwards.

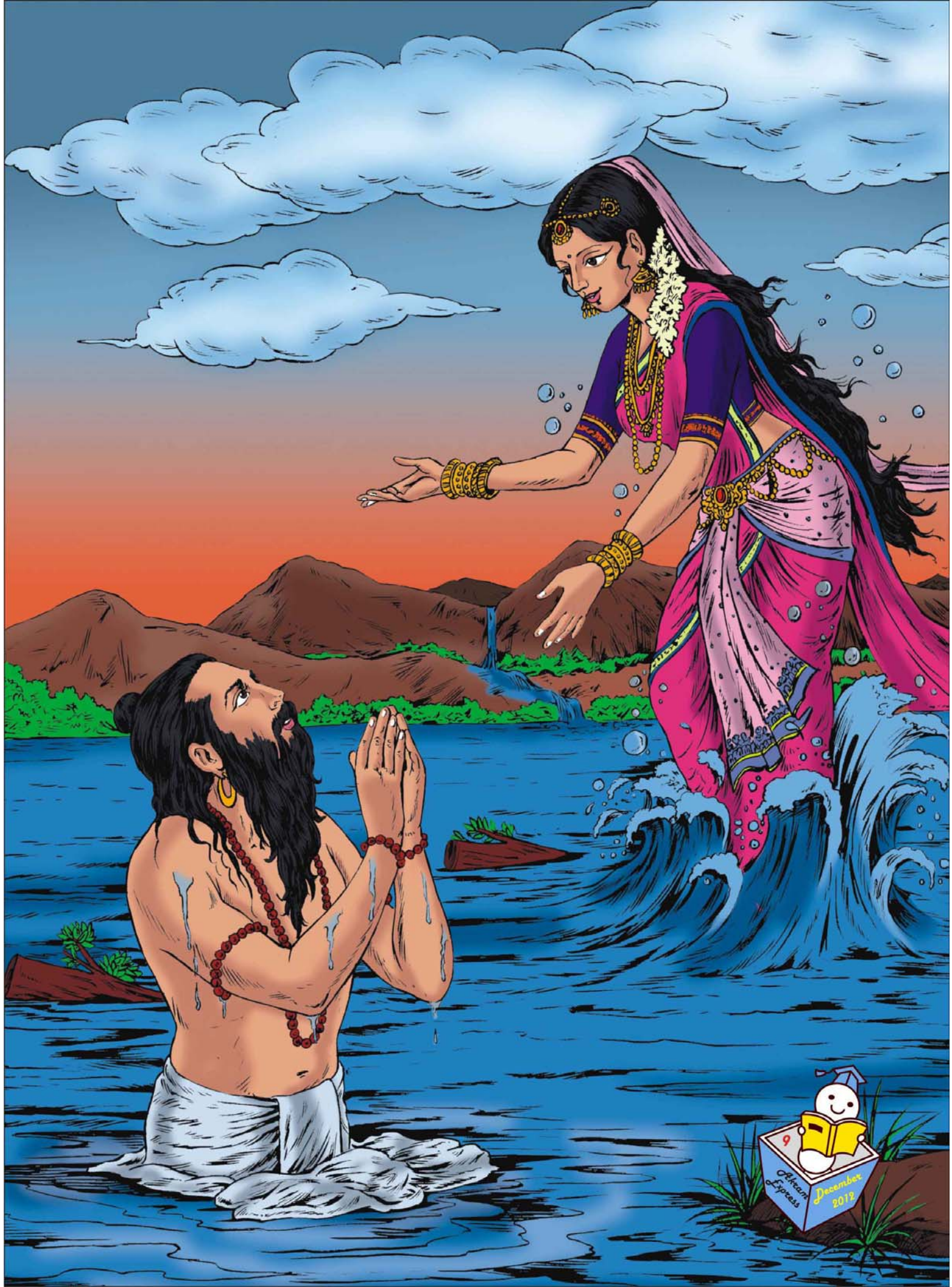
"Arya, I am getting disturbed. Go and practice in the living room." Maurya said irritably.

In the living room, Papa got disturbed, so he asked Arya to go outside and practice. Without getting annoyed, Arya took her drums outside and resumed practicing. Then,

Sushila aunty yelled at Arya, "Arya, stop that noise. I am not feeling well. Let me sleep."

So, that day Arya did not manage to practice at all. This went on for many days. Wherever Arya went to practice, someone or the other got disturbed. Sometimes Maurya would get disturbed and at other times, the neighbors. Moreover, they





would ask her to go and practice elsewhere. Arya would respect everyone's wishes with humility. Grandma's story on flexibility had impressed her so much that she never held onto the insistence to stay in one place to practice.

Professor Tripathi was Arya's neighbor. He was impressed with Arya's flexibility. Seeing Arya's dedication, he decided to help her. That night he devised a plan.

"Arya, I have an idea, not only will you be able to practice but also no-one will be disturbed," the professor said to Arya.

"Really, Sir? How?" Arya asked eagerly.

The professor explained to Arya, "Look, as you know, sound travels from one place to another through the medium of air. But if we make a space bubble, where we create a vacuum by sucking the air out with the help of a pump; then you can sit in the space bubble and practice away without disturbing anyone outside."

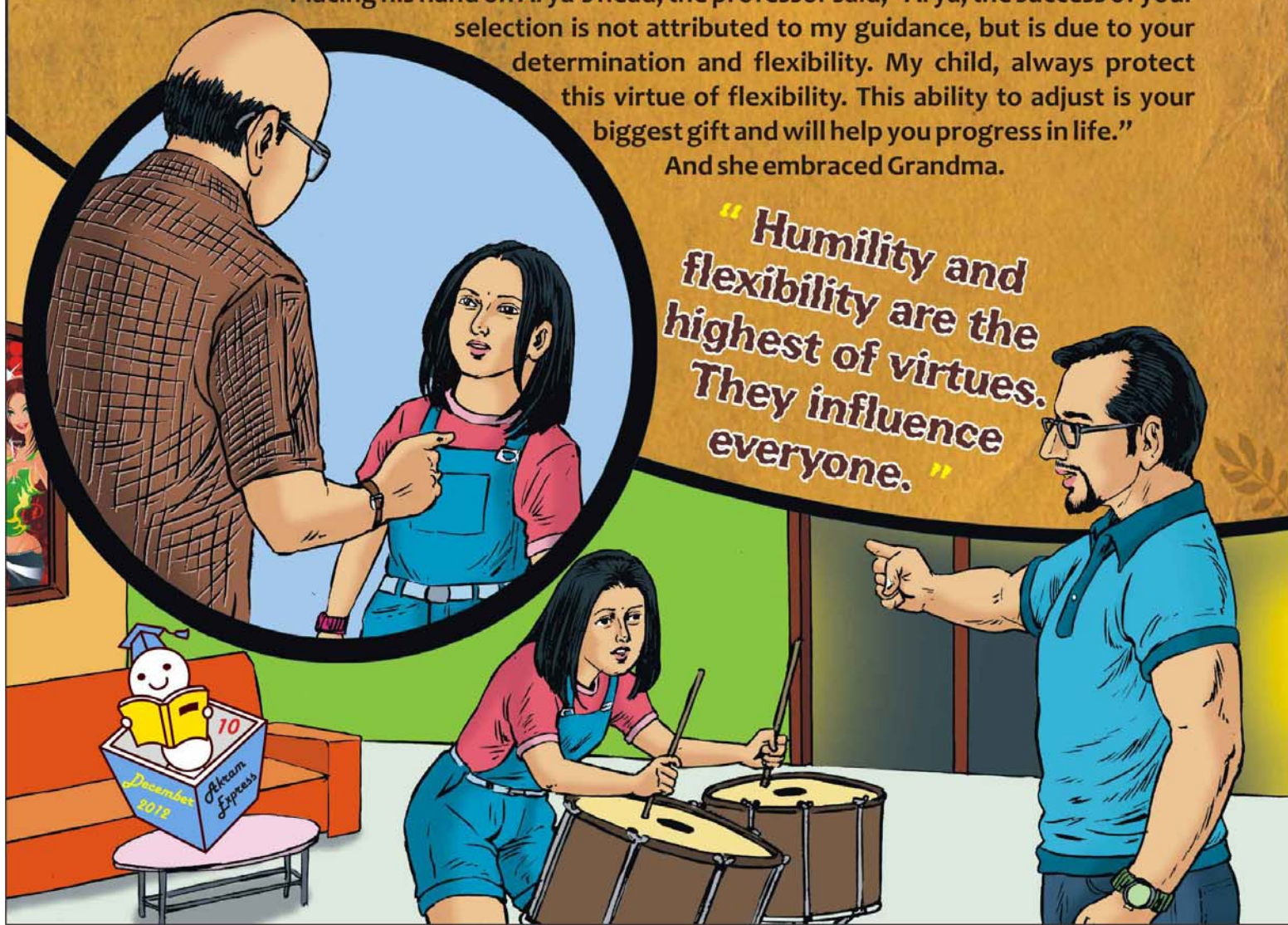
"That's a superb idea, Sir!" Arya said with jubilation. Together, the professor and Arya, made the space bubble, in which Arya sat practicing for hours on end.

On the day that Arya got selected for the band, her happiness knew no bounds. She skipped her way home. She was looking forward to breaking this good news to everyone. She noticed Grandma talking to Professor Tripathi in the courtyard. She ran to the professor and touched his feet, "Sir, I have been selected in the band. I would never have seen this day without your guidance. Thank you very much, indeed."

Placing his hand on Arya's head, the professor said, "Arya, the success of your selection is not attributed to my guidance, but is due to your determination and flexibility. My child, always protect this virtue of flexibility. This ability to adjust is your biggest gift and will help you progress in life."

And she embraced Grandma.

**"Humility and flexibility are the highest of virtues. They influence everyone."**



Every morning, Niruma would do yoga in Vatsalya, her residence. All the brahmachari bhaioes would join her from the beginning and later on when it was time for pranayam, all the brahmachari behnos would join them. This was the normal routine.

It was winter days. Yoga sessions were being conducted daily. Two brahmachari behnos were always late in waking up; therefore upon waking up; they would rush to do pranayam. In the hurry, they would forget to wear their sweaters. This happened three to four days in a row, so after a couple of days, Niruma called for each bahen separately at different times and asked, "Do you need a sweater?" They both answered, "No, we already have one." They both didn't realize that Niruma was asking this because they appeared for the morning pranayam without their sweaters.

Thereafter, when the same thing happened for the next three to four days consecutively, Niruma called an Aptaputri bahen and requested, "Please go and ask both these behnos if they have sweaters. They are shy that is why they are not taking from us. They come every morning without their sweaters. It is so cold and yet they turn up without their sweaters. So, now you go and ask them, please."

The next day the Aptaputri bahen approached these behnos, "Do you need sweaters?" When they refused again, the Aptaputri bahen queried further, "Why do you come for morning pranayam without your sweaters? Niruma keeps on asking everyday that if you both do not have sweaters, then we can get some out for you from our stock. Niruma thinks that maybe you are hesitant to ask, so today she sent me to ask you."

The two behnos started laughing and explained that it was because they wake up late everyday and have to rush in the morning and in the process they forget to wear their sweaters. Moreover, winter has only just set in and we haven't even removed our sweaters from the storage bags. Please tell Niruma not to worry.

And on the same day they got down all their sweaters. They had about four to five sweaters. From the next day onwards, they would wear a different color sweater each time they went for pranayam so that Niruma would notice that they had enough sweaters.

All the brahmachari bhaioes, behnos and mahatamas did yoga – Niruma paid attention to everyone individually irrespective of numbers and cared dearly for everyone.

This is how she was – our Vatsalyamurti (embodiment of love) Niruma.

# Sweet Memories



# Test yourself

## Across

1. To turn whichever way you are twisted is called being..... (8)

2. Your 'aada' will disappear if you admit your mistake.

Do..... as well so it disappears. (11)

## Down

3. When you know you are at fault and you.....

your mistake that is the biggest 'aada'. (7)

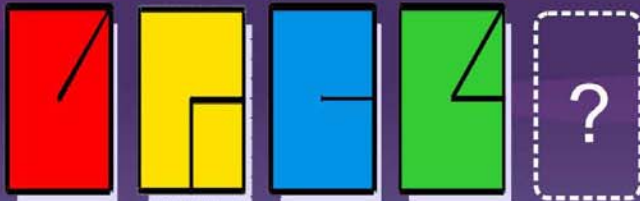
4. Even if the other person is correct, you disagree and you carry on according to your ..... that is called 'aada'. (7)



## Let's Play...

1

Which shape from the A-E options should be placed instead of the question mark in order to complete the sequence?



A B C D E



2

Match the following



## Solve the suduko

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


See if you can find number 8 in the given picture.

[illegible]

## Draw a Rabbit



# Mythological Story




Once upon a time, Shrenik, the King of Magadh, was sitting in the royal assembly. The assembly was full of brave warriors who started discussing the topic of meat. The meat-loving warriors said, "Meat is very cheap these days."

Abhaykumar overheard this. He vowed to teach these violent warriors a lesson on reverence for life.

In the evening, the assembly adjourned. The King went into the palace. Thereafter, Abhaykumar visited each meat-loving warrior at his home, one by one.

With curiosity, the warriors asked Abhaykumar the reason for visiting their homes.

Abhaykumar said, "King Shrenik has suddenly developed a terrible disease. The royal doctor has said that, "This disease can be cured if a few grams of meat can be obtained from the heart of a merciful human-being. You are the King's favourite, so I have come to get the meat from you."



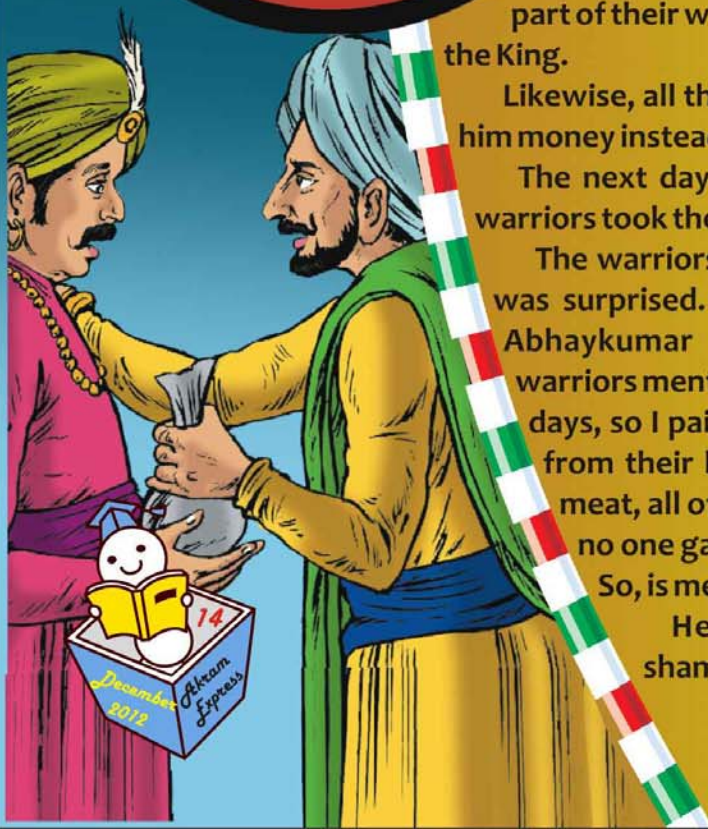
The warrior thought, "How can I give the meat from my heart before I die? However, this is needed for the King, so how can I say no and how can I say yes? Placed in a difficult situation, the warriors offered Abhaykumar a fair part of their wealth so that he would not disclose their dilemma to the King.

Likewise, all the warriors who were visited by Abhaykumar, gave him money instead of meat and sent him off.

The next day once again when the assembly resumed, all the warriors took their respective seats. Even the King sat on the throne.

The warriors began to ask the King about his health. The King was surprised. He gave Abhaykumar a questioning look. Then, Abhaykumar announced, "Your Highness! Yesterday your warriors mentioned in the assembly that meat is very cheap these days, so I paid a visit to each of them and asked for some meat from their hearts as a healing potion for you. Instead of the meat, all of them gave me a great amount of their wealth, but no one gave me even a few grams of meat from their hearts. So, is meat considered cheap or expensive?"

Hearing this, all the warriors, looked down shamefully. They were all dumbfounded. Abhaykumar



explained, "I have not said this to hurt you in any way, but I have done this to change your perception. When you have to give meat from your own body, you experience a lot of fear, because you have attachment for your body. Similarly, the creatures, whose meat is in the market, would also have love for their life. We try to save our lives by giving wealth and money, but what about those poor creatures. We are intelligent, walking, talking animals. They are not able to speak or understand. Is it not a terrible sin to hurt them by killing them so that we can eat their meat? We should always bear in mind that all the animals love their lives dearly and there is no higher form of religion than to protect all living beings."

King Shrenik was satisfied with the explanation given by Abhaykumar, and all the warriors acknowledged this understanding too.

From that day onwards, everyone vowed not to eat meat, because it is not fit for eating. It cannot be obtained without killing another living being, therefore it is considered as the highest form of immorality.

**“ We should always bear in mind that all the animals love their lives dearly and there is no higher form of religion than to protect all living beings. ”**



## Test yourself answer

Across: 1. Flexible, 2. Pratikraman  
Down: 3. Protect 4. Opinion



4-1,3

Puzzle answer

2 1-D, 2-E,  
3-B, 4-A, 5-C.

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

## Registration for Year 6, 7 and 8 Admission in Adalaj Gnan Mandir (Gurukul)



Those parents wishing to bring up their sons culturally with the knowledge expounded by Param Pujya Dada Bhagwan at The Gnan Mandir need to register on the phone by 20th December 2012 for their sons' interview, which will be held at Gnan Mandir, Simandhar City (Adalaj). The registration will be for students of Year 6, 7 and 8 wishing to gain entry for both Gujarati and English Medium. For more information, please call on the number given below.

**Timings:** Morning 9:30 AM to 12:30 AM,  
Afternoon 3:30 PM - 6:30 PM

**Phone:** (079) 39830032,  
Mobile - 9924343881



# Collage Work Competition Results

Friends,

Congratulations to all the participants of the collage work competition. Each one's effort is worth praising. The winners' prizes will be delivered to their homes. We hope that you will continue to participate in every competition in the same way.

**13 to 15 years**

**1st Prize**

Name:  
Dhara Bhavsar,  
Gandhinagar  
Age: 13 years



**2nd Prize**

Name:  
Kaval Patel,  
Surat  
Age: 15 years



**10 to 12 years**

**1st Prize**

Name:  
Sakshi Thakkar,  
Dholka  
Age: 10 years





## Glimpses of Pujiyashree's Africa-Dubai Tour

**Children doing Arati in  
Pujiyashree's presence**



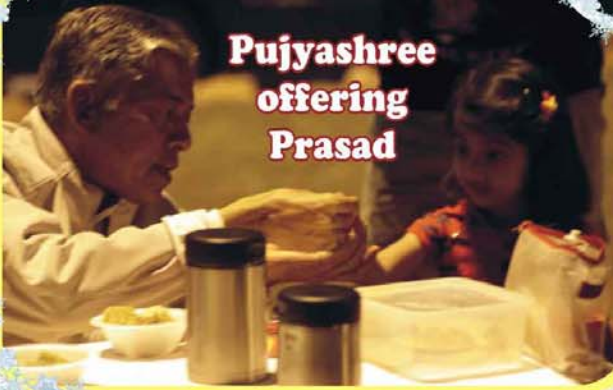
**Pujiyashree playing  
with a baby mahatma**



**Drama  
performed  
by  
Nairobi's  
Little  
M.H.T.  
children**



**Pujiyashree  
offering  
Prasad**



**Pujiyashree  
observing an  
elephant during  
the Kenya Tour**



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