

January 2012

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Dada Bhagwan Parivar's

AKRAM Express

Beware of Kusang



Beware of Kusang

Akram Express

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Dear friends,

We have a proverb, "A man is influenced by the company he keeps", meaning everything improves for the one whose company improves; and everything deteriorates for the one whose company deteriorates. Bad company is called 'kusang'. One is better off steering completely clear of 'kusang', to the extent that, it is said that the infection of T.B. (tuberculosis) is better than the infection of 'kusang'. This is because T.B. will only cause death of one lifetime whereas 'kusang' destroys infinite lifetimes. Therefore, 'kusang' is very dangerous.

In this issue, Param Puja Dadashri has explained the difference between 'kusang' (bad company) and 'satsang' (good company, company of those who promote the attainment of the Self), as well as how horrible the effects of 'kusang' are!

So come on, let us also be aware of what 'kusang' is and steer clear of it.

- Dimple Mehta

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There are two types of company; one is 'kusang' (bad company) and the other is 'satsang' (good company, company of those who promote the attainment of the Self). Wherever there is a desire or intent to make others happy, 'satsang' exists. And whatever takes us on the wrong path is all considered 'kusang'. By going to 'satsang' one gets enlightened and suffering is removed, whereas 'kusang' induces suffering.

One may say that, although he roams around with drunkards, he will never drink alcohol. But the nature of 'kusang' is such that, one day he will also start to drink alcohol. Therefore, one should steer very clear of 'kusang'. It affects the mind, intellect, chit, ego and the body. The effects of just one-year's 'kusang' can be felt for 25 years. Consequently, just one year results in so many negative effects, that even if one keeps on repenting, one cannot become free.



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Questioner: Does that mean 'kusang' reduces our will power?

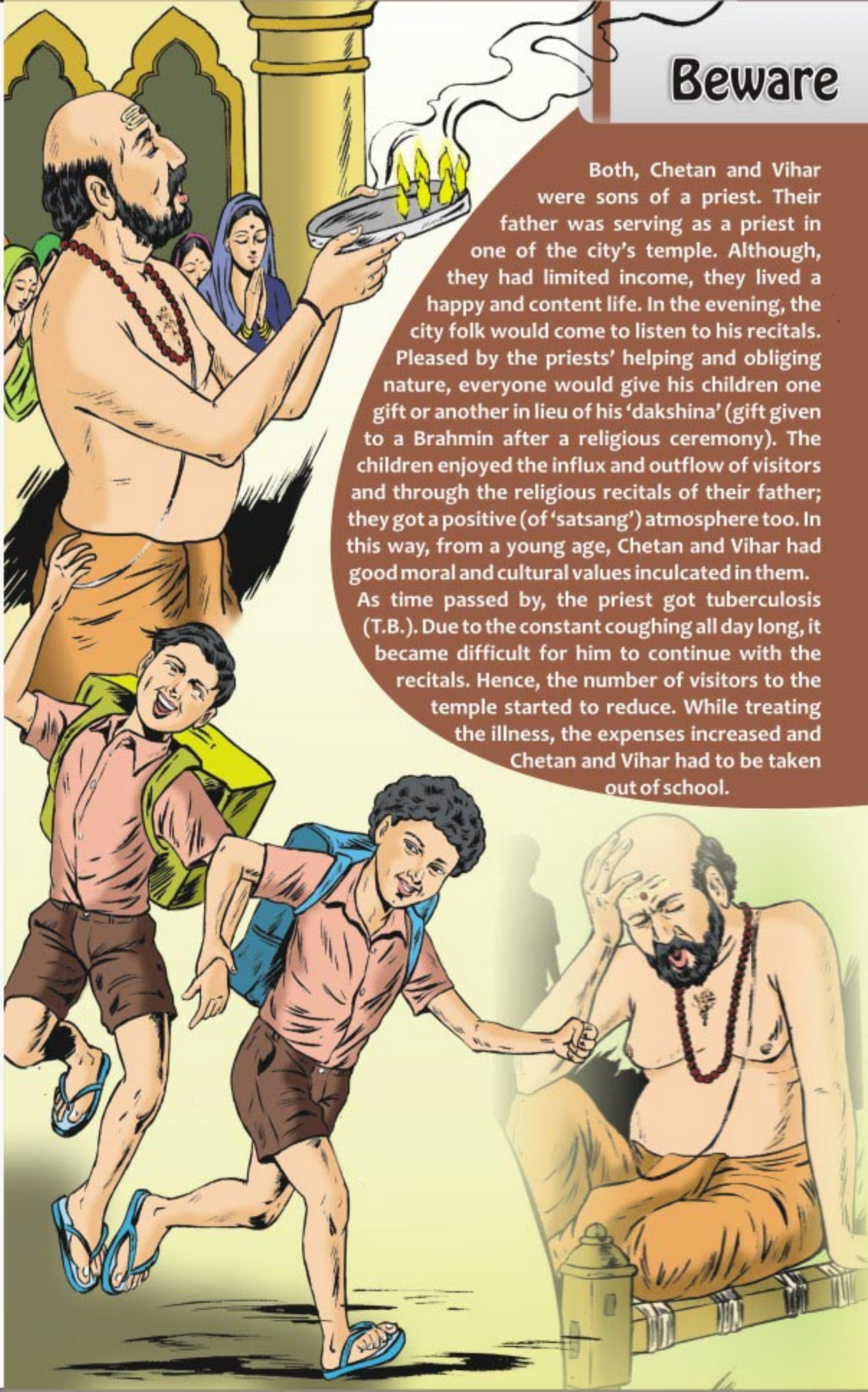
Dadashri: Yes, it weakens our will power! Moreover, it can completely change a person. 'Satsang' can also change a person. Once a person has gone into 'kusang', it becomes very difficult to turn them towards 'satsang', but a person can be steered from 'satsang' to 'kusang' in no time at all. This is because 'kusang' is slippery; you slip once and then you keep on slipping more; meanwhile 'satsang' requires climbing!

Thus, everything improves for the one whose company improves and everything deteriorates for the one whose company deteriorates. If one has 'satsang', then he may climb up 500 steps (progress); and with just one 'kusang' there is no guarantee when it can make you fall down by 1000 steps. Therefore, no matter how much suffering one may endure in 'satsang', it is better; but any amount of happiness from 'kusang' is useless.

One should have constant visualization (nidhidhyasan) of Dada. If you close your eyes and you can see Dada, then 'kusang' will never affect you! The atoms of 'kusang' take leave and new pure atoms seep in when one attends 'satsang'.

Beware

Both, Chetan and Vihar were sons of a priest. Their father was serving as a priest in one of the city's temple. Although, they had limited income, they lived a happy and content life. In the evening, the city folk would come to listen to his recitals. Pleased by the priests' helping and obliging nature, everyone would give his children one gift or another in lieu of his 'dakshina' (gift given to a Brahmin after a religious ceremony). The children enjoyed the influx and outflow of visitors and through the religious recitals of their father; they got a positive (of 'satsang') atmosphere too. In this way, from a young age, Chetan and Vihar had good moral and cultural values inculcated in them. As time passed by, the priest got tuberculosis (T.B.). Due to the constant coughing all day long, it became difficult for him to continue with the recitals. Hence, the number of visitors to the temple started to reduce. While treating the illness, the expenses increased and Chetan and Vihar had to be taken out of school.



of 'Kusang'

Meanwhile, Chetan had an idea. He began to invite people to the temple for devotional singing sessions. The priest had taught both his sons to play the 'tabla' (Indian drums) and the harmonium. They were good singers too. Every evening, devotional songs and prayers were in full swing at the temple. The flow of visitors began to increase again.

One day, Vihar went to buy his father's medicine from the shops. On the way, he met his schoolmate, Anup. Long hair, an earring and a cigarette in the hand; Vihar was dumfounded seeing Anup's appearance. He asked him, "Anup, where are you going?" Anup placed his hands over Vihar's shoulders and said, "I am going to play cards, mate. I will use my winnings to have dinner at the restaurant."

"Winnings, what does that mean? Are you going to gamble?" a shell-shocked Vihar asked.

Seeing Vihar's traumatised face, Anup said, "Hey, if gambling was a crime, we would not have gambling stalls at every nook and corner. And who in their right mind would forego the

"I am going to play cards, mate. I will use my winnings to have dinner at the restaurant."



opportunity of eating new delicacies every day! Come on, today you gamble as well so that your fear leaves." Anup said, pulling Vihar along.

"Not today, I will come tomorrow. They are waiting for me at home." Vihar was lured by the thought of eating delicious food.

The next day, he lied and went with Anup. He gambled for the first time. Moreover, the other players recognised Vihar to be new to the game and therefore they let him win handsomely that day. Upon seeing how much money he had won, Vihar thought, "We are not able to collect this much money even when Chetan and I have held a weeks' devotional singing sessions." In this way, the temptation of gambling lured him. When he would see Anup smoke, he would feel that Anup's habit was wrong, but he would think that, "I am not smoking tobacco or cigarettes! I am just hanging out with him." However, as time passed by, Vihar didn't even realise when he also started smoking. Gradually, he picked up all the wrong habits.

Eventually, Chetan began to realise that Vihar had fallen into bad addictions. One day, while trying to explain to Vihar, he calmly said, "You can see the state of our father's health because of T.B.. Truly speaking the boys that you hang out with are even more dangerous than T.B." Before Chetan could say another word, Vihar interrupted, "Come on, today you come with me." And he forcefully took Chetan along.

All the friends got together and first went to a theatre where they watched a 3-D animation movie. Then, they went to a restaurant for dinner. After having a sumptuous meal, they all went to a 'paan' (roll of betel leaf prepared for eating) counter to buy 'paan' with tobacco. After all this, they returned home chatting and joking with each other. Chetan asked Vihar, "The money for all this?" Vihar said, "It was one of my friend's birthday party. But tell me the truth, you had fun, right?"

This question made Chetan contemplate. Somewhere in his heart, he had also liked all this fun. He thought Vihar does these kinds of activities and mischief daily. He must be having fun!

The thought went away as the night wore on. The next day, in the morning, Chetan began serving his ill father, and preparing for the devotional prayers; whilst Vihar got busy loafing about, and having fun. Sometimes, Chetan felt like joining Vihar, but he would stop himself because he felt that it was inappropriate to deceive his father. During the evening devotional prayers, he would get totally immersed in God and would experience tremendous joy again.

On the other hand, Vihar had crossed all the limits. He started making money by opening up some small businesses and working in the black market. When the priest found out about this, he kicked Vihar out of the house.

It was as if time was slipping by. Both brothers became adults. Chetan took over his father's profession of a priest and his life remained simple, pure and religious like that of his father. Meanwhile, Vihar became rich in leaps and bounds, but his restlessness, uneasiness and suffering increased in proportion to the increase in his wealth. Sometimes when he felt very restless, he would remember his brother and would attend the devotional prayers at the temple. On seeing Chetan's

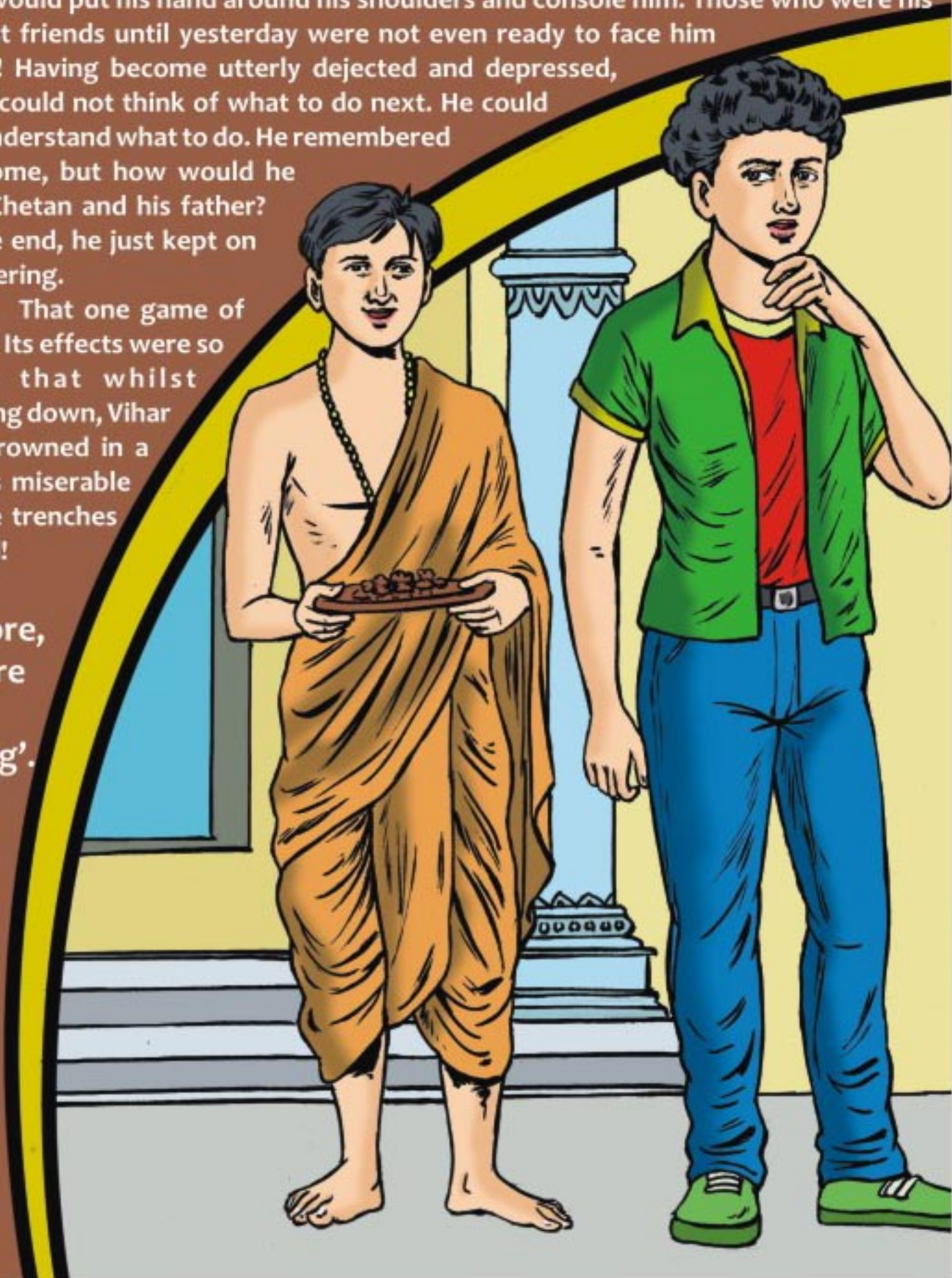
“ On seeing Chetan’s joy and happiness, Vihar would feel that, “Even I want such bliss! ” ”

joy and happiness, Vihar would feel that, “Even I want such bliss!” However, such a one off visit to the temple would be forgotten during the rest of the week. Although he wanted to, Vihar could not escape his friend circle.

Once, Vihar had a huge argument with his friend over some money matter. In an instant, his own friend became his bitter enemy. He made Vihar sign some forged documents and took over all his wealth, thus making Vihar penniless. Although the money left, the restlessness and suffering remained with Vihar. Today, he had no one who would put his hand around his shoulders and console him. Those who were his closest friends until yesterday were not even ready to face him today! Having become utterly dejected and depressed, Vihar could not think of what to do next. He could not understand what to do. He remembered his home, but how would he face Chetan and his father? At the end, he just kept on wandering.

That one game of cards! Its effects were so deep that whilst slipping down, Vihar got drowned in a life as miserable as the trenches of hell!

Therefore,
beware
of
‘kusang’.



When 'kusang'
creeps in, the heart
is tainted and with a
tainted heart, the
God residing within
leaves. Everything
depends on the
heart! If there is no
heart, there is
nothing!



Absolutely New



Unhappiness
never leaves
if you are
under the
grip of
'kusang' and
happiness
never leaves
if you are
under the
grip of
'satsang'!



'Kusang' itself is poison. Man can be destroyed if he comes into the grips of 'kusang'. Alas! Even the slightest touch of 'kusang' can destroy a person. Just like the whole 'dudhpak' (a sweet dish made of milk) gets ruined by adding just a pinch of salt!

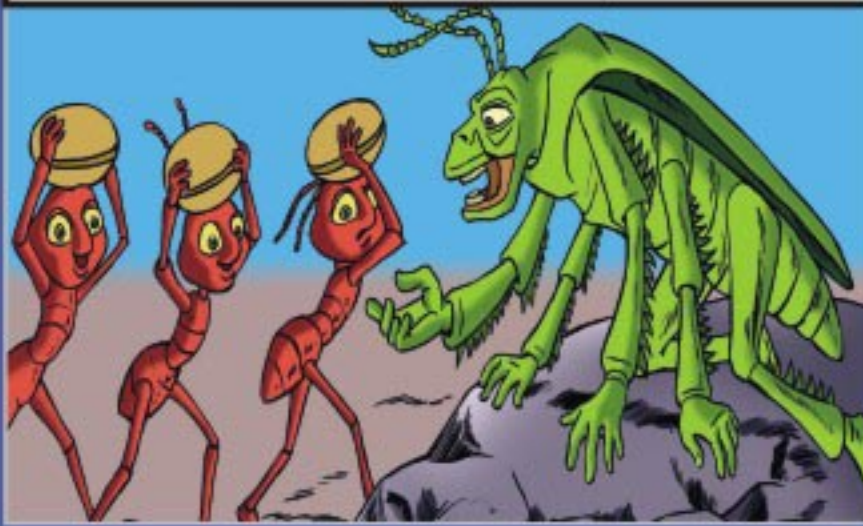
and Different

'Kusang' is that which takes you away from religion.



'Kusang' only brings sorrow

It was summer time. Milly, Billy and Vinky, three hard working ants, were gathering food for the winter. Just then, a stray grasshopper called Teddy came and sat down, blocking their path.



Why are you troubling us? Please let us work, and you should do your work too. Don't you want to prepare for winter?



La..LaLa...
LLLaAaAa...

Oh Ho Ho... Winter is a long long time away! It is complete foolishness to do so much hard work from now. These are the days to enjoy and have fun.



Perspiring profusely, Vinky sat down to have a little rest, when Teddy came over and began to instigate her.

Vinky, you are so smart and intelligent. Why are you stuck doing this hard work? Our motto in life should be, "Eat, drink and enjoy."





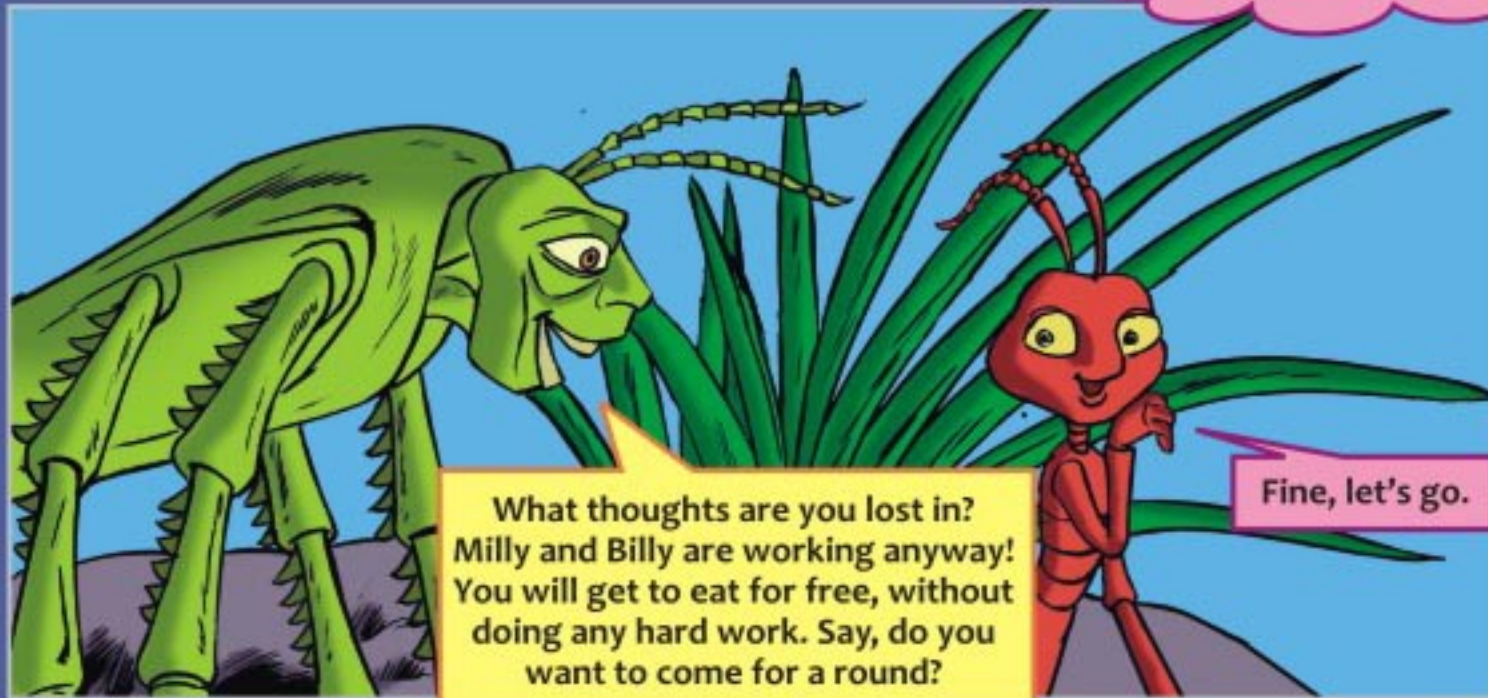
No, no, not that. I have been taught that one should work hard when it's time for work, and have fun when it's time for fun.



Forget all that talk. Life is for having fun. I am going off to have fun, are you coming?



Teddy is right! He is having so much fun and I have to labour in the heat. Life should be like Teddy's!



What thoughts are you lost in? Milly and Billy are working anyway! You will get to eat for free, without doing any hard work. Say, do you want to come for a round?

Fine, let's go.

Sitting near a lake, Vinky, Teddy and Teddy's friends had a great laugh, gossiping and joking about everyone, right from the rabbit to the elephant to the lion.



The next day, Milly and Billy tried to make Vinky understand.



Vinky, there is grave danger in Teddy's company. If you stay in his company, all his bad habits and values will be inculcated in you and all your existing good values will be washed away.

It's not possible for 'kusang' to not affect you. We are warning you. If you stay in that group of 'kusang', you will regret it.



Hey Milly, don't you worry. I will make sure that his wrong habits don't affect me.

But Vinky did not pay heed to Milly's and Billy's advice. Vinky had started to enjoy loafing about with Teddy and his friends. Therefore, she started playing truant from work and didn't have any consideration for Milly and Billy.



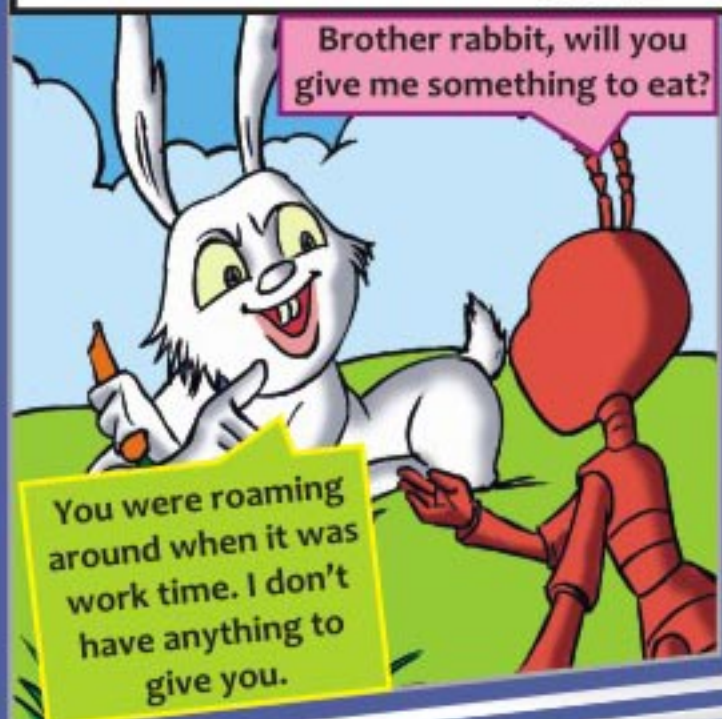
Eventually, bad company had its influence on Vinky. One day,



Oh, great!

I have an idea. Today, for the party, I will steal some food from Milly and Billy's storehouse.

Days passed by in this way,. After 2-3 months, it became bitterly cold. Snow began falling. Everything dried up. Teddy and Vinky searched for food in vain. They began begging everyone for food.



Vinky had become very weak due to hunger and severe cold. Searching for food, Vinky reached Milly and Billy's burrow and peeped in.



Suddenly, Milly and Billy noticed Vinky shivering in the cold, outside. They called her inside and with a lot of love, gave her food to eat.

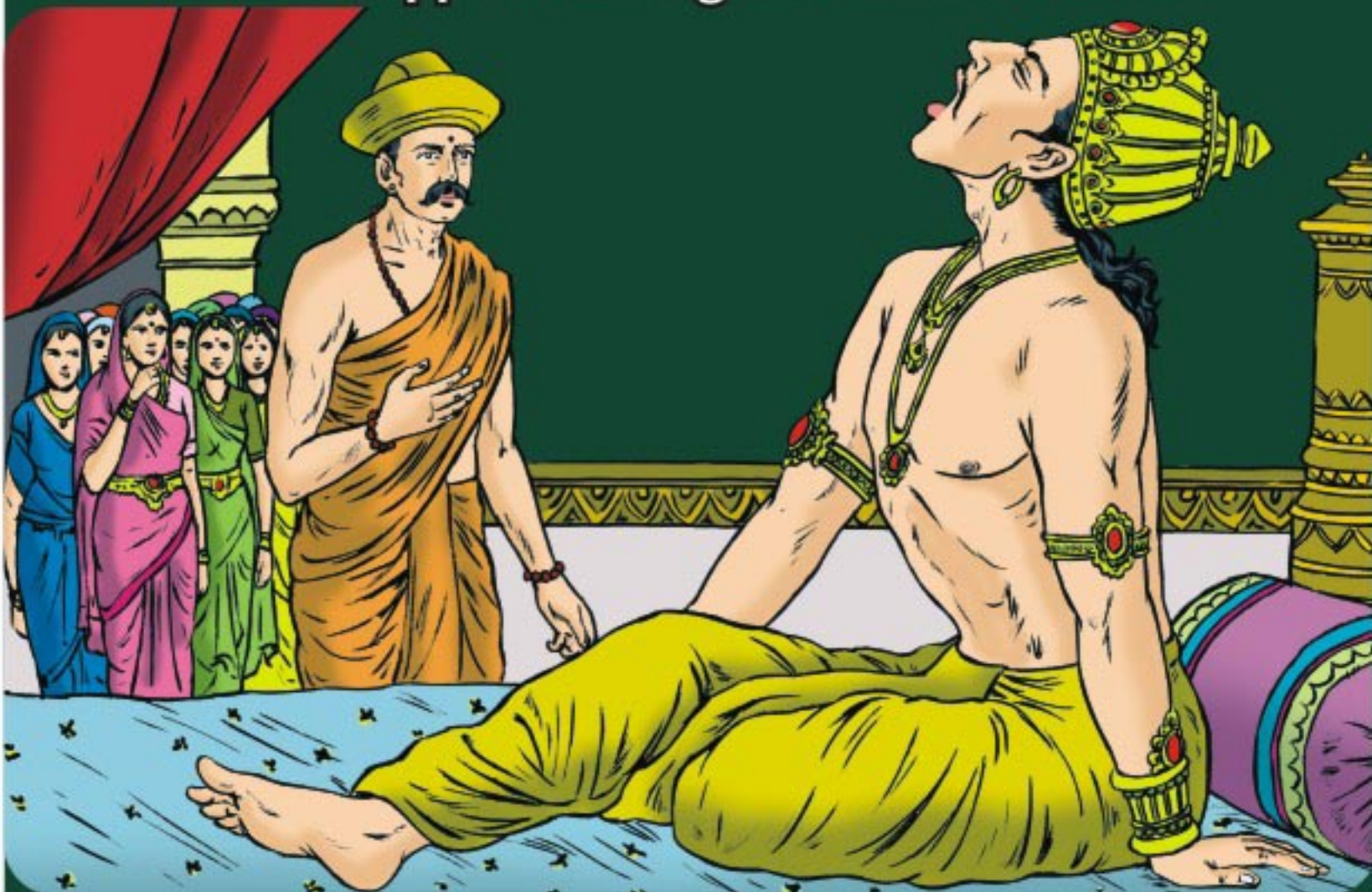


Mythological Stories

King Padmarath reigned over the kingdom of Mithila. He had a son named Namikumar. As time passed by, Namikumar grew up to be a prince. His father assigned him the task of administering the kingdom, and left after taking 'diksha' (renunciation). Prince Namikumar married a thousand maidens and started ruling the kingdom justly.

Once, Namiraj felt a feverish burning sensation all over his body. It was as if his whole body was burning like fire. The royal doctors were summoned and they advised applying a paste of sandalwood on the body to ease off the burning. Hearing this, King Nami's thousand wives all started to rub sandalwood paste at the same time. Although this work began, at the same time the noise of the bangles on two thousand such hands also began! That noise became so unbearable that it increased the King's discomfort. The King summoned his minister and instructed him to end the commotion. The minister informed the Queens about this message. All the Queens immediately took off all except one bangle on each hand and continued rubbing the sandalwood. As there was only one bangle on each hand, the noise of the bangles clanging together had

“ What happened? Have they stopped rubbing the sandalwood? ”



“Where there are two,
there is noise,
there is disturbance,
there is bondage.”



stopped. Therefore, the King asked the minister, “What happened? Have they stopped rubbing the sandalwood? My burning sensation still exists, why have you stopped them from rubbing sandalwood?” The minister answered, “My Lord! The sandalwood is still being rubbed. The reason for the silence is that all the Queens have removed all except one of their bangles. Where there is just one, there cannot be any noise.”

Hearing this, the King started thinking, “Where there are two, there is noise, there is disturbance, there is bondage. Where there is only one, there is absolute peace. That is why, as soon as this physical suffering subsides, I will take ‘diksha’ and live alone.”

After a few days when he was relieved of his suffering, King Nami assigned the administration of the Kingdom to his son and left after taking ‘diksha’.

Since he took diksha all of a sudden, Lord Indra himself descended from heaven disguised as a Brahmin in order to test his ‘vairagya’ (detachment to worldly pleasures). He asked the King turned ascetic many questions and tried to lure him with many temptations, but the ascetic gave Lord Indra appropriate answers and did not waver in his resolution. In this way, he remained steadfast in his detachment. Eventually, Lord Indra finished testing him, asked the King for forgiveness and returned to his abode.

Nami Rajrshi progressed further on the path of Self realization and attained Salvation.

Pujyashree with Kids

Questioner: My parents don't understand me. What should I do so that they understand me?

Pujyashree: They don't understand you? How did you figure out that they don't understand you?

Questioner: Sometimes I am right, but they don't believe me.

Pujyashree: What makes you believe that you are right?

Questioner: Well, sometimes they feel that I am being mischievous whereas in reality that's not true.

Pujyashree: In that case, you should sit down with your mother and clarify what your intentions were and what your understanding is. What do you say? Actually, it is not that parents don't understand. The problem lies in the fact that we want to get things done our way (dharyu karvu). You want to go out and play, watch T.V., play games on the computer but your mother doesn't allow you to do so. Does that happen?

Questioner: Yes.

Pujyashree: But in reality, is your mother older than you are or younger?

Questioner: Older.

Pujyashree: So, who will have more knowledge – your mother or you?

Questioner: My mother will.

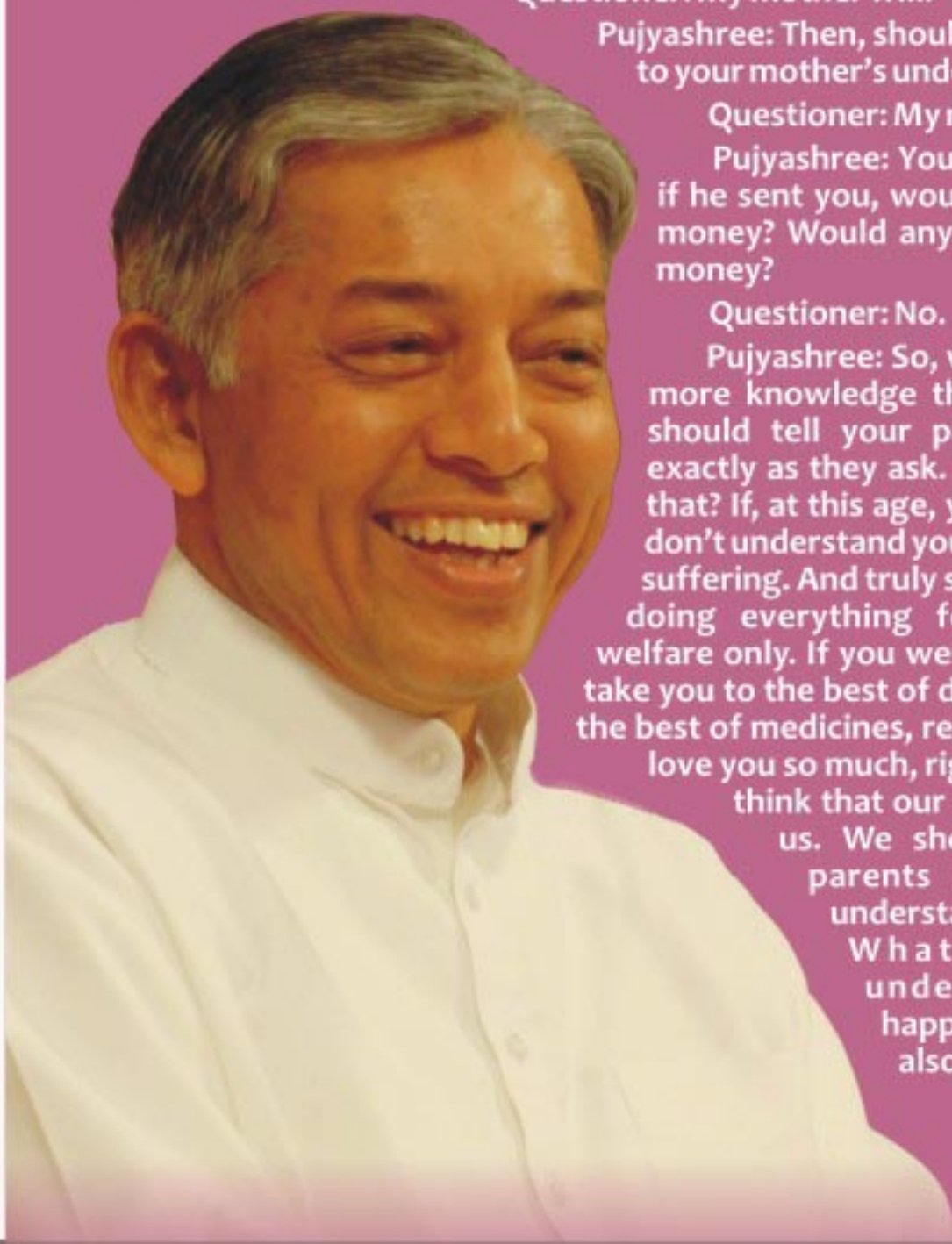
Pujyashree: Then, should you do things according to your mother's understanding or your own?

Questioner: My mother's.

Pujyashree: Your father earns money and if he sent you, would you really go and earn money? Would anyone actually pay you any money?

Questioner: No.

Pujyashree: So, wouldn't your father have more knowledge than you? That's why you should tell your parents that you will do exactly as they ask. What's the problem with that? If, at this age, you feel that your parents don't understand you, then you will feel a lot of suffering. And truly speaking; your parents are doing everything for your happiness and welfare only. If you were to fall sick, they would take you to the best of doctors and treat you with the best of medicines, regardless of the cost. They love you so much, right? Hence, we should not think that our parents don't understand us. We should be grateful to our parents and we should try to understand what they are saying. Whatever you do with understanding will bring happiness not only to you, but also to your parents.



Sweet Memories

When the bramchari bhaios began to conduct satsangs in every village, Deepakbhai gave them a very beautiful key saying, "It is possible that during the satsangs, the comparison may arise amongst you that - he is talking a lot, I'm not getting a chance to speak; he is not able to properly understand people's questions; he is not able to explain properly etc. At such times, the best solution is prayers. If I feel jealous of you because you have progressed further and I have been left behind, then at this time, I should pray to the God residing within you. I should ask God to grant you a lot of spiritual energy, to take you ahead so that you may make great progress and be able to explain Dada's principles in the best possible manner. One should start such prayers from within. What is this world? It is like an echo. Today, when I am praying for this person to be able to explain very well, then that echo of ability to explain very well will ultimately come back to me. This means that, the strength that would enable me to explain well will arise in me. And if I say that - he is not doing this properly and I want to get ahead of him, then those echoes are not touching him at all, but are returning back to me. And my strengths are being destroyed instead of increasing. Therefore, whenever you feel any competition or jealous of someone, you should start praying for him that - may he succeed further, may he progress further. By doing so, the strengths of that person will also begin to arise in us, but if we become jealous then our strengths will be destroyed."

See friends, the Gnanis' have such a beautiful solution to tackle jealousy.



This event happened while travelling. It was a train journey. First class tickets were booked. There were two bramchari bhaios accompanying Niruma. In this way, they had three tickets, and the fourth ticket belonged to someone else.

Niruma was sitting behind. The luggage had been stowed under the seat. Two to three times, it so happened that something was required from the luggage. So, two to three times, one of the bhaios quickly removed the required items from the luggage stowed beneath. Niruma saw this and said, "If you do this in such a hurry, then the other passenger may get a little disturbed. We should never get emotional while doing 'seva' (service to others). We should be aware of the fact that someone is getting disturbed because of us."

Niruma would say, "When we go to America, we find that there are very well-mannered people there. If there is the slightest discrepancy, they would all get disturbed. If we do things emotionally, then we would never know how many people we are disturbing during the course of our journey or work. It does not matter if we have to take a little adjustment, but our awareness should be on the fact that others do not get disturbed."

See friends, how beautifully the Gnanis' mould us for 'seva'!



Introspect Yourself!

In the table given alongside, there are three words hidden which appear in syllable form. Each syllable appears four times in a line, and this line may be horizontal, vertical or diagonal. So all you have to do is find the syllables that appear four times, and then arrange them in such a way that they make sensible words. Then discover the meaning of the phrase which is made up of these syllables.



la	be	be	be	be	me	jo	jo	ng	ch	of
la	nt	nt	ra	an	me	la	ng	ch	be	wa
la	nt	ku	an	an	me	ng	ch	ru	be	wa
ch	ch	ch	ku	an	ng	jo	jo	jo	be	wa
be	of	be	be	ku	wa	an	an	be	an	wa
be	of	wa	nt	wa	ku	be	be	ch	ch	ch
re	of	wa	ru	ru	ru	sa	sa	sa	sa	an
re	of	re	re	re	re	ru	ru	ru	ne	ne

Message: _____

Results of the "Creative Writing Competition"

Friends,

Our heartiest congratulations to all the participants of the "Creative Writing Competition". Your writing skills are worthy of praise. The prizes will be delivered to the winners address. We hope that you will continue to participate in every competition with the same enthusiasm.

7 to 9 Year



First Prize

Name :Meet Bhatt
Guntur,A.P
Age : 7 Years



Fish pond

This is a picture of Fish pond in that we see many types of colorful fishes, If we keep fish pond in our house we should give them enough food and oxygen, I saw takes this fish pot in zoo in fish pot too. There is no enough space for swimming for fish in manmade sea; I think we should not keep fish in pot, Let us free them.

Introspect Yourself! Answer: Beware of Kusang

Second Prize

Name : Dhruvank
Shah
Vadodara
Age : 9 Years



Fish pond

All the fishes are sad because their lived three fishes, They are best friends their name was Merry, Shabby and Fairy, Once a man came their and met aaptaputra, they were talking about Dadabhagwan that everything is happening because of Karma. The Fish listened this, on the next day a mother came, she want a fish. Merry told all fish to hide, Shabby told why to live now?, When she will then we will hide. Fairy told 'Didn't you listen about Karma yesterday??' Why are you worrying? The next day mother came and took fairy because of not hiding.

Moral: It doesn't mean that whatever is in 'Karma' we just see and sit but try to do something.

10 to 12 Year

Circus

આપેલ ચિત્ર આપણા જીવનનાં મિશ્રભાવ દર્શાવે છે. હાથી શક્તિનું પ્રતિક છે. જેમપાંચ આંગળી મળીને મૂઠી બનાવી શક્તિ મેળવે છે. તે રીતે પાંચ માણસો પણ સાથે મળીને સુંદર કાર્ય કરી જીંદગી નો આનંદ માણે છે. પરંતુ એ વાત છે કે હાથી જે પરિસ્થિતિમાં છે તે માનવસર્જિત છે. જે આપણા પ્રાણીઓ પ્રત્યેની નિર્દયતા દર્શાવે છે. આપણી જીંદગી પણ આ ચિત્રમાં દર્શાવ્યું છે. તે એક સરકસ છે. આપણે બધા તેના કલાકારો છીએ. જેનું સંચાલન ઈશ્વર કરે છે. તો આપણે ઈશ્વરનો આભાર માની આપણી જીંદગી સુંદર બનાવીએ તેવું ઈચ્છીએ.



First Prize

Name : Viraj Joshi
Raikot
AEG: 10 Year

Second Prize

Name : Vaibhav
Bhatt
Guntur,A.P
Age : 11 Years



Circus

This is a photo of Circus, where the elephants were treated to stand on two legs in front of audience but at the back stage they are treated to perform tricks - 'Its wrong', They should not be treated that way, They should be treated with love n care, They have rights to live in forest, we have no rights to steal their freedom and to separate them from their family, The circus member will catch the elephant and treat them with cruelty, we use them for our entertainment it is not fair. All animal has right to get good food to eat and enough place to live

Moral: Dadaji says for our sake we should not hurt animals.



13 to 15 year



First prize

Name: Priyam Joshi
Rajkot
Age: 13 Year



Olympics

અહીં પાંચ ચિત્ર મળીને એક ચિત્ર બને છે. પ્રથમદેશ્યમાં પાંચ રીંગો બતાવી છે. જે ઓલમ્પીક્સની નિશાની છે. પાંચ રીંગની જેમઆપણું શરીર પણ પંચ મહાભૂતનું બનેલું છે. જળ, પૃથ્વી, આકાશ, વાયુ અને અગ્નિ. ચિત્રમાં દર્શાવેલ રીંગ જેમએક બીજા સાથે જોડાઈ મજબૂત બને છે. તેમઆપણો દેહ પણ એકબીજા સાથે જોડાઈ મજબૂત બને છે. તેમઆપણો દેહ પણ પંચ તત્વોથી મળીને મજબૂત બને છે. જે મજબૂતી અહીં રમત-ગમત દ્વારા દર્શાવાઈ છે. જે શક્તિ આપણને ભગવાનને યાદ કરવાથી, માનસિક સ્વરૂપે મળે છે. આપણે દેશ અને દુનિયા માટે પણ કંઈક કરવું જોઈએ.

Olympics

Olympic Games: the modern revival of the ancient games held once every 4 years in a selected country, as clearly shown in the picture. As a fusion of sports and athletics, the olympic games are quite popular across the world. In this picture (5 pictures) 4 of them refer to various sports including cycling, ice skating, swimming and hockey. The last picture on the top-right denotes the symbol of the olympic games, the five rings. Simple but a beautiful piece of admirable art. For many souls, olympics has been a great deal.

Olympics include good players from countries across the globe, but all with expertise in their respective sport, leading to an immense battle of fury and desire to win. Although the athletes have to undergo many hardships but the felicitation that is recieved on wining is worth it. This is all i have to narrate for olympics and i hope it inspires you to join it if you do feel shy.



Second prize

Name: Sanchit Virani
Rajkot
Age: 11 Years

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