

July 2012

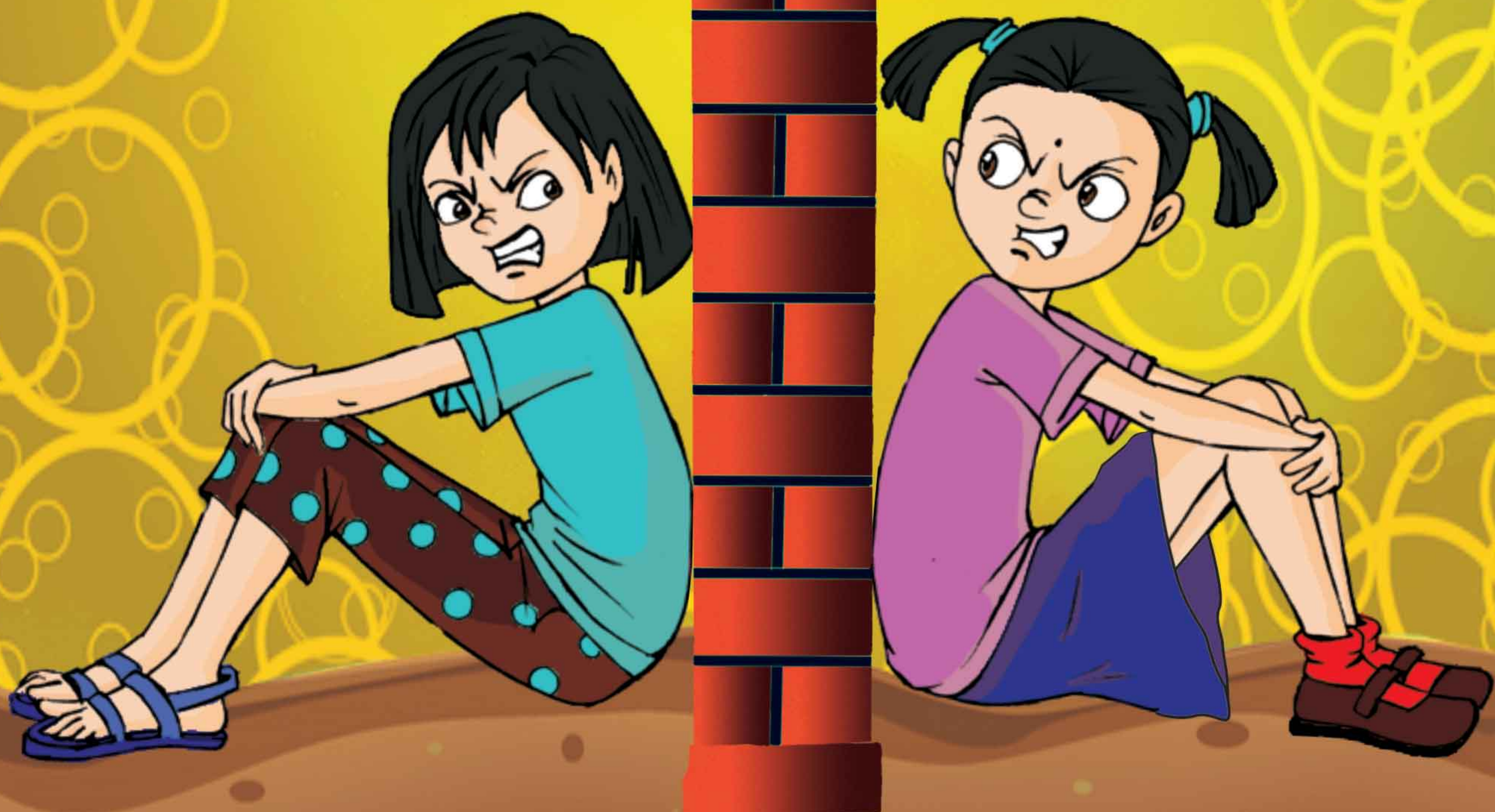
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Dada Bhagwan Parivar's

# AKRAM

## Express

### Not on Speaking Terms





Dear Friends,

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In our daily experiences, we often tend to say or hear this:

“Go away, as of today, I will not speak to you.”

“I too will not speak to you. Then, don’t come to me.”

“I won’t come! Okay!...”

“I will also tell everyone not to speak to you. Then wait and see. It will be fun.”

This type of dialogue is not new for us. Don’t we have quarrels with our friends too, where we end up not talking to each other? Is not speaking to each other the correct solution?

Does it resolve the quarrel?

No.

## Not on Speaking Terms

Then what should you do? You are not on speaking terms with each other, but what should you do now so that not only does the quarrel resolve, but also unity and oneness is restored between you once again. You can obtain wonderful keys to such issues through Param Pujya Dadashri’s understanding in this month’s issue.

So, come on. Let us also gather these keys and whenever a situation arises where we are not on speaking terms with someone, let us use these keys and resolve the problem.

- Dimple Mehta

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Vol.: 3, Issue : 12

Conti. Issue No.: 36

July 2012

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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 Ruppes

U.S.A.:15 Dollars

U.K.:10 Pounds

5 years Subscription

India:550 Ruppes

U.S.A.:60 Dollars

U.K.:40 Pounds

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name of 'Mahavideh Foundation'.





Dadashri: When a difference of opinion arises, what medicine do you apply? Do you keep a bottle of medicine?

Questioner: There is no medicine for differences of opinion.

Dadashri: Oh, what are you saying? So, what happens if both you and your friend do not speak to each other? Do you get sleep when you are not on speaking terms ('abola') with someone? Without applying any medicine! Then, would that wound actually heal? Instead, the interaction should be such that he has love for you, and vice versa. Everybody makes mistakes! Don't mistakes happen? What is the point of letting differences of opinion arise when mistakes happen? One should find solutions such that quarrels cease to happen. Never allow it to reach a point where you stop talking to each other.

Questioner: Can we settle the matter by avoiding a conversation with the other person about it?

Dadashri: No, you cannot. If you happen to meet the person, you should ask, "How are you?" If the other person starts shouting, then you should settle the situation by remaining calm. Will you not have to resolve this at some point or another? Will the problem be resolved by not talking to each other? The problem is not resolved, which is why you end up not talking to each other.

Not being on speaking terms (abola) means burden, a burden of what has not been resolved. Then, the other person would also keep a grudge. When we greet him with respect and he grimaces, then we should understand that this is our own reaction. So, what should we do? Do Pratikraman. There is no other solution in this world. Instead, what do these worldly people do? They would react by frowning in return. Therefore, the same situation arises again.

We should stop him without wasting a minute and ask him, "Please wait. Let me know if I am at fault in any way. I am always making mistakes. You are very intelligent and learned, therefore you cannot possibly make mistakes, but I am not that learned, so I make many mistakes." If you speak like this, he will be pleased. The opposite person would definitely be won over if you ask for forgiveness by admitting your mistake.

**Dadaji Says...**

**Abola means burden**







The truly sensible person is one who is “everywhere adjustable.”  
He would even adjust with the person who insults him, by saying,  
“Please come, come, and sit down. No problem.”



Clashes lead to grudges,  
which in turn lead to vengeance.



Intelligence means not allowing a single disagreement to take place.

**For example,**

if milk spills, then one would not create

a commotion about why the milk spilt over.

One would immediately say, "Do not worry about

the spilt milk. Now, please clear up the mess

bring more milk and make some tea."

**New**



What is the nature of 'abola'(not to be on speaking terms with each other)? One would remain in this state for six to twelve months, and then one would feel affection for that same person.

The moment they start speaking to each other once again, they would embrace.

There would be so much unity between the friends, that it is unbelievable!

**Different!**





# Not on Speaking Terms

There were two sisters named Isha and Nisha. Isha was the elder one, Nisha was two years younger. They were so close that they couldn't do without each other. They played together, studied together, dined together, and even chatted with each other. They thoroughly enjoyed each other's company.

As their father was transferred frequently, they had lived in various cities from childhood up to high school years. They never had a chance to make other friends because they did not stay in one place long enough. In fact, they never felt the need for other friends as they considered each other best friends.

Not wanting their daughters' education to be disturbed, their parents decided to remain in one city.

Years passed by. Isha progressed into tenth grade and Nisha into eighth grade. They both got so involved in their routine that they couldn't spare time for each other. Now, they both had good friends in their school and tuition classes. Gradually they both started enjoying the company of their new friends more than each other's company. The rift between them increased, because they did not spend enough time with each other. They began to squabble and clash over minor things.

One day, their parents were considering whether to buy a laptop or a scooter.

"A laptop. All my friends have laptops. And it will be useful in school and for studies as well." Nisha said quickly.

"There's no need for a laptop." Isha





interrupted Nisha saying, "Imagine how much time I will be able to save if I use the scooter to go to school!"

In this way, a difference of opinion arose again between them. Eventually, their parents decided to buy a scooter.

"Nisha dear, we will buy you a laptop when you start college."

Mummy consoled her. Nisha was so angry with Isha that she stopped speaking to Isha. They didn't speak to each other for about a week.

One incident barely settled before another one started up. As it turned out, once Isha completed her board exams, their father decided that they were going to go somewhere for a holiday.

"Where shall we go, girls?" Papa asked with enthusiasm.

"Let's go to a hill station, Papa." said Nisha excitedly, upon hearing the word, vacation.

"No, Papa, not to a hill station. Let us go to Rajasthan. I have wanted to go to Rajasthan for so many years." argued Isha.

In the end, they decided to go to Rajasthan, as per Isha's suggestion. As it is, this year due to the board exams, Isha had not been out much and she had worked very hard as well. Therefore, they decided to go to a place of her choice.

"Nisha, we will go to a hill station next year. This year, let us all go to Rajasthan." Mummy tried to reason with Nisha. But, Nisha became very upset with Isha.

"Go, I will never speak to you from now onwards. You always get things done your own way," said Nisha, as she ran to her room crying.

Even after reaching Rajasthan, Nisha wandered around everywhere with a frown on her face. Her father decided to take her for a camel ride one evening in order to cheer her up. Meanwhile her mother and Isha made a plan to go shopping to the market. Just as they were about to enter the hotel room after shopping, her mother's cell phone started ringing.

"Hello," said mummy in a soft voice.

"What?" Mummy's forehead wrinkled and tears started rolling down her cheeks. Isha figured out that some mishap had occurred. She waited anxiously for mummy to put the phone down. She felt as though each second dragged away so slowly.

"Nisha fell down during the camel ride. She has been hurt badly. Papa has taken her to a nearby hospital," said mummy, wiping her eyes.

"What?" Isha's heart started pounding. On the way to the hospital, Isha started having all sorts of thoughts. Words uttered by Nisha before the trip, started echoing in her ears, "Go, I will never speak to you, from now onwards!" and upon remembering these words tears started





streaming down from her eyes.

They both reached the hospital. Nisha had been taken to the operation theatre. Isha's heart became heavy. She started recalling all the beautiful moments she had with Nisha from their childhood to date. At the same time, she also felt remorse for all the squabbles and situations where they had stopped speaking to each other.

After a little while, the doctor appeared. Placing a hand on their father's shoulder, the doctor reassured him saying, "Nothing very serious. There is a fracture in the jaw. It will take two to three months to heal. To tell you the truth, your daughter has had a narrow escape! It would have been a serious case if she had incurred a head injury."

When Nisha regained consciousness, she saw Isha sitting there holding her hand. She tried to say something, but couldn't open her mouth. She gestured to her mother to give her a pen and paper. She wrote down something and gave the paper to Isha. Isha started reading, "This fracture feels less painful than the burden of not speaking to you. We will not talk with each other only for as long as it takes this fracture to heal. After that, I will never take 'abola' with you."

Upon reading this, Isha broke out into tears. She patted Nisha's hand with love and they both smiled faintly at each other.

**We will not talk with each other only for as long as it takes this fracture to heal. After that, I will never take 'abola' with you.**





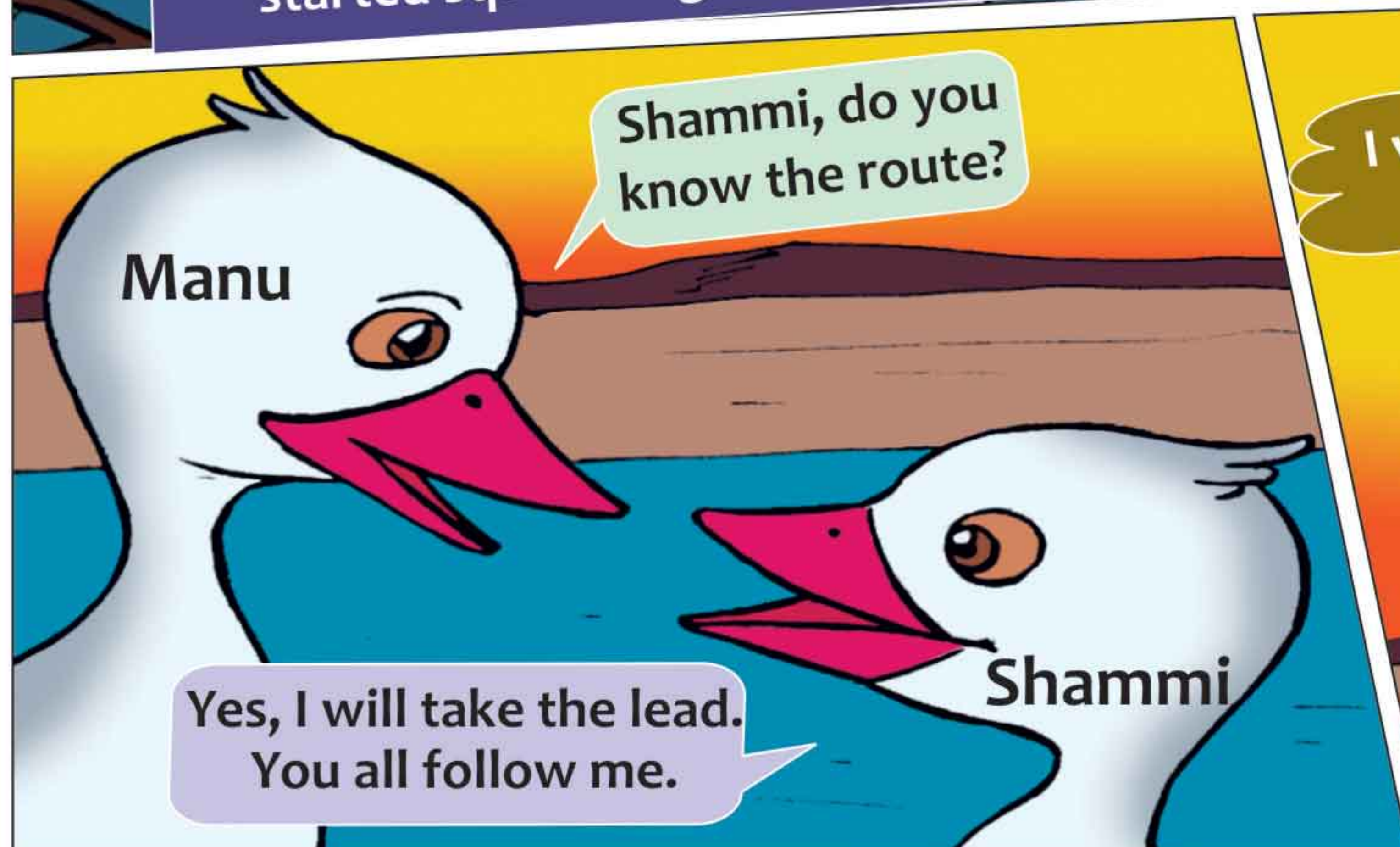
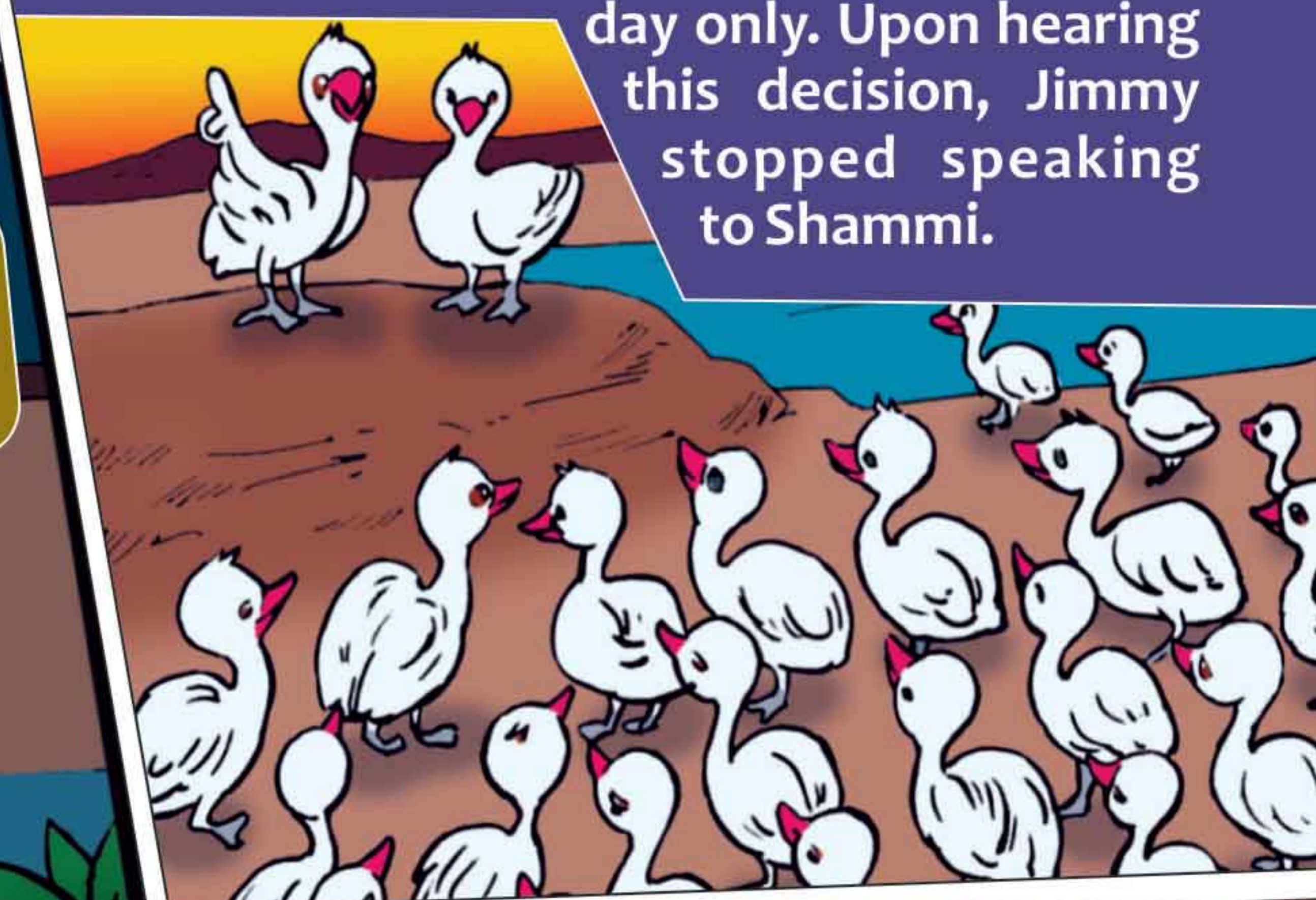
# The truly wise one



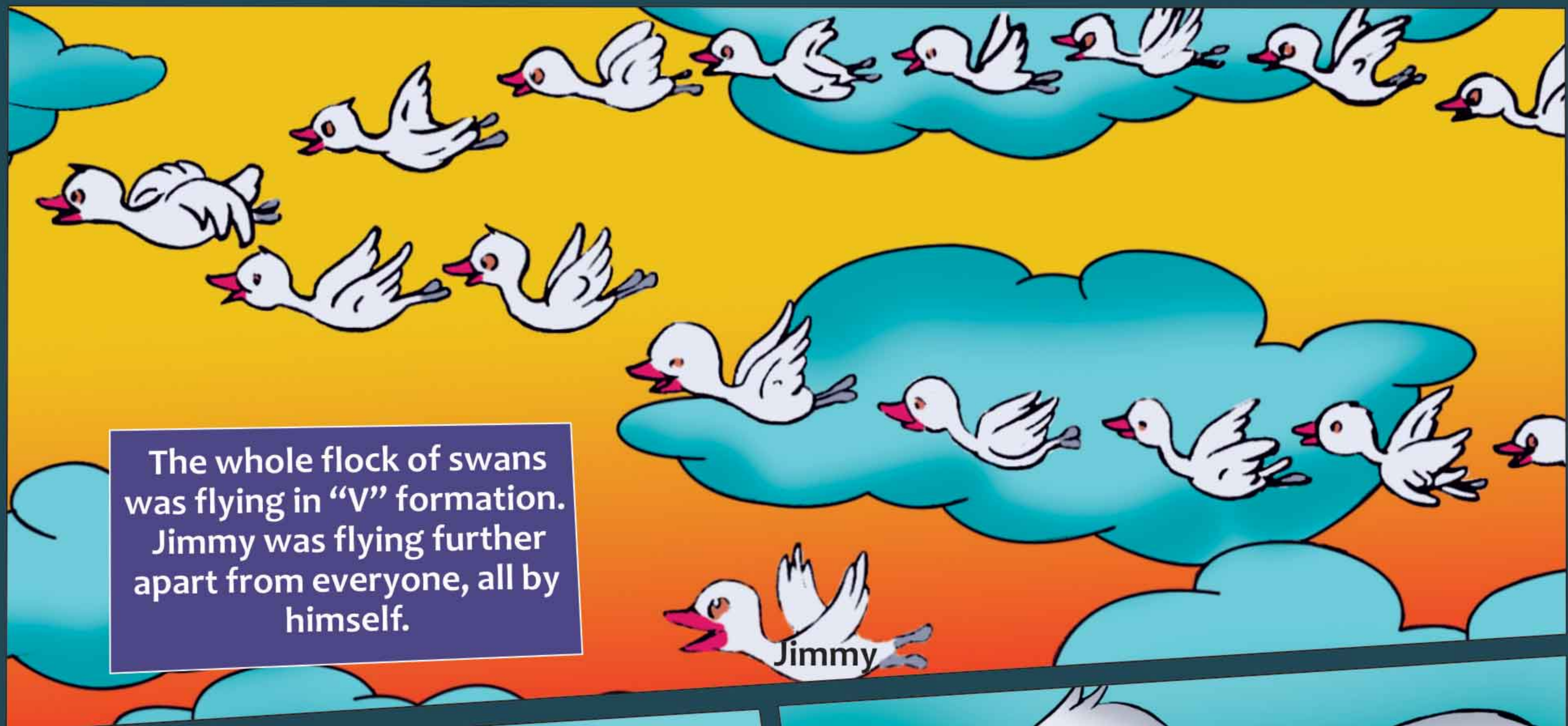
Jimmy, you have formed a habit of objecting to and being obstinate about everything. If we don't leave here on time then we will freeze in the cold.



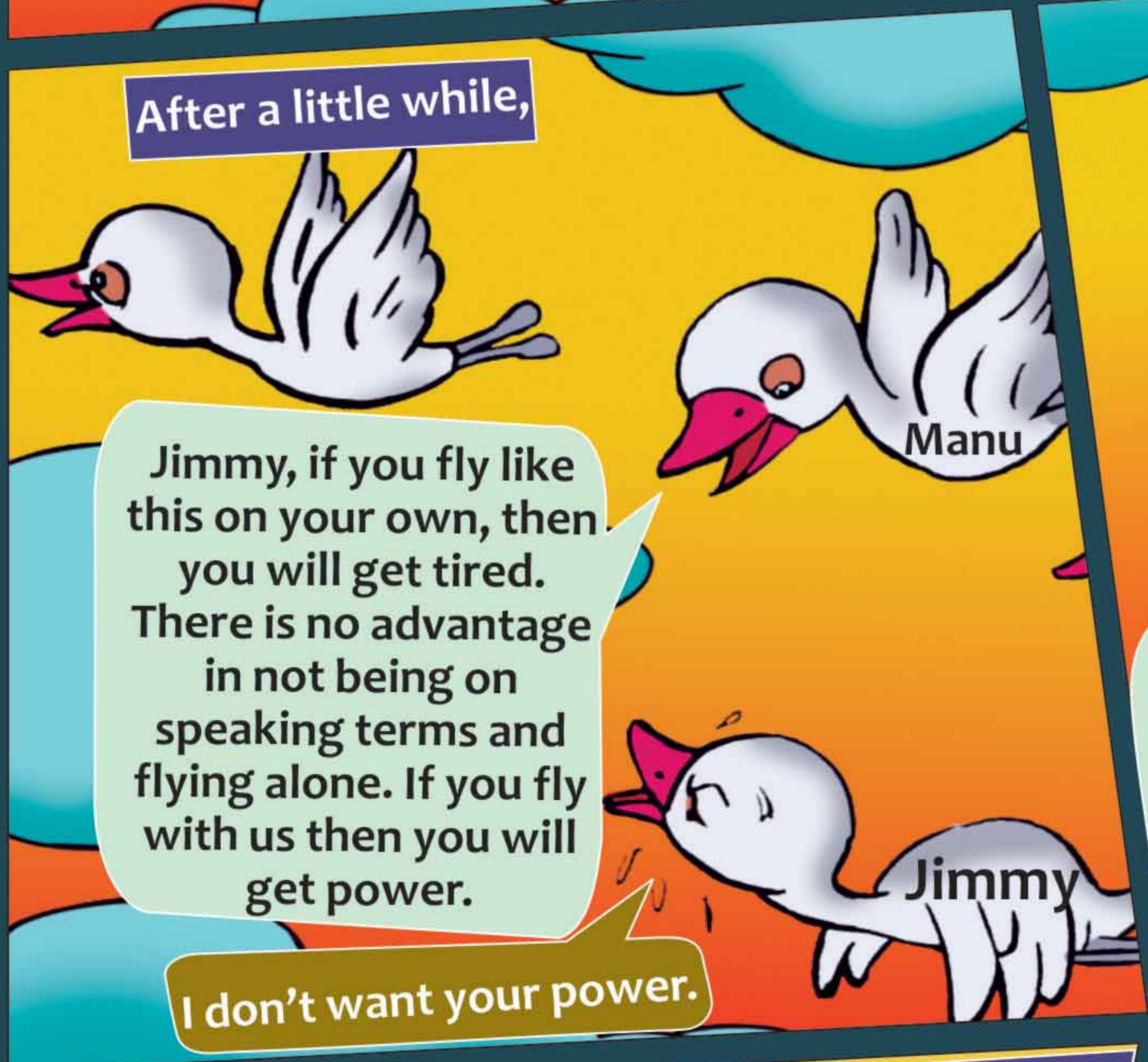
All the swans got together and called a meeting. In the meeting, it was decided that they would leave for Lake Nal the following day only. Upon hearing this decision, Jimmy stopped speaking to Shammi.







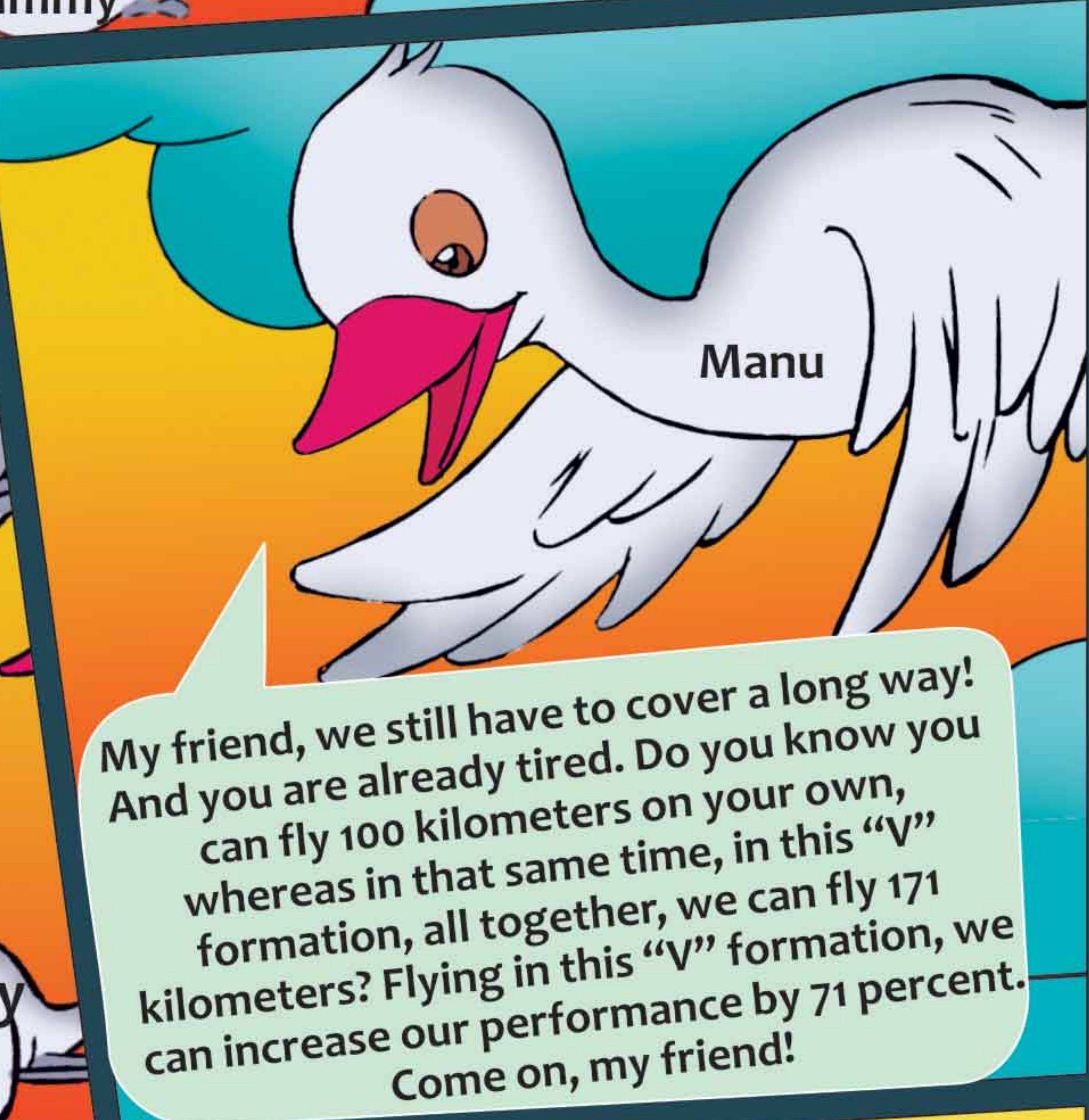
The whole flock of swans was flying in "V" formation. Jimmy was flying further apart from everyone, all by himself.



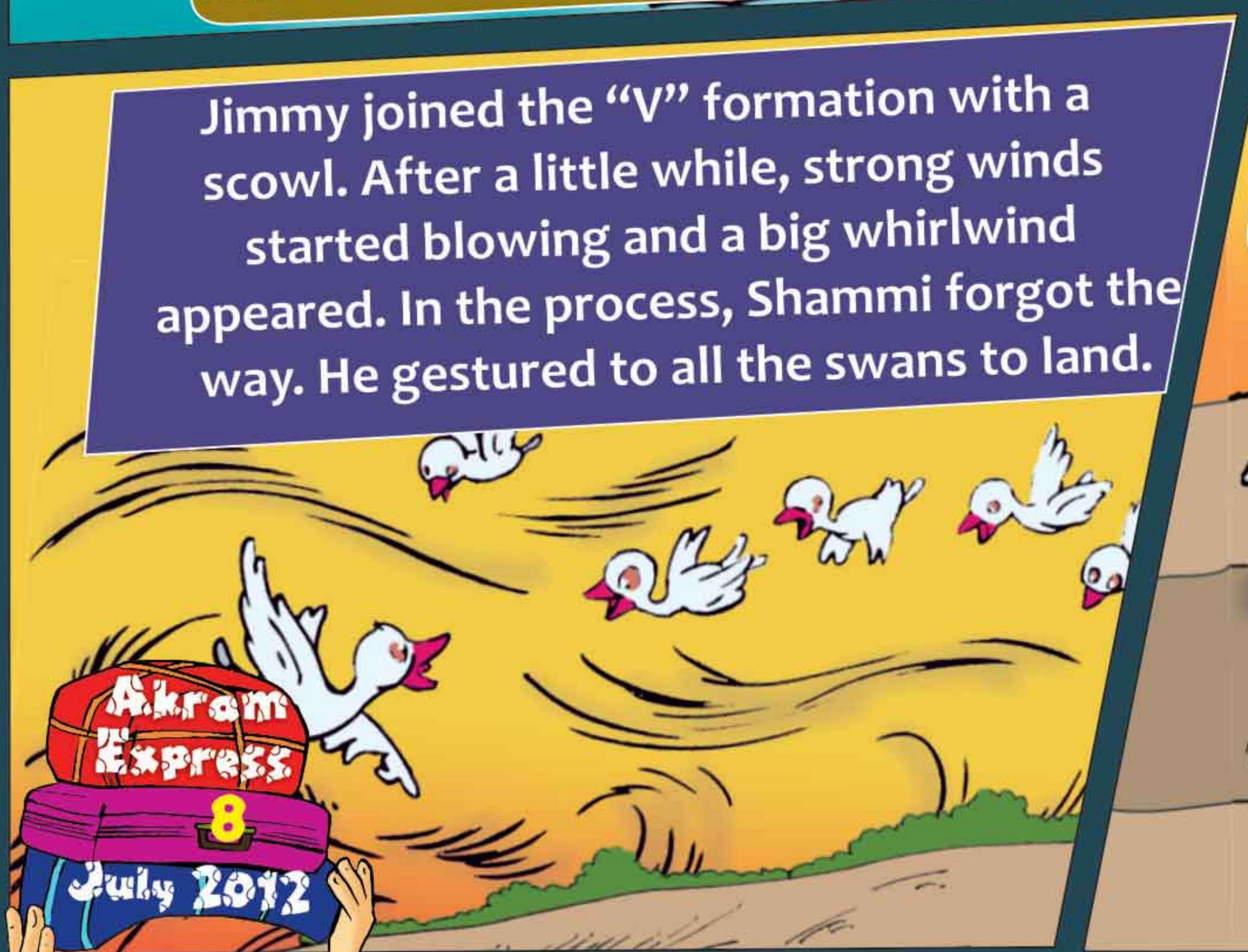
After a little while,

Jimmy, if you fly like this on your own, then you will get tired. There is no advantage in not being on speaking terms and flying alone. If you fly with us then you will get power.

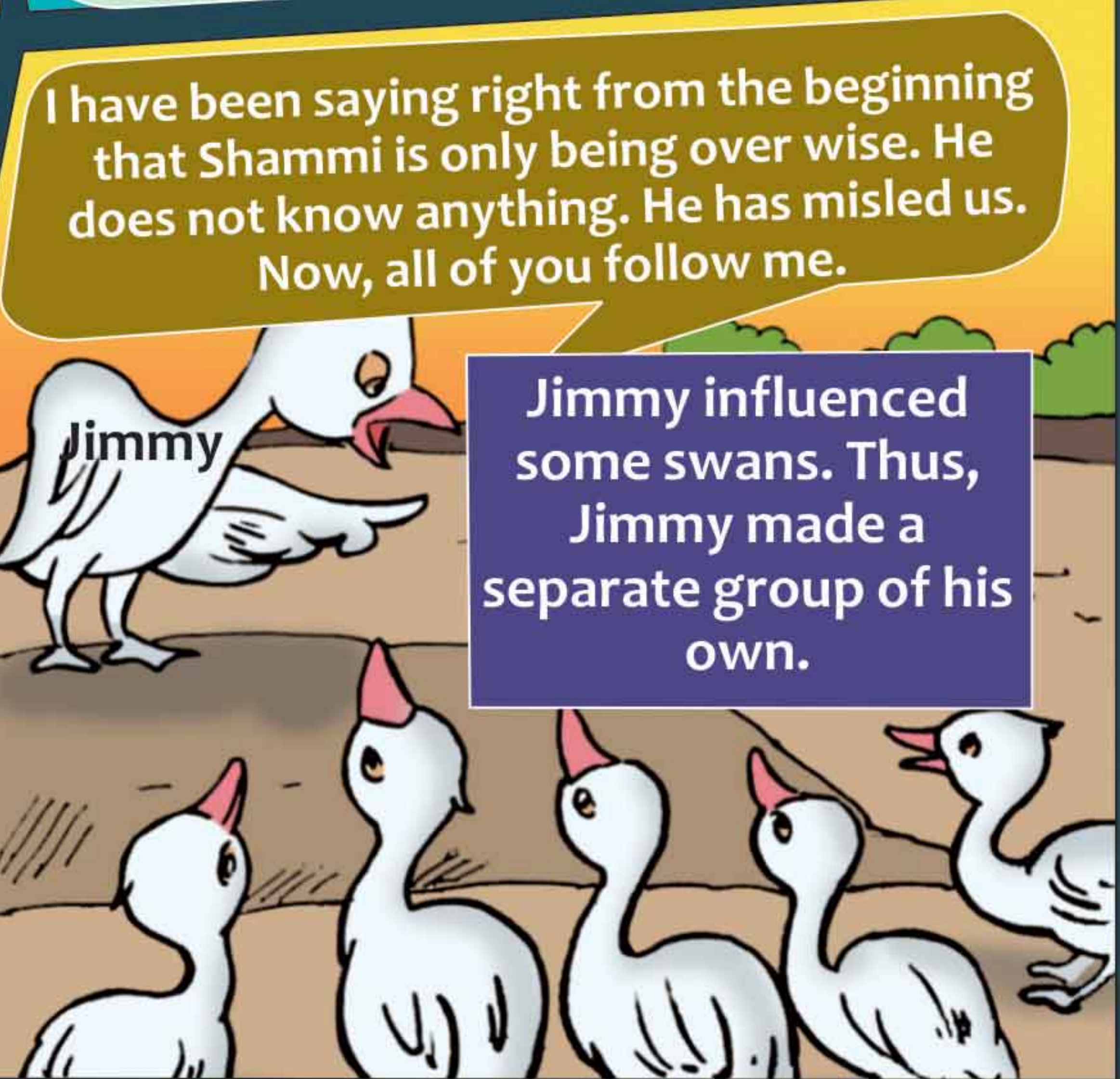
I don't want your power.



My friend, we still have to cover a long way! And you are already tired. Do you know you can fly 100 kilometers on your own, whereas in that same time, in this "V" formation, all together, we can fly 171 kilometers? Flying in this "V" formation, we can increase our performance by 71 percent. Come on, my friend!



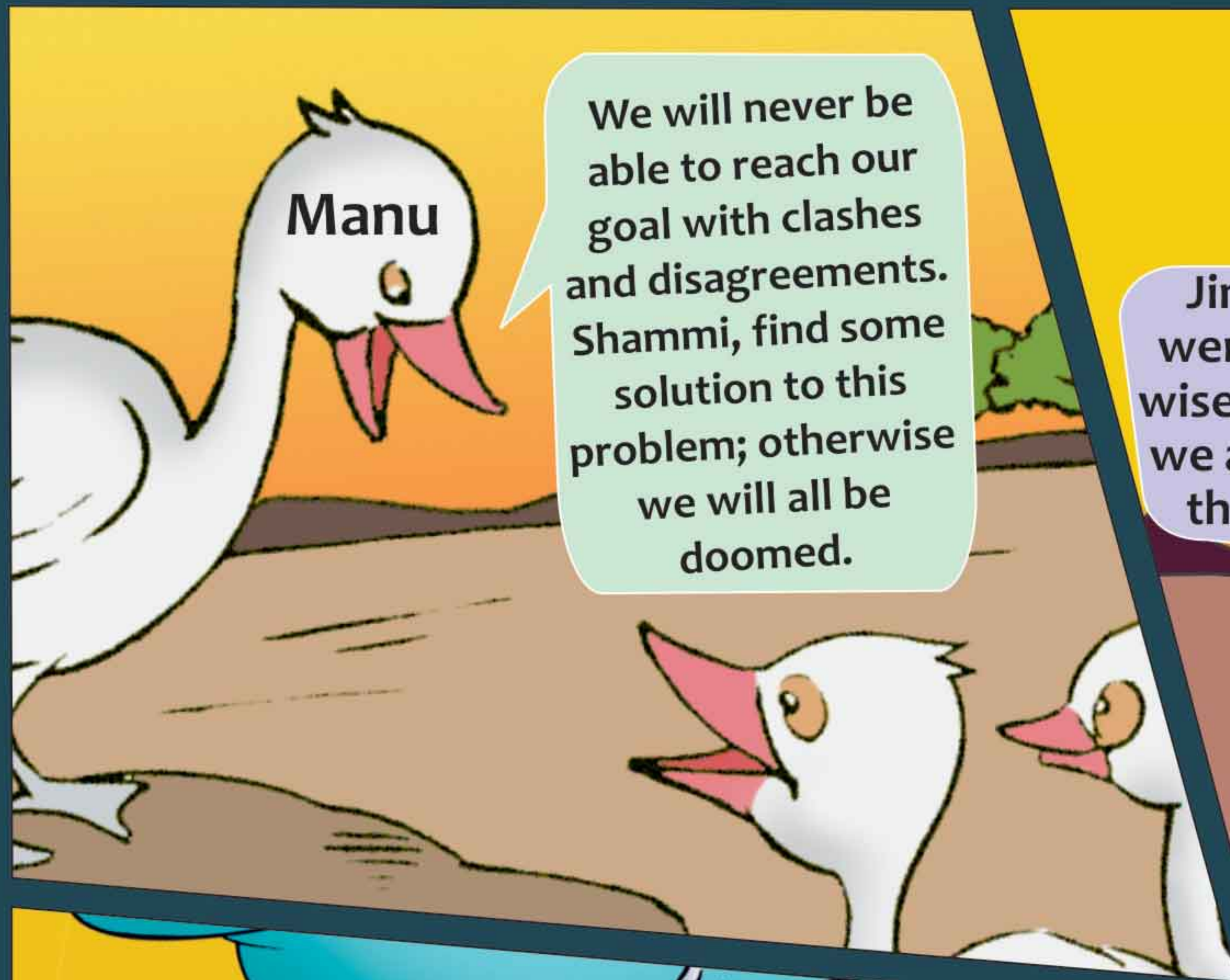
Jimmy joined the "V" formation with a scowl. After a little while, strong winds started blowing and a big whirlwind appeared. In the process, Shammi forgot the way. He gestured to all the swans to land.



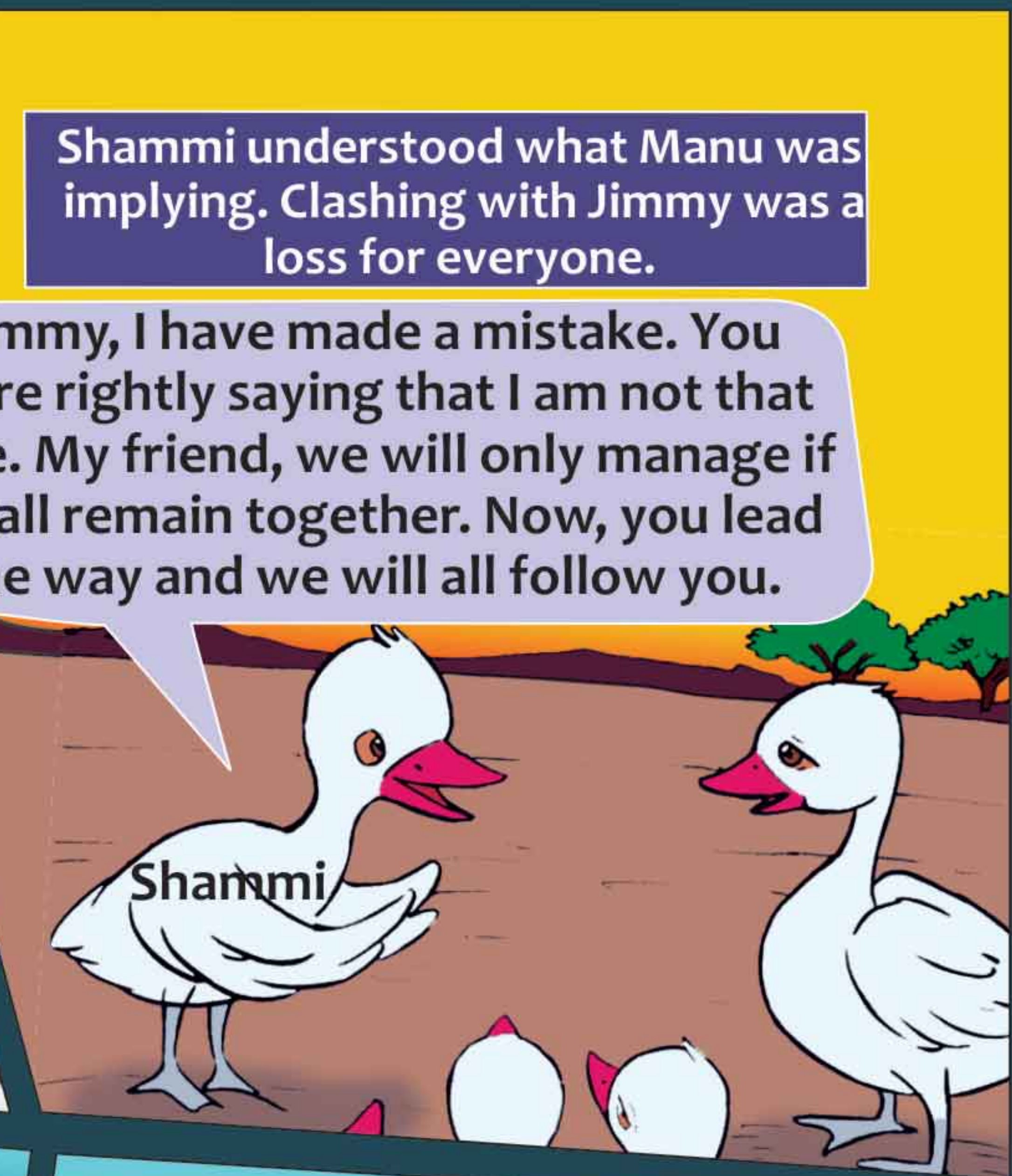
I have been saying right from the beginning that Shammi is only being over wise. He does not know anything. He has misled us. Now, all of you follow me.

Jimmy influenced some swans. Thus, Jimmy made a separate group of his own.





We will never be able to reach our goal with clashes and disagreements. Shammi, find some solution to this problem; otherwise we will all be doomed.

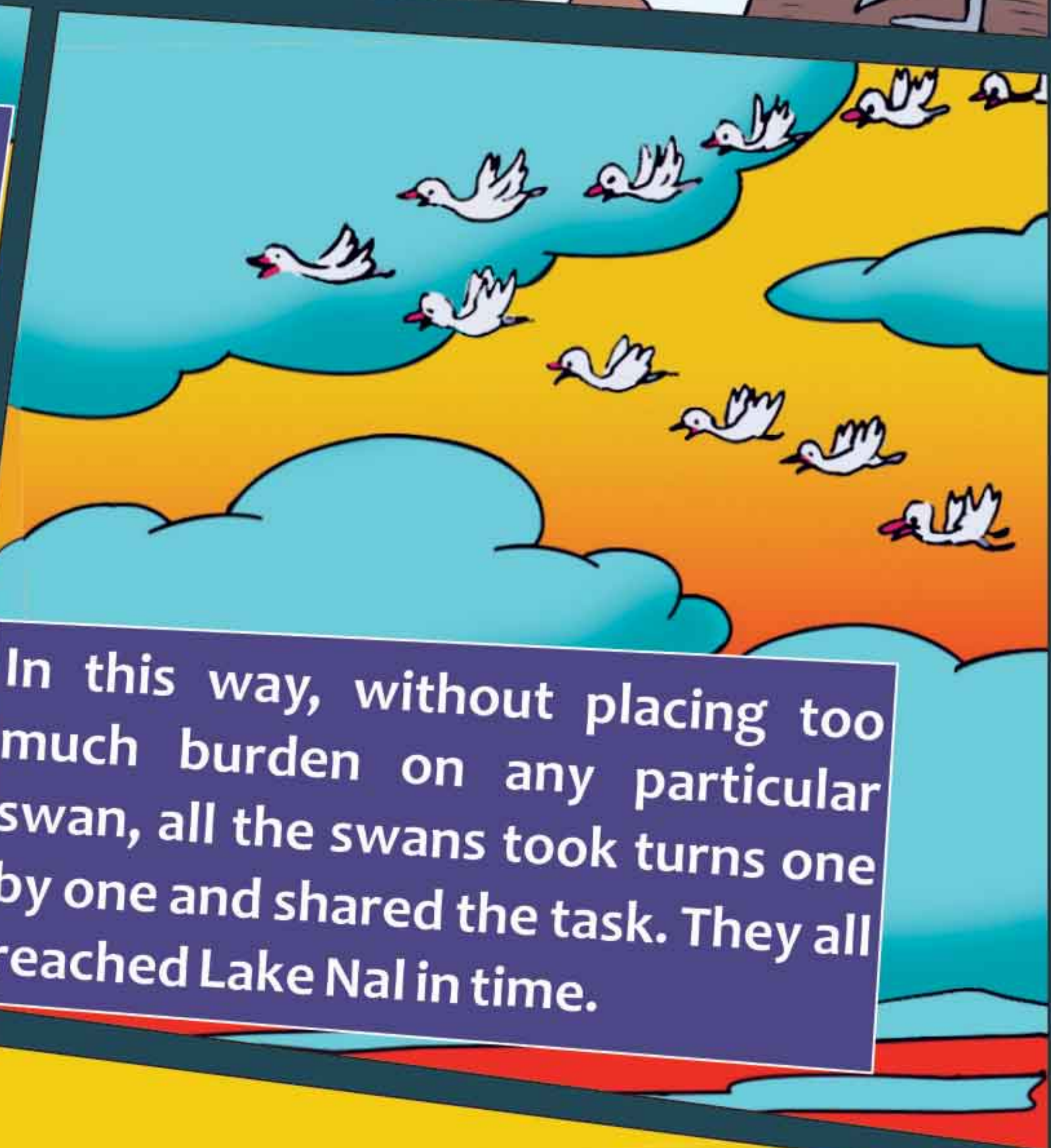


Shammi understood what Manu was implying. Clashing with Jimmy was a loss for everyone.

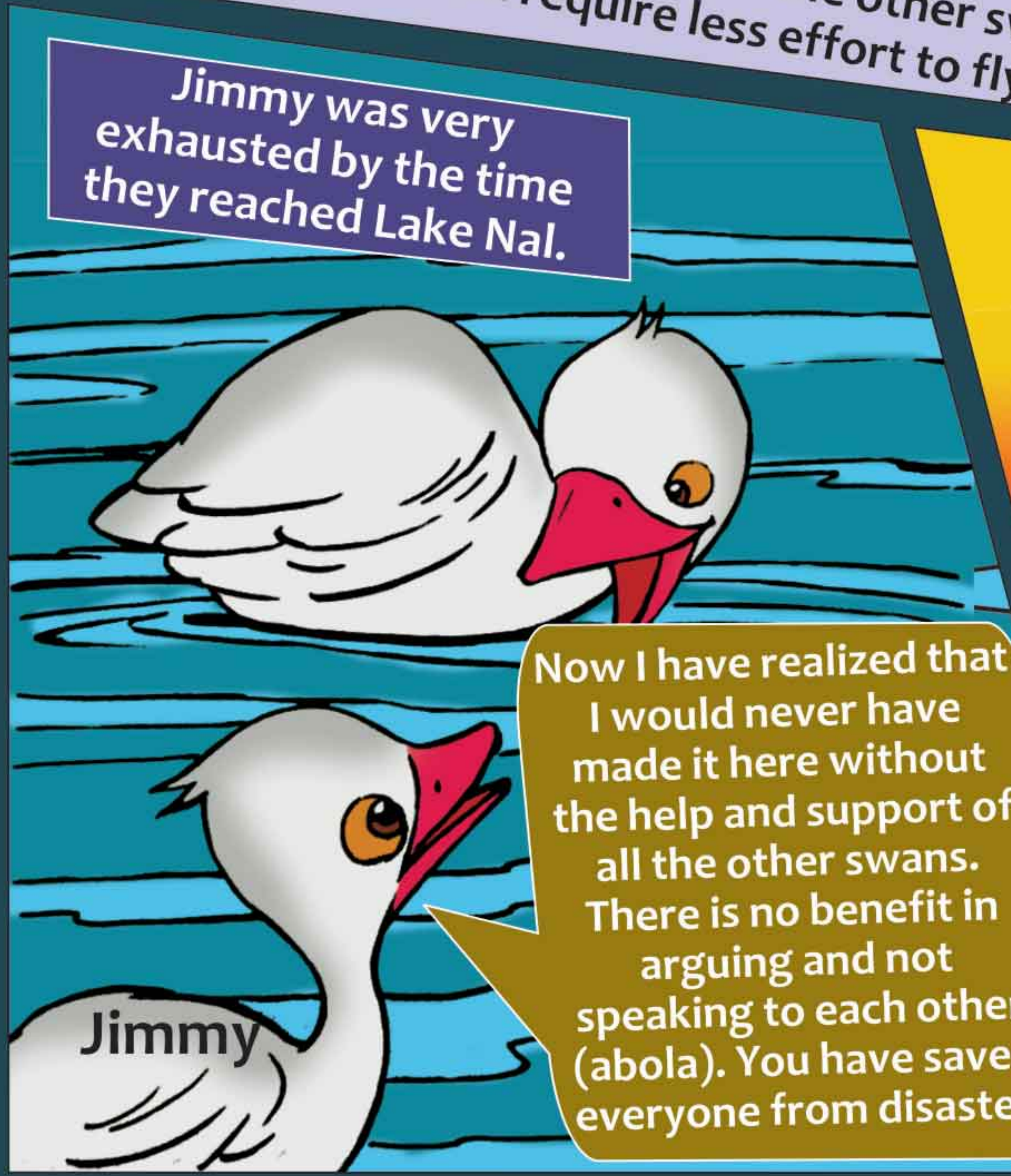
Jimmy, I have made a mistake. You were rightly saying that I am not that wise. My friend, we will only manage if we all remain together. Now, you lead the way and we will all follow you.



Jimmy led the flock for a long distance. He felt very tired because he was flying ahead of everyone.

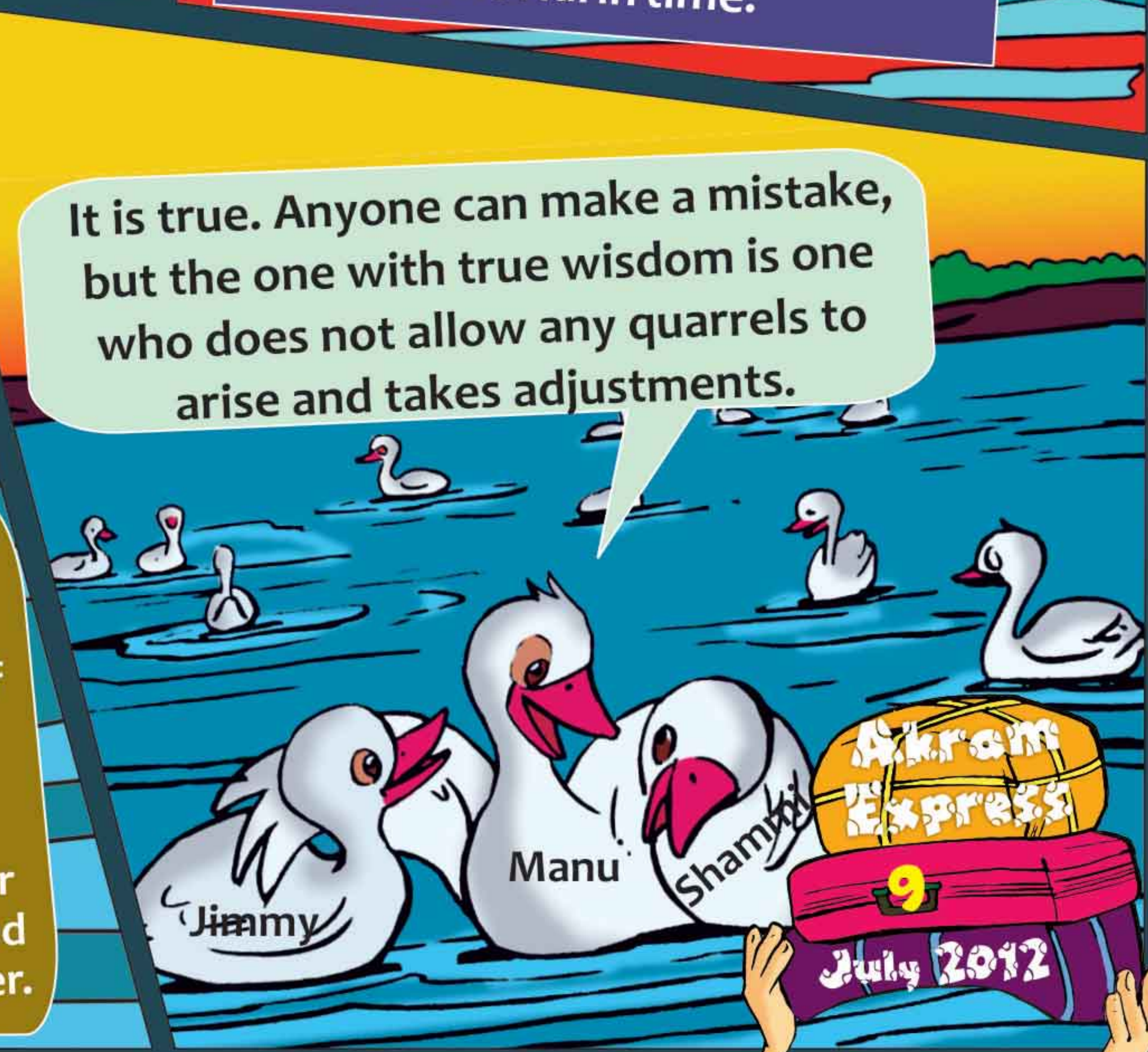


In this way, without placing too much burden on any particular swan, all the swans took turns one by one and shared the task. They all reached Lake Nal in time.



Jimmy was very exhausted by the time they reached Lake Nal.

Now I have realized that I would never have made it here without the help and support of all the other swans. There is no benefit in arguing and not speaking to each other (abola). You have saved everyone from disaster.



It is true. Anyone can make a mistake, but the one with true wisdom is one who does not allow any quarrels to arise and takes adjustments.



# Let's

# Play

1

Spot 12 differences between the pictures given below



Friends, there are two crosswords given below. There is some kind of relationship between every word of the first crossword to those of the second crossword. Match these words and fill in the blanks given below. Have you started to scratch your head?

Satsang	Akram Express	Jatra	Positive	May Vacation
Devotion	Janma Jayanti	Birthday	Niruma	Pratikraman
Dadashri	Simandhar City	Knowledge of the self	Adjust	Akram Gnan
Summer Camp	Vision	Gnani Purush	Gnan Vidhi	Everywhere
Jackpot	Science	Magic Eraser	Garba	Science for Kids
Vatsalya	Adalaj	Question/Answer	Ask for strength	Children's Park

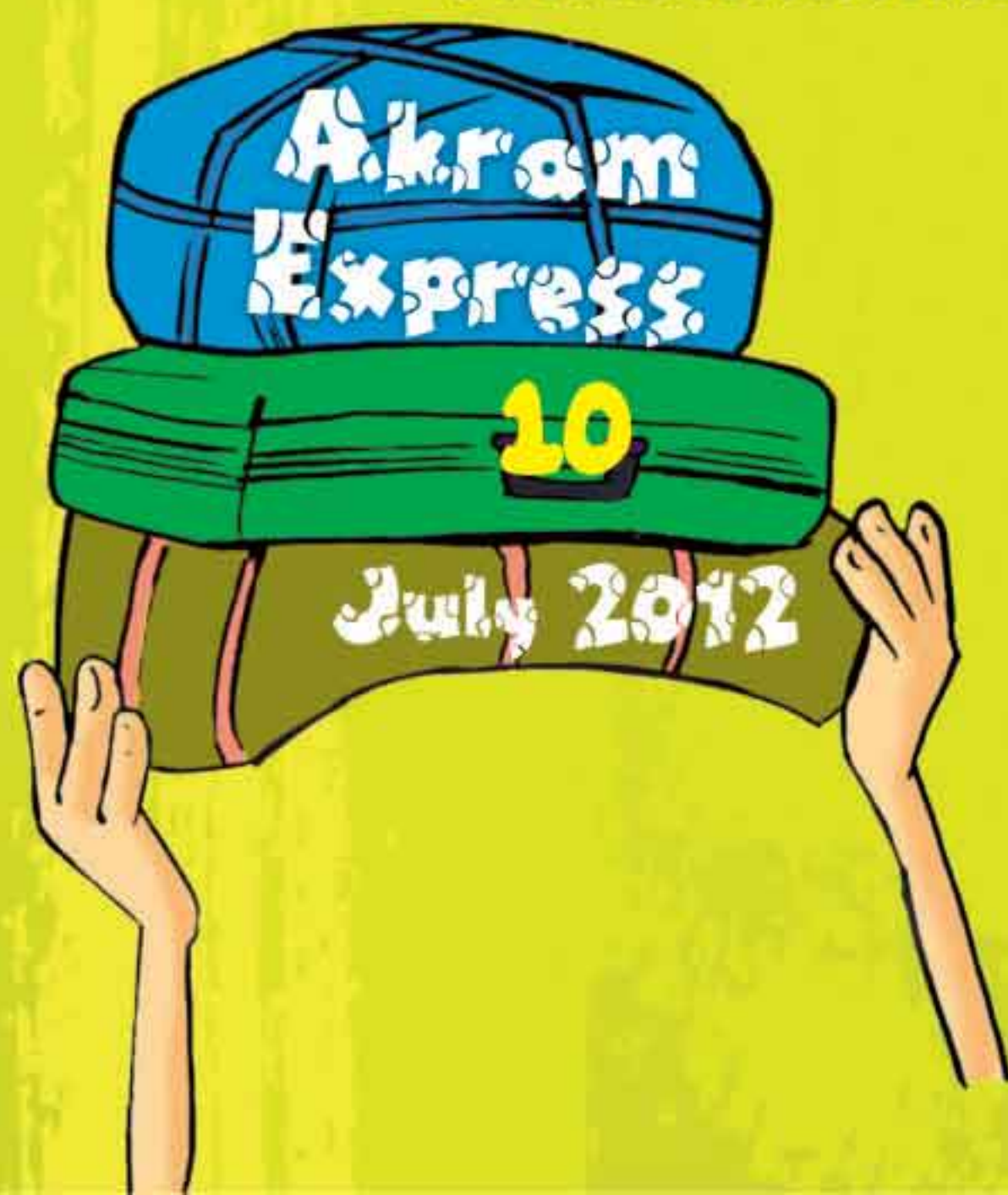
For Example:

Satsang – Question/Answer

- 1).....
- 2).....
- 3).....
- 4).....

- 5).....
- 6).....
- 7).....
- 8).....
- 9).....
- 10).....
- 11).....
- 12).....
- 13).....
- 14).....

1) Akram Express-Science for Kids, 2) Jatra-Jackpot, 3) Positive-Vision, 4) May Vacation-Summer Camp, 5) Devotion-Garba, 6) Janma Jayanti-Children's Park, 7) Birthday-Ask for strength, 8) Niruma-Vatsalya, 9) Pratikraman -Magic Eraser, 10) Dadashri- Gnani Purush, 11) Simandhar City- Adalaj, 12) Knowledge of the self- Gnan Vidhi, 13) Adjust - Everywhere, 14) Akram Gnan-Science





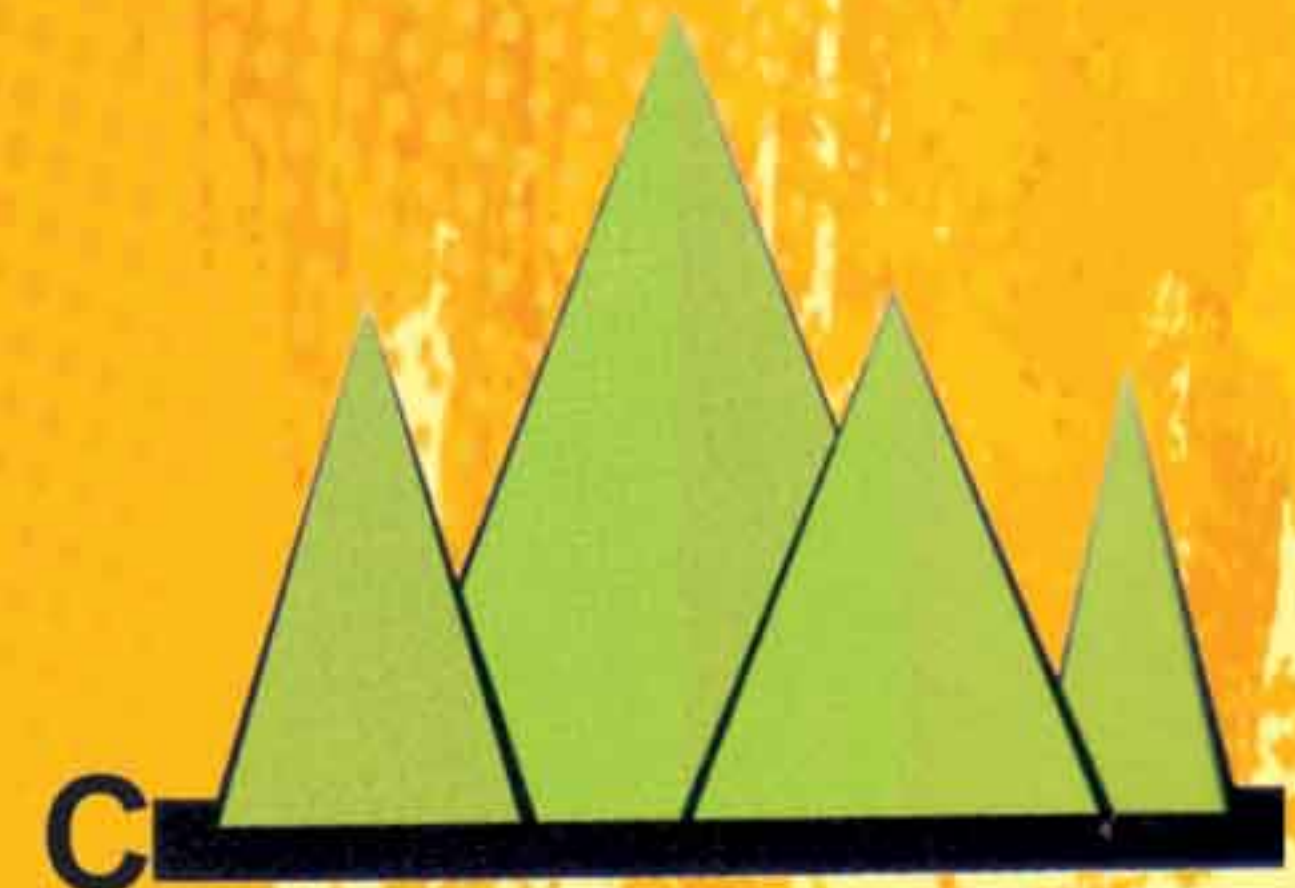
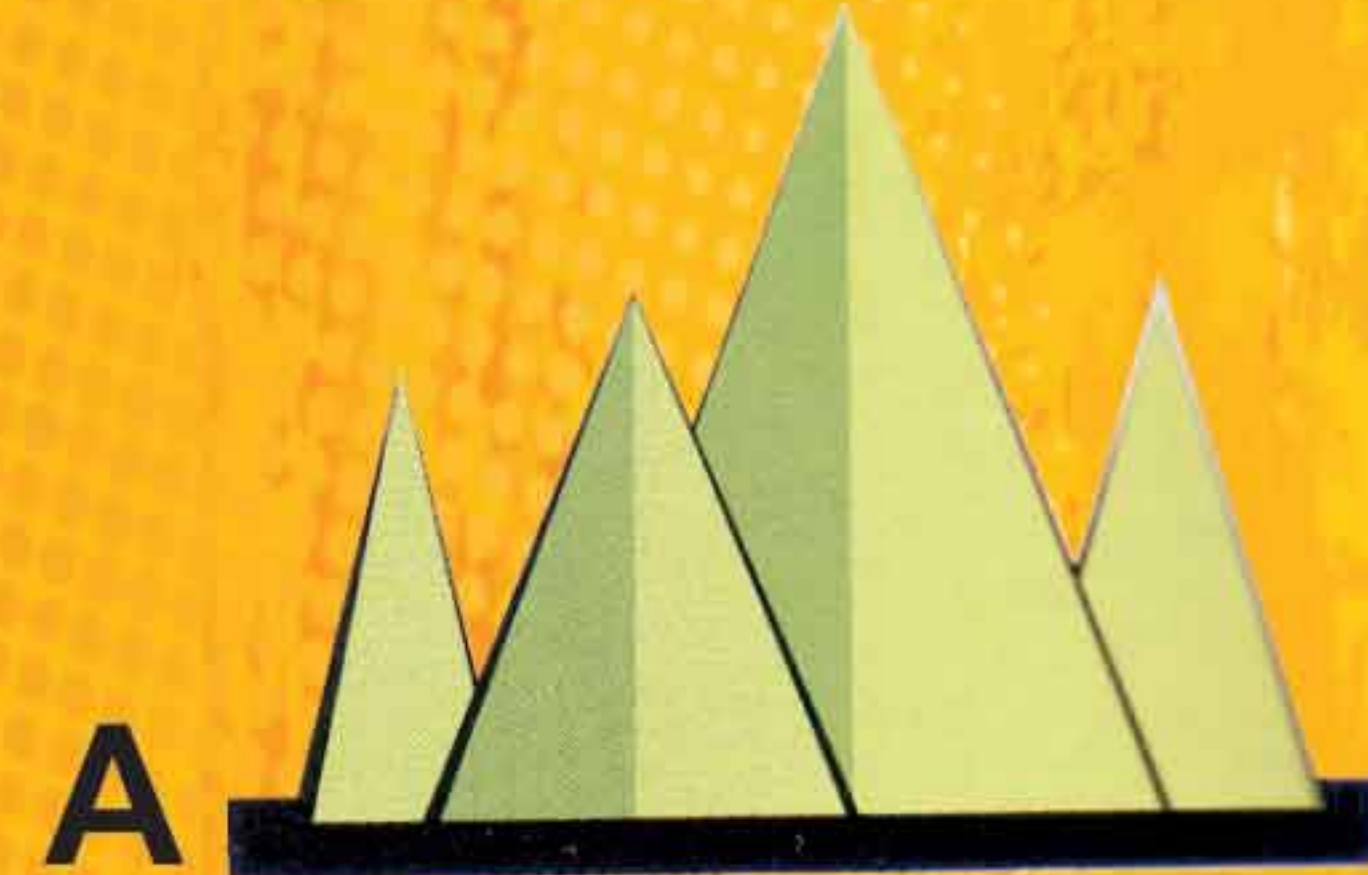
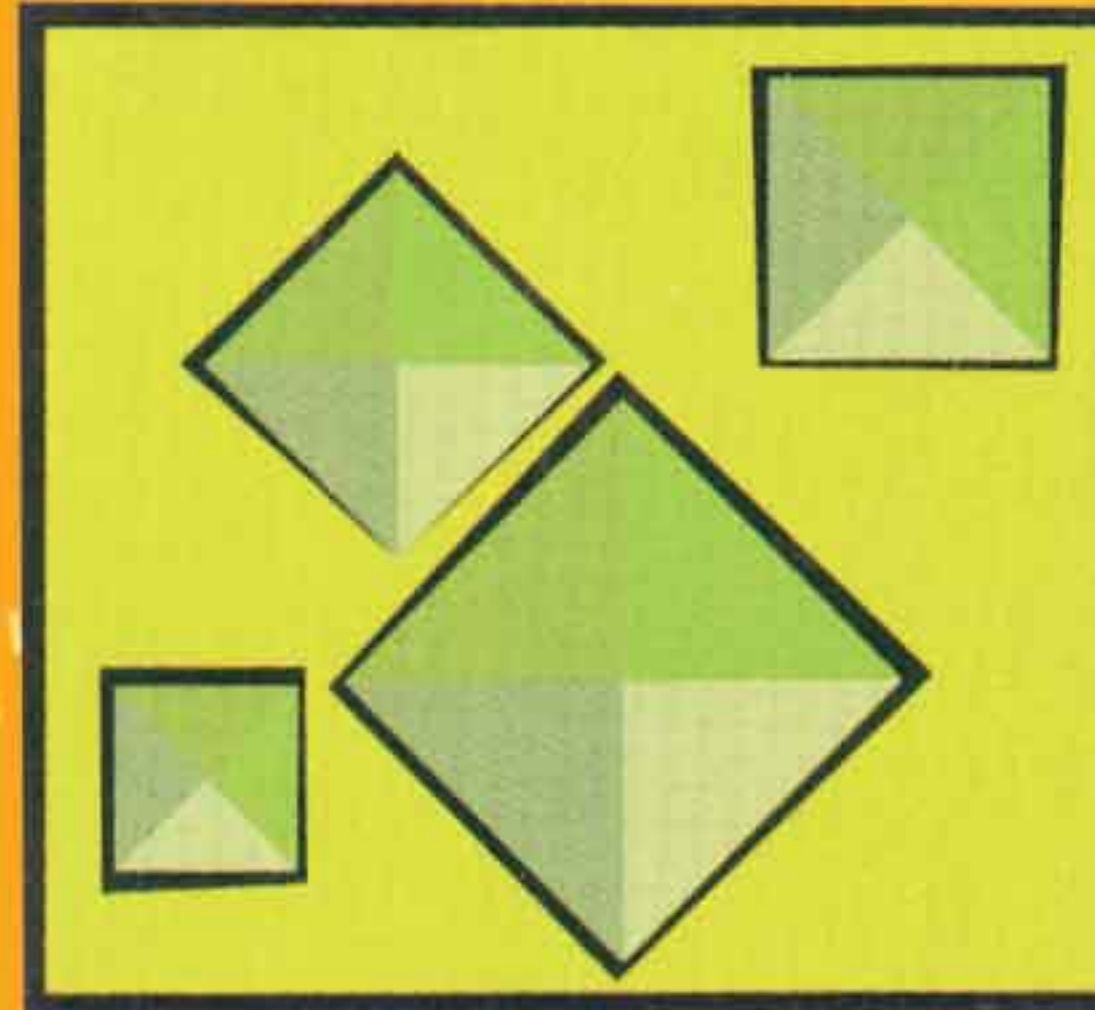
5

Kids, can you quickly find the sentence that is hidden in the picture below...



The picture on the left hand side is an aerial view of some mountains. The other three pictures on the right depict a lateral view of the mountains. Which of the three pictures does not correlate to the aerial view picture on the left hand side?

4



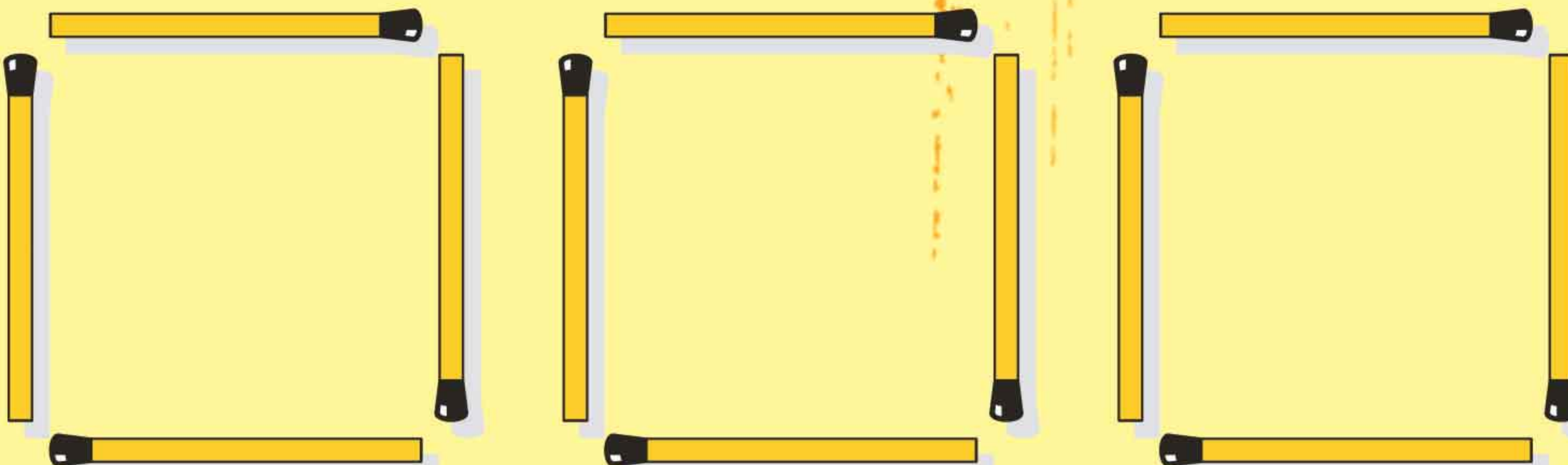
3

Fill in the empty squares in such a way that each horizontal line, vertical line and 3x3 block contains the numbers 1 to 9. If you use your intellect, you will not have to guess.

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

Rearrange two matchsticks from the diagram below in such a way that it shows the time of half past four.

6





# Mythological stories

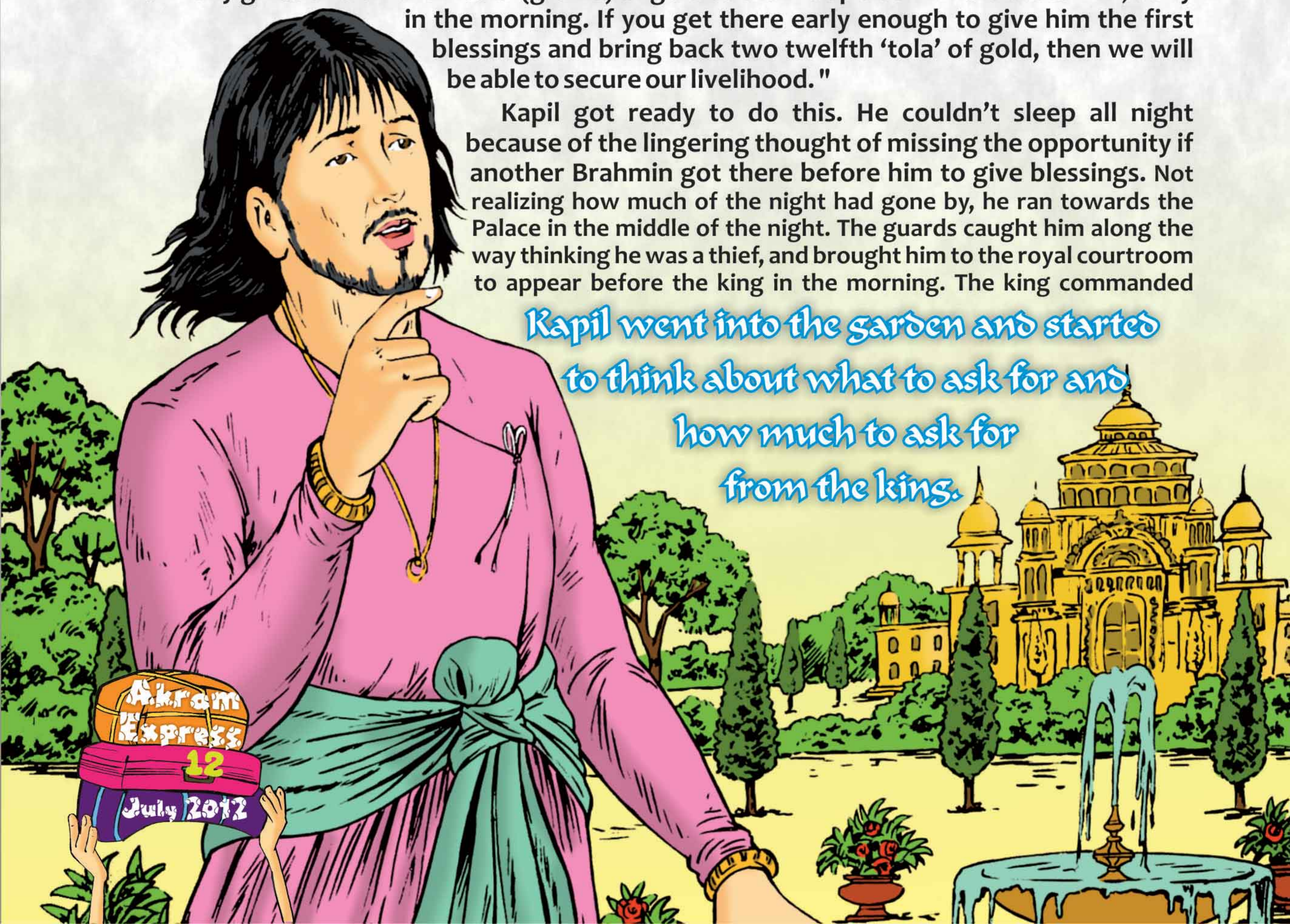
Kapil Muni was born in a Brahmin clan in the city of Kaushambi. His father, Kashyap, was the royal priest; therefore, he was highly respected by the king and throughout the kingdom. Every day, when he left home for the royal court, he would get to ride on a well-bred horse. Kapil was young when his father passed away. The king gave the position of royal priest to another Brahmin.

One day the newly appointed royal priest happened to pass in front of Kapil's house, riding on a horse. Seeing this, Kapil's mother remembered the days gone by and started reminiscing about the time when even her husband had this same post and he too used to go to the palace court with equal grandeur riding on a horse. Since Kapil had not studied at all they were going through these trying times. Absorbed by these thoughts, tears started streaming down from her eyes. Kapil noticed this and asked his mother why she was crying. After a lot of hesitation, she explained to him that if he had studied, he would have been appointed the royal priest and then they would have been so happy!

Upon hearing this, Kapil went to the city of Shrivasti to get education from his father's friend, Pandit Indradutt. He began his studies. As time passed, a big complication arose. Indradutt had arranged for Kapil's accommodation and meals at a Brahmin widow's home. Gradually, they fell in love with each other and so they got married. He forgot all about his education. The financial responsibility of supporting a family now fell on his shoulders. He started worrying about how to earn money. One day, his wife showed him a way, "Our King normally gives two twelfth 'tola' (grams) of gold to the first person who blesses him, early in the morning. If you get there early enough to give him the first blessings and bring back two twelfth 'tola' of gold, then we will be able to secure our livelihood."

Kapil got ready to do this. He couldn't sleep all night because of the lingering thought of missing the opportunity if another Brahmin got there before him to give blessings. Not realizing how much of the night had gone by, he ran towards the Palace in the middle of the night. The guards caught him along the way thinking he was a thief, and brought him to the royal courtroom to appear before the king in the morning. The king commanded

**Kapil went into the garden and started to think about what to ask for and how much to ask for from the king.**





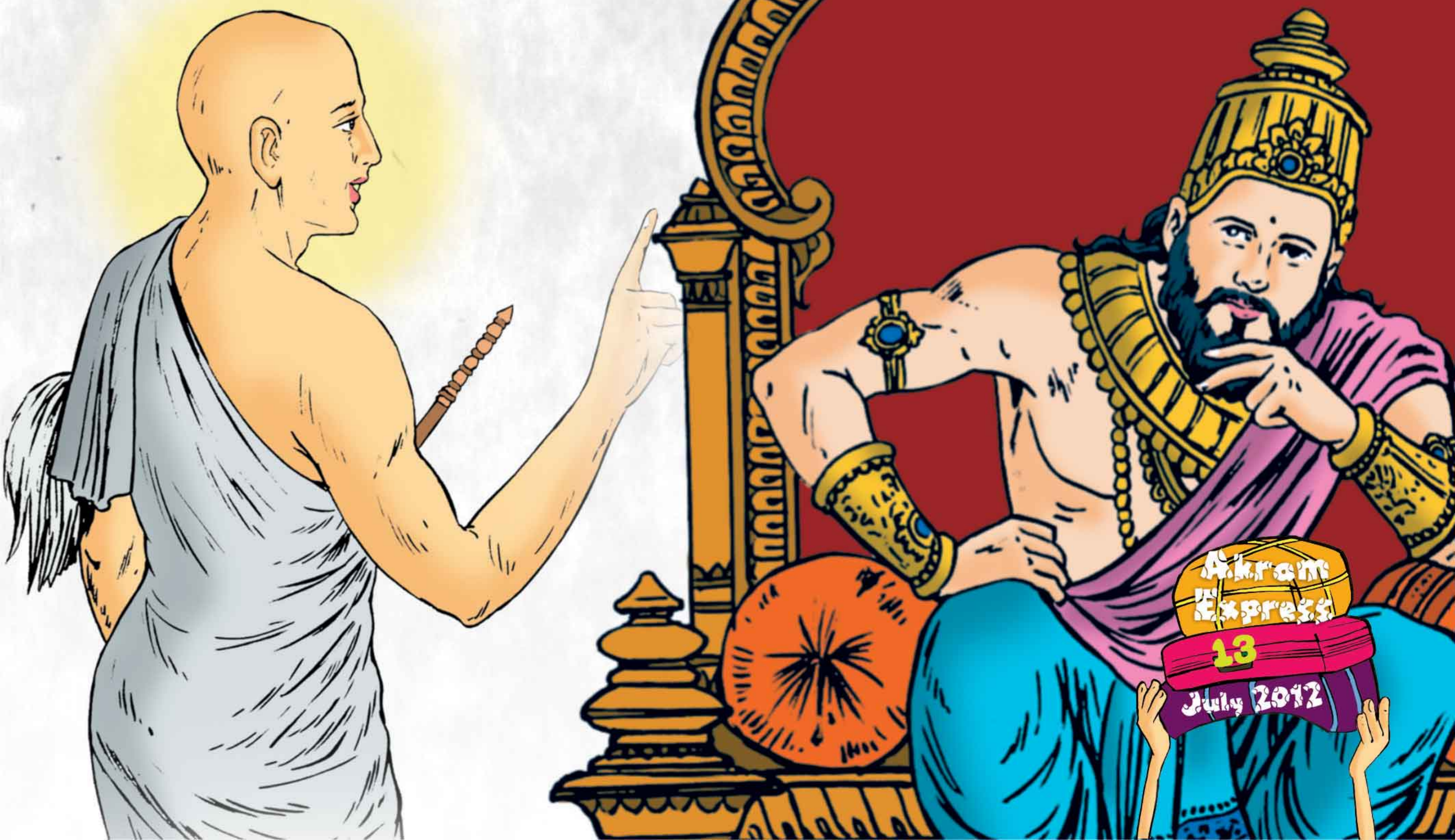
Kapil to tell the truth. Kapil had taken a vow never to tell a lie to the king, Guru, deities, parents, friends, and employers. So, he narrated to the King exactly what had happened. The King was very happy to hear Kapil's story. The king gave Kapil his word that he would grant him whatever he asked for and gave Kapil some time to think about it.

Kapil went into the garden and started to think about what to ask for and how much to ask for from the king. Two twelfth 'tola' of gold (one portion) would not last long. Instead, let me ask for five guineas (mohr). Oh dear, five guineas wouldn't cover anything. So, let me ask for twenty five guineas. Gradually, his desire reached from 100, 500, 1000, 100 000, ten million guineas to the point where he wished to ask for the kingdom itself.

Having made this decision, as he stood up, a thought came to his mind, "It does not suit me to take the kingdom from the king who wishes to give me something. Oh God... How could I even have had such a thought? What need do I have for a kingdom or ten million gold coins? Why should I even take two twelfth 'tola' of gold? Why am I not satisfied? There is no end to desires. He then reflected on the fact that he had come to get an education, but instead got entwined in the illusion of worldly life. That's why the necessity to acquire wealth arose! Therefore, if I renounce worldly life, I can become free from all these entanglements. He began to feel immense remorse for his mistake.

While contemplating over these thoughts, the veil of ignorance over the Self disappeared and he attained 'keval gnan' (absolute knowledge). Kapil proceeded to the royal courtroom in the attire of a sadhu. Seeing him dressed like this, the King exclaimed, "Oh Kapil! What sort of guise is this? And what have you decided to ask for?" Kapil Muni gave the king a sermon (spiritual guidance). Upon hearing his sermon, the king and many of his citizens took 'diksha' (renounced worldly life) from Kapil Muni and attained salvation.

See friends, there is no end to desires and there is no happiness greater than contentment.







**Sweet  
memories**

One bahen (sister) amongst all the brahmachari behnos who used to stay with Niruma, had been given the responsibility of closing all the windows in the house every evening. She would close all the windows and the window mesh every evening.

It was winter days and the bahen would close the windows every day. However, there was one window in the corner, which was always left open. The window was positioned such that it was not easily visible. That is why it got left open every day. The draft from that window would blow directly to where Niruma used to sit.

After a few days, Niruma began to feel stiffness in her joints. She didn't tell anyone. The next time, when Niruma sat in that place, all she said was, "This window is still open, please close it."

From the next day, that bahen would close all the windows and then every evening, Pujya Deepakbhai would go around and ensure that all the windows were closed properly and that no window had been left open!

See friends, if we were to cause discomfort to anyone then Niruma would immediately guide us, but whenever she suffered any discomfort, she wouldn't utter a single word. She would just take adjustments by herself. She and Deepakbhai would come to some understanding between themselves without disturbing anyone.

**These silent adjustments of  
the Gnani are extraordinary!**







## Niruma with Kids

**Questioner:** Niruma, my prakruti (relative self) is such that I end up bugging everyone. I don't have any intention to hurt anyone, but my parents and others are troubled by my playfulness. My mischief is mainly pulling hair, catching plaits, but my dad and sister do not like this at all. I do the same mischief with my mum. I can't help feeling mischievous but then quarrels arise.

**Niruma:** Do one thing. Keep a big doll, with long hair. Then, you can pull its hair. Every now and then, go and pull its hair.

**Questioner:** So what should I do? Why is my prakruti such that I hurt everyone?

**Niruma:** This is a bad habit. One gets weary. Is it appropriate to do this daily; to pull your mum's, sister's and everyone's hair?

**Questioner:** I am just being playful. Annoying them just like that.

**Niruma:** If somebody pulls your hair, and annoys you, then would you approve?

**Questioner:** No

**Niruma:** You wouldn't approve, would you? In that case, you have to imagine that if I am in their place, then how would I feel?

**Questioner:** I think about all that, but I just can't control myself. When I feel bored, I just go and tease them.

**Niruma:** Why don't you find other activities to do? Recite 'Dada Bhagwan na Aseem Jai Jai Kaar Ho'; listen to all the CDs of Dada's spiritual music. Take some books and start reading them. But this is meaningless! We must not do anything that would hurt others. Under no circumstances should one be hurt because of us. Whether its family or outsiders, they must not be hurt by us. If they get hurt, then we should immediately feel remorse from within and ask for forgiveness. Therefore ask for forgiveness from the inner pure soul (do pratikraman) of your mum, sister and anyone you have provoked, with the understanding that, "what I have done is wrong, it is my mistake." Begin to repent like this in your mind and then you will automatically become free of this bad habit. Go to your mum and ask for her forgiveness.





# Interesting story

Do you know, Niruma used to serve food to Dada everyday?



May I also serve food to you?

Yes, you may.



Please take some, Deepakbhai.

Not like that, you should serve the food on the plate.



Oh, let me serve the food on your plate.



Where shall I place this?

Here.

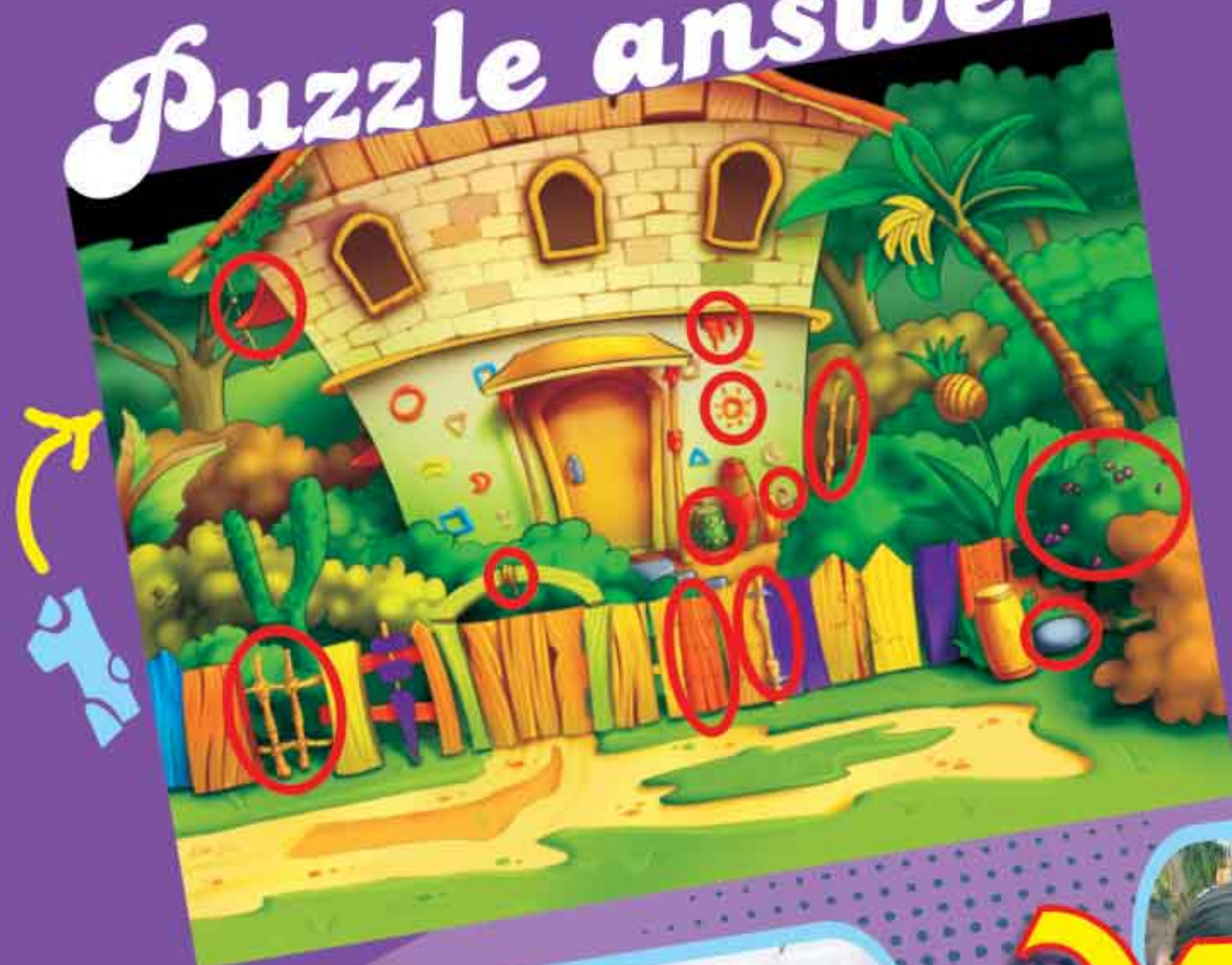


Just as Niruma used to serve food to Dada, in the same way, today I served food to Deepakbhai. It gave me a lot of happiness.

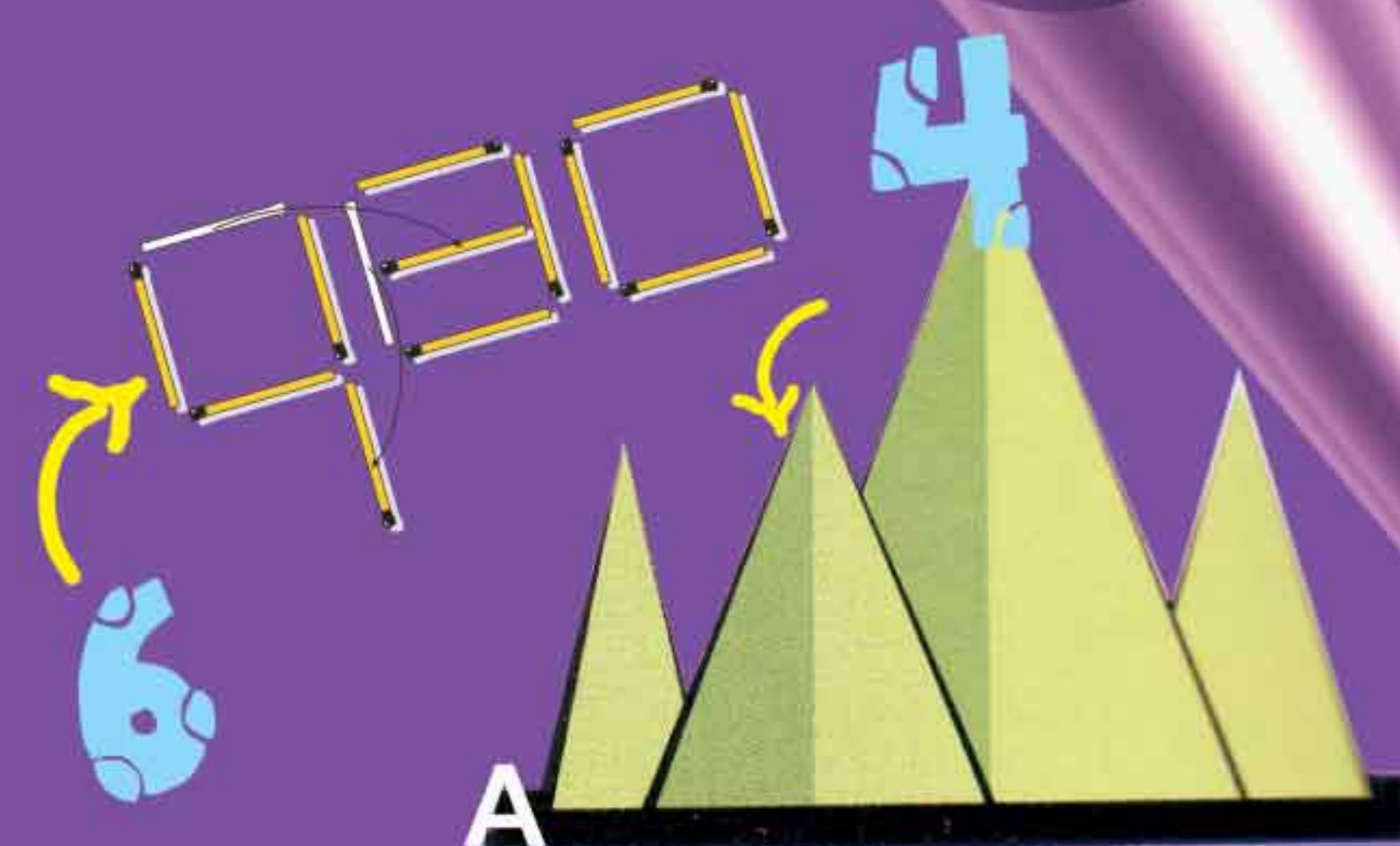




**Puzzle answer**



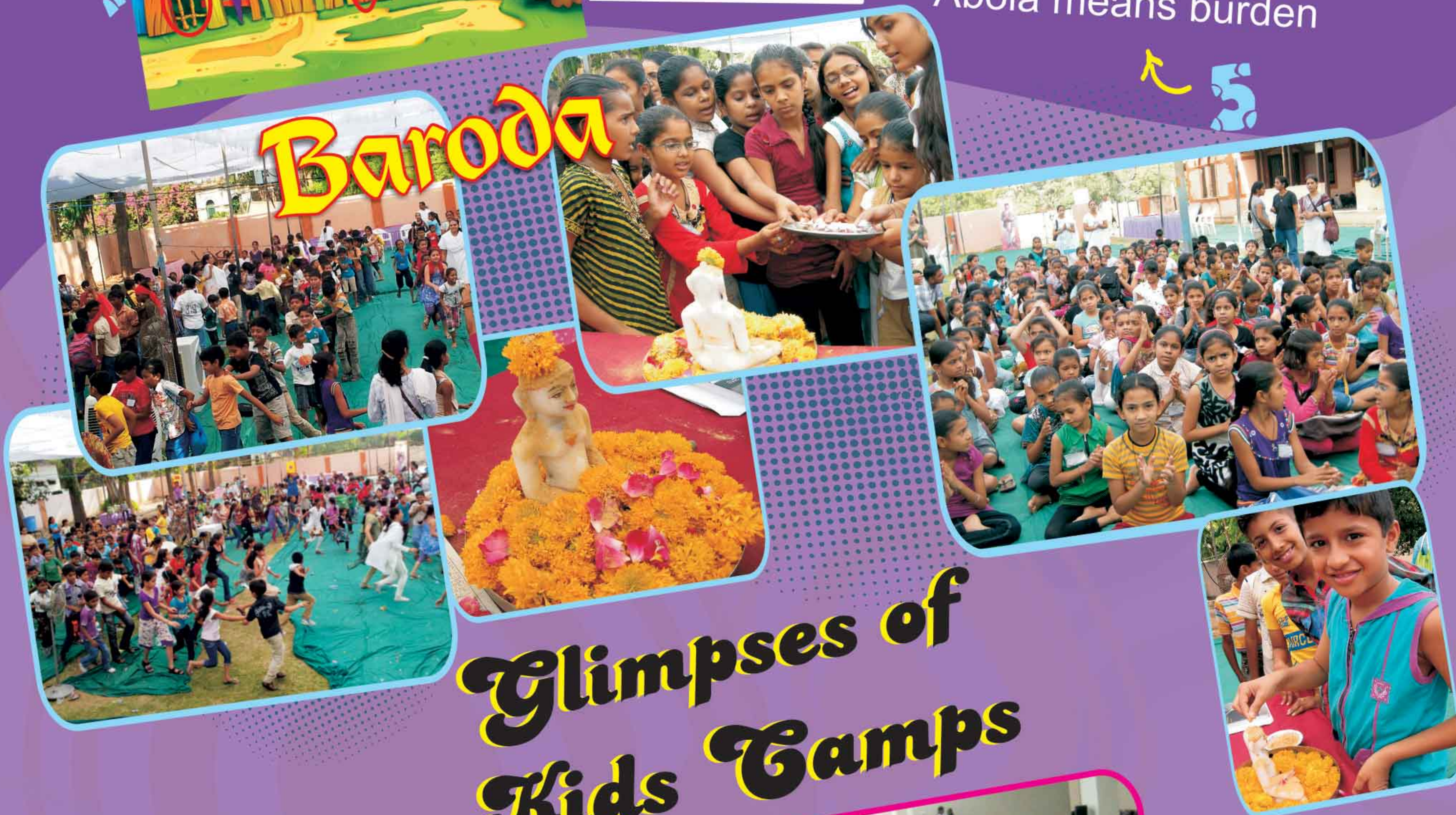
3	4	9	5	1	6	2	7	8
7	6	2	9	8	4	1	5	3
1	8	5	3	2	7	4	9	6
6	5	7	2	4	8	3	1	9
4	2	1	6	3	9	5	8	7
8	9	3	7	5	1	6	4	2
5	7	6	1	9	2	8	3	4
2	1	8	4	7	3	9	6	5
9	3	4	8	6	5	7	2	1



Abola means burden

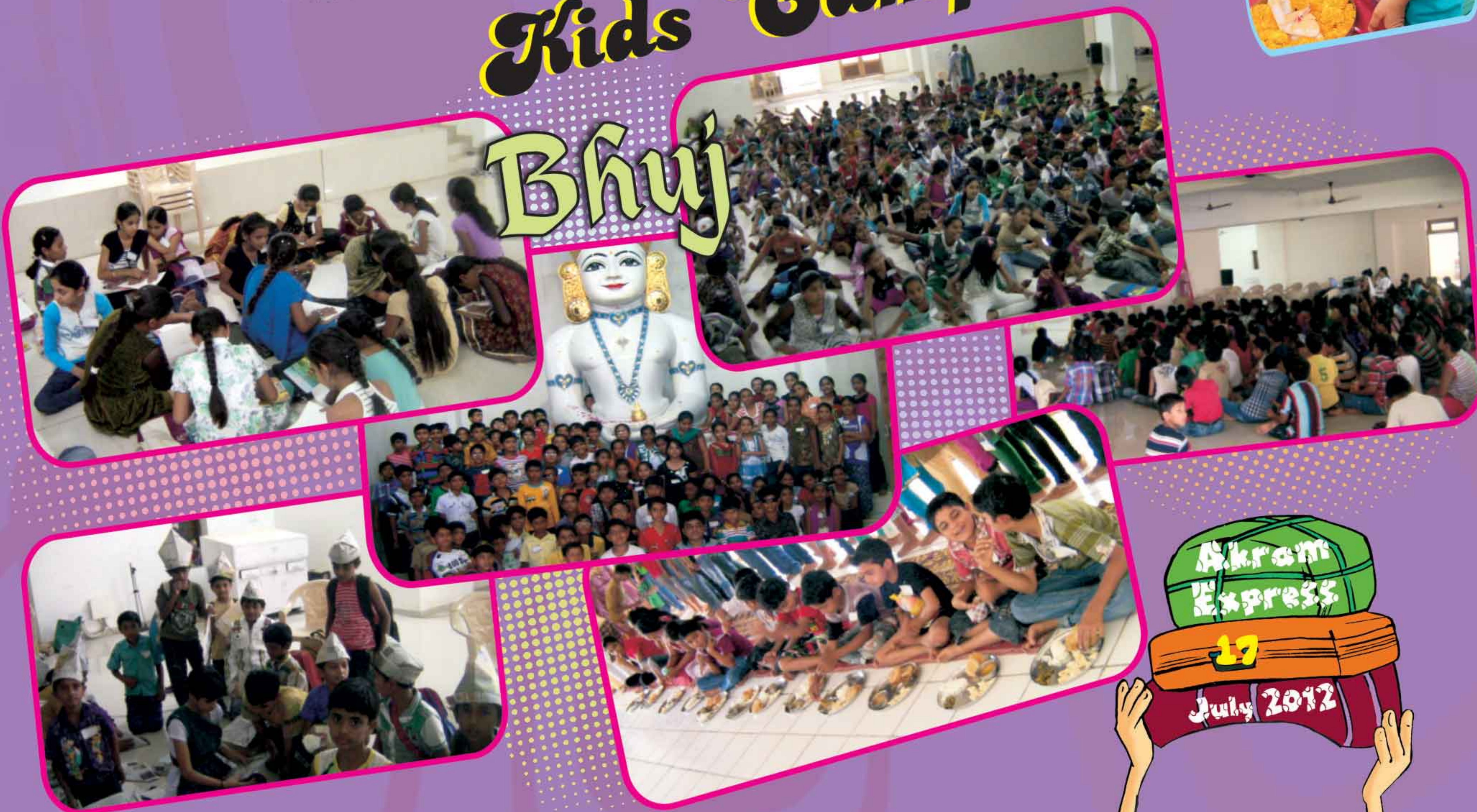
5

**Baroda**



**Glimpses of  
Kids Camps**

**Bhuj**



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Akram Express

July 2012

Year : 3, Issue : 12

Conti. Issue No.: 36



RNI No. GUJENG00967/06/1/2009-TC

Postal Reg. No. G- GNR-278/11-12

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Printer, Publisher and Owner - Mr. Dimple Mehta on behalf of Mahavideh Foundation, Editor - Mr. Dimple Mehta, Printing Press **Amba offset**:- Parshwanath Chambers, Usmanpura, Ahmedabad-14 and published at Mahavideh Foundation, 5, Mamtapark Society, Bh. Navgujarat College, Usmanpura, Ahmedabad-14.