

September 2012

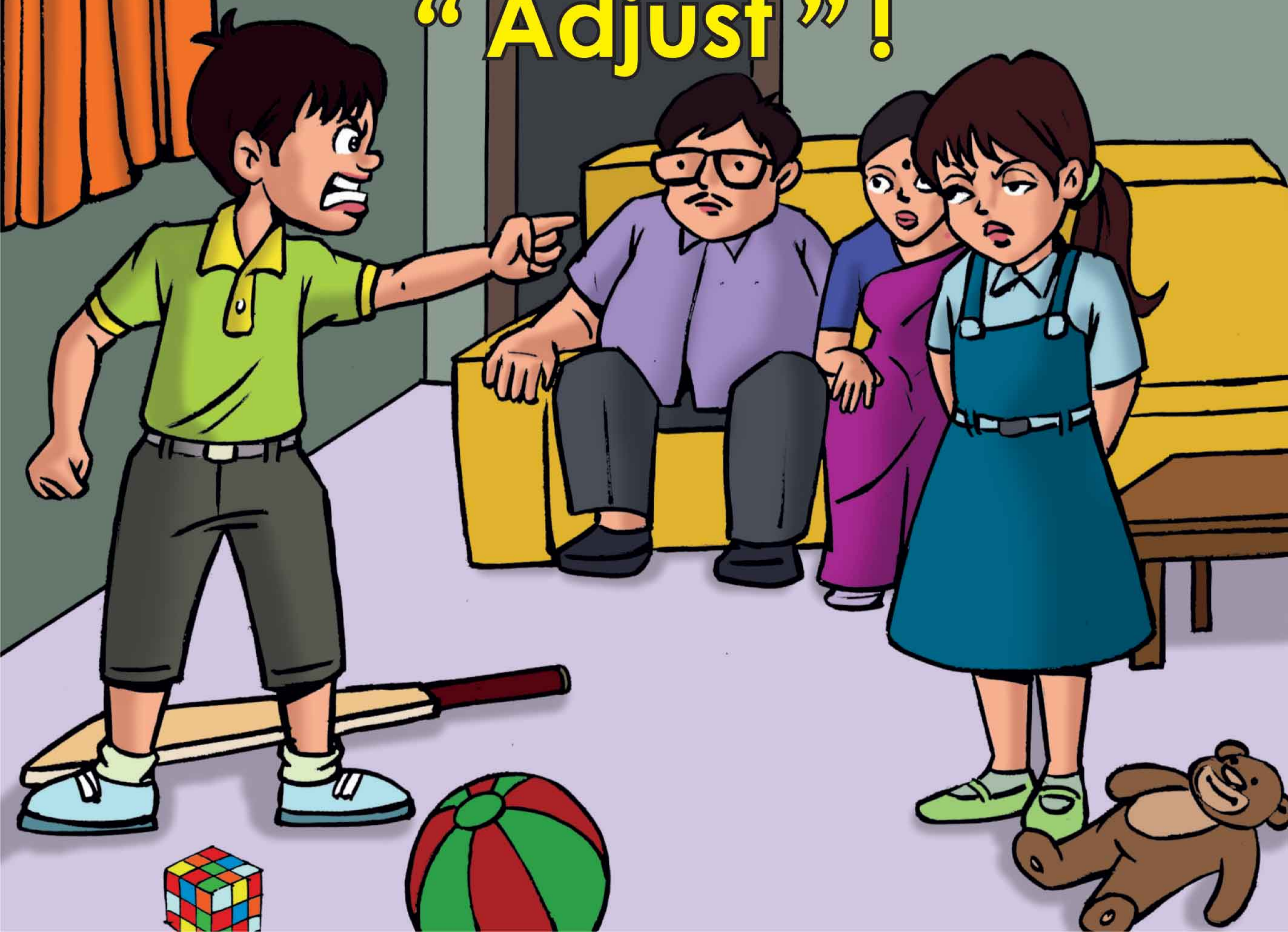
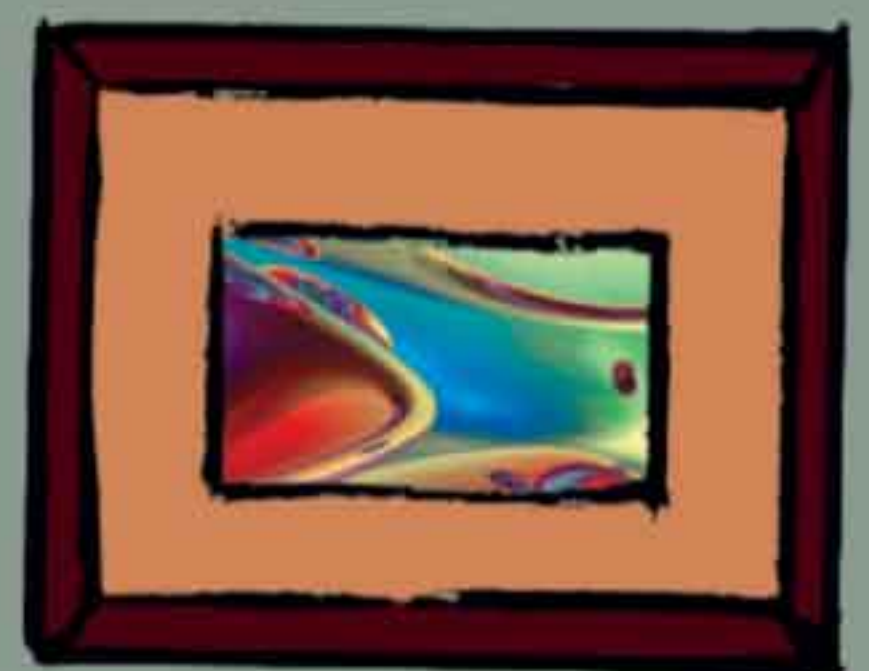
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Dada Bhagwan Parivar's

AKRAM

Express

Complaints ?
No,
“Adjust” !



Dear Friends,
How much do we complain about others all day long? "These people are doing this! Those people don't know anything! How can that be acceptable?" And so on. We are never satisfied with what we get, how much we get, or the nature of what we get. And as a result, our complaints never come to an end.
Instead of complaining, let us try to adjust in those situations. But how do we do that? In this edition, Pujya Dadashri's brilliant insight on the consequences of complaining and the benefits of adjusting are provided. So, let us resolve never to complain hereafter by applying this understanding.

**Complaints ?
No,
"Adjust" !**



-Dimple Mehta

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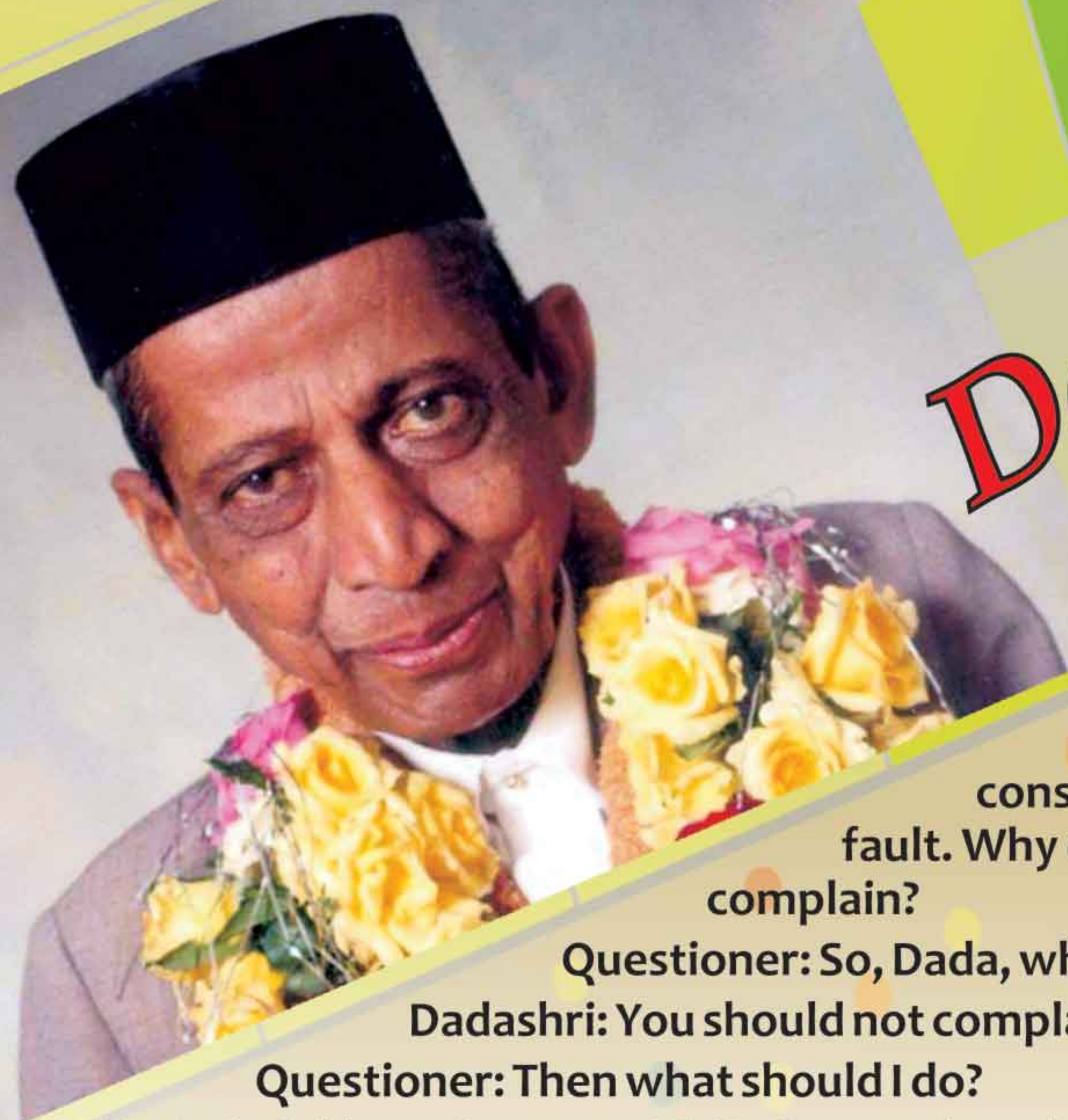
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Dadaji Says



Whatever we get under any circumstances, we should endeavour to find a solution in such a way that no complaints arise. We should not complain against anyone. I would consider the one who comes to complain to be at fault. Why did you even come to the point where you had to complain?

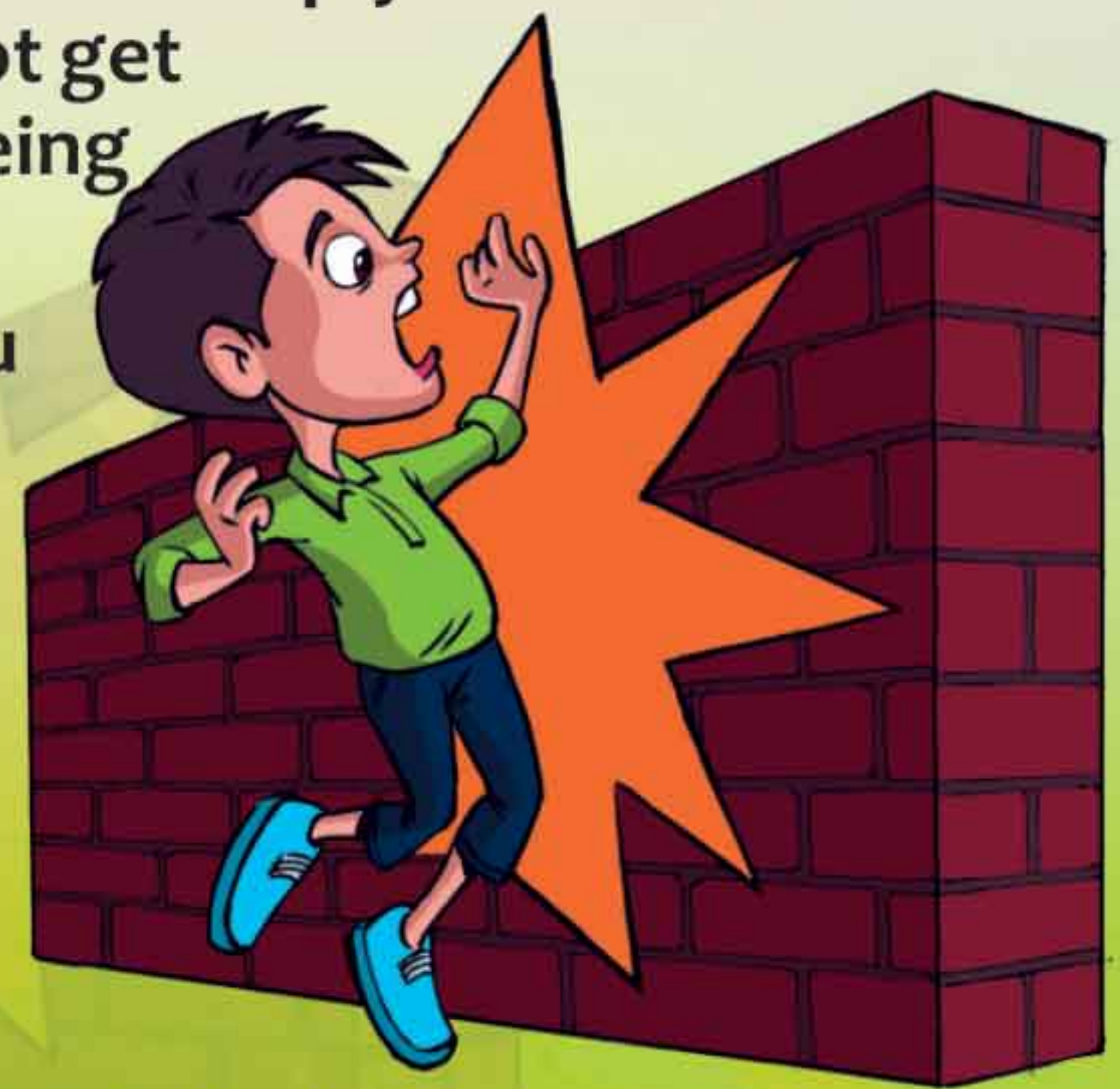
Questioner: So, Dada, where should I go with all these complaints?

Dadashri: You should not complain at all.

Questioner: Then what should I do?

Dadashri: If you have multiplied your thoughts such that the person appears bad, then you should tell yourself, "He is a very good person. You're the one who is wrong." You should divide the negative thoughts and if you have over done the dividing, then multiply them. We have to develop the strength to adjust especially with those who we do not get along. Where you can adjust, you already have the strength. Not being able to adjust is a weakness.

When walking along a path if you collide with a wall, why don't you scold the wall? All those who clash, are like the wall. Would you say anything if a cow accidentally stepped on you? It is the same for all these people. How does a Gnani Purush forgive everyone? He understands that these poor people do not have the right understanding; they are like walls. Those with the right understanding need not be told anything! They would immediately do pratikraman.



If the bull does not move forward, it is beaten. Have you seen that! It is beaten with a rod that has nails on it. What can a speechless animal do? To whom can it complain? Now, why does a bull have to suffer this beating? In its previous life, it had complained a lot and the suffering is a result of that.

At that time, when one had control over things, one tended to complain a lot. Now, when one does not have any control, one has to live without complaining. Instead, it would be best not to be a complainer. Is there anything wrong in "adjusting" right from the beginning?!

To adjust is called 'dharma' (moral duty). Once, I had gone for a bath, I forgot to take the tumbler. Now, why am I called a Gnani? I adjusted immediately. I put my hand in the bucket and realised that the water was very hot. Then, I turned on the tap but the tank was empty. Finally, I took a bath by cooling and applying the water with my hands. I would never ask anyone, "Bring me this or that", but I would adjust in the situation. I am in need of people who don't complain. Please try to become such a person, that is what I am saying!

AkramExpress

1

September 2012

Say 'Goodbye' to Complaints

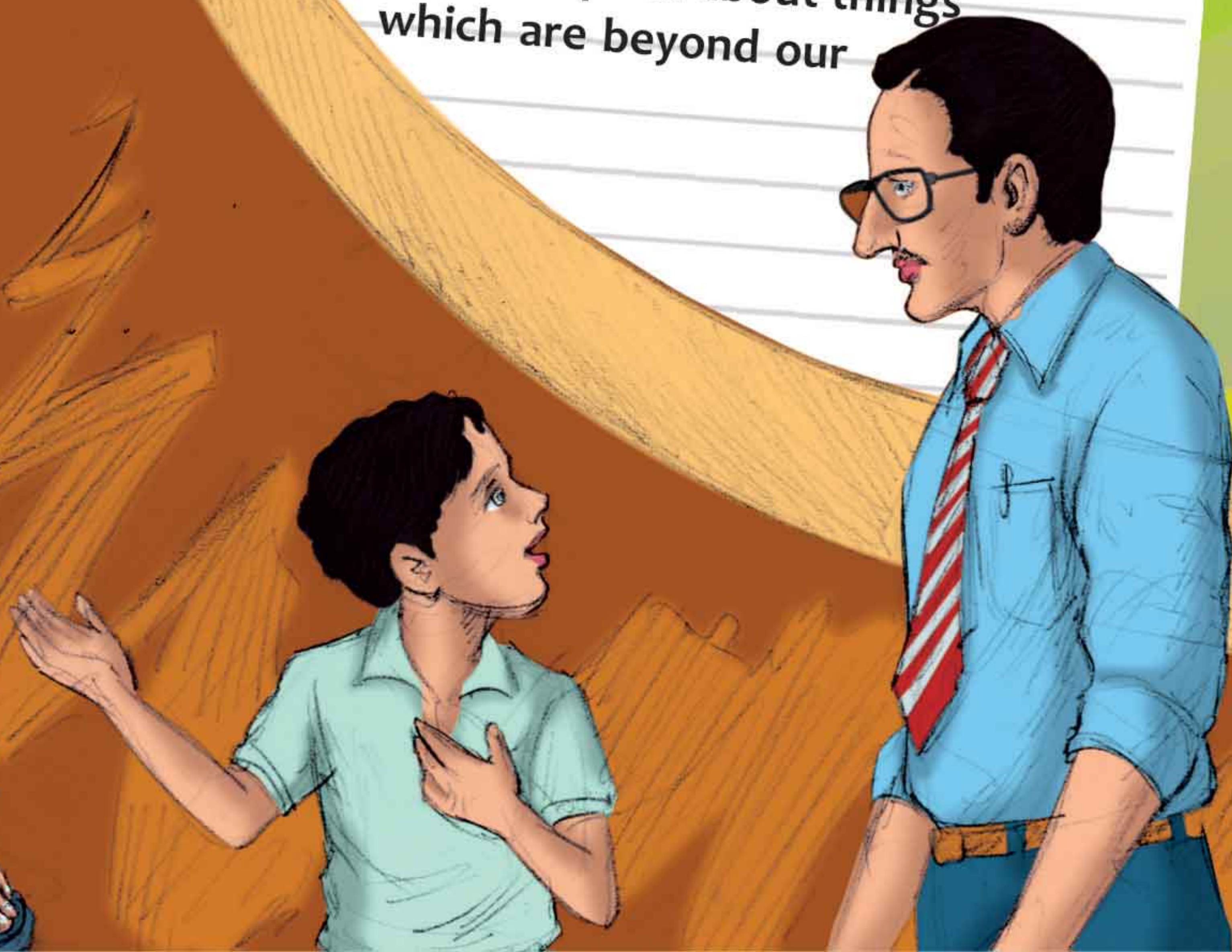
"Punit", Mummy called out from the kitchen. "Son, please help me a little. Papa will be home soon."

"Oh Mummy, I am playing this amazing video game. Don't disturb me." Punit answered back to his mum.

"Punit, the video game can wait. I don't have time to listen to your excuses." Mummy replied with a little irritation. Punit entered the kitchen with a frown and said, "You always disturb me." Hearing this, his mum tried to make him understand, "Punit, you do know that your younger sister, Rajvi, has fever? It would be so nice if you would help me without complaining."

Meanwhile, the doorbell rang. Saying, "Papa's come!!" Punit ran towards the door. Punit took his father's bag and served him a glass of water. While drinking water, his father asked, "So how was your day, Punit?" It was as if Punit had got a chance to complain, he started speaking, "Completely useless. Today, it started raining just during the sports period, so we had to sit in the classroom. It was so boring. Even the rain pours at the wrong time."

Cutting Punit short, his father said, "Why complain about things which are beyond our



control? Instead of getting bored, you could have played some game in class itself!" Then, handing back the glass, his father said, "It's okay, you must feel fresh now, right?"

"What fresh, Papa?" saying this, Punit continued his saga of complaints. "In the evening, when I was relaxing, playing my video game, Mummy called me to help her!" Just as he was about to speak further, mum called everyone for dinner.

"What's this? Khichdi again?! I don't want to eat khichdi." Punit retorted with irritation as he sat on the table.

"Son, I will definitely cook your favourite food on Sunday. Rajvi has fever today, so I made khichdi." Mummy calmly explained to Punit. However, no matter how much mum tried to make him understand, Punit was adamant. Eventually, he only had his dinner when his mum made him a sandwich.

The next day was Saturday, so it was a school holiday for Punit. It was around 9 o'clock in the morning. His father was having breakfast on the dining table, when Punit started grumbling again, "Look Papa, mummy wakes me up early on Saturdays as well."

Punit's father was very tired of hearing his complaints. While thinking of ways to help Punit get rid of this habit of complaining, he devised a plan. He said, "Punit, you have many complaints about mummy, right?"

Defending himself, Punit said, "But what can I do? Mummy behaves in such a way! She constantly asks me to do things which I don't want to do."

Placing the cup of tea on the table, his father said, "Ok, today and tomorrow, mummy will not tell you anything. You are free to do whatever you want to do and similarly, mummy is also free to do whatever she wants to do."

"Really! Are you sure, Papa?" Punit asked in amazement. His father laughed and said, "Yes." Punit jumped around in excitement, just like a prisoner released from jail. Within ten minutes, he had called up four to five



It became twelve noon, one o'clock, two o'clock....but his parents had not yet returned.

friends and made plans for playing cricket. They played till twelve noon. Now, Punit's tummy was rumbling. When he reached home, he saw the used breakfast plates still lying on the table. Punit was surprised to see this. He observed that his mum was sitting outside, reading a book.

"Mummy, is lunch going to be late?" Punit asked.

Putting the book aside, his mum replied, "I was not very hungry therefore I have not prepared any lunch today. Open the fridge and eat whatever you want." On opening the refrigerator, Punit saw a big cake inside. He called out loudly to his mum, "Mummy, can I eat some cake?" Mummy calmly replied, "Eat as much cake as you want. Remember, today and tomorrow we are free to do whatever we want to." Punit had three huge slices of cake and one full glass of milk. When he went to his room, he found that it was still dirty. His clothes and books were lying scattered in disarray. Every Sunday, his mum used to ask him to clean his room, but today his mum didn't say a word. Punit didn't feel like cleaning his room.

"Mummy, I am going to play at Ishan's house." Saying this, Punit ran out.

He played at Ishan's house till late evening. When he came back, he thought his mum would have made some delicious food, but he noticed that the kitchen was in the same state. Punit asked, "Mummy, I am very hungry. When will we have dinner?"

Mummy replied, "We have had our dinner. Today, there was 'pooja' and dinner at Nimmi aunty's house.

"Oh!" said Punit with a deep sigh. He ate another slice of cake and then sat comfortably in front of the T.V. However, he didn't feel like watching T.V. Eventually, as he was tired he decided to sleep. However, can one fall asleep on an empty stomach? He was up till late night, tossing and turning in bed.

The next morning, when Punit woke up, it was eleven o'clock. Nobody woke him this morning. He looked around but found no one at home. Then he realised that everyone must have gone to the temple. Every Sunday, he used to make up excuses to avoid going to the temple. He would complain, "I feel bored at the temple." But, today he felt hurt because his parents went to the temple without him.

He was so hungry that he felt as if his stomach was on fire. He began to recall all the numerous complaints and fusses that he had made about food. He felt remorse for this. Together with that, he realised and understood the value of how lovingly his mum would prepare food for him. He drank a full glass of milk and went to his room. His room was still in a mess. He did not know what to do. He sat down to read a book but did not feel like reading. He was restless. He began to anxiously wait for his parents to return. It became twelve noon, one o'clock, two o'clock....but his parents had not yet returned.

At 2.30pm, he heard the horn of his father's car. He ran outside and hugged his mum tightly as soon as he saw her. "You took so long; I have been waiting for you for a long time."

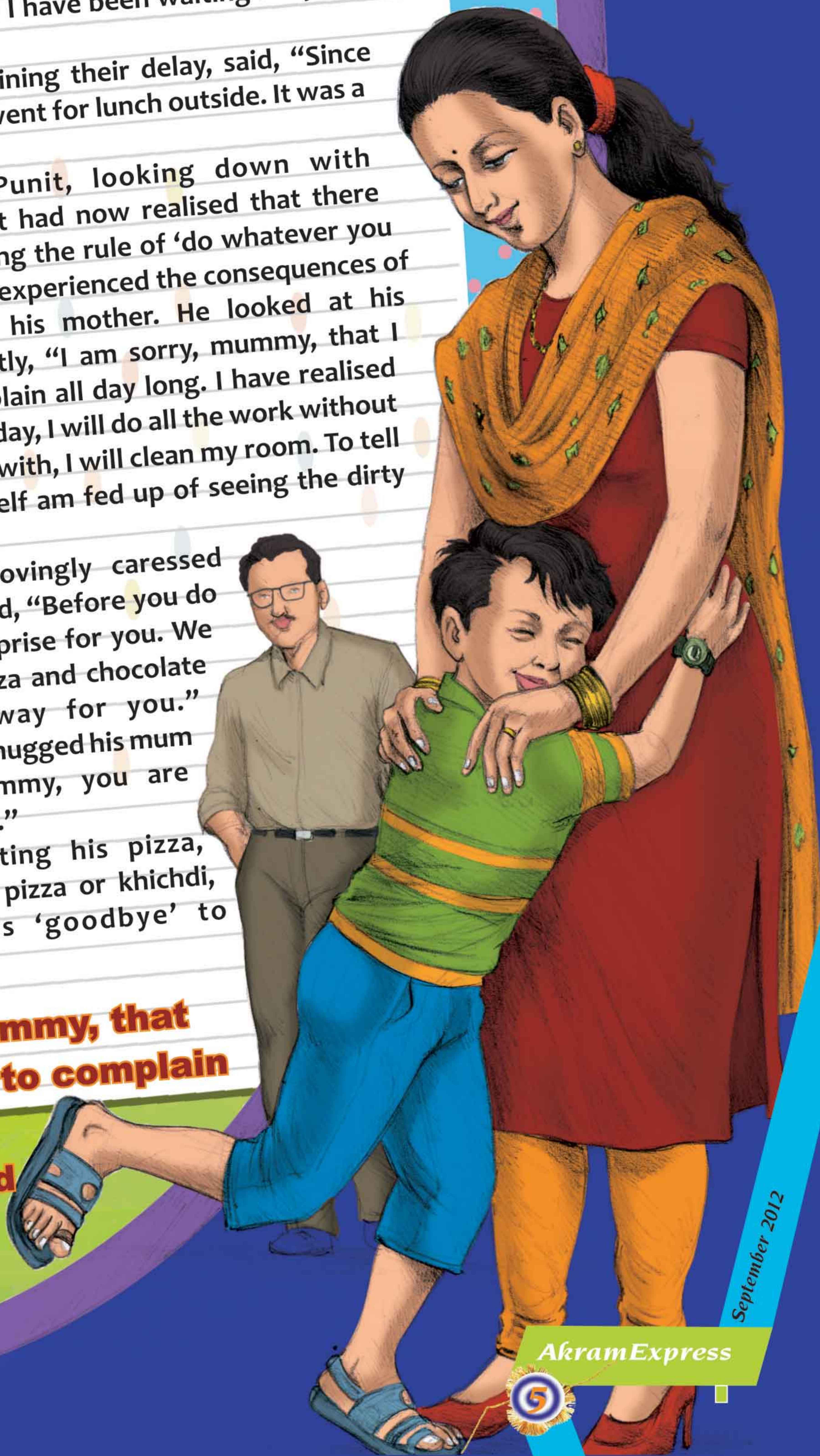
Mummy, explaining their delay, said, "Since Rajvi was up to it, we went for lunch outside. It was a scrumptious meal."

"Oh!" said Punit, looking down with disappointment. Punit had now realised that there was no fun in following the rule of 'do whatever you want to'. He had also experienced the consequences of complaining against his mother. He looked at his mother and said softly, "I am sorry, mummy, that I always used to complain all day long. I have realised my mistake. From today, I will do all the work without grumbling. To begin with, I will clean my room. To tell you the truth, I myself am fed up of seeing the dirty room."

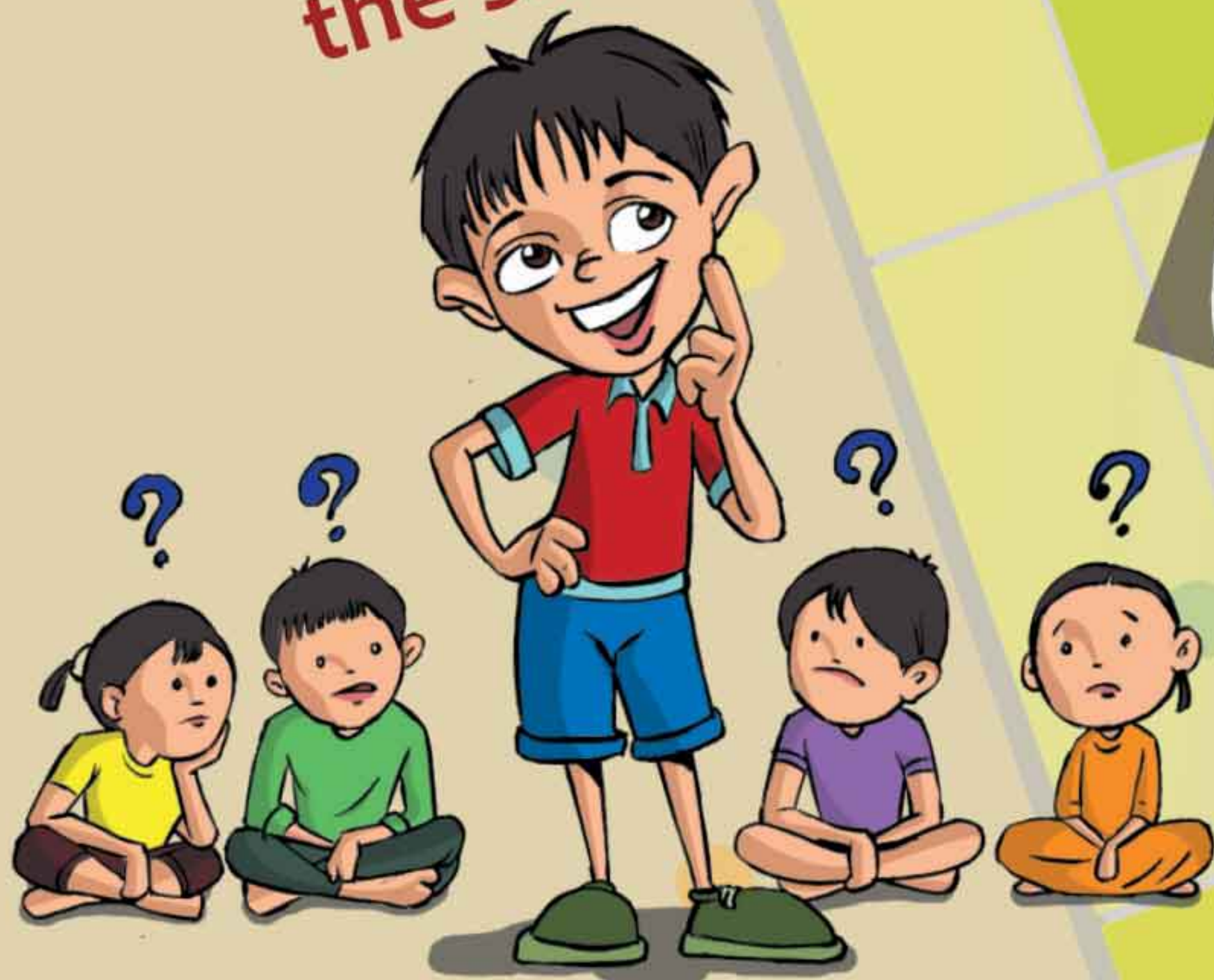
His mum lovingly caressed Punit's head and said, "Before you do that, we have a surprise for you. We have brought a pizza and chocolate ice-cream take-away for you." Hearing this, Punit hugged his mum tightly, "Oh! Mummy, you are great! I am starving."

While eating his pizza, Punit said, "Be it pizza or khichdi, from today, it's 'goodbye' to complaints!!"

I am sorry, mummy, that I always used to complain all day long. I have realised my mistake.

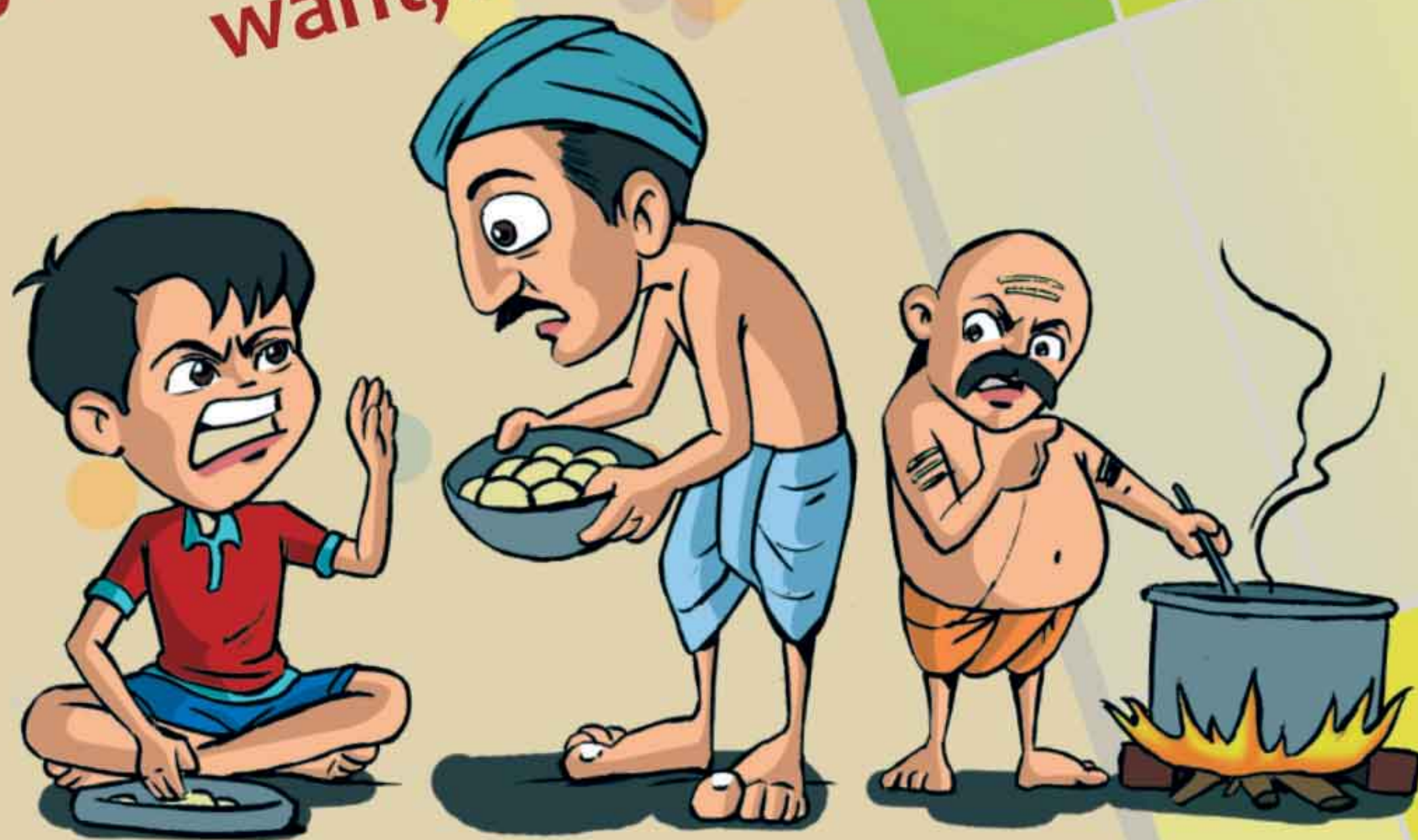


Instead of complaining,
whatever adjustments you take,
will increase your strengths and
break your weaknesses by
the same proportion



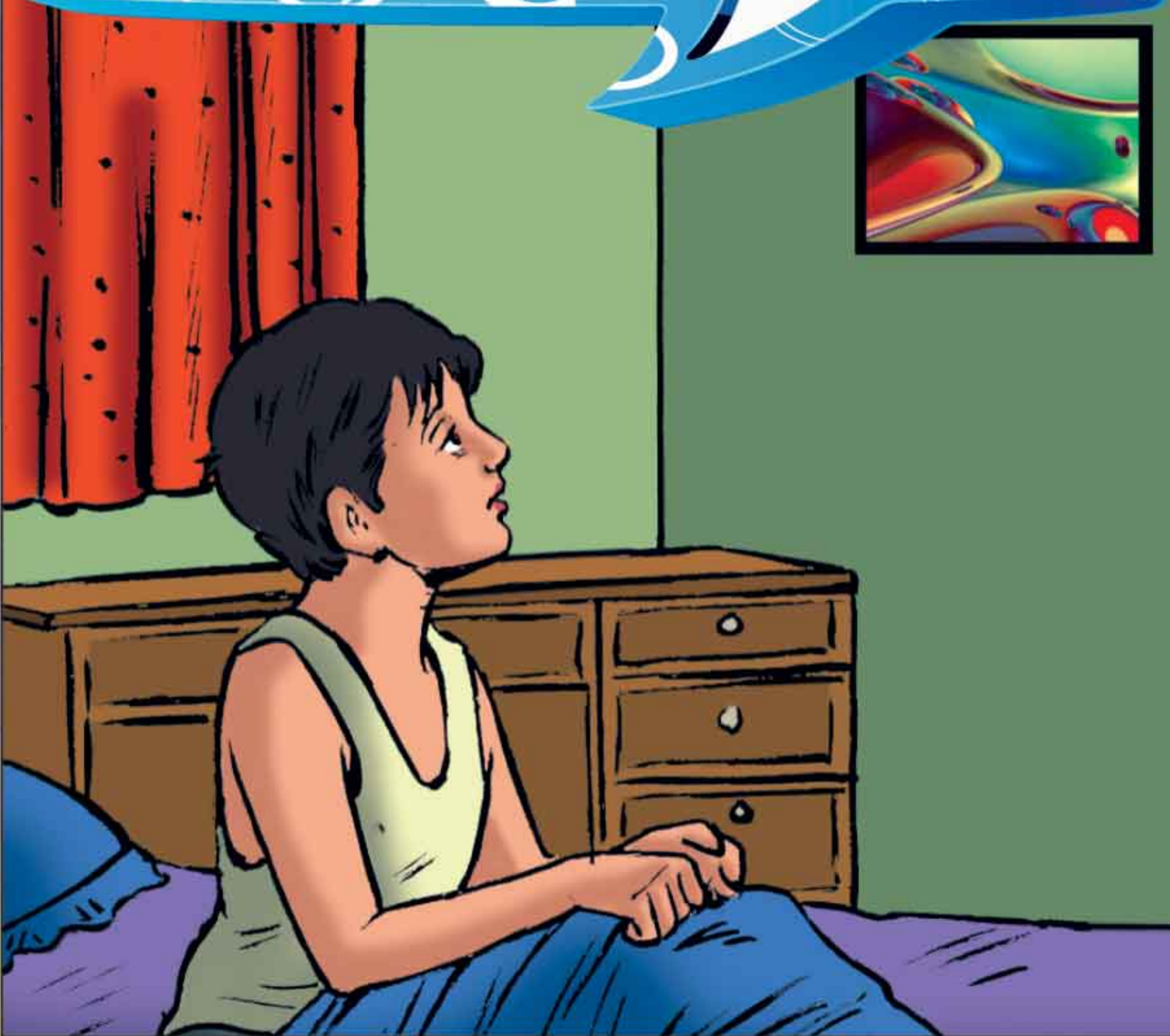
*Absolutely
new
and
different!*

Eat what is served on your plate. If you don't eat, it leads to arguments with two people. First, a dispute will arise towards the person who has brought the food, made the food; that person may feel scorned and secondly, towards that item of food. The food will ask, "What crime have I committed? I have come to you and why are you humiliating me? Take as much as you want, but don't insult me."



The Significance of Adjustment

Mummy, I am missing you a lot. Why did you leave me alone? I don't like my new mother. She only takes care of her son, Chintu.



That same night, Gaurav's mother appeared in his dream.

Gaurav, my son, do you remember what I taught you? You have to develop the strength to adjust with people that you do not get along. If you adjust with your new mother without complaining, your strength will increase greatly. You will adjust, won't you, my son?



Gaurav suddenly woke up. He remembered his mother's face and said,

"Yes mummy, now I shall never complain. I promise."

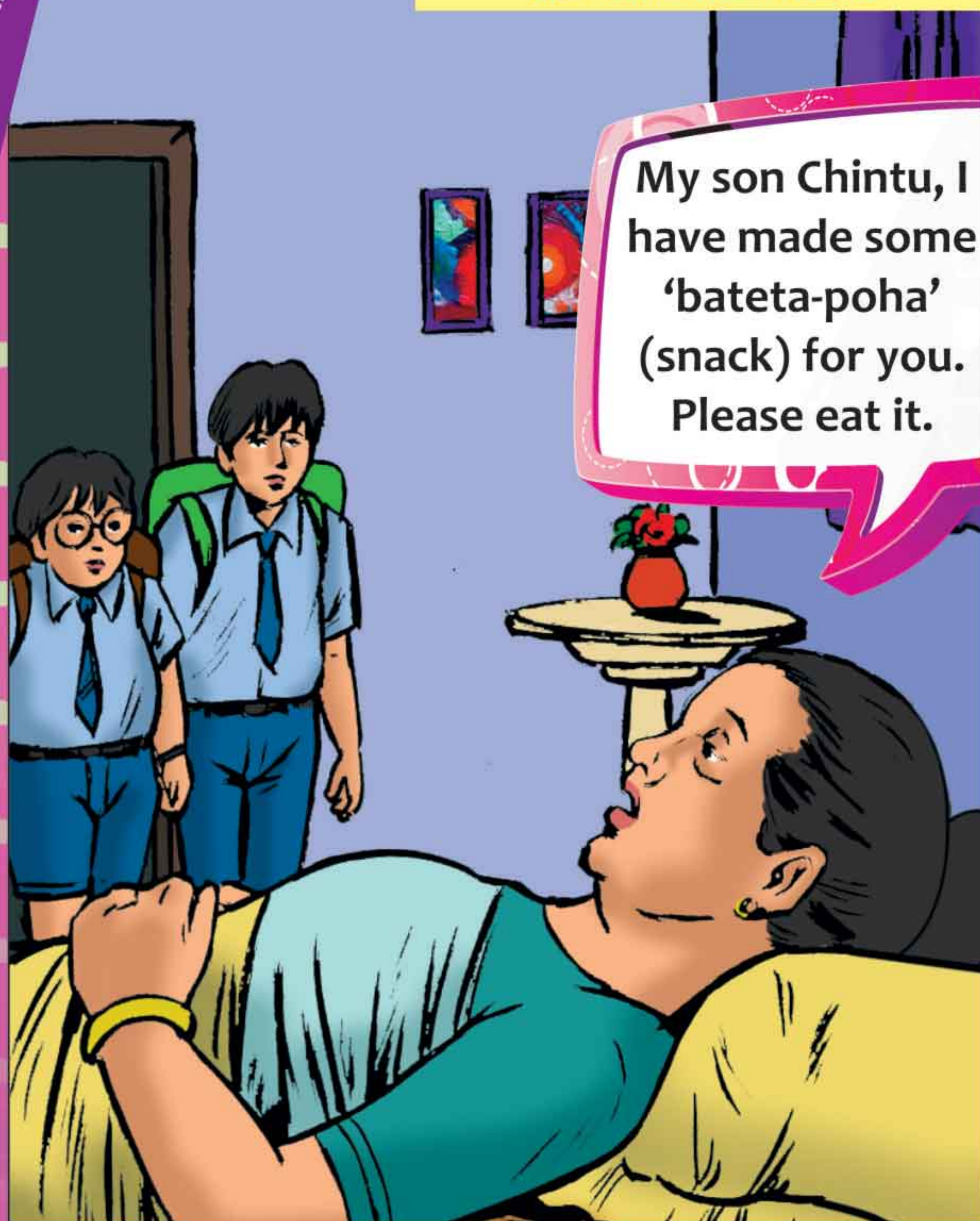


Mummy, why do you give me milk, toast and jam for breakfast everyday; but you give only milk to Gaurav?

Hey Chintu! I am never hungry in the morning. It's difficult for me to finish my milk as well. Now hurry up. The school bus will be here.



In the evening, when both the children returned home, their mother was down with fever.



My son Chintu, I have made some 'bateta-poha' (snack) for you. Please eat it.

Mummy, I am also hungry.

Can't you see I have fever? Chintu is young that's why I have prepared food for him. You have grown up now. Learn to cook for yourself!



Yes, mummy you're right. You take care of yourself. I will prepare and eat something.



Gaurav didn't know how to cook food. He made some 'maggi' noodles and ate it.



The next morning,

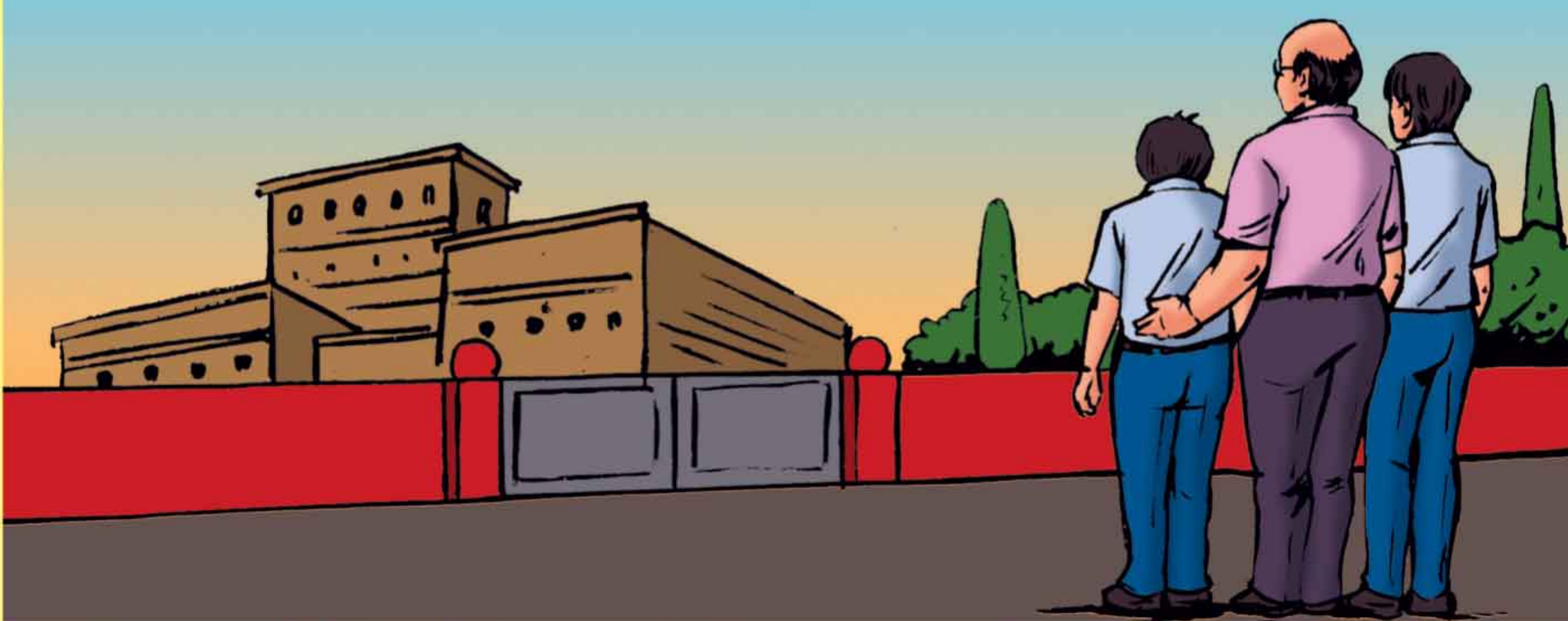
Mummy, I will make sure that I learn how to cook now. So that, if in the future you are not well, then I can cook food for everyone. We can't eat 'maggi' noodles everytime?



In this way, Gaurav learnt to cook food at the tender age of twelve years. Not only that, he also learnt how to wash clothes, iron them, clean utensils...he became adept at all of that.



After a few years, Gaurav and Chintu entered high school. Since their high school was in a different town, they were both enrolled in a boarding school.



After a month,

Is this a school or a jail? I would think that they get better food in jail than here. The 'daal' is so watery and is this 'rotli' or what? I don't like it here. I want to go home.

Dear brother, this food is very good. Do you know when I first learnt how to cook khichdi, it turned out worse than this food.



No, I can't survive in this jail-like school. We are made to slog more than prisoners. We have to wash our own clothes, iron them and wake up early every day. I feel tormented. I will call papa tomorrow and ask him to take me away from here.



Let me tell you something, I am speaking from experience. Whatever adjustments you make without complaining, your strengths will increase and your weaknesses will reduce in the same proportion. Thereafter, you will have no reason to complain. Try it.

No way. And I don't want to hear these lectures from you.



And Chintu called his papa.

Chintu, if you study in this school, it will be beneficial for your future.



Although his father tried to convince him, Chintu refused to study in the boarding school.

Gaurav had no complaints about the boarding school. He had learnt how to take adjustments. He turned the unfavourable circumstances into favourable ones, passed with flying colours, got admission in a Law School and became a successful lawyer.



On the other hand, since Chintu could not adjust anywhere except at his home, he completed his basic education in his hometown itself and took up a very ordinary clerical job.

Test Yourself!

Pratik's friend had nicknamed him 'Mr. Complaints'. He had complaints anywhere and everywhere. Last year, everyone had gone on a school trip to Mt. Abu for two days. In the situation given below, the various complaints that Pratik had on the trip are underlined and labelled (a), (b), (c) and (d).

The bus departed at around seven o'clock. In a short while, everyone started playing 'antakshari' in the bus. "Pratik, come, play with us," Vineet gestured, calling Pratik.

"No," said Pratik, shaking his head, "I want to listen to music on my i-pod."

He thought to himself, (a) "Nobody knows how to sing. They are making so much noise."

Suddenly, the bus lurched three times and stopped. The bus had a puncture. "It will take an hour to repair," The driver informed everyone.

(b) "Oh no. One hour? What will we do now? It's so boring to wait." Pratik said, irritated.

Due to the puncture, the children's lunch was also delayed. (c) "What is this? The teacher doesn't know how to manage anything. Lunch is being served so late and on top of it, it's so cold?! I will complain to the principal."

In this manner, from the time the tour began, Pratik had not enjoyed even a minute of it. In Mt. Abu, Pratik and Vineet were placed in the same room.

(d) "No way. I will not share a room with Vineet. I will share the room with anyone else but not with him," Pratik went to request his teacher for a change of room.

We, too, have similar complaints sometimes. From today, what understanding of adjustments will we apply against these complaints? Choose the appropriate adjustment for each complaint from the options given below.

- 1 You have to develop the strength to adjust with the people you do not get along with. Where you can adjust you are already strong. Not being able to adjust is a weakness.
- 2 Mingle with everyone.
- 3 Whatever the situation, learn to accept it, see convenience even where inconveniences arise.
- 4 If we keep on complaining, there will be a time when people will blame us. Instead, it's better to adjust. Whatever happens at that time is correct.

Ha...ha...ha...hi...



Bapu went to the vegetable market,

Bapu: Brother, how much for the **tomatoes**?

Grocer: 500 for 10



Bapu: Great then, let's start counting.



hi...
hi...

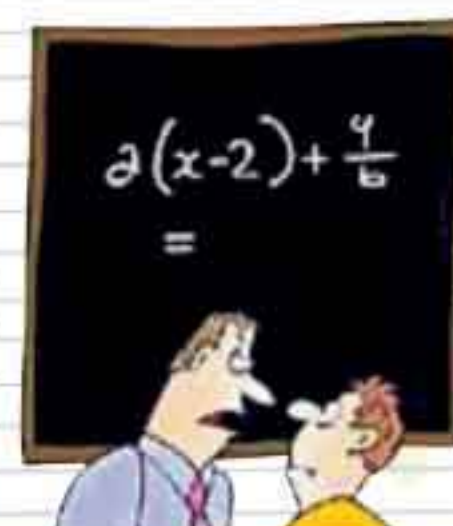


Teacher: Ravi, what is the formula for water?

Ravi: H I J K L M N O !!

Teacher: What are you saying?

Ravi: It's what you said just yesterday, H to O!



Test Yourself! Answers (a)-2, (b)-3, (c)-4, (d)-1

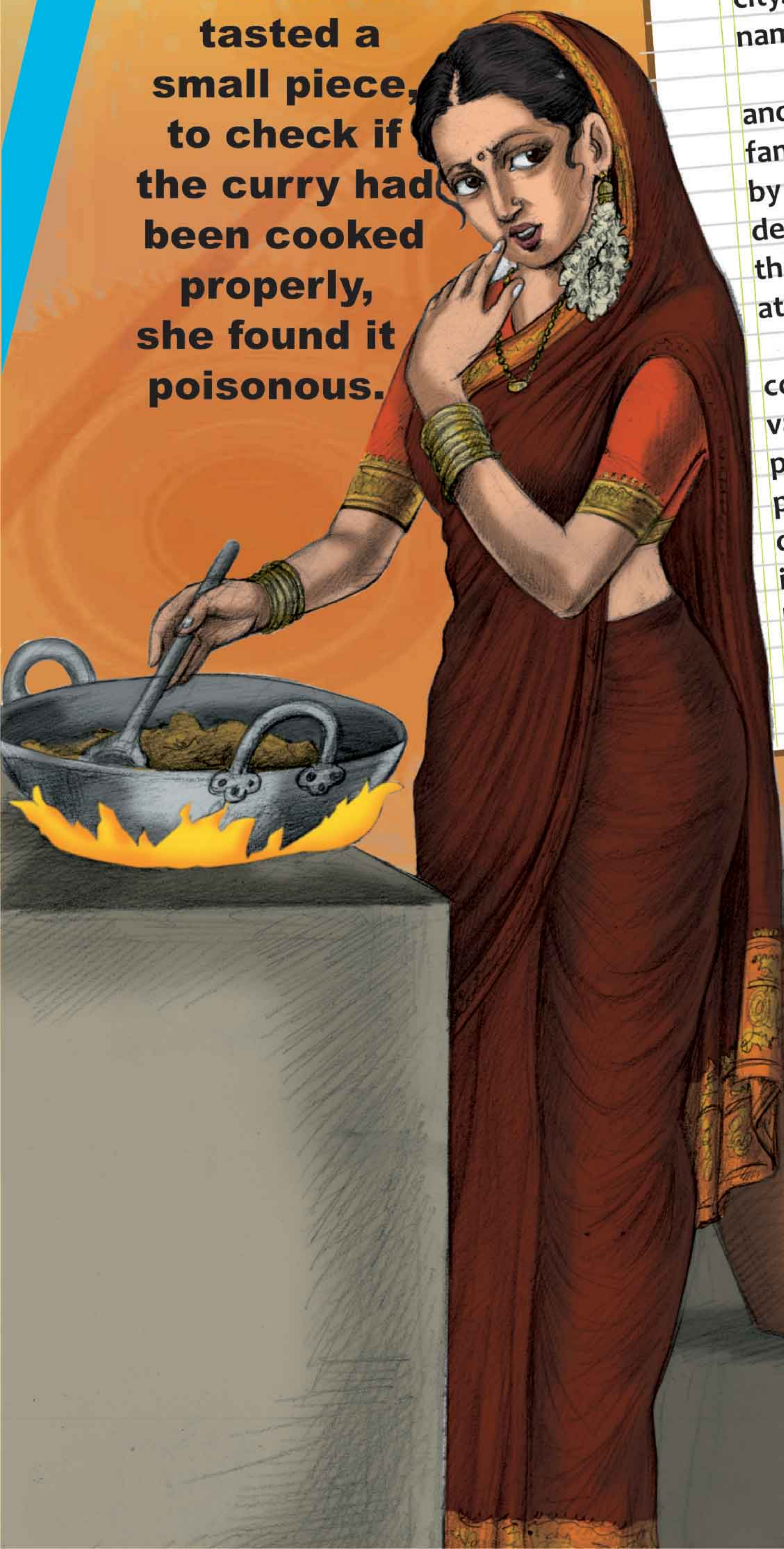
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Mythological Stories

When she tasted a small piece, to check if the curry had been cooked properly, she found it poisonous.



Som, Somdutt and Sombhuti were three wealthy Brahmin brothers living in Champa city. The elder brother, Som, had a wife named Naagshri.

Once, the three brothers conferred and decided that the meals for all three families would be made in each house turn by turn, and they would all eat at that house depending on the turn. All of them found the idea suitable and started to have lunch at one place as per the turn.

Once, it was Naagshri's turn to cook. She prepared gourd curry with various spices in it. When she tasted a small piece, to check if the curry had been cooked properly, she found it poisonous. So, she quickly prepared another curry. She didn't inform anyone about the bitter gourd curry. In this way, everyone had their meal and returned to work.

At that time, a monk named Dharmagosh along with his five hundred



disciples entered an orchard in the city. One of the disciples, Dharmaruchi, took permission from his 'guru' and went into Champa city, seeking alms (gochri). Dharmaruchi roamed around the town and reached the doorsteps of Naagshri's house. Since Naagshri didn't want her mistake (the fact that she had made bitter curry) to be discovered in any way whatsoever, she offered the bitter gourd curry as alms to Dharmaruchi.

Since Dharmaruchi got enough food for himself, he didn't go elsewhere but returned to his guru-maharaj. Upon seeing that curry, the guru felt a suspicion arise. When he dipped a small stick in the curry and placed it on his tongue, it tasted like poison. He therefore directed his disciple, "Do not eat this food. Please go and dispose it off in a place where there are no living things around."

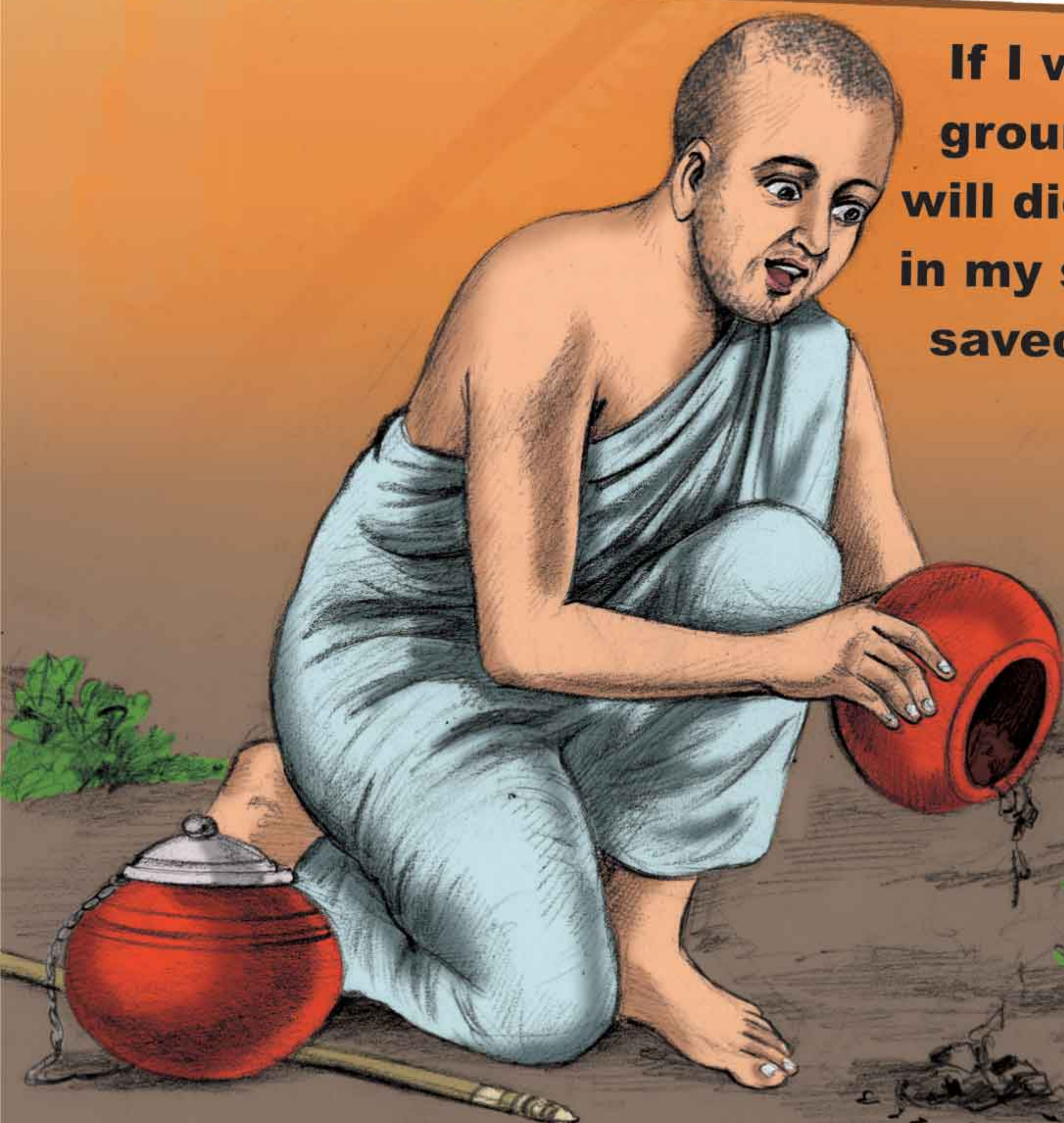
In order to test the effect, the monk placed one drop of the curry on the ground next to a potters kiln. Innumerable ants began to die on the spot just due to the smell of the drop of curry. Therefore, the monk reasoned that if he were to throw curry on the ground, numerous living things would die. Instead, if I put the curry in my stomach, many lives will be saved. Thinking thus, he ate all the curry.

In a short while, excruciating pain arose in his body. He bore all the pain peacefully and was reborn in the celestial world.

On the other hand, Naagshri gradually suffered from sixteen fatal diseases. She suffered intensely due to these diseases, completed her life span and was reborn in hell.

See friends, what the effect was for the monk who saved the lives of infinite living things, and what the result was for Naagshri of the deceit she committed, in order to hide her mistake!

If I were to throw curry on the ground, numerous living things will die. Instead, if I put the curry in my stomach, many lives will be saved. Thinking thus, he ate all the curry.



Let's Play...

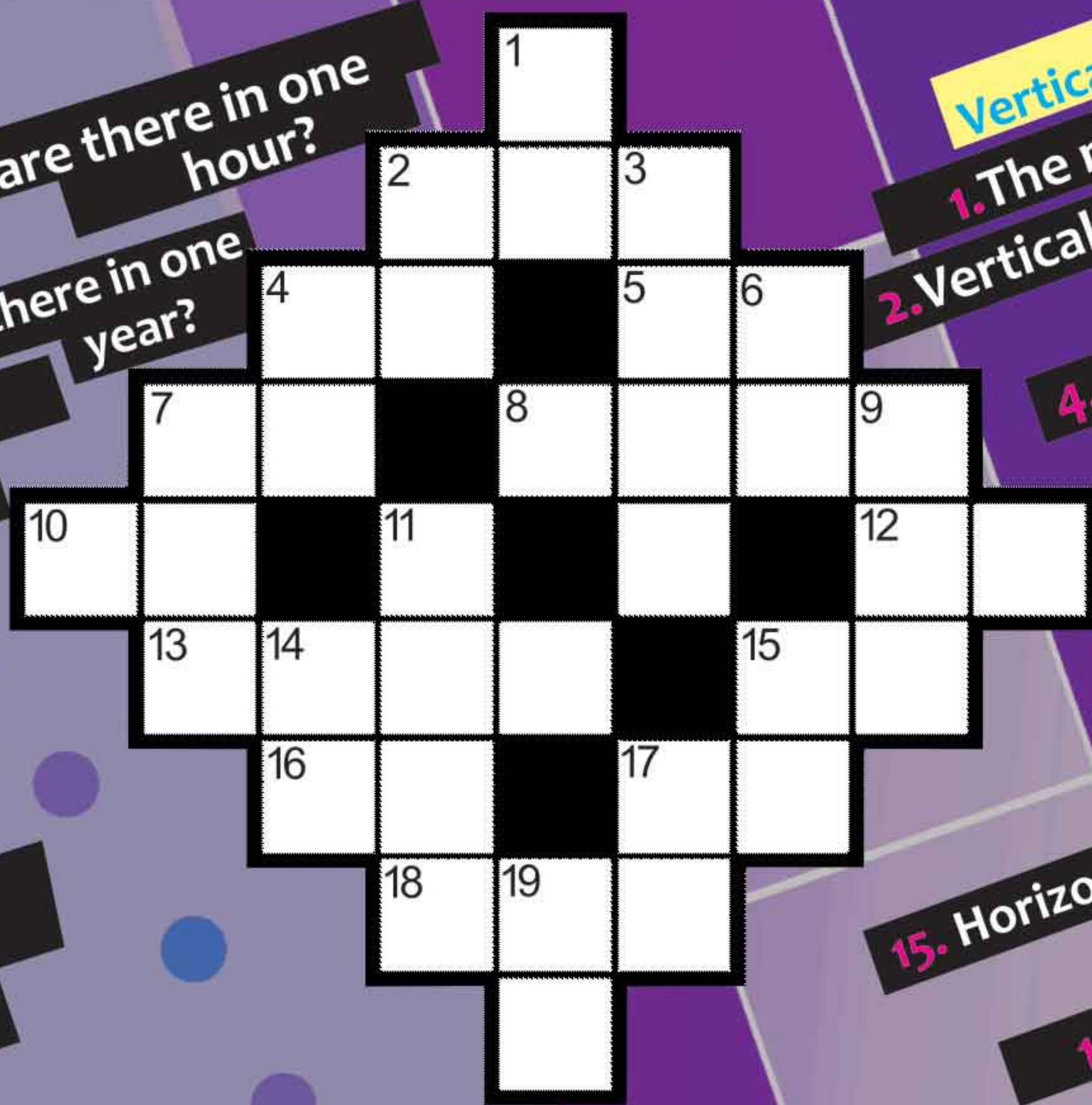
1 Use the horizontal and vertical clues to complete the puzzle given below.

Horizontal clues

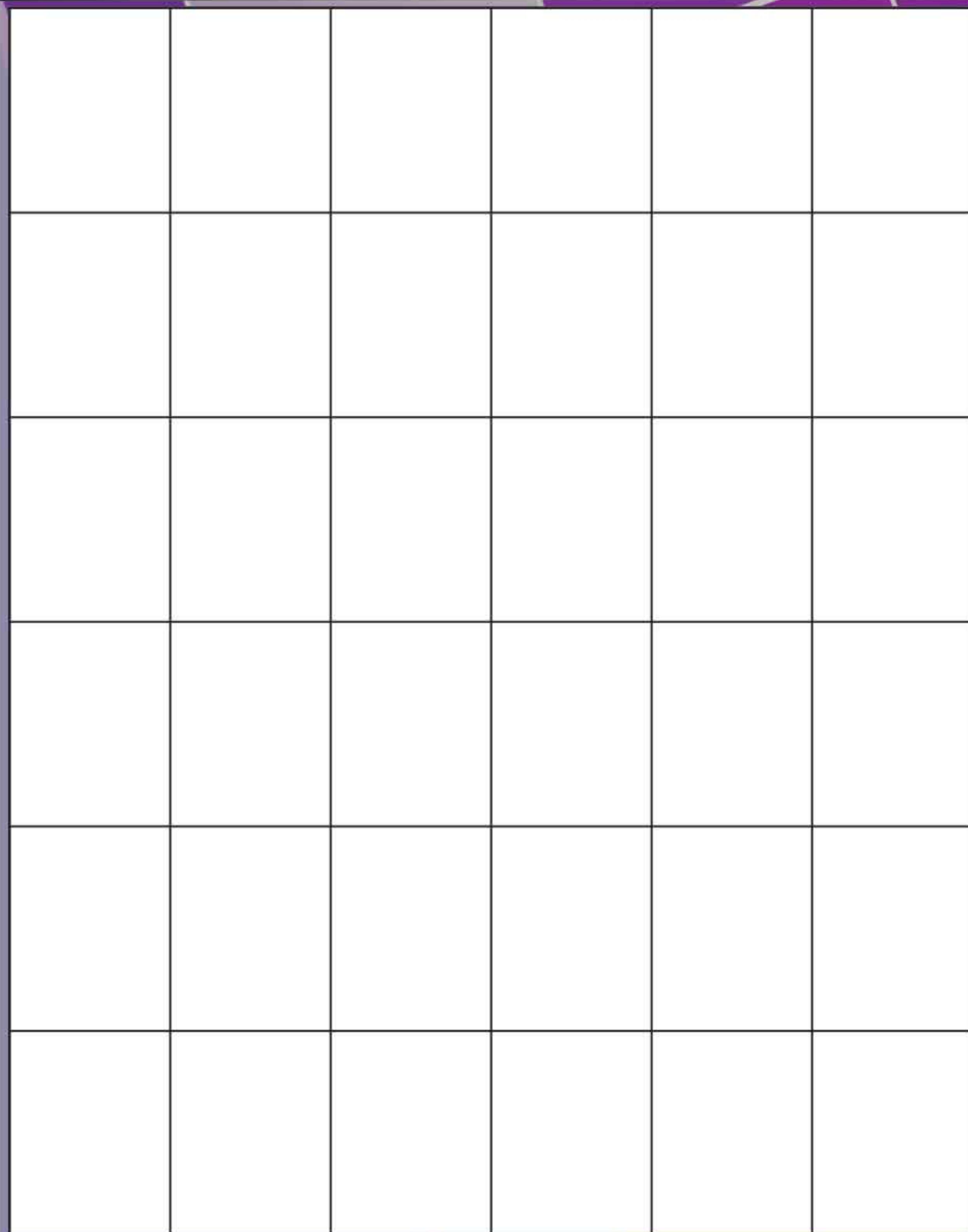
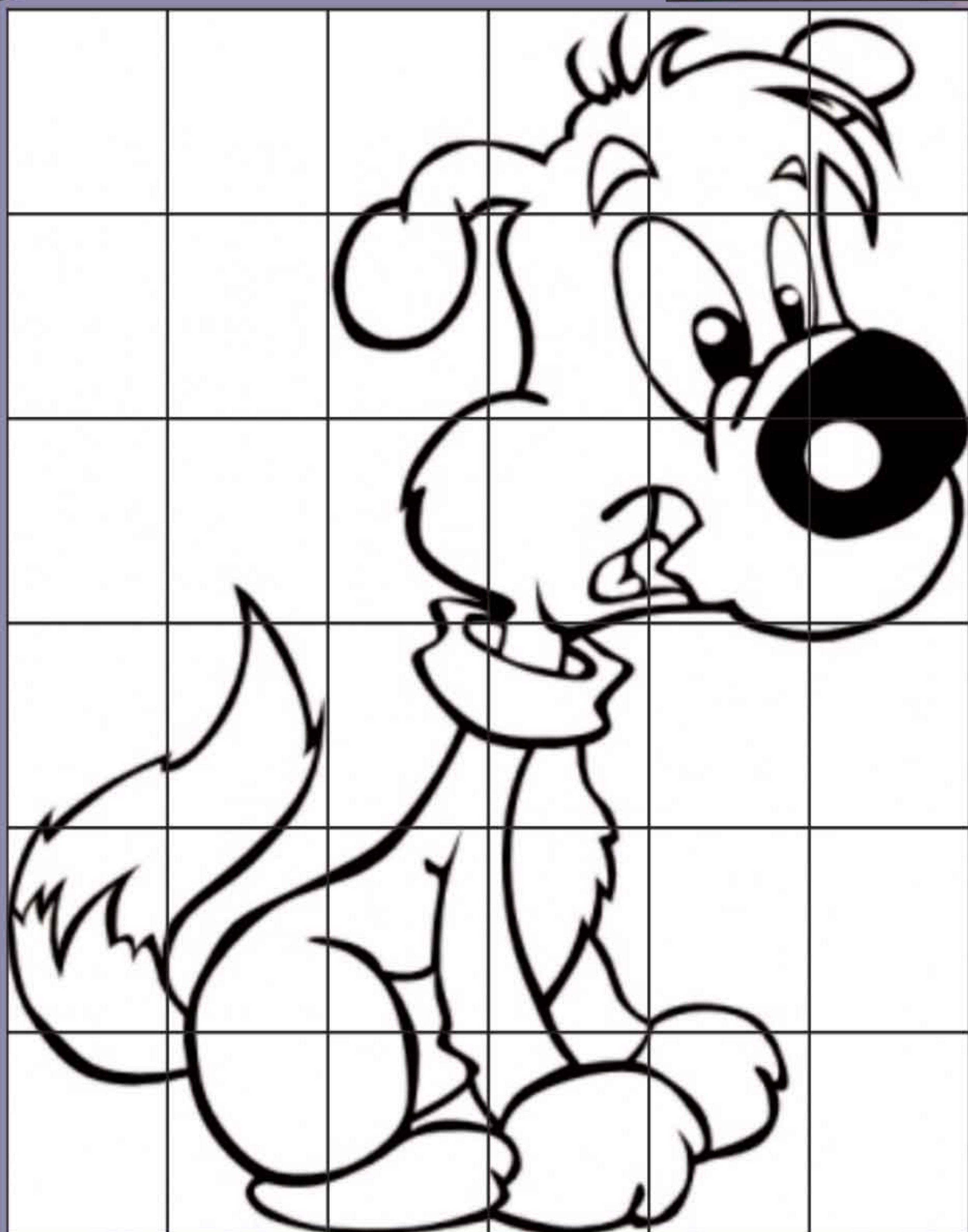
2. 121×2
4. How many minutes are there in one hour?
5. 8×11
7. How many weeks are there in one year?
8. Arrange 1, 2, 3, 4
10. 1 dozen = ?
12. 9×9
13. Half of 5308
15. Vertical clue 17 + 16
16. $204 \div 3$
17. Vertical clue 15 - vertical clue 2
18. $1388 \div 2$

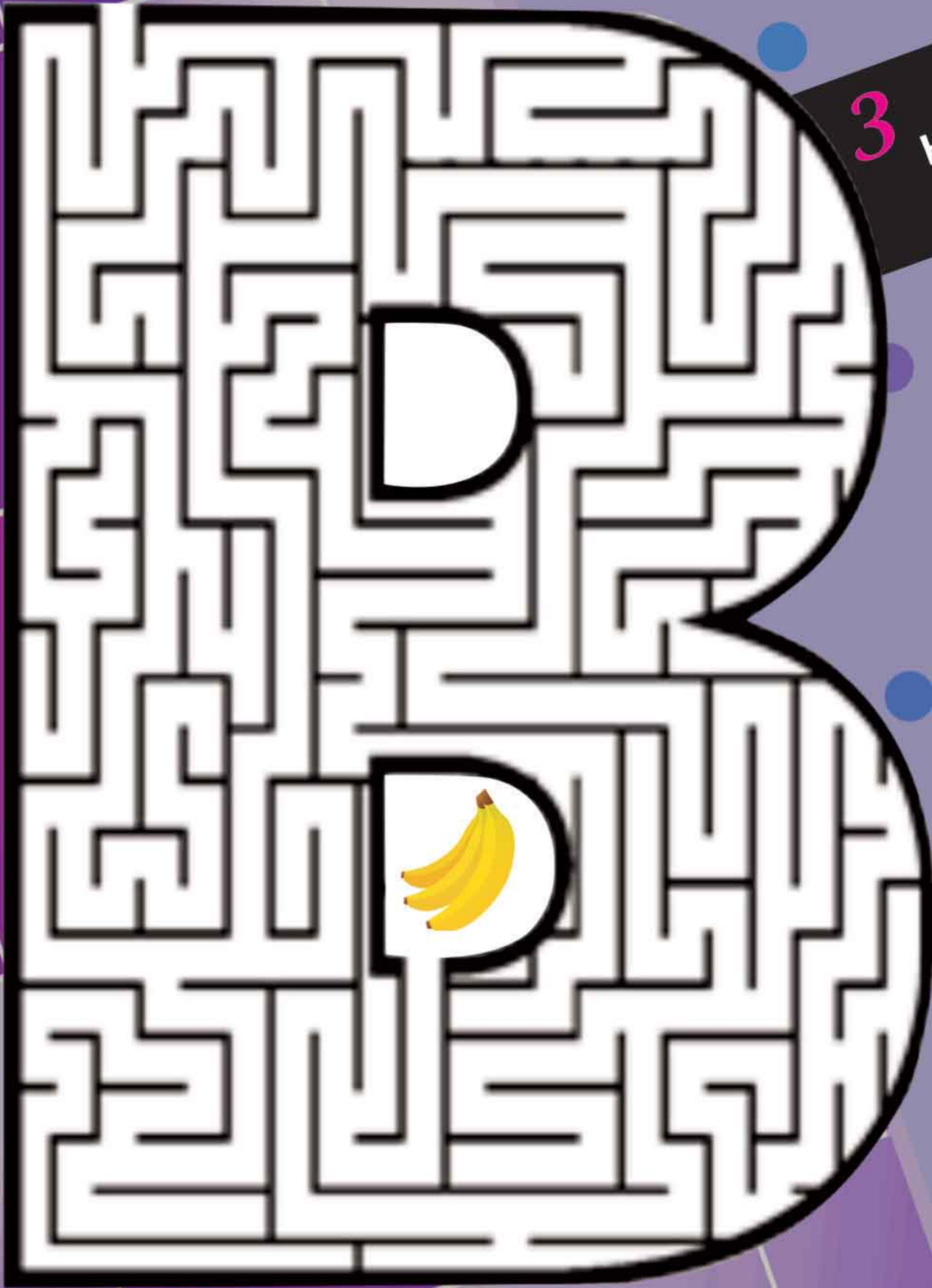
Vertical clues

1. The number of hours in a day
2. Vertical clue 19 - horizontal clue 15
3. Arrange 8524
4. $186 \div 3$
6. Half of 164
7. Horizontal clue 18 - 172
9. Horizontal clue 4 * 3
11. 793×2
14. 6×11
15. Horizontal clue 17 + vertical clue 2
17. 3×18
19. Half of vertical clue 9



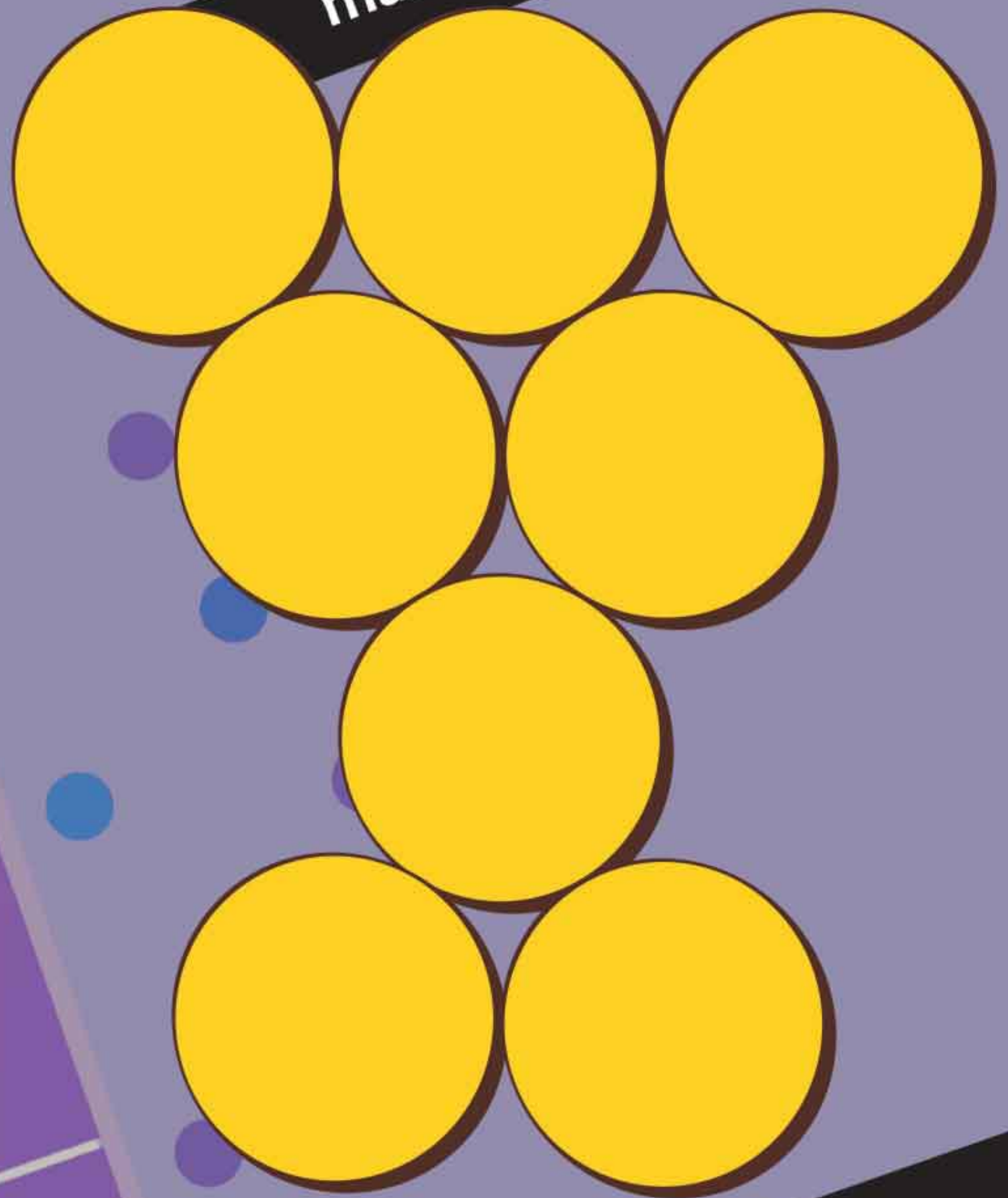
2 Copy the image given below in the squares beside it.





3 Help the elephant to find the way to the bananas it wants to eat

4 A figure made with 8 coins is given below. Move only 2 coins such that you can make the opposite figure.



5 This bottle is worth Rs.1 more than its lid. If the total price of both of them is Rs. 1.10, then what is the price of the bottle, and that of the lid...?

Sweet Memories



Once, on her birthday, a girl brought some 'sukhdi' (sweet dish), prepared by her mum, for Niruma. Offering the sukhdi to Niruma, she said, "Niruma, today is my birthday. I have brought sukhdi for you and this Rs. 500 for donation to Simandhar Swami."

Niruma said, "I will neither take the sukhdi nor the money. I don't take all these things from an immoral girl like you."

The girl was shocked to hear this. She asked, "Niruma, what did I do?"

Niruma said, "You back bite about others, you are deceitful and speak rudely to everyone. And you hurt a lot of people, don't you?" The girl agreed. Niruma said, "Then, wouldn't you be called immoral?"

The girl said, "Yes. But now what should I do so that you will accept my gift?"

Niruma said, "Give me a promise that from today, you will not trouble anyone, nor will you backbite about anyone nor be deceitful."

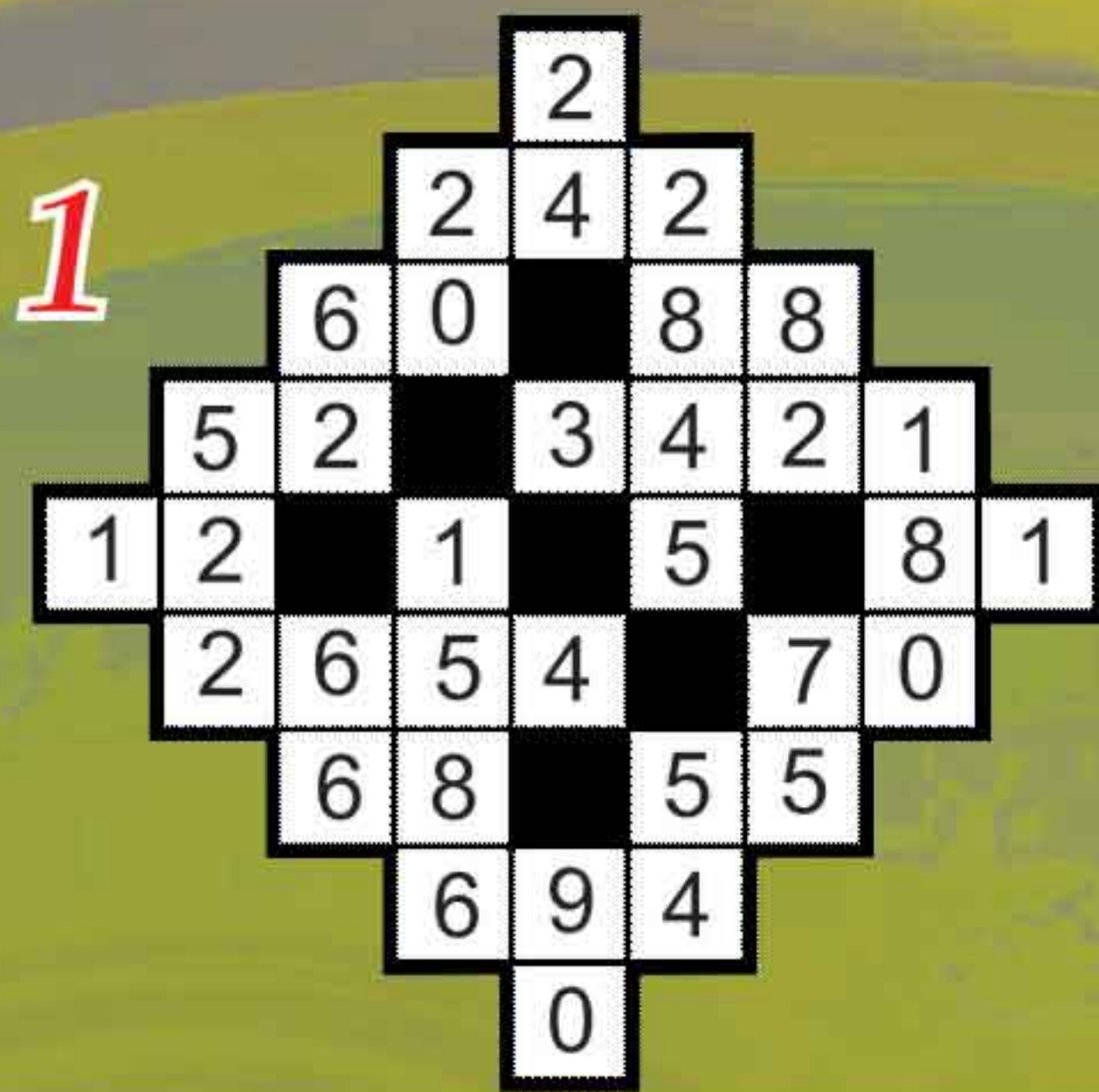
Promising Niruma, the girl said, "Yes Niruma. I will become the person you like."

Niruma laughed and said, "Yes, Ok. Now please give me some sukhdi."

After serving the sukhdi, she offered Niruma the Rs. 500 note again. Niruma took the Rs. 500 note in her hand. She wrote "Promise day" on it and the date of that day and signed it. Giving the note back to the girl, Niruma said, "Take this, on every birthday have a look at this note and remember the promise you have given me."

The girl said, "Yes Niruma. I will remember."

See friends, Niruma had such unique tactics to help people come out of their shortcomings! She would deal with the elders and kids in a manner most effective to them!

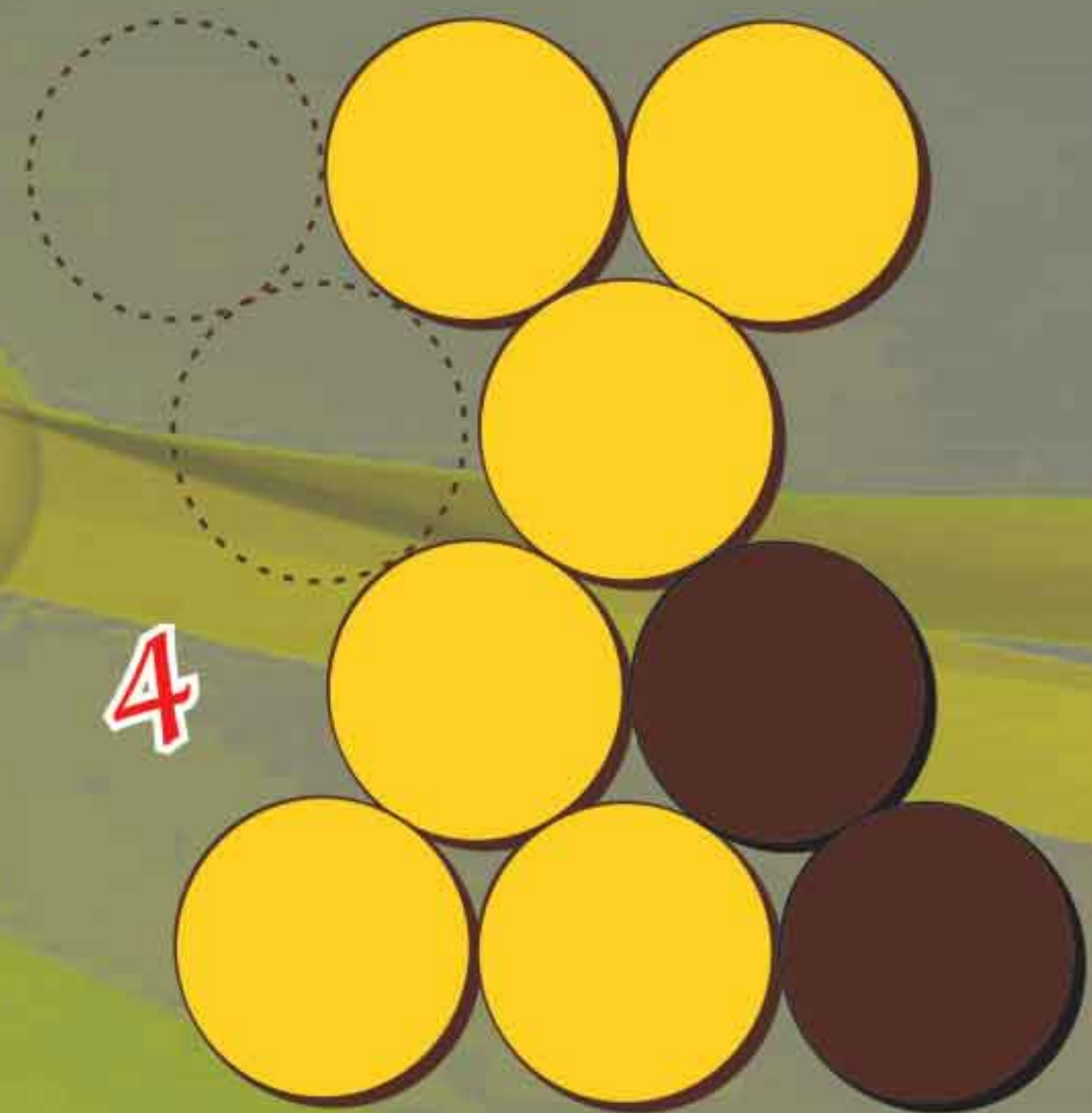


Puzzle Answers

5

Price of the bottle is Rs. 1.05,
and Price of the lid is Rs 0.05

4



" Good news friends! "

Get your creative hats on.. coz the kids website has organized a drawing competition;

the topic for which is -'One Day with My Favorite Bhagwan'



Your drawing may simply depict a day spent with your favorite God
or

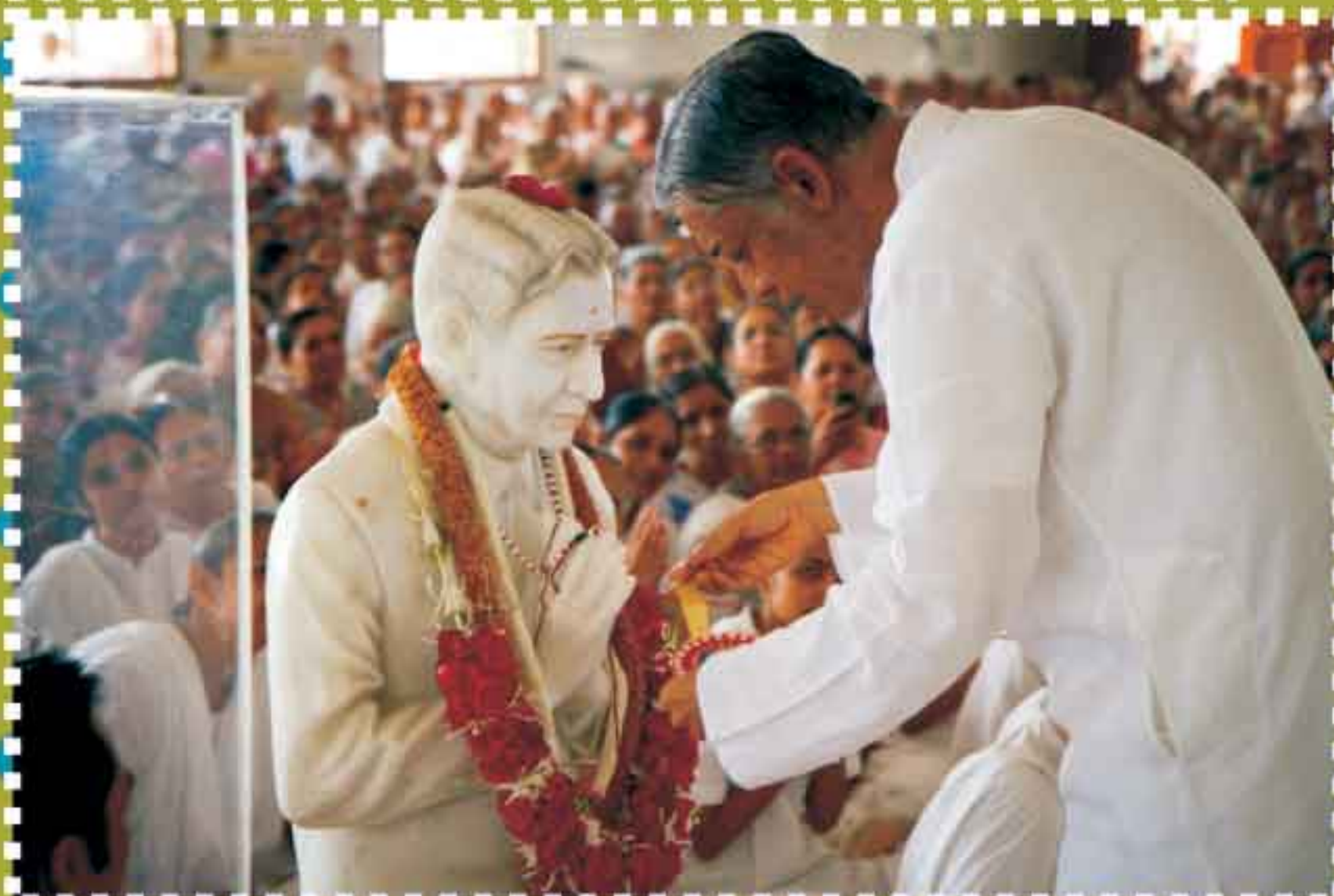
You may show how you would celebrate His birthday in your special way.

So what are you waiting for, log on to
<http://kids.dadabhagwan.org/contest-corner/contest/> for further details.

Submit your entries by 31st October 2012 and win exciting prizes.

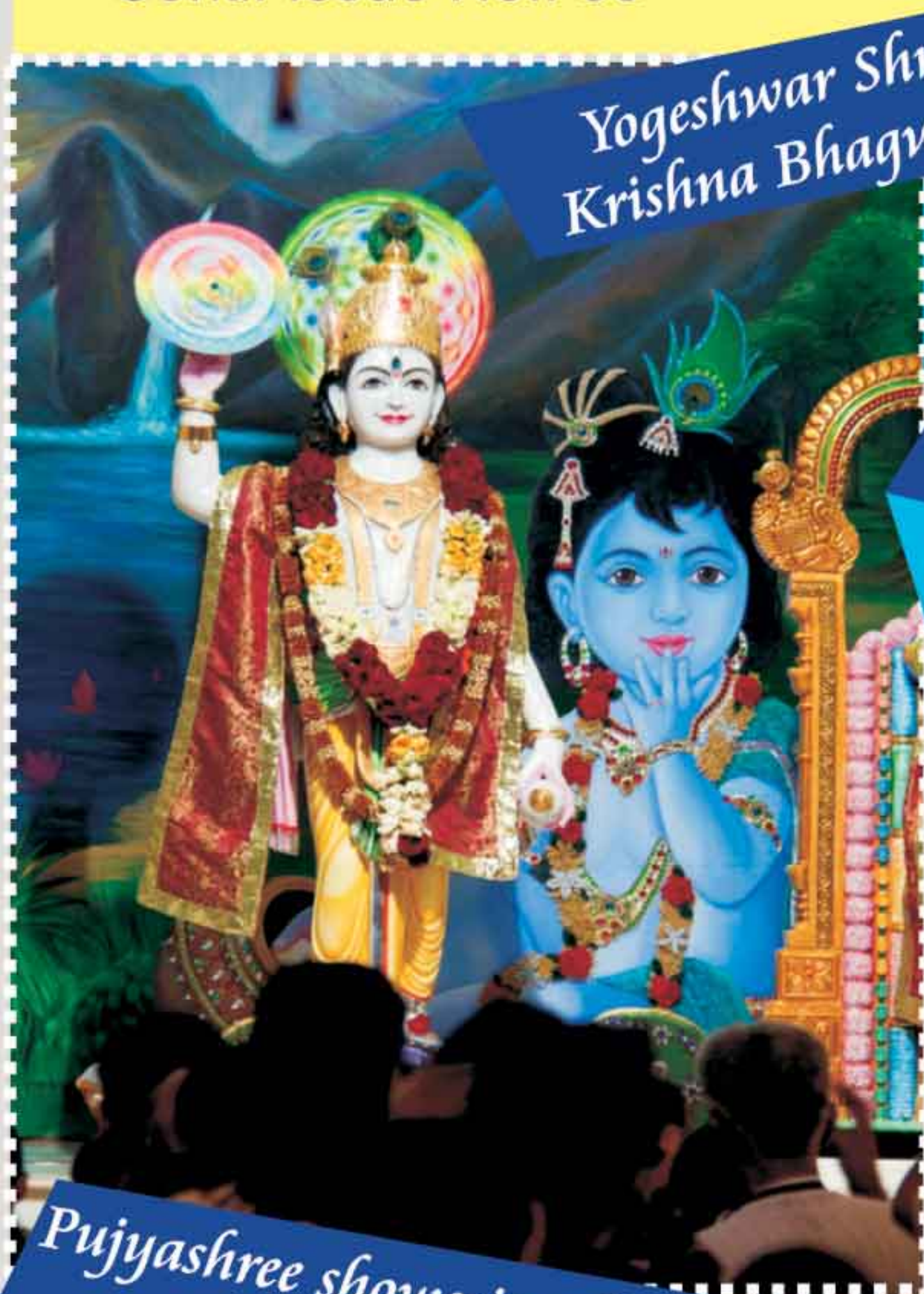
Pujyashree tying rakhdi's on Simandhar Swami, Param Pujya Dada, Pujya Niruma and Yogeshwar Shri Krishna Bhagwan on Raksha Bandhan day.

Raksha Bandhan



September 2012

AkramExpress



Yogeshwar Shri
Krishna Bhagwan

Janmashtmi

Pujyashree breaking the
pot at midnight



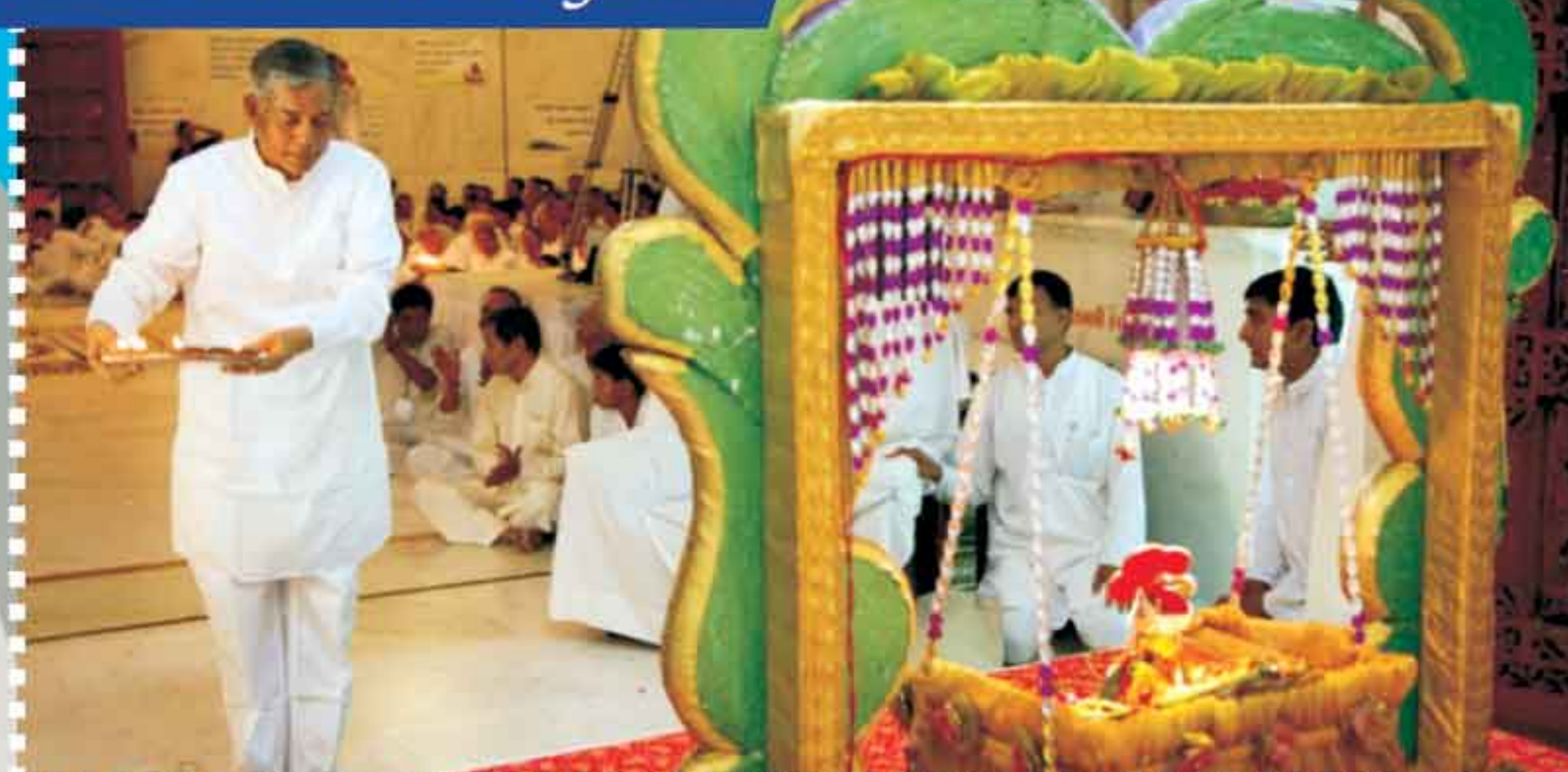
Pujyashree feeding Shrinathji
Bhagwan 'makhan' (curd)



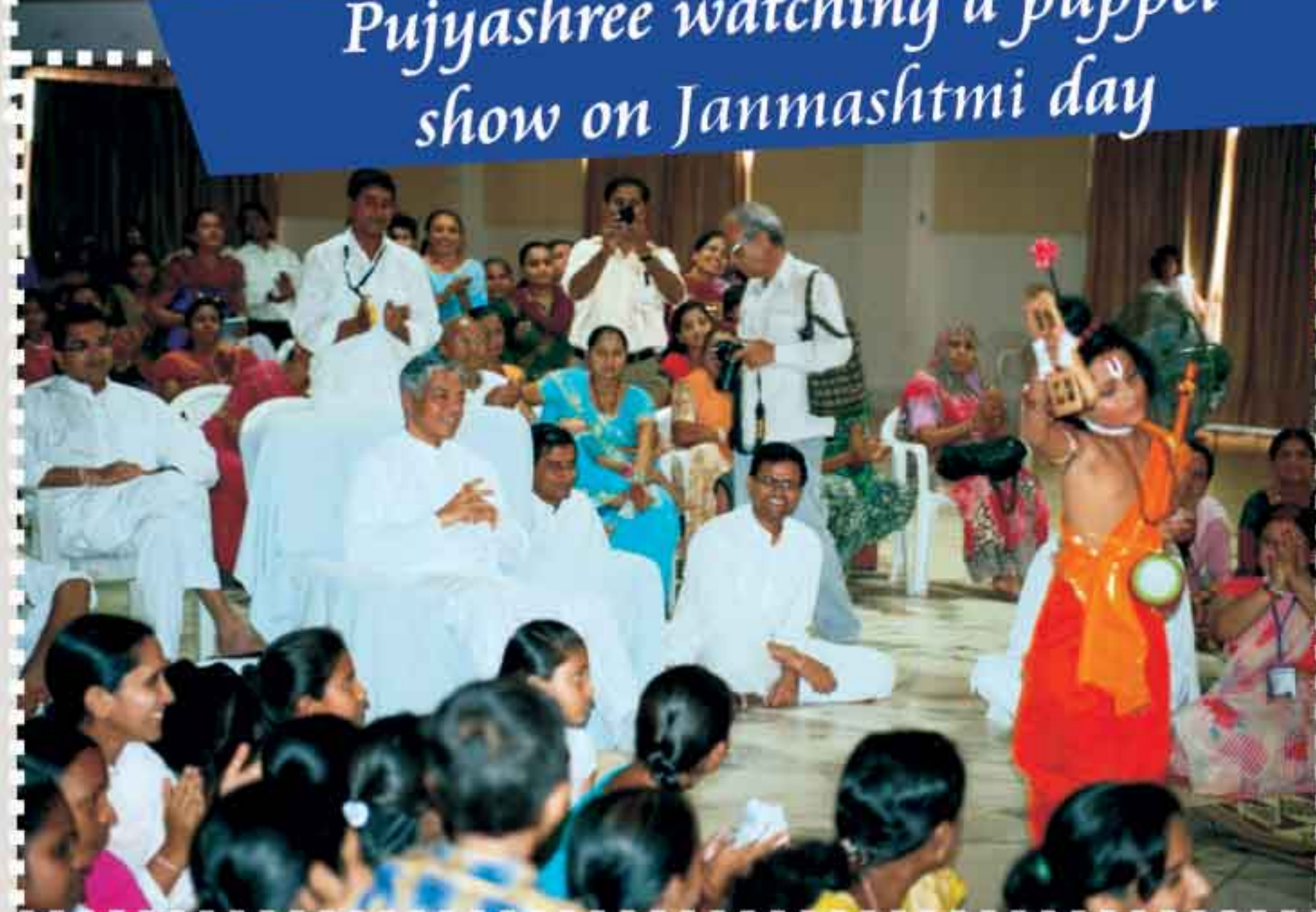
Pujyashree showering flowers
on Krishna Bhagwan



Pujyashree doing Arati of
Bal Krishna Bhagwan



Pujyashree watching a puppet
show on Janmashtmi day



Puppet show
team



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