

August 2012

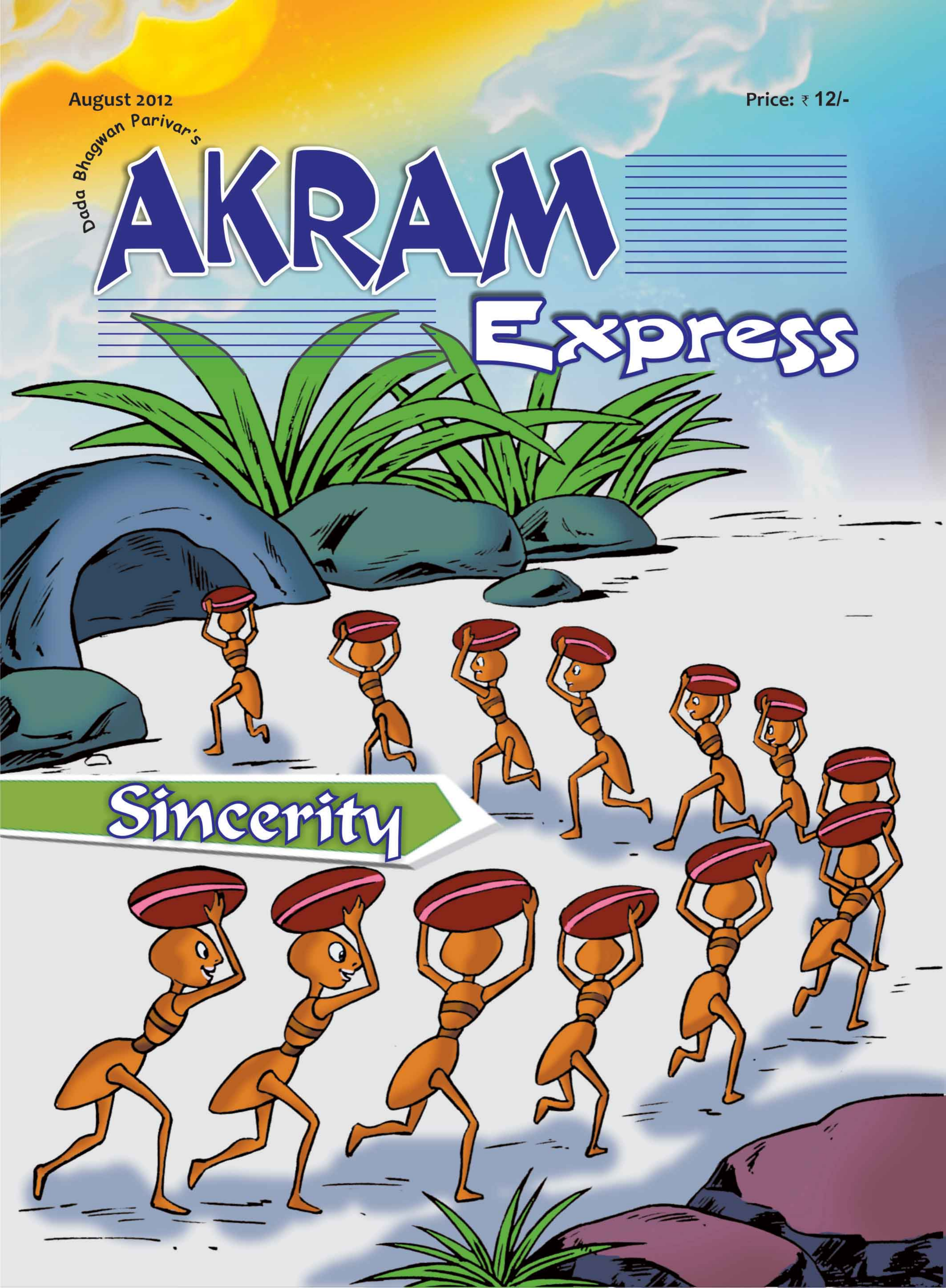
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Dada Bhagwan Parivar's

AKRAM

Express

Sincerity



Akram Express

Editorial

Dear Friends,
Sincerity has been a very significant virtue in all the great and renowned people in the world. Such people have neither considered any task to be less or more important, nor too small or big. Instead, they have completed every task on hand with the exact same sincerity. By remaining steadfast to their goal, they were eventually successful in their endeavor.

If sincerity is one of the keys to success, then should we not use this key?
Param Pujya Dadashri has also greatly praised this virtue of 'sincerity'. He has given us the beautiful understanding of how to develop this virtue.

So come, let us also develop 'sincerity' and progress on our path to a fulfilling life and successfully attaining salvation.

Dimple Mehta

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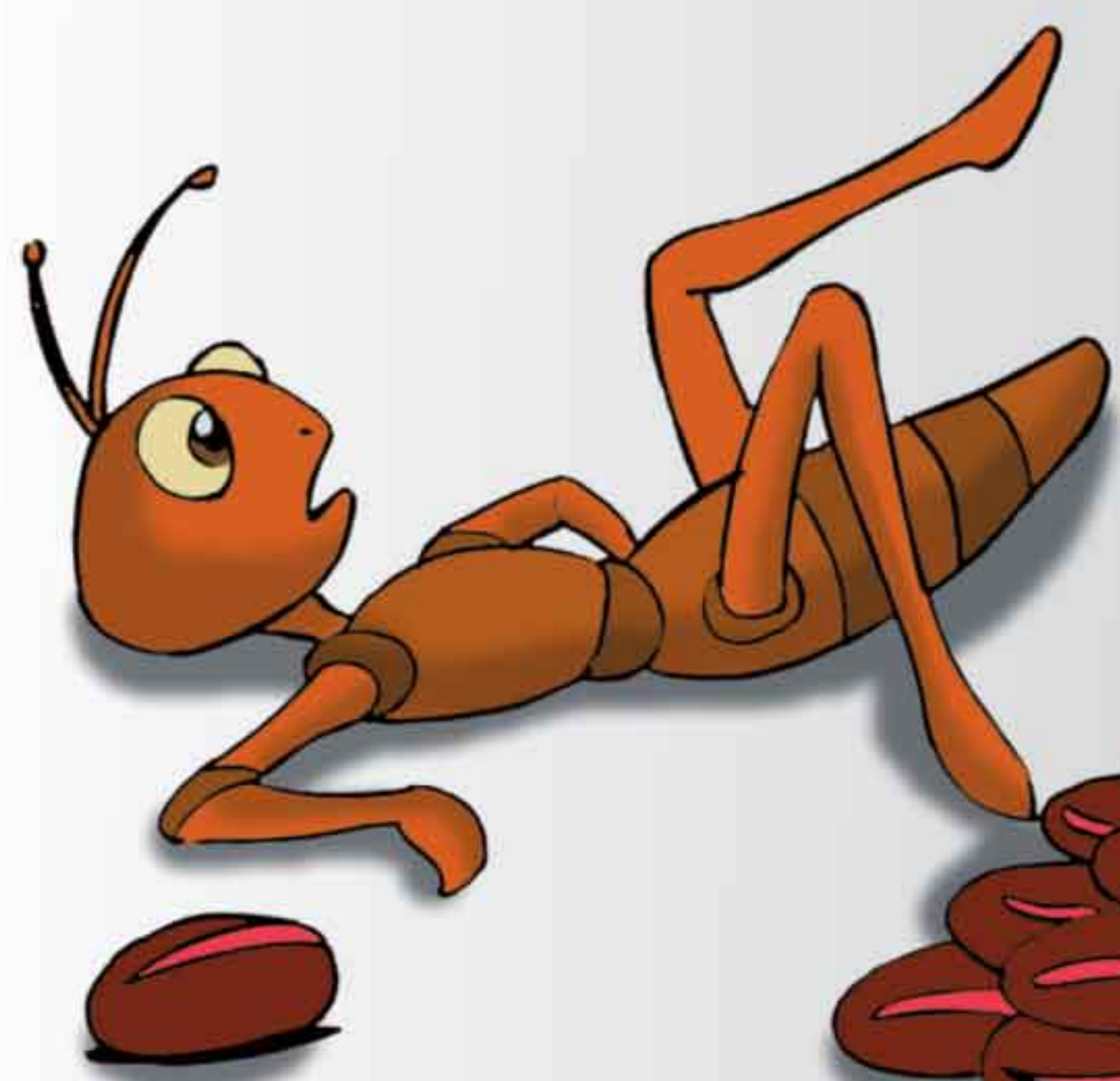
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Says...

Questioner: What is sincerity? How can one be sincere?

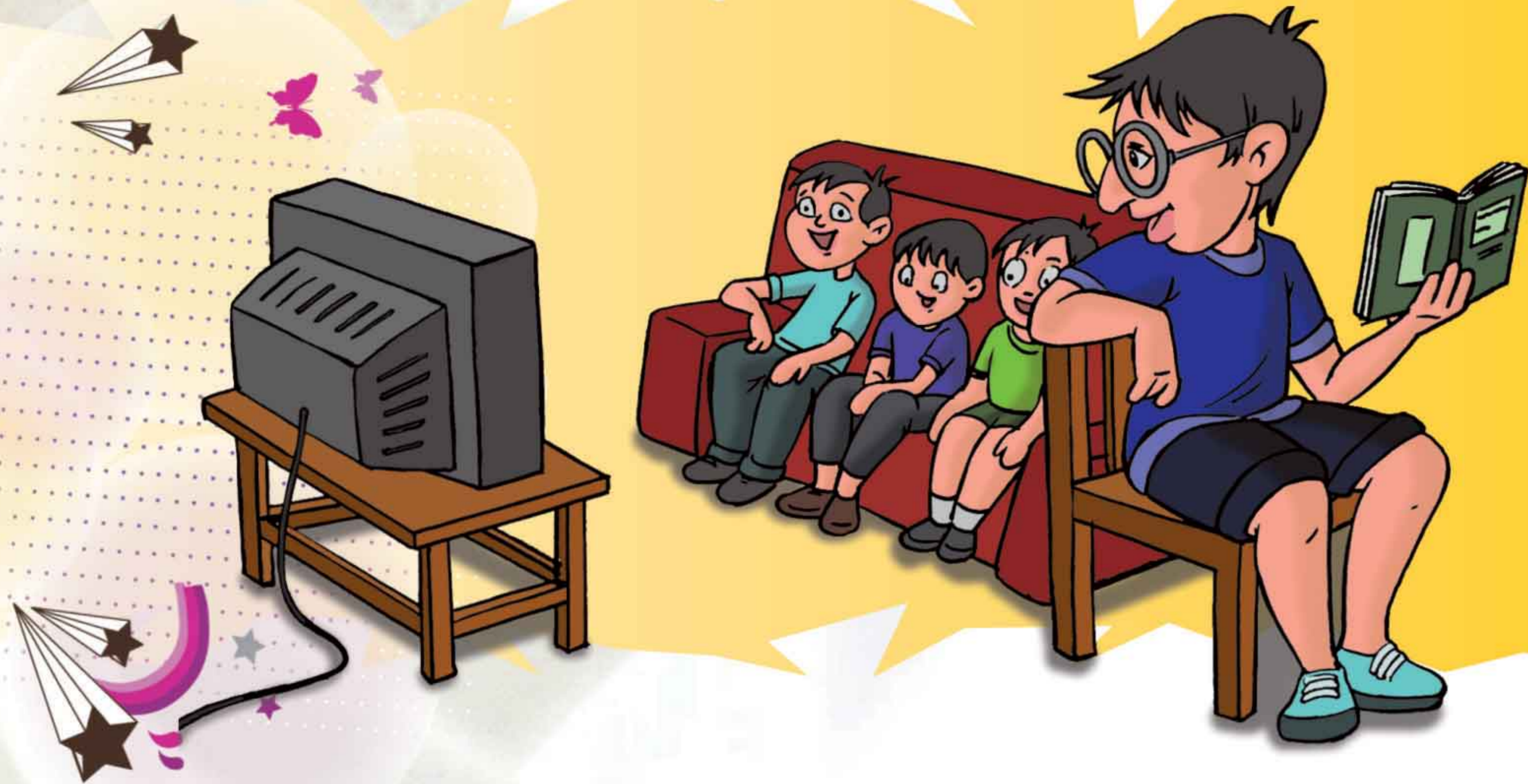
Dadashri: Sincerity is to stick to a goal, without deceiving yourself. We should be always sincere towards our goal. Even in situations where one may falter, the one who has an unswerving determination, the one who remains sincere to their resolution, will never have a problem. There are many sly things within us (greed, attachment etc) which do not allow us to remain sincere, but if one manages to remain sincere, then nothing can hinder him. For instance, when the ants fill their mouths with food and climb the wall in order to store the food in their ant-holes, they fall down many times yet they sincerely keep on trying again. Eventually, by evening, the ants are successful in storing many grains of food in their ant holes.



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Questioner: Does that mean that if one has a strong determination to achieve his goals then he will be sincere?

Dadashri: Yes, of course, one can remain sincere only if the determination is strong! Otherwise, if there is no determination, what happens then? If you meekly go in the direction where the river is pulling you down, then the shore will be left way behind! Instead, if the river is pulling you this way, then you should make every effort to move towards the shore. For example, when exams are nearing and everyone at home is watching movies, you also decide to join them, and then you get a low grade. Is it not obvious that there was no determination there whatsoever! However, if you have a strong determination to pass your exams with good grades, then your mind will not tempt you to watch movies and you will be able to concentrate well on your studies.



One should never be insincere to anybody even to the slightest extent as this causes our own sincerity to break. The one who is not sincere to others cannot remain sincere to himself. Moreover, where there is no sincerity, there is nothing.

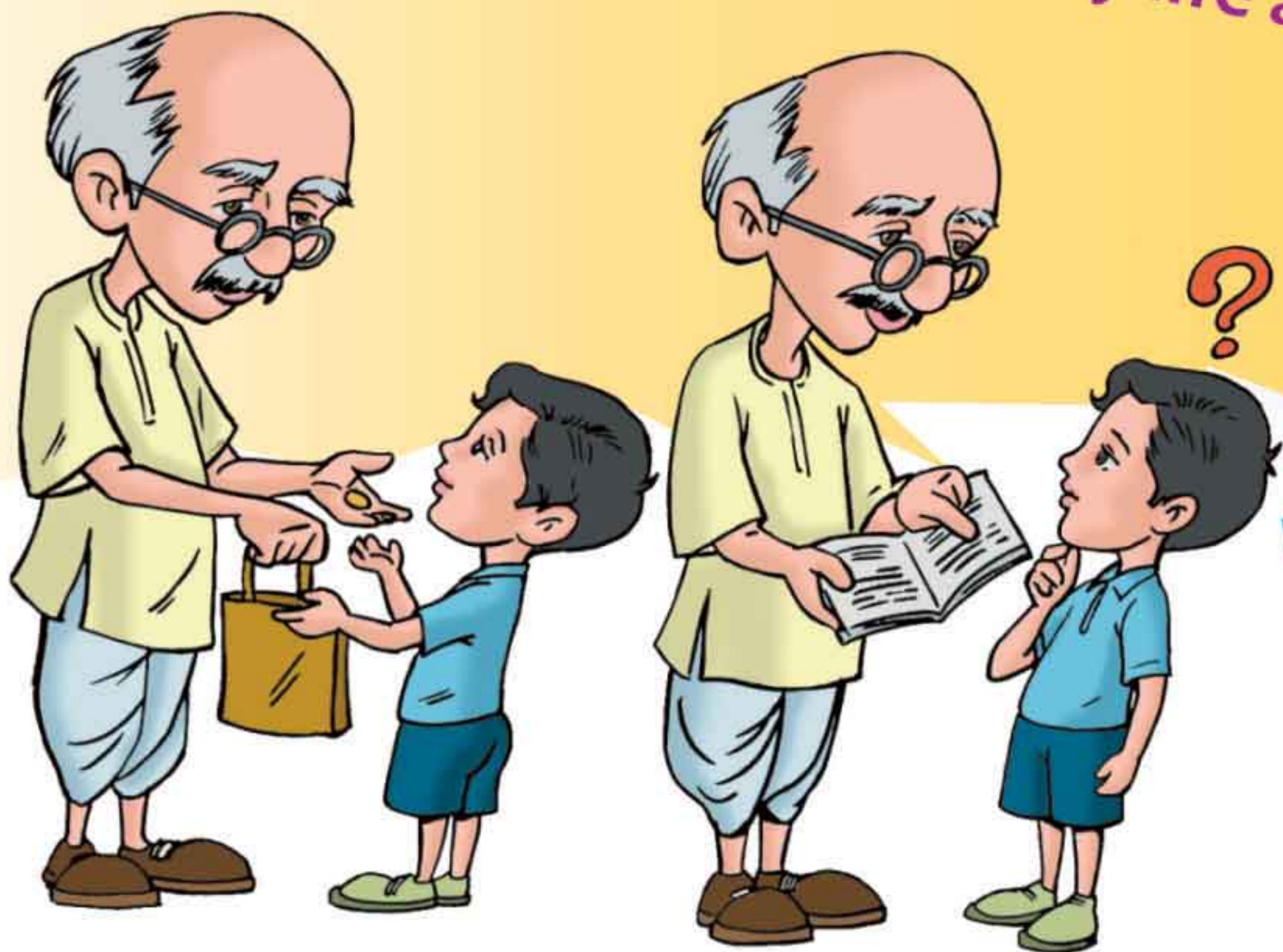


This virtue of sincerity is the main road to reach God, and can ultimately leads one to salvation. The more sincere you are, the more you receive Dada's grace (krupa).



Absolutely New & Different!

- Even if you are 'insincere' to just one person, he will prevent you from attaining salvation.
- 'Krupa' (grace) means 'sincere every time'. For that, 'complete sincerity' is the only thing required.
- By being sincere, you will not feel any fear for anything in worldly life and that quality will lead you to salvation.



One can win over all those things to which one remains 'sincere'. For example, if you sincerely complete any work assigned to you on a daily basis, then people will do your work for you when you really need help.

The more sincere you are, the more you will feel at peace.



There is sincerity where one is heartily. There is interference where intellect resides. For example, if some work has been assigned, then the hearty person will sincerely do the work, whereas the one with intellect will think - Is this work important or not? Will everyone notice me or not? Etc.

Success through Sincerity

There was a charming village situated five miles away from the city. Chandu, a ten-year-old boy, lived in that village with his poor family. Every evening, Chandu and his friends would go to play on a hill on the outskirts of the village.

One evening, a car stopped near this hill and four-five people alighted from it. They all began to survey the place and then had a short discussion amongst themselves. Seeing this, the curiosity among Chandu and his friends was aroused. In that instant, one of them came to Chandu and asked, "Who is the Chief of this area? We want to meet him."

Chandu led them to the village chief. The chief welcomed them all with utmost respect. Then one of the strangers told the chief about their objective to come to his village, "We have come from the city. Our master got a message from 'Devimaa' in his dream, asking him to build a temple of the Goddess (mataji) in this village." The chief was very happy to hear this, "This is excellent news. Can there be any greater merit karma than God himself coming to our village?"

"That is true, but there is one problem." The stranger continued, "We saw the place as specified in the dream, but there is a very big hill there. Moreover, there are no proper roads here, nor is there a possibility to bring in supplies. Therefore, it seems that building a temple here will prove difficult. After considering all the options, we have come to the decision that it is not possible to build a temple here." The chief was disappointed to hear this. Seeing his disappointment, one of other strangers said, "Let's do one thing. We will re-visit this place after six months; and we will also bring some foreigners with us so that we can ponder over this issue properly." Saying this, they bade farewell. The chief watched them go with tearful eyes.

Chandu, who was standing beside the Chief, ran once more to the hill and stood there for some time. Then, with a faint smile on his face, as if he had made a decision in his mind, he returned. He had his dinner at seven o'clock and went to bed. He woke up at four in the morning and went to the hill with a bucket. He filled the bucket with pebbles, soil, and rock from the hill and emptied the bucket a bit further away. Repeatedly, he would return, fill the bucket, and empty it. In this way, whenever he had spare time, he would do this. One week passed by in this manner.

When Chandu's friend, Pappu, saw him doing this, he was very surprised. "What are you doing?" Pappu asked in amazement. Chandu informed him about the visit of city people and the message from 'Devimaa', "That's why I am clearing this hill. Come, you join me too." Pappu also joined Chandu on this project.

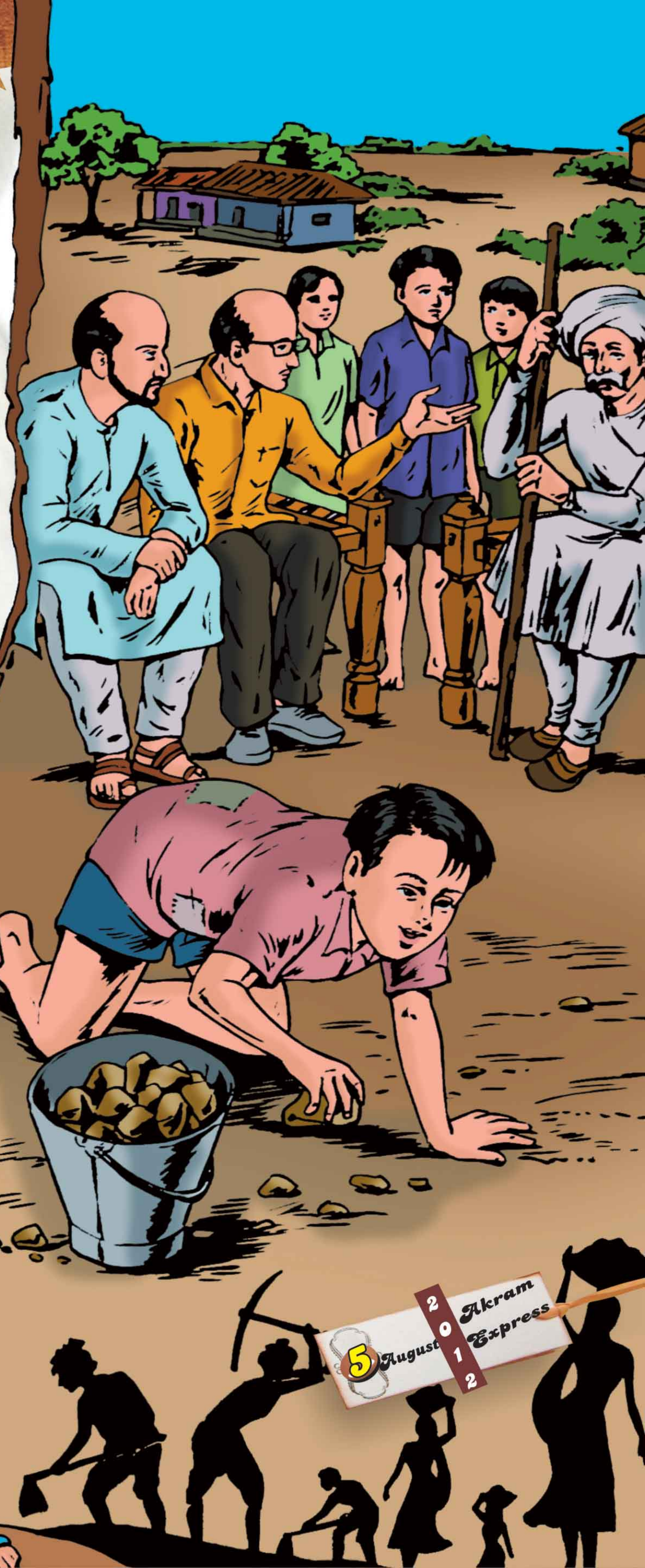
Another week passed. Both, Chandu's and Pappu's fathers came to know of this activity. Both felt proud of their sons and they too joined the project. They would break the rocks using axes, while Chandu and Pappu would collect the broken stones and throw them further away. Eventually the villagers found out about this and they all began to join in this work. Instead of piling up the mud from the hill, they started spreading it. In this way, a road began to take shape. At the end of six months, not only was the hill flattened, but there was also a nice long road, which joined a road coming from another village further down.

Suddenly one day, a big car came and stopped near the road. Chandu recognized some of the people sitting in the car and said, "Come with me, I'll take you to our chief." The team was surprised to see the road. They followed Chandu who was running with joy and calling out to the chief, "Chief Uncle, just see who has come to our village! Now, God will definitely come to our village."

The chief welcomed all the guests, fed them and said, "Now, the hill is no longer there; even a road is ready; now a temple can be constructed, right?" The team was surprised to see a drastic change in the village. One of them said, "This is a miracle, our master will be ecstatic. The temple will definitely be constructed. But how did this happen?"

The chief called Chandu to the front and while looking at his twinkling eyes and lovingly running his hand over Chandu's head, he said, "This is the work of our little magician. All this was possible because of his enthusiasm and devotion. He would move pebble by pebble daily in the hope of clearing the hill."

One senior person from the team asked, "How did you get this idea, my son?"





Chandu answered, "I had seen how ants build a hill, grain by grain. So, I thought it is possible to even flatten the hill, moving away pebble by pebble!"

"But didn't you feel tired?" asked the senior person.

"Tired of what? In fact, I was happy. With every pebble being removed, I was getting closer to my goal!" said Chandu.

"But didn't you ever feel like not waking up at four in the morning? Didn't you feel like dropping the idea, even for one day?" the person asked again.

Chandu said, "If I were to be insincere in this way, then what would happen to the work of constructing the temple? We had to attain our goal in six months."

Impressed by Chandu's sincerity, the senior continued questioning, "And how did you feel when the others joined you?"

"That time I was grateful to God and thanked him profusely for assisting us so much in achieving our goal!" answered Chandu.

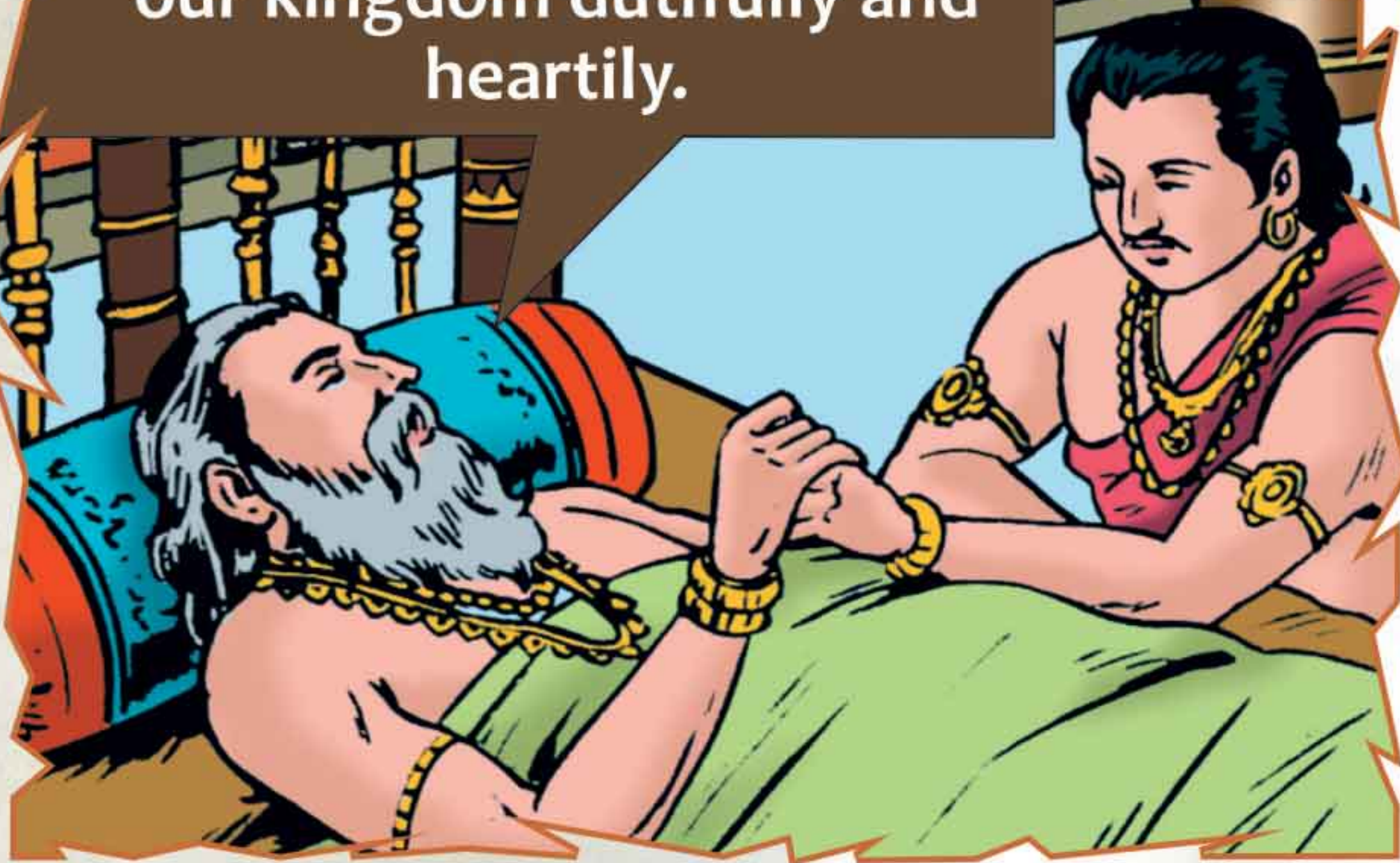
The team coming from the city confessed, "We have heard a lot about how sincerity leads to success, but today, we have actually seen it happen in person. We are very grateful to you all for making this temple construction project successful, which would not have been possible without the unity of the village or the sincerity you all displayed for the work. We will request our master to come and perform the ceremony of laying the foundation, tomorrow itself. He will be extremely pleased to hear this news."

The foundation laying ceremony took place the following day. The villagers got employment, their income increased, and peace and happiness within the families also increased. In a short while, God took residence at the temple, and the peoples' happiness knew no bounds.

From that day onwards, not only did the prosperity of the village increase but together with that, the path to Moksha (salvation) also opened up!!!

It's never too late to start

Indravadan, my son, promise me that you will take care of our kingdom dutifully and heartily.



Doing the right things!

After a few days, the king passed away. Prince Indravadan succeeded him as king and as promised, he took over all the responsibilities of the kingdom.



But, as time passed by, the prince became engulfed in worldly pleasures. Sometimes hunting, at other times music. He was not at all sincere to the promise he had given his father.

Suddenly one day,

Dear King, the king of Sonpur has attacked our kingdom and there is disorder everywhere. We are in no position to oppose them. What should we do now?



To save their lives the king and his ministers disguised themselves and sneaked out of the kingdom. The king was disguised as a shepherd.

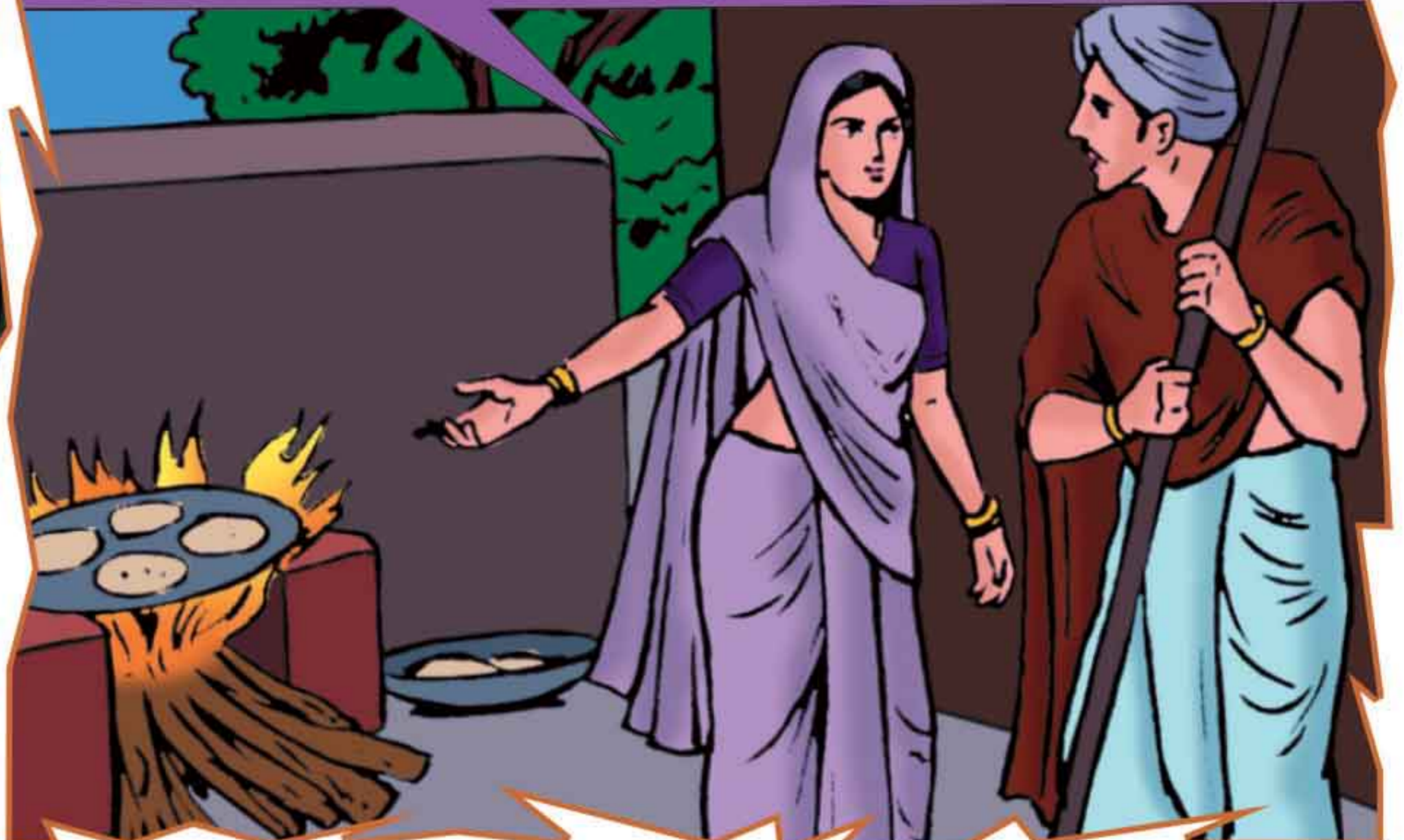
The king was wandering aimlessly in the jungle. After wandering for many days, one day he came to a carpenter's hut.



Sister, I am very hungry. Can I get something to eat?

Come, sit down.

You will get food but you will have to do some work for me. I have to go out to milk the cows. I have kept some 'rotlas' (millet flour chapattis) on the stove. Please watch over them carefully and ensure that they do not burn.



Yes, sure.

While sitting near the stove, the king dozed off; all the rotlas were burnt and the hut was filled with smoke.



After a while,

What is this? Hey you lazy person, wake up. What have you done? You couldn't even manage to do a small task like this properly?



Like king, like citizens. What a pitiful state this kingdom is in because of an aimless king! And today, due to this lazy person, we will remain hungry.



The king was flabbergasted to hear this.

Just then, the carpenter walked in. He recognized the king.

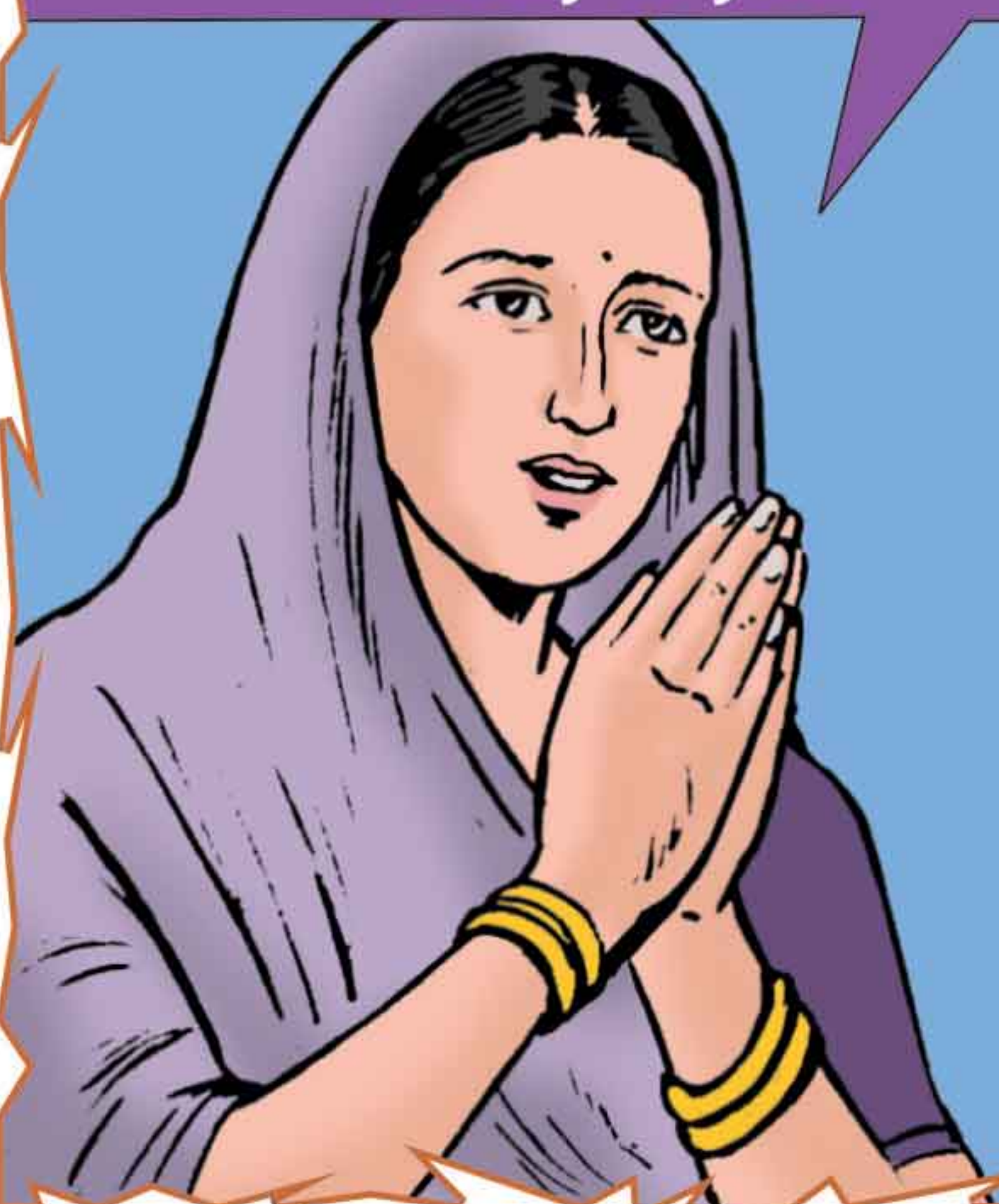
What dire consequences have come about because I did not sincerely keep the promise given to my father! Drowned in worldly pleasures, I forgot my duties. What a terrible mistake I have committed!



Please shut up. Do you even realize whom you are saying all this to? He is the king himself!



Oh King! Please forgive me for speaking so rudely to you.



No sister. You have only spoken the truth. I totally deserve your reprimand. I had told you that I will watch over the 'rotlas' but I couldn't manage to do even that much. Whether a given task is big or small, once you have agreed to do it, it should be done diligently and sincerely. This time around, I failed; but now I will not. The king's duties are waiting for me.

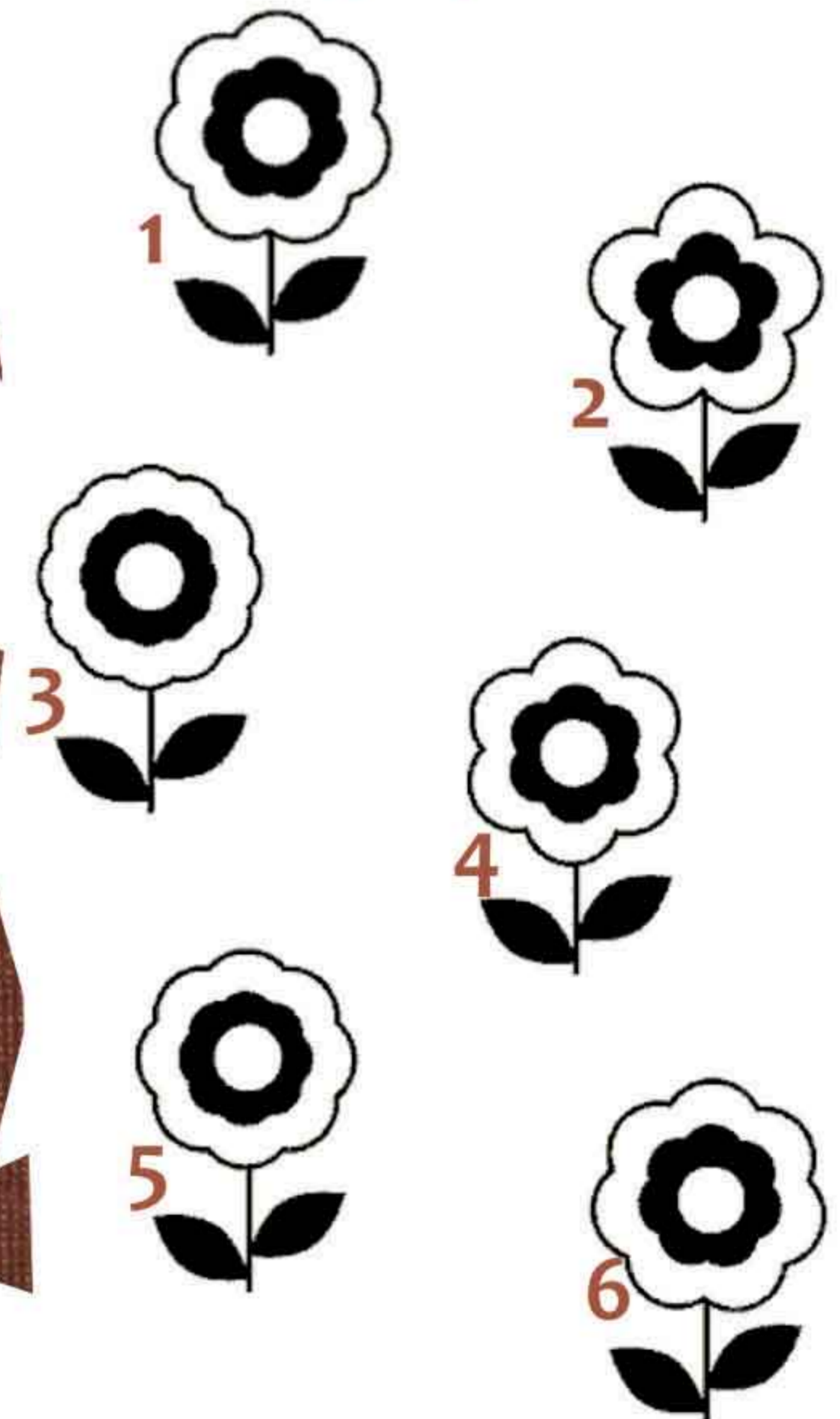


Let's Play...

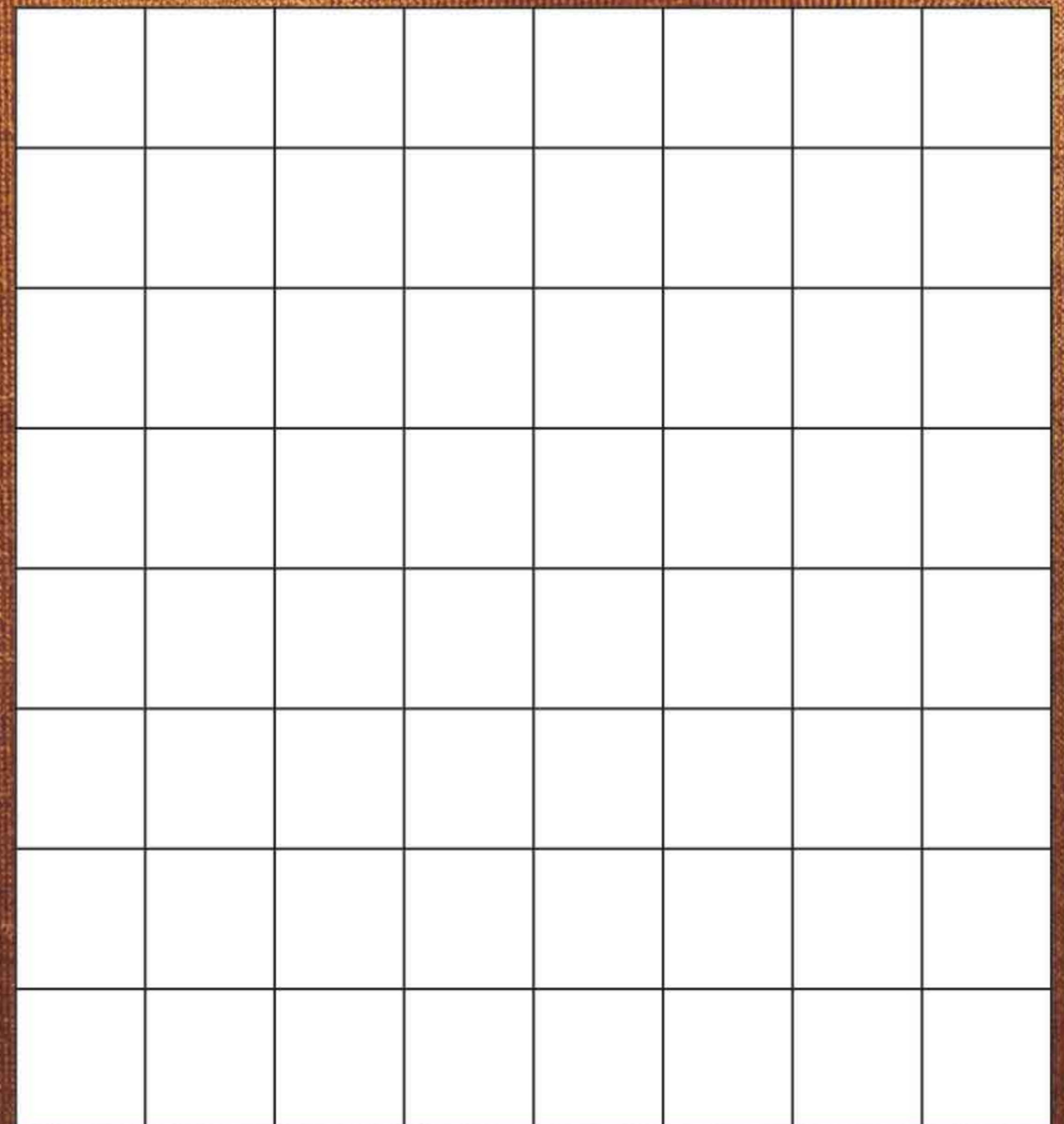
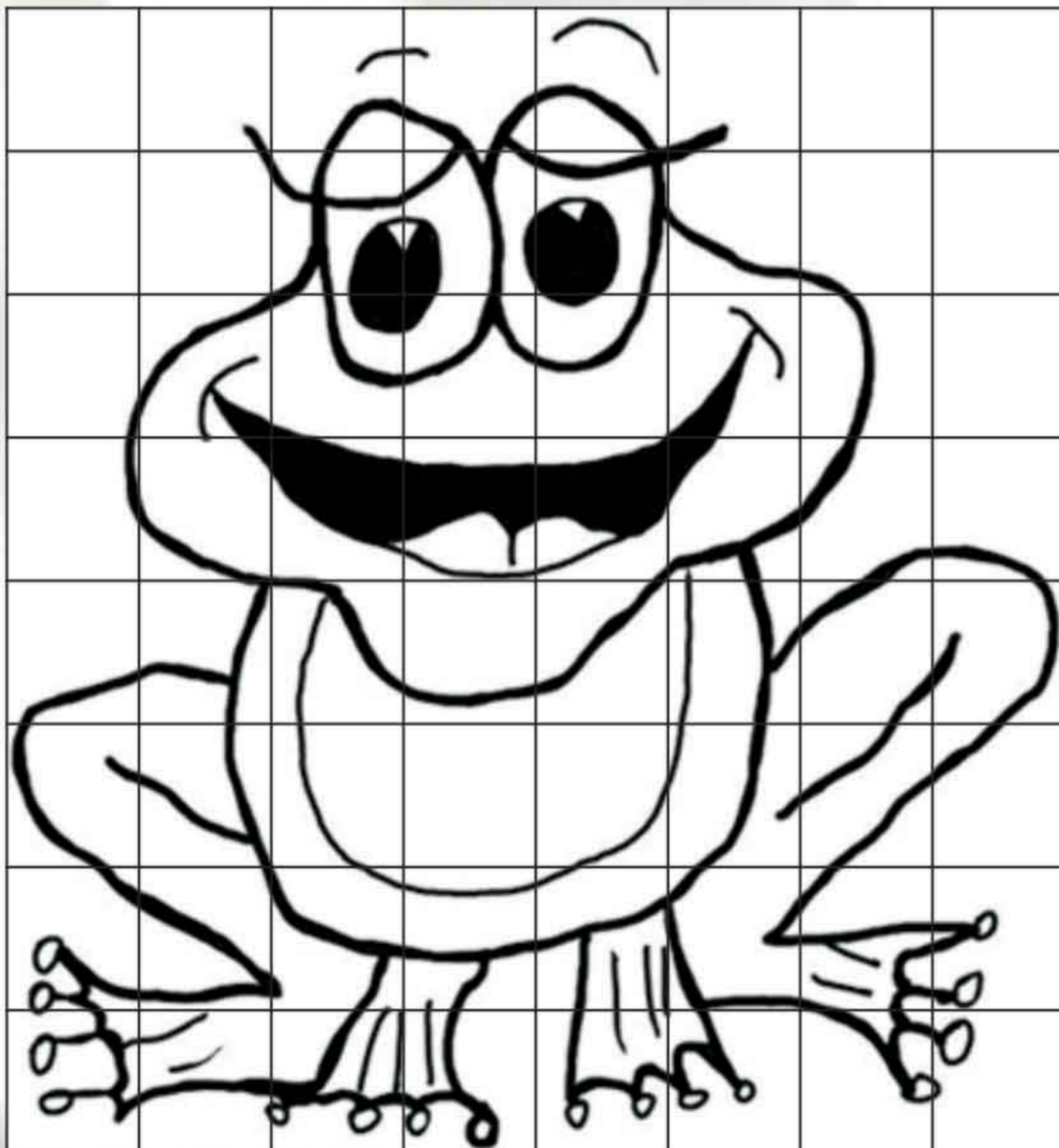
find your way through the picture given below:



2 Figure out which two flowers are exactly the same from the ones displayed below:

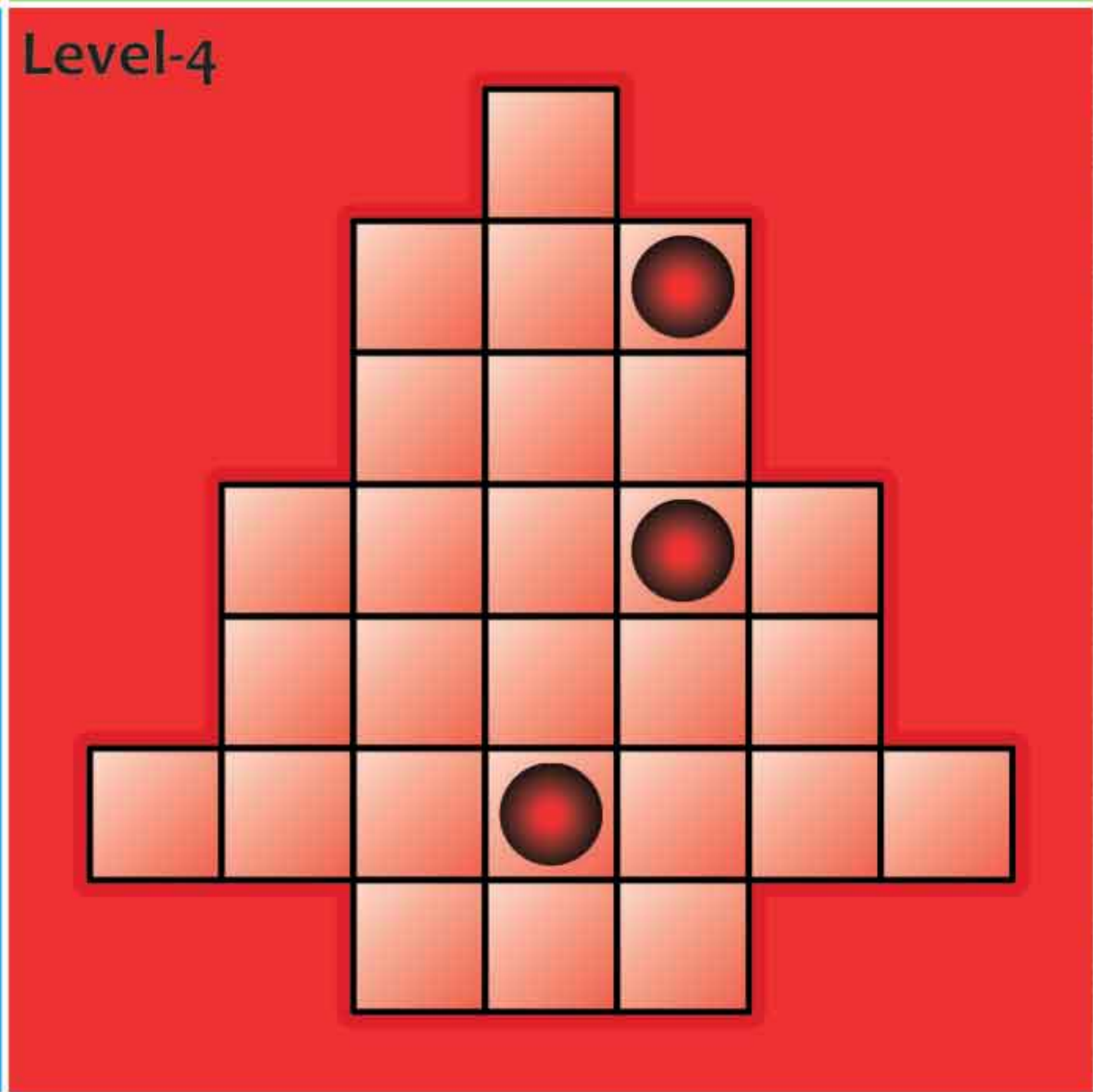
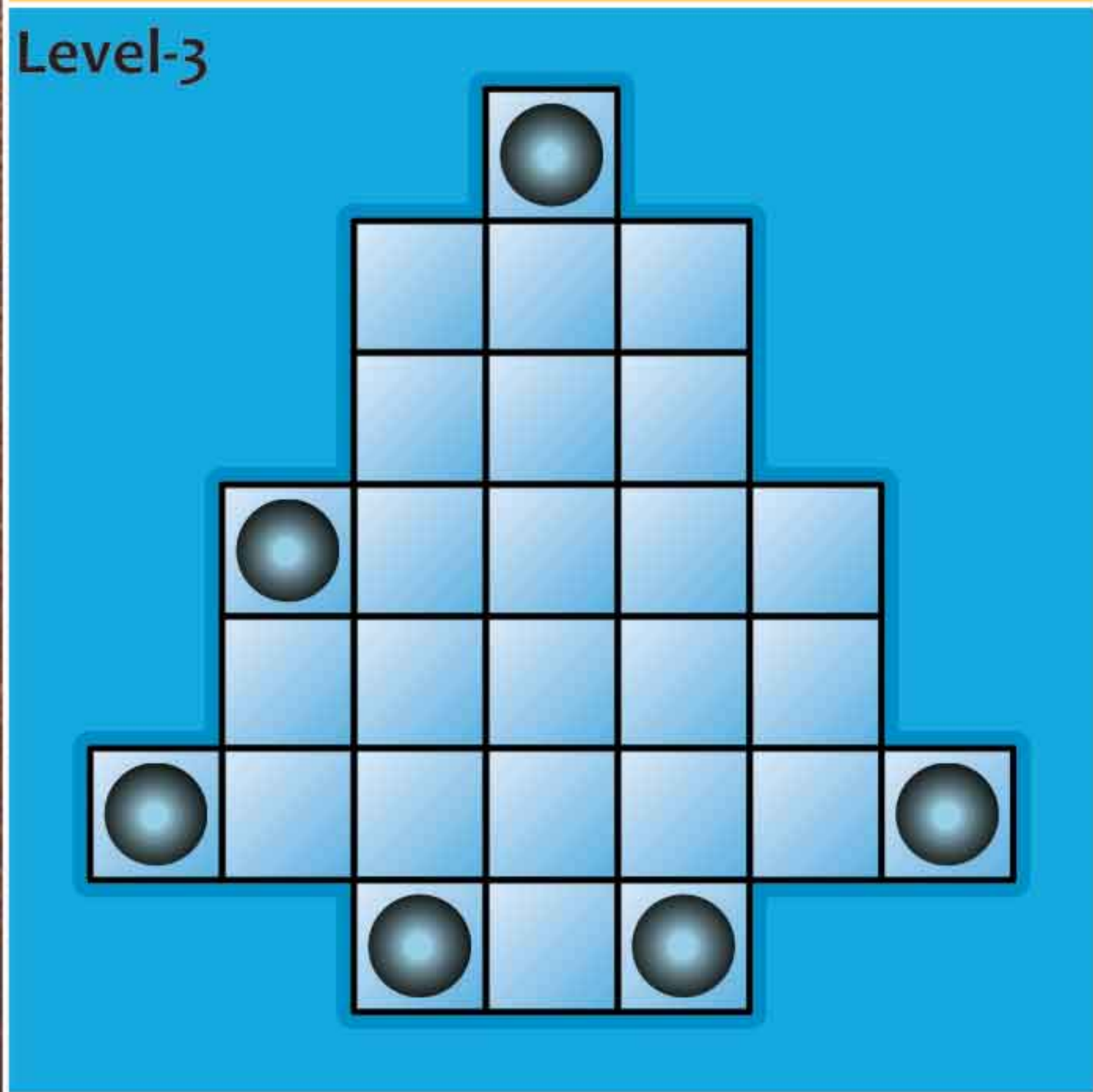
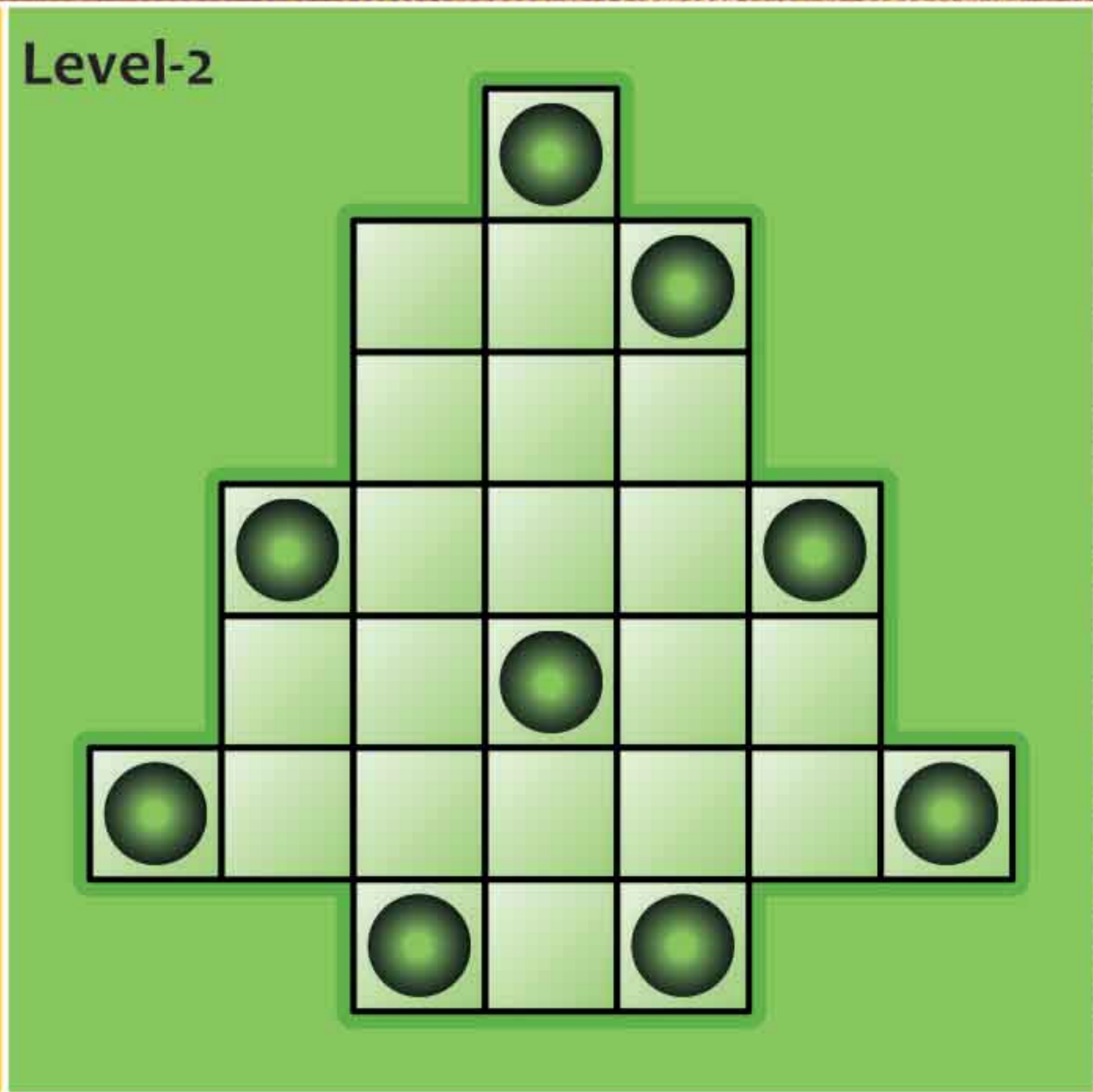
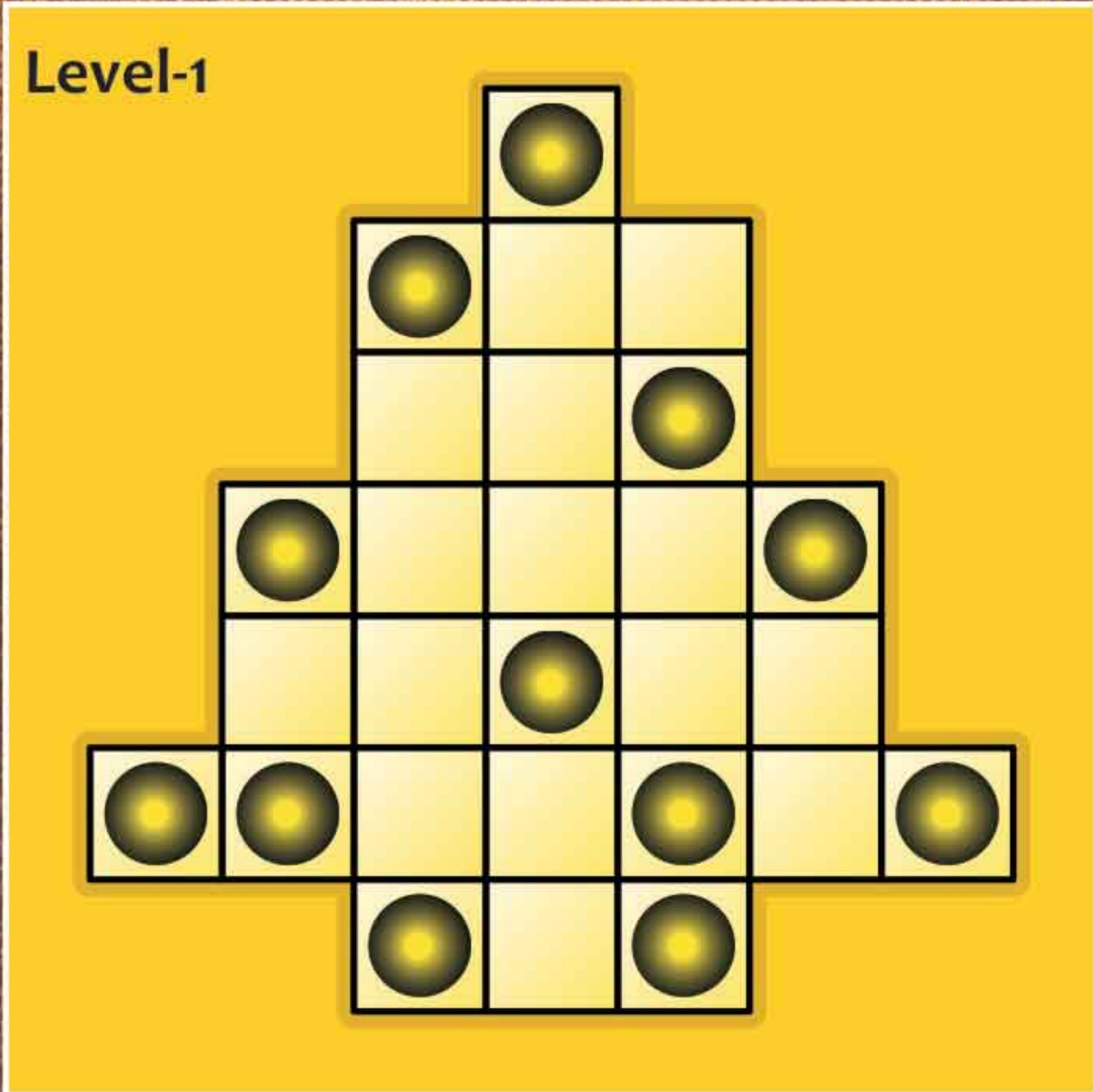


3 Use the squares in the picture below as a guide to draw a beautiful picture in the empty squares next to it.



4

The images below are showing four levels. There are three similar shapes hidden within one level. In the same way, every level has three shapes in them. Can you find them all?



Ha..Ha ha...Hi..Hi bi...

Ramesh: How many years can humans live without their mind?

Mahesh: I don't know, but how old are you now?

During recess, naughty Bunty shouted, "Has anyone lost their shoes?"

One student: Yes, mine are lost.

Bunty: But I have only found the laces.

Teacher: Tell me, children, what would happen if it were never hot?

Mischievous Tiku: Sir, then there would be no summer holidays.

King Kanakrath reigned over the kingdom of Tetlipur. He had a very proficient minister called Tetliputra. He was well known and respected in the kingdom. The king also had a lot of respect for him. Due to the fame and respect he enjoyed, he was never inclined towards religion. Tetliputra was happily living with his wife, Pottila.

As time passed by, Tetliputra started disliking Pottila. He wouldn't talk to her. As a result, Pottila began to feel sad and anxious. One day, sadhvi (nun) Suvrata and her two disciples came to their house. Pottila told them about her husband's dislike for her and asked if there were any mantra-jhaap (sacred verse-chanting) which she could do to remove this dislike.

Sadhviji Suvrata told her, "We don't have any such solutions. We are here to give religious preaching." Pottila felt a keen desire to listen. Hearing the religious preaching, Pottila felt detachment for worldly pleasures. She felt like taking diksha (renunciation).

When Pottila went to Tetliputra to ask for permission to take diksha, he replied, "I will only allow you to take diksha if you promise me that after renunciation, when you complete your life and are reborn as a God, you will then come to give me religious preaching." Pottila agreed to that and accepted renunciation.

After many years of penance, Sadhvi Pottila completed her life span and was reborn in Devlok as Dev Pottil. As per the given promise, Dev Pottil tried several times in many different ways to encourage Tetliputra towards religion but all attempts were



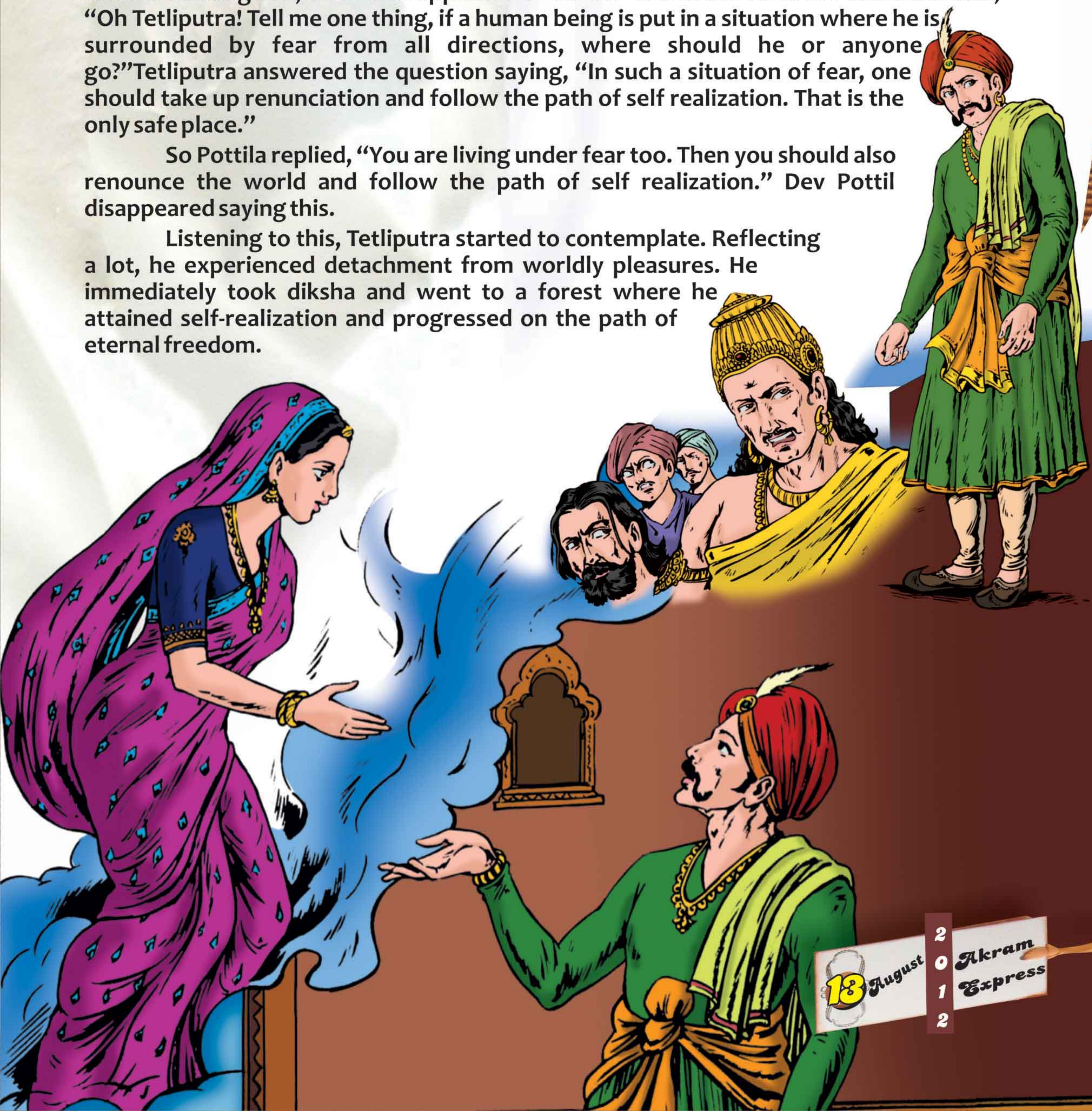
futile. Finally, using celestial powers, Dev Pottil modified the respect and admiration that the people and the king had for Tetliputra. As a result, nobody had any respect for him anymore. The king stopped looking at him too. Even if Tetliputra tried to speak to him, the king would not reply.

Tetliputra was very disturbed by this. When he went home, his son and parents also behaved in the same way. So he entered his bedroom and began to wonder, "The respect that people had for me has all of a sudden disappeared today. It's better to die rather than live such an insulting life?" Thinking thus, he tried to commit suicide several times, but every time Dev Pottil would save him using his divine powers.

Now Tetliputra started wondering, 'The concepts of demerit – merit karma, heaven-hell that the saints - mahatmas speak of, is true. It's just that my beliefs were wrong.' When he was thinking this, Dev Pottil appeared in front of him in the form of Pottila and said, "Oh Tetliputra! Tell me one thing, if a human being is put in a situation where he is surrounded by fear from all directions, where should he or anyone go?" Tetliputra answered the question saying, "In such a situation of fear, one should take up renunciation and follow the path of self realization. That is the only safe place."

So Pottila replied, "You are living under fear too. Then you should also renounce the world and follow the path of self realization." Dev Pottil disappeared saying this.

Listening to this, Tetliputra started to contemplate. Reflecting a lot, he experienced detachment from worldly pleasures. He immediately took diksha and went to a forest where he attained self-realization and progressed on the path of eternal freedom.



Introspect Yourself!

In the mid-term exams, you have set a target to achieve 100/100 marks in Mathematics. To achieve this target, you may face some obstacles and you may also get some supporting evidences. In the Snakes and Ladders Game below, the snakes are the obstacles and the ladders are a supporting evidences. Solve the equations in the table given below and find the number equating to the snake (x) and ladder (x).

In the equation: The starting point of the ladder is 'x' and the end point is 'y'.
The snake's mouth is 'x' and its tail is 'y'.

100	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

Example

Postpone solving the difficult equation $x=y+28$.

This evidence is a snake (because it is an obstacle to achieving your goal).

The possible answers of the snake (the snake's mouth) could be 30, 36, 70, 86, 99.

In our equation, the snake's mouth (x) is 28 more than the snake's tail (y). Only snake number 36 can fit this equation whose y (snake's tail) is 8.

Therefore, $36(\text{snake's mouth}) = 8(\text{snake's tail}) + 28$

Obstacle or Supporting Evidence	Equation	Snake No.	Ladder No.
1) Don't solve difficult problems. Keep them pending.	$x=y+ 28$		
2) Have a committed goal	$x=y - 49$		
3) Make a time-table	$x=y - 19$		
4) Be sincere to your goal	$x=y - 20$		
5) Watch your favorite T.V. show daily	$x=y+ 18$		
6) Chat on the phone	$x=y+ 20$		
7) Surf on the internet for no apparent reason	$x=y+ 57$		
8) Go to a party	$x=y+ 29$		
9) Ask for strength from Dada daily to remain sincere towards your goal	$x=y - 4$		
10) Follow the time-table	$x=y - 35$		

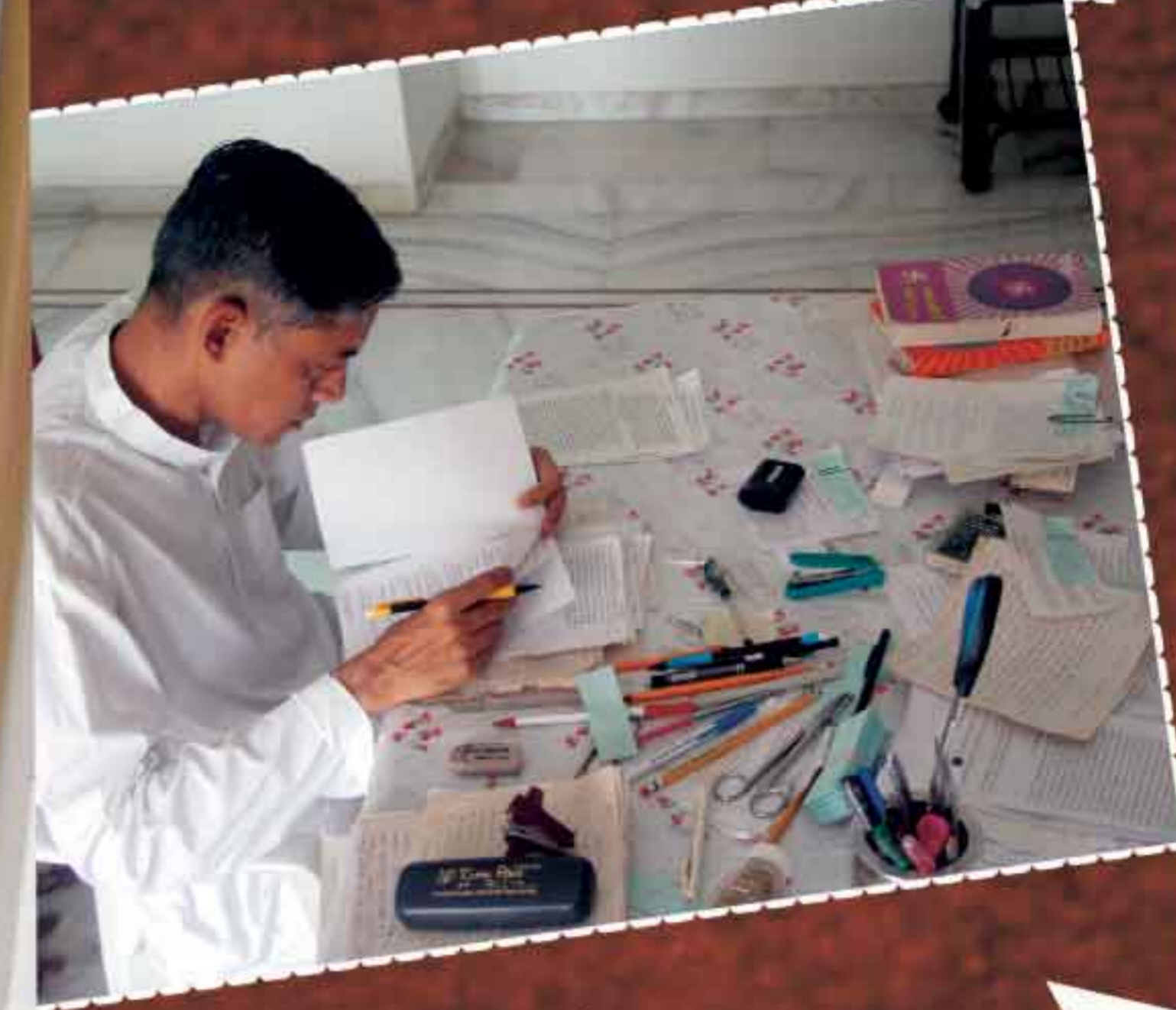
4) Puzzle Answer

2) - 1 And 6

1) Snake No.36, 2) Ladder No.26, 3) Ladder No.33, 4) Ladder No.73, 5) Snake No.30, 6) Snake No.70, 7) Snake No.99, 8) Snake No.86, 9) Ladder No.59, 10) Ladder No.4.

ans:
Introspect Yourself!

Sweet Memories



Param Puja Dadaji would always tell Puja Deepakbhai, “You have a very high level of the virtue of ‘sincerity’. This will take you all the way to Moksha.” So let’s see a glimpse of Puja Deepakbhai’s sincerity.

When Puja Deepakbhai met Dadashri for the first time, he was only 17 years old. Seeing his interest towards satsang, Puja Niruma assigned him the work of writing down Dadashri’s speech. When Dadashri’s satsangs took place, Puja Deepakbhai would sit quietly in a corner and write down Dadashri’s speech.

Gradually, Dadashri’s speech began to be recorded on audio cassettes. So, Puja Deepakbhai began to note down the speech by listening to these audio cassettes. As new people started joining seva, Puja Deepakbhai would involve them in the seva of noting down Dadashri’s speech. Gradually, as requirements in other seva departments increased, the new people would move from this seva to other sevas. Even then, Puja Deepakbhai would not only let them join other projects but would also finish the incomplete work with just as much diligence and dedication. Dadavani, Aptavani and many other book collections have been published by Puja Niruma and through all this work Puja Deepakbhai has always stood steadfast in doing the work with Niruma. In this way, for the past 40 years, he has been sincerely working on Dadashri’s speech with utmost dedication.

And what about us, can we even work on one thing continuously for four days?

There is one more instance, dating back to around 1976-77. Once, following Puja Niruma’s instructions, Puja Deepakbhai wrote a letter to Dadashri describing how he was progressing in ‘Gnan’. Dadashri was very pleased to read the letter and said, “This is very high ‘jagruti’ (awareness). Do one thing; don’t get into doing satsang with anyone. If anyone asks you, then you should tell them, “Ask Dada.”

Then, all the way in 1987, when Dadashri called Puja Deepakbhai to America, he gave Deepakbhai permission to do satsang. But during the 20 year period in between, Puja Deepakbhai has followed Dadashri’s ‘agna’ (special directive) to the hilt. Even if someone casually asked him something, he would tell them to ask Dadashri about it.

Pujashri would always keep such a low profile that even if Niruma was conducting satsang in one room, he would quietly sit in the inner room and do his writing seva in such a way that nobody would even realize that he was sitting inside.

Such was Puja Deepakbhai’s sincerity.

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: But, shouldn't you be grateful to your parents for having raised you from the time you were small until now. They gave birth to you. They took care of you when you were ill, they sent you to school, they gave you clothes and everything, and they even feed you. Do you have to pay any money for all this?

Questioner: No.

Pujyashree: See, your mother takes very good care of you. Now, if your mother does not understand you, then you should discuss with your mother and clarify what your intentions were and what your understanding is. Ask your mother what she thinks. You should sit with each other and clarify everything. Actually, you want to get your own way with your parents. You want to go to play, watch TV, play games on the computer, and mummy doesn't give you permission. So, then you feel, "Look, even though I have completed the homework, and I only want to play for a little while, even then mummy is refusing me." Do you feel like that?

Questioner: Yes.

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

Questioner: Older.

Pujyashree: So, who will have a better understanding – 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, your father must have more knowledge than you, right? That's why you should tell your parents that you will do exactly as they ask. Is there anything wrong in saying that? If, at this age, you feel that your parents don't understand you, then your close ones will feel a lot of sorrow. 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.

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Glimpses of Pujyashree's Tour in America during the occasion of Gurupurnima

Pujyashree's welcome to America



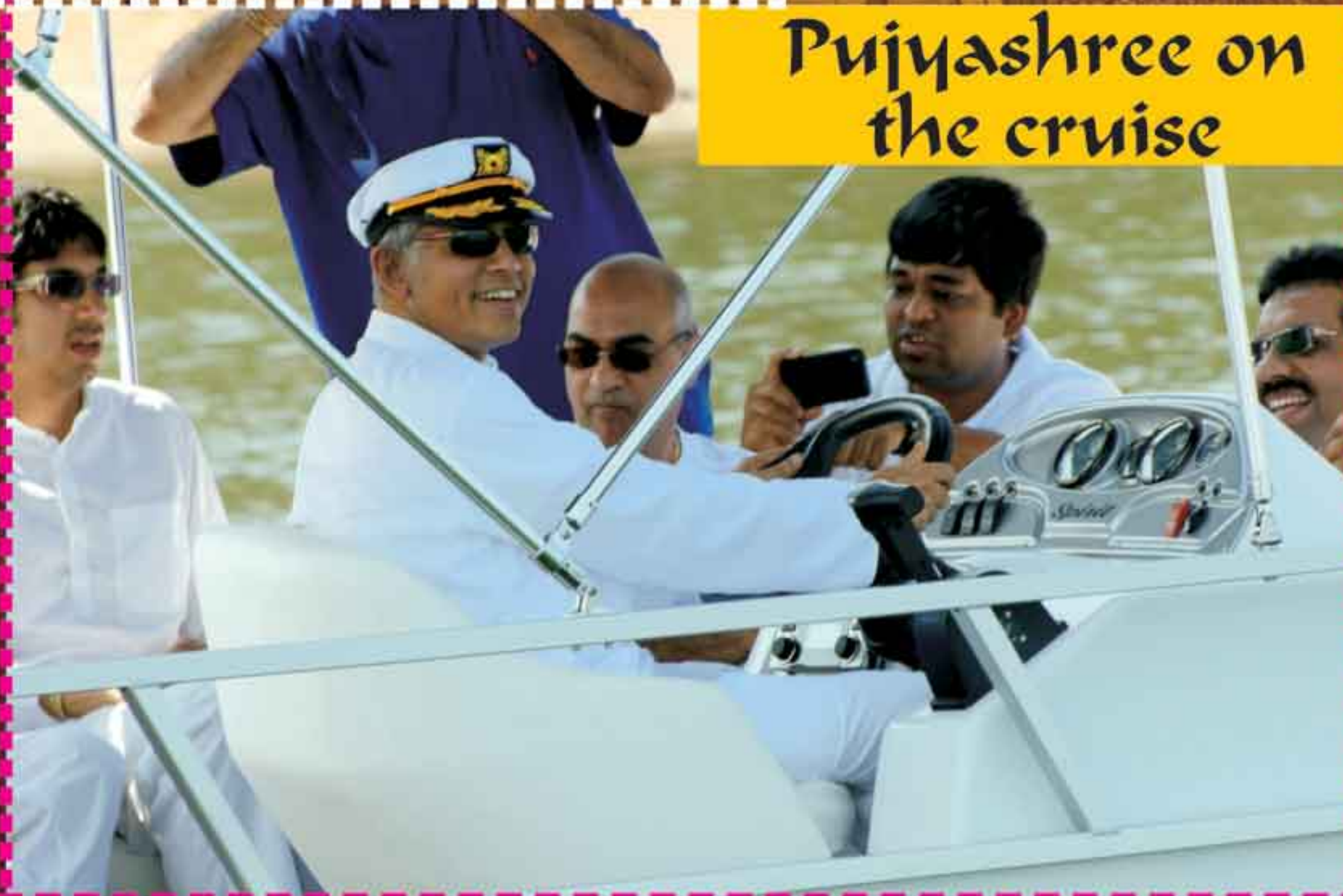
Cultural programme by kids in Philadelphia



Pujyashree doing Dada's Darshan and Aarti on the day of Gurupurnima



Pujyashree on the cruise



Pujyashree in the helicopter



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