

October 2012

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Dada Bhagwan Parivar's

# AKRAM

## Express

### Copycat



# Copycat

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Friends,

“Mum, please get me the same shoes as my friend's!”; “Look I've got a hair cut just like Aishwarya Rai's.”; “I also want a bat like Sachin Tendulkar's.”

Oh Ho Ho! Just copying people all day long! Do you know how much energy we are using up when we put aside our own inherent qualities and look at what others are doing, how they are doing it and by imitating them? What do we get in return? Has anyone honoured us by garlanding us or given us any medals? Not a thing? In that case, why waste time imitating others?

So come, in this issue let us obtain the correct understanding from Pujya Dadashri, so that we stop imitating others. In addition, if we really want to copy others, let us find out whom we should copy so that we may benefit from it.

-Dimple Mehta

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# Dadaji Says...

One should never imitate anyone in life. Only people with less intelligence try to be like others and then they suffer. We should remain "real", not a copy. Is it better to live by imitating others or by being real? What kind of imitation should remain for us? Our people of Hindustan should never imitate others. We should be such that foreigners would come to copy us.

However, everything has changed. One is not even aware of what is beneficial to be said, done or known. They have become daring in copying anything and everything! Nowadays, they copy when they sleep or walk. Hey! They even copy how to sit! These youngsters imitate each other. They wear a new trouser and keep glancing in the mirror. "Hey, what are you looking at in the mirror?" Nobody is free to look at you. What is so great about you to look at? Look at whom you are copying! That's how this world is! How can you call this life?

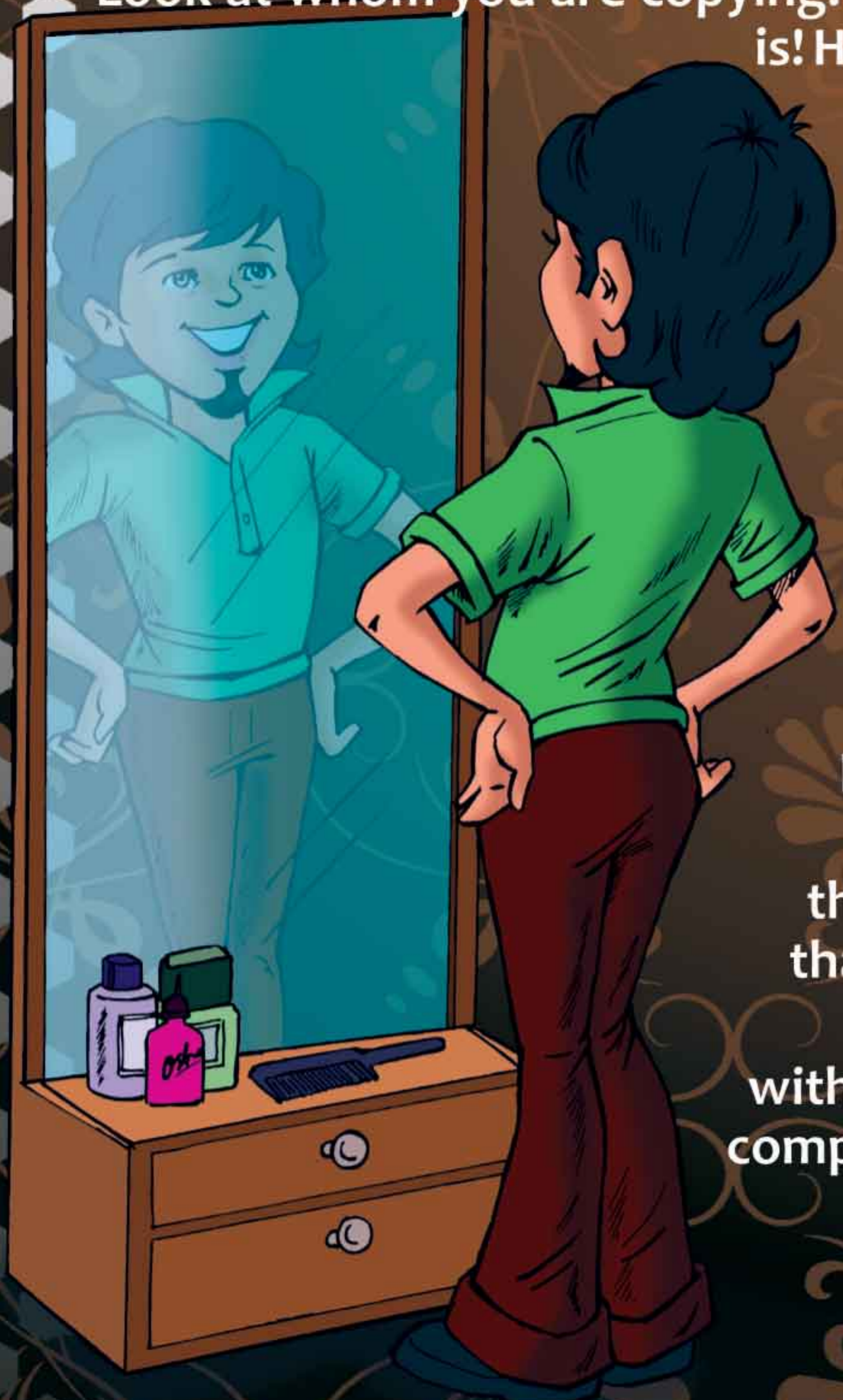
By imitating, we have lost whatever true potential we had. In fact, each Hindustani has infinite energy, but it is all being spent uselessly. How has this energy been wasted? If this man does I.A.S. (high government post degree), then even I will copy him and decide that I want to be an I.A.S. officer. Thus, by imitating in this way we have wasted all our energy. It is only when you meet a 'Gnani Purush', that your energy gets diverted in the right direction and becomes useful. Copy me instead! Why don't you know how to do that?

Questioner: Do something so that we become exactly like you!

Dadashri: Just copy what this Dada is doing; just imitate that much! It's more than enough if you are able to imitate that much. Then I would know that you were intelligent.

Imitating means following Dada's instructions to stay within his principles, then that's it, you're complete!

*By imitating, we have lost whatever true potential we had.*



# The consequences of thoughtless copying

This story dates back many years. A wise old sage named Munjalmuni lived in a city called Sushila. He had established a 'gurukul', (a school where students live and learn), near the kutir.

There was a huge banyan tree in the school. Munjalmuni would sit under this tree everyday to teach his disciples. One day a cat appeared and sat down beside the sage's feet. The sage gave the cat some milk. In this way, it became habitual for the cat to come to the sage every day. Even the sage began to enjoy the company of the cat, so he tamed this cat. Whether the sage was undergoing spiritual practice or teaching, the cat would always remain close to him.

After a few years, Munjalmuni died. The disciples wondered, "What shall we do with the cat?" Even they had become used to the cat. Therefore, they all decided that the cat should remain in the gurukul. Many years passed by in this manner. All the students were progressing under the guidance of the chief disciples.



One day, from a neighbouring town, Anandmuni and his disciples, paid a visit to Sushila city. Anandmuni was impressed upon observing the well being and spiritual progress achieved by Munjalmuni's disciples. He noticed the cat strolling around in the gurukul. Upon discovering that the cat was from Munjalmuni's time, a thought came in his mind, "This cat must be the reason for the well being and spiritual progress of all these disciples. If I also want to be as well off as them, then I should also tame a cat like this one."

So, Anandmuni also got a cat for his own gurukul. Slowly this tale spread to other towns too. People started discussing the topic of 'The necessity of a cat while doing meditation and spiritual practice.' Everyone started copying each other and started keeping a cat in their gurukul or ashram.

A whole generation passed like this. At Munjalmuni's ashram too, the real reason for the presence of the cat had been forgotten. Even there, if a cat died, a new cat was brought to replace it.

After some time, it so happened that the head of that ashram, Vivekmuni developed an allergy to cat hair. Therefore, he gave instructions for the cat to be removed from the ashram. All the disciples protested strongly. The muni was old and wise. He explained to the disciples, "It is senseless to think that concentration improves with the presence of a cat or that a cat is helpful in any spiritual discipline. By copying each other, a few senseless people have impressed this belief in people's minds. This is foolish blind faith."

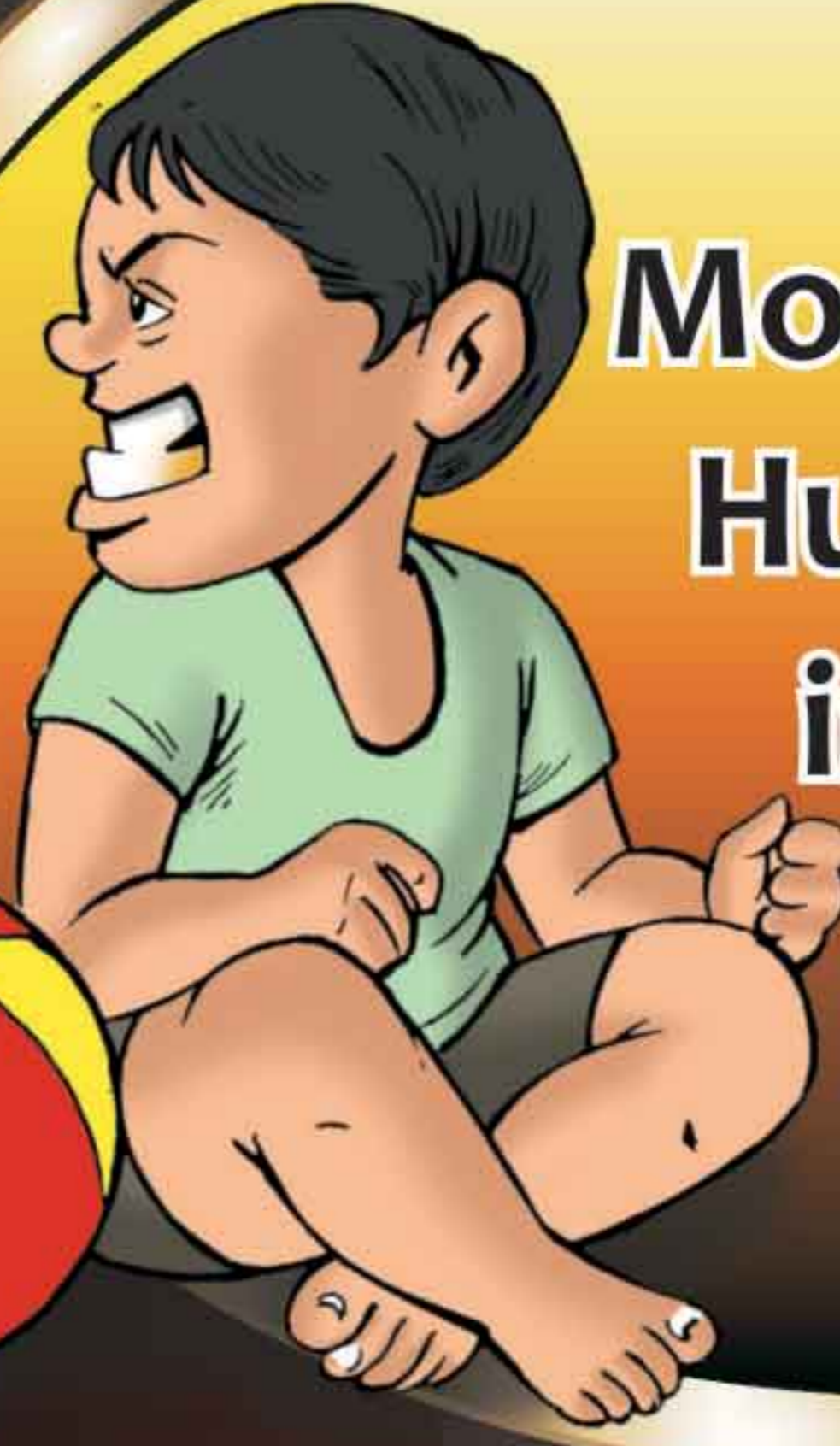
Vivekmuni was experienced and wise; therefore, the disciples found that his advice made sense. They removed the cat from the ashram.

Gradually, talks of this incident spread across other towns. Fed up of looking after cats, people began to imitate each other once again and drove away cats from their ashrams and gurukuls. Discussions on the topic of 'The importance of meditating in the absence of a cat' started taking place in all the towns.

Vivekmuni heard of this matter. Upon hearing it, he laughed lightly. That evening, while teaching his disciples, he said, "It is due to lack of our own intelligence that we tend to copy others. As a result of this imitation, we must be taming so many similar 'cats' in our lives. If the cat is responsible for our progress then it is not necessary to have any rules or discipline! But...."

He had hardly finished the sentence when a cat bounded in and settled down by Vivekmuni's feet, softly purring "miaow...." and all the disciples laughed heartily.






**Monkeys imitate.  
Humans do not  
imitate, they  
are unique.**

# **Absolutely New**



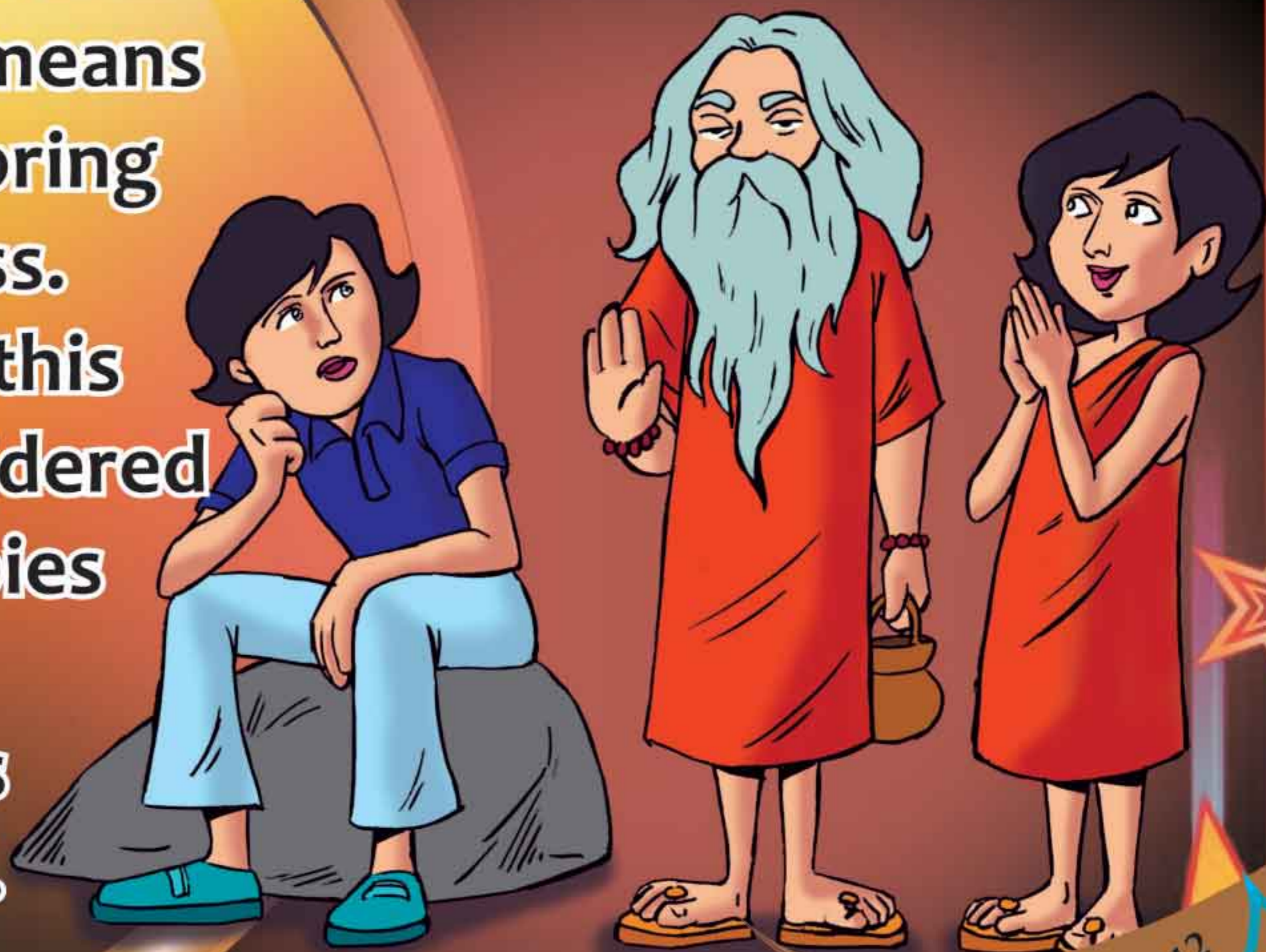
**One is considered  
intelligent when  
he/she has never  
copied anyone.**



**It is foolish  
to imitate  
somebody who  
is copying others.**

**and Different!**

**One is not aware of what  
is good for oneself. To be aware  
of what is good for oneself means  
to know what actions will bring  
happiness or unhappiness.  
If one copies others with this  
awareness, then one is considered  
intelligent, but if one copies  
others without this  
awareness, then one is  
considered a COPYCAT.**



# Originality required, not a copy!

After losing his job, Atit had become very disheartened. One day his old friend Vinay, turned up at his house out of the blue.

After having tea and snacks,

Atit, Don't be disheartened. If this job has gone, you will find another one. I will definitely inform you if there is any appropriate work for you in my company.

Thanks, my friend.



Just then, Vinay's attention fell on a photo album on the table. He started to flip through it.

Wow, these are fantastic photographs. Who has taken them? There is a vacancy for a photographer in my company.

I have...

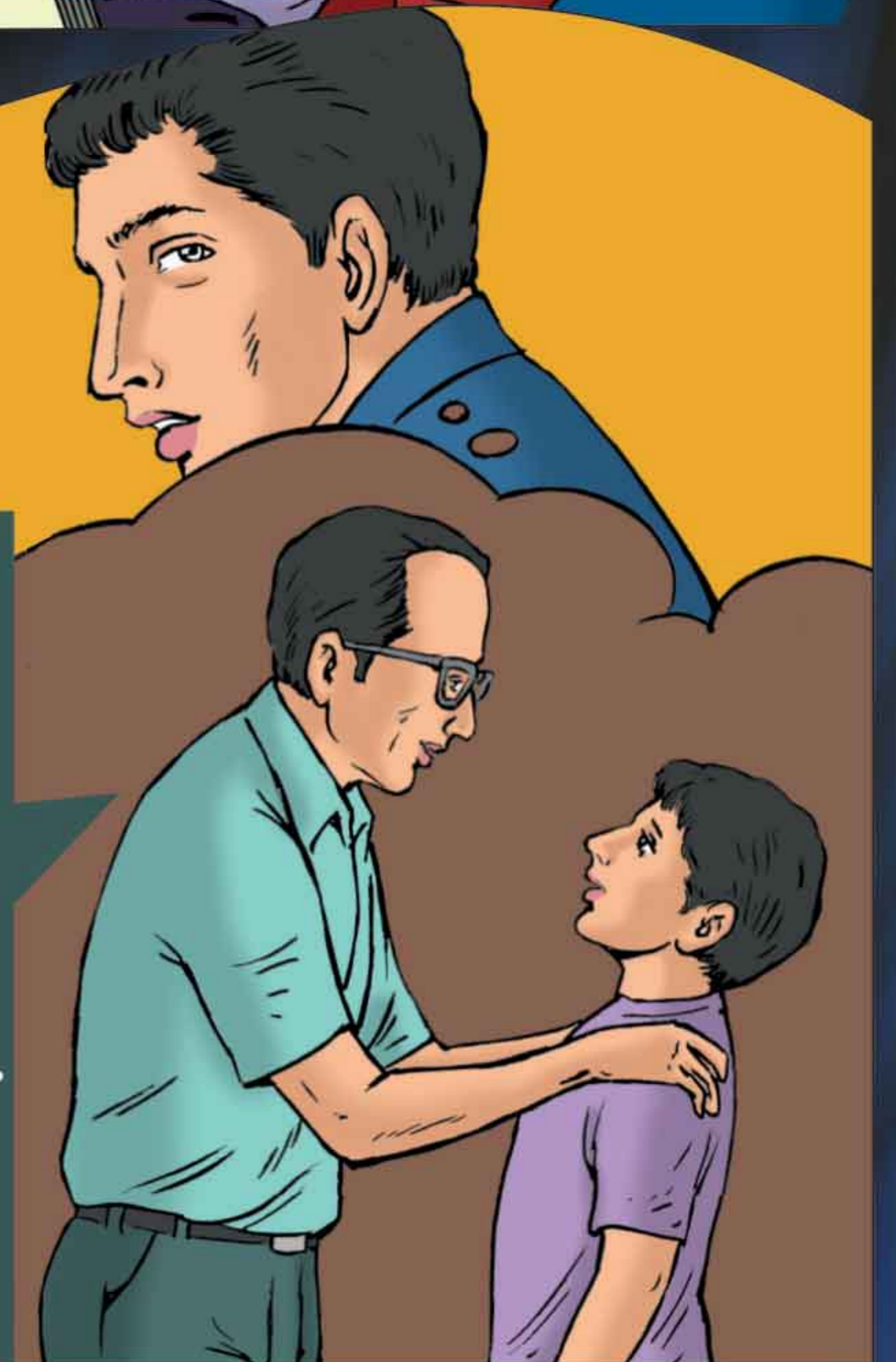
Really?



One day my uncle saw this album at home.

You have an eye for photography. You can become a good photographer.

Yes... Yes, photography was my hobby when I was young.



However, I was very influenced by a few boys in school. They were known as 'popular' in school. In order to be their friend and hang out in their group, I started copying them.



Although the boys accepted me, I lost my true individuality in the process. I started dressing like them. I started talking about similar things in their style. You know! I began imitating them in everything; their way of speaking, walking, eating.



Not only that, I even chose a career by imitating others. They decided to do an M.B.A., so I copied them and decided to do an M.B.A. too.

But, how can one achieve success by copying others? I never got used to the job. To tell you the truth, I felt suffocated. Eventually, I was dismissed from that job.



Today, while cleaning my wardrobe, I came across this album. Looking at the album, it feels as if the 'old Atit' has completely gone astray!



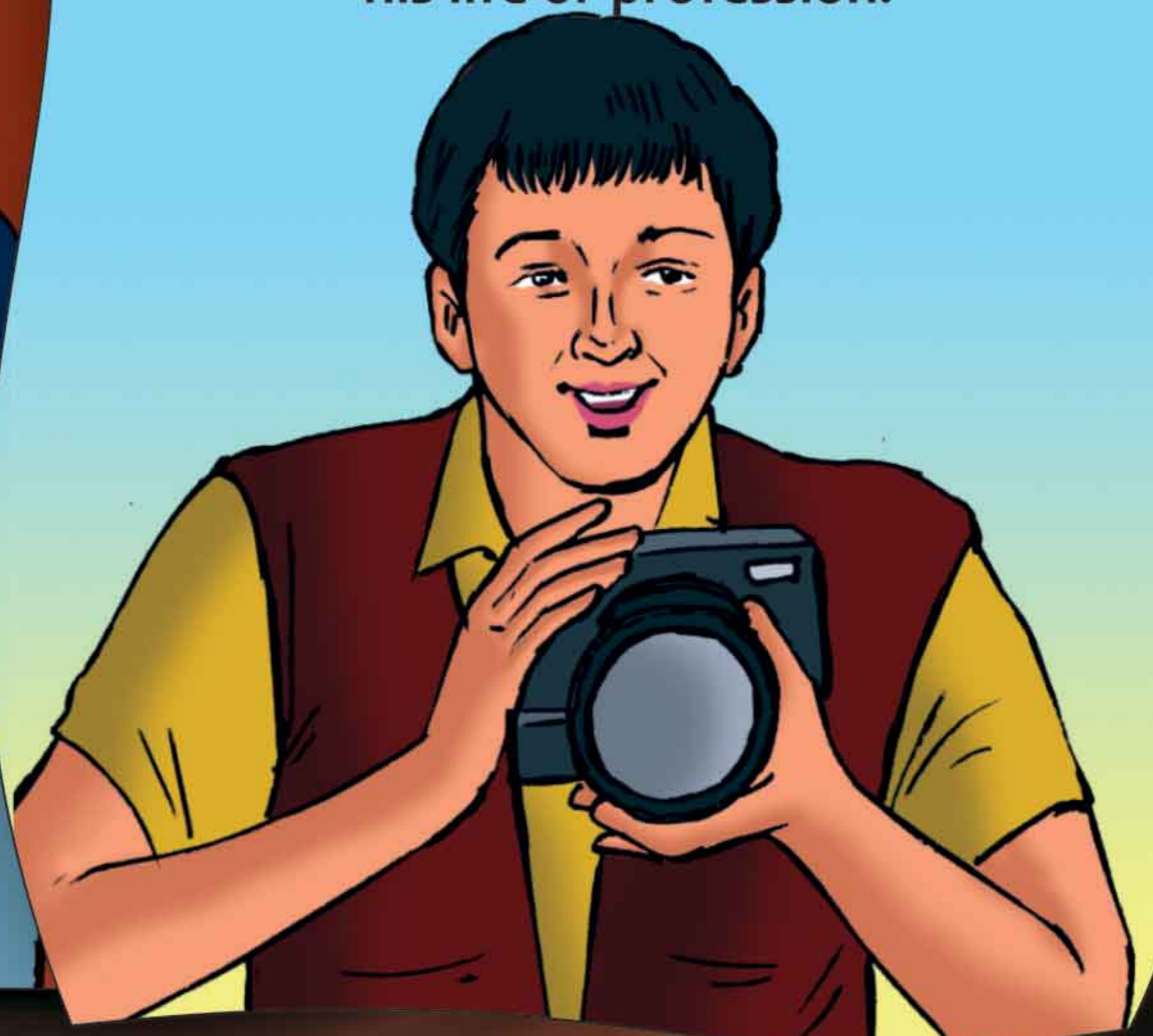
Friend, I am certain that this old Atit has not disappeared anywhere. You were not aware of your own abilities, therefore you diverted your energy uselessly by copying others, and wasted your time. However, it's not too late.

What do you mean?



...meaning your uncle was right. There is magic in your photography. Tell me, do you wish to start work in my company from Monday?

Atit accepted the job in Vinay's company and became a very successful photographer. Since then, he has never imitated anyone in his life or profession.



# Sweet Memories

A mahatma bahen from America had come to Mumbai to attend some function. Although the mahatma was new, she had started playing an active role in giving seva at their centre. When they came to Mumbai, Pujya Deepakbhai told her,

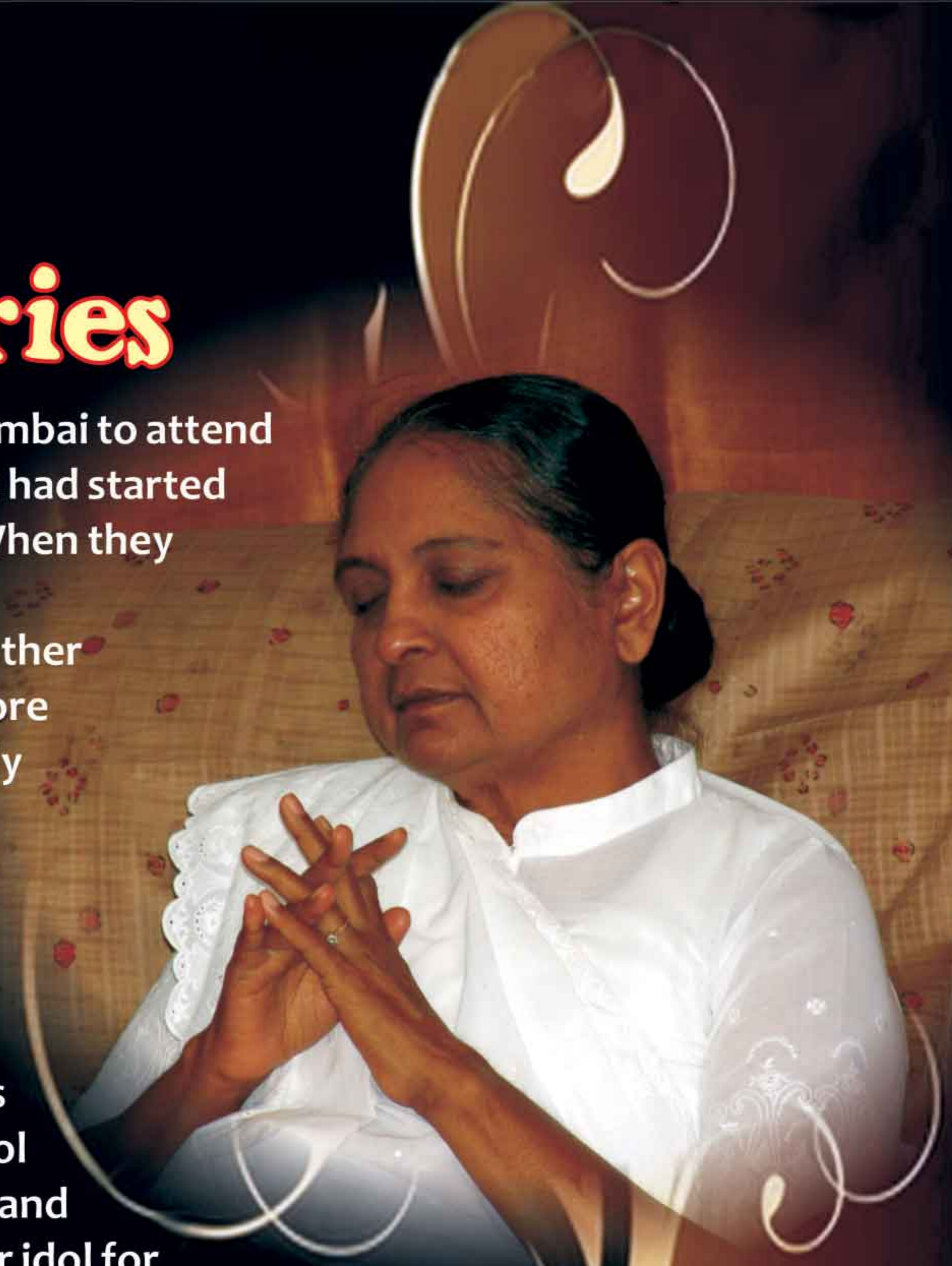
“Niruma has kept 11 inch idols for you and the other mahatma bahen. Please collect them from home before you leave for America.” The mahatma felt extremely happy to hear this.

When she went to get the idols, there was only one brahmachari bahen at home. Upon seeing this mahatma bahen, she immediately took out the two idols. While taking the idols, the mahatma bahen remembered another mahatma bahen who was involved in seva with her. She asked, “Can I take an idol for her?” The brahmachari bahen phoned Niruma and asked her. As Niruma consented, she took out another idol for the mahatma. Just then, this person remembered another two mahatmas and thought that they would feel bad if she didn't take idols for them too. Eventually, she ended up getting two idols for them as well.

Now as this mahatma was new, she didn't realise that all these idols were on order by other mahatmas and that they were supposed to be paid for as well. Hence, she had requested idols for all the mahatmas who were close to her. She ended up getting seven idols. Even the brahmachari bahen did not say anything and gave away the idols, thinking that the person is a new mahatma, and she did not want to hurt her feelings.

Afterwards those who had actually ordered the idols didn't get any. So, a new order had to be placed for them and the seven idols had to be paid for from the pocket.

After many years, when that mahatma bahen realized her mistake, she felt utterly ashamed of herself that she had not bothered to even inquire about the price of the idols or offer anything in return. Together with that, she felt admiration for Niruma. Not only had Niruma cleared the account for so many idols without a fuss and without even informing the mahatma bahen; but also, every year Niruma went to America, and yet this matter was never raised and there was no difference in the love she showered upon the bahen. Upon recalling this incident, the mahatma bahen bowed down to Niruma with humility.



# Mythological Story

Ascetic Shree Sinh was a devoted disciple of Bhagwan Mahavir. One day, while he was meditating under a tree in the jungle, he heard two people talking about the incident where Goshala had thrown a 'tejoleshya' (this causes an excruciating burning sensation in the body) at Bhagwan Mahavir.

The first person said, "When Goshala set the 'tejoleshya' on Bhagwan, why couldn't his other disciples stop him?"

Then the second person replied, "Bhagwan had given instructions that everyone should stay far away from Goshala. However, there were two ascetics who had great devotion for Bhagwan Mahavir, who couldn't help it. They jumped in the way of the 'tejoleshya' and were both burnt to death. The 'tejoleshya' could not enter Bhagwan's body and it backfired right away and spread into Goshala's body. However, due to the heat of the 'tejoleshya', Bhagwan's entire body felt a burning sensation. All the disciples were bewildered to see this state of Bhagwan."

Ascetic Sinh overheard this while meditating. He experienced heartfelt pain. Imagining, "What kind of suffering is Bhagwan going through?" tears started rolling down his eyes.

After a while, two other travellers sat down under the same tree. They were talking about the same incident, "Bhagwan has been passing blood through the bowels because of this tejoleshya!"

Saying this, the older of the two started sobbing loudly. Seeing this, standing in meditation, ascetic Sinh's eyes once again welled up with tears. His anguish increased, "How must the Lord must be enduring all this pain?" He sat down in a corner and wept uncontrollably.

Everyone was crying at that time. From Gautam Swami, to all the disciples, Chandanbala, Gods and demons, other men and women, everyone was in shock. But ascetic Sinh cried so much so that he wouldn't stop. Lord Mahavir, through his omniscient vision, saw ascetic Sinh in utter despair over his plight. He, at once, called Gautam Swami and asked him to bring ascetic Sinh.



On seeing Bhagwan, ascetic Sinh became more miserable. Bhagwan called the ascetic closer and spoke gently, "Sinh! You have overheard people say that I am going to die in six months, but is that really possible? Tirthankars always complete their life span before attaining Nirvana."

Ascetic Sinh said, "My Lord, not for you, but for peace of my mind, please take some medicine. I cannot bear to see this pain for even an instance."

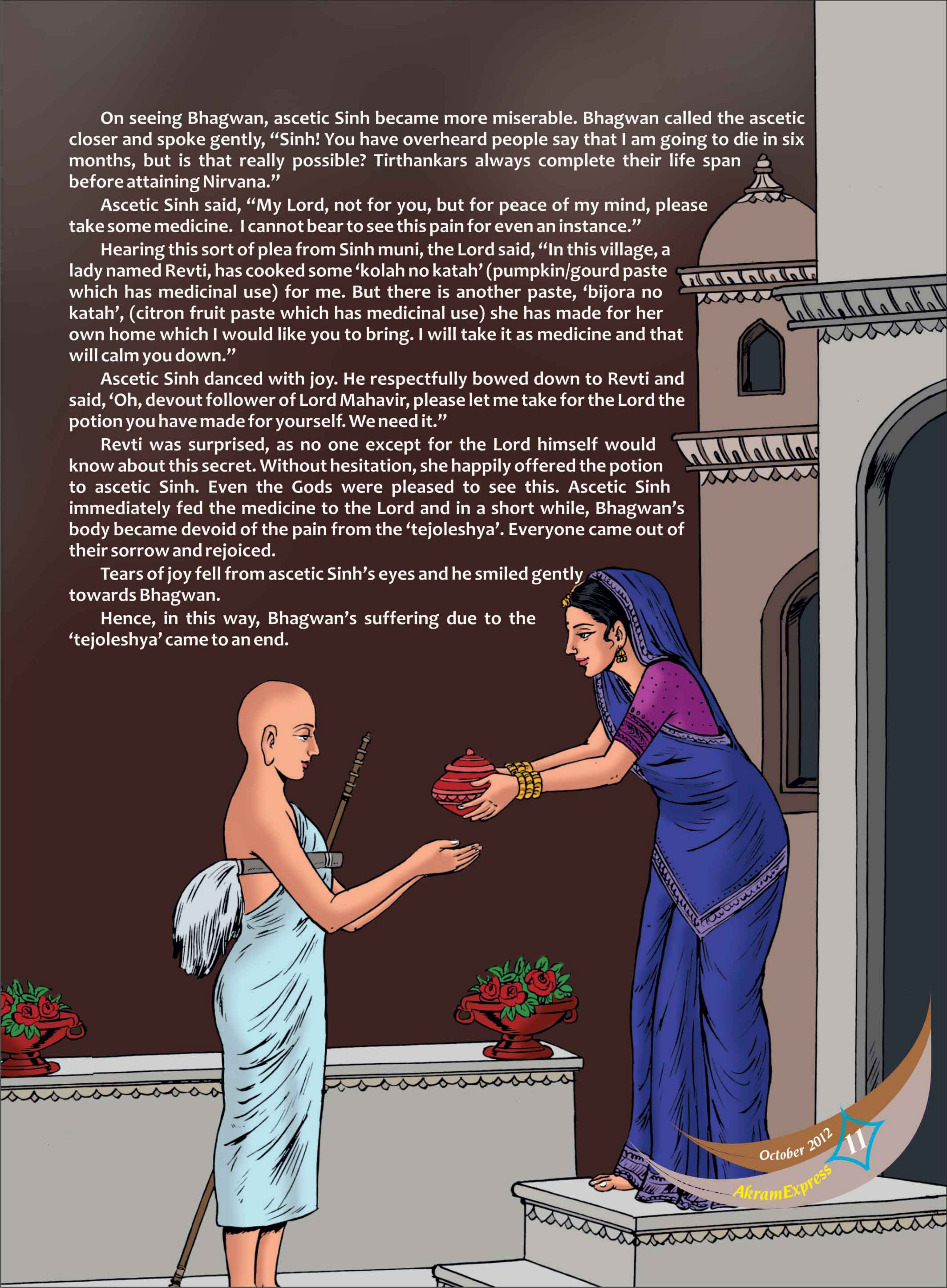
Hearing this sort of plea from Sinh muni, the Lord said, "In this village, a lady named Revti, has cooked some 'kolah no katah' (pumpkin/gourd paste which has medicinal use) for me. But there is another paste, 'bijora no katah', (citron fruit paste which has medicinal use) she has made for her own home which I would like you to bring. I will take it as medicine and that will calm you down."

Ascetic Sinh danced with joy. He respectfully bowed down to Revti and said, 'Oh, devout follower of Lord Mahavir, please let me take for the Lord the potion you have made for yourself. We need it.'

Revti was surprised, as no one except for the Lord himself would know about this secret. Without hesitation, she happily offered the potion to ascetic Sinh. Even the Gods were pleased to see this. Ascetic Sinh immediately fed the medicine to the Lord and in a short while, Bhagwan's body became devoid of the pain from the 'tejoleshya'. Everyone came out of their sorrow and rejoiced.

Tears of joy fell from ascetic Sinh's eyes and he smiled gently towards Bhagwan.

Hence, in this way, Bhagwan's suffering due to the 'tejoleshya' came to an end.



# Pujyashree

## With Kids

Questioner: Whenever I make a decision, I am unable to follow it through.

Pujyashree: What decision are you making?

Questioner: To look at everyone with a positive vision. I cannot abide by it.

Pujyashree: What happens then?

Questioner: After that, I start having negative thoughts.

Pujyashree: For the opposite person?

Questioner: Yes.

Pujyashree: In that case, do you do pratikraman (ask for forgiveness)?

Questioner: Yes.

Pujyashree: Then, make a firm determination again that, "Oh Dada Bhagwan, I ask

for forgiveness for this negative vision. Please give me strength to have positive vision." Ask for this strength again. Correct the mistake, every time it happens. Then gradually, the old garbage (habits) will empty and new strength will manifest within you.

Questioner: Deepakbhai, I tend to see negative in others easily. I cannot see their positive points easily.

Pujyashree: When we have some free time, we should start writing positive qualities about that person. For each negative, write two positive points. That gives rise to positive energy within us. In addition, for every negative that you see, ask for forgiveness like this, "Oh Dada Bhagwan, I ask for forgiveness for seeing negative in the other person. Please give me strength to see positive in that person."

The fact is that our behaviour is due to the prakruti's discharge karma (stock of karma from previous life). Therefore we have to adjust our understanding of today that whatever this mind is showing us is wrong.

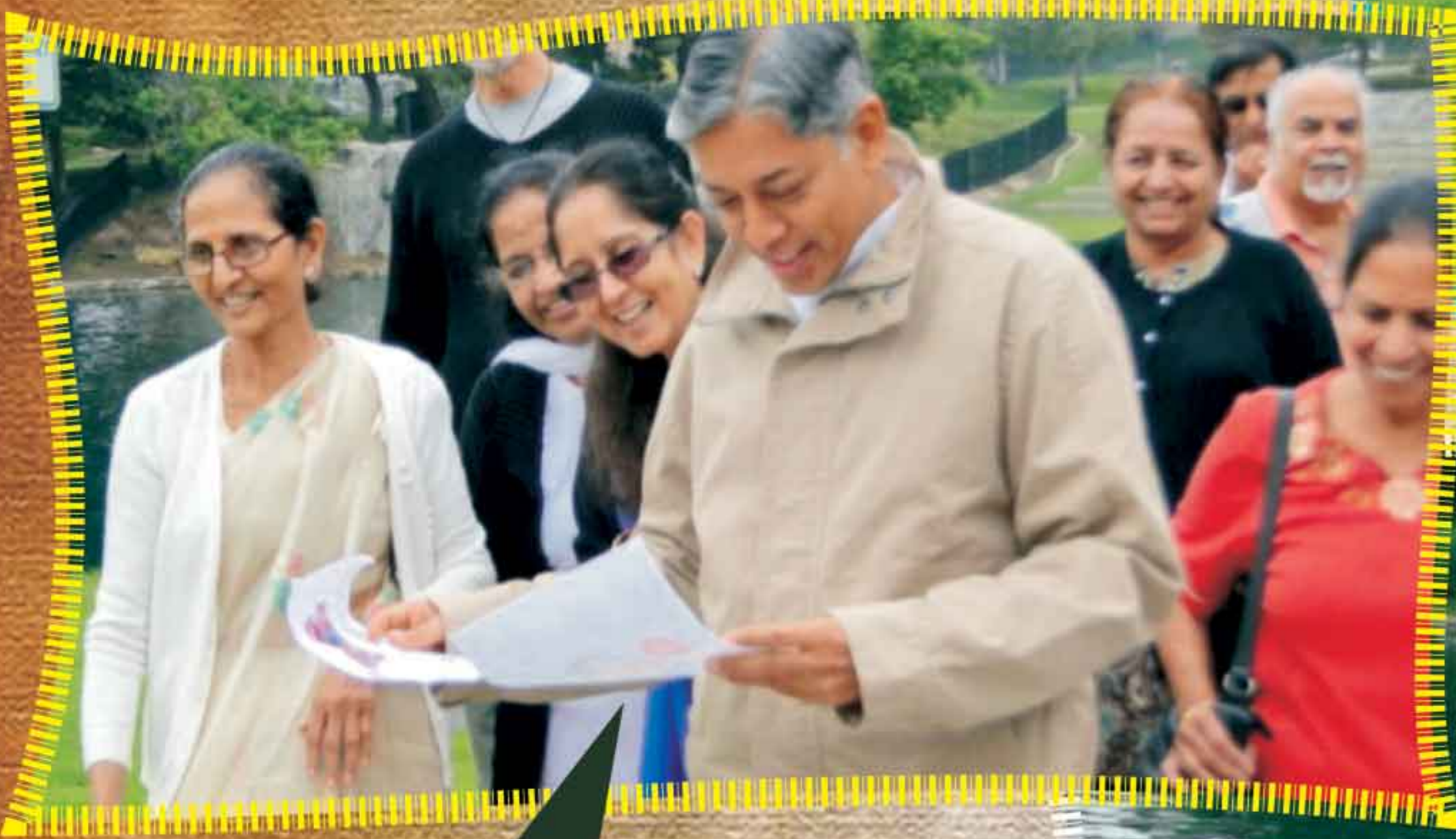
For example, if we are sitting next to someone and eating, then would we pick food from the other person's plate? Even though we may think that, he has a nice sweet in his plate and we don't, but would we still pick the food from his plate?

Questioner: No.

Pujyashree: The mind may show this, but we have the understanding that we should not be discourteous nor should we hurt anyone. This mind will show many different things, but we are separate and the mind is separate. If the mind shows us negative then we must make it positive. If the mind shows us negative that, "This man is a liar," and then we must say, "No, he is also good to other people. We must not see negative." We must argue with the mind. Gradually this rubbish, the negativity will disappear. Dada Bhagwan says that, a person should adopt one principle in life that, "I do not want to see negative in anyone. I want to remain positive all the time." If someone speaks negative of anyone then we must say that I am not interested in this. If you remain positive then all the negative rubbish will fade away. We should oppose the negativity and ask for strength that, "Oh Dada Bhagwan! Please give me the strength to remain positive."

# Interesting Story

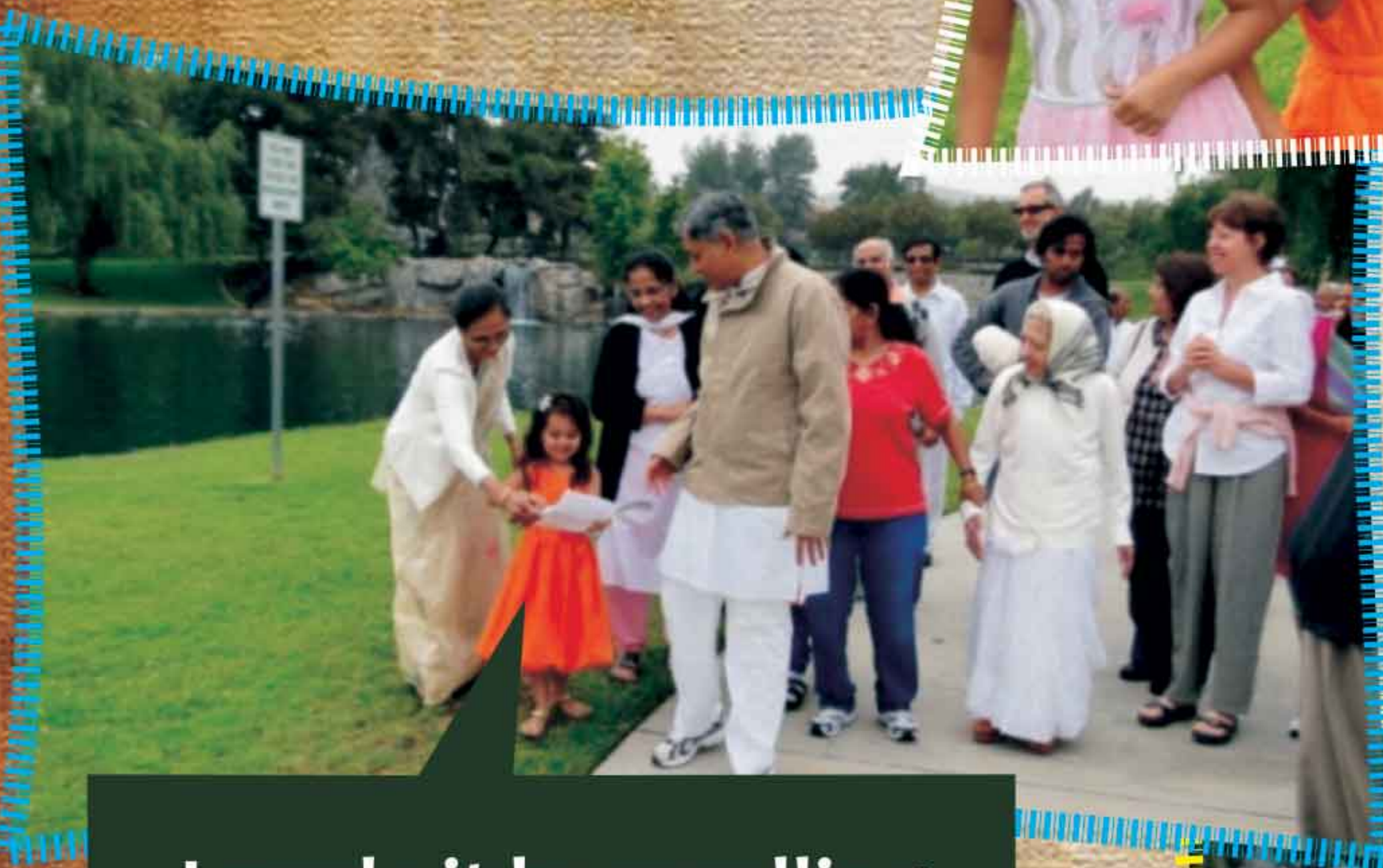
Deepakbhai, I have made a drawing of Dada. Please look at it.



Wow, your drawing is very good.



How did you make a make such a nice drawing?



I made it by recalling you in my mind all the time. You look like Dada's son.



He is junior Dada, isn't he!

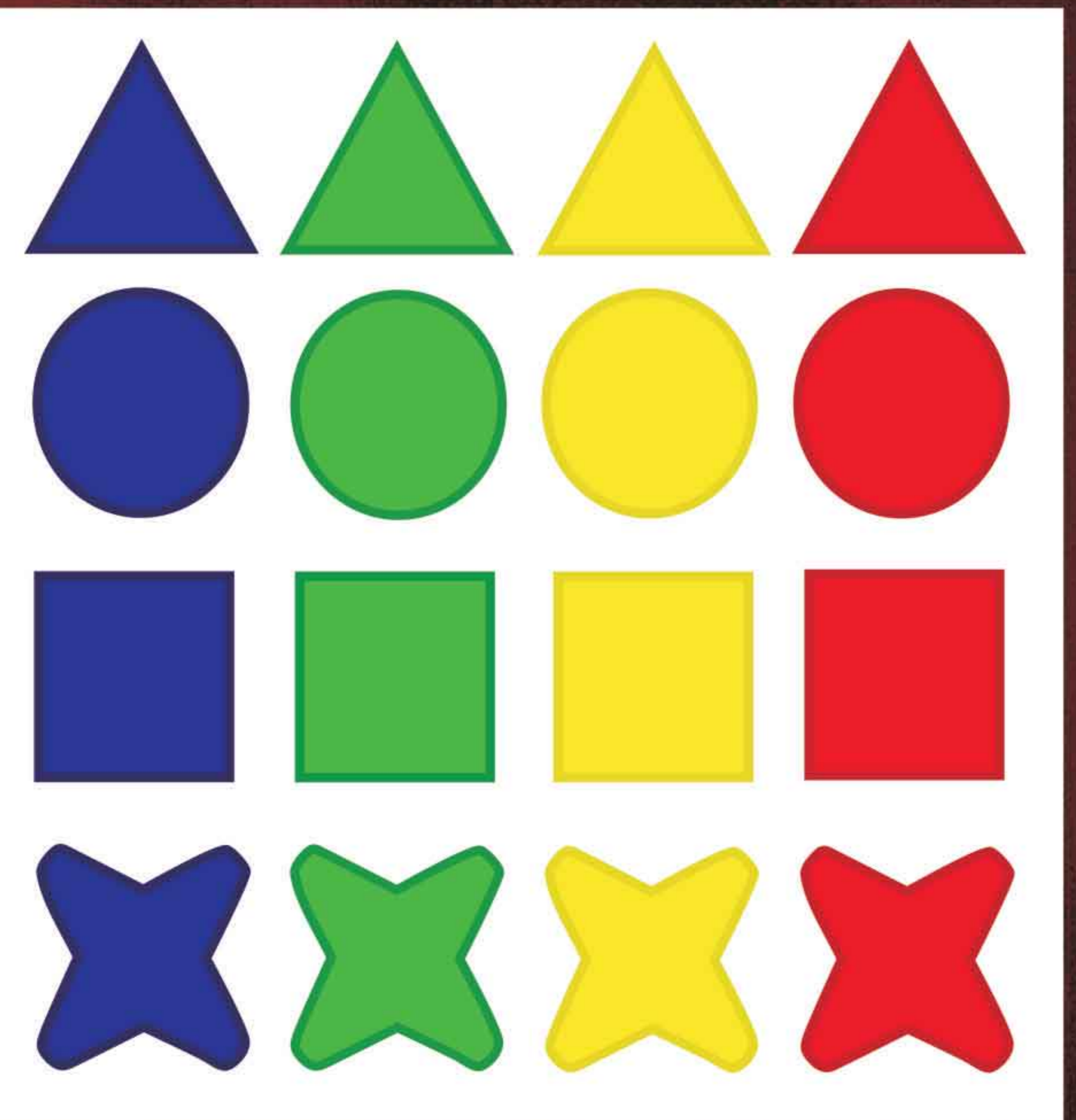
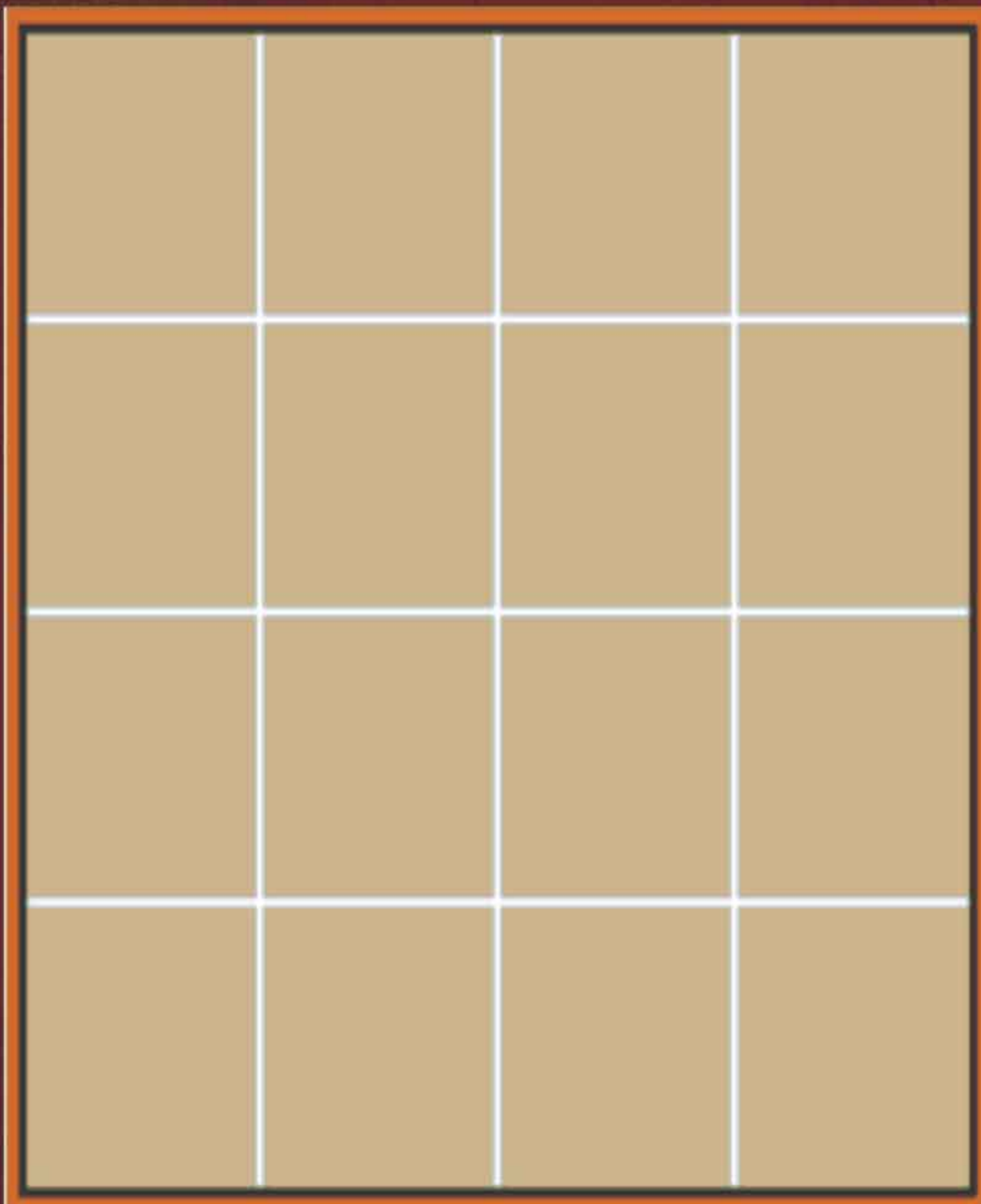
# Let's play...

Arrange four 1's and three 2's in the empty circles in such a way that you cannot divide the result (addition) of any three consecutive circles by 3



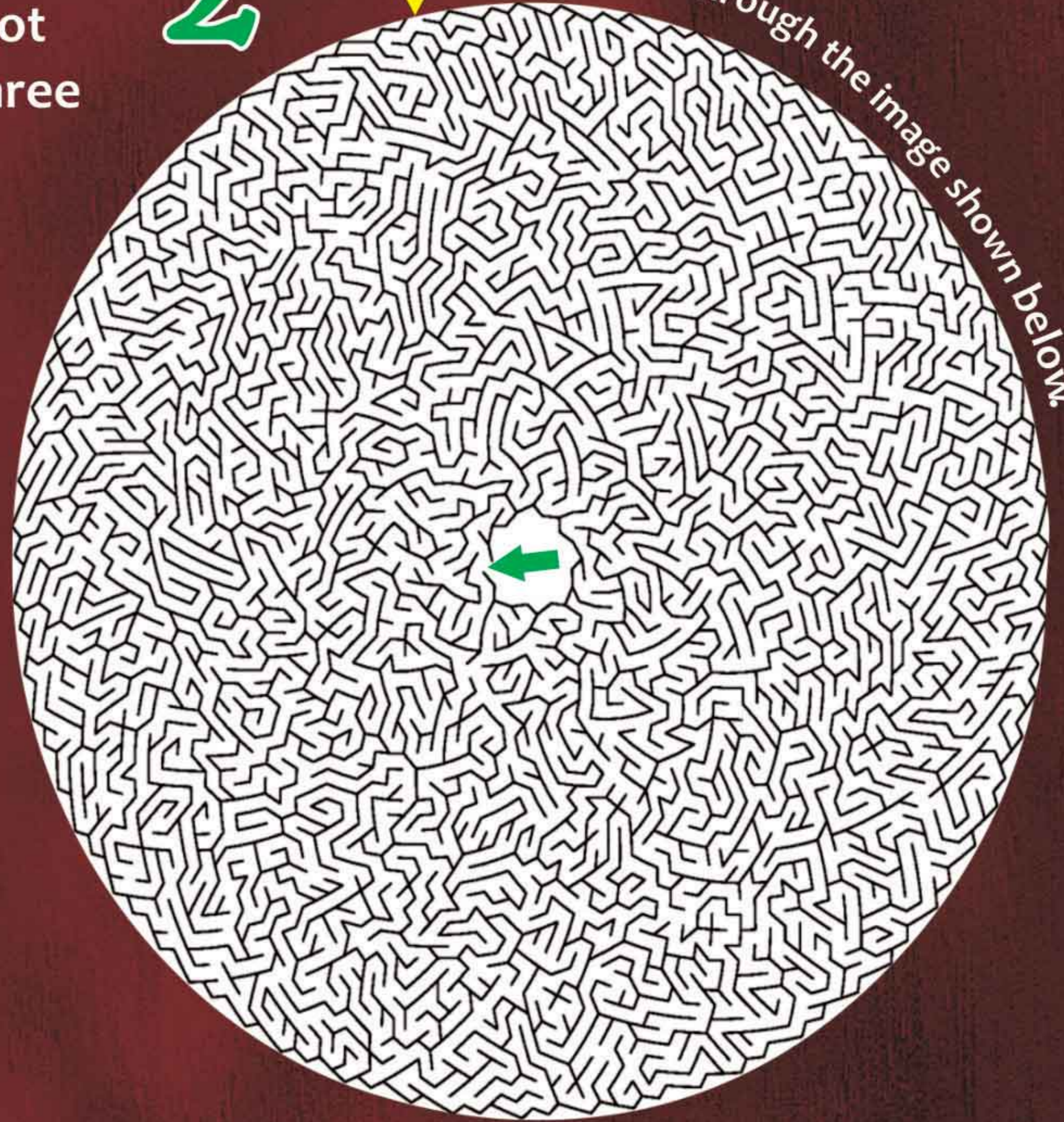
3

Arrange the 16 shapes in this 4 x 4 square given below in such a way that no similar colour or shape is next to each other.



2

Find the path through the image shown below



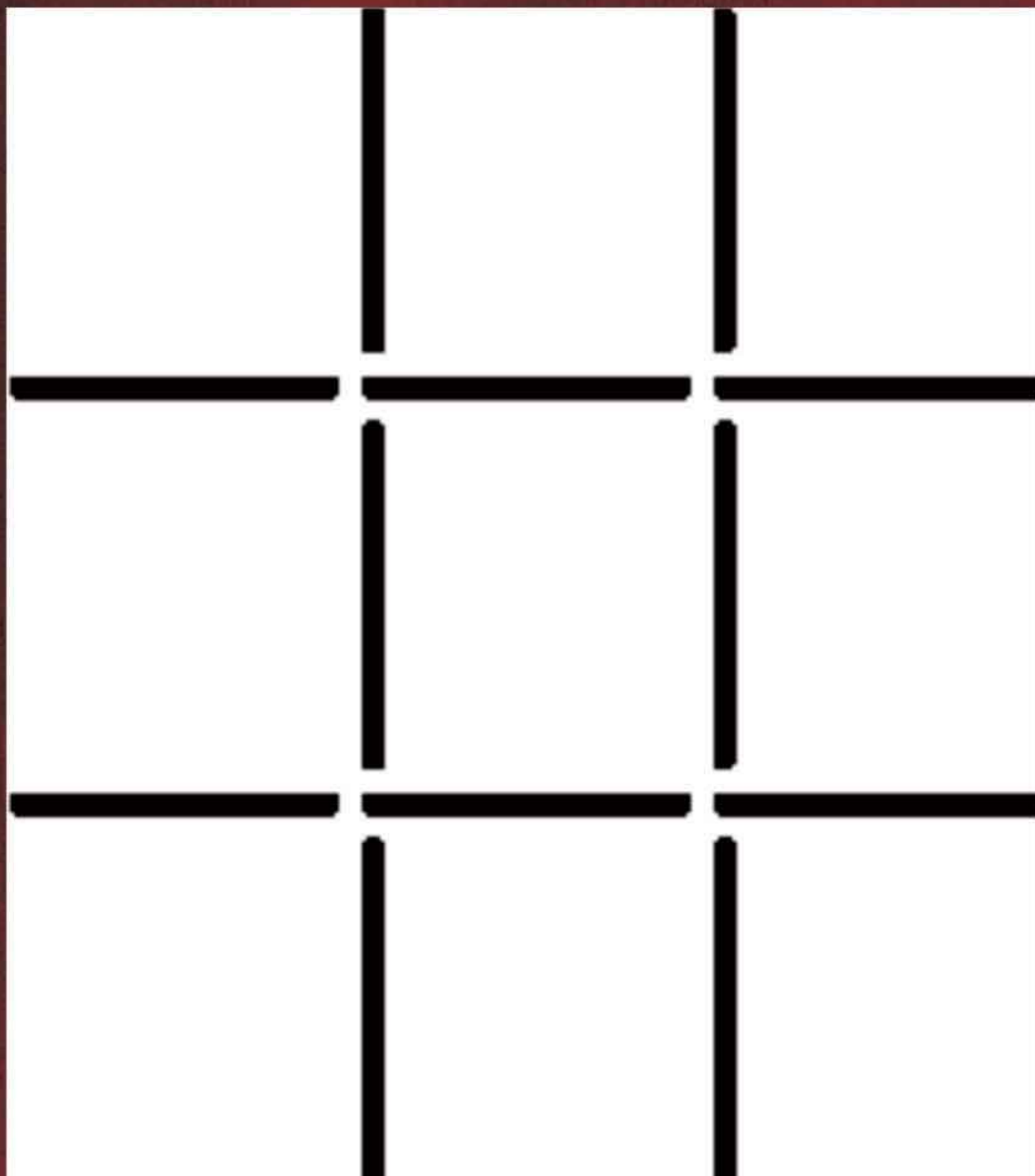
4

There are 3 cups shown below – red, green and blue. There is a coin in one, a shell in another and a stone in the last. The green cup is to the left of the red cup. The coin is to the left of the stone. The blue cup is to the right of the shell. The stone is to the right of the blue cup. So which cup is the coin in?



5

Pick up 3 sticks from the image given below and rearrange them in such a way that you make 3 identical squares



6

Find the object that is hidden in the picture given below



16

AkramExpress  
October 2012

# Collage Work Competition

Friends, you must be on vacation right? Come, join in the Akram Express Collage Work Competition.

## Competition rules:

### Group

7 to 9 years

10 to 12 years

13 to 15 years

1. Items to use for collage work...

**Group 1** – Craft paper, newspaper, magazine, chart paper or cloth

**Group 2 & 3** – You may use matchsticks, matchbox, straw, dried flowers, leaves, craft paper, newspaper, magazine, plastic, plastic spoons, chocolate wrappers, foil, crayon chippings or pencil sharpening and pieces of cloth.

2. You have to make your collage on an A-4 sized cardboard.

3. Stick your collage work or photoframe with fevistick or fevicol so that it does not get spoilt during transport.

### Geometric Collage – 7 to 9 years

Looking at the example given, make a collage on any of geometric shape of your choice



### Theme Collage – 10 to 12 years

Looking at the example given, make a collage on your chosen theme from the list given below. Make your collage on one of the following themes – beach, garden or jungle.



### Photoframe Collage – 13 to 15 years

Seeing the example given, make a photoframe with a design of your choice.



Two of the best collages from each group will be chosen as the winners. The prizes will be delivered to the winners home. Your collage work should reach us by November 15th. The winners will be declared in the December issue. Send your collage work to us along with your photograph, full name, age and home address to the following address:

### Akram Express – Collage Work Competition

Balvignan Department, Trimandir Sankul, Simandhar City, Ahmedabad-Kalol Highway, Adalaj, Gandhinagar – 382421, e-mail: akramexpress@dadabhagwan.org





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