

February 2013

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Dada Bhagwan Parivar's

AKRAM

Express

Avoid Boredom



Avoid Boredom

Index

Dadaji Says...

Absolutely
new and
different!

Duty

Bus Stop

Test Yourself

Editor :
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Vol.: 4, Issue :7
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February 2013

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1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20

Editorial
Dear friends,
Do you ever get bored? What are you saying! You get bored frequently? In that case, you definitely have experienced how you feel when you are bored. However, if someone were to ask you, "What is boredom?" Then, all we can answer is, "boredom means boredom." Boredom is when you don't like something or you don't enjoy no matter where you are. In this edition, Param Pujya Dadashri has beautifully defined this unique explanation on the subject of boredom, which we have not only never heard of but also never thought of! He has also discussed what understanding to apply in order to tackle boredom.
Therefore, those who have the habit of getting bored every now and then should definitely read this issue.

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Sweet Memories

Mythological
Story

Let's Play...

Pujyashree
with Kids

Jokes

-Dimple Mehta

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Dadaji Says....



Have you ever analysed the word 'kantalo' (boredom) to figure out how it has come into existence? If you have to sleep on a bed of thorns (kantaa), would you feel at ease? Then you would feel fed up, 'kantalo'. 'Kantaa ni pathhari' (bed of thorns), that is 'kantalo' (boredom).

Avoid Boredom!

Dadashri: Do you ever tend to get bored?

Questioner: Of course! I get bored when it is something I don't like.

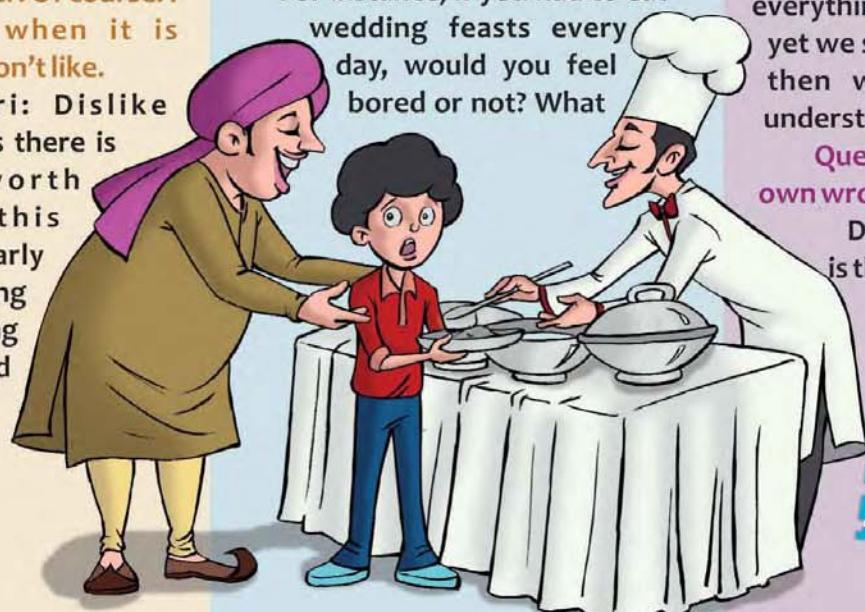
Dadashri: Dislike arises. Just as there is nothing worth liking in this world, similarly there is nothing worth disliking either. Would you feel bored if there was

no daylight after night? Or, what would you do if there was daylight all the time?

Questioner: That would also be quite boring.

Dadashri: Similarly, in life sometimes we get things that we like and other times things that we don't like. Without these two (likes and dislikes), boredom would set in. Therefore, all these likes and dislikes maintain interest in life. Instead, people perceive unhappiness in this, so what can be done?

For instance, if you had to eat wedding feasts every day, would you feel bored or not? What



would you then desire? Your mind would say, 'c'mon, let's have 'khichdi'. Does this happen or not?

Questioner: It does happen, boredom sets in.

Dadashri: Actually, one should find a solution for it, but what do most people do instead, they keep watching T.V. or run around aimlessly. Boredom sets in but there is no tolerance for it, therefore people just run around to get enjoyment for a little while, but later they get bored again.

Questioner: Then, what is the solution?

Dadashri: You should analyze where you are going wrong.

Questioner: What could be my mistake if I am getting bored?

Dadashri: You have a stock of wrong beliefs filled in you, which is misguiding you. When things are right, yet you deem them to be wrong (nature does everything for our good, yet we see it as incorrect), then what should you understand from that?

Questioner: It is my own wrong belief.

Dadashri: Yes, that is the mistake.

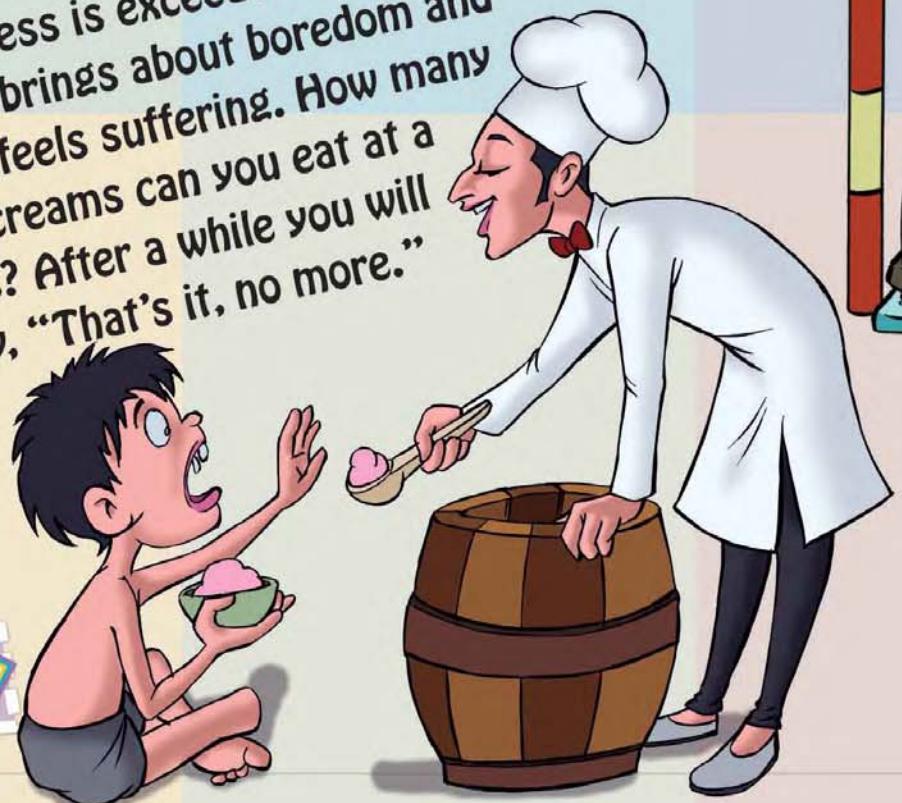


Where there is
happiness, tiredness
or boredom does not
exist.

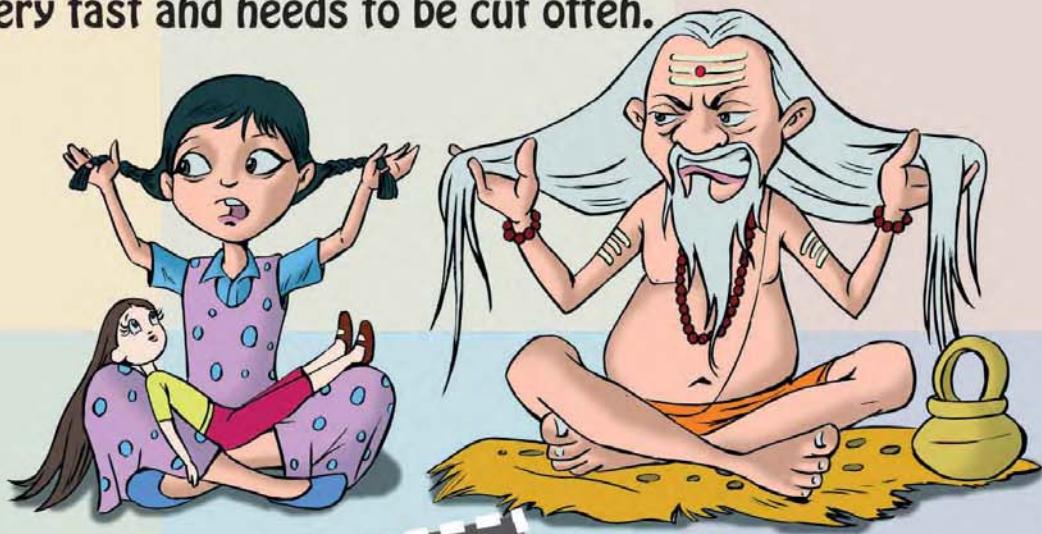


Absolutely New and Different

When the proportion of
happiness is exceeded, the same
thing brings about boredom and
one feels suffering. How many
ice creams can you eat at a
time? After a while you will
say, "That's it, no more."



When you believe that there is happiness in doing something, you will enjoy it. The rest of the things will bore you. A person may be fed up because his/her hair is not growing long whereas another person may complain because his/her hair grows very fast and needs to be cut often.



Waiting for someone can be very boring. In that instance, if we start reciting the Trimantra, Prarthna or Vidhi then the boredom will disappear!

Once you begin to feel tired of your own mistakes, then it is an indication that those mistakes will cease to occur. For example, if you feel fed up and wonder, "When will I stop hurting everyone?" Then the action of hurting others will slowly diminish.



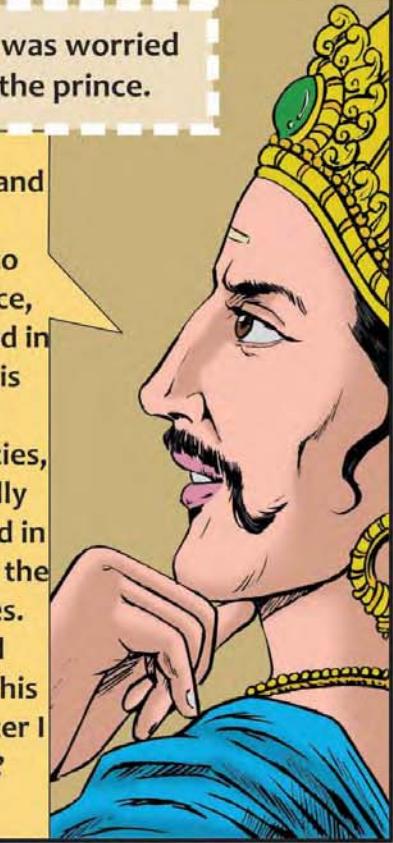
Duty

Born in a royal family, since childhood Prince Pratapsingh enjoyed a lavish lifestyle. He would demand one thing and ten would be presented to him! In spite of such comforts, he wasn't happy. He would quickly get bored of a new thing or activity.



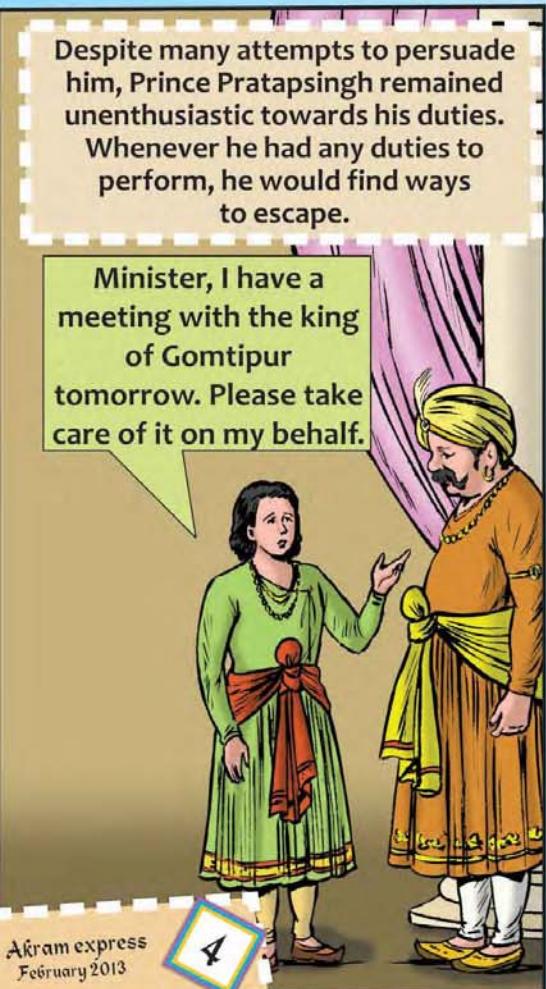
The king was worried about the prince.

How can I hand over the kingdom to such a prince, he gets bored in fulfilling his own responsibilities, and is totally disinterested in carrying out the royal duties. What will happen to this kingdom after I am gone?



Despite many attempts to persuade him, Prince Pratapsingh remained unenthusiastic towards his duties. Whenever he had any duties to perform, he would find ways to escape.

Minister, I have a meeting with the king of Gomtipur tomorrow. Please take care of it on my behalf.



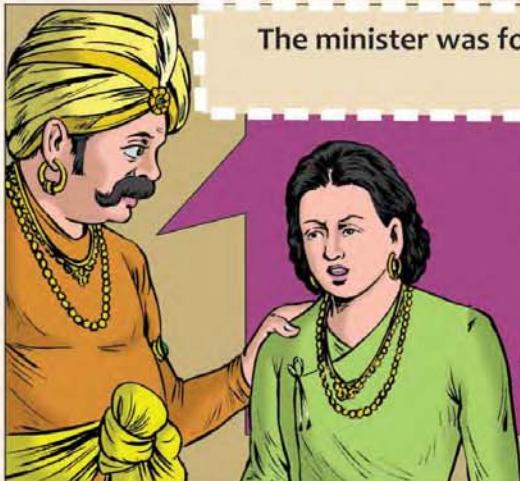
Prince, your father will be disappointed. The king of Gomtipur has obliged our kingdom greatly. He has stood by us in our times of need. You should meet him.



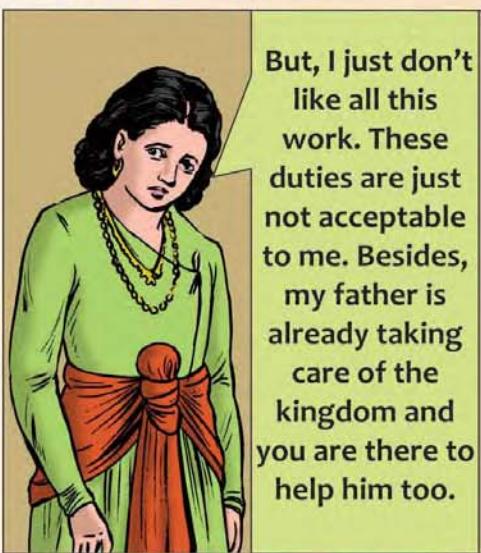
No, but I don't like that king at all. Moreover, I find these discussions quite boring. To tell you the truth, I'm not comfortable doing all this.



The minister was fond of the Prince. He had taken care of the Prince since he was a child.

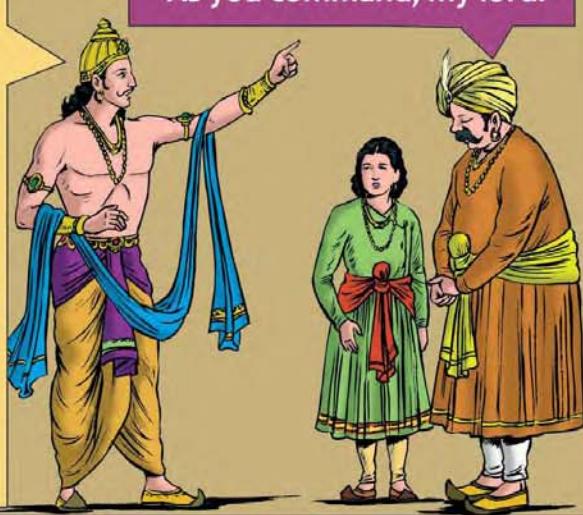


Prince, without any discussion, how will we import any goods from his kingdom? If you start 'liking' your compulsory duties, then you will automatically get the strength to accomplish your work. Just take some interest and you will definitely start enjoying this work.



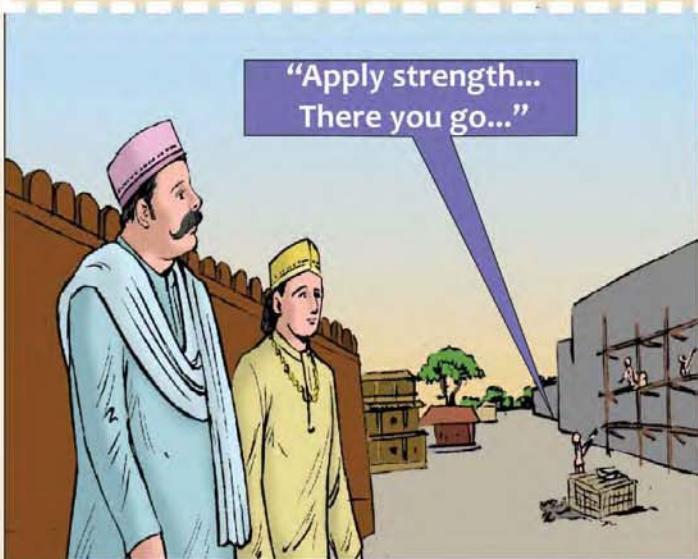
But, I just don't like all this work. These duties are just not acceptable to me. Besides, my father is already taking care of the kingdom and you are there to help him too.

Minister, this afternoon, disguise yourself and find out whether the citizens of this kingdom are happy or not. Take the prince along with you.

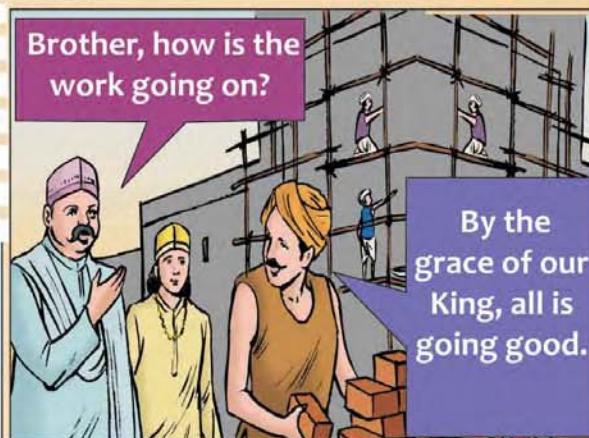


As you command, my lord!

The minister dressed up as a merchant while the prince dressed up as the merchant's son. On their way out, they saw some laborers and artisans.



"Apply strength... There you go..."

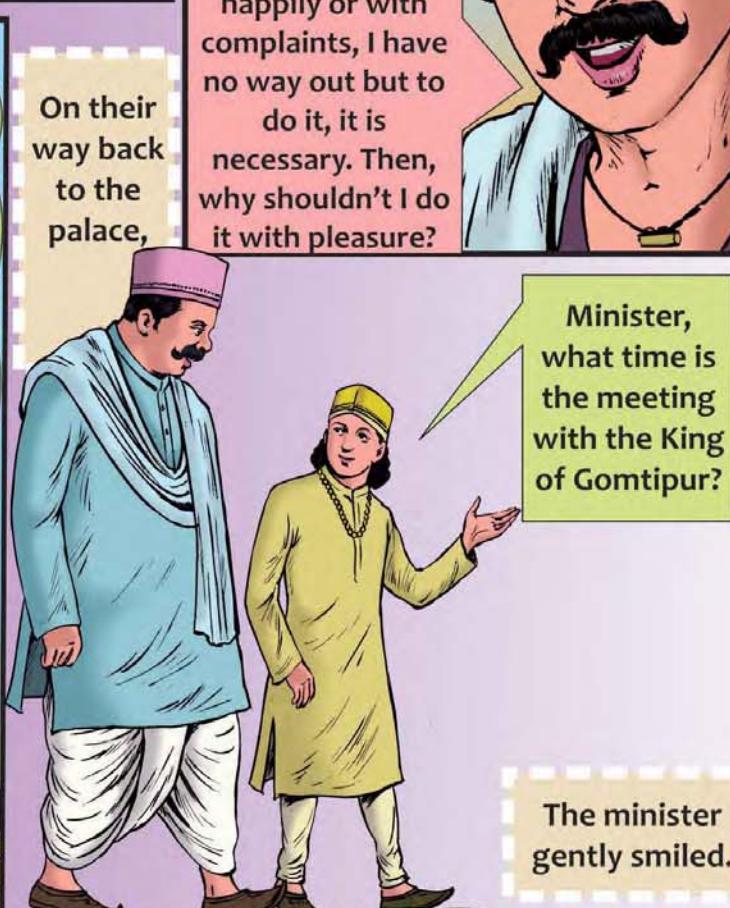
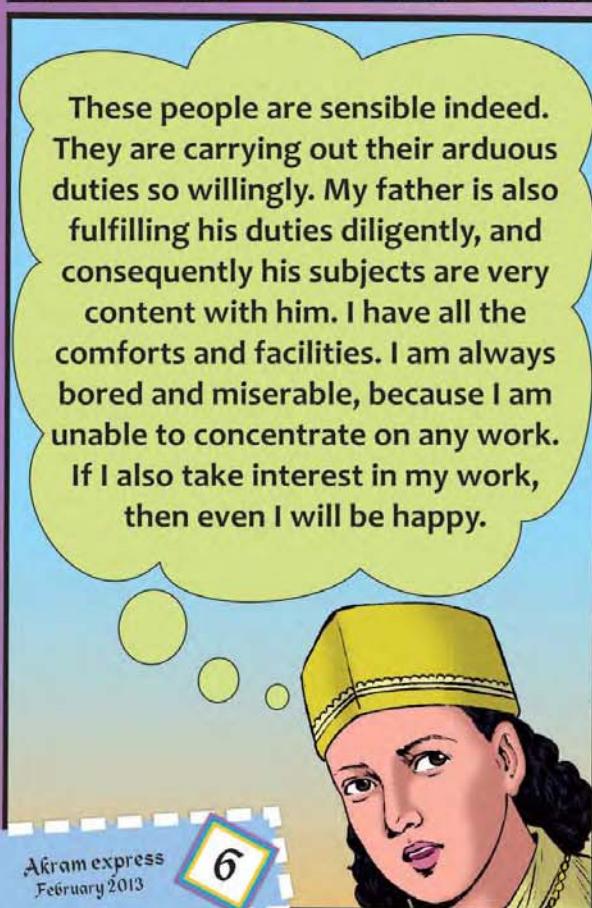
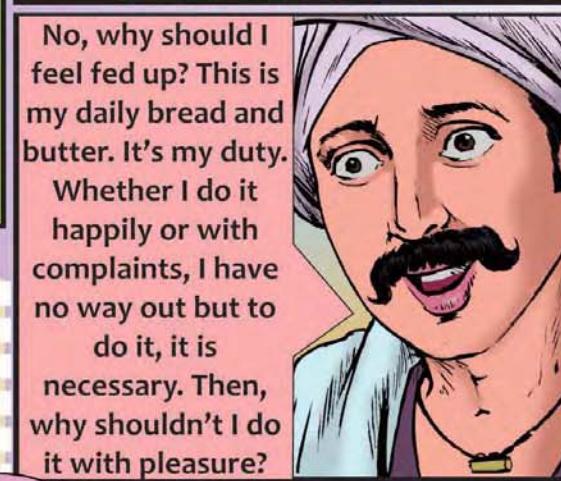
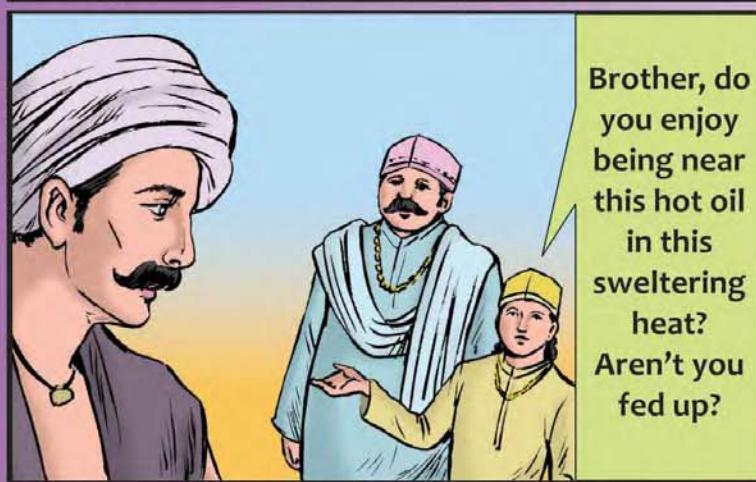
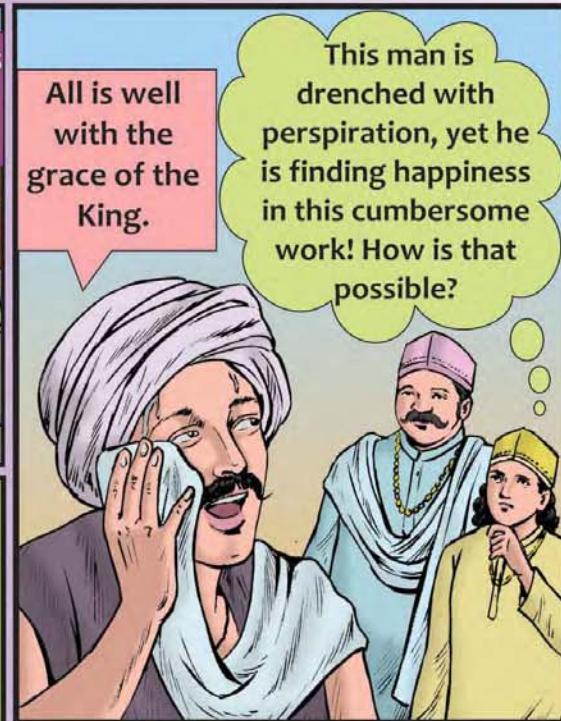
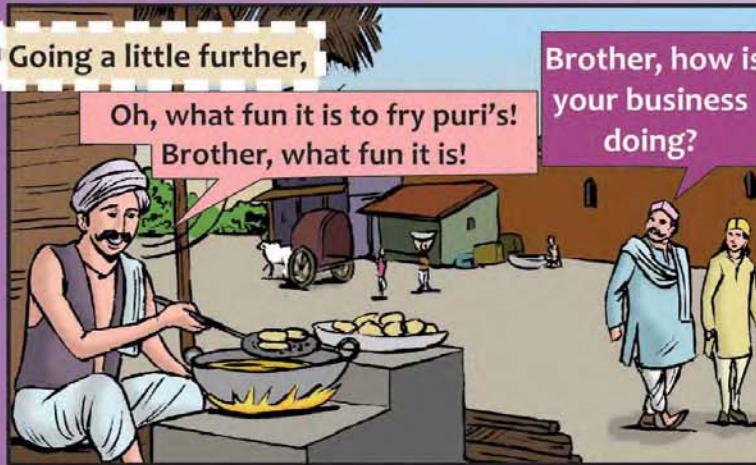


Brother, how is the work going on?

By the grace of our King, all is going good.

These workers are doing such hard work, yet there is no sign of weariness on their faces? They all look so happy! How is this possible?





Bus Stop

Tanvi's school bus stops at the Sayampur bus stop at thirty-three minutes past four. Here, she has to change buses. The bus that takes her home usually arrives at around ten minutes to five. Hence, every day Tanvi and other schoolchildren had to hang around for seventeen minutes at the bus stop.

It felt like a big punishment for the children to spend those seventeen minutes at this bus stop. The area was in an extremely unpleasant and pathetic state. The children were agitated by the noise and pollution created by the traffic. Not only that, to add to the filth in the area, people had



thrown garbage in a corner nearby. There lay a pile of cold-drink cans and food wrappers. Even the walls were defiled with weird graffiti. To spend seventeen minutes at this bus stop truly felt like a prison sentence!

However, Tanvi had no other option. She could neither change the bus timetable nor find another way home. Therefore, in spite of her weariness, she had to spend seventeen minutes at the bus stop.

One day, whilst waiting at the bus stop Tanvi thought, "Everyday, I waste some precious time of my life at this bus stop. Instead of sitting here and getting bored, it would be great if I utilize my time in a constructive way. Let me do something worthwhile so that these seventeen minutes become pleasant not only for me, but for everyone around." In this way, Tanvi discovered a solution to overcome her boredom.

When she got home, Tanvi packed some plastic bags in her school bag and asked her mother for a pair of gloves. From the next day onwards, everyday, for seventeen minutes, Tanvi would put on her gloves and fill up the plastic bags with the rubbish that was strewn around the bus stop.

Seeing this, her school friends started teasing her, "What are you doing Tanvi, have you gone crazy? What does it matter to you if the rubbish is lying around? Why are you wasting your time like this?"

However, Tanvi ignored their comments. She knew that she was not wasting time. On the contrary, she was investing it. Within a week's time, the corner was mostly clear off rubbish.

Thereafter, Tanvi took guidance from her mother on how to plant saplings. The next day, she started removing the weeds growing around the older plants in the same corner.

"I like gardening. Can I help you?" Dhara asked Tanvi.

In this way, Dhara also joined Tanvi. Dhara also realized that it is better to do something





constructive rather than waste time at the bus stop. The corner had begun to look quite decent now. However, those graffiti filled walls were still bothering Tanvi.

“What should I do about this graffiti, Daddy?” Tanvi asked.

“What do you want to do?” Daddy questioned her in return. Since she did not get an answer to her own question, she started thinking. At last, she found a solution. With her father’s help, she asked for permission, from the owner of the building, to paint the walls.

Upon obtaining the permission, she bought some spray-paints from the money she had saved. Now, even the other children had joined Tanvi in this project. Together, they created an interesting mural on the wall.

In this way, the pitiful area near the bus stop became beautiful. The children would be careful not to mess up the area. They allotted responsibilities amongst themselves to maintain cleanliness in the area. These children also planted rose saplings in the corner and began to tend these saplings with a lot of care.

When the school principal learned about this, he congratulated the children for doing such an amazing social service. He placed his hand on Tanvi’s head and said, “The credit for this project goes to Tanvi. It is easy to get bored and waste time. It is easy to blame the government for filthy conditions around, but Tanvi did neither of this. Her actions have proved so successful that everyone, young or old, can now enjoy their time at the bus stop.”

Everyone gave a round of applause for Tanvi.

“The credit for this project goes to Tanvi.”

Test yourself

Natasha, Abhi and Trisha like doing particular tasks whereas they find other tasks boring. They have also found solutions for the tasks they find boring.

Using the six clues given below, find out which tasks Natasha, Abhi and Trisha like, which tasks they find boring and what solution they have applied to avoid boredom.

Tasks they like: Watching T.V, internet surfing and going out.

Boring tasks: Studying, helping with household chores, and waking up early in the morning.

Solutions to avoid boredom:

1. Maintain an attitude of 'I like it' and do the task.
2. If concentration increases in this task, then it becomes enjoyable and boredom disappears. To increase focus, close your eyes and chant "Dada Bhagwan na Aseem Jai Jaikar Ho" for ten minutes.
3. Understand the benefits of doing this task, develop interest in it and develop the ability to perform the task.

Clues:

1. Natasha, Abhi and Trisha all have different likes and dislikes from each other
2. Abhi does not need to use solution 3
3. The one who used solution 2 didn't have any problem getting up early in the morning
4. Trisha used solution 1, and she had no problem waking up early or studying
5. Natasha liked going out
6. The one who liked internet surfing didn't like to help with household chores

Fill in the chart below:

Tasks Liked	Boring Tasks	Solution to avoid boredom
Natasha		
Abhi		
Trisha		

Sweet Memories

This incident took place before Adalaj had developed. One day, two bahens who had the goal to practice brahmacharya decided to donate a certain amount from their salary each month to Dadaji's noble cause. For the first month, they went to their centre, and gave a donation. In the second month, when they went to donate, one mahatma bahan from administration asked them, "Why are you giving donations every month?" Both the bahens explained their goal. Since the mahatma bahan knew the circumstances of these two bahens, she kept aside the money donated by them. Later on, when Niruma came there for satsang, the mahatma bahan handed the money over to Niruma, and explained the intent of these two bahens.

Niruma took the money in her hands, touched it to her eyes and returned it to the mahatma bahan saying, "Give this back to the two girls and tell them that they need not earn money their whole life. They should quickly earn enough money so they can come to live in Adalaj and work hard towards Dada's mission. Please return their money."

On hearing Niruma's message, it was as if the two girls were filled with renewed enthusiasm. They made all sorts of preparations to come to Adalaj. In due course, they even moved to Adalaj.

After coming to Adalaj, they handed over to Niruma, two cheques of fifty thousand rupees each, and told her, "Niruma, this is a part of our savings. Before investing elsewhere, it is our wish to give some amount towards spiritual activities. Once it is invested elsewhere, it will be difficult to get it back soon."

Since Niruma knew their financial condition, she told them lovingly, "How can we take money from girls? Go, invest all this money." Saying this, she returned both the cheques to them.

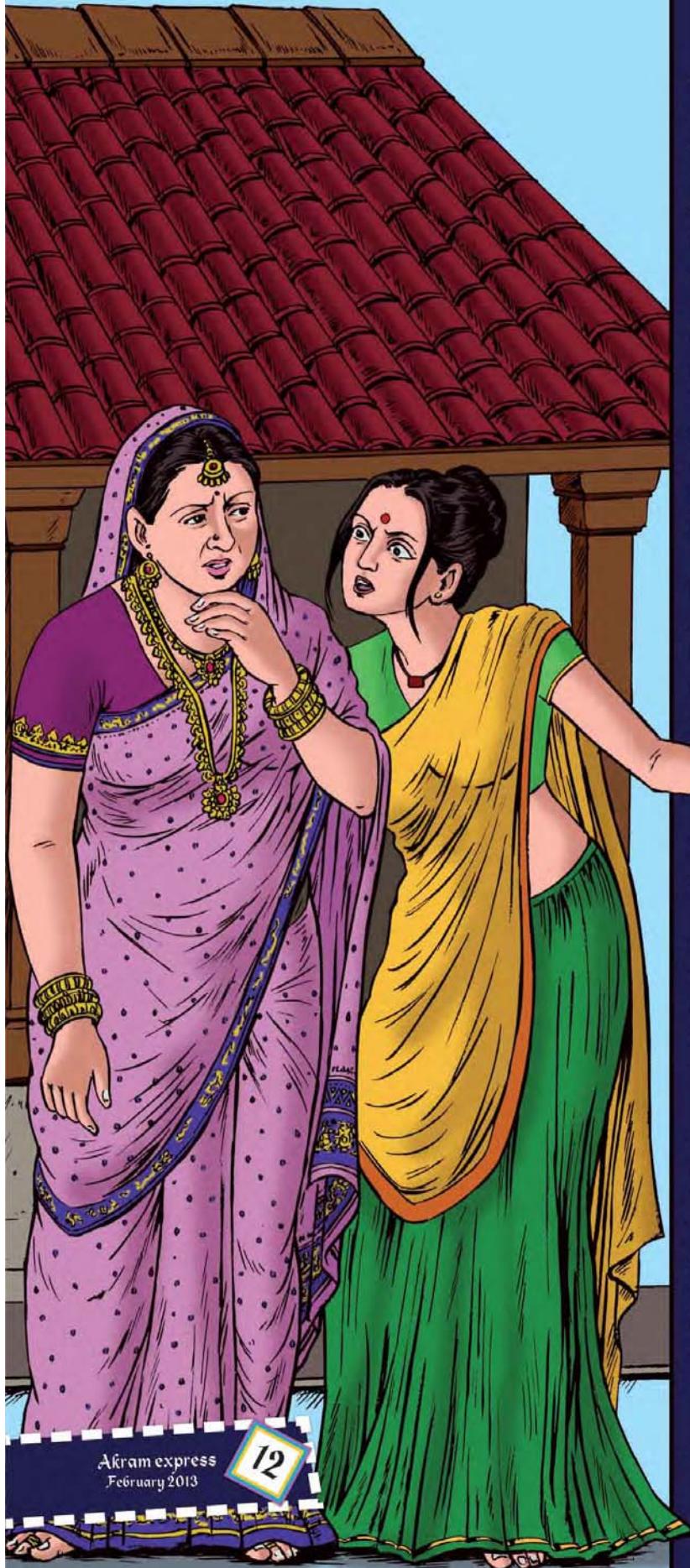
Both the girls had humble intentions to use the money for God. Therefore, they insisted many a times that Niruma accept the money. Seeing their devotion, Niruma said, "We certainly will not accept so much money. Do one thing; you can give eleven thousand rupees. We will deposit a sum of eleven hundred thousand with God, on your behalf."

Hearing this, both the girls were touched and bowed down at Niruma's feet.

How remarkably compassionate are Gnanis! They will fulfill the intentions of others, satisfy their wishes and give them protection as well.

How remarkably
compassionate
are Gnanis!

Mythological Story



In the last edition, we saw that when Champa city was invaded, King Dadhivahan fled in despair. One of the soldiers captured Queen Dharini and Princess Vasumati and escaped into the jungle on his chariot. The soldier's intentions towards the queen were not honorable. In order to save her honour and chastity, the Queen accepted death by taking poison from her ring. The soldier was now scared that he might be left with nothing if the Princess did the same too. Therefore, he took her to Kausambi city, to sell her off as slave in the open market. A noble merchant called Dhanavah, bought the Princess so as to save her from unscrupulous people. Now, let's see what happens....

Merchant Dhanavah took Vasumati to his house. He explained to his wife, Moola, the reason for bringing home this young girl and handed her over saying, "Moola, treat this girl affectionately like our daughter since we don't have any children. God has fulfilled that wish for us."

Vasumati bowed down at the feet of merchant Dhanavah and Moola and expressed her gratitude to them for giving her shelter.

As days passed by, gradually Vasumati started handling all the housework. The fragrance of her virtues spread out to the neighborhood, and she won over their love and affection. Even the merchant's fondness for his daughter Vasumati, increased.

The merchant had a maid servant who did all the household chores. Observing the merchant's increasing affection towards Vasumati, she misguided Moola by saying, "Ma'am, you are very naïve. Slowly and steadily, Vasumati will take control over both the merchant and the house. One day, the merchant will drive you out of this house and you will be helpless. It's still not too late. Think about it."

Moola didn't believe the maid, until one day, when the merchant came home from

work and Vasumati brought a jar of water to wash his feet. As she was kneeling down, some tresses of her long unbound hair were getting wet. In order to prevent this, the merchant held her hair in his hand. Incidentally, Moola came out from the kitchen at exactly that moment and saw this scene. She immediately recollected what the maid servant had anticipated. Her heart sank. She feared that her husband would leave her forever.

She thought that if this situation is not nipped in the bud, then the results would have grave effects on her life. She came up with a solution. She sacked the maid and gave all her work to Vasumati. Even after working hard all day long, she would not give Vasumati enough food to eat.

As days passed, Vasumati became thin and weak. However, Vasumati was a firm believer in the science of karma and she accepted the situation to be a consequence of her past karmas. Therefore, she tolerated everything with equanimity. She did not even harbor negative feelings towards Moola and always remained grateful to her. She would remember the Jineshwar Bhagwan (Arihant Bhagwan, the Enlightened One, who has overcome anger, pride, deceit and greed) and would pass the days without ever complaining.

What a state of a one-time Princess!

story to be continued in the next edition



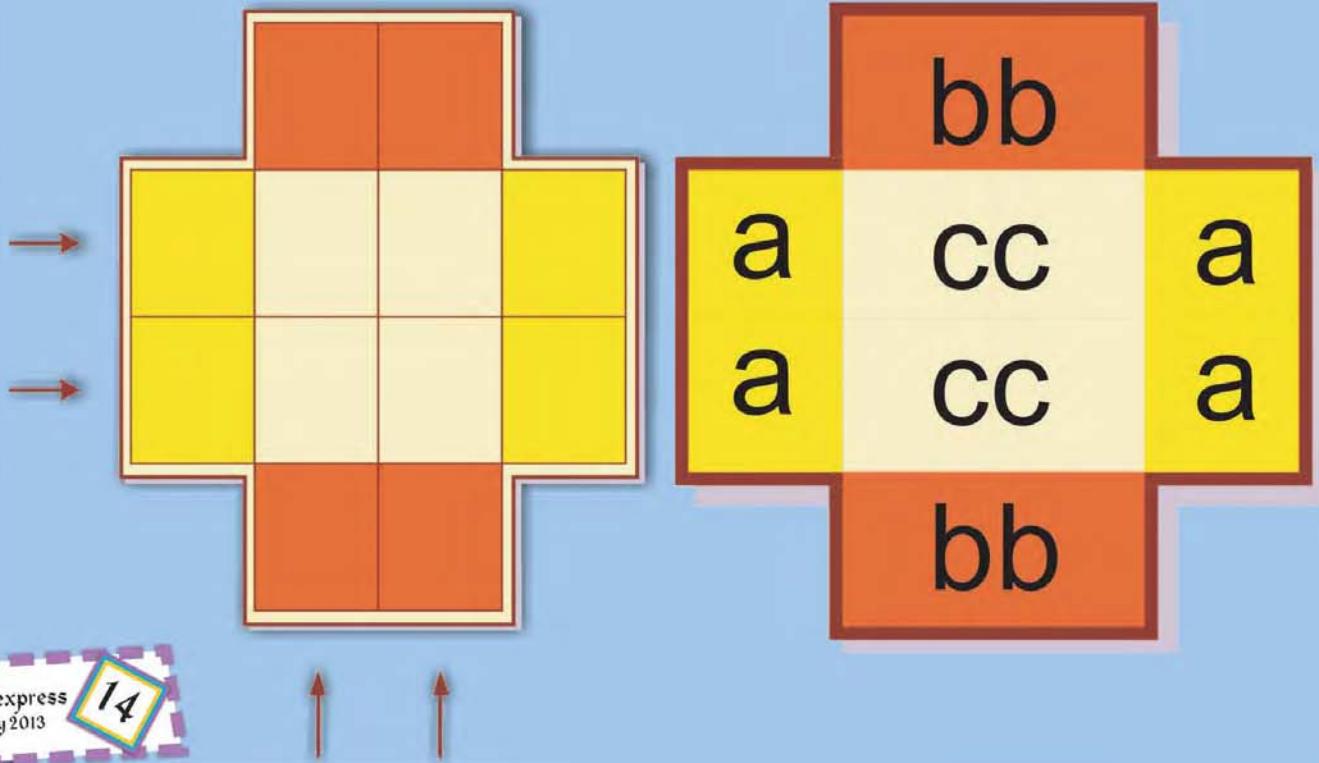
1

How many times does "2013" appear in the figure shown below?



2

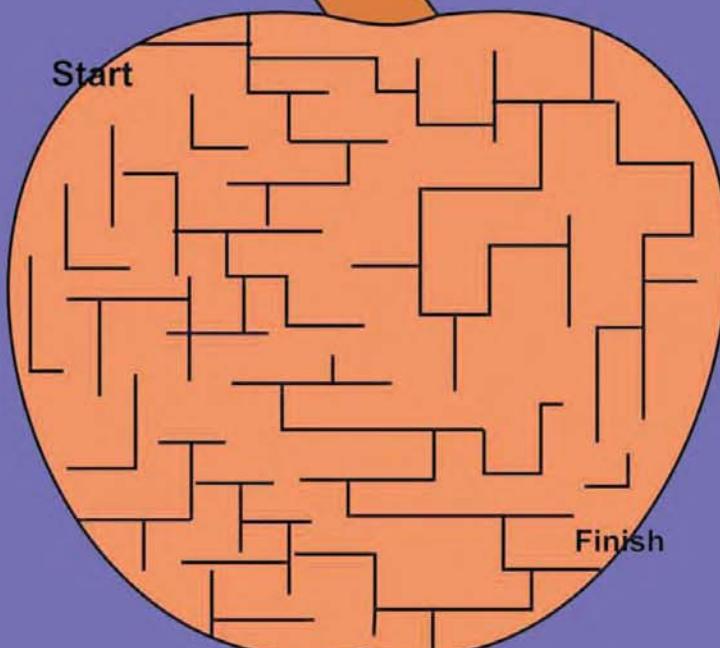
The goal of this puzzle is to fill the grid below with numbers 1 to 12 in such a way that the total of 4 boxes shown by the arrows is 26.



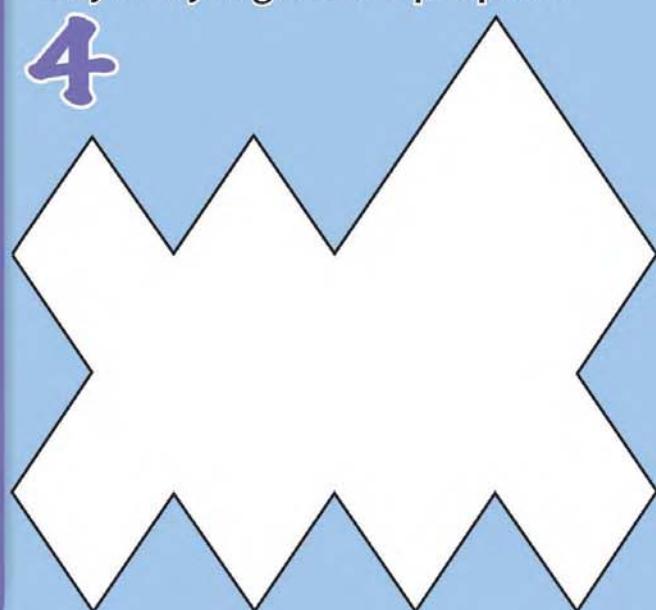
3

Find the path

Start

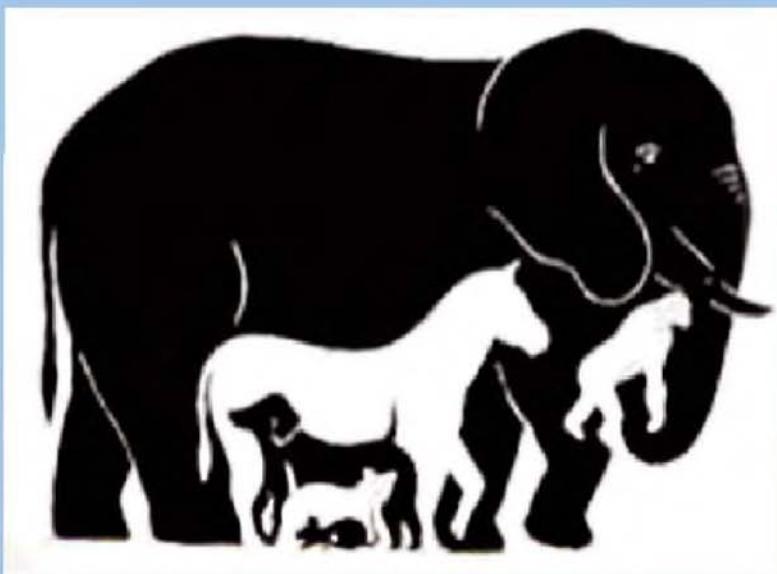


4



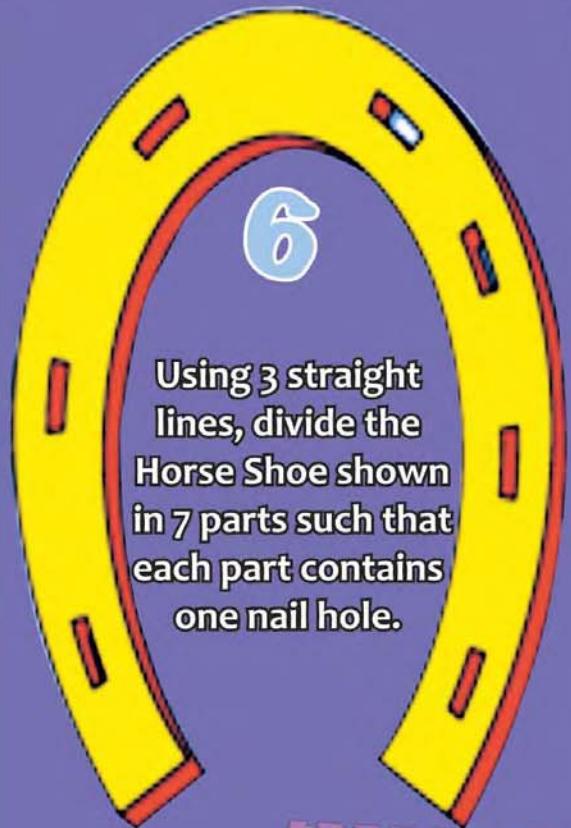
5

Find how many animals are hidden in the picture given below.



6

Using 3 straight lines, divide the Horse Shoe shown in 7 parts such that each part contains one nail hole.



15

Akram express
February 2013



Pujyashree with Kids

Questioner: I feel bored all day long. I feel fed up with everything and once I am fed up then gradually that boredom increases to the point that I do not feel like doing any work, I feel fed up with every situation.

Pujyashree: Do you feel fed up when you have to eat? What about when you sleep? Do you feel bored when you have no work? Do you feel bored roaming around wearing new clothes?

Questioner: No.

Pujyashree: So the inclination of the mind is to enjoy, and in reality when the tendencies of the mind do not find any pleasure anywhere then boredom arises.

Questioner: So, what should I do?

Pujyashree: Find something creative to do, something that you would enjoy doing. Art work or else help your mum around the house. If you get involved in that, then the boredom will leave. Do you like helping your mum?

Questioner: Yes.

Pujyashree: So, help her and your boredom will leave.

Questioner: Okay.

Questioner: Please give me the strength to learn English and help with the salvation of the world when I grow up.

Deepakbhai: Yes, but shouldn't the one who has a goal of salvation of the world become clean and pure? You have to become like a mango tree. Even if people throw stones at it, does it give mangoes or does it get irritated. Does it ever get irritated at others?

Questioner: No

Deepakbhai: Just as the mango tree gives shade and mangoes, similarly we should become benevolent to others. We should not hurt anyone. Where does the work for salvation of the world begin – it begins when we stop hurting or seeing negative in others. Constantly think of having the intent for the salvation of the world. Something good will come of it.

Puzzle Answer



1. 50

5. 6



Test
Yourself
ans.

Tasks Liked

Natasha
Abhi
Trisha

Going out
Watching T.V
Internet surfing

Boring Tasks

To wake up early
Studying
To help at home

Solution to boredom

Solution 3
Solution 2
Solution 1

Dear Akram Express Readers....

Dear friends,

We meet every month, yet I keep forgetting to ask you, so let me ask you this time. So friends, do you like reading Akram Express? After reading Akram Express, what kinds of changes have you experienced in your life? Please share these points with us so that we too get encouragement to publish even better Akram Express's for all of you.

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

Summer Camp 2013 Shibir promoting development of Moral and
Cultural Values in Kids and Youth

Place	Group A – For Youth Boys 13 – 16 years		Contact Number
	7 - 9 years	10 – 12 years	
Mumbai	19, 20, 21 April		09321010208
Simandhar City	27, 28 May		079-39830939
Surat	4, 5 May		09898689697
Rajkot	18, 19 May		09824218056
Group B – For Boys and Girls			
Mumbai (Ghatkopar)	20, 21 April	20, 21 April	09320255266
Mumbai (Kandivali)	13, 14 April	13, 14 April	08652890066
Bhavnagar	22, 23 April	22, 23 April	9574008090
Rajkot	4, 5 May	6, 7 May	8866888837
Baroda	25, 26 April	27, 28 April	8980995255
Bhuj	4, 5 May	6, 7 May	9909565679
Surat	25, 26 April	25, 26 April	9725832704
Simandhar City	16, 17 May	18, 19 May	079-39830939
Group C – For Youth Girls			
Simandhar City	1, 2 May	21, 22, 23 May	079-39830939
Group D – For Youth Boys (17 – 21 years)			
Simandhar City	13, 14, 15 May		079-39830939
Bhuj Trimandir	27, 28 April (13 – 21 Years)		07567561556

**Please
Note:**

1. In order to participate in the Summer Camp, please register with your nearest centre. The registration charge is non-refundable.
2. The closing date for the registrations will be 10 days before the camp starts. Any registrations received after this date will require immediate payment.
3. Participants can attend a camp in any ONE centre listed above.



Beggar: Dear child, please give me something.
 Chandu: Here, take 5 rupees.
 Beggar (very pleased): Dear child, ask for something, I will give it to you.
 Chandu: Babaji, please return the five rupees that I just gave you.



Bapu started crying whilst reading a book.
 Mother asked: Why are you crying?

Bapu: This book has a very sad ending.
 Mother: What book is that?
 Bapu: Passbook

Rohit: How can you say that horses are more intelligent than humans?
 Amit: It's quite simple. Thousands of men gather to watch ten horses running around a track, but not one horse would come to watch ten humans running around a track!

Lecturer: The reason for my lecture becoming too long is that I had left my wrist watch at home, and I cannot see a clock in this conference room.
Voice from the audience: Hey brother, could you not even see the calendar hanging on this wall?



Teacher: Did you know that in extensive parts of Africa, children do not go to school? Therefore, what should we do with the money we collect?
 All the children in unison: We should go to Africa


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