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Akram Express

I got left out!

Editorial

Friends,

In spite of having so much, it is the common nature of man to keep on complaining and pining for more instead of being content with what he has. It becomes unbearable for us when we do not get something or if we get less than others; and as a result we make ourselves miserable with the feeling of 'I have been left out.'

Don't you reckon there is some understanding which can help us come out of this self inflicted misery created by comparing ourselves with others?

Yes, Param Pujya Dadashri has analyzed this very well. He has given us practical examples, of positive understanding which we should apply in order to avoid comparison, to remain content with what we have, and not to despair when someone else gets something and we don't.

So come, let us practice this wisdom, and become free of misery.

- Dimple Mehta

The Gnanis say...

Deepakbhai: Emotional clashes like, 'I got left out' and 'he/she benefitted more than I did' are prevalent between brother and sister, or two sisters from early childhood.

'She got better toys than me!'; 'Why did I get less than the others?' By making such comparisons we make ourselves miserable. The root cause of this is the ego who believes, 'I am different from the other person; I am special, treat me differently; I am above others; I deserve better than others.' Why don't we compare the good things!! So many people in this world must be unhappy; at least we are better off than many of them.

Questioner: If we compare ourselves like that, we can't progress, can we?

Deepakbhai: No, this is exactly what we should compare. Whenever we feel miserable, then we should think, 'Oh! Ho! Ho! There are millions of people in this world who are unhappy, and comparatively I am so fortunate!' Be positive.

Questioner: But the suffering remains of the feeling that 'I did not get'. When I come to know that others got the opportunity and I have been left out, then immediately I would feel that why has my name not been included? I would feel as if injustice has been done to me.

Deepakbhai: You feel that 'I have been left out, I have been left out.' Where is the mistake occurring, it is because you compare yourself with others, 'They got a chance and not me. They got it and I didn't.' You must have had opportunities on many occasions in the past; at that time did you ever feel that the other people have been left out, so I should give them a chance and it is all right if I get less? We ought to have some nobility! There is so much narrow mindedness that, 'Only I should get, I should get better than others.' This attitude results in competition, hence, jealousy arises, followed by negativity and this gradually leads to animosity.

World interaction arises according to our own merit and demerit karmas. Nobody sends them to us. However, we must not hurt anyone. Such narrow mindedness is self-destructive. When we say, "I will go and will not let you go," then nature will say, "I will go first and will not let you go." Whatever we get is the result of our account of merit and demerit karmas. We should at least have a little nobility, that even if we did not get a chance, some else got it instead and we should be happy for them, "It's great that they got a chance. It's good, very good, because they will progress, and that is the same as me progressing too."

Absolutely New

'I have been left out' is narrow mindedness and 'It is a good thing they got it' is nobility.

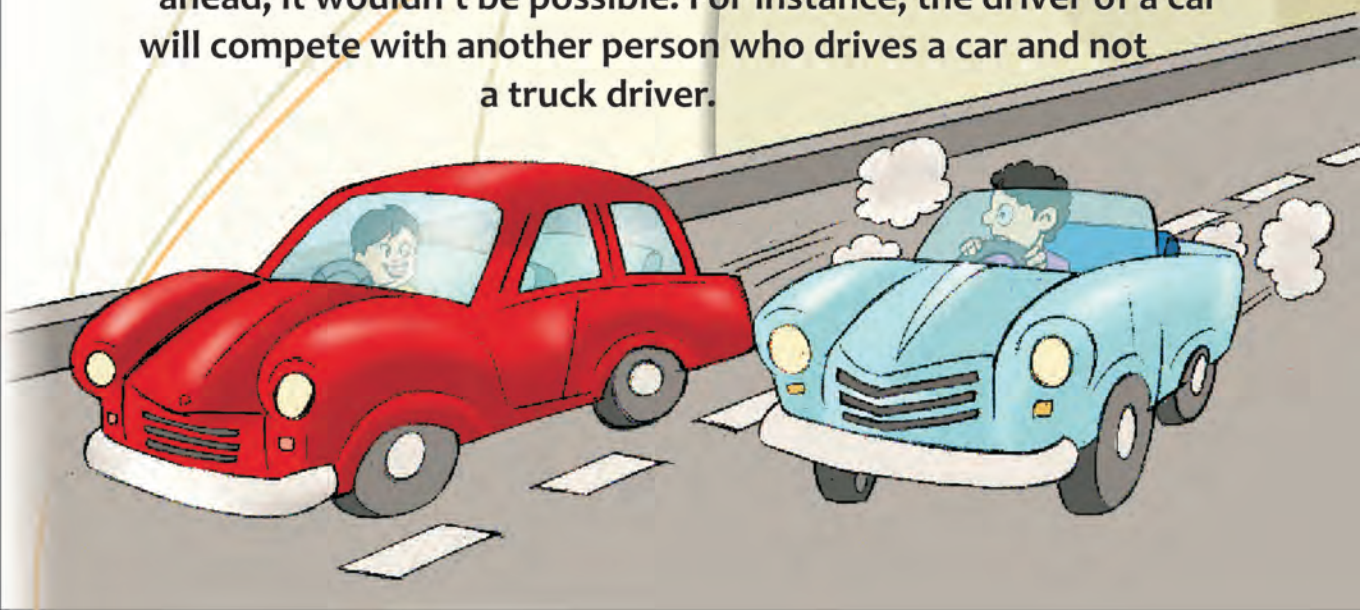
The feeling of 'I have been left out', gives rise to faults like jealousy, comparison, allegations, arrogance and intellect.

As soon as you get the feeling that 'I have been left out' you start having negative thoughts about the person who got something and also about the person who gave it. You feel they are thieves, cunning, partial etc., but what about when we got something?!!!!

and Different!

The more the desires decrease, the more you receive without asking. As a rule, those who don't want anything, will get everything.

Comparison starts with the person who is at a similar level to you. Would you compare yourself with Dada? No, he is much too ahead, it wouldn't be possible! For instance, the driver of a car will compete with another person who drives a car and not a truck driver.



Music Competition

"Look, Vyoma's slice is bigger than mine!"

"I will not tolerate this," declared Shailee, banging her hands on the dining table.

"Now, what is wrong?" asked daddy irritated.

With a frown on her face, Shailee took out a ruler from her compass box and measured the piece of cake given to Vyoma against hers.

"Look, Vyoma's slice is bigger than mine!" complained Shailee handing over the ruler to her mother.

"You will never change!" remarked daddy and continued to have his meal. However, Shailee's mother was annoyed with her constant habit of comparing with others.

"Shailee, if you had seen this piece of cake only in your plate, then do you know what you would have said to me?" asked mummy.

"What?"

"You would have said 'thank you, mummy.' However, you are comparing with others, hence, you feel you have a smaller piece. Learn to be happy with what you have. Do you understand?"

Without replying, Shailee finished eating silently and went to her room. She had to leave early for school the next day

as the selection for music show was taking place so she quickly finished her homework, packed her bag and went to sleep.

The next day, all the girls had gathered for the selection test for the show. Chandana Ma'am was calling everyone one by one. When Shailee's name was called out, she went into the room feeling confident. After finishing the test, she came out of the room feeling even more confident than before.

"How was your test Shailee?" Noopur enquired eagerly.

"Very good," smiled Shailee.

Shailee's friends were aware of her over-confidence, so no one was surprised by her reply. Moreover, she had enough reasons to be over-confident. There had never been a time when she had not been selected for an event; whether it was sports or drama, music or quiz, she was always selected.

After testing everyone, Chandna Ma'am came outside and announced, "The names of all those who have been selected for the music show will be released next week and thereafter, the rehearsals will begin." However, Shailee and her friends did not have to wait for a week!

On Thursday, during break time, when everyone had gathered in the canteen, Noopur came running and declared, "Listen, I have some secret information! I had gone to the staff room to give some books to Chandna Ma'am when I saw the selection list for the music show."

"Really? Who has been selected?" Trisha asked anxiously.

"Wait a minute. Let me remember."

She pulled up a chair and gradually began to recall the names one by one, "Trisha, Nandini, Niti, Radhika and ….and….and…." Increasing the suspense, she went on, "and ….Utsavi. All these girls have been selected for the chorus."

When she heard this, Shailee almost choked over her sandwich. After a sip of water, she remarked, "What??! My name is not on the list?"

Noopur shook her head with a sad face. Wild with rage, Shailee grabbed her bag and walked to the classroom. She was sitting supporting her head with her hands, when Noopur entered the classroom and sat down beside her. There was still some for the teacher to come.

Placing her hand on Shailee's shoulder, Noopur consoled, "Why are so upset? You have had so many opportunities to take part in such shows, which others have never had. This time someone else has got a chance, so at least be happy for them!"

Shoving away Noopur's hand, Shailee remarked, "I had got all those opportunities because of my talent. Chandna Ma'am's selection is useless. She has selected all those who have no

knowledge about tune or rhythm."

Thus, after recess, Shailee could not concentrate in any class. At times, she would feel anger for Chandana Ma'am, other times she would feel jealous of the other girls.

"The others got a chance and I did not; they were selected and I wasn't; I got left out!" The burning feeling due to these negative thoughts was bothering her.

On returning home, she flung her bag on the sofa and called out to her sister, "Vyoma, I am going to the lake. Let mummy know when she gets home."

"Oh, but you have just...," before Vyoma could complete her sentence, Shailee slammed the door behind her and left for the lake.

Shailee was lost in thoughts when Noopur sneaked behind her and placed her hands over her eyes. "Please Noopur, I am in no mood for fun right now," said Shailee annoyed.

"Ok, ok, relax. I went to your house and Vyoma said you were here, so I thought let me just pass by. Are you still upset because of the selection?" Noopur asked softly.

"Of course!" snapped Shailee and blurted out her thoughts, "I hope everyone in the chorus group falls sick so that no one can sing."

Hearing this, Noopur replied, "Shailee, you will get back whatever you wish for others, so please do not wish for such negative things."

After some thought, Noopur asked Shailee, "Do you remember our first school drama? You had the role of a farmer and Trisha had the doctor's role?"

Shailee replied, "Yes I remember. Everyone had commended my acting skill."

"Yes, you had acted very well, but tell me, did you make yourself miserable by comparing yourself with Trisha, that she had a stethoscope and you did not have one?" questioned Noopur thoughtfully.

"What nonsense! Why would I make such comparisons? There was no need of a stethoscope in my role. You get items according your role!" Shailee replied.

"Yes, that's true; you get items according to your role. Similarly, in life we get things based on what we deserve. There is no need to be miserable by comparing ourselves to others. In fact, you should be happy for those who have got the chance."

Shailee stared into the lake as if she was completely disinterested in what Noopur was saying. After a while, Noopur said, "I have to go now, Shailee. It's getting dark. See you in school tomorrow."

Early next morning, Vyoma woke up as she heard Shailee coughing. "You are bound to get a sore throat if you sit by the lake in this cold weather!" said Vyoma rubbing her eyes.

Mummy gave some cough syrup to Shailee and sent her off to school, but the syrup didn't seem to make any difference. She kept on coughing during the classes. After break, Noopur and Shailee went into the staff room to place all the notebooks on Chandna Ma'ams desk. Shailee's gaze fell on the list of names shortlisted for the music show. There

was not only one, but two lists.

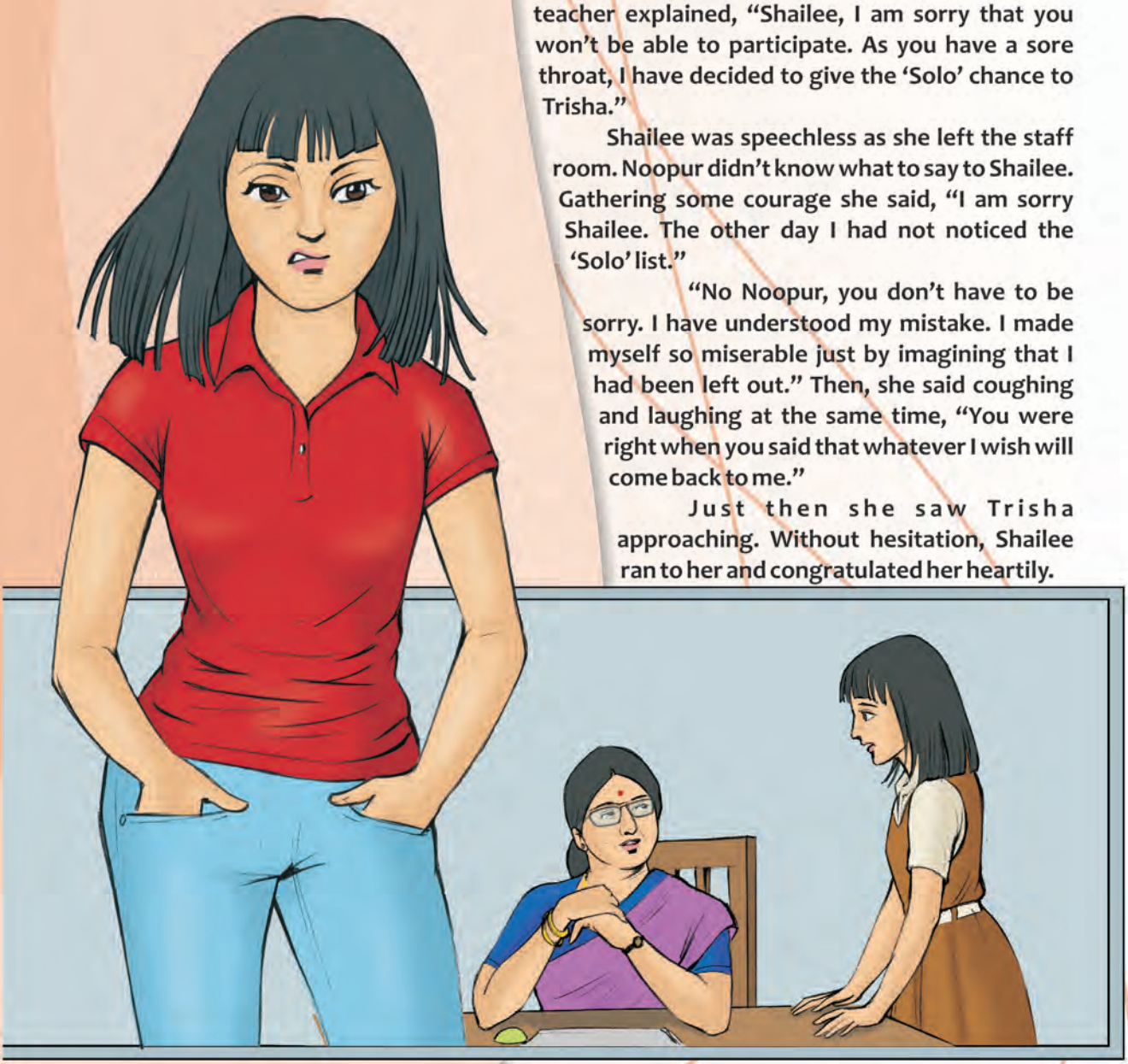
On one paper was written 'Chorus' (group singing) and on the other was written 'Solo' (only one person to sing).

Shailee got a shock when she saw that Ma'am had struck her name off, and replaced it with Trisha Dave's on the paper marked 'Solo'. Even before Shailee could ask anything, the teacher explained, "Shailee, I am sorry that you won't be able to participate. As you have a sore throat, I have decided to give the 'Solo' chance to Trisha."

Shailee was speechless as she left the staff room. Noopur didn't know what to say to Shailee. Gathering some courage she said, "I am sorry Shailee. The other day I had not noticed the 'Solo' list."

"No Noopur, you don't have to be sorry. I have understood my mistake. I made myself so miserable just by imagining that I had been left out." Then, she said coughing and laughing at the same time, "You were right when you said that whatever I wish will come back to me."

Just then she saw Trisha approaching. Without hesitation, Shailee ran to her and congratulated her heartily.



The Most Valuable Player

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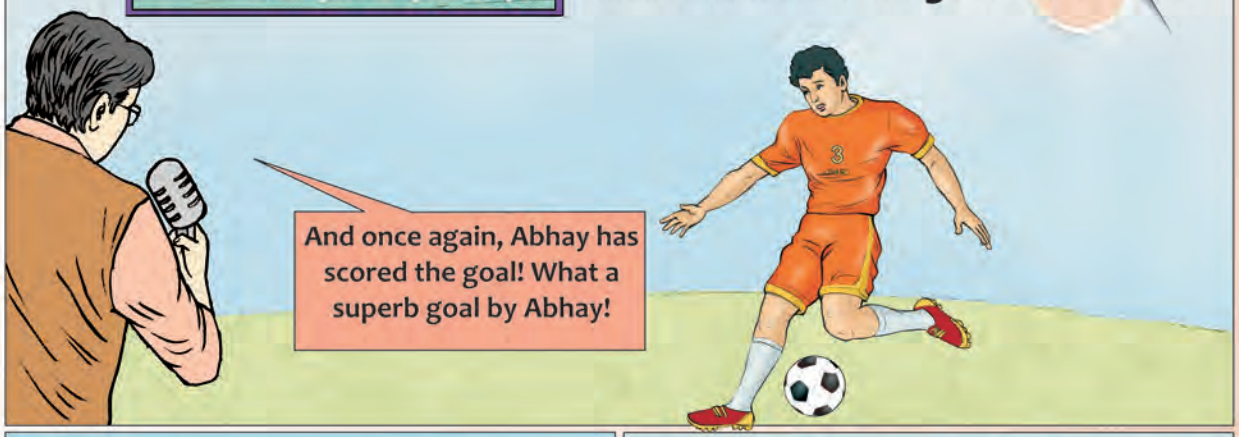
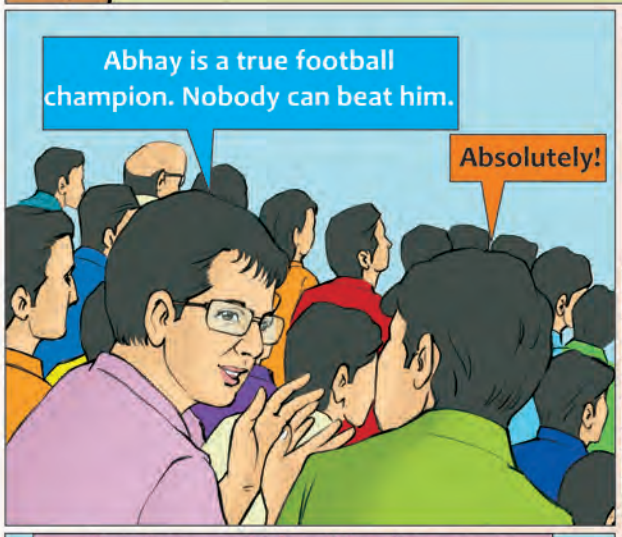
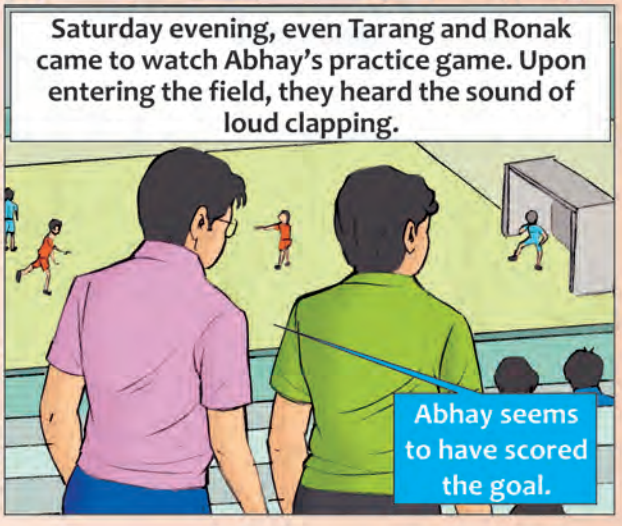
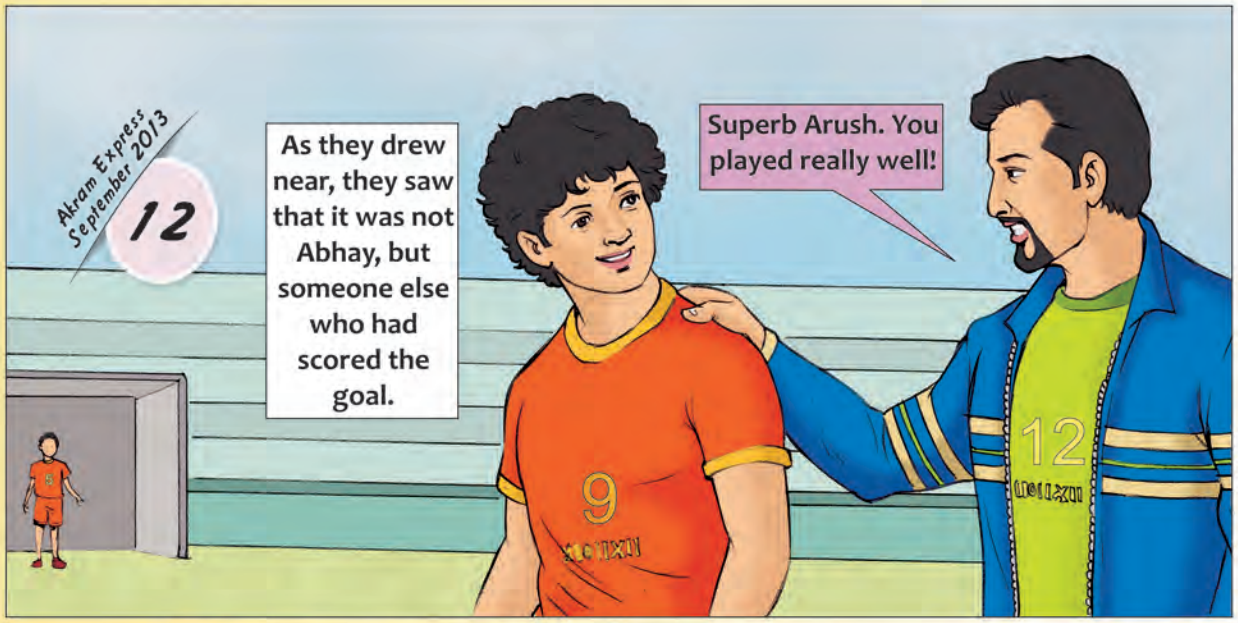




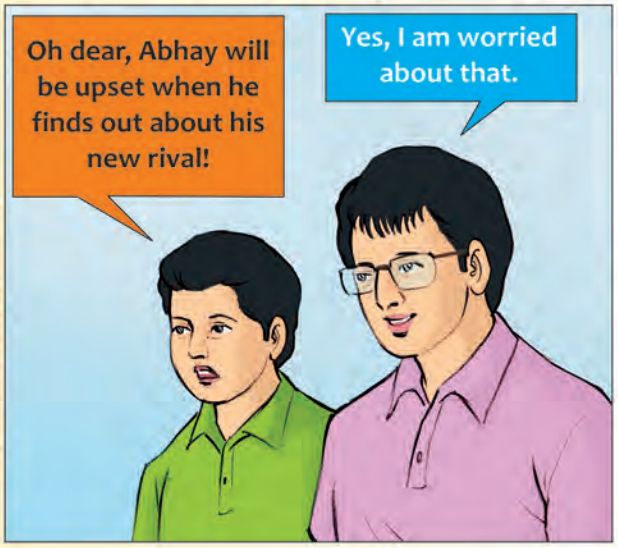



As they drew near, they saw that it was not Abhay, but someone else who had scored the goal.
Superb Arush. You played really well!

Who is he?
Arush, a new member of our team. He has just joined the team today. He is a new student, but he has already won not only the coach's but also everyone's hearts.

Oh really?
Yes, he is a powerful player.

After a while,
Hi, I am running late for practice today. I will meet you after the game.
Sure!


Oh dear, Abhay will be upset when he finds out about his new rival!
Yes, I am worried about that.

After the practice game,

Abhay, I hope you are not upset because of that new player, Arush.

Upset? Why should I be upset?

Why? Aren't you feeling insecure that you might lose your fame amongst the team and the public?

Insecure? On the contrary, I am feeling confident that we will certainly win the next game with Arush's presence. In each game, the members of the team should have the intention that the whole team wins and now to fulfill that intention I have also found a partner. In fact, I am delighted.

After that, during each practice session, the coach encouraged Arush a lot. Even Abhay did the same. He never felt that Arush had become the coach's favorite and that he was left out.

Today, the final game was going to be played and everyone was cheering for Arush.

Arush, Arush, Arush.

And Arush scored the final goal and the team won.

The awards ceremony commenced.

Trophy for the game's 'most valuable player' goes to……Arush.

Arush accepted the trophy amidst a huge applause.

Thank you. But, it is Abhay who really deserves this award. He is not only the team's most valuable player, but he is also the team's noblest player. In spite of being the team's best player, he never competed with me to maintain his position. Ever since I joined the team, he has encouraged me a lot and has also given me tips to play a good game. Abhay, please come on the stage and accept this award.

Both, Abhay and Arush, raised the trophy and embraced each other on the stage in front of the audience.

Test Yourself

In this issue, we gained the understanding behind 'I got left out!' Now, let us find out from the story below, what negative thoughts Dolly had, as a result of feeling 'left out'. In addition, what understanding did she apply to come out of these negative thoughts?

Dolly most favorite thing is chocolates, especially the American ones. Dolly is now grown up, but she will still run for chocolates if they are available. Therefore, when she found out that her aunt was going to visit them from America, she looked forward to getting chocolates more than seeing her aunt.

(A) Her aunt arrived, but she didn't open her suitcase until bedtime. Dolly started thinking, 'I wonder what happened to my chocolates this time? How come aunty hasn't given them to me yet?'

(B) When she woke up in the morning, she saw Montu, (Dolly's younger brother) sitting on the sofa eating chocolates. She at once ran to the kitchen and asked mummy, "Where are my chocolates, mummy?"

(C) "How would I know? Ask aunty when she comes," said mummy.

(D) Dolly was very upset. She became restless. She thought, 'Oh, oh! This time I didn't get any chocolates. I got left out and Montu was lucky. I am much better behaved than Montu, yet he got chocolates and I go left out.'

(E) After a little while, she asked Montu for some chocolates, but he absolutely refused to give her any. So she became more upset. She started thinking once again, "What should I do now? How can I coax Montu into giving me some chocolates? If aunty wanted to bring chocolates for Montu, then couldn't she have brought two boxes? Why did she bring only one?"

(F)Then she started getting negative thoughts for her aunt: Aunty is so partial. Every time she takes Montu's side, she doesn't care about me. She doesn't think about me at all. I don't like her at all'.

(G) With such thoughts, she became forlorn. Just then, aunty arrived. On seeing Dolly, she immediately exclaimed, "Oh Dolly, my child, you have woken up? Come here, look what I have brought for you. This time it is a surprise."

(H) Dolly saw that aunty had brought her a red party purse, which was her favorite color, matching shoes, and jacket. Aunty said, "My child, now you are grown up, so I brought these gifts for you. Montu will not be able to take away anything from here. Do you like them?"

(I) Seeing the gifts, Dolly felt ashamed. She hugged her aunt and said, "Yes aunty, I like them very much. Thank you!" and rushed off to her room.

(J) Dolly started repenting, "I had such negative thoughts about aunty! She would feel extremely hurt if she found out what I was thinking! Every time aunty brings me so many gifts, even then I became so impatient! I began to have negative thoughts about her just by feeling 'I got left out, I got left out!' How shameful....!"

(K) Dolly immediately went to her aunt, confessed her mistake and asked for forgiveness.

(L) And she resolved, "I will never become upset by thinking 'I got left out', and I will never see anyone's faults. I will remain content with whatever I have."

Negative thoughts: _____

The understanding to apply to come out of these negative thoughts: _____

Answers:Negative thoughts: D, E, F
The understanding to apply to come out of these negative thoughts: J, K, L

Mythological Story

This story dates back 1200 – 1300 years. There lived a Brahmin in the town of Chitrakoot. His name was Pandit (Scholar) Haribhadra. He was so knowledgeable that it was difficult to find his match. King Jitaree was very fond of him. Both the King and his subjects were in awe of his genius. Everyone respected him, praised his intelligence, and always approached him when they needed help with any learning.

Haribhadra would defeat anyone who came face to face with him claiming to be a great scholar. There wasn't a single subject that anybody could challenge him with and defeat him!

Gradually he started becoming arrogant about his intelligence. He started boasting to everyone, "If there is anyone in this universe who thinks he is a great scholar, he should come and challenge me in deciphering the scriptures! Let's see if anyone has the brains to defeat me! If I don't scatter his brains, then my name isn't Haribhadra!'

In his arrogance, he started believing that he was conversant with all the scriptures and knowledge in the world. He started telling everyone, "I am all-knowing, (omniscient). There is nothing that I don't know!"

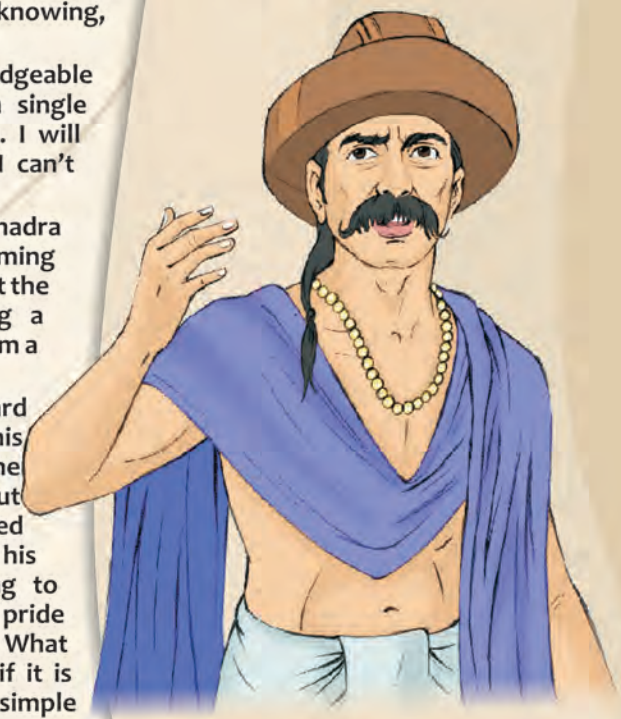
In his pride of being the ultimate knowledgeable person, he made a resolution: There is not a single language in this world that I haven't mastered. I will become the disciple of anyone whose speech I can't understand!

One day, around midnight, Pandit Haribhadra was returning home from the palace after performing some ritual prayers. He was in deep thoughts about the knowledge he possessed. As he was passing a hermitage, he heard somebody singing a verse from a poem.

He became a little uneasy when he heard this. He couldn't understand the meaning of this verse. He became absorbed in trying to interpret the lines, he went deeper and deeper into thoughts, but even with all the knowledge he possessed, he failed to decipher the meaning. He became restless and his chit started spinning! In the process of trying to decipher the meaning of this verse, his sense of pride that he was so knowledgeable, began to dissolve. What is the point of being proud of the knowledge, if it is unsuccessful in deciphering the meaning of a simple verse?

In addition, he recalled what he had announced earlier, "I will become the disciple of anyone whose speech I can't understand!" He heard his inner voice, "Oh King of all

'If there is anyone in this universe who thinks he is a great scholar, he should come and challenge me in deciphering the scriptures!'



scholars! Enough of this pride of being so knowledgeable; now the time has come for you to dissolve this pride and become someone's disciple!"

Guided by the voice and his own curiosity, he approached the nun (sadhviji) who had been reciting the verse. The sadhviji had an extraordinary gleam on her face. Haribhadra asked her with utmost modesty, "Mother! Please explain to me the meaning of the verse which you had just been reciting!"

The sadhviji said, "Oh noble man! In order to understand the meaning of such verses from scriptures, you will have to meet our guru (spiritual guide). Only he has the real authority to explain the meaning of these scriptures."

Pandit Haribhadra's curiosity had now become so intense that immediately he went to Guru Jinduttsoorji and beseeched him to explain the meaning of the verse.

Soorji replied, "Oh virtuous one! This type of scriptural knowledge can only be attained after initiating oneself into monkhood and practicing spiritual discipline."

Without the slightest hesitation, Haribhadra requested, "In that case, please show me the path to such spiritual discipline." Even the guru was satisfied with the disciple's eagerness. He gave a special directive to Sadhviji to accept Haribhadra as her spiritual (adopted) son. On that day, in order to attain the true knowledge, Haribhadra was initiated as Muni Haribhadra and the sadhviji who accepted him as her spiritual son was Mother Yakini. Haribhadra felt indebted to his spiritual mother.

Thereafter, Muni Haribhadra devoted himself to his studies and within a short period of time, he mastered the knowledge and attained the title of Acharya Haribhadra. Now he was devoid of any pride for his knowledge and arrogance for his intelligence. The more he progressed on the spiritual path, the more he became modest, humble and virtuous. Now he had no desire for any descriptive words for his acumen. He laughed at his ignorance for describing himself in the past as 'all-knowing, omniscient.'

Amidst his deep quest for the right knowledge and way of life, he remained obliged to his spiritual mother and guru, Mother Yakini. He introduced himself as the spiritual son of Mother Yakini and credited her for any script he compiled.

Blessed is such a spiritual mother, blessed is her spiritual son and blessed is their sense of obligation!

Sweet Memories

Once, Pujya Niruma sent a brahmachari bhai to London for some work. His brahmacharya anniversary happened to fall on a particular day while he was in London. He phoned Niruma for blessings and said, "Niruma, today is my brahmacharya day. Please give me your blessings."

Niruma asked him, "As this is the first time you have gone to London on your own, do you get sexually tempted by what you see or do you get any negative thoughts? Do you feel attraction for any girl?"

He replied, "No, that is not happening. Right now I am absorbed in the work that I have been assigned, so I keep busy with that and most of my time is spent talking to other mahatmas about satsangs."

Pujya Niruma said, "Okay, I will perform silent blessings for you (vidhi) in the presence of Hanumanji."

Pujya Niruma had never said anything like this before so he was very happy and said, "Yes Niruma, that is very good."

Then Pujya Niruma asked him, "What do you want to ask for from Hanumanji?"

He replied, "Brahmcharya."

Pujya Niruma advised, "You will, of course, ask for brahmcharya, but today you will specially ask for devotional worship to Swami."

Tears welled up in his eyes when he heard this. So Niruma explained lovingly, "That is what is lacking in you. Your devotion for the Gnani (Enlightened One) should be the same as Hanumanji's devotion for Lord Rama.

He was in awe and admiration for Niruma. He bowed his head with absolute humility at the compassion of Gnani who shows what one is lacking and guides one in the right direction!

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BALVIGNAN
Fun 'n' Gnan with Dada

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The joyous celebration of Rakshabandhan in Simandhar City in the presence of Pujyashree

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