

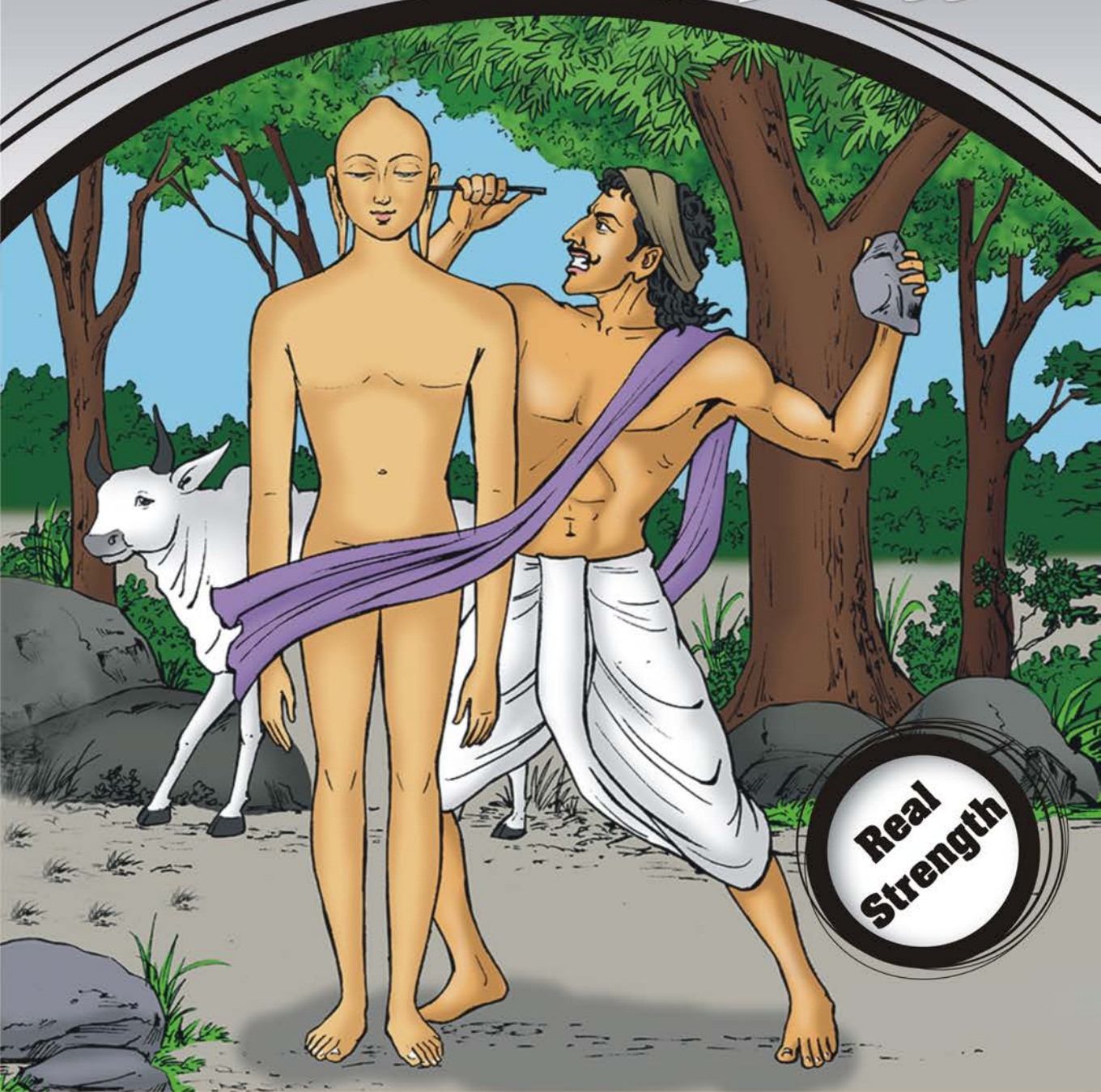
October 2014

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Dada Bhagwan Parivar's

AKRAM

Express



**Real
Strength**

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Editorial

Friends,
We always understood, 'Tit for Tat - getting even', as being heroic. 'I do not tolerate anything from anyone..., nobody dare tell me anything, otherwise I can retaliate in such a way that they will never again utter another word to me...'

Is this really 'heroic'? Have we ever thought about what 'heroic (real strength)' really means to saints, teachers and Gnanis (Enlightened Ones)?

So come, let us read this useful edition and obtain detailed understanding of 'Real Strength' according to Param Pujya Dadashri and please Him by adopting those values.

-Dimple Mehta

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R e a l S t r e n g t h

Dadaji says...

Anger-pride-attachment-greed are visible weaknesses. Haven't you seen one's hands and legs trembling when they are very angry?

Questioner: Even the body is saying that anger is not worthwhile.

Dadashri: Yes, even the body demonstrates that this does not suit us. That is why anger is a great weakness! Actually, there is never any reason in this world why one should lose his/her temper. One may complain, 'He is disobedient.' However, that still shouldn't be the reason to lose temper; one should deal with the situation calmly. One loses temper because they are weak. To become angry is a terrible weakness.

Someone may say, 'Sometimes it becomes necessary to get angry in this worldly life.' Then I would say, 'No, there is no cause where the need to get angry can arise.' Anger is a weakness, and that is why it happens...

Questioner: If somebody insults me and I sit there in silence, then isn't that my weakness?

Dadashri: No. In fact, tolerating an insult is a great strength! If someone insulted Us, We wouldn't feel offended nor would We accommodate negative thoughts about that person, and that is strength.

All these people are always complaining, everyone is quarrelling all the time and all that is weakness. Therefore, to tolerate an insult calmly is a great strength. We can get the strength to tolerate a hundred insults if we can endure only one insult.

It is a normal characteristic for any person to feel powerless in front of a strong person; however, it needs real strength not to react when a weak person annoys us.

Real strength is when a person, in spite of being powerful, is cautious not to provoke someone, or even harass his enemy.



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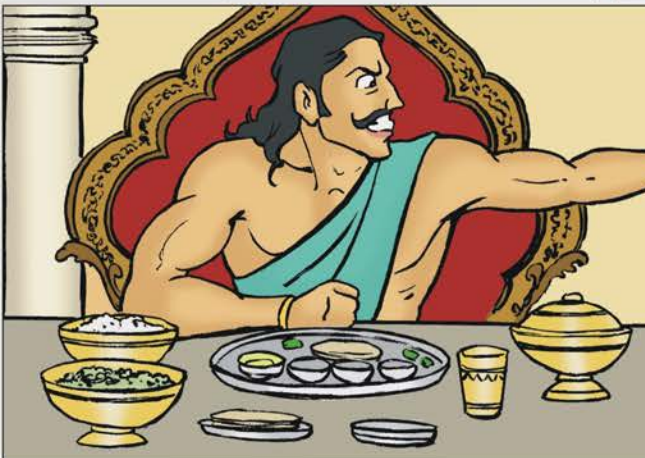
Biggest of all Weaknesses

How dare you enter my room without my permission?



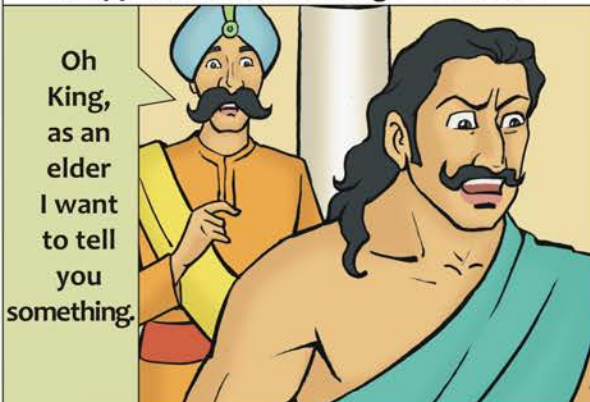
Without listening to the soldier, who had come to deliver an important message, Bahadurkhan punished him.

This is how Bahadurkhan expressed his authority by oppressing the weak ones.



He wouldn't even spare the cook, whom he punished if the food didn't taste as good.

Vishnuprasad was the chief adviser of Bahadurkhan. He was extremely disappointed with the king's behaviour.



Oh King, as an elder I want to tell you something.

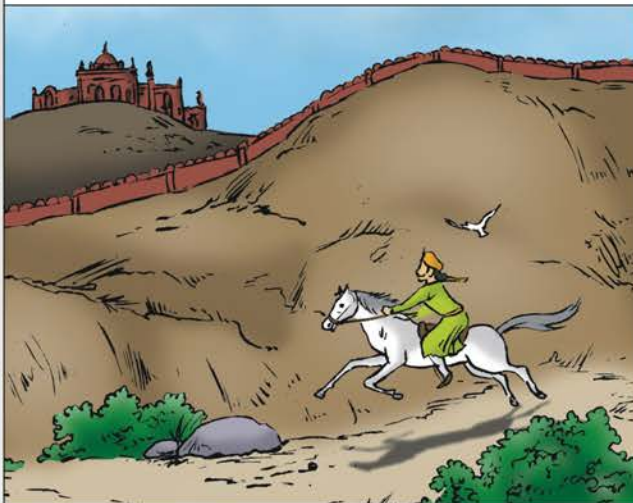
Anger is a great weakness. In such a state, one loses the discretion of what is good. That is why anger doesn't suit us.



Keep
your
advice to
yourself.
I am
getting
late for
hunting.

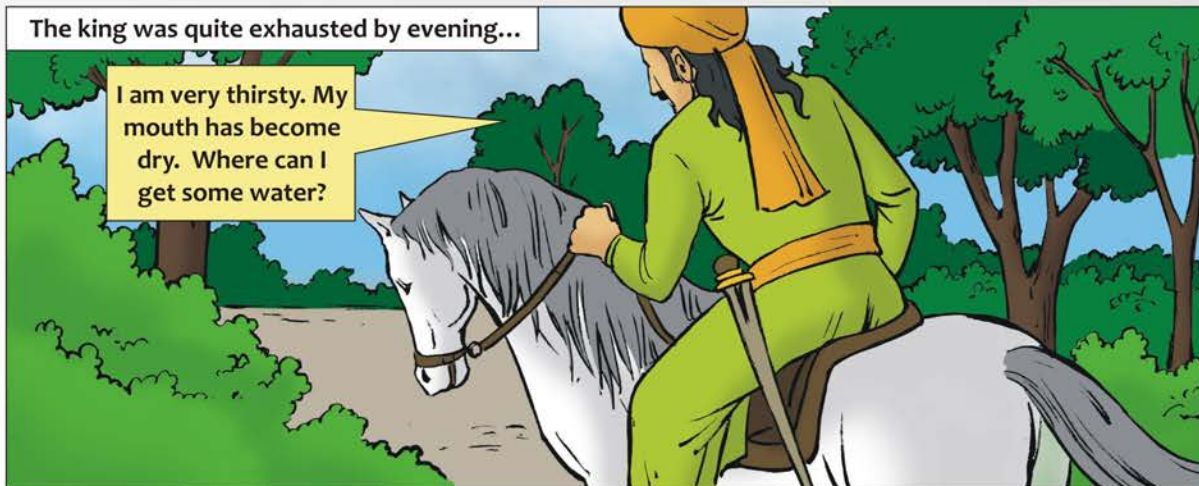


Bahadurkhan mounted the horse and left for the jungle with his favourite pet hawk.

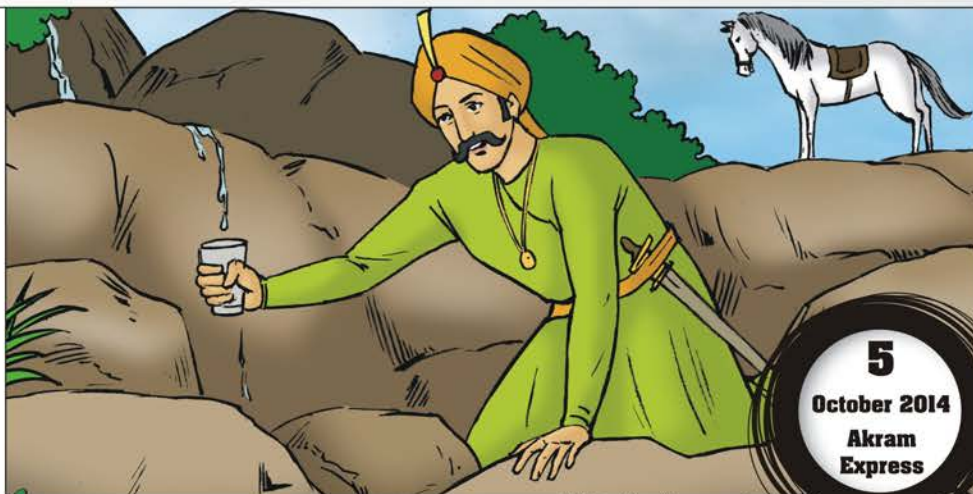


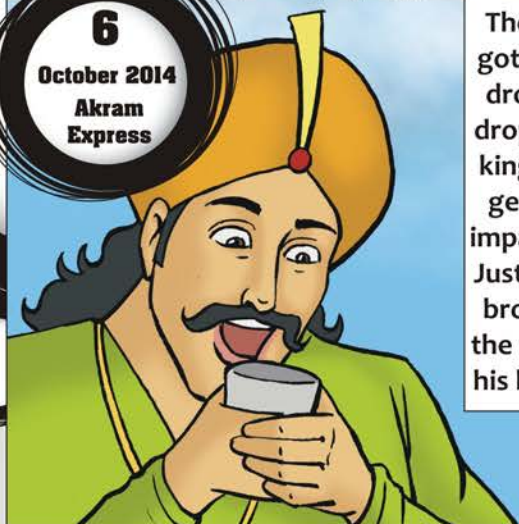
The king was quite exhausted by evening...

I am very thirsty. My
mouth has become
dry. Where can I
get some water?



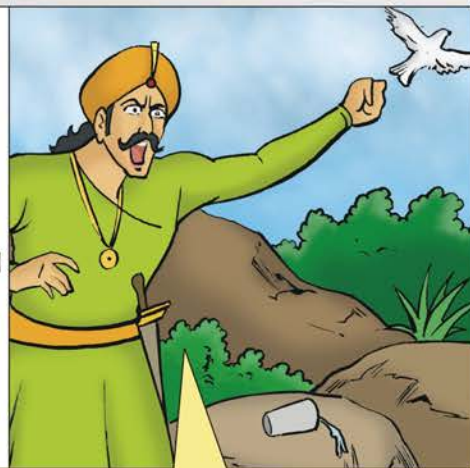
Looking
around the
place the
king came
across a tiny
stream. He
dismounted his
horse and
taking out a
silver cup from
his bag he
rushed to get
some water.





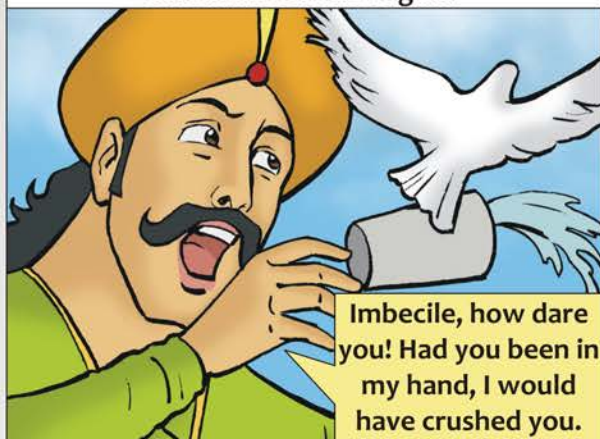
The cup got filled drop by drop. The king was getting impatient. Just as he brought the cup to his lips....

Frrrr...
... The hawk flew down and knocked it out of the king's hand.

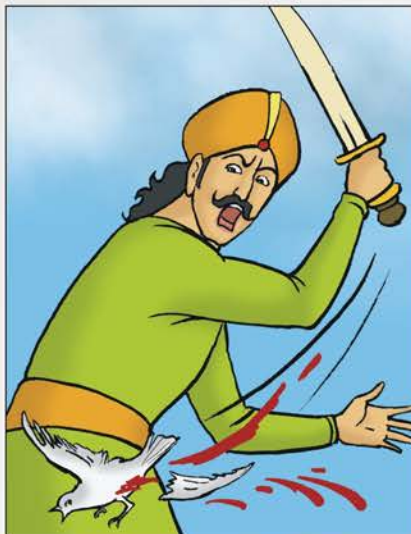


Idiot, what have you done? Have you any sense?

The king filled the cup once again and was about to take a sip, when the hawk knocked it off once again.



Imbecile, how dare you! Had you been in my hand, I would have crushed you.

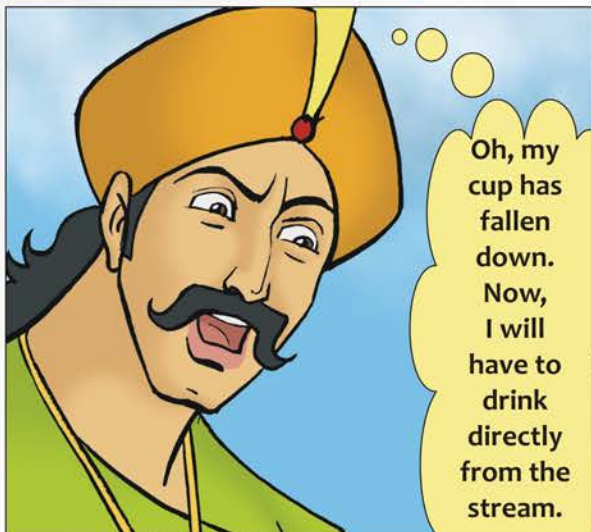


When the hawk knocked it off for the third time, the king was furious and with one stroke of his sword, he killed the hawk.



The king's hands and legs were trembling with rage.

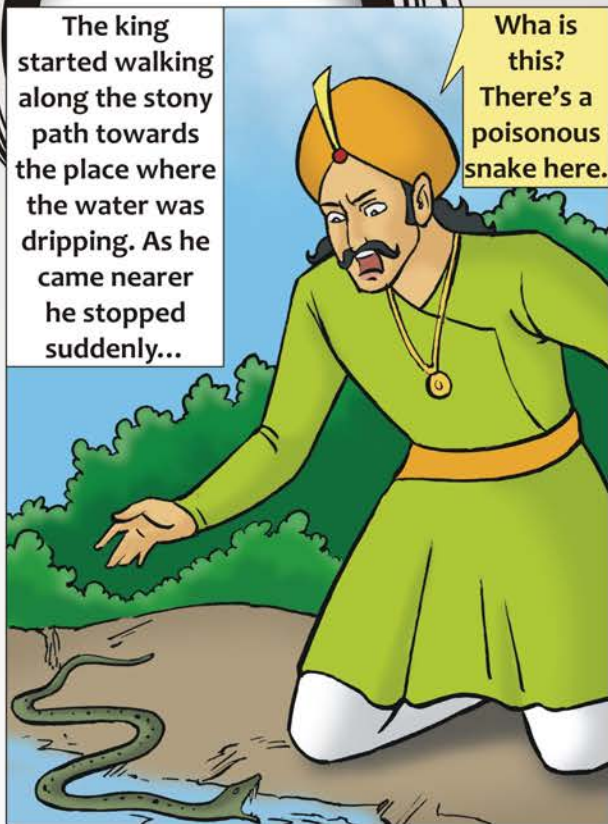
See the consequences of troubling me?



Oh, my cup has fallen down. Now, I will have to drink directly from the stream.

The king started walking along the stony path towards the place where the water was dripping. As he came nearer he stopped suddenly...

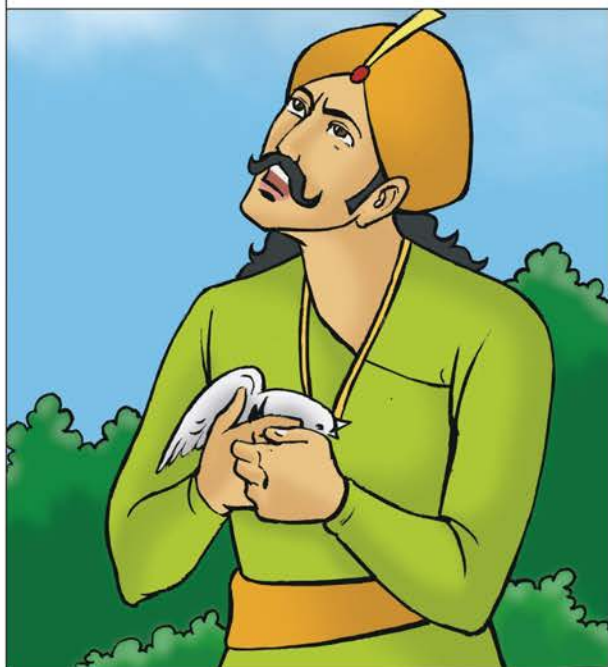
Who is this?
There's a poisonous snake here.



That means the hawk tried to save my life and what did I give him in return? Death!

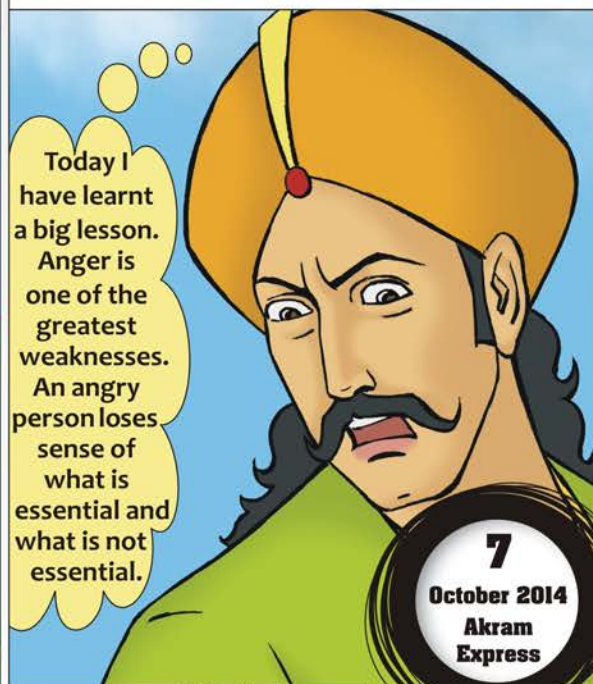


The king very lovingly took the hawk in his hands. Vishnuprasad's words rang in the King's ears. Now he understood what he meant.



With utmost repentance, the king mounted his horse and headed towards his palace.

Today I have learnt a big lesson. Anger is one of the greatest weaknesses. An angry person loses sense of what is essential and what is not essential.



What does the one who is without anger, without any weakness possess? Such a one naturally possesses the highest moral conduct called 'sheel' with which even the animals calm down. Lions, tigers, all the enemies, the whole lot become docile.



Absolutely New

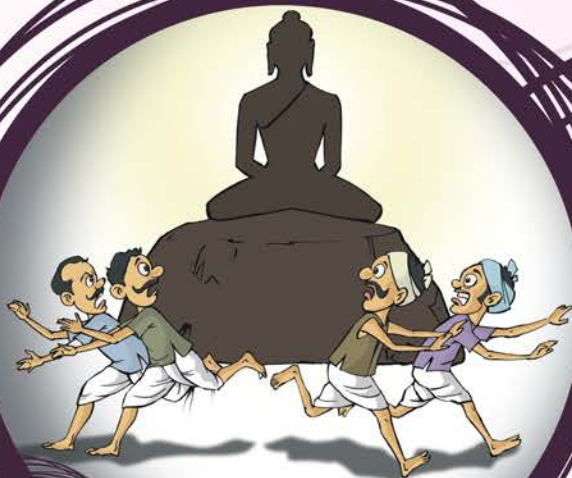


What does 'losing temper' mean? It is when one burns himself first and then he burns others. Just as when the match is struck, it flares up violently and then goes on to burn others.

One who is devoid of weaknesses like anger-pride-attachment-greed possesses a charismatic personality! Then even if he says something casually, everyone accepts it.



and Different !



Where there is a person with a high moral character, even a hundred thousand ruffians would flee upon seeing him! Nobody runs away from an ill tempered individual, on the contrary they would beat him up. The world will indeed attack the weaknesses only.

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Express

**Real
Strength**

“Ronak is a loser, he is a loser!” Shashank’s gang was jeering loudly, sitting in the college canteen.

“Hey loser, if you have the courage, then accept Shashank’s challenge and fight with him! Don’t just stand there like a scared cat!” One of Shashank’s friend challenged Ronak. But, Ronak ignored him and started towards the door.

Every day, merely for the sake of passing time, Shashank and his friends would taunt other students and entice them for a fight. Usually, most of the students ended up enraged. However, Shashank and his friends failed to provoke Ronak.

They continued to mock at him even after he had left the canteen.

Just then Kashyap Sir entered the canteen. Actually, he was a professor, but he mingled well with other students as he was very young. He took his cup of tea and plate of samosas and joined Vinod at the table.

“What is all this snickering about?” Sir asked Vinod as he took a sip of his tea.

“What else could it be Sir? Shashank and his friends have found a new victim. These days they’re trying to ridicule Ronak and infuriate him. But, Ronak acts like a

mouse. In spite of being so strong physically, he is feeble in front of them. I have persuaded him many times to take up their challenge, but he never does so,” said Vinod with a sigh of irritation.

With a faint smile Kashyap Sir said, “That is not his weakness but it is his strength. Weakness is actually when someone provokes us and we get cross.”

Vinod could not accept Kashyap Sir’s statement, “But Sir, Shashank and his friends don’t even know that Ronak is a karate champion. One punch from him is enough to silence everyone.”

“No Vinod, real strength is when a person doesn’t harass anyone, not even his enemies in spite of being powerful. From this I remember one story, will you listen?”

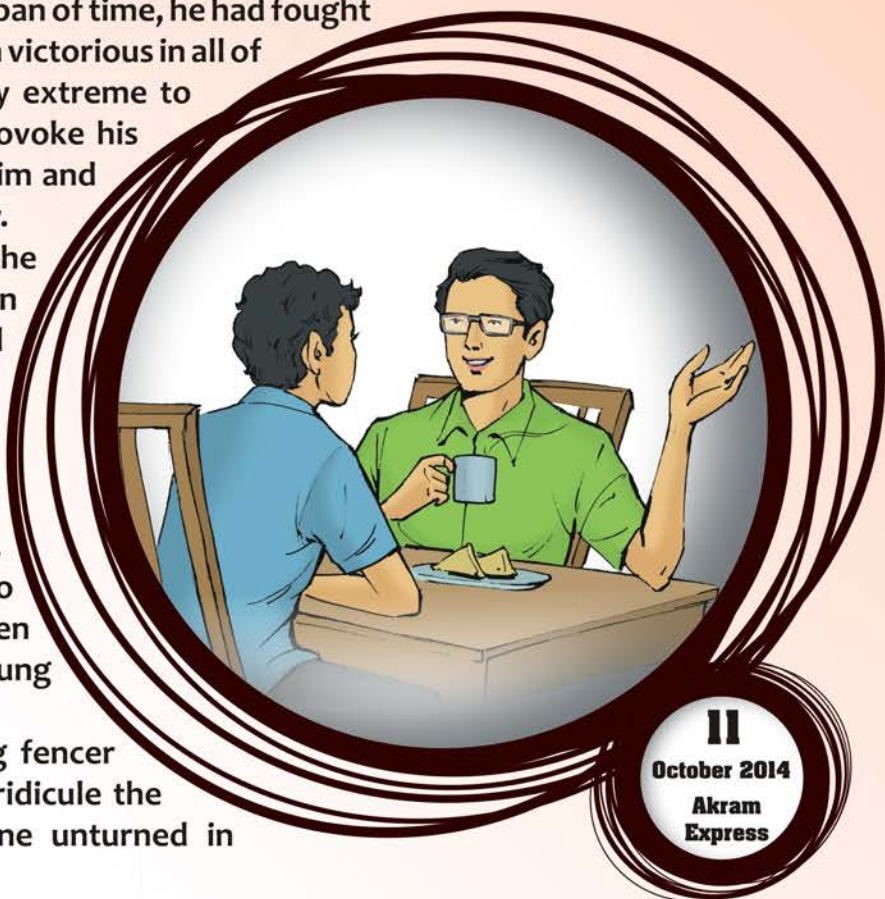
“Yes, of course Sir”, said Vinod biting into his samosa.

“Then listen. There was a proficient sword fighter (Samurai) residing near Tokyo. It was said that though he was old, nobody had been able to defeat him at sword fighting (fencing).

One day a young fighter came to this Samurai. This young fighter had attained lot of fame in sword fighting within a short period of time. Not only was he famous for his sword-fighting, but he was also well known for his vigour and harsh language. Within a short span of time, he had fought many battles and had been victorious in all of them. He could go to any extreme to win a fight. He would provoke his competitor by insulting him and then win the fight tactfully.

He had come to the Samurai with the intention of defeating him. He called the Samurai in the centre of the town and challenged him to a fight. This news spread like wildfire across the city. Everyone gathered to witness the duel between the Samurai and the young fencer.

As usual the young fencer made many attempts to ridicule the Samurai. He left no stone unturned in



humiliating him. The fencer had become wrathful

(very angry), but the Samurai remained completely unaffected and he even accepted his defeat.

Samurai's disciples were disappointed with him, "Master, why did you endure such ridicule? Why did you accept defeat instead of using your sword? Now, everyone in this city will think you are a coward."

With a faint smile on his face, the Samurai said, "To become angry, irritated or agitated are all open weaknesses. To bear an insult calmly is the greatest strength. When a weak person insults us and we do not do anything to him then that is known as real strength, do you understand?"

Kashyap Sir's story was an eye opener for Vinod and he felt a deep respect for Ronak.

"Oh, I lost track of time while talking," Kashyap Sir said as he looked at his watch. "I must go. Bye Vinod."

Kashyap Sir took his bag and left the canteen. Vinod was still pondering over the story when he heard Shashank's voice, "Hey you, teacher's pet. Finished your sweet talk? How much more buttering will you do to earn more marks?"

"Hey...", Vinod opened his mouth to give a befitting reply, but just then he remembered Kashyap Sir's advise and kept quiet.

"Huh? Don't you have the courage to give a reply? Even you have become a scared cat just like your friend?" Shashank tried to tease Vinod.

Shashank became agitated at Vinod's calmness. But for the first time, on that day, Vinod quietly bore all the humiliation without getting disturbed at all. He felt really good!



Real Incident

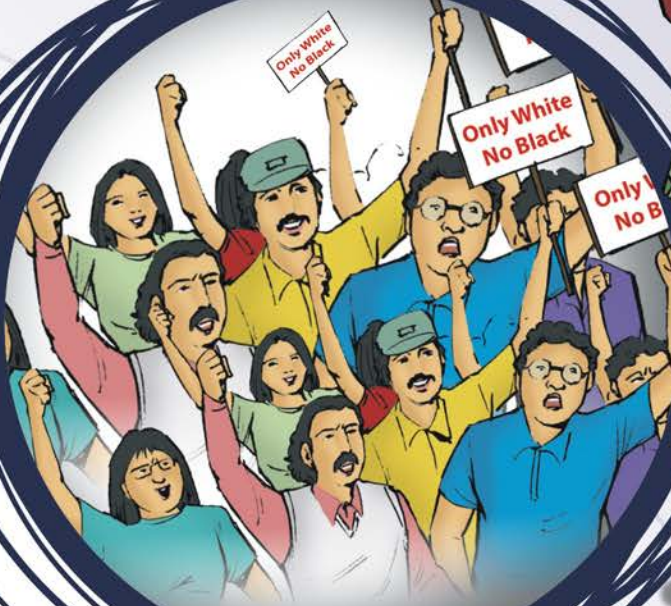
This is a story about a young African American (black) girl named Ruby Bridges.

Ruby Bridges was born in a very poor family residing in the city of Mississippi, America. Her father became jobless when she was only four years old. In 1957, her entire family shifted to New Orleans. Her parents were very religious by nature and worked extremely hard to sustain the family.

In New Orleans, at that time, the black (African American) and the white children attended separate schools. As a result, the Blacks did not receive quality education as the White children did. A discrimination of this nature was against the American Law.

To get rid of this discrimination, in 1960, a judge got a six year old Ruby admitted in first grade at William Franz Elementary School. Her parents felt proud of their daughter, but this did not suit the white people within the city.

On the first day of the school, the enraged group of Whites gathered outside the school and started hollering swear words to Ruby. The parents of white children did not want their children to study with black children. Thus, they boycotted the school and put up slogans like, 'Only White, No Black'. Ruby swallowed the bitter words in silence and



went to her classroom.

Upon entering the classroom, she saw, there was nobody in there except the teacher. The whole class was empty.

For several months, Ruby went to her class like this, amidst all the annoyance and abuses of the people. But, she neither uttered a single word in front of anyone nor became distressed. Her main objective was to study.

Her teacher Mrs. Henry used to say, 'Everyday Ruby attended school with a smile on her face and studied very diligently.'

Her teacher often wondered, 'How could such a little girl manage to remain so calm amidst all this rejection from people?'

One day, Mrs. Henry was standing at the classroom window observing Ruby walk towards the school building. As usual she was walking between the groups of people booing loudly. All of a sudden, she stopped. From a distance, Mrs. Henry thought that she was speaking to a group of people. She was astonished.

When Ruby came to the classroom, she asked her, "Ruby, what were you saying to those people over there?"

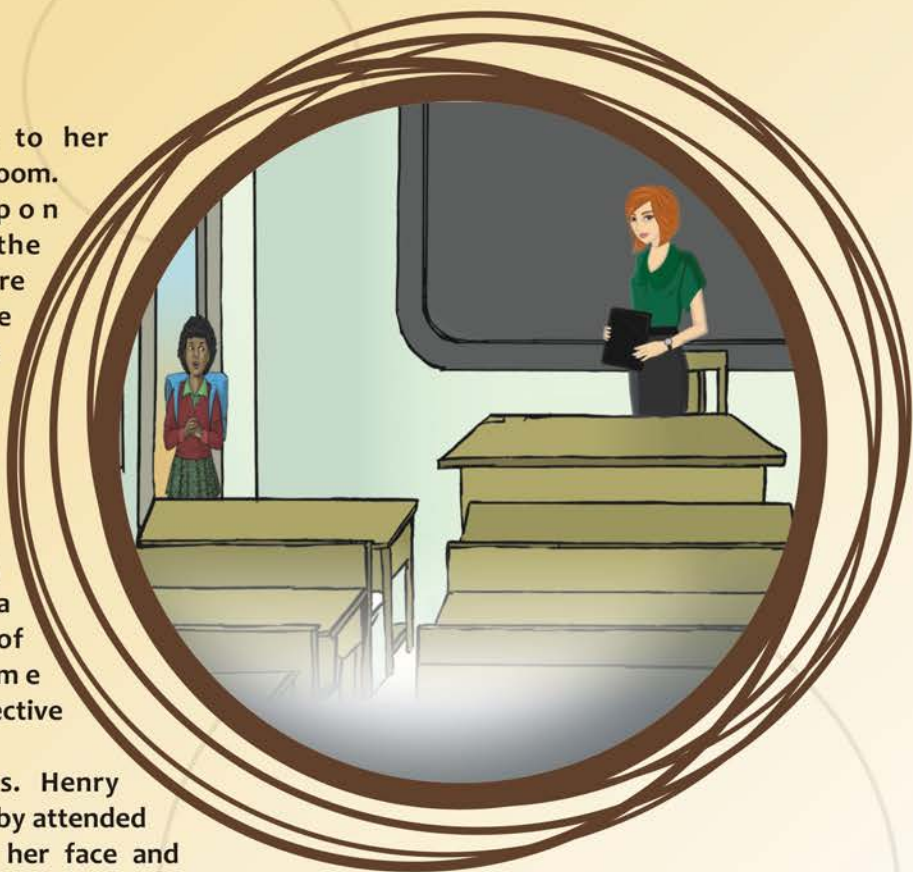
"Oh, I wasn't saying anything to them," answered Ruby.

"But I saw you talking. Your lips were moving too," the teacher was surprised at her answer.

"Teacher, I wasn't talking to them. But I was praying for them. Each morning before coming to school I pray for all those people who detest me so much. But today I had forgotten to pray, that is why I was praying that,

"Oh God, please forgive these people. Even though they're insulting me by saying bad words, these people do not know what they're doing."

So strong is the valor (heroism) of such a small girl! She quietly bore all the hostility and still prayed for the wrong-doers!



Sweet Memories

There was a brahmachari (celibate) brother who always felt hungry at around 4.00 pm. He would then phone the bahenos in the kitchen to ask what was there to eat. Sometimes, he himself would go downstairs for snacks and sometimes he would send somebody to fetch the snacks.

One day he phoned to inquire if there was anything to eat. The bahen in charge was with Niruma at that time. She answered, "I will prepare the box of snacks. You come down to collect it." Niruma heard this. Niruma enquired, 'Who was on the phone?' and in response, the bahen narrated everything to her.

Niruma asked, "Why did you tell him to come and collect the snack box? You should make arrangements to send it to him."

The bahen replied, "He will take it. There's no one here right now. Why should I go and give it to him?" Saying this, the bahen got up and left. Niruma did not say anything.

After sometime Niruma came out of her bedroom and asked that bahen, "Is the snack box ready?" The bahen nodded in affirmation. Niruma opened the box to check and said, "I will go and give it to him."

The bahen was aghast. How can Niruma go and give the snack box to him in this scorching heat! It does not look good. She immediately said, "I will go Niruma, give it to me."

Niruma replied, "No, you were saying 'no', so I will go." And Niruma left the room.

After this incident, Niruma did not say anything to that bahen, but she heard her say to someone else that all the boys are so busy in their work. It would be good if we can make arrangements to deliver whatever they need to them, so they don't have to come down here. How can we waste their time?

***See friends,
Niruma took
such great care
of everyone who
was doing Dada's
work!***



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Mythological Story

There was a righteous king by the name of Jitshatru. He had a pious wife called Dhaarini. They had a son who was very virtuous by nature. His name was Khandhak. Due to spiritual values acquired from the previous birth, he was not interested in worldly life.

One day Dharmaghosh muni came to the city. People were impressed by his sermons. The prince also listened with interest and realized the transient nature of the world. He decided to renounce the world and asked for his parents' approval to become an ascetic. They happily agreed. After his initiation into monkhood he became known as Khandhak muni.

After taking vows, Khandhak muni started severe penance for salvation of the soul (atmakalyan). As a result his body weakened. Even his bones started rattling as he walked. He bore all suffering calmly and with equanimity. He neither had any attachment nor abhorrence for any living being.

One day while walking barefoot from place to place (vihar), Khandhak muni arrived at the village of his sister. His sister was the queen of this place. She was sitting in the balcony with the king when her gaze fell on the muni walking in the distance. She recognized him and recalled their past brother-sister relationship. She was overwhelmed with emotions when

she saw the weak and wrinkled body of her brother and tears rolled down her eyes. She thought, 'Is this really my brother?

Earlier my brother had such a good physique and today it has become a skeleton!'

The king was surprised to see the queen's sudden unexpected tears. He did not recognize the muni and did not even question the queen. He started doubting the queen's conduct. Feeling enraged and without thinking twice, he secretly ordered his servants, "Go and peel off the skin of that sage!"

Feeling remorseful, the king's servants informed the muni about the king's orders. The muni wasn't afraid of any affliction. He did not feel panic at this unexpected calamity. He



asked his inner soul to give him strength to bear the pain with equanimity and he happily got ready to get his skin removed. He thought to himself, 'When will I get a wonderful opportunity like this to clear my karmas?' He asked for forgiveness from all living beings and went into Samadhi (blissful state where one is in the awareness of the Self).

Surrendering to the king's order, the royal servants removed the muni's skin. All this time the muni remained engrossed in meditation and due to his spirit of non-attachment he attained omniscience, absolute knowledge (Keval Gnan) and became free from the bondage of the body.

Just as we discard our worn-out clothes, this great muni left this perishable body and retired to his Soul's own true nature.

He became free from cycle of birth and death (attained moksha). His 'muhpatti' (the piece of cloth used by Jain saints to cover their mouths), covered in blood, remained there. A bird flying above, thought that it was a piece of meat and picked it up, but soon realized that it was not something that could be eaten and threw it away.

Co-incidentally, the 'muhpatti' fell at the entrance of the royal court. The sister was still thinking about her brother when she saw the blood stained 'muhpatti'. She was shocked and started crying uncontrollably. The king asked her, "Why are you crying?" The queen asked, "Who killed my brother?"

The king was stupefied, "Was he your brother? I got him killed."

The king deeply repented for the grave mistake committed by him, 'I thought what I shouldn't have, I did what I shouldn't have; now how will I ever be pardoned?'

After this incident both, the king and queen, turned towards the path of renunciation. Their attachment towards the worldly life dissolved completely and giving up their throne, both of them accepted asceticism, and renounced the world. After severe confession, penance and devotion both of them washed away their terrible sins. This was the only way they could cleanse their souls. Eventually, they too attained liberation.



Based on the understanding given in this edition, identify the strong and weak characters in the incidents stated below. Place the weak ones in team 'A' and the strong ones in team 'B'. Out of the two teams, which one would you declare the winner?

"Shlok, how many times have I told you not to make your room so messy? If only you would keep it a bit tidy," Sonia was annoyed to see the condition of the room.

Just then there was a sound of a scooter horn from outside. "Shlok, how long will you be? Be quick!" Prateek called out, seated on his bike.

"Just two minutes," Shlok answered from the balcony. He quickly changed his clothes and dashed out. He bumped into Sumit near the stairs and his bag dropped from his hands.

"What are you doing 'four eyes' (one wearing glasses)? Can't you see?" Shlok mocked pushing him away.

As usual Sumit calmly endured Shlok's taunting. He picked up his bag and walked off.

Shlok secured himself onto the bike behind Prateek, who scolded him, "How many times have I told you to be ready on time. From now on if you are not ready on time, I will leave without picking you up."

In the classroom, Prateek and Shlok's friends were having a discussion about their forthcoming picnic. Prateek and Shlok joined the discussion. Prateek raised objection at every second idea that was discussed. Fed up of Prateek's behaviour, Soham got up and said, "Prateek, my friend, please keep quiet. Give some useful suggestions instead of being negative about everything, otherwise be quiet."

Within few moments, the class monitor came into the classroom and announced, "Silence please". On hearing this, Vinit told his friends, "We'll now continue this discussion during recess."

"Vinit, you are such a coward. You're obeying this daft monitor! Let him babble," remarked Soham. Without any reply, Vinit picked up his bag and settled down at his desk.

Team A - Weak team :	Team B - Strong team:	Winner team:

It's different....It's fun...
 One gesture and a unique celebration...
 Will open doors to a new innovation...
 Come be a part of...



★ From when? October 10th, 2014
 ★ And where? kids.dadabhagwan.org



Answers: Team A: Sonia, Prateek, Shlok, Sohams Team B: Sumit, Vinit Winner team: Team B





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A teacher of an English school asked his students: If you are told to select only one book then which book will

you prefer?

A student: 'Chequebook' Sir

Naughty Chiku asked his mother: Mom why is your hair beginning to turn grey?

Mummy: Your each mischief adds a grey hair to my head.

Chiku: Oh! So now I understand why grandma's hair is all grey!

Chintu: Why doesn't the sun come out at night?

Pintu: I might be coming out, but maybe it's too dark to see it.

Ramu: How can we say that carrots are good for eyes?

Shamu: Have you ever seen a rabbit wearing glasses??

Ha...

Ha...

He...

He...

Maganlal master: What is a barren land?

Maniyo: Where nothing grows.

Master: Give an example.

Maniyo: My father's head.

Teacher: What is the difference between singing and disco?

Student: There is a difference of head to feet

Teacher: How?

Student: While singing a person moves his head and in the disco he moves his feet



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