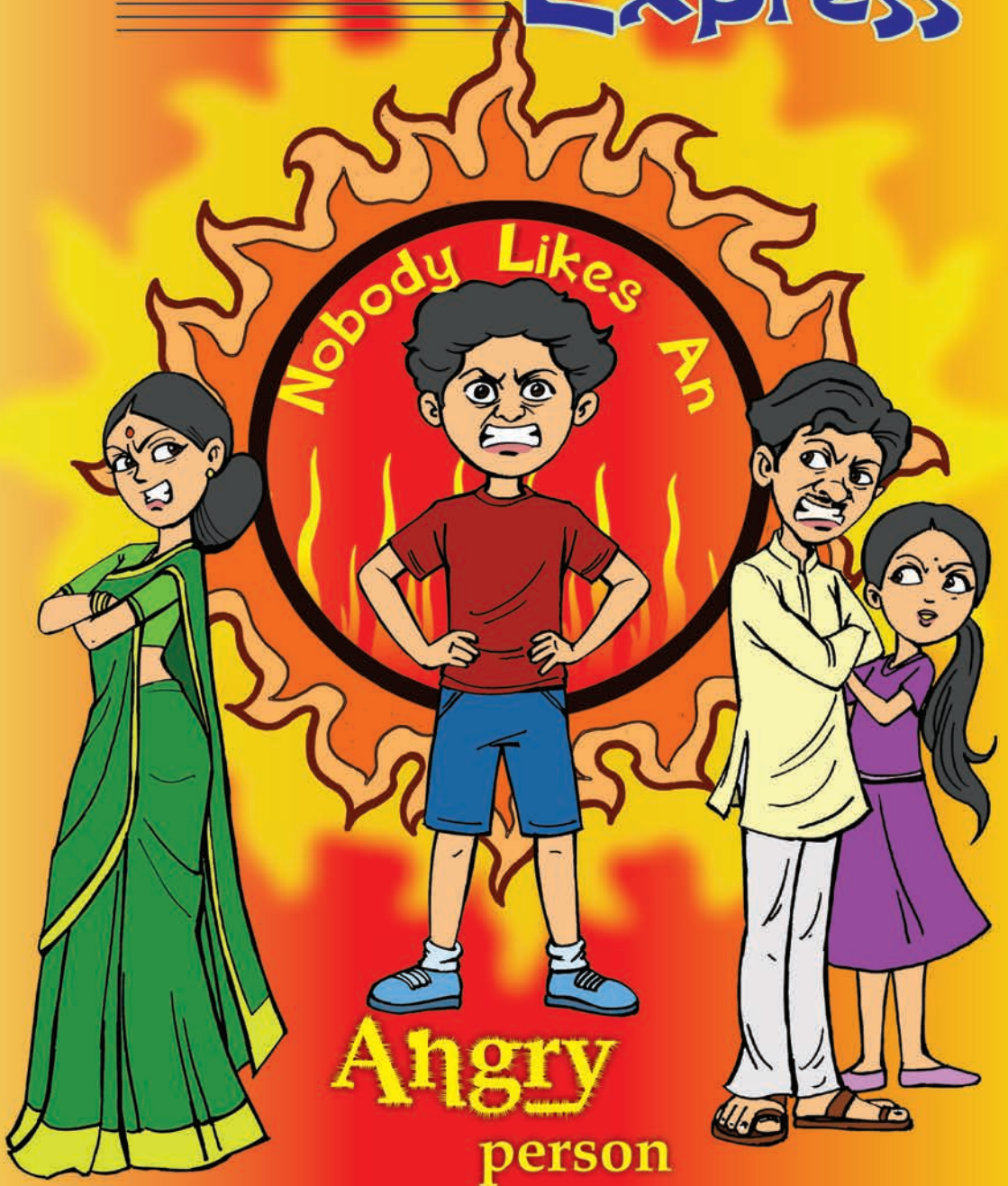


Dada Bhagwan Parivar's

AKRAM

Express



Dear friends,

Editorial

We all know that to get angry is wrong. But even then we often get angry. Let us look at anger from an angle which shows us how it can have adverse or damaging effects on us.

You know what?

Nobody likes an angry person.

None of us would like to be disliked, true? For that reason alone let us bid farewell to anger and experience freedom from it. This issue describes how people who get angry and those who don't are perceived (viewed), so that we can develop the courage to get rid of our anger.

-Dimple Mehta

AKRAM EXPRESS

Nobody Likes An ANGRY Person

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Anger is 'Blindness'

Dadaji Says...

Questioner: In general terms what is the most common thing that makes people lose their temper?

Dadashri: It happens because they are not able to see with clarity! When does a person walk into a wall? Isn't it when he is not able to see the wall? In the same way when a person does not have the insight to see things clearly he gets angry. He cannot see ahead, hence he gets angry.

When a person is asked, why did you get angry? Then he would answer, 'I got angry because I totally lost my senses'. Yes, a person gets angry when he loses his senses and is not able to see clearly. Would a person with clear vision get angry?

Questioner: Is it acceptable when a person gets genuinely irritated or angry?

Dadashri: People will say that, 'he is always irritable and grouchy!' Even the children say, 'Leave him alone. He is generally like that. Just ignore him'.

Irritability is stupidity, it is foolishness! Irritability is a weakness. This weakness should not be there. So where there is genuineness there is no weakness.

When you get angry with someone, that anger is a weakness. When a person does not have this weakness, his personality will shine through! Even when he speaks casually everyone will take his word for it.

Questioner: Maybe he won't accept what he says.

Dadashri: What is the reason for it not to be accepted? It means that his personality is not strong enough. If we ask the children of a household, 'Who is number one in your house?' Then the children will think about it and say that their mother does not get angry so she is number one. Then second, third and this way dad's number turns out to be last!! Why? Because he gets angry. He is bad tempered and gets easily irritated. Then I ask the children, 'Even though your father lets you spend his hard earned money he comes last?' They answer that with a 'yes'. Tell me now, we work hard, feed them, give them spending money, and even then we are last on their list?

So there should be no weakness. One should have good character and be a 'man of personality'. The mere sight of him would make the thugs run away. Whereas nobody runs away from a man who gets angry. Instead they would beat him up!

It can be said that you have won over your family members when they have love for you; they miss you when you are away; and they long for your return.

The Irritable One is Always Last



Magical Insight

If he does not get his way, his eyes turn red; His anger reaches the tip of the nose, and that is my brother Krunal!

Krina took off her cap and offered it to Krunal as she finished a little dance around him.

“Shut up, Krina, save your dramatics for school, not here, understand?” said a fuming Krunal.

“Sorry brother,” said Krina as she put the cap back on and hurriedly ran to get something from her room.

“Look at this, brother, I decorated your photo frame. How does it look?” Asked Krina, looking at Krunal with hopeful eyes.

“What? How many times have I told you not to touch my things? Don’t you understand? Right now I am getting late to go to Amol’s house. But just you wait till I get back,” Krunal threatened Krina and left. Krina looked at the frame feeling sad.

At 5pm on the dot Krunal and his friends were meeting at Amol’s house for a game of carrom. They decided to play in doubles. Krunal and Amol paired up as a double.

Krunal was extremely proud of his carrom skills. But on that day Krunal’s pride was shattered. Three times in a row his striker slid into the pocket, which led to a penalty.

“Krunal, which team are you playing for? Pay attention,” remarked Amol.

Krunal flared up with anger when he heard this. He kicked the carrom board sending little wooden pieces flying all over the floor. In the burning fire of rage, Krunal did not realize what he was doing.

Uttering harsh words he left, slamming the door shut behind him.

“Krunal, listen...,” called out Amol.

But Krunal was in no mood to listen to anything. He put on his shoes mindlessly and ran down the stairs of the building.

Then suddenly he stopped. His heart was beating fast and he started experiencing an unusual pain. Tears rolled down his face. What was happening?

It was as if Amol's thoughts were in Krunal's head, 'I wonder why Krunal gets so angry. Does he not realize how hurt I am when he gets annoyed? If someone were to hurt him like this, he would understand. I was just joking. I didn't want to hurt him'.

Suddenly he felt something digging into his foot. He realized that in all the haste, he had stormed off wearing Amol's shoes. He took the shoes off and the pain disappeared. The thoughts stopped as well.

"What was happening? How is this possible?" Krunal couldn't understand it at all.

He put on the shoes again and started to see Amol's chain of thoughts once again. 'I will never speak to Krunal again. I considered him my friend even when no one else likes him. But he does not appreciate me. I will never call him again. In a small incident like this he went too far with his words...' Krunal could not bear the pain Amol was going through and he quickly removed the shoes.

"How could I have inflicted such pain on others when I myself am not able to bear it?" Krunal was heart-broken.

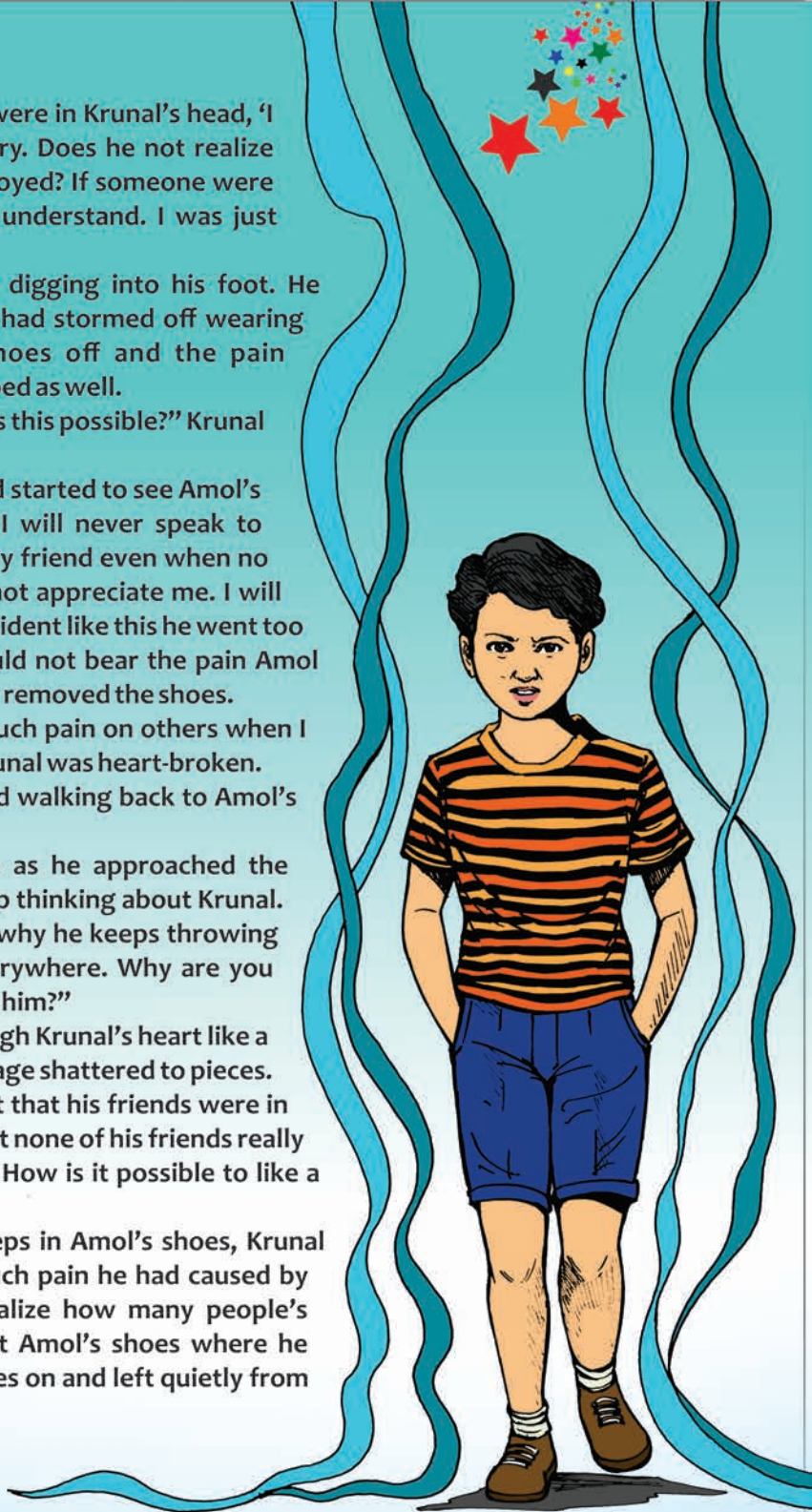
With shoes in hand he started walking back to Amol's house.

Krunal heard Sanket's voice as he approached the door, "Amol, dude, cheer up! Stop thinking about Krunal. He is a 'garbage truck' which is why he keeps throwing his garbage here, there and everywhere. Why are you wasting your time thinking about him?"

Sanket's words pierced through Krunal's heart like a spear. His views about his self-image shattered to pieces. Until now he had always thought that his friends were in awe of him. Today he realized that none of his friends really liked him. And why would they? How is it possible to like a person who is always moody?

But, today walking a few steps in Amol's shoes, Krunal was able to understand how much pain he had caused by being angry. This made him realize how many people's feelings he had hurt. Krunal left Amol's shoes where he found them and put his own shoes on and left quietly from there.

Krunal could not understand the magical power of Amol's shoes. But it had left an impression on his heart.



He felt a sense of deep regret and guilt the entire way home. Krina's sad face kept on haunting him too.

With extreme sadness, Krunal pressed the doorbell – 'ding-dong'.

Krina opened the door. Seeing Krunal, she looked down and headed straight for her bedroom.

Krina was adding the final touches to her painting when Krunal walked in and said, "Oh wow Krina! The photo frame looks awesome!"

Krina could not believe her ears. "Really brother?! You like it?" she exclaimed - turning around in surprise. As she did so, the paint from her paintbrush splattered onto Krunal's t-shirt.

"Oh no!" Krina's mouth opened wide, but no words came out – she could only stare at him too panic-stricken to move.

"Look!" What a cool design on my t-shirt, Krinu!" said Krunal laughing.

"Brother, are you feeling ok? What is happening to you?" asked Krina in astonishment.

Krunal pulled off Krina's cap off her head and proceeded to sit on her bed. Then he said this in Krina's style:

**"If you need to conquer the world,
then understand one moral...
Throw away the sword of
anger and pick up the weapon of love!"**

They both looked at each other and laughed.



Absolutely New and Different !

Reasons For Anger

1 When there is lack of insight (When you are stuck and can't find a solution)

2 When things do not go your way (When a person doesn't do as you say)

3 When someone insults you

4 When you have to repeat the same thing over and over to someone

5 When your wishes are not fulfilled (When you do not get what you want)



Problem Solving Technique

Friends, this is Mr Abhinav Mukherji; he is a very famous mathematician.



Hello friends! We will start today's session with a mathematical problem.



Mr Mukherji wrote a problem on the blackboard.

You have 5 minutes to find a solution to the problem.



All the students got busy trying to solve the problem. Only 30 seconds were left. There was pin drop silence in the classroom.

Just then Rudra banged his calculator on the desk in frustration. The noise diverted everyone's attention on Rudra.



I can't figure out this problem.

The other student: He is a piece of burning coal. It is better to stay away from him.



Rudra is truly mad. He does not realize what he is doing when he gets angry.



Once again there was pin drop silence. Nobody was able to find the solution to the problem.

Friends, let me tell you a story before I show you how to solve the equation.



There was a farmer. One day he lost his watch in the stable. He was very upset. Although he looked everywhere he wasn't able to find his watch.

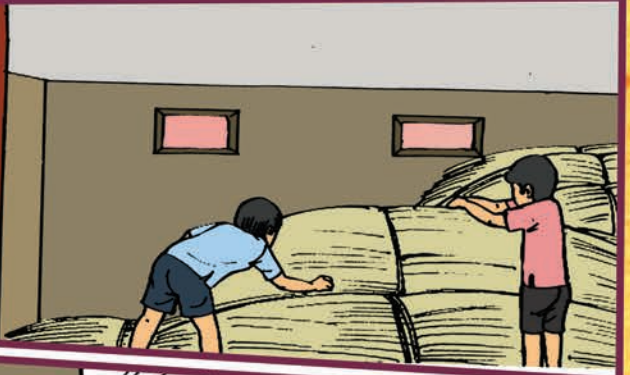


There were some children playing outside the stable.

I have lost my watch in this stable. Whoever finds it, will be rewarded.



All the children started looking for the watch, they could not find it anywhere. They got bored and left.



Can I try looking for it again?



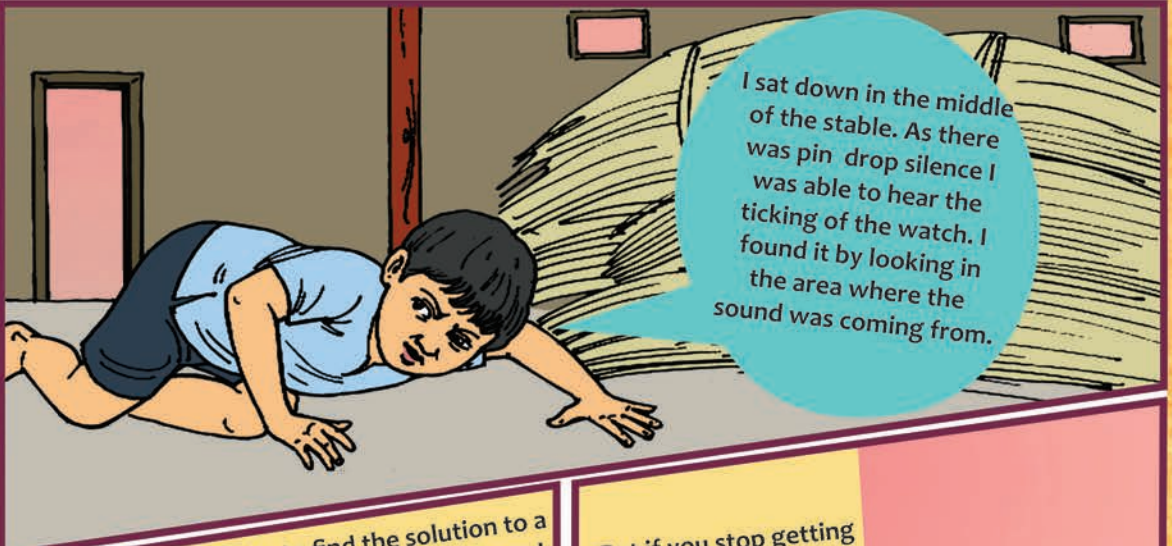
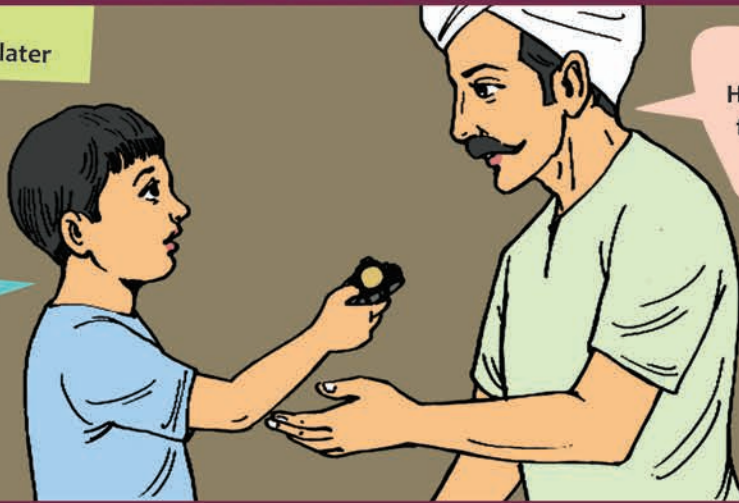
Yes, yes... for sure.



A little while later

Here's your watch.

Huh? How did you find it? What did you do?



I sat down in the middle of the stable. As there was pin drop silence I was able to hear the ticking of the watch. I found it by looking in the area where the sound was coming from.

When you are not able to find the solution to a problem, you don't know what else to do and you therefore get annoyed.



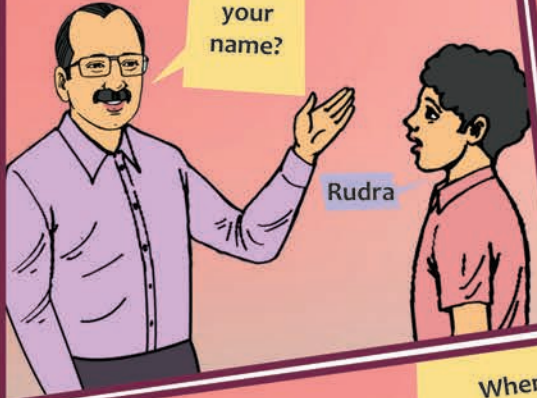
But if you stop getting frustrated and remain calm, you will find the solution for sure. Therefore, just like mathematics, the problems in our lives are also solved in the same manner.



Looking at Rudra, Mr Mukherji said,

What is your name?

Rudra



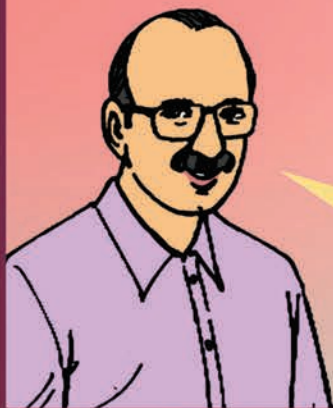
Rudra, when I was your age, I too was very angry. There was a day when I was unable to find a solution to a math problem, which made me annoyed so I kicked a stone and injured my toe.



When I was calmly pouring water on my injured toe, the solution came to me.



At the time I realized that I was only hurting myself by getting annoyed. But if you analyze the problem calmly then you are likely to find a solution.




After a while, there was a glow on Rudra's face. He went to Mr Mukherji and handed in his paper.

Sir, I think I have solved the problem, by using your problem solving technique.



?
CAN YOU TELL ME?
 WHAT OCCURS
 TWICE IN A WEEK,
 ONCE IN A YEAR
 BUT NEVER IN A
 DAY?



If
 $2 + 3 = 10$
 $4 + 5 = 36$
 $8 + 4 = 96$
Then
 $12 + 6 = \underline{\quad}$



Count the
 number of
 angry faces
 in the box

Let's play



**Find
 the
 Way**



Mythological Story

Kaumudi, an extremely beautiful girl, was very dear to her parents. She was their eighth child after seven sons. Her parents spent abundantly on her education and made her proficient in 64 crafts.

When she was of marriageable age, Kaumudi said that she would only get married to the person who will do as she commands.

Young men found this condition to be unacceptable. However, there was a minister who had just moved to the city who thought, "What will her commands be at the most? 'I want this and that.' I am rich enough so I will be able to fulfill her wishes." With such thoughts he accepted Kaumudi's requirement and they got married.

They were enjoying married life and several years passed. The minister obeyed all of Kaumudi's commands. One day she told her husband, "From today you need to come home before sunset."

The minister accepted this. Every day after completing his state business he would go back home early.

People in the council were getting to know about this. Out of spite they snitched to the king and told him that the minister was mad after his wife. The king found this strange and decided to test the minister.

The next day he told the minister, "Today there is some urgent business so please stay back after work. It is extremely important."

The minister had to stay back as per the king's command. By the time he completed the work it was 1 o'clock in the morning. Reaching home he knocked on the door. Kaumudi had locked the door and gone to sleep. The minister knocked for a while but there was no answer.

The minister pleaded, "Kaumudi, I had to stay behind to carry out the king's orders. The worker has to obey the boss's orders. Please forgive me."

The minister begged and pleaded until the enraged wife opened the door and said, "Are you not ashamed of going against my command? Are you married to me or to the king?" Kaumudi did not give in to the minister's pleading and that night prepared to leave her home to go and stay at her father's house. The minister even offered to escort her there but the fire in her eyes hinted at him to stand back.

On the way to her father's house, a bunch of goons captured her and took her to their leader, Pallipatti. Seeing Kaumudi's beauty, Pallipatti was immediately infatuated and he proposed to her.

Kaumudi was a woman who upheld right conduct and strong values. She therefore told the gang leader in very clear words, "Oh sinful person, I am a married woman and will not even think about any man other than my husband. You can cut me up into pieces but I will not marry you so long as I am alive."

Pallipatti made Kaumudi work like a slave. Despite all the torment, Kaumudi did not give in to Pallipatti's desires.

Seeing Kaumudi's firmness, Pallipatti was convinced that she was a chaste and virtuous woman. Her firmness radiated so much power that if by chance she were to curse him then he would turn to ashes.

Thinking that it was a waste of time pursuing Kaumudi, Pallipatti sold her to a man of a low caste from a town called Barbakunt. He too tried to entice Kaumudi but she did not give in to him either. So the mean man started to torture her.

As luck would have it, Kaumudi's brother had come to Barbakunt on business. Going round the town he heard that there was a beautiful woman who had been bought by a sinful man who was

torturing her. Out of curiosity Kaumudi's brother went to the sinful man's house. He trembled when he saw that the woman was his sister and that she was going through so much pain. He paid for his sister's freedom and took her home.

The entire family including her husband were very happy to see her and more so, in spite of all the suffering, she had held on to her good conduct and character and protected her chastity.

By now she had realized the risks of pride and anger. She vowed that she would never be proud or get angry ever again.

Due to this vow she became so pure that the deities in heaven praised her power to forgive, her chastity and her patience. The same Kaumudi who used to be like a raging fire, full of pride and anger was now an ocean of forgiveness.

One day near a town called Udhan there was a sage standing in deep meditation when a bush fire started and the sage's body got burnt. The sage was enduring the pain with equanimity. A doctor was called in to look at the sage's injuries. The doctor said, "These burns will only be cured by applying Lakshpak oil. Bring this oil from wherever you can."

As this Lakshpak oil was so valuable, it was not found in common households. A merchant who was present there remembered that Kaumudi had this oil. Two sages went to Kaumudi's house to ask for the Lakshpak oil. Seeing the sages at her doorstep, Kaumudi was extremely pleased. She told her maid, "Sister, please bring a bottle of Lakshpak oil from the cabinet."

Meanwhile... in heaven...

the celestial beings were praising Kaumudi. But one of the gods was not able to bear this praise and asked, "Who is this woman who does not get annoyed in any situation?" To test Kaumudi, the god in invisible form entered Kaumudi's house and knocked the bottle of oil out of the maid's hands. The maid was terrified but Kaumudi told her calmly, "Don't be frightened. Go and



get another bottle.” Even the second time the same thing happened. The maid was puzzled and started to cry. Even then Kaumudi remained calm and requested her to get another bottle. Even the third bottle saw the same fate. Such precious oil got wasted, but Kaumudi remained composed.

But then she thought, ‘The sages have come to my house and here I am ordering the maid to fetch the bottles. As there is only one bottle left, I’ll go get it’. And so she went upstairs. The god tried very hard to knock this bottle too, but failed due to Kaumudi’s power of chastity.

Kaumudi gave the Lakshpak oil to the sages with love and felt blessed. The sages were pleased to see such patience and forgiveness. They blessed Kaumudi and took her leave.

The god who had come to test Kaumudi took his original form and congratulated her for passing the test and said, “I heard your praise from the divine mouth of none other than king Indra and decided to come and test you myself. I was the one who knocked the 3 bottles of Lakshpak oil out of your maid’s hands. Oh chaste woman! You have definitely adopted the power of forgiveness in your life. King Indra was absolutely right in praising you. Your forgiving nature is an ideal example for this world.”

The deity was pleased to see Kaumudi’s strength in fostering the highest virtues and showered her with sweet smelling flowers and gems and also restored the bottles of Lakshpak oil.

Bowing down to the chaste woman, the deity went back to heaven.



Real Life Story

John D Rockefeller was an American oil industry business magnate. He founded the Standard Oil Company in 1870. It became one of the biggest and wealthiest amongst all the companies in the world.

Once, due to a wrong decision made by an executive of the Company, it made a loss of almost 2 million dollars. A hundred years ago this was an awful lot of money.

Edward Bedford, who was one of the partners in the Company, went to Rockefeller's office to have a word with him. He saw Rockefeller writing something on a piece of paper.

After a short while he looked at Bedford and said, "You must have heard about the loss the Company made. I was also thinking about the same thing. Before I speak to the executive face to face, I decided to make a few notes."

Bedford noticed what was written on the piece of paper. It had a heading, "Points in favor of Mr...". He had made a list of all the good characteristics of the executive. The list had a description of previous events where that person had made the right decision, which had led to the Oil Company making a huge profit. This outweighed the loss that was incurred by a wrong decision.

Remembering this event Bedford said, "I shall never forget what I learnt that day. Whenever I get annoyed with someone, I sit down to make a list of all their good points. While doing this I can clearly see that person's positive traits and my anger eventually fades away."

Friends, this understanding of Rockefeller is an excellent way of getting rid of anger! With this wonderful understanding he won everyone's hearts and the Company experienced a huge success.





Sweet Memories

Niruma had gone out of town for a few days for spiritual discourses. During this time some people came up with an idea to start the badminton game in the Simandhar City's Vitraag Garden. So they dug some pillars into the ground, put up the net and started playing badminton. As a result, after some time the lawn started looking worn-out.

On her return, Niruma decided to go for a walk one morning. Seeing the state of the lawn she called a 'sevarthi' brother to Vatsalya (the name of Niruma's home).

Receiving Niruma's call out of the blue made the brother realize that Niruma was upset about something. The brother went and said to Niruma, "Jai Satchitanand." But without saying Jai Satchitanand in return, Niruma asked, "Who started badminton?" The brother did not want to disclose any names, so he said, "Yes Niruma, they've started playing badminton here."

Niruma told the brother in stern words, "Did you not think about the state of this lawn? Didn't you think of taking permission before setting it up?"

In reality this brother knew nothing about the badminton net. But even then he accepted the mistake as being his. Niruma ordered the garden to be cleared immediately and asked for the names of the people who had started playing there. Straightaway the brother accepted what Niruma said.

It had only been half an hour since the brother left when Niruma called him again to come to Vatsalya. The brother thought that maybe Niruma wanted to scold him some more.

To his surprise, Niruma turned the tone of the entire conversation around and lovingly said, "How about getting a badminton court built in an appropriate place nearby?"

The brother immediately accepted Niruma's suggestion.

Niruma said, "The playing of badminton should not stop for our children nor other children. Get in touch with the construction team and get the work done immediately."

Thereafter, continuously for a week, Niruma checked with the brother to find out the progress of the work.

In this way, what had been done without Niruma's permission, was resolved by her with love and without having to hurt anyone.

As of today the badminton court is still there in Simandhar City.

Summer Camp Glimpses



Simandhar city



Age group
4 to 7 years



Rajkot



Jamnagar



Age group
8 to 12
years

Morbi



Bhuj



Rajkot



Bhavnagar





Happy Birthday Pujya Deepakbhai



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