

March 2017

Price : ₹ 12/-

Dada Bhagwan Parivar's

AKRAM



Express



**One Is
Influenced
BY His
Company**

One is influenced by his company - we have been hearing this saying since childhood. Yet today, I feel like telling you more on this matter.

Param Puja Dadashri has given a lot of importance to the company you keep. He always used to say that, 'You get influenced by the company you keep'. Therefore, you should always stay in the company of good people.

We already know that it is beneficial to stay in the company of a good person. However, it is just as important to understand how a bad person's company is harmful to us.

In this issue, let's understand the influence and characteristics of both, good and bad company and become free from bad company.

-Dimple Mehta

AKRAM EXPRESS

**One is
influenced
by his
company**



Printed & Published by

Dimple Mehta on behalf of
Mahavideh Foundation
Simandhar City, Adalaj-382421.
Dist-Gandhinagar.

Owned by
Mahavideh Foundation
Simandhar City, Adalaj-382421.
Dist-Gandhinagar.

Printed at
Amba Offset
Basement, Parshvanath
Chambers, Nr.RBI,
Usmanpura, Ahmedabad-14.

Published at
Mahavideh Foundation
Simandhar City, Adalaj-382421.
Dist-Gandhinagar.

Editor :
Dimple Mehta
Vol.: 8, Issue : 8
Conti. Issue No.: 92
March 2017

Contact at:
Balvignan Department
Trimandir Sankul,
Simandhar city,
Ahmedabad-Kalol Highway, Adalaj,
Dist.Gandhinagar-382421,Gujarat.
Phone:(079)39830100
email:akramexpress@dadabhagwan.org
Website: kids.dadabhagwan.org

Subscription (English)

Yearly Subscription

India:125 Rupees

U.S.A.:15 Dollars

U.K.:10 Pounds

5 years Subscription

India:500 Rupees

U.S.A.:60 Dollars

U.K.:40 Pounds

Send D.D./M.o.in the
name of 'Mahavideh
Foundation'.



Dadaji Says ...

Questioner: Dada, sometimes I feel as if I do not get any insight into doing certain things. Why does this happen?

Dadashri: It happens when you get associated with inferior quality (shallow) people. It brings about a covering over the Self. Then not only does the other person feel muddled but muddles us as well.

This is why, one's capacity to gain deep understanding (insight) decreases by staying in the company of people who are dull. This capacity doesn't disappear completely, but because a shallow person's insight is low and by being in his/her company, our depth of understanding starts to decrease. Hence, it starts becoming useless to one's own self.

If one finds himself in the company of a fool, then he too becomes foolish; and if he is in the company of a sensible person, he will become sensible. If one finds himself in the company of a thief, he will turn into a thief.

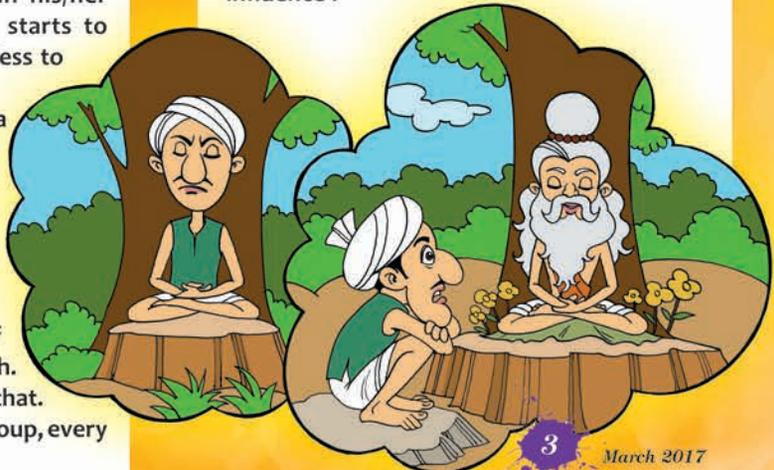
If you stay in the company of wise and foresighted people, your depth of understanding and perception will flourish. You do not have to put in any effort for that. Such is the effect of a company! Within a group, every

one's thoughts will affect each other.

Everything starts to spoil due to wrong association; a lot is spoiled. A bad company can lead to a complete reverse transition of a person. That is why a bad company is like poison. We should stay away from it. Bad company can have an effect on the mind, on the intellect, on the Chit (inner component of knowledge and vision), on the ego and on the body. Many people say, 'I hang around with drunken people, but I am not going to drink'. However, you will soon start drinking since you have started to hang out with the drunkards. Companionship is bound to show its true nature some day. Thus, improve your company.

That is why, if the company of a person is good, then everything becomes better for him; and the one whose company is spoiled, everything will be ruined for him. Bad company is most dangerous. What happens if curd and milk are put near each other even at the slightest? The milk gets curdled. Then you cannot make tea from it.

Therefore, no bad company should sneak in ever. 'One becomes like the company one keeps' and 'As is the friendship, so is the influence'.

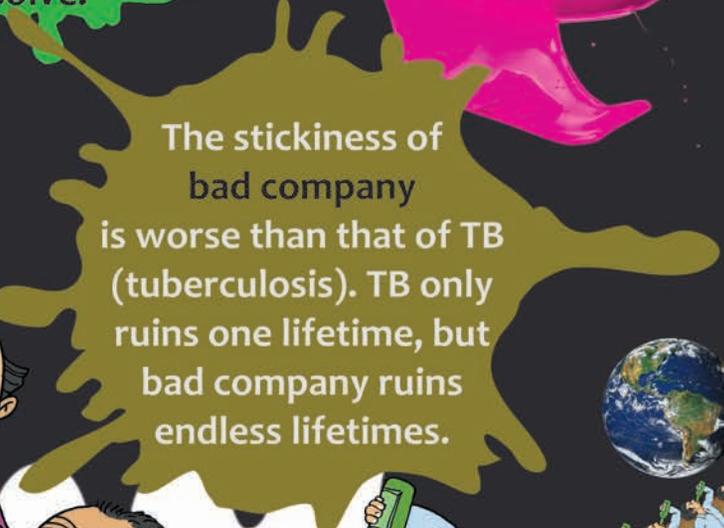




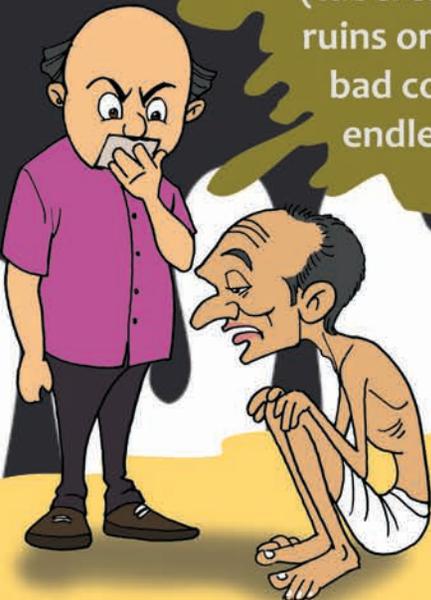
**Absolutely
New and
Different!**



**Bad company can
easily break a strong
resolve.**



**The stickiness of
bad company
is worse than that of TB
(tuberculosis). TB only
ruins one lifetime, but
bad company ruins
endless lifetimes.**





YEAR



YEAR

The effect of one year of **bad influence** stays with us for twenty-five long years.

No matter how much suffering you undergo in a **satsang** (good company), it is better than all the worthless pleasures you get in bad company.



Influence of **bad company** taints the heart, and when the heart gets tainted, God also no longer resides within that person.

Good Company, How Beneficial!



It was a pitch dark night. There was silence in the atmosphere and Rohan could hear his own heart thudding heavily. He discreetly hid behind a wall and peeped into the quiet alleyway. He didn't see the thug anywhere and so he fled for his life. Just then, he heard the siren of a police car. Rohan felt a little relieved.

"Get up, don't you want to go to school. Can't you hear the alarm?" Priyanka said as she shook him.

"Oh sis, I thought that was the sound of a police car siren," Rohan opened his eyes wide and looked at his sister. "I saw an awful dream. A thug was chasing me and I..."

"Enough, enough Rohan", Priyanka cut him short. "You and your disturbing dreams! Of course, this is bound to happen if you watch action movies and play those violent video games all day long with your useless friends who have nothing better to do. I am telling you Rohan, you better stop going out with unsavoury friends and start keeping good company otherwise you will regret it. Do you understand? Now quickly - go get ready, your school bus will be here soon."

"Blah, blah, blah, there she goes blabbering early in the morning!" Rohan grumbled as he stepped out of his bed. "She can't even let me come out of bed in peace."

However, Rohan did not even know what peace was. He was afflicted with a disease called 'boredom'.

No sooner had Rohan stepped into the school bus, he heard Akhil's voice. "Rohan, look what I have!" shouted Akhil, as he held up his new mobile phone.

Rohan looked for an empty seat when his attention fell on a boy sitting in the corner. 'I wonder who he is', thought Rohan and then turned around and moved over to the seat next to Akhil. "Wow, so cool!" exclaimed Rohan observing the new mobile phone.

"And look at this," Akhil showed something on his phone to everyone and they all laughed and clapped loudly.

"Look, I am giving you all a last warning. If you don't stop misbehaving, I will complain to the principal," shouted the driver.

Akhil looked at his friends and said, "This driver is a mental case," and everyone laughed out loud again.

Once again, Rohan's eyes fell on the boy who was quietly sitting in a corner. There was a unique brightness on his face. He didn't laugh at Akhil's joke, yet the contentment on his face was unlike anyone else's. 'Who is he?' Rohan wondered again. 'He looks like a new student'.

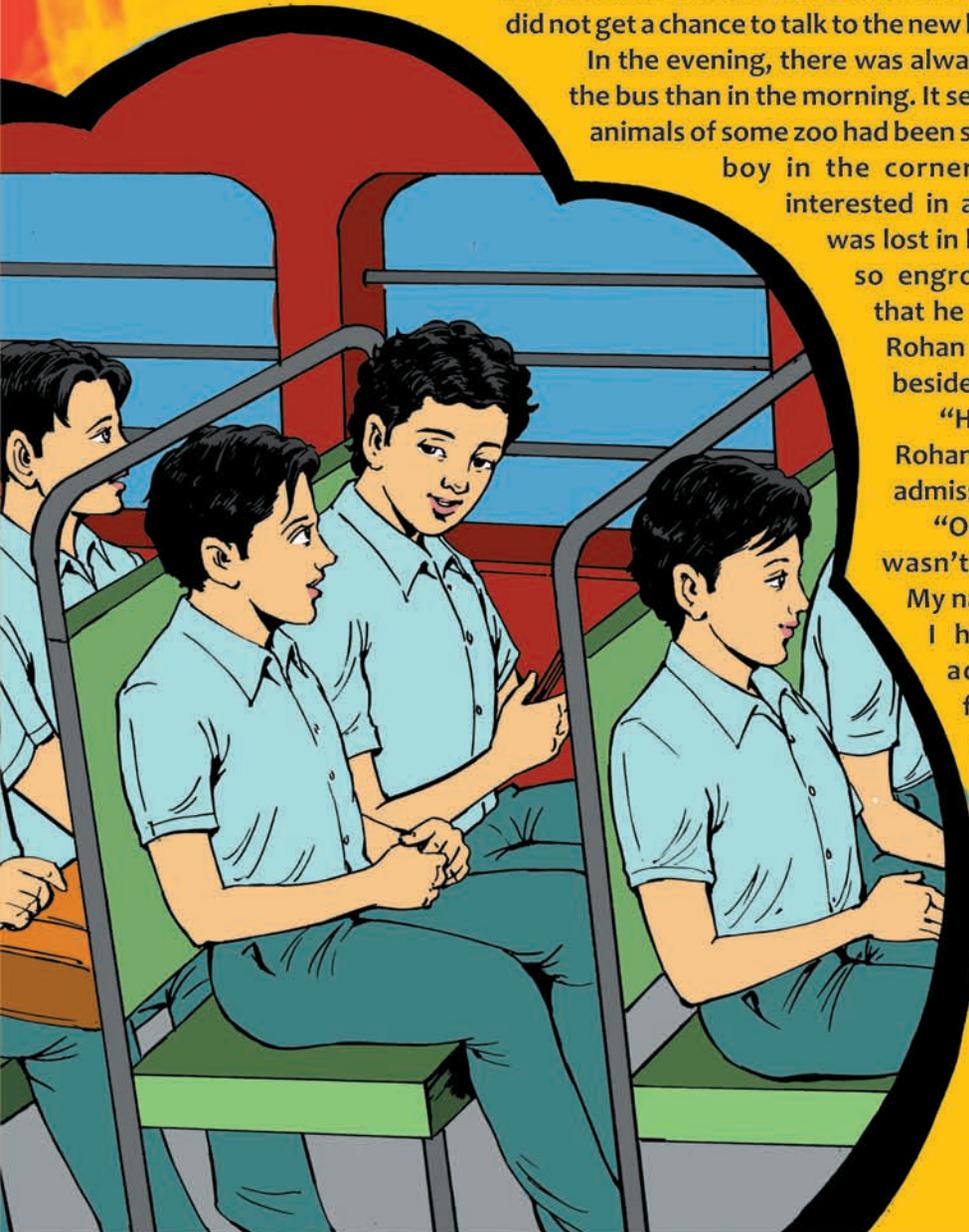
The bus arrived at the school and everyone got off. Rohan did not get a chance to talk to the new boy.

In the evening, there was always more clamour on the bus than in the morning. It seemed as though the animals of some zoo had been set free. But the little boy in the corner hardly appeared interested in all this mischief. He was lost in his own self. He was so engrossed in his books that he did not even notice Rohan who came and sat beside him.

"Hi, I am Rohan," said Rohan. "Have you taken admission recently?"

"Oh ... Hi. I am sorry, I wasn't paying attention. My name is Aadarsh. Yes, I have just taken admission here. In fact, everything is new for me. My dad just got transferred here few days back," the boy replied.

"What are you reading?" Rohan asked him eagerly.



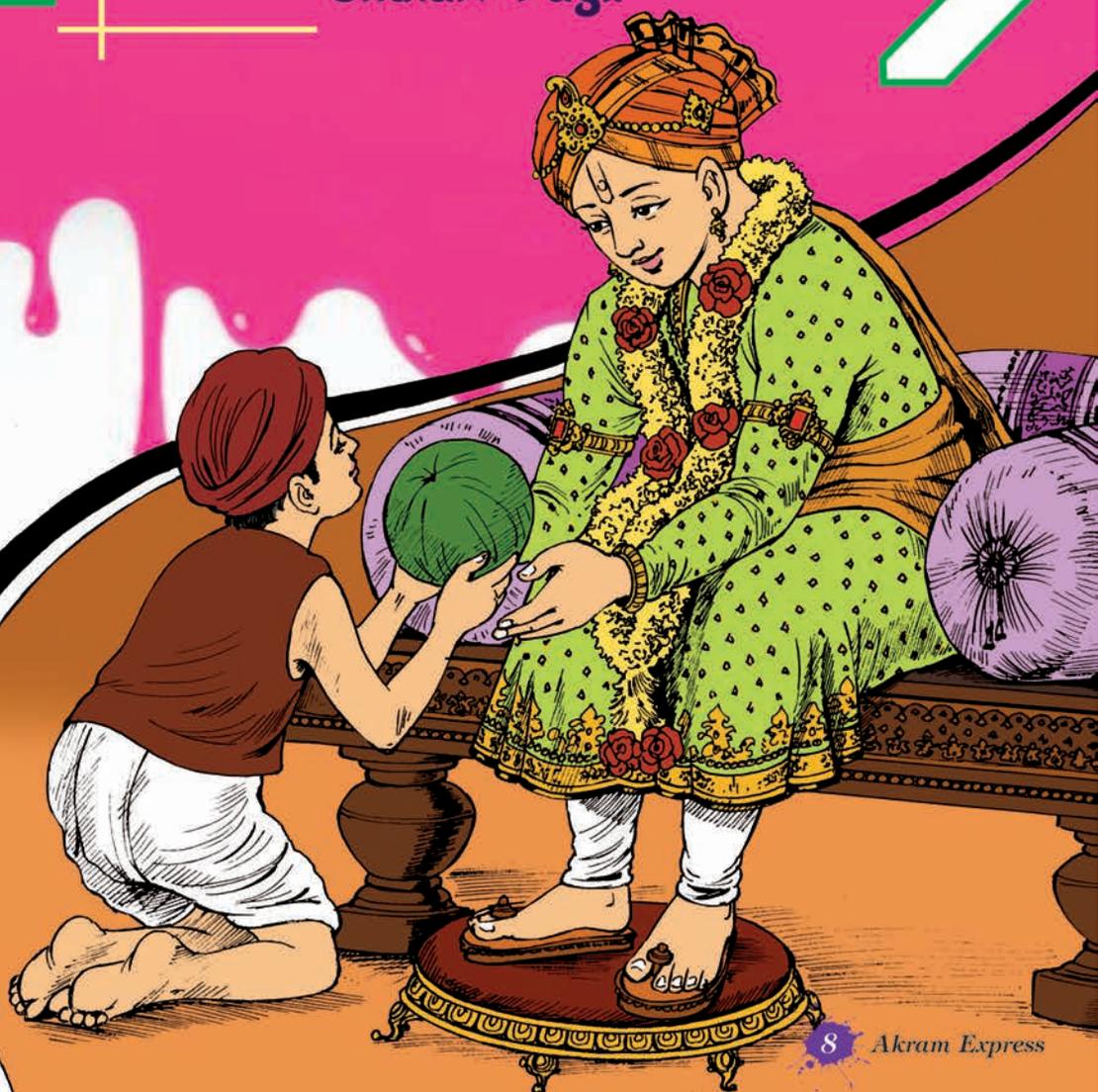
“Stories. I really like short stories. Do you want this book?” asked Aadarsh.

‘He appears to be very quiet but is very friendly,’ Rohan thought.

“Yes, sure, thank you,” Rohan said.

That night, Rohan grabbed his video game in his hand and snuggled beneath his blanket. But then he remembered the book of short stories. He took out the book from his bag and turned to

Whenever I feel tempted
for wrong worldly
pleasures, I remember
Shulak Pagi.



read the first page. The story began:

This story is about a little boy. His name was Shulak Pagi. Shulak Pagi's father had grown muskmelon in his farm. Shulak Pagi thought, 'As soon as the muskmelons turn ripe, I will take the first one to Shreeji Maharaj'.

After a passage of time, the muskmelons had ripened. That boy held the first muskmelon and set out to give it to Shreeji Maharaj. Due to the sweet smell of the melon along the way, the kid thought, 'Let me eat this melon'.

But then he remembered his resolve to offer the first melon to the Maharaj. So he continued to walk.

After walking a little further, he thought again, 'People offer so many valuable gifts to the Maharaj, what value will my small melon hold for him? Let me eat it'.

But once again he reminded himself, 'No. This melon is for the Maharaj, and I will offer it to the Maharaj only'.

In this way, the conflict continued inside the little boy's mind till he reached Shreeji Maharaj. He offered him the melon. Shreeji Maharaj realized the turmoil going on inside the young boy's mind. He took one bite of the melon and instructed that the rest of it should be passed to everyone sitting there, as a blessing. The kid had won over his temptation and he stayed firm to his resolve. Due to this, Shreeji Maharaj was extremely happy with the boy and gave him 5kgs of sugar-candy as a gift.

As soon as he finished the story, Rohan fell asleep. The next morning, Rohan felt fresher than ever.

"Hi Rohan," Aadarsh waved to Rohan on the school bus. Rohan went and sat next to Aadarsh.

"Did you read any stories?" Aadarsh asked.

"Yes... the story of Shulak Pagi," Rohan answered.

"That one is my favourite," Aadarsh was in the mood for chit chat today.

"Whenever I feel tempted for wrong worldly pleasures, I remember Shulak Pagi. If our temptations are warded off, then how happy will God be with us. The happiness one derives from the fact that God is pleased with us is incomparable to the pleasures of the worldly life." As he was saying this, his face lit up with joy. Aadarsh's talk had touched Rohan.

Just then, Stuti screamed loudly. Akhil and his gang burst out in loud laughter.

"Stuti, we fooled you! It's a fake plastic lizard!" cried out Akhil. Stuti had tears in her eyes.

The driver turned around and yelled, "You won't be spared today."

That evening, there was an unusual silence on the bus. Akhil and his gang had been punished and a letter was sent to their parents to meet the principal.

Akhil's eyes had turned red from crying. His parents had been called to the school. Rohan remembered his sister's words. He thought, "Had I also sat with Akhil in the morning then I would be crying too. Just a little time spent with Aadarsh proved to be so beneficial for me. If being in good company even for a little while is so beneficial, then why shouldn't I keep good company forever?"

And once again Rohan took the seat next to Aadarsh.

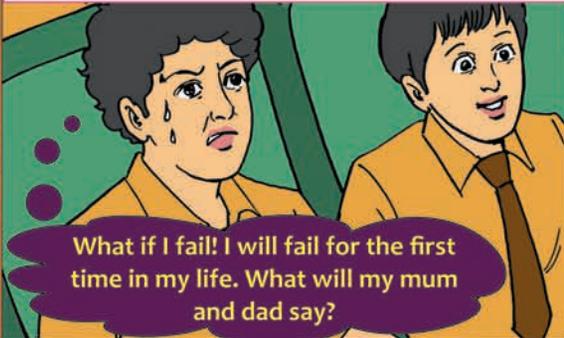
Ulcer

It was the last day of exams ...



Let's meet at the school gate after the exam is over. Everyone's movie ticket is with me.

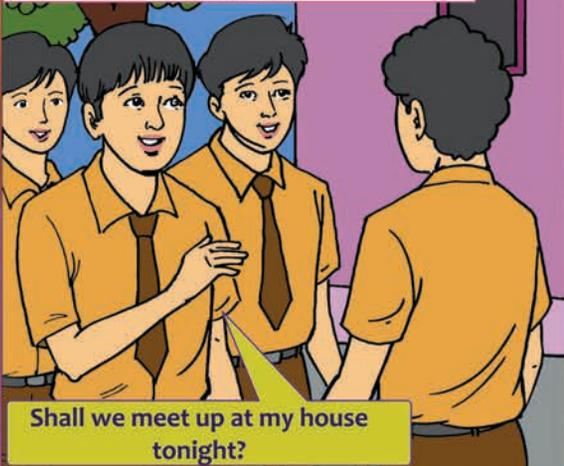
There was air conditioning in the cinema hall, but Mayank was still sweating.



What if I fail! I will fail for the first time in my life. What will my mum and dad say?

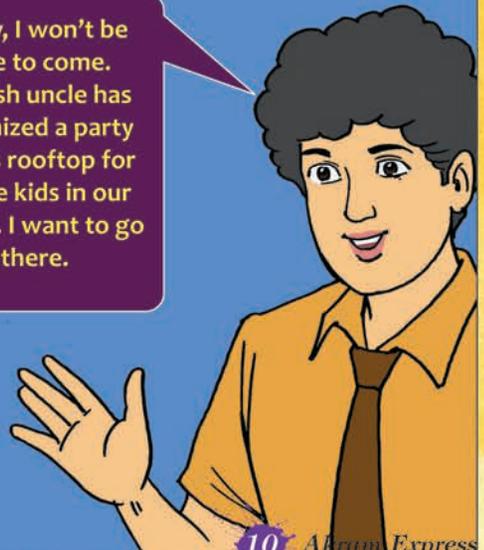
I spent the whole year watching movies, eating out and attending parties with Shashank and his gang. What have I done? What will happen now?

For the first time today, Mayank's attention wasn't on the movie. Just after the movie ...

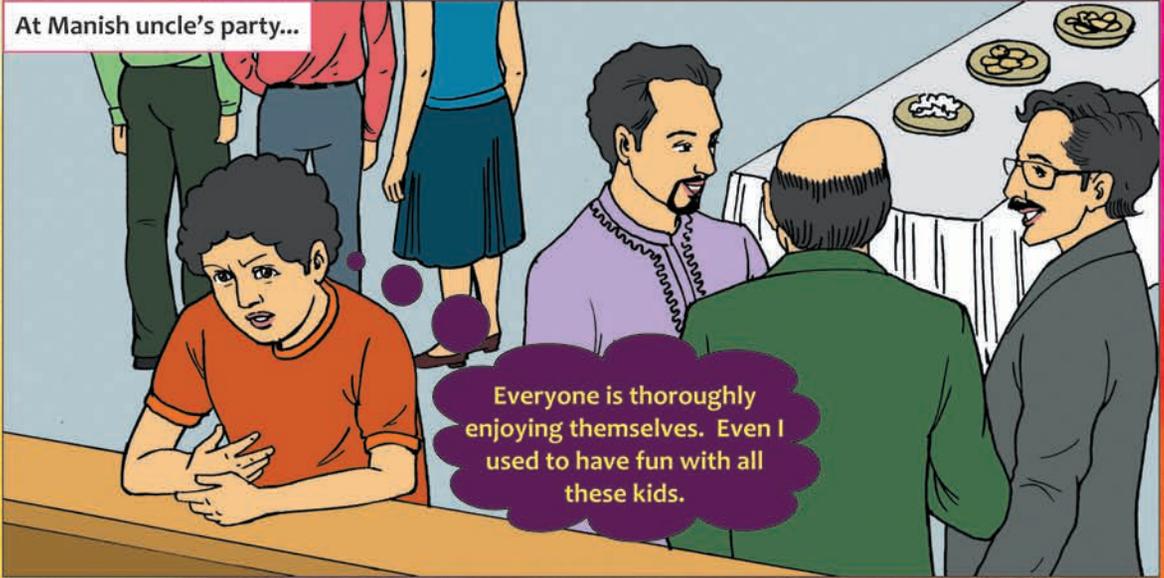


Shall we meet up at my house tonight?

Sorry, I won't be able to come. Manish uncle has organized a party on his rooftop for all the kids in our estate. I want to go there.



At Manish uncle's party...



Everyone is thoroughly enjoying themselves. Even I used to have fun with all these kids.



But today, Mayank felt distanced from everyone in spite of being so close to them. This whole year he had not been in touch with his Society friends as he was busy loitering around with his new gang.

After the party,



Mayank, will you stay back for a while? I need some help.

Sure Manish uncle. I have turned a deaf ear to you throughout the year, but today I will definitely listen to you.

After everyone had left...

Mayank,
what's
wrong? You
look
restless.



Mayank hid his face in his palms.

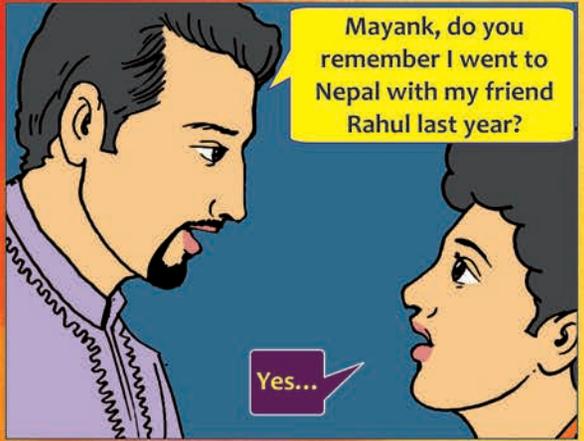
Manish uncle,
I am scared. I
messed up
my exams
today. I am
definitely
going to fail.



I know you'd warned me
several times against going
out with Shashank and his
gang. But I did not listen to
you.

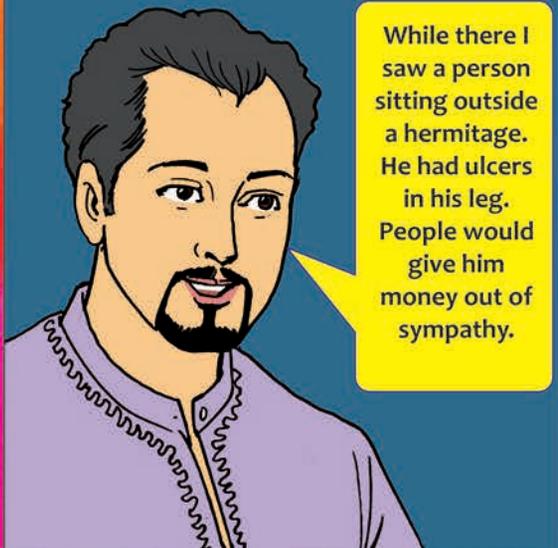


Mayank, do you
remember I went to
Nepal with my friend
Rahul last year?



Yes...

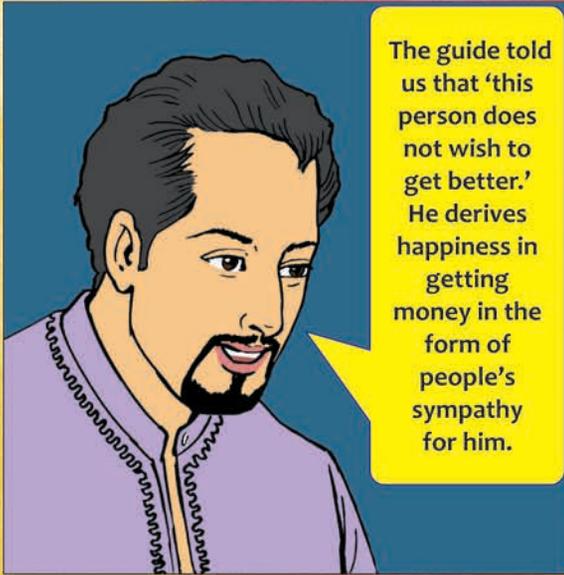
While there I
saw a person
sitting outside
a hermitage.
He had ulcers
in his leg.
People would
give him
money out of
sympathy.



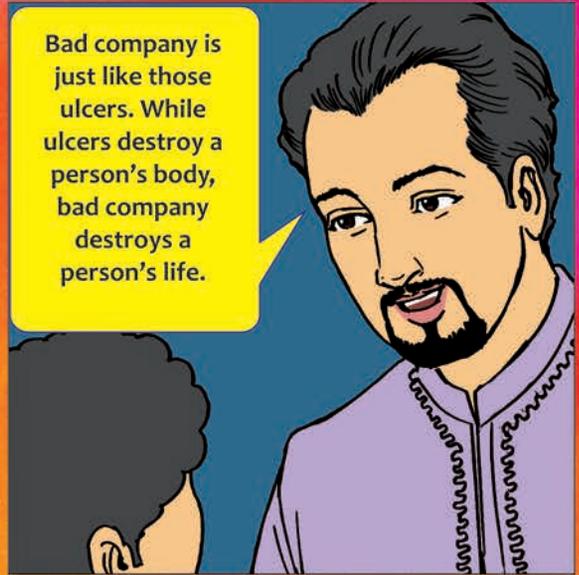
We wanted to take that
man to the hospital and
get him cured but a local
guide there stopped
us from doing so.



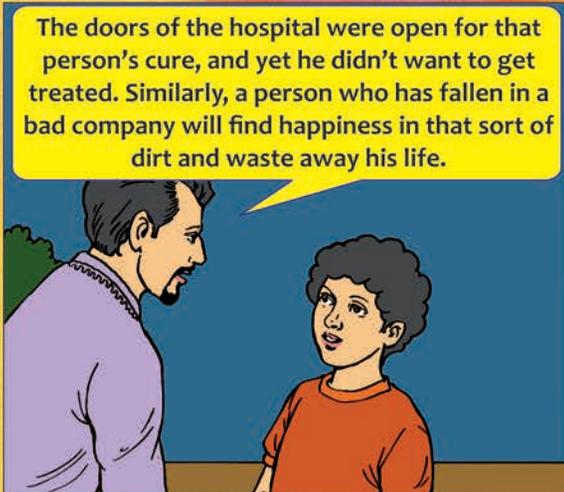
Why?



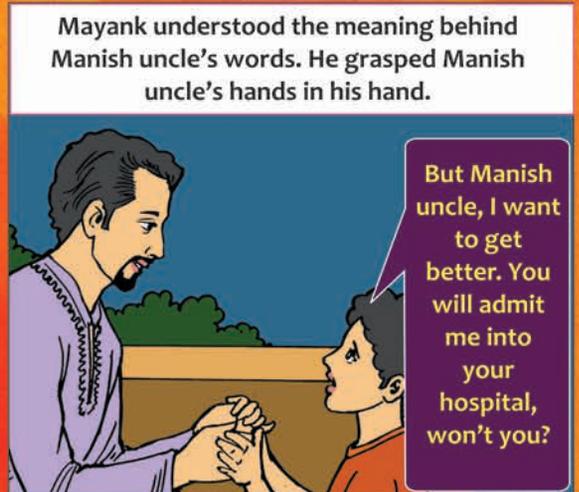
The guide told us that 'this person does not wish to get better.' He derives happiness in getting money in the form of people's sympathy for him.



Bad company is just like those ulcers. While ulcers destroy a person's body, bad company destroys a person's life.



The doors of the hospital were open for that person's cure, and yet he didn't want to get treated. Similarly, a person who has fallen in a bad company will find happiness in that sort of dirt and waste away his life.



Mayank understood the meaning behind Manish uncle's words. He grasped Manish uncle's hands in his hand.

But Manish uncle, I want to get better. You will admit me into your hospital, won't you?

Manish uncle smiled at him warmly. The atmosphere outside was calm. But more than that, Mayank felt lot of peace within himself as he made a strong resolve to become free from bad association.





Sweet

Memories

A celibate brother used to go to nearby villages every Saturday and Sunday to conduct satsangs (spiritual discourse). Once when he went for a satsang, Niruma sent along an 18-19-year-old boy with that celibate brother. That boy was under some depression. His mum and dad used to come to Niruma's satsang. Niruma had sent the boy with the celibate brother, with the intention that he would get a change of atmosphere as well as get to attend a satsang.

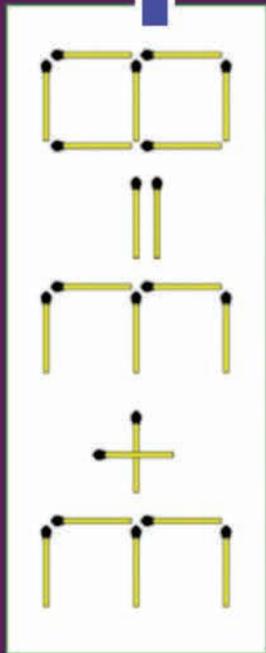
The celibate brother was under the impression that Niruma had sent the boy to help him. He was filled with pride with the fact that Niruma had sent an assistant with him. He began to assume that he must have advanced a level further.

On Monday morning, the celibate brother wrote down on a foolscap paper all the feelings and thoughts that had arisen inside him and he handed it over to Niruma. Niruma read his letter. She ordered him not to conduct any more satsangs.

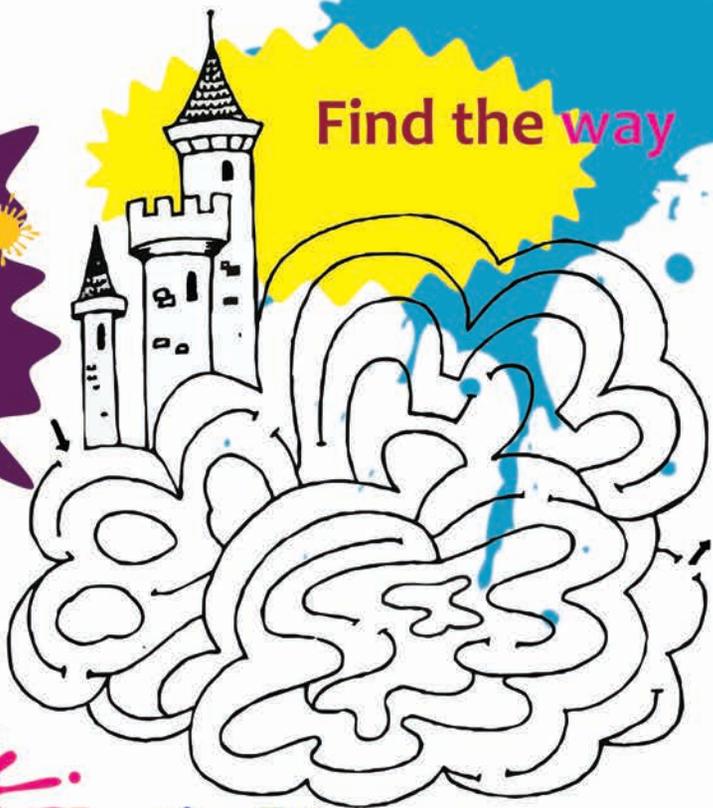
At that time, the celibate brother did not see any intent of punishment in Niruma's eyes but instead he only saw her compassion.

What a unique protection of the Gnanis (The awakened One). They protect those who are working for the salvation of others. They make sure that their path to liberation does not get obstructed by passions such as pride. They help them to overcome the shortcomings of their prakruti (the non-Self complex) with love

From the matchsticks given below, move any one matchstick in such a way that the answer becomes 8.



Find the **six** hidden words from the picture.



Find the way

Let's Play...



There lived a great Saint named Sant Tukaram in Maharashtra. Once, a poor Brahmin (class of people who specialise as priests of sacred learning) went to Sant Tukaram to ask for money for his daughter's wedding. But Tukaram had nothing to give to the Brahmin. So he sent him to Shivabhai, a wealthy blacksmith in the village. Shivabhai did not like Tukaram at all.

When he found out that it was Tukaram who had sent the brahmin to him, he gave him an old brass coin and sent him away.

The brahmin felt dejected. What can he do with a mere brass coin?

He went back to Tukaram and told him everything. Tukaram threw that coin in the burning fire. As luck would have it, the coin turned into gold. The brahmin's joy knew no bounds. Now the brahmin could not help telling everyone he met about the transformation of the coin by Tukaram.

This rumour reached Shivabhai. Shivabhai thought, 'Surely, Tukaram must have some miraculous powers. I must learn this trick from him.'

With that thought, Shivabhai set out to see Tukaram. He pretended as though he had come to Tukaram to become his student, "I want to make my life better. Please give me permission to stay with you for a few days."

Tukaram accepted Shivabhai right away. In this way, in his greed to learn the miraculous science from Sant Tukaram, Shivabhai started living with him.

Shivabhai observed Tukaram's way of living for a few days and he realised that He did not possess any divine powers. But after staying with Tukaram for a few days only, Shivabhai felt change within his own self.

There was a positive transformation within Shivabhai, just by being in the presence of Tukaram. His mind became inclined towards devotion.

Shivabhai confessed to Tukaram, "Please forgive me. I had come to learn the trick of transforming brass into gold from you. But to tell you the truth, you have turned my brass-like mind which was tainted with greed into gold."

So you see friends, the miraculous impact of good company!



Mythological Story

“

'Surely, Tukaram must have some miraculous powers. I must learn this trick from him.'

”





Pujyashree
invited to
Gurukul

Theme- **Ego Hospital**



Welcome



Rangoli



Dinner



Informal Session



**Fun with
Knowledge**





Group Photo



Prize Distribution



Informal Session with Aptaaputra Bhalos

Information on 'Akram Express' Monthly Magazine - Form 4 (Rule No. 8)

1. Place of Publication: Simandhar City, Adalaj - 382421, District Gandhinagar

2. Periodicity of its Publication: Monthly

3. Printers Name: Amba Offset

Nationality: Indian

Address: Basement, Parshwanath Chamber, Near New R.B.I., Usmanpura, Ahmedabad-14

4. Publisher's Name: Dimple Mehta on behalf of Mahavideh Foundation Nationality: Indian

Address: Simandhar City, Adalaj - 382421, District Gandhinagar

5. Editor's Name: Dimple Mehta

Nationality: Indian Address: Same as above

6. Name of Owner: Mahavideh Foundation Nationality: Indian Address: Same as above

I, Dimple Mehta hereby declare that the above stated information is correct to my knowledge and belief.

Date: 08-03-2017, Ahmedabad

Dimple Mehta on behalf of Mahavideh Foundation
(Signature of Publisher)

1

Solution 1.

$$3 + 9 = 8$$

Solution 2.

$$9 + 3 = 8$$

2



3

Answers to
the Puzzles

1) FISH 4) HOT
2) BOY 5) TREE
3) NICE 6) WAVE



Summer camp 2017

Centre	Group C - 4 Years to 7 years	Group C - 8 Years to 12 years	Contact number
Simandhar City	29th April	23rd, 24th April (8-10 years), 25th, 26th April (11-12 years)	079-39830939
Surat	9th April	25th, 26th April	9725832704
Baroda		23rd, 24th April	8980995255
Surendranagar		23rd, 24th April	9426579064
Bharuch		24th April	9662520998
Bhuj		3rd, 4th May	9924345588
Gandhidham		1st May	9978493568
Rajkot	3rd May	29th, 30th April	9723591606
Morbi		2nd May	9726388792
Jamnagar		29th, 30th April	9723147318
Bhavnagar		29th, 30th April	9924344425
Valsad		23rd April	9974090321
Mehsana		30th April	9824929782
Ankleshwar		12th March	9033526050
Mumbai		(Dombivali 16th April, Dadar - 22nd April, Borivali & Ghatkopar 23rd April) Vashi 1st May	8652890066

Note :-

- 1) In order to attend the summer camp, it is mandatory to register at a nearby centre. The registration charges are non-refundable.
- 2) The registrations for the youth and kids will be done based on the pre-fixed dates as per their age and standard. The registrations will be closed 10 days before the camp start date. Thereafter, additional tatkal charges will have to be paid for the registration.
- 3) Registration for attending the summer camp at Simandhar City will have to be done at 'Store of Happiness' within the Trimandir Sankul between 9:30 am to 12 noon and 4 pm to 7 pm in the evening. Registration have to be done 10 days prior to the summer Camp. The registrations will start from 20th March.
 Contact - 079-39830939

Information for Annual Subscribers of Akram Express

How would you know if your annual subscription is about to expire? If there is a # besides the member id number on the label which appears on the cover of your current month's Akram Express, then you should know that this is your last issue e.g. AGIA4313#. If there is a ## besides the member id number on the label which appears on the cover of your current month's Akram Express, then you should know that this is your second last issue e.g. AGIA4313##.
 Details on how to renew your Akram Express subscription can be found on the editorial page.

