

November 2017

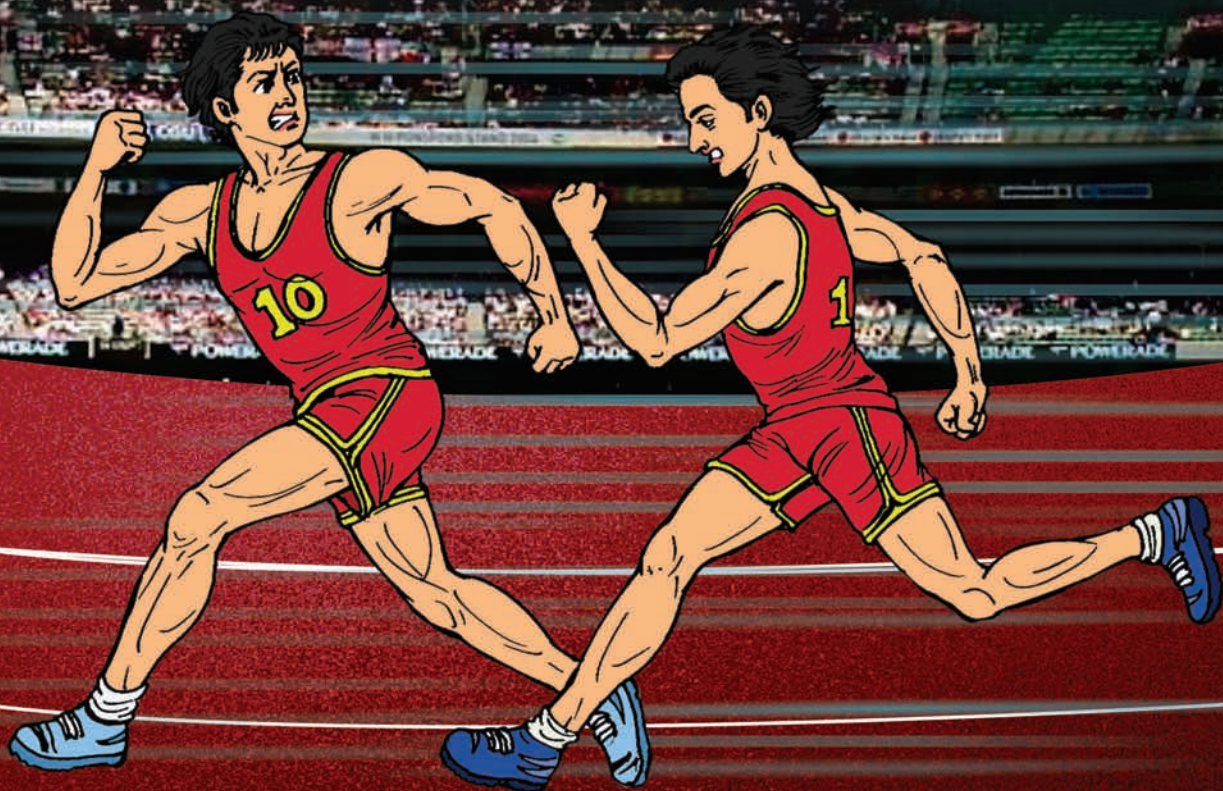
Price : ₹ 12/-

Dada Bhagwan Parivar's

AKRAM

Express

Comparison And The Suffering It Brings



Comparison And The Suffering It Brings

Editorial

Friends,

We are truly very lucky that we don't really know what hardship is. So then why is it that we are always dissatisfied about something or the other, as if we are drowning in a tidal wave of misery!

One day I sat down to investigate what problems I have. It was then that I realized how lucky I was; I had so much to be thankful for. But it's when I compare what I have and what others have that I start to suffer.

I can therefore say that my biggest problem is comparison. Hence I decided that I needed to stop comparing. I learned some amazing techniques from Param Pujya Dadaji of how to get out of it, and this is going to help me remain happy forever.

So come, you too can keep smiling forever by adopting this beautiful understanding.

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.

Akram

Express

Subscription (English)

Yearly Subscription

India: 125 Rupees

U.S.A. : 15 Dollars

U.K. : 12 Pounds

5 years Subscription

India: 800 Rupees

U.S.A. : 60 Dollars

U.K. : 50 Pounds

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

Editor :

Dimple Mehta

Vol.: 9, Issue : 4

Conti. Issue No.: 100

November 2017

Contact at:

Balvignan Department

Trimandir Sankul,

Simandhar city,

Ahmedabad-Kalol Highway, Adalaj,
Dist.Gandhinagar-382421,Gujarat.

Phone:(079)39830100

email:akramexpress@dadabhagwan.org

g

Website: kids.dadabhagwan.org



Akram Express

Niruma: The same thing is taught everywhere from a young age, which is to progress and to be ambitious. There's no problem with that as such but while progressing we start making comparisons with others who may be ahead of us. This then makes us think that we have less and they have more. This leads to thoughts of 'how can I get more so that I can be better than them? And in the worst case if I am not able to get ahead of a person then how can things become bad for that person such that I can look better?'.

In every matter, the intellect is continuously looking for ways to make sure that we get nicer things than everyone else; or that nobody else gets what I get; or that everyone gets the same. But it's absolutely unacceptable if anyone gets more than we do. First and foremost comparison arises, which then turns into competition. Then jealousy starts which gives way to negativity and seeing faults, which then turns into feelings of vengeance.

These are all sufferings due to wrong understanding. What comes to me is because of my good deeds; if my competitor ends up receiving more it is due to his good deeds. Even in school or college, if your friends end up with better marks than you, you are consumed by the fire of jealousy. Then you are not able to enjoy whatever you have ended up with. So this type of suffering is all due to wrong understanding.

The 'Tirthankars' (the absolute enlightened Lords who can liberate others) have shown a nice way of how to turn suffering into a positive experience. For example, if an ignorant person were to lose a finger, he would keep saying 'I have lost my finger' and go into depression due to the terrible suffering. He would continue feeling the loss of his finger for the rest of his life. Whereas, what the Tirthankars teach us is to think that out of 20 digits I still have 19 left. One has gone, but 19 are left. They derive pleasure from what remains, and do not remember whatever has gone. Similarly, if they were to lose a hand in an accident then they would say 'at least I still have the other hand and both my legs are fine'. And if both hands were to be lost then they would rejoice in the fact that they still have both legs. If the vision in one eye is lost then they would say 'at least I can see with the other eye'. Then if both eyes were to go then they would say 'at least my ears can hear properly'. If the hearing in both ears were to go then they would say 'I still have my torso. At least I will be able to practice religion or even attain salvation of the soul. In this way they find pleasure in what is left instead of being unhappy about the things that have gone. This is what those who are free from all attachments and passion, '*vītragi*' teach us.

And truly if we learn this from them, no suffering is capable of affecting us. Accept what there is. If we accept, we will not suffer in the slightest.

Gnanis Say...



Absolutely New & Different



Comparison leads to suffering and misery, which are all symptoms of our own intellect.

When you're driving along and another car catches up with you, comparison sets in. It will make you want to get ahead of it. And if that car happens to get ahead of you then you will force yourself to go faster and overtake it. The fact is that hundreds of cars will already have gone ahead of you. So what's the point in comparing? Who are you going to compare with? There are hundreds of cars behind you so we are definitely ahead of them. It's when the person you can see happens to be at the same level as you that comparison arises.



“My dear son Bansi, congratulations! You have made our family and the town proud. To date, nobody from our town has been enrolled into Saraswati Gurukul,” said uncle Mohan as he conveyed his good wishes to Bansi.

Bansi was overjoyed. He had never experienced so much happiness. The biggest dream of his life so far had come true. He had worked hard day and night for it to come true.

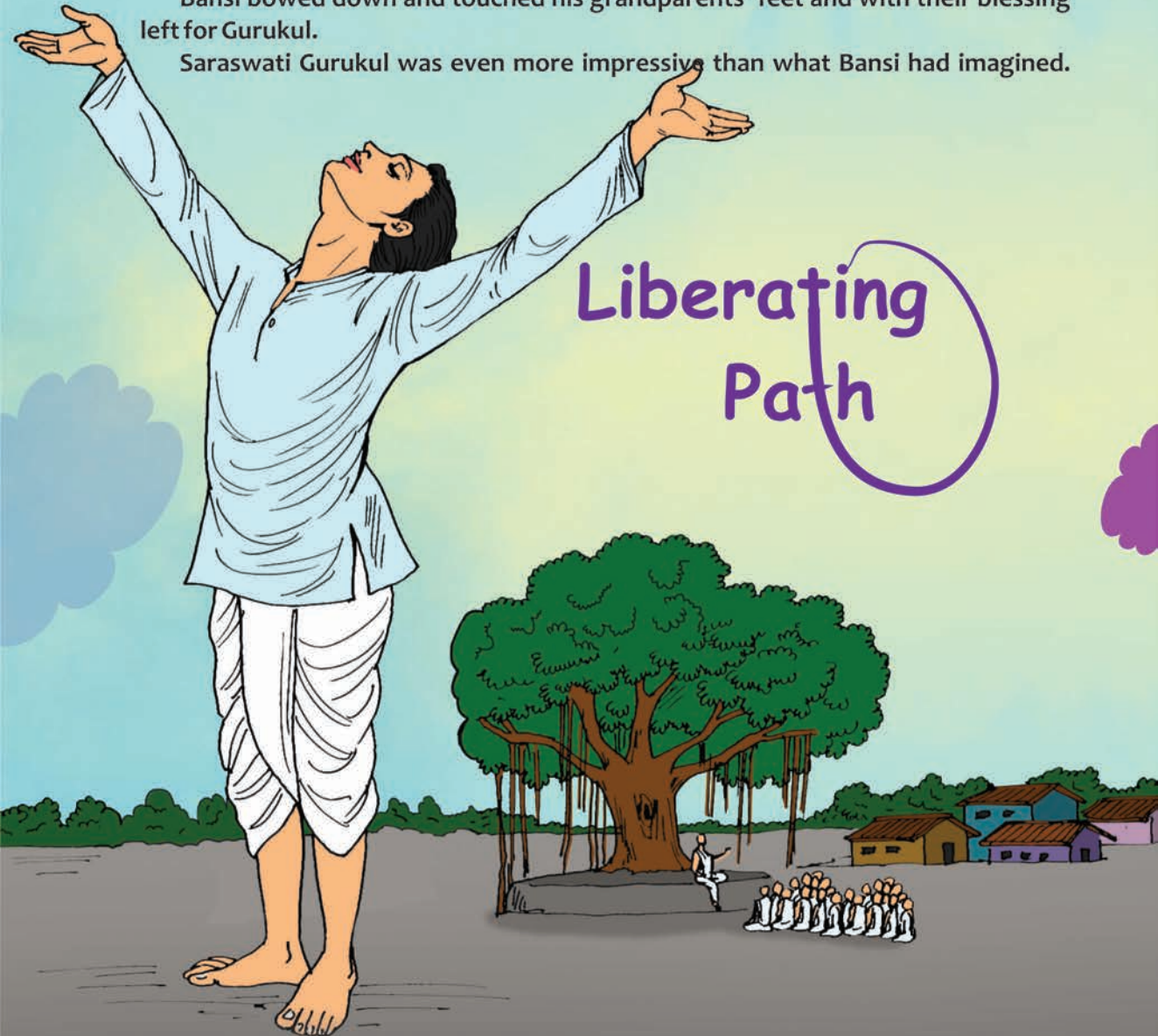
All night Bansi had been having beautiful thoughts of Gurukul. He was up and ready at the stroke of 5 am.

“Son, put your heart and soul into your studies. We know you will do well. We wish you happiness. Write to us,” said Bansi’s grandmother as she lovingly put her hand on his head.

Bansi bowed down and touched his grandparents’ feet and with their blessing left for Gurukul.

Saraswati Gurukul was even more impressive than what Bansi had imagined.

Liberating Path



Bansi experienced an extraordinary sense of tranquility as he became immersed in the surroundings. The banyan trees, melodious sound of birds chirping, clean air... He took a deep breath as the cool breeze ruffled his hair. Everyone in Gurukul looked content.

"Bansi, come son," Guru Vidyasagar lovingly welcomed Bansi.

Vidyasagarji asked about Bansi's grandparents and then introduced him to everyone.

This was Bansi's first meeting with the teachers and classmates. However, the love and warmth he received from them made Bansi feel like he had known them for years. From the very first day Bansi got on well with everyone.

The course started. Bansi worked hard and studied well. The teachers and Vidyasagarji were impressed with his grasping power and intuition. Bansi felt pleased when he got praised because of his intelligence. In order to receive more praise he put in more effort.

One day while explaining the mysteries of the scriptures Vidyasagarji recalled,

"Years ago when I had discussed this subject, I was intrigued by a question Shubhendu (an old time student) had asked." And Vidyasagarji shared Shubhendu's question with the students and discussed it.

'Shubhendu's name was not new for Vidyasagarji's students. Even for Bansi it was not the first time that he had heard Vidyasagarji praise Shubhendu. But today, it was the first time he felt envious.

Bansi thought, 'Will guruji remember me in the same way after I leave Gurukul? Will he praise me with all his heart?'

That was it; Bansi didn't even realize when the comparison between him and Shubhendu turned into competition. Every time Vidyasagarji praised Shubhendu even a little bit, Bansi felt a burning sensation in his heart. A tremendous sense of competition had arisen in Bansi against an individual whom he had never even met.

Bansi's only thought was how he could occupy a bigger space than Shubhendu in guruji's heart.

One day, uncle Baldev lovingly served a food item to Bansi. While serving, he said, "This is my Shubhendu's most favourite item." Bansi had heard enough and got up, "Please forgive me uncle. I am not hungry." The mere mention of Shubhendu's name angered Bansi. He secretly felt hatred towards Shubhendu.

Bansi did not realize that the hatred he harbored was destroying his vitality, his inner energy.

One day Bansi received a letter from his grandmother asking him to visit them in Virpur.



He went to Vidyasagarji to ask for permission.

“Virpur?” Vidyasagarji repeated with a glow on his face, “Yes, of course, son. Go and meet your grandparents and see to them. Will you do me a favor?”

“Guruji, you just have to tell me. There is no need to ask,” replied Bansi immediately.

Guruji smiled at Bansi.

He put a letter in an envelope, sealed it and handed it to Bansi. “Shubhendu stays at this address in Virpur. Will you give him this letter?” asked guruji.

Hearing Shubhendu’s name Bansi felt queasy. His hatred for Shubhendu had become so intense that even the mere mention of his name, made Bansi feel restless.

“Yes, yes why not, guruji,” said Bansi with great difficulty while keeping composure in his voice.

Taking the letter, he went to his room. For a while he just stared at it, ‘Tomorrow for the first time I will meet Shubhendu. If he is smart, I am smarter than him. He must be thinking he is a great scholar. Tomorrow he will find out that he is not unrivaled...’ Such thoughts were galloping like horses through Bansi’s mind.

Dressed in his best clothes Bansi left for Virpur.

He had to ask for directions but eventually Bansi reached Shubhendu’s place of residence. All the preparations and expectation he had imagined were shattered. Bansi thought that Shubhendu would be very wealthy. But seeing his simple abode Bansi was astonished.

To make sure that he was at the correct address Bansi knocked on the door.

“Hello, my name is Bansi. I am Vidyasagarji’s student. I am looking for Shubhendu,” said Bansi.

Just as Vidyasagar had a glow on his face when he heard the word ‘Virpur’, hearing his teacher’s name, Shubhendu’s face lit up.

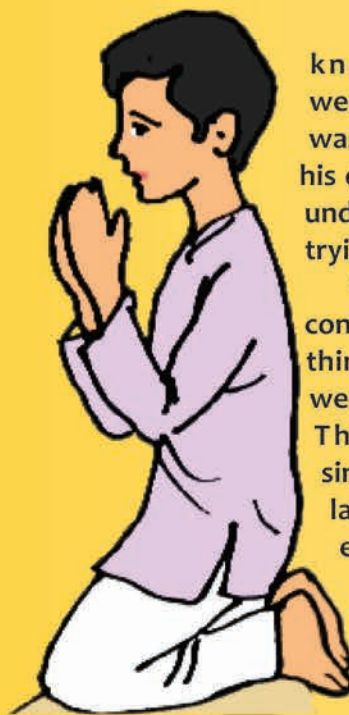
Shubhendu lovingly welcomed Bansi into his home. Seeing Shubhendu’s impressive personality the plan that had been brewing in Bansi’s mind to defeat him became subdued.

Bansi gave Vidyasagarji’s letter to Shubhendu. Shubhendu carefully placed the letter aside. After a few moments of silence, gathering his courage, Bansi asked Shubhendu, “Can I ask you a question?”

“Yes, yes of course.”

“You still have a place in everyone’s heart at Saraswati Gurukul. Even today they discuss how clever you were. You are such a big scholar. I thought that you would have used this





knowledge to become wealthy. So then..." Bansi was not able to complete his question but Shubhendu understood what Bansi was trying to say.

"Bansi, seeing your confusion I remember one thing. One day a traveler went to meet a Sufi saint. The saint's room was simple. Besides a mat and a lamp there was nothing else.

The traveler asked the saint, "Where are your belongings?"

The saint in return asked the traveler,

"Where are yours?"

The traveler replied, "Mine? But I am a traveler."

The saint said, "Me too."

Shubhendu smiled gently and said, "In this journey of a human life I am also a traveler like the saint. To obtain the life of a human being and make it successful, my goal is that I find liberation and happiness from the knowledge I received from my teacher. I don't want to use that knowledge to become involved in competition with others and accumulate belongings and become wealthy. My happiness is my wealth!"

"Oh dear, what was I thinking when I was comparing myself with Shubhendu? The one who is distant from any rivalry, and happy with himself, that is the person I was jealous of?"

Bansi's eyes had been opened after hearing what Shubhendu had to say.

"What did you get out of this jealousy? Only humiliation. The tremendous happiness that you experienced when you entered Gurukul was all lost due to the lack of understanding that led to jealousy. You made such a terrible mistake!"

"Bansi, what are thinking?" asked Shubhendu as he gently shook him as if to wake him from a daze.

"Thank you for awakening me," said Bansi putting his hands together in reverence. Seeing Bansi becoming teary-eyed Shubhendu hugged him.

Bansi thought, "Now I understand why you still have a special place in guruji's heart."

From that day he was freed from the burning sensation of comparison and jealousy. Bansi experienced lightness and started a journey on the path of his own freedom and happiness.

The Secret to Happiness

It was a beautiful morning. The flowers were in full bloom; the butterflies with their colorful wings were happily fluttering. The bees were buzzing. However, Jina the giraffe, looking sad as usual, was walking towards the lake.

Zebras take such beautiful leaps, how easily they run. Look at my walk – it is so odd-looking. I wish I knew how to take leaps like the zebra so that I could be happy like them.

She walked a little further and came across an elephant.

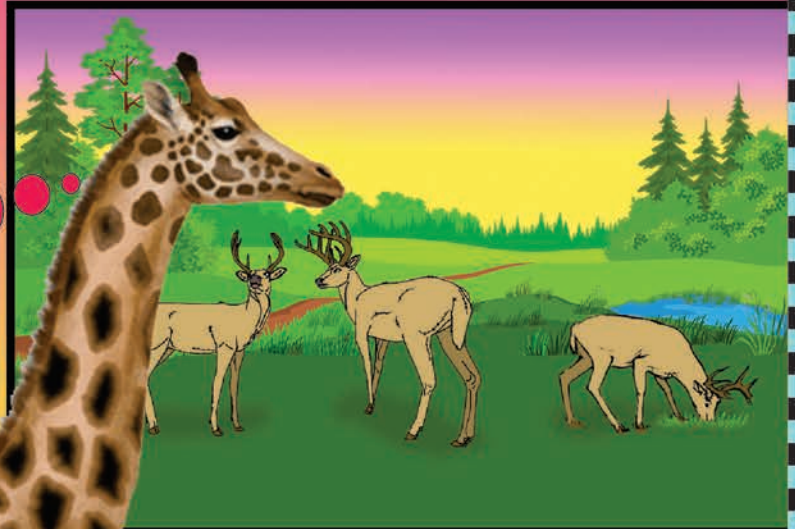
Everything ok with you?

Hmmm..

The elephant has so much fun when she takes water in her trunk and sprays it everywhere. The elephant is so happy. If only I had a trunk...

Lost in her thoughts Jina was dragging herself along slowly and saw an antelope and a deer.

The deer is so beautiful and the antelope has such strong and elegant horns.



Kau Kau... bliss, bliss everywhere...

Just then Anandi, the crow came and sat on Jina's head.

Anandi, how is it that you are always happy?

Simple, my mantra is 'always be happy'. Find happiness in any situation. But why are you so sad?

Going back to the lake Jina saw her reflection in the water.

Zebras, deers and antelopes look so beautiful and I am so strange looking. My legs are like thin sticks and my neck is like a stretched piece of chewing gum.



Jina, what you are feeling is all due to the misery of comparison. You are a giraffe so you're going to look like one, aren't you? Your suffering and sadness will go away if you focus on what you already have instead of what you don't have.

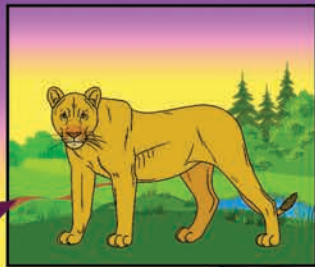
But I don't have anything. Everyone else has so much.

Jina stood there with a sad face.

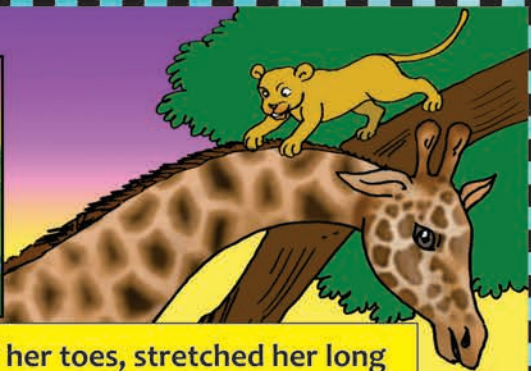
Jina everyone has their own special strengths. We have to recognize our own strength and let it blossom. You should stop comparing yourself and wanting to be like other creatures. Tell me, what would happen if a fish were to compare itself with a bird and as a result always feels sad because it cannot fly?

Jina and Anandi the crow were deep in conversation when suddenly a lioness came by.

Jina, don't be scared. Please, I need your help. My cub has climbed up a tree. Will you bring him down?

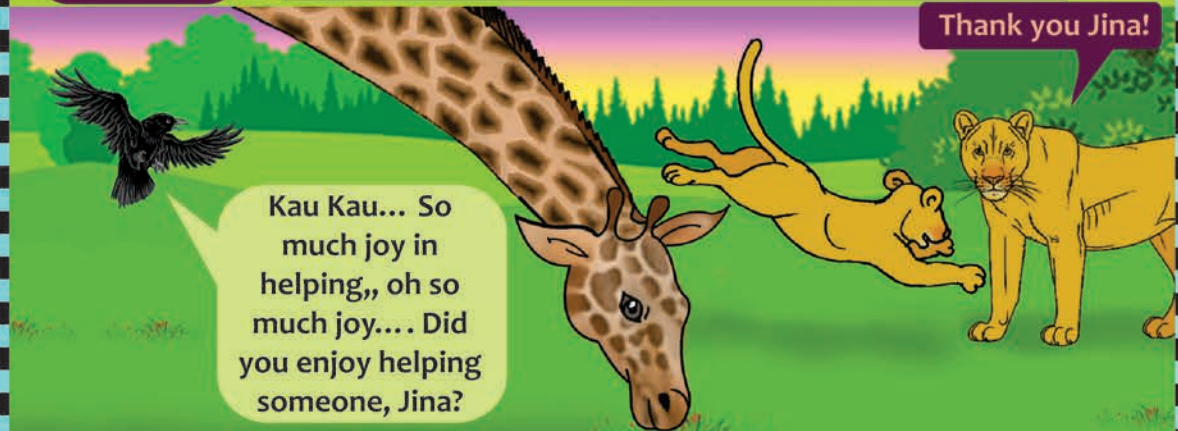


Jina stood on the tips of her toes, stretched her long neck up and gently brought the cub down from the tree.



Thank you Jina!

Kau Kau... So much joy in helping,, oh so much joy.... Did you enjoy helping someone, Jina?



It was very nice. Today I have understood how valuable it is to have legs like long sticks and a neck like a stretched piece of chewing gum.

Yes, instead of suffering by comparing ourselves, we should be happy and make the most of what we have.

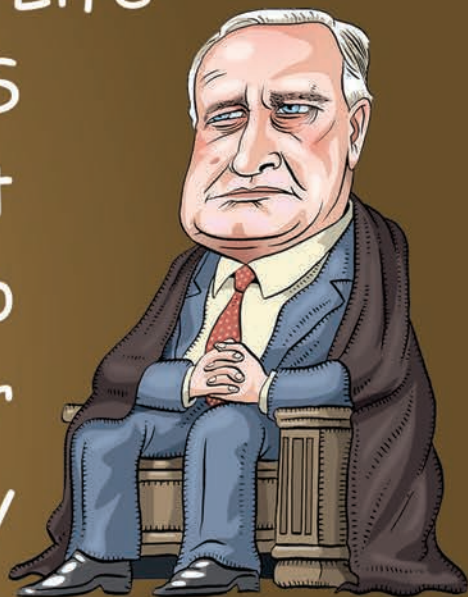
Yes, friend... absolutely...





Real Life

S t o r y



In American history, **Franklin Delano Roosevelt** was one such President who was elected four times in a row by a winning majority and spent four terms in office from 1932 to 1944. This had never happened in the 200 years of American history. His working capacity was such that he put the young to shame. He never considered what it was to be tired.

Friends, you will be surprised to learn that having such an extraordinary working capacity the President was in a wheelchair. In 1929, at the age of 38, he faced the terrible illness of polio. Due to this illness he lost the use of both legs.

Before he was struck by polio, Roosevelt had a good political career. So people thought that his future career would be destroyed. Suddenly facing this terrible disability was a challenge for Roosevelt, but he faced it with full courage.

Instead of sinking into misery of what had been lost, he focused on increasing the strength of what was left. Thus, with twice the level of determination he ventured back into politics. Instead of suffering by getting into comparison with the physical abilities of his peers, Roosevelt in a disabled condition, started to run for elections. Gradually he climbed the success ladder and reached the highest rank, which was that of President.

Roosevelt's intelligence and visionary ideas made his name immortal in American history. The same country that had become a victim of depression, unemployment and starvation in 1931-32 became the world's super power under Roosevelt's government.

And thus, courageously obtaining victory over his disability, President Roosevelt inspired everyone.

Find
the
way



LET'S PLAY

SPOT 10 differences



Mythological Story

There was a city called Hastishirsh in the district of Jambudwip in the kingdom of Bharatkshetra. The people of this city were very religious.

King Damdant ruled Hastishirsh. The king's fiery disposition was felt by the wicked people of the city whereas the humble folk felt bliss in his presence.

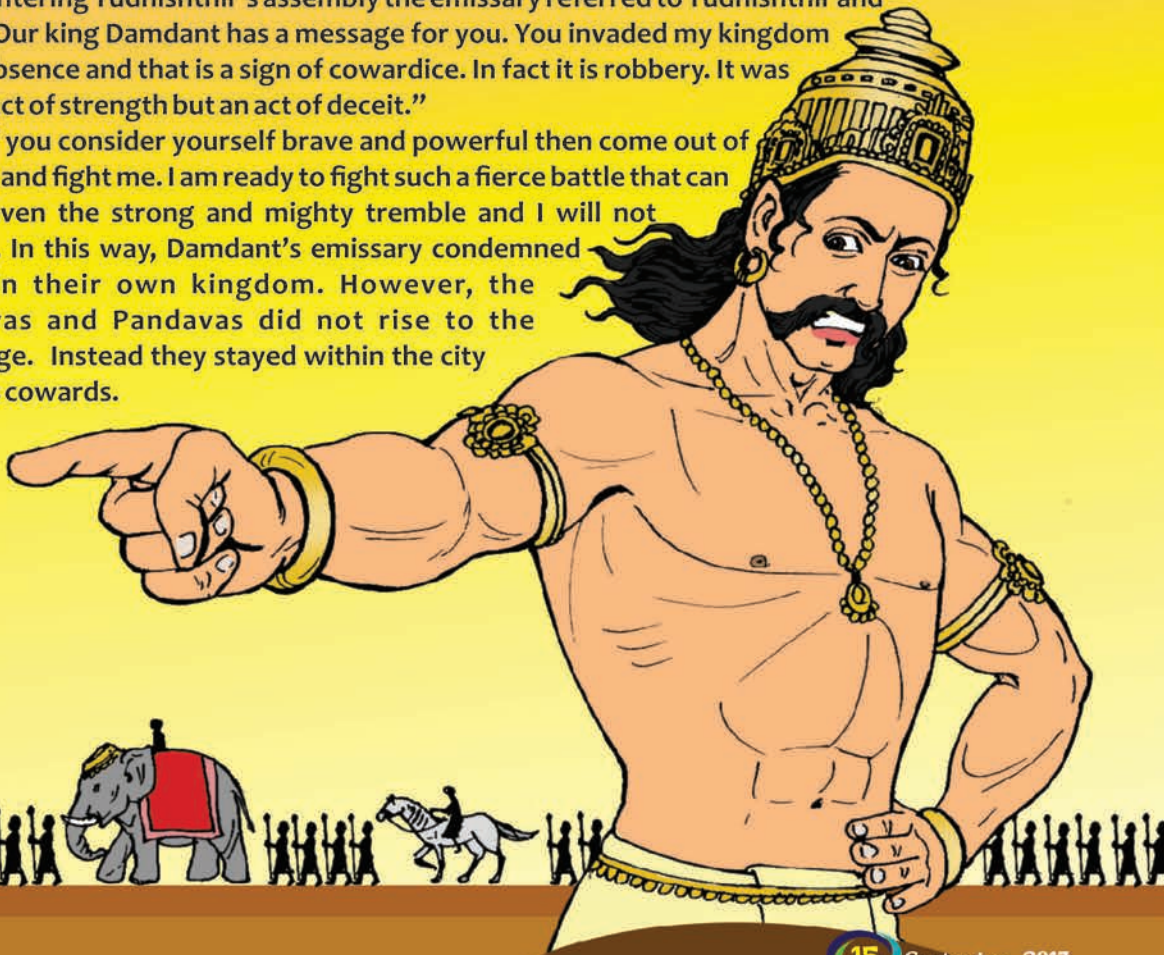
One day Damdant had to be present in the city of Rajgruh to assist Prativasudev Jarasangh. Seeing this as a window of opportunity, 100 Kauravas and 5 Pandavas raided king Damdant's kingdom.

Later, when Damdant returned to his own kingdom, he was shocked to see the state the city was in. The ministers told him about how the Kauravas and Pandavas had raided the city.

Raging with anger, Damdant took his army and marched towards Hastinapur. They surrounded Hastinapur from all sides and sent a clever emissary to king Yudhishtir.

Entering Yudhishtir's assembly the emissary referred to Yudhishtir and said, "Our king Damdant has a message for you. You invaded my kingdom in my absence and that is a sign of cowardice. In fact it is robbery. It was not an act of strength but an act of deceit."

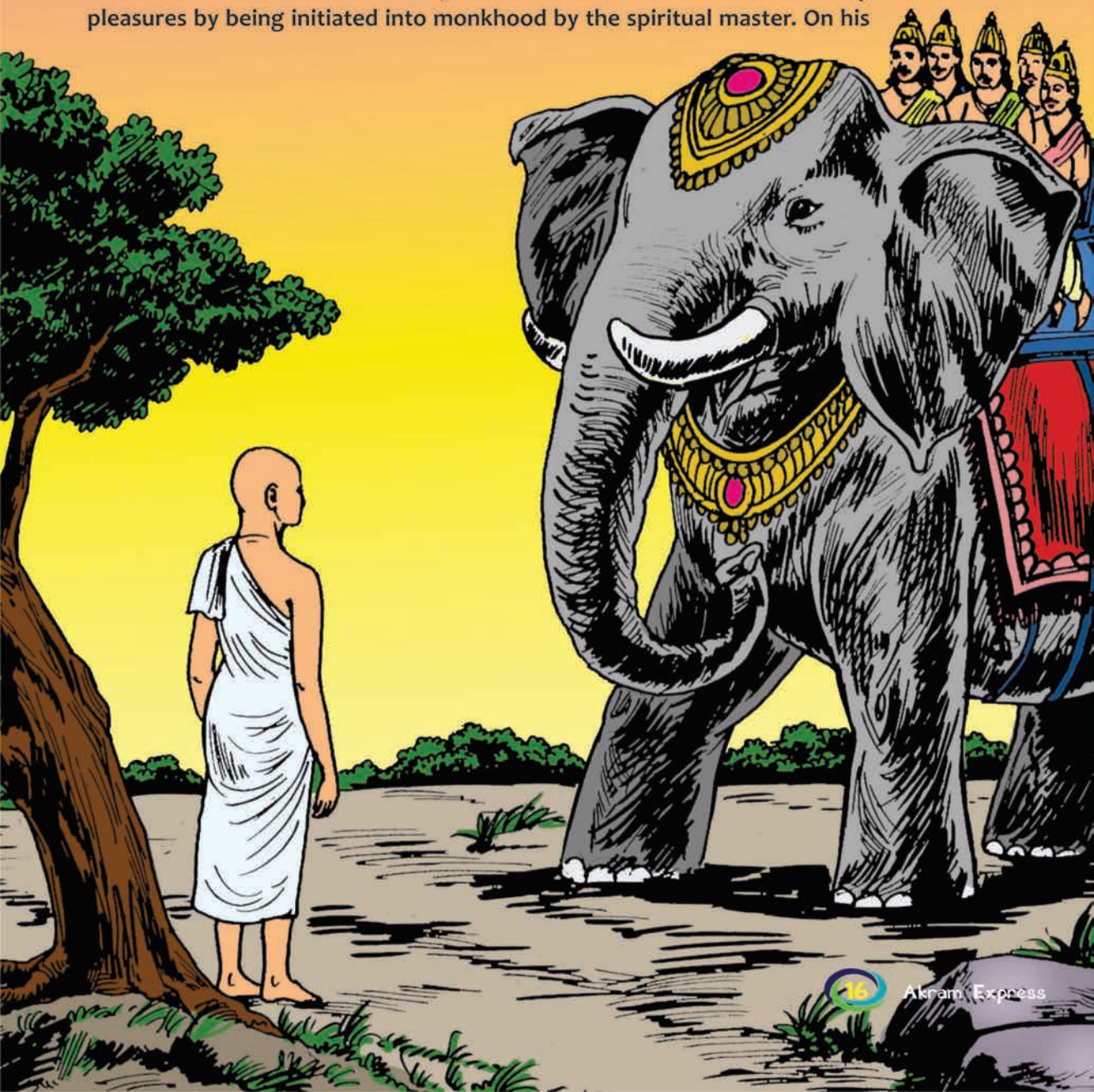
If you consider yourself brave and powerful then come out of the city and fight me. I am ready to fight such a fierce battle that can make even the strong and mighty tremble and I will not retreat. In this way, Damdant's emissary condemned them in their own kingdom. However, the Kauravas and Pandavas did not rise to the challenge. Instead they stayed within the city walls as cowards.



Realizing it as a useless intention to battle with cowards, king Damdant retracted the siege and returned to his own city.

On the way back king Damdant pondered, 'external enemies invaded my kingdom and I immediately got ready to destroy them. However, the internal enemies of anger, pride, deceit and greed are raiding my virtues of forgiveness, honesty and nobility all the time and I have never tried to condemn them. In fact these inner enemies have caused me the biggest loss'. And thus he started to have a desire of being free from these worldly battles. He also started to lose interest in ruling his kingdom.

One day an acharya (a spiritual master) was visiting Damdant's kingdom. The king intently listened to the acharya's holy speech which was free from attachment and abhorrence. Without hesitation, he went on to renounce all worldly pleasures by being initiated into monkhood by the spiritual master. On his



journey he came to the city of Hastinapur.

Meanwhile, the Pandavas were parading around on their best elephants. On their way out of the city they saw a monk.

They got off their elephants to pay their respects to the monk and get his blessings. Coming closer they realized that the monk was king Damdant himself! They bowed down to him in reverence.

The Pandavas possessed a really good quality, which was to see a person's virtues no matter what. So even now they did not remember the contempt with which king Damdant had behaved in the past. Instead they remembered his strength and spoke to him with a lot of admiration. "Dear king Damdant! Who could be as great as you? It is because of your bravery in the past that you had defeated all your enemies. Now it is the same bravery that you are applying to win over your inner enemies of anger, pride etc. You are truly blessed.

Praising monk Damdant and feeling blessed they went on their way.

After a little while, Duryodhan also came to the same place with his troupe. He too saw monk Damdant meditating.

Duryodhan could not see his own faults of invading Damdant's kingdom. Nor could he see how brave Damdant was as a king. He could not see the king's current discipline to attain liberation. But he did remember the animosity from the past. Even now he saw Damdant as an enemy.

So with weapon in hand he aimed for the monk's head. At the same time the family members and servants who were present with Duryodhan understood Duryodhan's actions and started throwing stones at the monk.

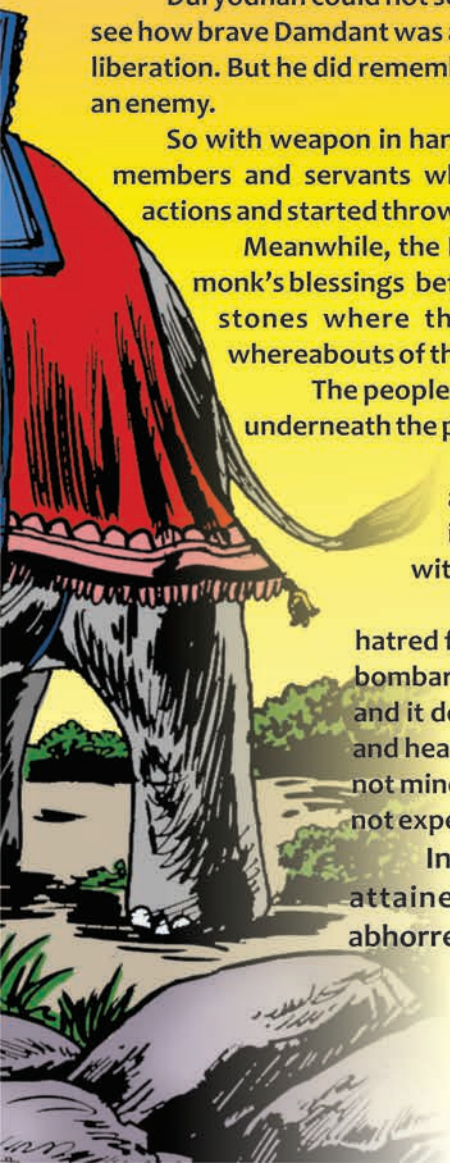
Meanwhile, the Pandavas were on their way back and they wanted to get the monk's blessings before entering the city. But as they approached they saw a pile of stones where the monk had been meditating. They asked the people whereabouts of the monk.

The people narrated what they had seen and said that the monk should be underneath the pile of stones.

Hearing this, the extremely distressed Pandavas removed all the stones. Thinking that the monk's body must be in such intense pain, the Pandavas gently massaged the monk's body with oil in the hope that it would provide some relief.

Monk Damdant was at such an elevated state that there was no hatred for Duryodhan who had caused him so much pain. Whilst being bombarded with stones he thought 'What you are hurting is not mine, and it does not bother me'. Likewise, when the Pandavas worshipped and healed him he thought, 'What you are worshipping or caring for is not mine, and it does not bother me'. With such thoughts the monk did not experience any pleasure or pain in either circumstance.

In this way being free from like and dislike, the monk attained liberation. Truly, to be free of attachment and abhorrence in this way and to become pure is the best path of all.



Sweet Memories



One day a lady, who was the mother of one of the mahatmas, was involved in a car accident and her brain was damaged. This mahatma's intense desire was that Dadashri should meet his mother and bless her.

After a few years the circumstances came together and Dadashri went to see the mahatma's mother.

The mahatma explained that his father had died in the same accident that his mother suffered a brain injury, which also involved some loss of memory. His mother sometimes even forgot that her husband had lost his life in the accident.

The mahatma told Dada, "Dada, please let her be free of all her sufferings."

Dada looked at the mahatma wide-eyed and said, "Are you asking for death?"

The mahatma did not reply.

Dada said, "We bestow liberation. 'We' do not bestow death."

Then Dada said, "She is so happy. She is so fortunate. You are looking after her so well. You have looked after her so well that even after so many years her skin is looking so fresh. And the most special thing is that her brain injury is such that she does not suffer at all."

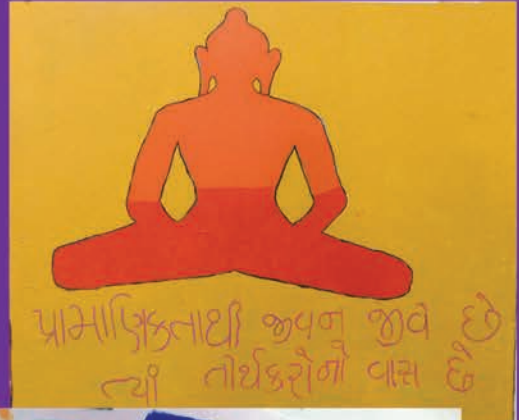
The mahatma was greatly relieved to hear this The Gnani (the awakened One) has such tremendous positive vision. They do not see things in terms of what has gone, but instead find positivity in that which is left and shows you the way to be happy!

LMHT FUSION 2017





Wall Painting



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.



Publisher, Printer & Editor - Mr. Dimplebhai Mehta on behalf of Mahavideh Foundation
Printed at **Amba offset** :- Parshwanath Chambers, Usmanpura, Ahmedabad - 14 and published