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# AKRAM

## Express

# True Happiness



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**AKRAM  
EXPRESS**

# TRUE HAPPINESS

## Editorial

### Friends,

*Anand anand ubhray, haiyu  
jalyu na jalaui,  
Gnani sange jivan ni  
pal pal uulaas jaiy.*

These are the lyrics to a Dada pad and  
loosely translates to:

*There is so much joy  
overflowing in my heart:  
Each and every moment in my  
life goes by with sheer happiness  
in the presence of the Gnani.*

Yes, true happiness begins from the  
moment we meet a *Gnani Purush*  
(enlightened one). Otherwise, all other  
happiness is imaginary happiness. When  
a *Gnani Purush* gives the knowledge of  
the Self, happiness occurs naturally and  
spontaneously.

What is true happiness? What is it  
like? What is the experience of real  
happiness like? You feel happy even by  
just reading about it.

So come, let's enjoy a mere drop from  
that waterfall of happiness.

- DIMPLE MEHTA



# Dadaji Says...

**Questioner:** What is it that one should wish for?

**Dadashri:** Happiness. One should wish for permanent happiness. Eat and drink whatever is in your plate and enjoy life. There is no objection in that.

## Happiness by Seeing a Gnani Purush (enlightened one)

**Questioner:** What is it in this world that gives so much happiness?

**Dadashri:** You feel happiness just by seeing a *Gnani Purush*.

**Questioner:** We feel immense happiness when we hear you speak. So I wonder how much happiness must exist within you!

**Dadashri:** The bliss that lies within me is the same that lies within you and everybody else. Bliss can be experienced when one's *Purusharth* (spiritual effort) and the grace of a *Gnani* both come together.

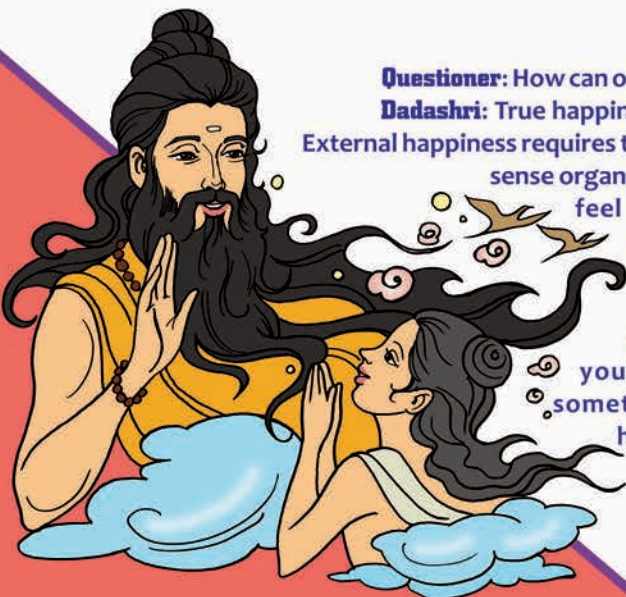
**Questioner:** What do you mean by that? When does one experience complete happiness? Is it when one becomes free of all mistakes?

**Dadashri:** Every living being has immense bliss within them, but the experience of that bliss has stopped. This is because over time the soul gets covered by veils of ignorance i.e. anger, pride, deceit, greed, clash, attachment and abhorrence and therefore happiness leaves. The absence of anger, pride, deceit and greed is itself a state of bliss. The worldly happiness that you get is temporary. For example, a person will feel happy when he is watching a movie, but when the movie is over he gets bored. With permanent happiness there is no tiredness, no boredom.

## The Experience of True Happiness?

**Questioner:** How can one experience true happiness?

**Dadashri:** True happiness cannot be experienced from anything external. External happiness requires the senses. For example, when you eat tasty food the sense organ for taste – the tongue – will be satisfied and you will feel happy. However, in order to experience true happiness you do not need any of your senses. True happiness is permanent happiness. It is not dependent on anything. You feel happy when you get something you like or when someone praises you, however, that happiness is dependent on something external! True happiness is when your happiness remains unshaken even if someone insults you.





IF one were to taste the **HAPPINESS** of the soul only for the split of time it takes for a mustard seed to stay on a cow's horn before falling off, then that happiness will never leave. There is a continuous feeling of true **HAPPINESS** and contentment. There are no words to describe that type of **HAPPINESS**.

**ABSOLUTELY**

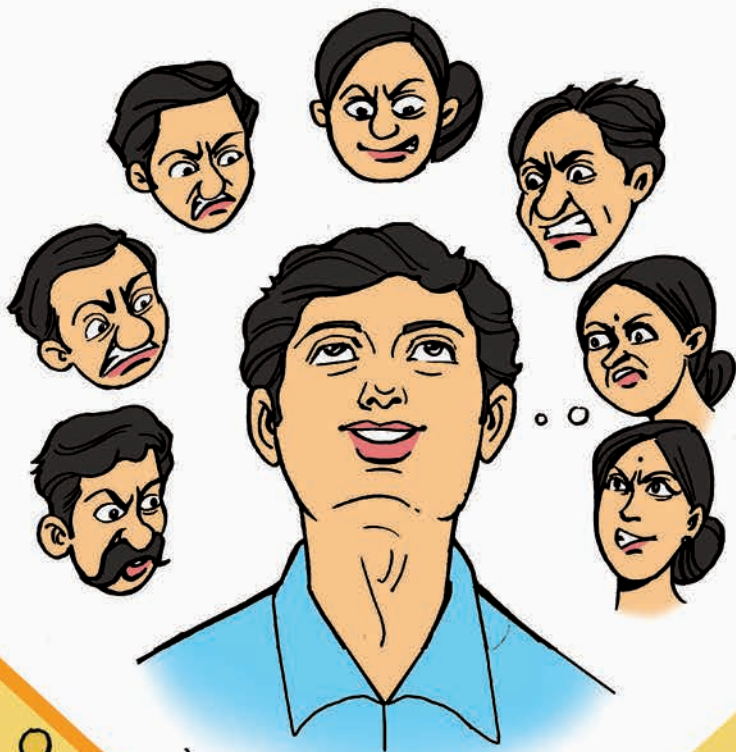
**H**appiness increases as soon as the intellect goes. This is verily the place of **Happiness** but the intellect keeps on interfering.



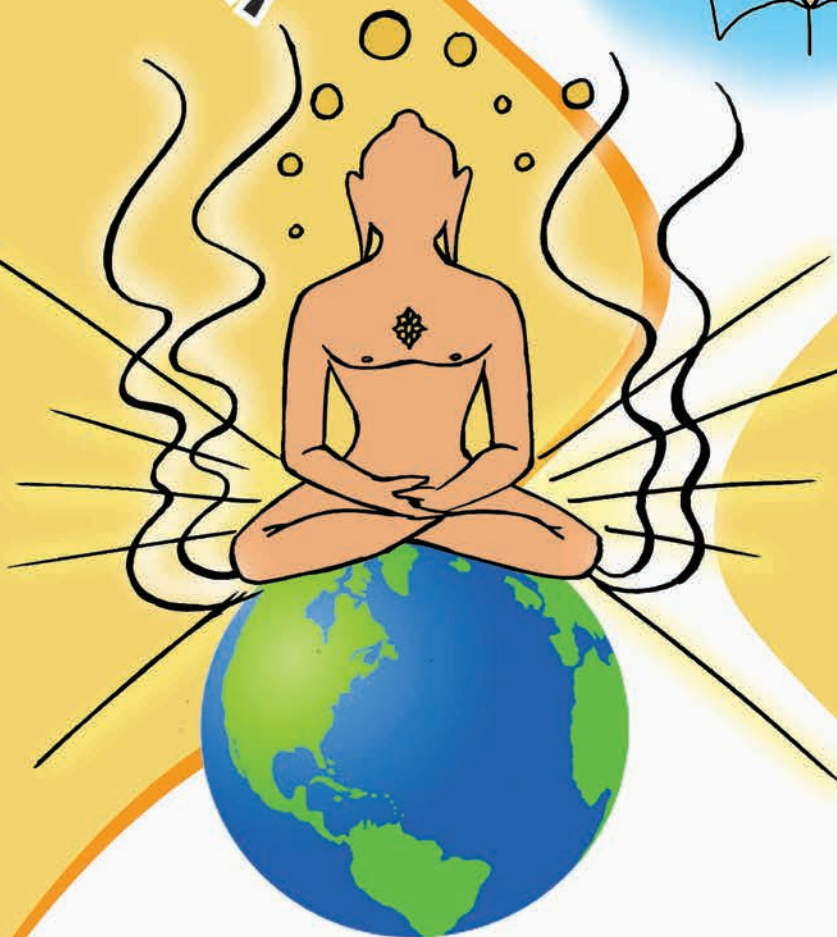
**QUESTIONER:**

What kind of happiness  
do you get by seeing  
everyone as faultless?

**DADASHRI** That  
happiness is the called  
the happiness of  
freedom.



**NEW AND  
DIFFERENT**



**A** single minute  
of **HAPPINESS**.  
of those souls who  
have attained  
ultimate liberation  
(*Siddha Bhagwan*)  
**e**quates to a year's  
worth of happiness  
of all living beings  
in this entire  
**w**orld.

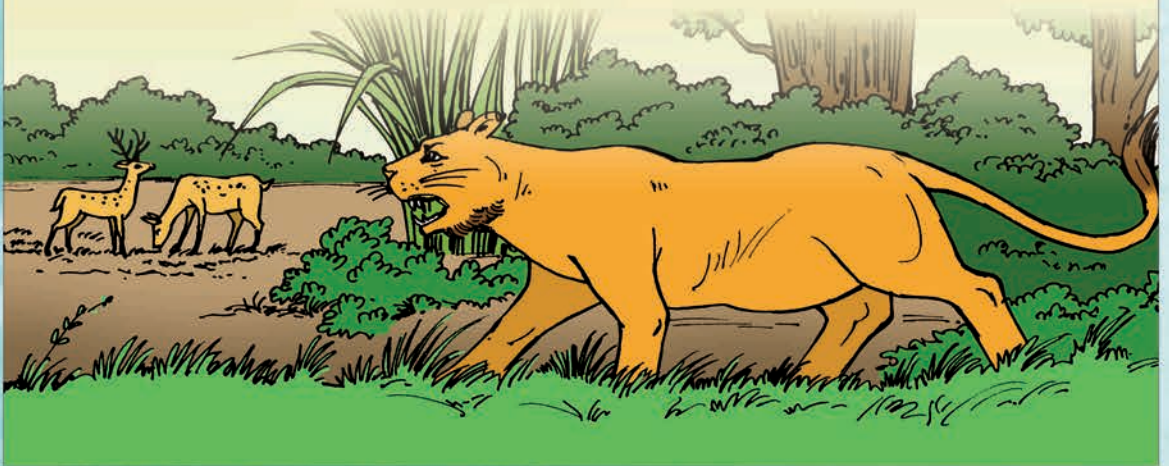




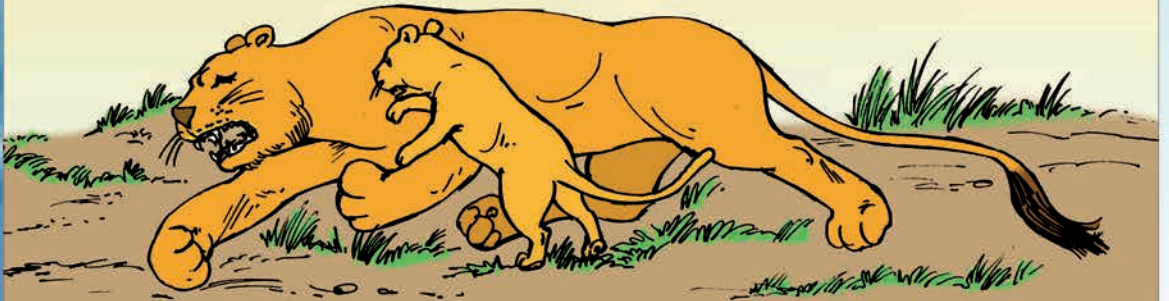
# A Lion's Offspring



There was a beautiful forest. One day a pregnant lioness went out to hunt in the forest.



She lost balance as soon as she leapt onto her prey and died. Her cub was unharmed and it was born at the same time.

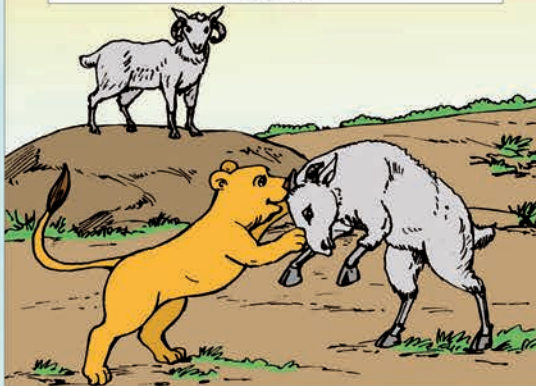


Just then, a flock of sheep was passing by. Seeing the new-born cub,

Let's take this cub with us. From today onwards, it's our responsibility to look after it and to raise it.

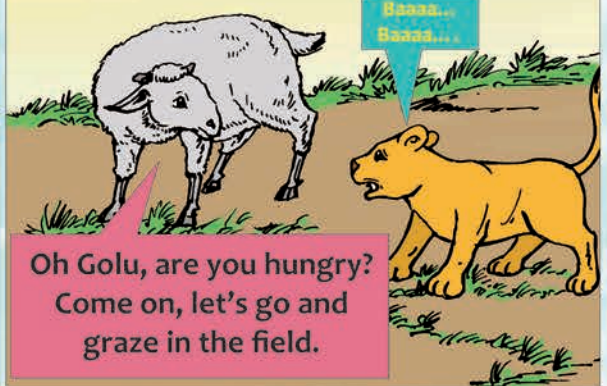


The sheep started to raise the lion's cub. They named the cub Golu.



Baaa...  
Baaa...

Oh Golu, are you hungry?  
Come on, let's go and graze in the field.

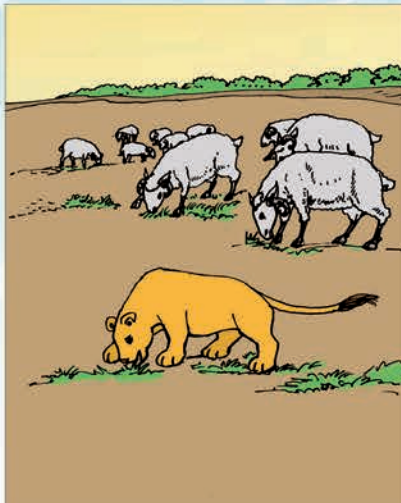


While grazing, Golu went quite far ahead.

Golu, do not go that way. There are dangerous animals there. They will eat us.

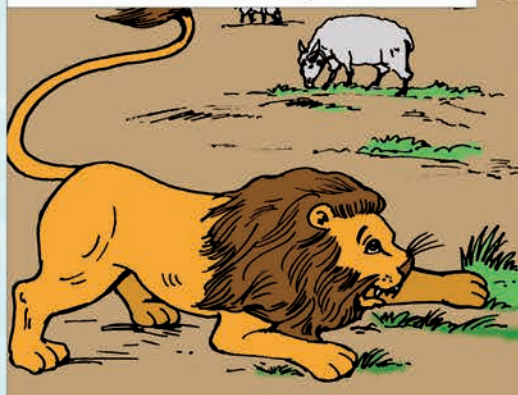


Because the cub lived with the flock, over time it learned to eat grass, bleated like them and became timid.





Even though Golu grew into a big lion, he always believed that he was a sheep.



One day, another lion was out hunting for prey. As soon as he saw Golu...



Oh, what is this lion doing with a flock of sheep?

Golu ran as fast as he could when he saw the lion approaching. But the lion managed to catch him.



Oh lion, what are you doing with this flock of sheep? You are not a sheep. You are one of our kind. You are a lion.



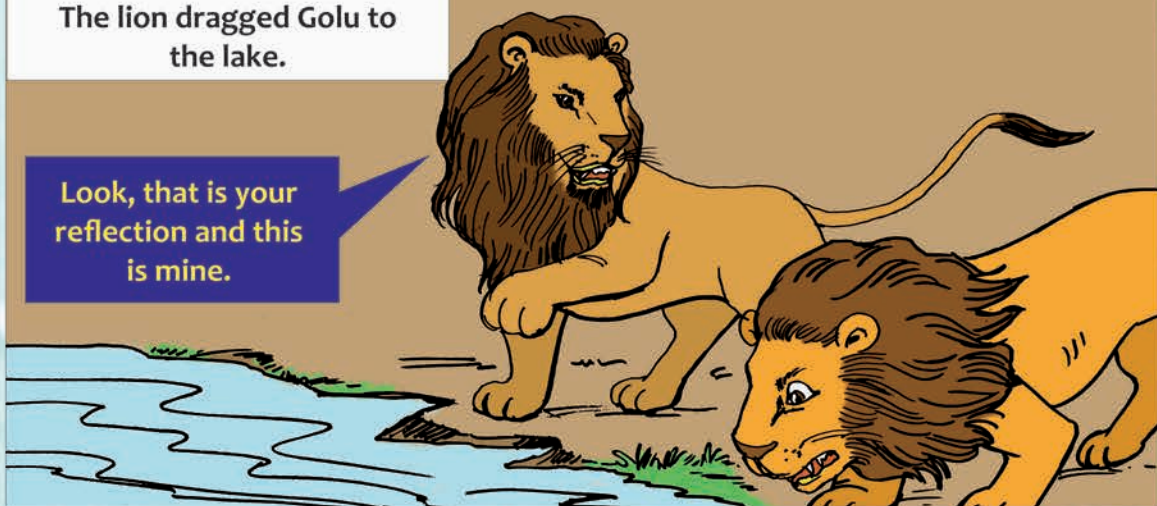
I am a sheep. Please have mercy and let me go. Baaaa....Baaaa....



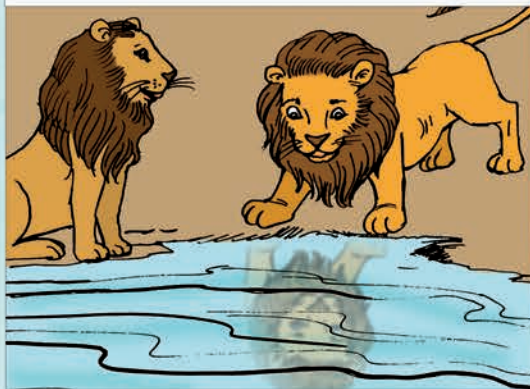


The lion dragged Golu to the lake.

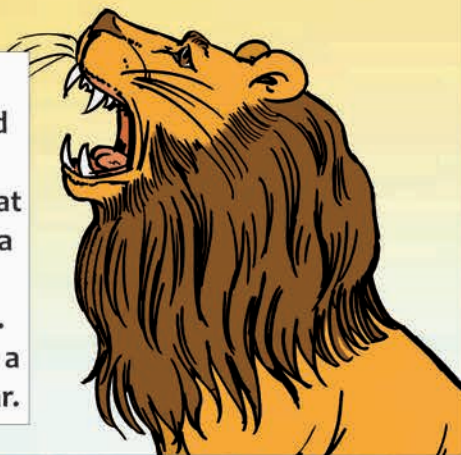
Look, that is your reflection and this is mine.



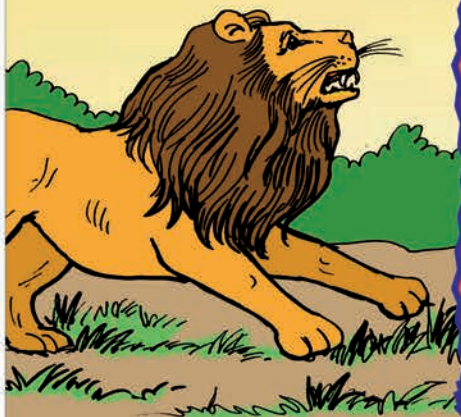
Golu compared the reflections. He looked at the lion and then back at his own reflection.



Golu realized right away that he was a lion indeed. He gave a loud roar.



After that day, Golu stopped bleating like a sheep. The same Golu who was always scared in any situation became fearless and was happy all the time.



Friends, Golu became fearless and happy when he found his true identity. In the same way, Dada has made us fearless by making us realize our own true self. We are Dada's heirs. So let's decide today that by staying under the *Gnanis* (enlightened one) shelter and understanding and observing *Gnanis* principles we too will find permanent happiness.



**M**aroot could not hide his excitement.

As soon as he got home from school, he handed a form to his dad...

Maroot could not hide his excitement.

As soon as he got home, he handed a form to his dad, "Daddy, we have cricket training sessions starting in school from next week. Can you please fill in this form and sign it? Bats, balls and any other necessary equipment will be provided and the fee isn't too much either. Oh... I am so excited."

"Stop...stop...stop... son! Slow down. First catch your breath. Have some water." Maroot's father patted his head and said, "You're still out of breath from running. Sit down and talk to me."

Maroot sat down immediately. He put his school bag down on the table next to him. His mum handed him a glass of water, which he gulped down in one go and said, "Ok? Now tell me, daddy. Can I join this class?"

Maroot's parents looked at each other and sat down next to him.

"Look son, it's not about the fees but what's the guarantee that you will like it?" asked his dad in a serious tone.

Maroot immediately said, "I will like it a lot. Both my friends will be going too."

"Son, how can you say that you will enjoy it because they will enjoy it? You put your name down for chess too didn't you? And what happened there? You went for four days and then stopped going altogether. Remember, you were excited just like this in the beginning, weren't you? You are always excited when you start something new and then that excitement disappears after a few days." His dad tried to explain to him calmly.



# WHERE is True Happiness



Maroot gave a hopeful look in his mum's direction and said, "But mum, chess club was so boring. I don't know what Vishal liked about it. But there isn't anything here I can possibly get bored with. Daddy... Please...!"

Maroot's dad sighed and said, "Ok, and what about the piano lessons? The ones you left half way through and swimming too before that and..." Before his dad could finish his sentence Maroot said, "Nothing like that will happen this time. I promise. I will definitely see this through to the end. Please, please, please...!"

Maroot's mum raised her hands in resignation and went into the kitchen. His grandfather, who was seated in the next room, had heard the entire conversation. He slowly came out of the room and said, "Oh, my son, you're back from school already? You look very excited today. Will you come with me to the park for a walk? Meanwhile, your mum and dad can think about what you had to say."

Maroot enjoyed going to the park with his grandfather. He got ready immediately. Whilst walking, Maroot's grandfather brought up the topic, "Maroot, let me tell you something. When I was your age I had a problem."

"What was it Grandpa?"

"Even I liked to play, go out and watch stage performances with my friends just like you do. However, when I started an activity I enjoyed, I couldn't help thinking about what I would do after it finishes. And because I was focusing on what will happen after and how bored I would be, all the fun was gone even before the activity had finished."

"Yes. That is exactly my problem. But what is the solution for that, Grandpa?" asked Maroot, as if he had suddenly understood something.

Grandfather gave a light smile. He pointed to a bench near the lake and said, "Go and sit



over there. I will bring some hot, tasty sweetcorn and then we will talk peacefully.”

Maroot sat on the bench, observing a small child seated on the opposite bench.

The five or six month old child was moving its hands and legs inside the pram and playing by itself. It was making babbling sounds and was in its own world.

Just then grandfather came and gave Maroot the sweetcorn and sat down next to him. Seeing the happy, playful child, Maroot’s grandfather said, “Look how happily that child is playing! Does it need anything to be happy?”

“True, grandpa! Babies are always happy. They only cry when they are hungry, or their stomach hurts,” replied Maroot without looking away from the child.

Just then a child could be heard crying. Looking at the child who was around three years old, grandfather said, “Oh, he was merrily eating an ice cream just a moment ago and now he’s crying!”

“He was happy whilst he had the ice cream, but now that it’s finished, he is crying!” said Maroot with a frown.

“You are right, son,” said grandfather as he patted Maroot on the back.

Maroot felt cheerful. After so many days Maroot was getting the magnificent winter sun in the park with his grandfather. Then a cold wind blew and a sweet fragrance of flowers wafted past.



Isn't it true that a person who is happy and content from within can share his or her happiness with others?



Grandfather took a deep breath. Maroot saw an unusual expression of delight on his face.

"What happened grandpa?" Maroot asked with surprise.

"This beautiful fragrance reminded me of the musk deer," said grandfather.

"Musk deer?" asked Maroot.

"Yes, a musk deer. It roams around jungles and forests in search of the musk scent it is attracted to. However, it doesn't know that the smell it is in search of, that valuable musk, is in its own body, inside its belly button."

Maroot was very curious. He listened to grandpa very attentively.

"If you look carefully, then our life is just like the deer! We look for happiness in external things. Sometimes it feels like we get happiness from eating ice cream and sometimes from watching TV. However, the things which we try to get happiness from are all temporary and therefore the happiness we get is also temporary. You saw how that child began to whimper as soon as the ice cream finished? Just as the musk fragrance is within the musk deer's belly button, real happiness is not to be found anywhere but within us!"

Maroot could understand what grandpa was saying.

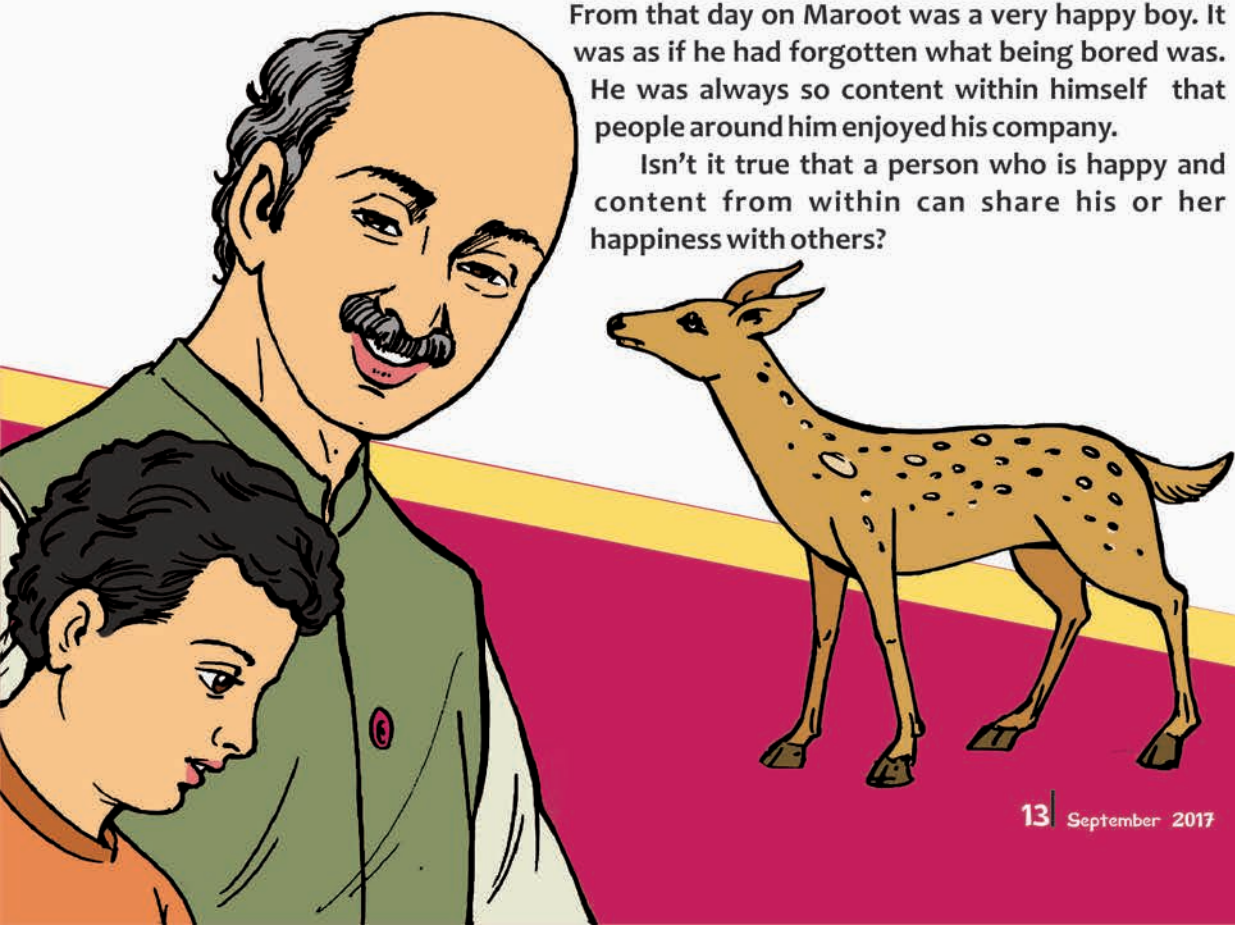
"Grandpa, that little baby was happy for no apparent reason. In the same way if we stay happy like them, is that called true happiness?"

"Yes, son," said grandfather as he lovingly stroked Maroot's head.

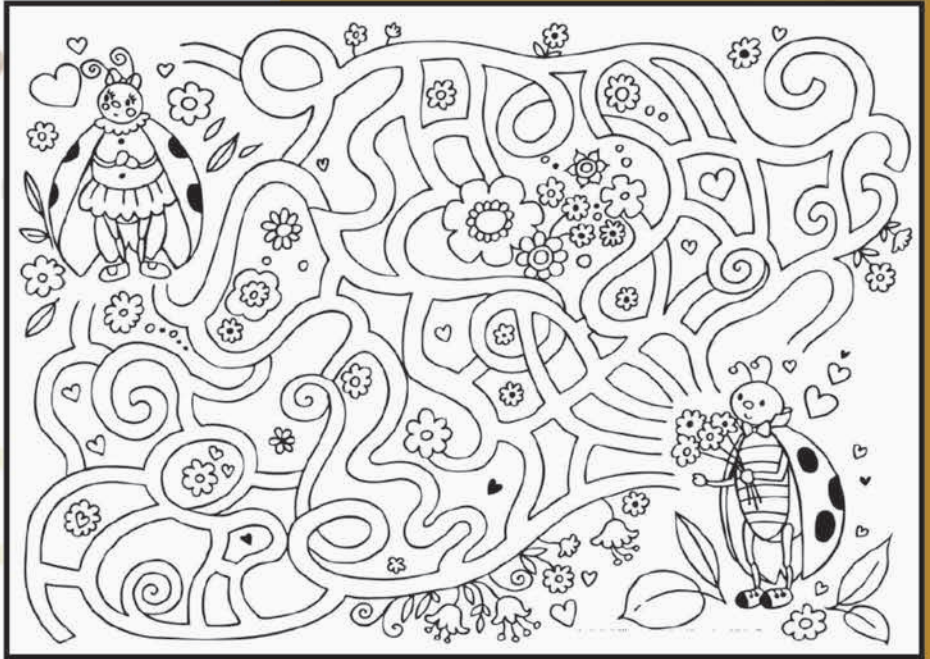
As soon as Maroot was home he said, "Mum, Dad I will be happy with whatever decision you make." Mum and dad saw Maroot so happy for no apparent reason for the first time ever.

From that day on Maroot was a very happy boy. It was as if he had forgotten what being bored was. He was always so content within himself that people around him enjoyed his company.

Isn't it true that a person who is happy and content from within can share his or her happiness with others?



**1**  
Find  
the  
way



**2**

# Let's Play

Word search



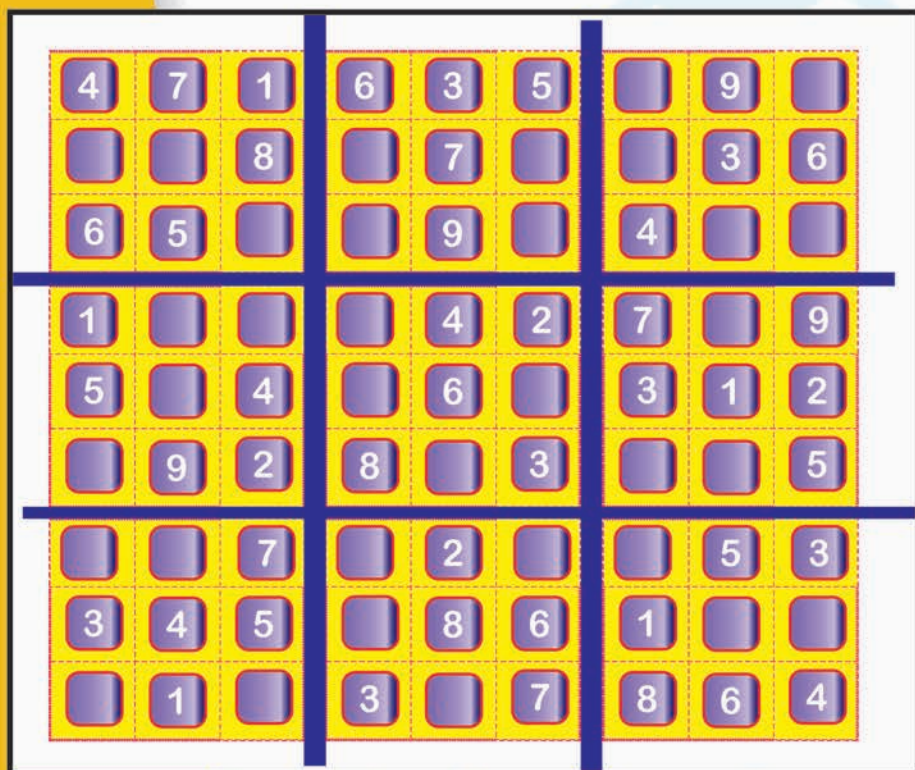
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i	b	r	i	d	g	e	l	c
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**H**ippo,  
**B**ridge,  
**F**orest,  
**d**rangon,  
**B**icycle,  
**C**ricket,  
**B**ooties



3

Complete  
the  
sudoku.



Join the  
dots to  
Complete  
the  
picture.

4



Prushta Champanagar was a very prosperous city. King Shaal was an honest, fair and a very religious king of that city. He was known for being kind and caring towards his subjects. His younger brother Mahshaal was crowned prince by him. The whole town was very happy and safe under the reign of both brothers.

In those days, Lord Mahavir used to travel to different cities and impart true knowledge. His divine footsteps would make the cities pure.

One day, King Shaal was informed about the Lord's arrival in the city.

King Shaal was delighted when he heard this wonderful news. He had heard about Lord Mahavir's teachings about pure Self and today was the day where he could meet and listen to the Lord in person. King Shaal went to welcome and greet Lord Mahavir with his younger brother and his entire family and sat down to listen.

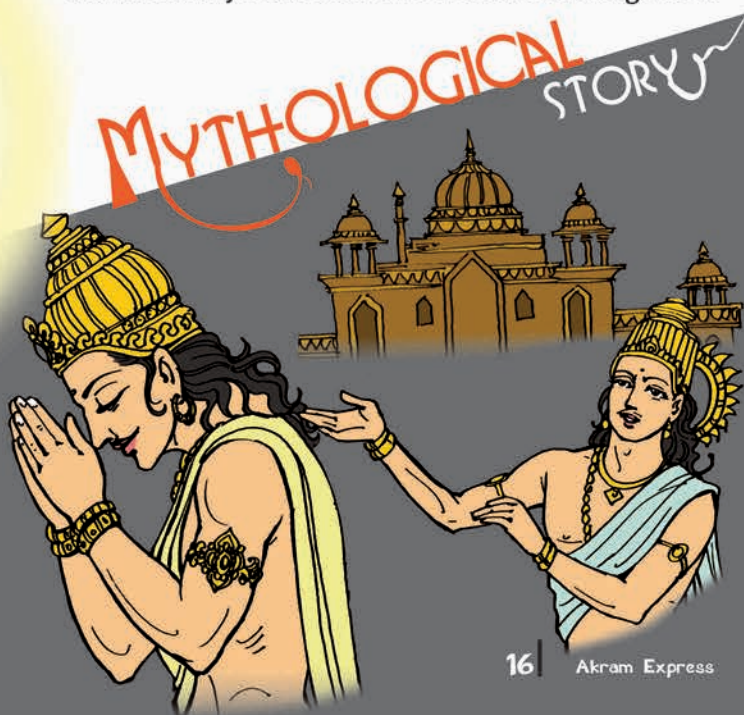
The king enjoyed every moment of Lord Mahavir's sacred speech, far more than he enjoyed his own kingdom's pleasures. Every word of the Lord was engraved on his heart. Here he experienced happiness that he had not experienced elsewhere in his entire lifetime. He was curious to know more and more about pure soul.

As soon as Lord Mahavir's preaching finished, the king told his younger brother, "Brother, you are the prince! You are quite capable of handling the kingdom. Please take over the throne and let me surrender at the feet of the Lord."

Unlimited wealth and kingdom seemed worthless in the majestic and divine presence of Lord Mahavir. However, prince Mahshaal was Shaal's brother after all! He too was fascinated and attracted towards the path of sainthood after listening to the Lord. He humbly told his older brother, "Respected brother, what will I do with the kingdom and the wealth that you feel like renouncing? I too want to tread the same spiritual path as you. I will go wherever you go. Your *sevak* (one who serves without selfish motif) will follow you wherever you go." King Shaal was left speechless.

He had no choice but to accept his brother's request.

Here the challenge was not to acquire the throne, but to renounce it. Neither one of them was going to lose this contest; both were going to come out as winners in the end. Eventually it was decided to hand over the kingdom to





their nephew, Gaangil.

King Shaal and prince Mahshaal renounced their kingdom and became monks. They handed over the kingdom to Gaangil and left to be with Lord Mahavir and joined his group. They became immersed in the teachings of Lord Mahavir and their *Gnan* (knowledge of the Self) started unfolding. Their happiness and contentment increased each day as they experienced the bliss of pure soul in the presence of Lord Mahavir.

One day, Shaal and Mashaal thought to themselves, "We have achieved the knowledge of pure soul, but what about our nephew Gaangil, who is trapped in these worldly problems because of us. His own uncles have entrapped him! Our spiritual efforts will seem fruitful only when we share our happiness with our kinsmen."

They both went with a humble request to Lord Mahavir, "Lord, through your grace we have attained permanent happiness. Please shower your grace upon our nephew Gaangil and our family who are trapped in the worldly life because of us."

Lord Mahavir ordered his main disciple Gautam Swami to go to Gaangil and his family and guide them on to the right path.

They all left to go to Prushta Champanagar. Gautam Swami gave them



the right understanding about the Self. He along with his parents accepted this knowledge and they became devotees of Lord Mahavir.

The love of an uncle that got Gaangil into the worldly pleasures of the kingdom, turned out to be the same love that showed him the path to infinite spiritual wealth!

During the journey back, Shaal, Mahshaal, Gaangil and his parents' thoughts were immersed in the preaching of Gautam Swami and the purity of their thoughts reached the highest point, and all of them became *kevalis* (fully enlightened). Just like how a sun is at its brightest, similarly their soul too rose to its epitome. One can't even begin to explain the happiness that arises at that moment.

All of them went to Lord Mahavir. Gautam Swami offered his salutations to the Lord. He then asked the others to do the same. Lord Mahavir addressed Gautam and said, "Gautam, don't be impolite towards them. They too have acquired absolute knowledge of the Self. Bow down to them too."

Simple and polite Gautam Swami apologized to them and offered his salutations to them too.

All the celestial beings celebrated this event and there were celebrations on earth too, whereby people offered their most revered salutations to these pure souls.

And this was how permanent happiness was not only attained but also shared, thus making this an epic tale.



This is an event that happened in Lonavala, which is a hill station near Mumbai. A group of mahatmas had gone on a picnic to Lonvala with Niruma. Everyone stayed at the Kachchi Sanatorium and *satsang* (spiritual discourses) was at a neighboring hotel.

Upon arrival there was a short rest followed by *satsang*. All the mahatmas were sat in the *satsang* hall. The hall was very long and narrow. Niruma's sofa was therefore to be placed upon two tables so that everyone could see her clearly. However, Niruma arrived at the hall before the setup was complete.

As soon as she reached the hall, the sofa was quickly placed on top of the two tables. However, the tables were very tall, roughly 3 feet high and so Niruma couldn't climb to sit on the sofa.

A mahatma coordinator called out for a chair to be brought for Niruma to climb up to the sofa.

As soon as Niruma heard this, she tapped the mahatma on the head and said, 'Why are you shouting? Instead, why don't you just let me climb onto your back? We don't need a chair.'

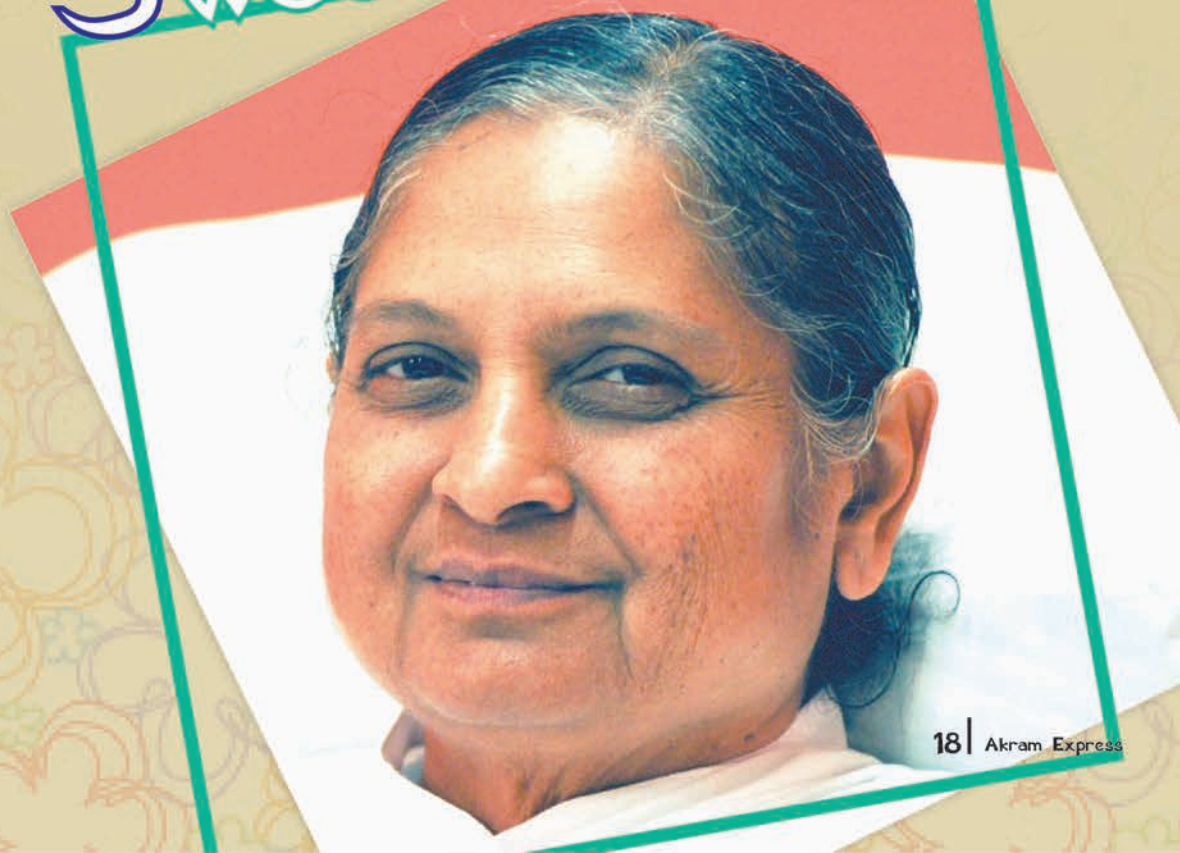
And so the mahatma coordinator got on his hands and knees and Niruma stood on his back with ease while everyone sang 'Asim Jay Jay Kar' for a few minutes.

Niruma then climbed up to the sofa and told the mahatma to get up. She told him that, 'this is our lifetime gift to you'.

The mahatma coordinator was thrilled.

A *Gnani*'s playfulness often becomes the reason for mahatmas being overcome with wonderment and awe of the *Gnani*.

## SWEET MEMORIES







## Janmasthanmi celebrations in Adalaj







# BMHT janmastmi celebrations.



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