

December 2017

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Dada Bhagwan Parivar's

AKRAM

Express

Superiority

and

Inferiority



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Friends,

Editorial

A complex (in terms of a person's emotions) is akin to a knot. This 'knot' is weaved into human nature. There are two types of complexes: a **superiority** complex and an **inferiority** complex. You must have heard these two phrases before. However, you will probably not know how a complex is incorporated into our nature and how it works.

So let's read some interesting things about it in this issue. Let's recognize our complexes and make an effort to go from either complex to normality.



-Dimple Mehta

Superiority and Inferiority Complexes

Gnani
says...

Niruma: Superiority and inferiority complexes - these two complexes are akin to knots. They keep people entangled; they don't allow people to feel content from within; inner peace is not possible. Both complexes give some type of suffering.

Questioner: I feel I can't say anything when I'm with outsiders. I feel inferior to them. But at home I give my family members a hard time and behave badly with them.

Niruma: With outsiders there is a fear of being insulted. We want to look good. At home we don't worry about that. With other people, in order to look good the *prakruti* (the relative self; personality) stays suppressed. And due to staying suppressed when around others, the *prakruti* makes its presence felt with force at home. And it is obviously wrong to hurt others.

Akram
Express

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Dimple Mehta
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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



Questioner: In my case my friend is superior and I am inferior. So when he's yelling, I can't think at all. Whatever intuition or foresight I would have had before goes away too. I don't know how to overcome it.

Pujyashree: We should try to understand their point of view. Because sometimes people say ten things, but from that there are probably only two points that they are trying to make, like 'make sure you arrive on time'. But they add on other things around the main point like 'you were late last time and because of you we were late too and we ended up missing all the games. Because of you no one had a good time'.

'Please come on time' is all that we need to understand and extract from all of that. You don't need to take the other statements to heart. And we must make every effort to reach on time. In this way, your energy and vitality will gradually rise.

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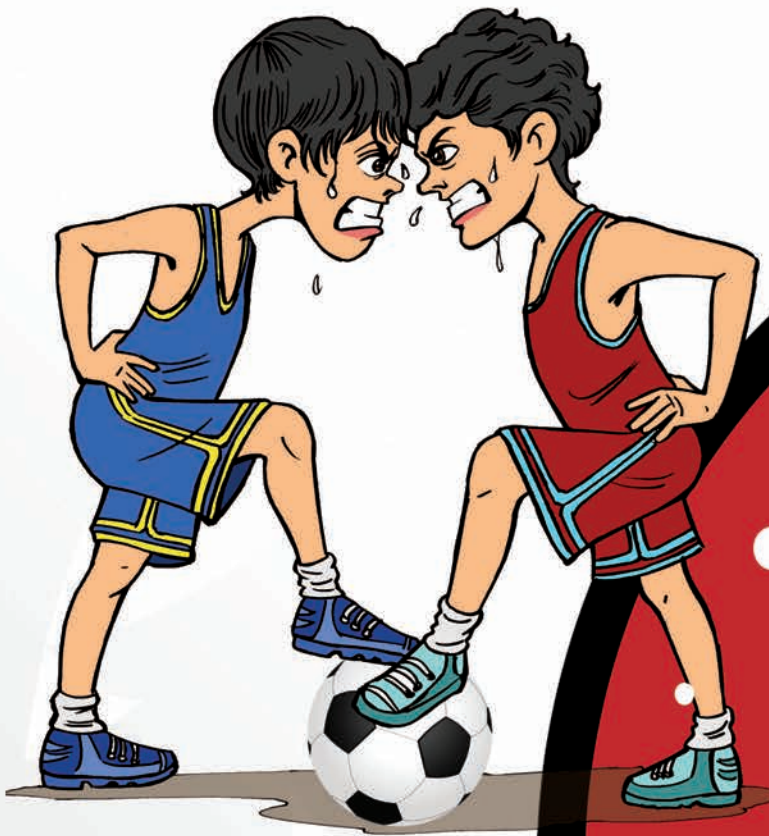
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When two friends both with a superiority complex get together, neither listens to what the other one has to say and they argue over every topic.

Absolutely New

If in a friendship one is superior and the other is inferior, the friendship tends to last a long time. The inferior one believes and agrees with everything the superior one says.





A person with a superior complex will tolerate it if something belonging to him gets damaged. However, he will not tolerate it if someone insults him and hurts his ego.

The illustration shows a man in a light blue shirt and jeans pointing his finger aggressively at another man in a brown shirt and khaki pants who is running away. A girl in a green dress is crawling on the ground, looking up at the man in blue with a shocked expression. A small electronic device lies on the ground near her.

And Different!



The illustration shows a man in a light blue kurta and white dhoti standing with his arms outstretched in a gesture of freedom or acceptance. To his left, a man in a red shirt and dark shorts is running away, looking back over his shoulder with a determined expression. To his right, a man in a blue shirt and dark shorts is hunched over, looking down with a sad or dejected expression. A large grey ball with a chain is attached to the foot of the man in blue.

Whether superior or inferior, neither can experience a sense of freedom. A person who has a normal prakruti can experience freedom.

It's Lonely At The Top

There was a beautiful princess. Her name was princess Manini. As well as her beauty, her intelligence was one of a kind. The king treated the princess just as he would a prince by teaching her how to use weapons. Princess Manini was very clever from childhood. By the time she was a teenager she was well versed in all the sciences and arts.

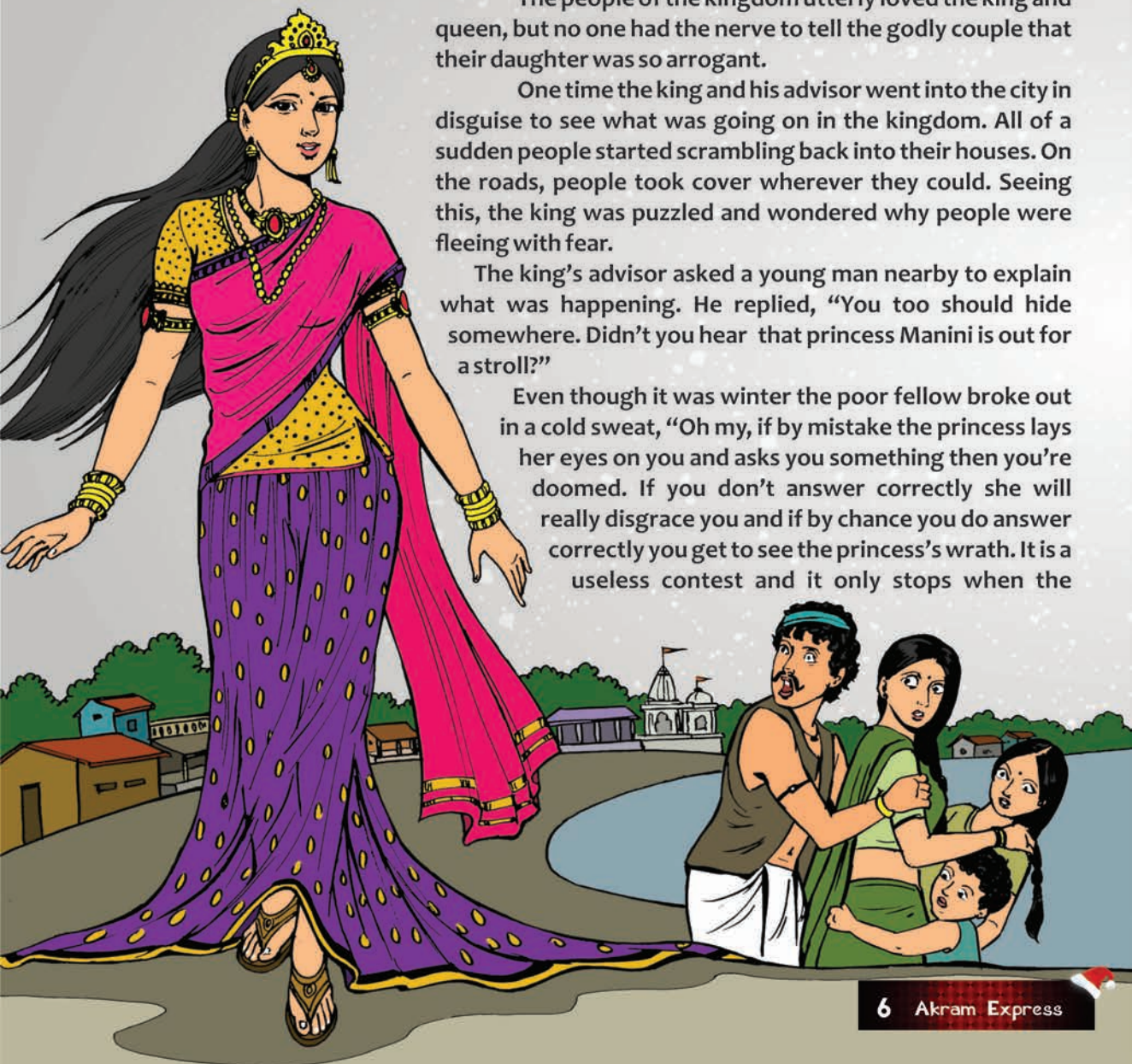
The only problem was that the princess had a lot of pride and arrogance. She had so much pride that she saw everyone as inferior to her. For this reason, even though she was deserving and worthy, the people of the kingdom took a dislike to her instead of being in awe of her.

The people of the kingdom utterly loved the king and queen, but no one had the nerve to tell the godly couple that their daughter was so arrogant.

One time the king and his advisor went into the city in disguise to see what was going on in the kingdom. All of a sudden people started scrambling back into their houses. On the roads, people took cover wherever they could. Seeing this, the king was puzzled and wondered why people were fleeing with fear.

The king's advisor asked a young man nearby to explain what was happening. He replied, "You too should hide somewhere. Didn't you hear that princess Manini is out for a stroll?"

Even though it was winter the poor fellow broke out in a cold sweat, "Oh my, if by mistake the princess lays her eyes on you and asks you something then you're doomed. If you don't answer correctly she will really disgrace you and if by chance you do answer correctly you get to see the princess's wrath. It is a useless contest and it only stops when the



princess wins.” The king was very sad to hear this.

Just then, the sound of horses hooves could be heard in the distance. The horse, galloping at the speed of lightning, came to a sudden halt as its reins were pulled. It was the princess on horseback. She looked behind and yelled, “Where are you two? Even after being in my company for so many years, you haven’t learnt to keep up with me!” Her two friends caught up with her, panting and remarked, “You are just too good. There is no way we can ride like you!”.

The princess glanced around and rode off in self-amazement. People slowly came out of hiding and went about their business once again.

The king could hear them whispering, “The princess prefers to be around people who are always at her service and listen to everything she has to say.”

The king looked at his advisor in disappointment, “I was only trying to make the princess strong and powerful and gave her encouragement to learn different things so that she would not fall back anywhere in the world despite being a woman. But, ...” his voice became croaky. The advisor put his hand on the king’s shoulder and reassured him, “We will find a way... don’t worry, your highness.”

One day the princess left to go to the jungle to hunt with some soldiers and her female friends. Out of her usual habit of being competitive, the princess went far ahead. When she realized that she was lost, she started to call for help. However, there was no one in the secluded jungle to help her.

She wandered around in the hope of finding her way back. She was miserable because hunger, thirst and tiredness had set in. Her expertise wasn’t much help at this time. Just then she saw a dimly lit hut in the distance. She went closer to have a look and



saw an elderly man sleeping with a light blanket over his head. The princess said in a loud voice, “I am lost. I’m very hungry. Is there anything to eat?”

There was no answer. The princess couldn’t tolerate that and so she spoke again, but this time louder, “Can’t you hear me? I need help. Don’t you know who I am?”

This time the man answered straight away, “I know that you are princess Manini. However, this is my hut and that is no way to ask for help.”

The princess was shocked. Someone was talking to her in the same kind of tone as hers,, which her ears seemed to dislike. “If you want to ask for help then you should do so politely, in a soft voice, then I will think about it.

“ We will
find a way...
don’t worry,
your highness.”



Otherwise you will go out the same way you came in,” said the old man in a stern voice.

The princess found his behaviour strange. However, she was helpless and hungry. So this time she asked politely, “Please do me a favour by helping me. I am very tired. Will you give me something to eat?”

She was given some fruit in a broken clay pot and some water in a bowl. The princess exclaimed, “that is befitting for a princess!” Without saying anything, the old man took the bowl back and placed it on the table.

The princess kept looking at it for a while. She then changed her mind and ate the fruit and drank the water with her eyes scrunched half shut.

She had another request, "It is now night time and I am really tired. I will leave tomorrow to look for the way back to the palace. But for now I want to go to sleep. Where is the bedding?"

"Go outside, get some hay and find a spot for yourself to sleep," said the old man firmly.

The princess was startled once again. "Me? Sleep outside and that too on hay? Are you not scared of the consequences of such rudeness?"

The man replied coolly, "You worry about yourself right now. I have given you food and shelter. At least express some gratitude for that!" Saying this, the old man went back to sleep.

The princess had no choice but to get some hay from outside and lay down on it. She didn't even realize when her eyes shut and how quickly she fell asleep.

It was the next morning. The princess awoke. She looked around and sat up with a start. She remembered the whole event from the night before. She went to the old man and said, "Show me the way to the city. And yes, yesterday you said that you knew I was princess Manini. How did you know that?"

The old man got annoyed and said, "There is no point in you going back to the city. No one needs you there. You'll have to spend the rest of your life in this jungle." The princess now suspected that the old man was mad. She turned around and started to walk towards her horse.

The old man added, "I saw some soldiers and a couple of young ladies pass by from here yesterday. I overheard their conversation."

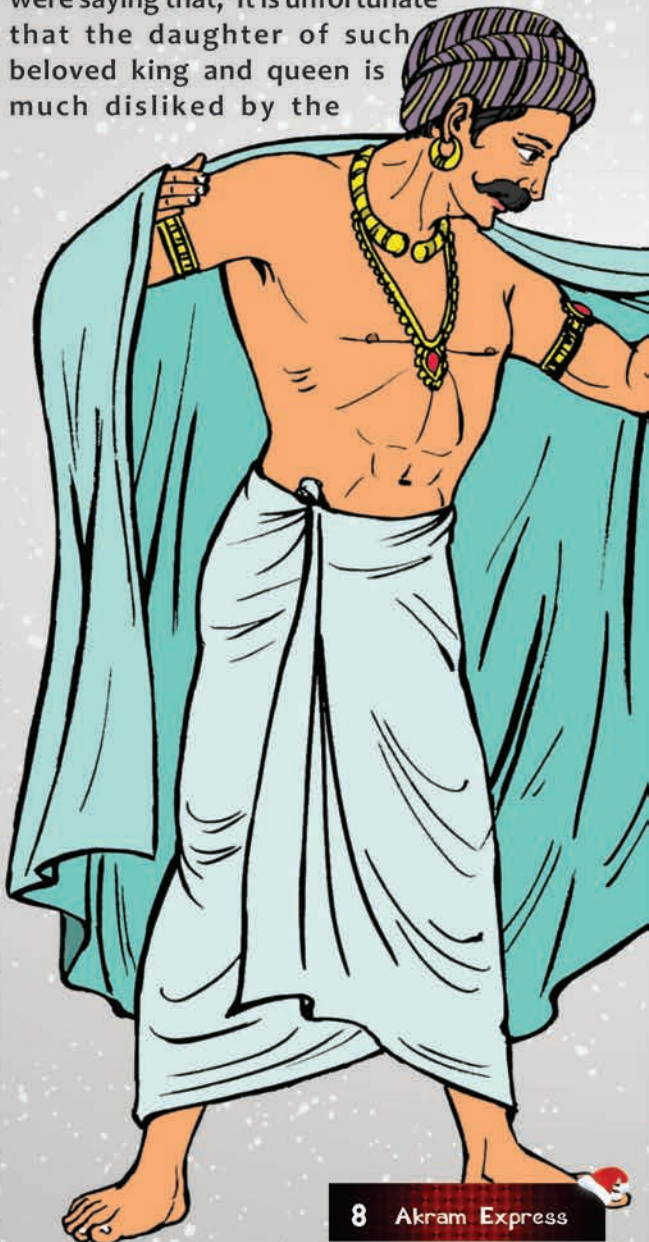
The princess turned around at once and said, "Yes, they were my two best friends and my father's soldiers." There was a glimmer of hope in the princess's eyes. "Which way did they go? They must still be looking for me."

The old man laughed out loud and said, "So you think that they are still looking for you? In fact they dropped you off in this

remote place." Now the princess really lost her temper. She pulled the sword out from its sheath and said, "You will lose your life because of your insolence and disrespect!"

The old man said with conviction, "You have lost everything in life because you think that you're so high and mighty." The princess asked in a fierce voice, "What is that supposed to mean?"

The old man explained, "The soldiers were saying that, 'It is unfortunate that the daughter of such a beloved king and queen is much disliked by the



people of the kingdom. It's a good thing that we have lost track of her'. Even your female friends were happy that they were finally rid of your insulting behaviour and mistreatment."

The sword fell from the princess's hand. "This cannot be true."

The old man asked, "Then how else could I have come to know all this?" The princess felt faint and fell to the ground.

After a few moments, she regained consciousness and saw faces of the people whom she had put down without even thinking for a moment how they would feel. She felt intolerable pain from knowing that everyone hated her. Tears started to roll down her cheeks. The old man removed his fake beard and threw off his blanket.

"Father! It's you!" sobbed the princess.

"Yes dear, I had to do

something when I found out how unpopular you were among our people. However, I am happy I did this because it has opened your eyes.

The princess hugged the king and said, "I understand now father. Rather than being alone at the top, it is better to be at the bottom with everyone else."

"My dear daughter, I am very proud of your intelligence. But you must use that to help other people instead of wanting to appear cleverer than them. Then watch how their love for you prospers. What use is knowledge if we win a contest but lose the people's faith in us?" asked the king gently as he put his hand on her head.

Thereafter, the princess used her abilities for the good of the people and her popularity rose to great heights. She lived happily ever after.

“What use is knowledge if we win a contest but lose the people's faith in us?”



Glimpses of the 110th Janma Jayanti Cultural Performances





Activities at the Children Park

11 December 2017

BELIVE IN YOURSELF

It was the first day of school

Hello, my friends. So you don't know what we will be doing this year, right?

Ha... Ha... Ha... Ha

At that moment, another teacher and the principal passed by in the corridor.

We don't know because it is our first day, Sir.

Don't worry. It is my first day too.

Once again there was laughter in the class.



Mr boz is playing with the children instead of teaching them.

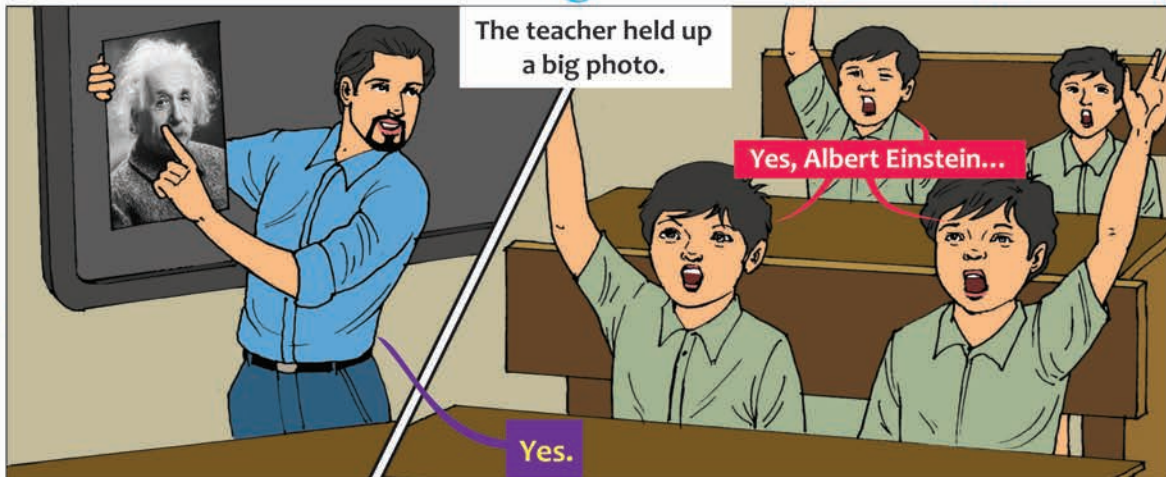
That is what is so special about him. He teaches the children in their own language in such a way that they don't even know they are learning.

Ok... let me tell you a story about a young boy who was about the same age as you. That boy had difficulties reading and writing. He struggled with words and letters. He was always bottom of the class... Do you know who he was?

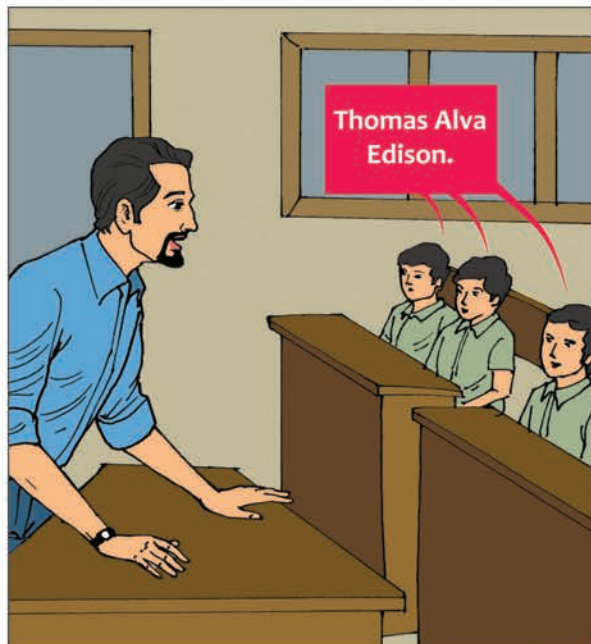
Everyone was listening attentively. Ansh, who was sat at the back of the classroom, felt uneasy at this point... and he looked down.



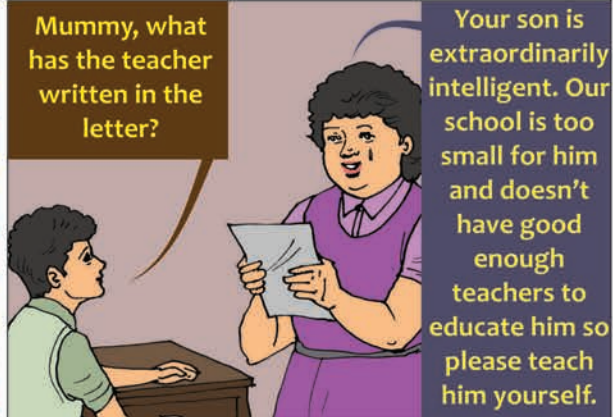
Despite it being the teacher's first day, does he already know?



Ansh was surprised and felt relieved.
For one second the teacher's and
Ansh's eyes met ...

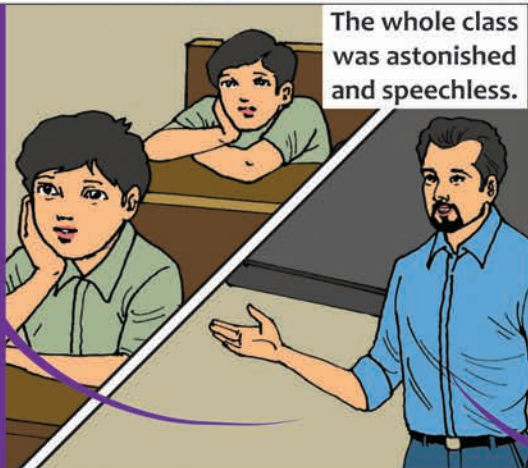


One day Thomas's teacher gave him a letter
to give to his mother.



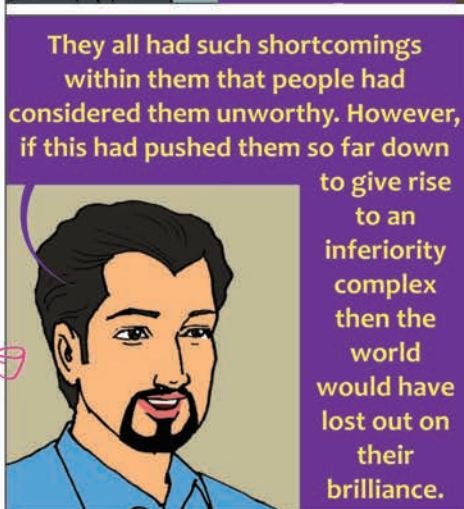


Friends, a few years after the death of his mother, Thomas found the letter amongst old things in the house. This is what was written in the letter, 'your son is a dunce and will not be allowed back to school'.

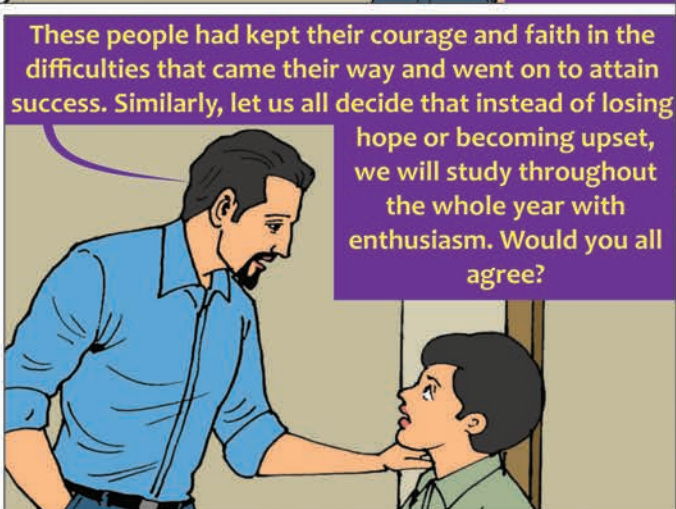


The whole class was astonished and speechless.

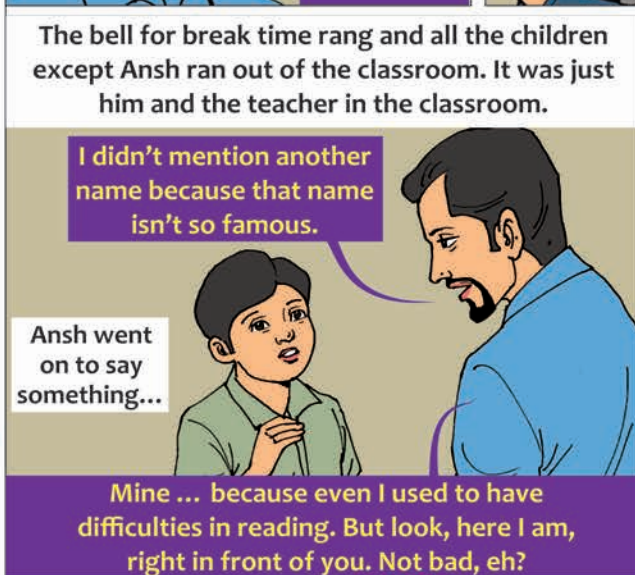
There are many other people just like him. For example, Helen Keller, Walt Disney, Steven Hawkins. Do you know what they had in common?



They all had such shortcomings within them that people had considered them unworthy. However, if this had pushed them so far down to give rise to an inferiority complex then the world would have lost out on their brilliance.



These people had kept their courage and faith in the difficulties that came their way and went on to attain success. Similarly, let us all decide that instead of losing hope or becoming upset, we will study throughout the whole year with enthusiasm. Would you all agree?

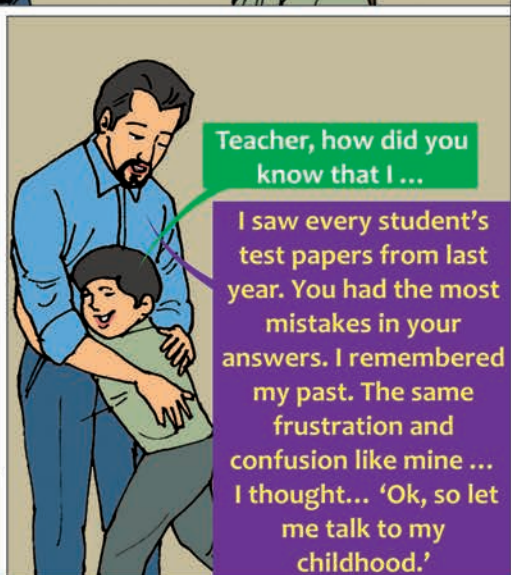


The bell for break time rang and all the children except Ansh ran out of the classroom. It was just him and the teacher in the classroom.

I didn't mention another name because that name isn't so famous.

Ansh went on to say something...

Mine ... because even I used to have difficulties in reading. But look, here I am, right in front of you. Not bad, eh?



Teacher, how did you know that I ...

I saw every student's test papers from last year. You had the most mistakes in your answers. I remembered my past. The same frustration and confusion like mine ... I thought... 'Ok, so let me talk to my childhood.'



Both their eyes welled up with tears.

From that day onwards, Ansh did not look back and with the support of his teacher and complete trust in him, he put in a lot of effort.



A few years later...

I dedicate this award to my teacher. He is the one who helped me to believe in myself. He helped me come out of my inferiority complex and develop self confidence.



As well as good qualities, there are shortcomings in everyone. If we don't recognize and nurture the good qualities within us they dissipate. I salute those inspirational people who have been able to overcome their inferiority complexes.



Everyone in the hall gave a standing ovation with a huge round of applause. Ansh gave the trophy to his teacher and bowed down to him with sincere reverence and gratitude.

Attributes of Both Complexes



A person with Superior complex

1. Believes 'I am something'
2. Is controlling so that he gets his own way
3. Is fearless
4. Attacks others (verbally)
5. Is quite impulsive and display occasional outbursts
6. Has a lot of pride and thinks highly of himself
7. Is aggressive
8. Is quick at making decisions
9. Is always in competitive mode
10. Is successful in life



A person with an Inferior complex

1. Believes that he is lower than everyone else
2. Has continuous internal turmoil and suffering
3. Is fearful
4. Looks for his own safe-side
5. rarely has an outburst but when that happens, it's quite intense
6. Is afraid of being insulted
7. Gets depressed very quickly
8. Is indecisive
9. Is not competitive
10. Does not move forward in life





Charles Schwab

was the manager of a large steel company. He earned hundreds of thousands of dollars every year. Why was his salary so big? The reason for this was because he knew how to foster and develop relationships with people very well. Even though he had a high post in the company, he didn't show arrogance or pride. One afternoon when Charles was working on site at the steel factory, he noticed some young people. They were smoking right near the 'no smoking' sign. Charles could have taken advantage of his superior position and said something along the lines of, 'Can't you see the sign?'.

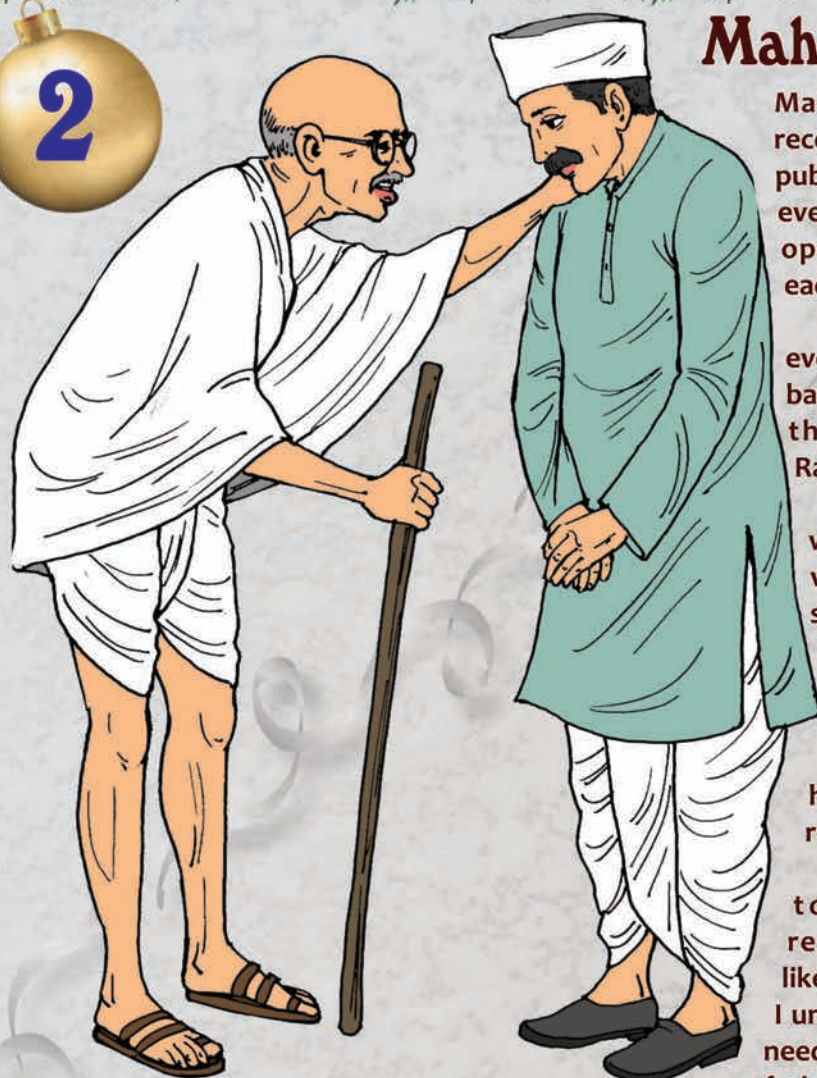
However, he didn't say anything like that. He had a friendly chat with the youngsters. They were smoking in a place where smoking was not allowed. He didn't mention this. Laughingly, while they were all leaving, Charles said, "Friends, I would prefer it if you didn't smoke cigarettes here."

That's it. Charles said just that much and they understood that they had broken the rules of the steel factory. They got rid of their cigarettes right away.

The youngsters felt a lot of respect for Charles. That day they learnt the art of dealing with others with humility and kindness.

Real Life Story





Mahatma Gandhi

Mahatma Gandhi was a well-recognized figure by the Indian public. He knew how to bring everyone together; get their co-operation; and to recognize each individual's strengths.

Under his leadership, everyone was ready to fight a battle. One of those people was the former president, Dr Rajendra Prasad.

There was one incident where one of Dr Rajendra's very close and old colleagues said some harsh words to him. Dr Rajendra couldn't bear this disrespect and humiliation. So he went to Mahatma Gandhi and handed him a letter of resignation.

Mahatma Gandhi calmly told Dr Rajendra, "Any respected person would do likewise in this kind of situation. I understand your position but I need to show you the other side of the coin. I need to tell you something important."

"Bapu, what is it that you need to show me?"

"Out of all my colleagues here, only one person is strong enough to drink a bowl of poison. For the salvation of mankind, the great Lord Shiva had to drink poison too. And that companion is you, Rajendrababu." After hearing Gandhi's words, Dr Rajendra tore up the resignation letter.

And like this Gandhiji helped Dr Rajendra, who had been wounded by someone's superiority ego, with love and understanding.

Despite being superior to everyone, Gandhiji did not have even a little bit of superiority ego in him. There was therefore tremendous attraction in his personality.



This is an incident that occurred in 1997. Niruma's satsang had been arranged in Nala Sopara in Mumbai. An *Aptaputra* (A self-realized brother dedicating his life towards Akram Vignan) assigned the seva (selfless service) of taking Niruma to the satsang venue to another brother. The *Aptaputra* gave the brother instructions to take Niruma to the satsang venue at around 3:30pm.

The next day, due to an overload of work at the office, that brother could not take Niruma to the satsang venue. Out of fear of humiliation, he did not even inform the *Aptaputra*.

That evening, at around 7:15pm, that brother reached Nala Sopara to attend the satsang, which had already started.

After a while, the *Aptaputra* went and sat next to the brother.

The *Aptaputra* asked him, "What time did you arrive?"

The brother said, "Around 7:15pm."

The *Aptaputra* was shocked when he heard this. He asked, "In that case, how did Niruma get here?"

The brother replied, "Didn't she come with you?"

The *Aptaputra* replied, "But I got here after you did!"

As soon as he heard this, the brother started to panic, "Who did Niruma come with?"

Once the satsang was over, they found out that Niruma had come all by herself by train. She had made her own way to the satsang venue by travelling in the over-crowded train of Mumbai, having had to stand all the way.

As soon as the satsang was over, Niruma called that *Aptaputra* and said, "Do not say a word to that brother." Niruma was aware of everyone's *prakruti* (personality). The *Aptaputra's prakruti* was strong but the brother's *prakruti* was weak.

If the *Aptaputra* had found out that Niruma suffered even a little bit of inconvenience, he would have scolded the brother, which would have shattered his ego. Niruma handled the whole situation in such a way that the brother did not have an emotional breakdown.

What extraordinary adjustment skill a Gnani (the awakened One) has! She lovingly cared for everyone without thinking about herself even a little bit.



**Merry
Christmas**



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