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**What if That
Happened
to Me?**



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What if That Happened to Me?



EDITORIAL

FRIENDS,

Our actions often upset others or cause harm to them and we don't even realize that this is happening. When someone points out our mistakes we laugh it off and don't pay much attention to what they are saying. This is because we don't think it's a big deal. It is almost as if we don't care.

Do we ever wonder why this happens? Are we so heartless that we cannot think about the pain and suffering of others?

If you have ever felt this way, then this edition is especially for you. In this issue Param Pujya Dadashri shows us a very simple and easy way to develop compassion towards all living beings.

So friends, let us read this edition and take a step towards humanity.

- Dimple Mehta

Happy Diwali

Gnani Says...

Niruma: Whatever our actions, if those actions affect others, then we must immediately ask ourselves, 'what if that happened to me?' For example, if we happen to find a wallet with 5,000 rupees in it, we would immediately feel happy to have found that much money. We'd think that we had won a lottery! In actual fact, however, the thought that should occur to us is, 'How would I feel if I were to lose a wallet, full of money? The person who lost his money must be going through that same miserable feeling'. If you think that way then you are said to have come into humanity.

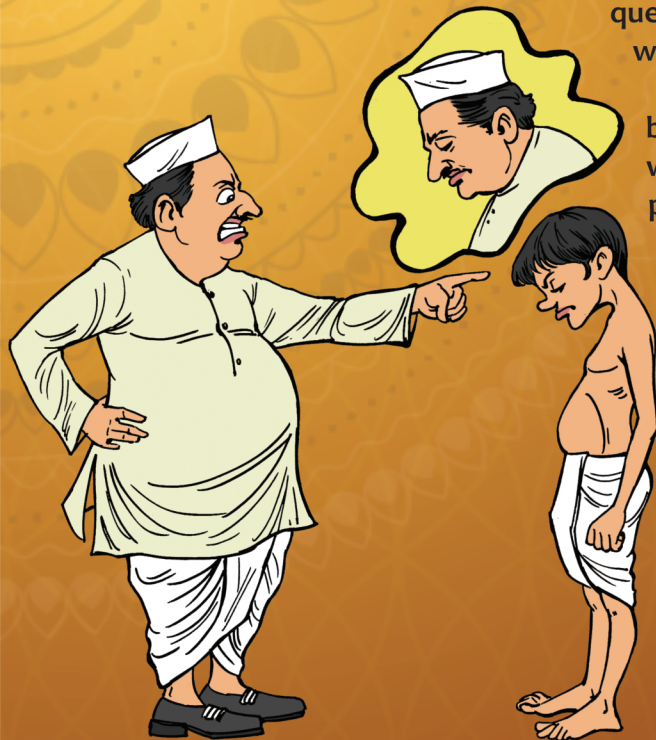


◆ What is the meaning of humanity?

Imagine that you are the boss and you have a tendency to keep telling your employee off. At that time you should ask yourself how you would feel if you were the employee. Just by holding this thought in your mind you will tell him only what he needs to be told and no more. When you harm others, do you question what would happen if the same harm was being caused to you?

And so our behavior with others should be in accordance with whatever we are willing to tolerate ourselves. How is it possible for them not to feel hurt if the same thing hurts us? If someone steals from us, it would make us unhappy for sure, so how can we steal from others when we know how it would make them feel? Likewise, when someone lies to us we do not like it, so we should be mindful of others' feelings when we feel like telling lies.

Don't do unto others what you don't want others to do unto you.





The Magic of Experience

Mum came out of the kitchen as soon as she heard something fall in the living room, "I can't believe you're both fighting over the remote control again. The same bickering over channels..." She switched off the television, picked up the broken remote control and handed it over to Tejas saying, "It's your job to get this repaired." She returned to the kitchen muttering under her breath, "When will these two ever agree on anything!"

Tejas angrily stared at his younger brother, Chirag. Clenching his teeth he said to Chirag, "What did you achieve? Why did you have to change the game channel? Now we don't get to watch any TV at all! How stupid of you!"

Chirag was on the verge of crying. He said to Tejas in a very soft tone, "Oh brother, you know I enjoy watching cartoons. I am not so fond of games because I do not understand them."

Tejas lightly slapped the back of Chirag's head and says, "By watching these cartoons you have also become like them. Do you want to be smart like me or remain a fool?"

Just then Tejas got a call on his cellphone...

"Hey buddy, I'm coming. I haven't forgotten our plan. Have the others arrived yet? Ok, I will see you all shortly." Tejas put his phone away and said to Chirag, "Did you hear that? That's how popular I am at college!"

Chirag asked softly, "Brother, please can I come with you?"

Tejas bluntly said, "No way, I do not want to look silly in front of my friends by taking you along. Just forget it." And he walked out.

Chirag felt very upset and ran to his room. His mum followed him.

"What happened to my little prince?" She asked him lovingly.

He couldn't hold it in any longer and burst into tears. He placed his head in her lap and lamented, "Mum, Tejas is older than me and so he knows more than I do, but is that my fault? But he would have been my age at some point too."

Chirag's mum lovingly wiped away his tears and gave him a glass of water. She held his hand and said, "Yes son, one day even you will be as big as your brother."

Chirag still couldn't control his tears and continues to complain, "Whenever we are together he always bosses me around. I have to do whatever he says. It doesn't matter how much I grow up I will always be younger than him. Will I always have to face this kind of bossism from him?"

Mum calmed him down and said, "Dear son, he is your older brother. He cares for you and loves your company. Don't be upset about his behavior. He is just having some fun with his younger brother. When you are all grown up, all these experiences will help you to tackle the outside world." Chirag's mum wiped away his tears with the corner of her saree and cheered him up, "So shall we have some lunch together?"

Chirag was lost in thought while having lunch, 'Mum doesn't understand how I feel. No one will ever understand me.'

Later that night, Chirag was in his bedroom. Standing at the balcony he pondered, 'There has never been a single day when Tejas hasn't made fun of me.'

His eyes lit up when he saw a shooting star, 'What should I wish for?' he thought.

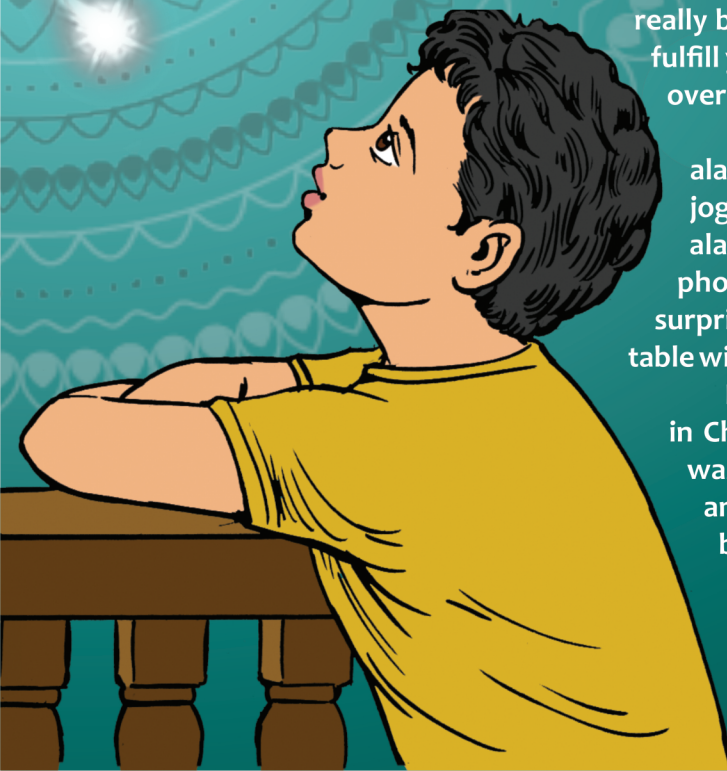
He closed his eyes, brought the palms of his hands together and said, '*I wish that my older brother becomes younger than me. I want to be older than him so that all my problems come to an end.*' Chirag didn't realize that Tejas was standing right behind him and was listening to every word he said.

Tejas laughed out loudly and startled Chirag. An upset Chirag ran to his bed and buried his head under the pillow.

Still laughing, Tejas too flopped down on his own bed opposite to Chirag and mocked at him, "Do you really believe that a shooting star is going to fulfill your wish? That is so stupid." Laughing over Chirag's silly wish, Tejas fell asleep.

The next morning... Tejas' phone alarm goes off... It was time for him to go jogging. He reached out to switch off the alarm but his hand couldn't reach the phone. He opened his eyes and to his surprise there was no phone or any bedside table within reach.

He sat up and looked around. He was in Chirag's bed and to his surprise Chirag was sleeping in his bed. He recollects, 'I am sure that I was sleeping in my own bed. Chirag would not dare sleep in my bed'. The alarm kept ringing, except





that the phone was on the table beside Chirag's bed.

Tejas reached out and took the phone in his hand. 'What is this? A photo of Chirag instead of my wallpaper on my phone!!' he wondered. He rubbed his eyes, checked the phone again but it was the same. He got out of bed to go to the bathroom. He felt that his arms and legs were shorter than usual. He was taken aback when he placed his hand over his mouth and noticed that his moustache was missing.

Tejas kept wondering and then he remembered the previous night's incident. He could hear Chirag's words in his head, 'I wish Tejas becomes younger than me so that I get to be the older brother, then all my problems will come to an end.'

Tejas got the shock of his life when he saw his reflection staring back at him in the mirror and shouted, "Hey Chirag...! Get up!!"

His mum came running when she heard Tejas's scream, "What happened Tejas? Is this the way to call your older brother?"

Tejas couldn't believe what he heard. He was totally flabbergasted. Looking at Chirag made him feel more and more confused. Everything had changed in just one night. He started mumbling, 'Oh mum, Is this Chirag? Look at him. How did he become





so tall? Tejas was feeling dizzy and was about to faint.

“What are you murmuring, Tejas? Are you alright? Both of you please freshen up. Breakfast will be ready soon,” announced mum as she left the room.

Chirag snatched the phone from Tejas’ hands and said angrily, “How dare you touch my phone! And what is all this noise early in the morning? Stupid. I am going for a jog. Oh and make sure you make the beds before you have your breakfast.”

Tejas was still in deep shock but he had no choice other than to accept the new situation. It took him some time to make the beds with those smaller than usual hands. Along with the shock he was also feeling guilty and unhappy. He was finally done with making the beds and as he was about to enter the bathroom, Chirag barged in and slammed the door in Tejas’s face. Chirag laughed uncontrollably and said, “How stupid of you!” This was their daily routine. It was nothing new. The only difference was that Tejas was now on the other side of the door.

Tejas was feeling guilty and tears started to roll down his cheeks. He saw the true reflection of himself in the mirror and realized his mistakes. He was feeling so ashamed that he covered his face with his hands and said, “Please forgive me dear brother. I have hurt you so much with my words and behavior. I didn’t realize it at the time. I am very sorry, Chirag. Please forgive me.” For the first time ever Tejas was able to experience the pain of being hurt and began repenting for his mistakes.

“What happened dear brother? Are you not feeling well?” asked Chirag placing his little hand on Tejas’s shoulder.

Tejas slowly opened his eyes and saw his little brother in front of him.

“Brother, you were sleep talking! Were you having a bad dream? Oh why are you crying?”

Tejas sat up suddenly and looked around. “Yes Chirag, it was a dream. But this dream has opened my eyes.”

Chirag handed Tejas a glass of water and asked, “What are you talking about?”

Tejas took a couple of sips and lovingly caressed Chirag’s forehead and said, “Nothing. Let’s get ready. Would you like to come jogging with me?”

Chirag felt super excited. He asked, “Is that for real? Can I really come with you, brother? Let me quickly make these beds...”

Even before Chirag could complete his sentence, Tejas started making the beds. Chirag was speechless. Their mum called out from the kitchen, “Are you both up, Tejas, Chirag? Breakfast is nearly ready.”

Mum’s eyes sparkled when she saw both of them go out for a jog together.

“Chirag, Today I will introduce you to my friends. Later we will watch a movie. How about Kung Fu Panda? I’m sure you’ll love it.” They both carried on talking on their way out.

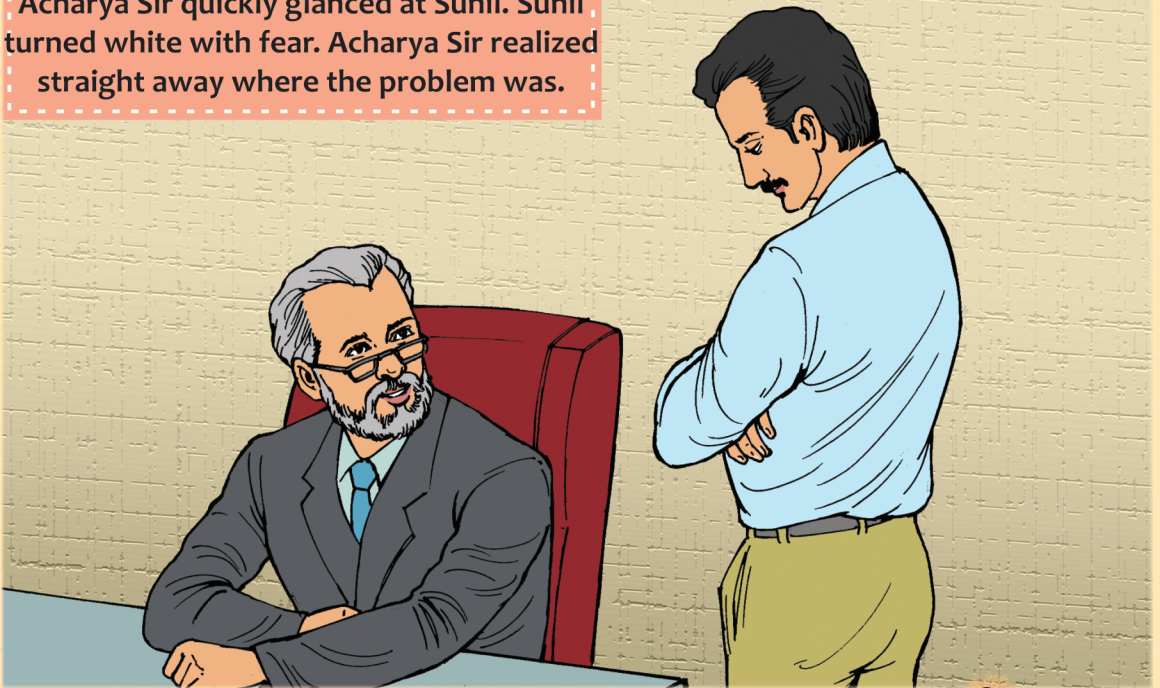
Natural and Spontaneous Forgiveness (Sahaj Kshama)



The email we had sent to you had all the details in full.

But I haven't received any emails from you.

Acharya Sir quickly glanced at Sunil. Sunil turned white with fear. Acharya Sir realized straight away where the problem was.





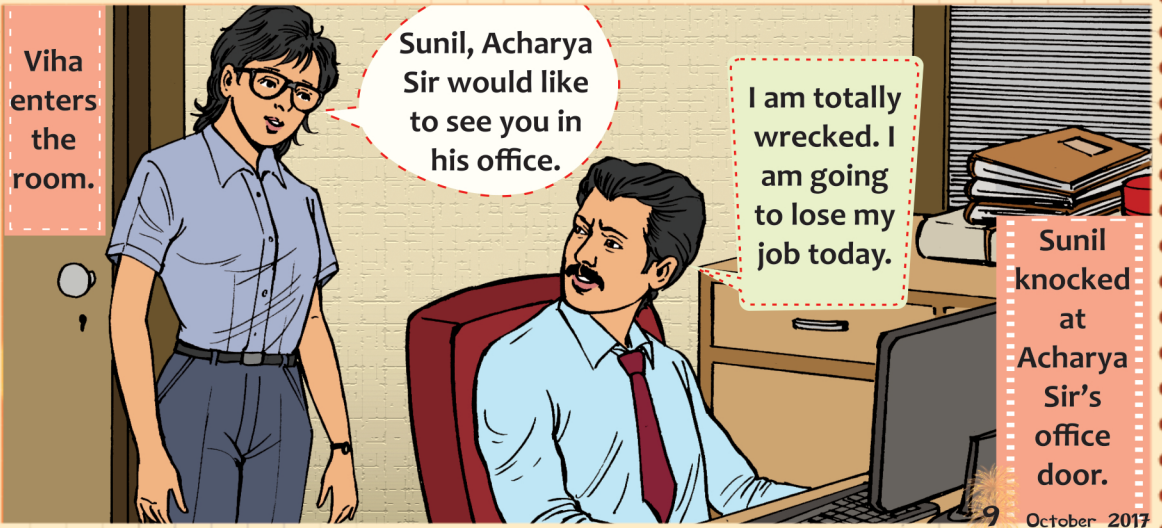
Mr. Vora, I am very sorry. It is our mistake. We will send you the details right away.

Saying this, Mr. Vora and Acharya Sir leave the conference room.



Sunil felt terrible. He rested his head on the table in despair.

How could I have been so irresponsible? How can I forget to send out such an important email?

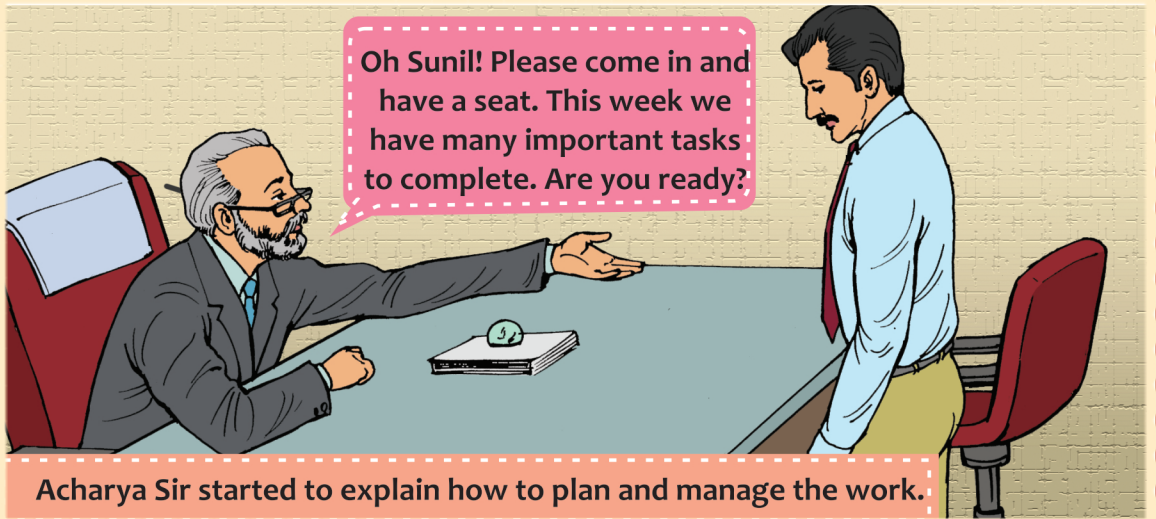


Viha enters the room.

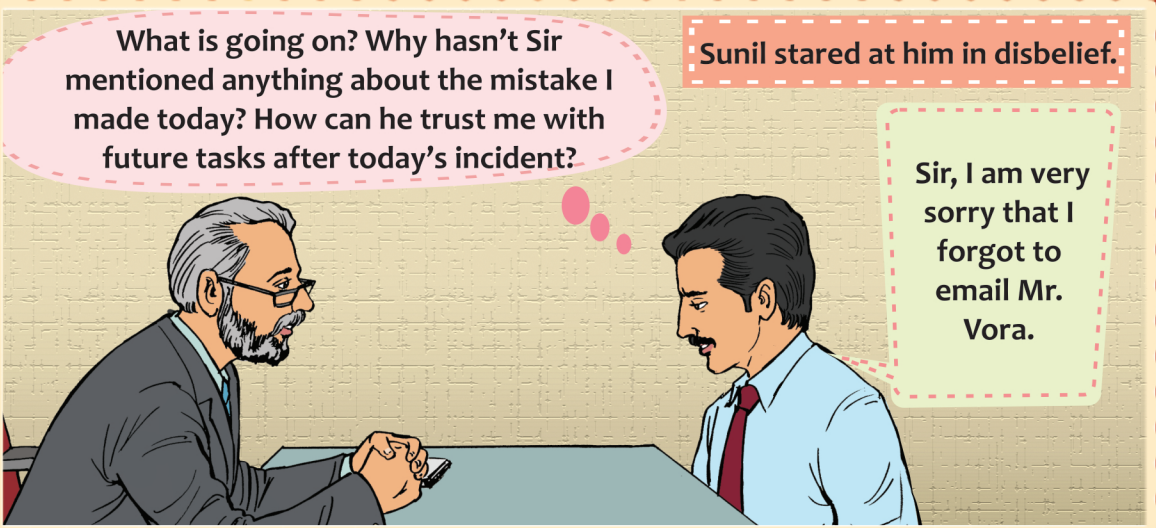
Sunil, Acharya Sir would like to see you in his office.

I am totally wrecked. I am going to lose my job today.

Sunil knocked at Acharya Sir's office door.



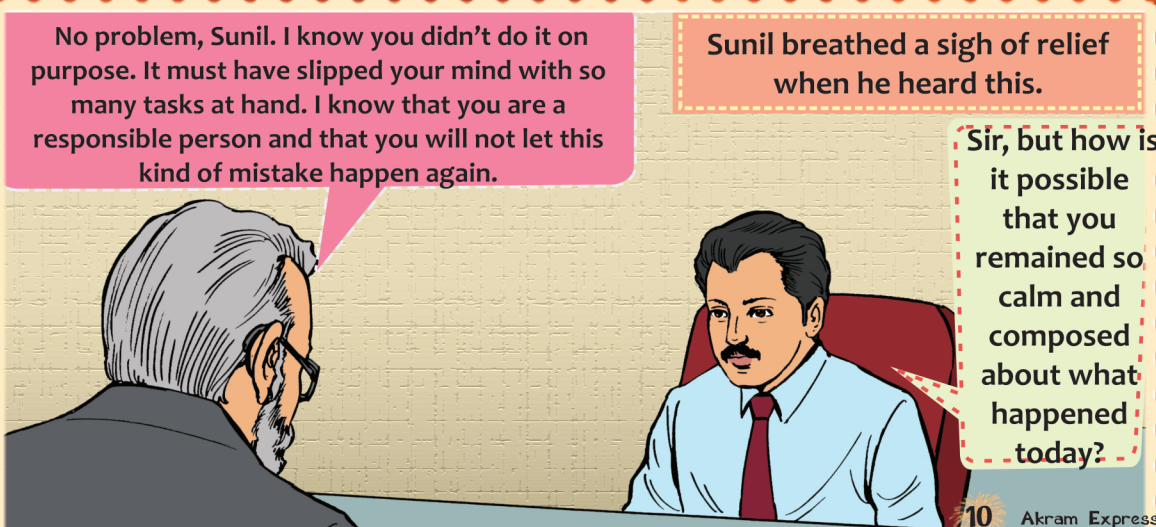
Acharya Sir started to explain how to plan and manage the work.



What is going on? Why hasn't Sir mentioned anything about the mistake I made today? How can he trust me with future tasks after today's incident?

Sunil stared at him in disbelief.

Sir, I am very sorry that I forgot to email Mr. Vora.



No problem, Sunil. I know you didn't do it on purpose. It must have slipped your mind with so many tasks at hand. I know that you are a responsible person and that you will not let this kind of mistake happen again.

Sunil breathed a sigh of relief when he heard this.

Sir, but how is it possible that you remained so calm and composed about what happened today?



Let me tell you a story that happened 20 years ago. I had come home early from work that day.

All of a sudden it started raining heavily. From my window I could see my son Shiv walking home from school. He was soaking wet and was shivering.

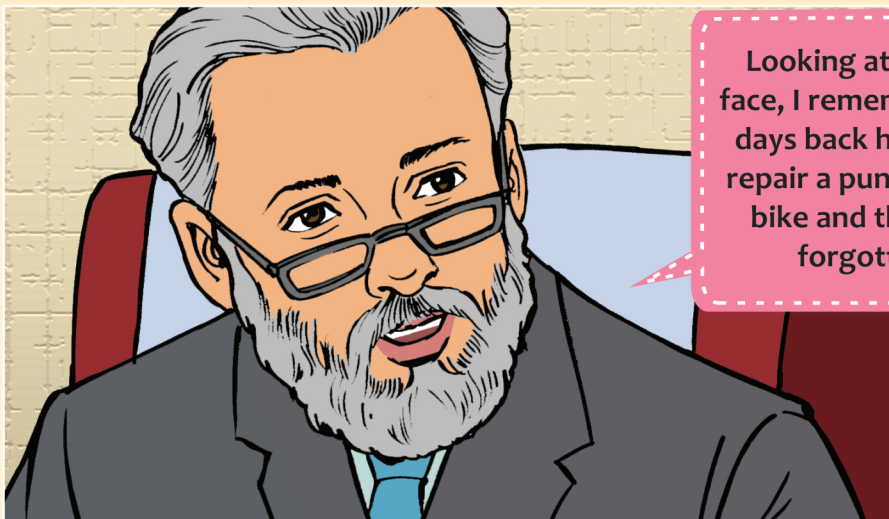
I opened the door straightaway. Shiv gave me a sweet smile.

Dad, what a surprise. You are home so early?

Yes, Shiv. But what's going on, why did you walk home in the pouring rain? You should have taken your bicycle. That would have saved you from getting drenched.

Yes, Daddy I know.

Shiv, if you know then why didn't you take your bicycle? Why did you feel the need to waste your time like this?



Looking at Shiv's innocent face, I remembered that some days back he had told me to repair a punctured tire on his bike and that I had totally forgotten about it.

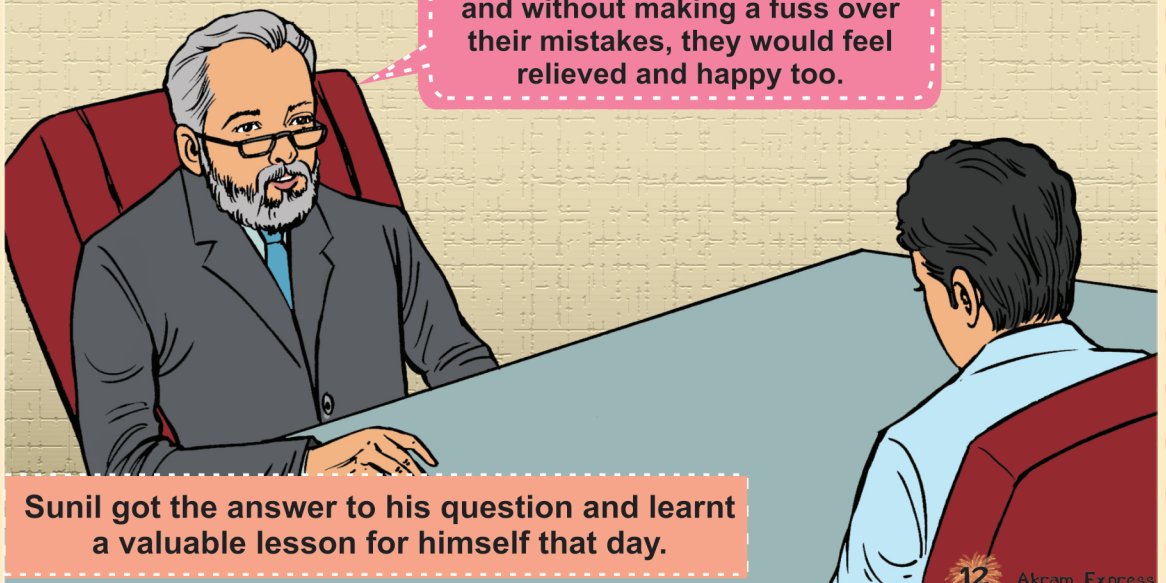
Shiv was still shivering and I was feeling very guilty. He could have easily told me, "Dad, I got all wet and could not take my bike because of you". Instead, Shiv told me something which truly touched my heart.



Dad, I understand how busy you are. I didn't want to keep troubling you, plus I actually enjoy getting wet in the rain.

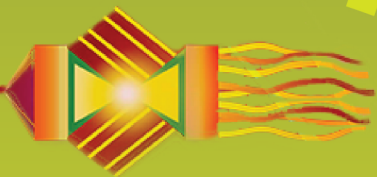


That day my son had forgiven me so easily, making me feel calm and relieved. So I realized that if I can forgive other people naturally and without making a fuss over their mistakes, they would feel relieved and happy too.



Sunil got the answer to his question and learnt a valuable lesson for himself that day.

Match
the
items
below
and
circle
them.





Mythological Story

In a city named Hastinapur, there lived a prince named Sheetal. He was very much influenced by the spiritual teachings of his Guru (spiritual guide). His inclination towards spiritual practices increased and desires of living a worldly life decreased. He eventually renounced the world with the blessings of his Guru. During his life as a monk, prince Sheetal observed intense penance and spiritual practices, thus he became renowned as Sheetalacharya ('acharya' meaning a highly learned person).

Sheetalacharya had a worldly sister named Gunavati who had four sons. She always used to tell them to aim to live a simple life like their uncle Sheetal. When the four brothers reached the right age, they all renounced the world under the guidance of a very learned spiritual teacher.

One day after seeking their spiritual teacher's permission, the four nephews set off to pay their respects to their uncle. They arrived at the outskirts of the city where Sheetalacharya was living. It was getting dark so they decided to stay at a nearby temple. They asked a man who was entering the city to convey a message to Sheetalacharya.

The man conveyed the following message to Sheetalacharya: 'Your four nephews who have renounced worldly life are keen on taking your blessings. They did not enter the city since dawn was setting in'. Upon hearing this Sheetalacharya was filled with happiness and feelings of fatherly-love were aroused within.

At the temple, all four brothers were immersed in penance. That night while they were meditating, all of them attained Keval Gnan (absolute knowledge). The next morning, Sheetalacharya was eagerly waiting to greet his nephews, but they did not turn up. He decided to visit them instead and left for the temple. As he entered the temple his nephews failed to greet him. This made Sheetalacharya very uncomfortable. He asked in anger, "Who should I greet first?"

One nephew said, "That is your choice. You may pay your first salutations to whomever you wish."

Sheetalacharya was hurt with such a reply. He was filled with rage, 'How can they be so rude and arrogant. Instead of greeting me and talking to me with humility they ask me to greet them!' Nevertheless, with those bitter feelings Sheetalacharya bowed down to all four nephews.

One nephew, who bearing in mind now had absolute knowledge, said to Sheetalacharya, "You have simply paid respect to us by physical bending and not with an inner intent to do so. With this, your *kashays* (inner enemies: anger, pride, deceit and greed) have increased manifold. You should pay your respects along with the inner intent to do so."

Sheetalacharya immediately replied, "How can you tell that I bowed down only physically and not with the intention to do so? How can you tell that there has been an increase in my *kashays* by doing so? Have you attained absolute knowledge?"

The nephew replied, "Yes, I have."

After hearing that, Sheetalacharya said with deep regret in his heart, "Oh!! I have committed a terrible mistake. I have had negative feelings for a Kevali (one who has attained absolute knowledge)."

With utmost humility and pure inner intent, Sheetalacharya bowed down to all four Kevalis. He acknowledged his mistakes and with the intent of paying homage to his nephews and with the strength of his deep repentance Sheetalacharya progressed on the path of spiritual development, thus attaining 'Keval Gnan' himself.

So friends, from the above story of Sheetalacharya, we learn the significance of inner intent and that bowing down with pure inner intent is more fruitful than mere physical bending. So whenever you put your hands together in prayer and bow down, do it with pure inner intent.





Real Life Story



Mother Teresa

A man knocked at Mother Teresa's door and said, "a family of eight haven't eaten anything for several days."

Mother Teresa packed enough food and went to their house. None of the family members looked unhappy or in despair. It was just the intense pain of hunger which was visible.

Mother Teresa served rice to the mother. The mother in turn divided the rice into two portions. She left the house with one portion of rice and came back after few minutes. Mother Teresa asked her, "Where did you go?"

The lady replied, "I went to our neighbors' house. They too haven't eaten for several days."

This incident had a great impact on Mother Teresa. She wrote in her diary, 'I am not so surprised that the lady gave a portion of rice to the neighbor. Poor people can be noble and kind. What surprised me was the fact that the lady knew that her neighbors were hungry too.'

When one is going through difficult times, one is totally immersed in their own pain and suffering so much so that they are not usually concerned about other peoples' suffering. Mother Teresa, an ideal humanitarian herself, recognized the poor lady's gesture towards humanity and silently blessed her.



Josh Ferrin

Josh Ferrin, an artist from Utah, USA, had just bought his first house. He and his wife were exploring the new house before moving in. As they wandered into the garage, they noticed a piece of cloth hanging from the ceiling of the garage.

Out of curiosity, when Josh pulled off the cloth he saw a little access panel into the loft. He got a ladder and climbed up to investigate. It was dark but he was able to make out a few old and dusty metal boxes. He grabbed one and opened it. He was startled with what he discovered in those boxes. He found rolls and rolls of dollar bills which amounted to approximately \$45,000.

Josh Ferrin knew that the former owner of the house had recently passed away. He contacted the owner's son and told him about what he had found in the attic.

Josh Ferrin said to the owner's son, "I am a father and I think about my son's future just like your father would have been concerned about your future and had saved this money to help you during difficult times. Today I have got an opportunity to fulfil an important chapter of his life which he didn't get to fulfil during his lifetime." Saying this, Josh returned the money to the former owner's son.

Not even for a second did Josh think about keeping the money for himself. Instead, he made a courageous and an honest decision to return the money to its rightful owner by putting himself in the other person's shoes.



And lastly.

A farmer had some puppies he needed to sell. So he painted a signboard, advertising 'Puppies for Sale'.

A little boy stopped by and asked, "I have some cash. Can I buy one of your puppies?" The farmer said, "Sure, why not?" And with that he let out a whistle. "Here Dolly!" he called.

Out from the kennel ran Dolly followed by four little balls of fur. The little boy's eyes gleamed with delight.

After a while, the boy noticed another little puppy coming out from the kennel. This puppy was noticeably smaller than the others and he was limping.

"I want that one," said the little boy, pointing to the little puppy.

The farmer knelt down at the boy's side and said, "Son, you don't want that one. He will never be able to run and play with you like these other dogs would."

With that the little boy stepped back, and rolled up his trouser revealing a steel brace running down both sides of his leg, which attached to a specially made shoe.

Looking back up at the farmer, he said, "You see Sir, I don't run too well myself, and he will need someone who understands."





M Sweet Memories

In the U.K., around 500 people had gathered for *satsang* (spiritual discourse). Niruma entered the hall, offered flowers at the lotus feet of Shri Simadhar Swami and Dadashri, and took her seat on the stage. She was ready to start the *satsang*.

On the other side of the stage, one brother was still setting up the camera. It was his first time setting up the camera. Being new to it, he was quite slow at figuring out how it all worked. *Satsang* was supposed to be aired live. Since time was a crucial factor, another brother went over and completed the task of setting up the camera himself.

Later that evening, Niruma called the other brother and asked, “Did you talk to the brother who was trying to set up the camera?”

He replied, “No, Niruma.”

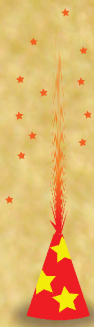
Niruma said, “It would have been ok if there had been a delay in starting the *satsang*. What matters is that one should not take away responsibility from a person who is assigned a particular task. That brother is new and it is only natural that he is still learning. You should guide him and direct him. A person feels heartbroken if a task assigned to them is taken away.”

Immediately Niruma enquired, “Today, a mahatma (self-realized being) had come to the *satsang* who regularly used to attend when Dada was present. Did anyone take his contact details?”

Upon hearing this, that brother thought, 'Niruma cares for everyone and pays attention to everything going on around her too. On one hand 'Aseem Jay Jay Kaar' is being sung and Niruma is giving darshan to all the mahatmas. And on the other hand, she is also aware of the camera incident that took place as well as keeping in mind all the mahatmas from Dada's time who had come to *satsang*.

Along with a cautionary hint, Niruma's attention to detail for everything around her touched the brother's heart.

The brother learnt a valuable lesson from Niruma - that it is more important to care for a person's feelings in the process of getting the best from him.



BMHT and LMHT
celebrate **Ganesh**
Chaturthi in **Adalaj**.



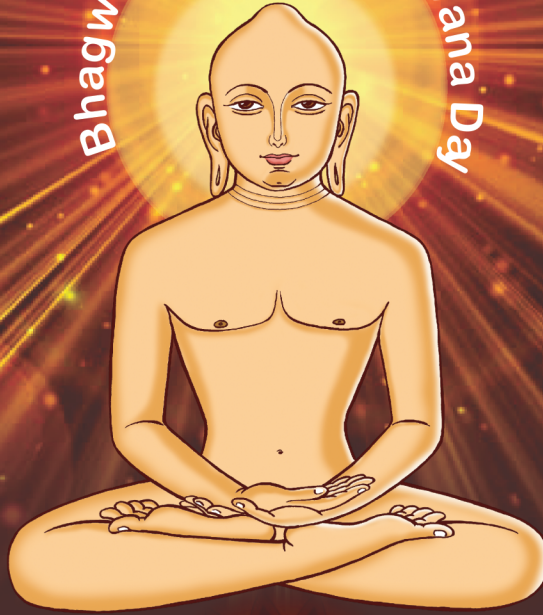
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