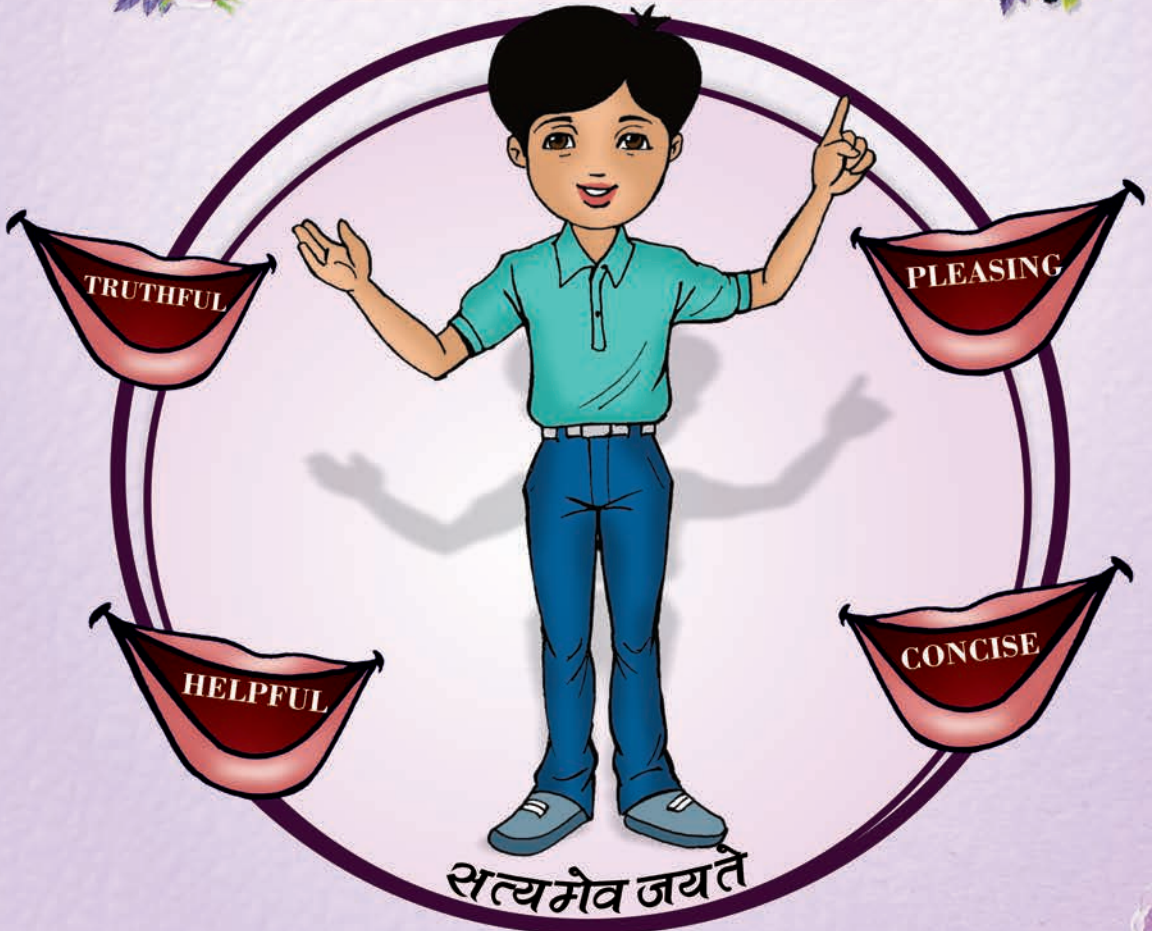


Dada Bhagwan Parivar's

AKRAM

Express

**SPEAK THE TRUTH...
BUT WHAT KIND OF TRUTH?**





**SPEAK THE TRUTH...
BUT WHAT KIND OF TRUTH?**

Editorial

Friends,

Since childhood we have been taught to speak the truth as it is one of our traditional values.

But most of the time, in an attempt to speak the truth, we end up in trouble. So we get confused as to whether speaking the truth was the right thing to have done or not.

Where do we find a solution to this?

In this issue, Param Pujya Dadashri beautifully explains to us how truth should be spoken. So come friends, let's read on and absorb the right understanding into our hearts so that we can apply it successfully in our lives.

-Dimple Mehta

Printer & Published by

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

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

Printed at
Amba Offset
B-99, GIDC, Sector-25,
Gandhinagar - 382025.

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

Subscription (English)

Yearly Subscription

India: 200 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 : 9
Conti. Issue No.: 105
April 2018

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Dadaji Says...

Truth is attractive, but only if it is in its correct form

It is such that truth is needed everywhere and if it is indeed true it leads to victory. However, truth should be in its correct form and in line with its actual definition.

Therefore, what should we consider as being true? When should the truth really be called the truth? We cannot consider the truth just by itself. In reality, truth should meet these four requirements to qualify as truth:



- 1) It should be truthful, (satya),
- 2) It should be said in a pleasing way, (priya),
- 3) It should be helpful (for someone's good), (hith)
- 4) It should be said with the fewest words possible (mith).



Thus, if what we speak is truthful, pleasing, helpful and is concise, only then should it be considered the truth otherwise it becomes untruth.



1) IT SHOULD BE TRUE (satya) IN THE FORM OF A FACT

First and foremost what we speak should be the truth. Generally, people are focused on proving their point rather than affirming truth as truth. If someone raises an objection to our truth, we need to realize that in actual fact what we are saying is not true and there should be some explanation for it. If our speech, even if it's the truth, hurts the other person then we really do not know how to talk.



2) TRUTH SHOULD BE PLEASING (priya)

BLATANT TRUTH IS NOT PLEASING

It is a serious crime to use blatant language to speak a literal truth. Any speech which hurts the other person can never be called real truth. Blatant truth is considered an untruth.

What do we mean by 'blatant truth'? For example, if someone says to their mother, 'You are my father's wife!' Would that sound good? Despite it being a true fact, wouldn't the mother be annoyed? Wouldn't she say, 'Hey you! Don't show me your face again!' 'Oh, but what I've said is true: you are my father's wife and this is something that nobody would deny!' But we must not speak like that. Hence, we should never speak blatant truth.

TRUTH, BUT ONLY WORDS THAT ARE PLEASING ARE ACCEPTABLE

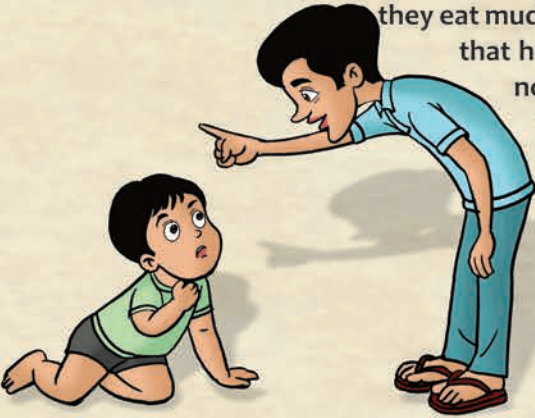
We have to speak the truth in a way that is pleasing to the other person. Haven't you heard people say, 'Hey you, with a crooked eye, come here'. Would he like that? However, if someone asks softly, 'Brother, how did you lose your eye?' Won't he answer that question? And if someone uses harsh, blatant words wouldn't he feel hurt despite it being the truth? That is why I gave you this example. Truth definitely has to be expressed in a pleasing way.



Otherwise, if our truth is not pleasing to the other person then it cannot be considered as truth. If someone is elderly, then we should call her 'ma'am' (maaji). If we address her as 'old lady', then she would say, 'Who are you calling an old lady?!' She may be 78, but she would immediately be offended the moment we call her an old lady. Why is that? It is because she feels insulted. Hence we can call her ma'am, and say 'Ma'am, please do come this way.' Then it sounds gracious and she would feel happy and reply, 'Brother, would you like some water? Shall I fetch you a glass of water?' Thus, she will go out of her way for you.

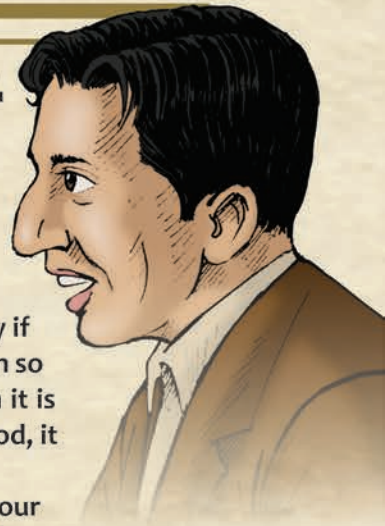
3) IT IS TRUTHFUL ONLY IF IT IS HELPFUL (hithkari) TO THE OTHER PERSON

As well as being pleasing, truth should be helpful to the other person. If it is beneficial to them then it can be called truth. If it is not helpful to the other person then what is the use of such truth?! If we want to stop a small child from eating mud from the road, we tell him, 'There is a witch who lives in the nearby pond who takes children away if they eat mud'. Using this tactic we scare him so that he stops eating mud. Although it is not true but since it is for his good, it is considered as truth.



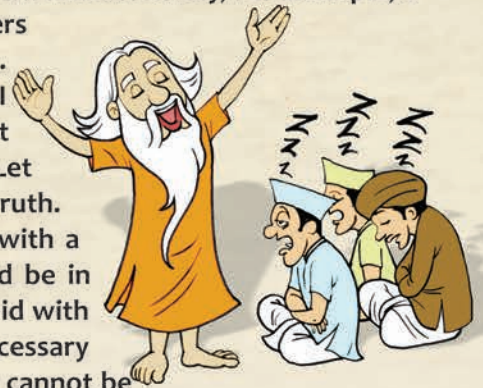
Questioner - In spite of our truth being helpful, the other person generally speaking, does not find it pleasing.

Dadashri -What is helpful advice? Even if we were to beat him, he would listen to it. Reason being, he would understand that we are telling him for his own good.



4) IF TRUTH IS NOT SPOKEN USING ONLY A FEW WORDS ('mith'), THEN IT BECOMES UGLY!

Now that's not all when it comes to determining what truth is. Say, for example, a person follows all the previous three components: he utters something which is true; and it is pleasing; and it is helpful. But if we then say, 'I've heard enough. I get your point. I understand your advice and I am leaving now.' Then what would he say to us? 'No, you should not go, please wait. Let me finish.' Then this converts to being the opposite of truth. That is why God has said that truth should be spoken with a limited number of words ('mith'). Mith means it should be in proportion. It cannot be considered as truth if it is not said with the fewest words. Because when we use more than the necessary number of words the other person gets bored. Hence it cannot be called truth. Rather than listening to such a truth it would be better to listen to the radio, which can at least be turned off when we've had enough. So when we say too much it is categorized as untruth.



Mith means speaking only as much as the other person likes; speaking only when necessary; not saying too much; and stopping the moment they start to find it boring.



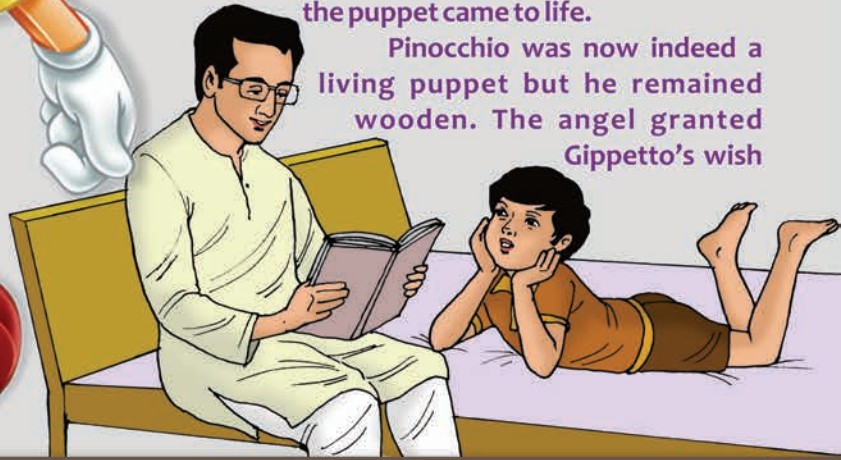
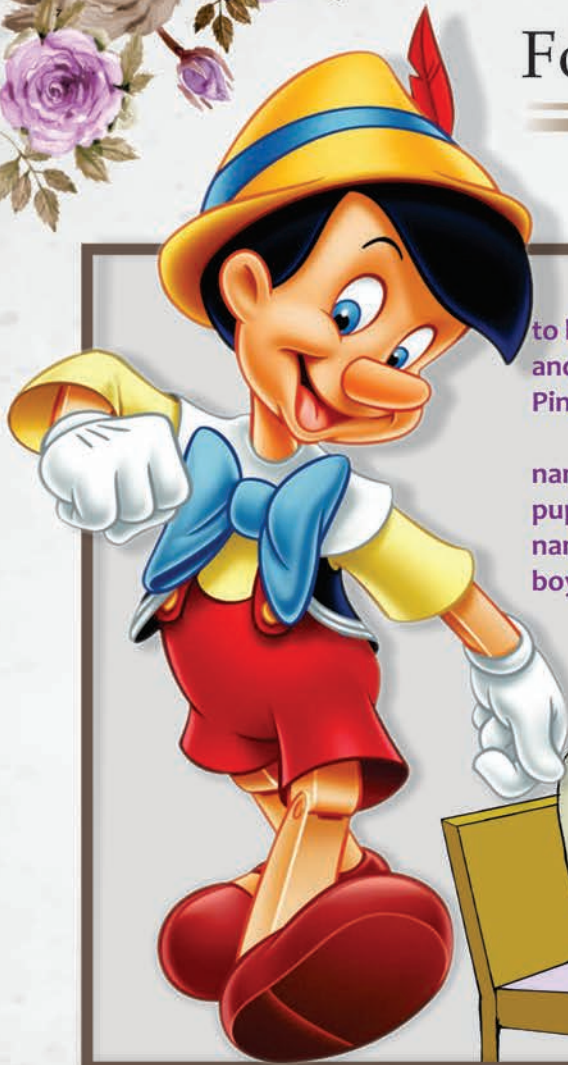


Four Aspects Of Truth

It was night time. Mithu handed the storybook to his father and got into bed. His father sat close by and said, "Come on then, let's read the story about Pinocchio today."

Many years ago, there was an old carpenter named Geppetto. One day, Geppetto carved a small puppet in the shape of a boy out of a log of wood and named him Pinocchio. "If only this puppet were a real boy!" wished Geppetto. An angel heard his wish and the puppet came to life.

Pinocchio was now indeed a living puppet but he remained wooden. The angel granted Geppetto's wish



on one condition: that she would make Pinocchio a real human as soon as he becomes noble. Pinocchio was very naughty and used to lie often. Every time he lied, his nose grew by an inch. Each time he promised never to lie again but he simply couldn't keep to his word.

One day, he got carried away and instead of going to school he set off to an island with his friends to join a circus. It wasn't long before he started to miss Geppetto. Meanwhile, Geppetto looked everywhere for Pinocchio. Unfortunately, during the search, Geppetto had an accident and was swallowed by a whale. As soon as this news reached Pinocchio, he risked his life and managed to save Geppetto. Pinocchio's courage and selfless love for his maker, Geppetto, impressed the angel so much that she immediately turned him into a real human boy. Both Geppetto and Pinocchio lived happily ever after.

“And that’s the end of the story,” said Mithu’s dad. He smiled and continued, “Do you know, Mithu, during my childhood, when I used to lie, I immediately used to run to a mirror and touch my nose to check if it had grown longer! Everyone came to know that I had lied! Isn’t that funny?” His father looked at Mithu and found him fast asleep. He gently stroked Mithu’s hair and turned off the light.

It was morning, but Pinocchio’s story was still in Mithu’s mind. While having his breakfast, Mithu questioned his father, “Dad, Pinocchio’s nose used to grow longer every time he lied. Is that really possible?” Just for fun, the father replied, “You never know.....”



You will definitely know when it happens though!”

Even in the classroom, Mithu was continuously thinking about Pinocchio and his growing nose. ‘Is it really possible for a nose to grow longer when someone tells a lie?’ wondered Mithu, but then the bell rang for break-time.

In the corridor, everyone laughed behind Pappu’s back, but as soon as he turned around they became quiet. Pappu suspected that a prank was being played on him. When he saw Mithu walking towards him he grabbed him and demanded in a commanding tone, “Hey Mithuda! Why are these boys making fun of me behind my back? You’d better speak the truth or else...”

Mithu noticed that the boys were pointing to Pappu’s feet and they were giggling away. Mithu replied bluntly, “If you give them a chance to make

fun of you, why wouldn't they?" You keep boasting so much about yourself but look at your feet, you're wearing different colored socks today." This made Pappu very angry and he punched Mithu and walked away. Mithu's nose became red and started to swell up.

Mithu's friend Sonu witnessed the entire scene. He ran to fetch an ice pack for Mithu's swollen nose. Placing the ice-pack on Mithu's nose, Sonu said, "What was the need for you to speak the truth? Wasn't it obvious? This is what happens when you say it all. I never mess with him, which is why he always gets along with me."

Mithu objected, "Don't be fooled and think for even a moment that Pappu gets on with you. One day Pappu mentioned your name and said, "Sonu is not really my friend. He is just my helper. I just keep him by my side to get my homework done. I can do without him."

Sonu's eyes started to fill with tears and he walked away with a heavy heart. Mithu went after him, "Sonu... Sonu... wait... please listen to me..." However, Sonu entered the restroom and slammed the door behind him which accidentally banged on Mithu's nose.

Now Mithu's nose swelled up even more and it started to bleed. Just then, the bell rang again, signaling the end of break time. As soon as the teacher entered the classroom he noticed Mithu's nose and exclaimed, "Oh dear, look at you! You look badly injured. Let me take you to the first aid room."

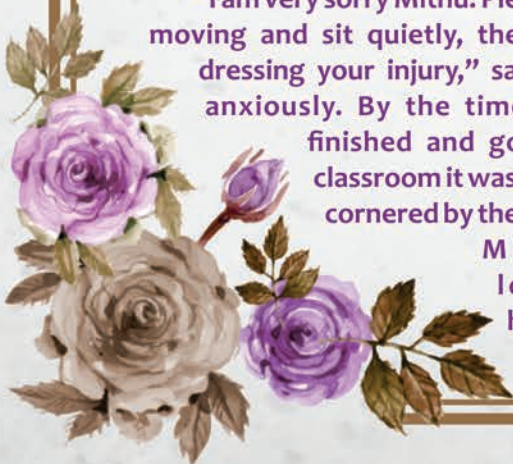
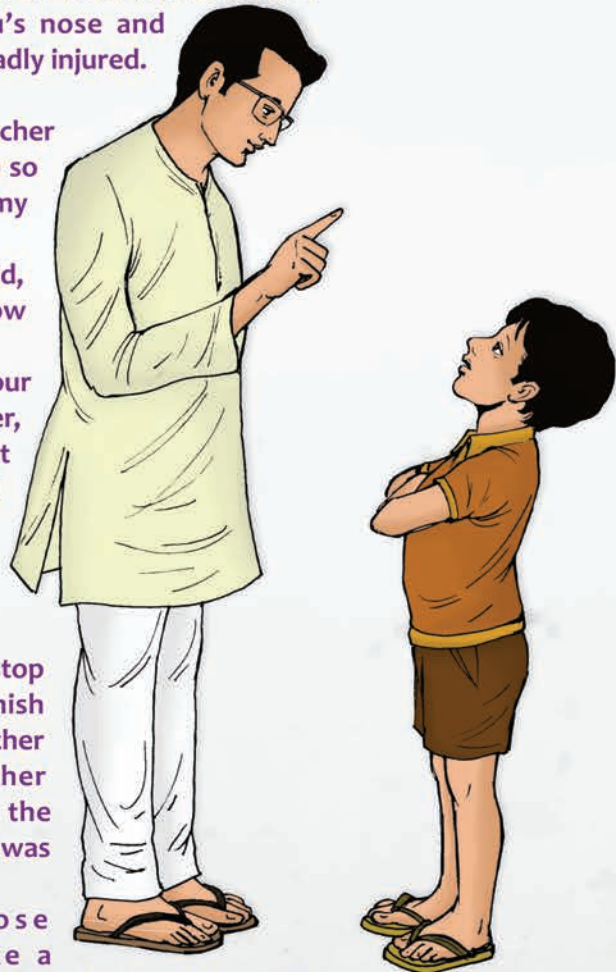
While attending to the injury the teacher asked with a frown, "Why do you get up to so much mischief? All this is making me late for my class..."

Mithu interrupted the teacher and said, "Sir, I wasn't causing any mischief. Do you know what happened today? You know Pappu..."

"Mithu, please don't talk and keep your head still," interrupted the teacher. However, Mithu ignored him and continued to talk. "But sir, please listen to me... It so happened that I told Pappu the truth but..." Mithu was moving quite a bit as he was speaking and the teacher's hand accidentally struck Mithu's nose. Mithu screamed!

"I am very sorry Mithu! Please, if you stop moving and sit quietly, then I can finish dressing your injury," said the teacher anxiously. By the time the teacher finished and got back to the classroom it was late and he was cornered by the principal.

Mithu's nose looked like a huge mass with the bandage on. Seeing



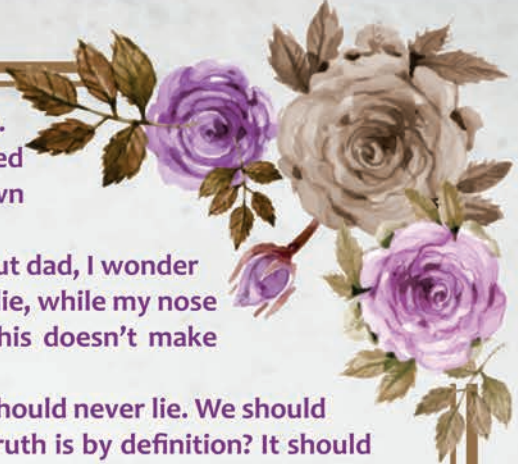
him, one of his classmates teasingly called him Pinocchio. When he heard this he thought, 'Oh yes, this is indeed surprising. Despite speaking the truth my nose has grown so much!'

That evening, Mithu told his dad everything. "But dad, I wonder why Pinocchio's nose grew longer every time he told a lie, while my nose became bigger every time I spoke the truth today. This doesn't make sense."

Mithu's dad smiled and replied, "Dear boy, we should never lie. We should always speak the truth. However, do you know what truth is by definition? It should meet all the four aspects.

"Four facets?" Mithu asked with curiosity.

"Yes, four aspects.



1. It should be the truth.
2. The way we convey the truth should be pleasing. We cannot tell it in a way that is unacceptable to the other person.
3. It should be for the other person's good.
4. We should convey it with as few words as possible. It cannot be called the truth if we say so much so that the other person gets bored.



Now you tell me, was there any truth in your words throughout the day?"

Mithu began to analyze.

His dad soon revealed, "My son, you told Pappu the truth in a very rude way which annoyed him.

And was there any good for Sonu in what you told him?" "No, dad, what I told Sonu was of no benefit to him." After thinking for a while, Mithu continued, "And instead of briefly explaining the situation to my teacher, I started explaining in detail and I wasted a lot of his time. All of this means that I did not speak any truth throughout the day."

Mithu touched his nose and promised his dad, "Dad, tomorrow I will heartily apologize to Pappu, Sonu and my teacher. Just like Pinocchio became an ideal son, I too will become your ideal son."


His father smiled at Mithu and placed his hand on his head.

By morning, Mithu's swelling had gone quite a bit. Mithu looked in the mirror, smiled and promised himself, "In future, I will always speak the truth which meets all four aspects."


The Power Of Speech 'Vachanbal'



There was a beautiful, lush jungle. A Weaver bird lived high up in a tree. Down below, in hallow of the same tree lived a rabbit.



One day it was raining heavily. A monkey came and sat on a branch of the tree. It turned very cold and he started shivering.



This is the problem for you mischievous creatures. Why don't you prepare for the cold months when the weather's still warm?

The monkey ignored the bird's comment.

We work hard during the winter months to make beautiful nests in time for the cold so that we can relax and enjoy the monsoon. If you had not whiled away your entire time in jumping from tree to tree, today you would not have had to shiver.

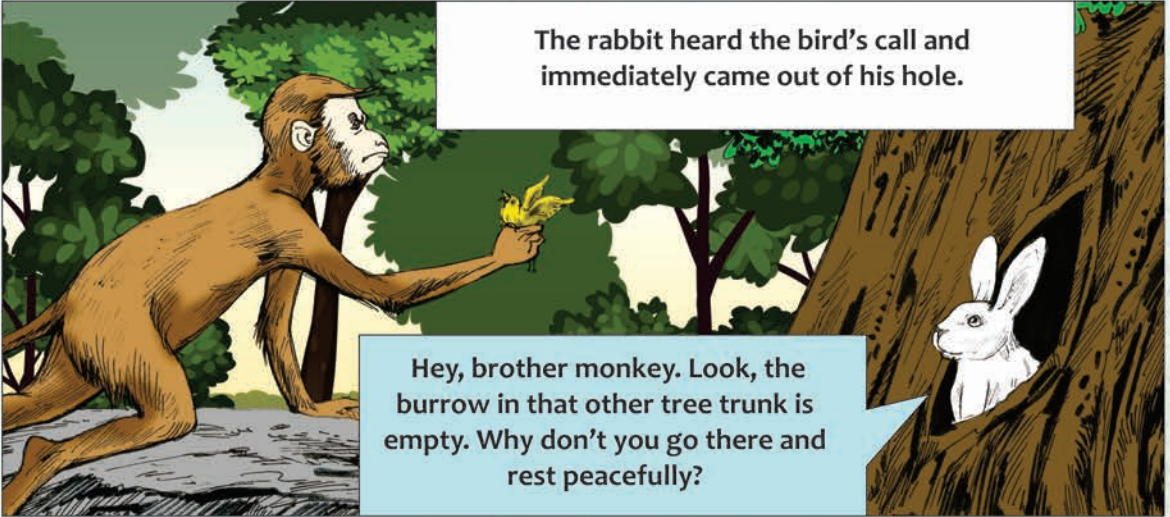


The monkey now lost his temper. He jumped on the bird's tree and scattered his entire nest. He held the weaver bird by his neck and hung him upside down.



Help, help...

The rabbit heard the bird's call and immediately came out of his hole.

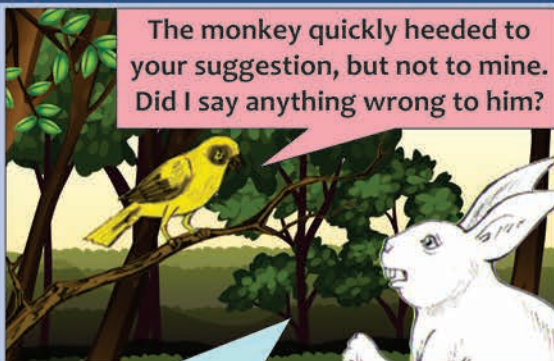


Hey, brother monkey. Look, the burrow in that other tree trunk is empty. Why don't you go there and rest peacefully?

The monkey released the weaver bird and jumped to the other tree and entered the burrow. The bird was surprised to see this.



The monkey quickly heeded to your suggestion, but not to mine. Did I say anything wrong to him?



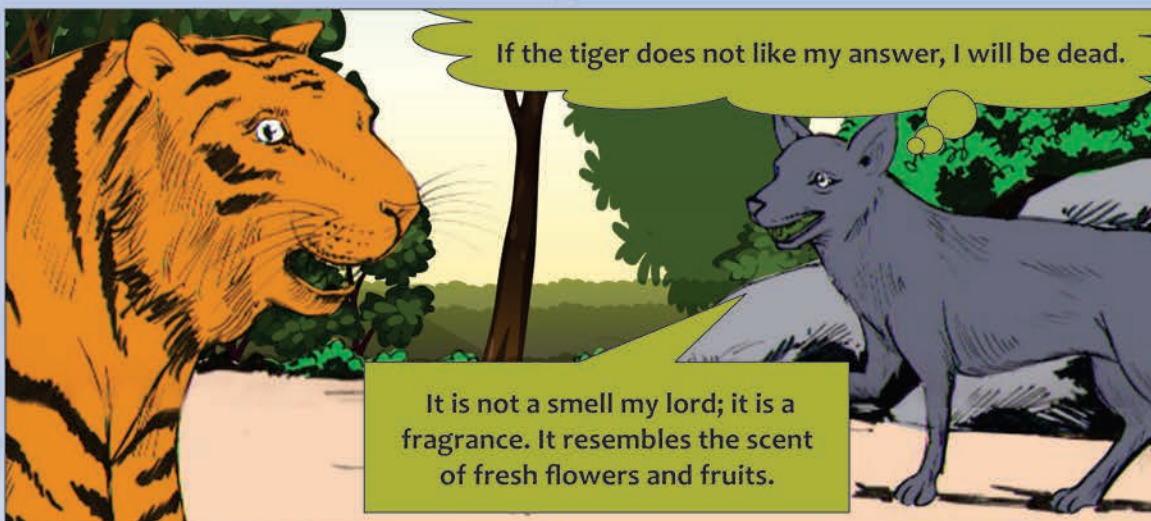
Who likes to listen to advice which hasn't been asked for? The right thing should be spoken at the right time in the right situation and always keeping the other person in mind. What is the use of wasting our speech?

Just then the roar of a tiger was heard, which woke up the fox who had been sleeping...



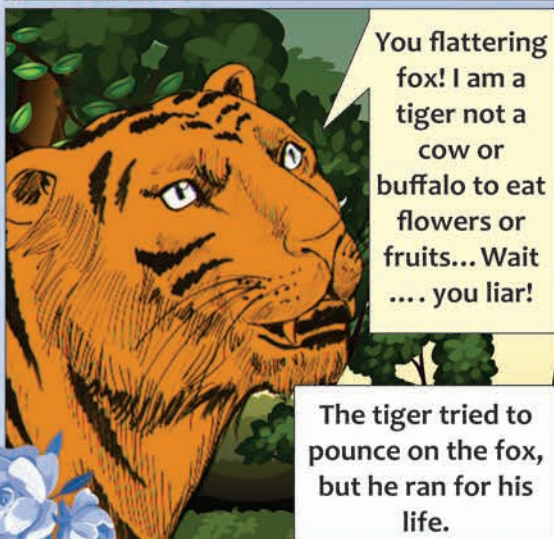
Hey fox, wake up and tell me what my breath smells of.

If the tiger does not like my answer, I will be dead.



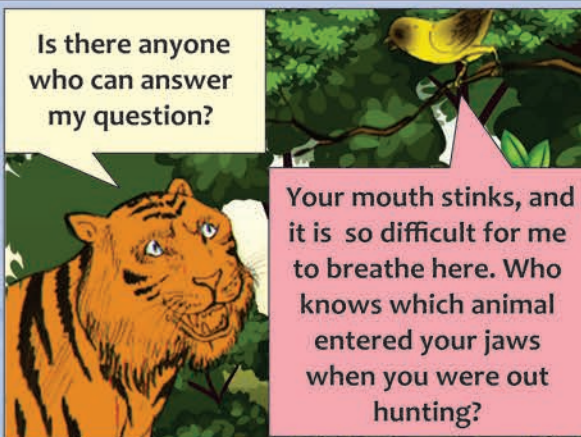
It is not a smell my lord; it is a fragrance. It resembles the scent of fresh flowers and fruits.

You flattering fox! I am a tiger not a cow or buffalo to eat flowers or fruits... Wait ... you liar!



The tiger tried to pounce on the fox, but he ran for his life.

Is there anyone who can answer my question?



Your mouth stinks, and it is so difficult for me to breathe here. Who knows which animal entered your jaws when you were out hunting?

The tiger roared and the weaverbird flew away in fear.





Hey rabbit, come on, you tell me. Does my mouth stink?

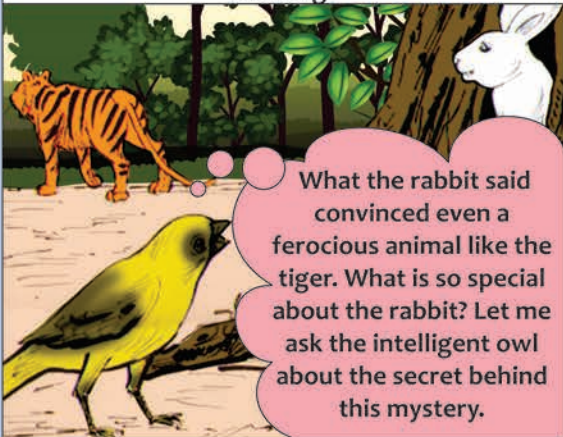


The rabbit kept quiet for two minutes. He then sneezed loudly.

Brother tiger, I have caught a cold due to this rain and my nose is almost bunged up.



When he heard this, the tiger quietly moved away. The weaver bird found this thoroughly amusing.



What the rabbit said convinced even a ferocious animal like the tiger. What is so special about the rabbit? Let me ask the intelligent owl about the secret behind this mystery.

Brother owl, what is so special about the rabbit that everyone is convinced by what he says?



It's the power of his speech .

Have you heard the rabbit flatter himself or others like the fox does?



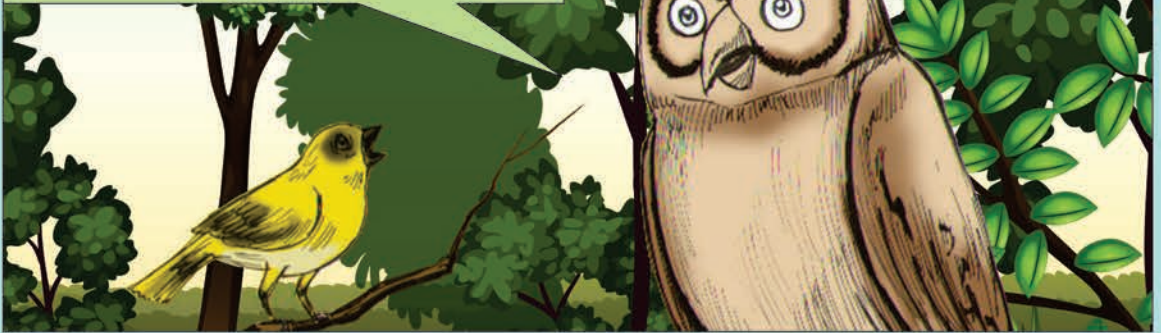
No

Have you ever heard the rabbit scaring others like the tiger? Have you ever heard him making fun of others and hurt them?

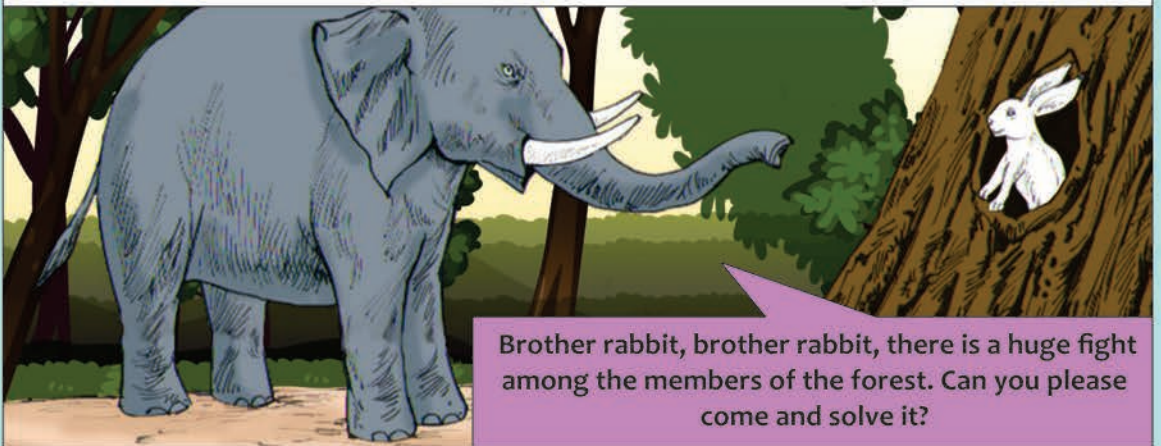


No, never.

The rabbit never hurts others by forcing his truth on them. That is why the rabbit's speech has power, so much so that, even the tiger finds it to be convincing.



Just then, brother elephant came to call brother rabbit.



Brother rabbit, brother rabbit, there is a huge fight among the members of the forest. Can you please come and solve it?

The rabbit immediately sat onto the elephant's back. By now, the weaver bird was no longer surprised but was convinced that the rabbit will be able to resolve the conflict through his speech just by the power of the rabbit's words.



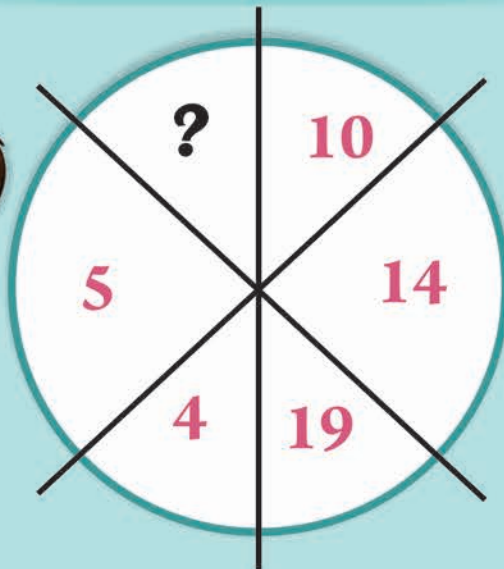
Let's Play...



1. What should be the number of the ball held by the elephant who is standing on drum 4? What is the missing number?



2. What number will come in place of the question mark?



Mythological Story

One day, Lakshmi and Dashamaa, who were both celestial goddesses, were having a general talk and Naaradji (a sage) happened to pass by. Very heartily he revered the goddesses and greeted them by singing songs of praise in appreciation. This pleased the goddesses a great deal and they blessed Naaradji. Naaradji then took their leave and continued his journey.

Both the goddesses began to discuss how Naaradji always says pleasing things to everyone and how he never says anything offensive to anyone. Yet, he never lies. "So let's try and create a situation where he would have to lie or talk displeasingly."

Both of them decided to test Naaradji. They both went to him and Lakshmi asked, "Naaradji! Tell us, who do you think is better - me or Dashamaa?"

Dashamaa added, "Please think carefully before you answer. Do ensure that your answer does not lead to any trouble for the people."

Naaradji was confused.

Naaradji, joining his hands in reverence, pleaded to both of them, "Mothers, why are you testing your son so severely? This world cannot function without both of you showering your grace. Lakshmi's grace brings prosperity and Dashamaa's grace removes sorrow and the troubles of the people of the world."

Dashamaa smiled at Lakshmi and said, "You will definitely have to answer this question Naaradji, there is no way you can escape this."

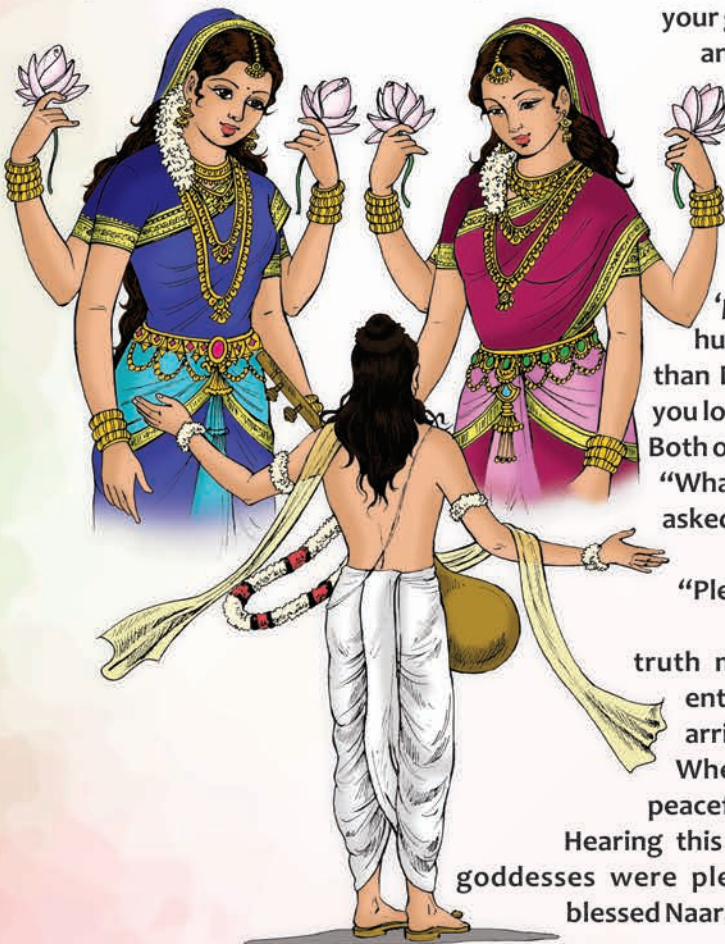
Naaradji circumambulated (did 'pradakshina') both goddesses and very humbly replied, "Lakshmi you look better than Dashamaa from the front and Dashamaa you look better than Lakshmi from the back."

Both of them started thinking. "What do you mean by this answer Naaradji?" asked a puzzled Lakshmi.

Dashamaa also quizzically asked, "Please explain your answer, Naaradji!"

Naaradji thus clarified, "This is the truth mothers. Lakshmi looks good as she enters and everyone feels happy with her arrival. Dashamaa looks good as she leaves. When the bad time ends, everyone feels peaceful."

Hearing this explanation, both the goddesses were pleased and generously blessed Naaradji.



Real Life Story

1. JULIAN F DETMER



In the year 1885, in the city of New York, Detmer established the Detmer Woollen Company which dealt with textile mills.

It so happened that a client had to pay fifteen dollars to the Company which he kept denying. Fifteen dollars in those days was a huge amount. The credit department of the Company had tried giving him many reminders to clear his dues, but the client claimed that he owed them nothing.

Then, when the client had had enough he furiously turned up at Detmer's office and spoke very harshly. He also ended up saying, "I swear not to buy even a dollar's worth of stock from Detmer Woollen Company."

In spite of Detmer being dead sure that the client was mistaken, he decided to let go of the facts. He very patiently listened to all of the client's complaints.

When the client eventually calmed down, Detmer responded, "It's possible that we have made a mistake. I apologize on behalf of the credit department for all the trouble caused to you. I assure you this will not happen again." And with absolute ease, Detmer recommended another company to the client.

Detmer's approach touched the client so much that he went back home and re-checked his bills. He discovered that it was his own mistake and that he hadn't actually settled all the dues.

Immediately, the client sent an apology letter with a cheque for fifteen dollars to the Company. Along with that, he placed a huge order too. For his entire life, he continued to be a trustworthy client of the Company. Not only that, he chose 'Detmer' as his new born son's middle name.

Friends, don't we always think that what we're saying is true? But if we keep insistence on our own viewpoint then the truth turns bitter. Instead of insisting on the truth, Detmer ensured that the other person was not hurt and solved the situation with equanimity and thus won his client forever.



2. JITENDRA DAVE

Comic writer Jitendra Dave was a fellow in a college in Surat when a talk by the great poet Nanalal had been organized. After all the arrangements were made, Jitendra Dave was assigned the task of picking up Nanalal from the guest house and accompanying him to the venue.

He reached the guest house and just to start a conversation, the poet formally asked Jitendra Dave, "Do you write poetry?"

The jovial Jitendra Dave trying to make a joke out of this, replied, "I don't do such foolishness."

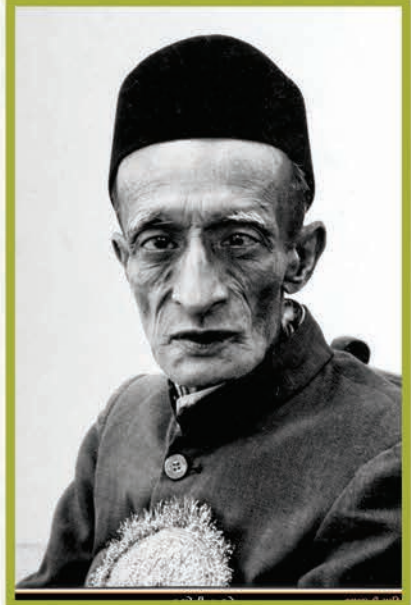
Nanalal's face turned blue in rage and he questioned furiously, "Do you think that my writing poetry is 'foolishness'?"

The poet took this approach as an insult and refused to give the talk.

Immediately, Jitendra Dave turned around and clarified, 'Sir, actually what I meant to say was, if I do poetry then it will be called foolishness, but if you don't, then that will be called foolishness.'

On hearing this, Nanalal broke out in laughter.

Thus Jitendra Dave handled the entire situation by turning around his unhelpful and displeasing words and turned the tables to be in his favor.



1. Answer : 7 Starting at 4 and going clockwise in the increasing order
1. Answer : 12 The number on the ball held by an elephant is the sum of the numbers of the two adjacent drums.

Answers To The Puzzles





Pujyashree being invited by Gurukul Theme : Akram Engineer Workshop

Welcome



Informal



Fun
with
knowledge



Question & Answer Session



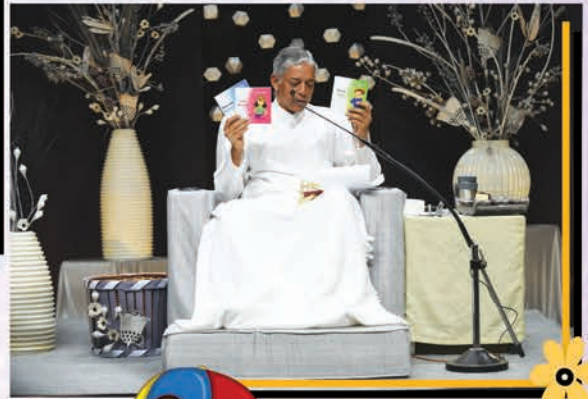
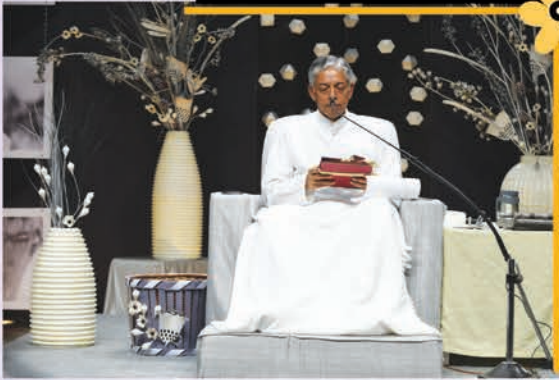
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Publisher, Printer & Editor - Dimple Mehta on behalf of Mahavideh Foundation
Printed at Amba offset :- B-99 GIDC, Sector - 25, Gandhinagar - 382025 and published