

February 2018

Price : ₹ 20/-

Dada Bhagwan Parivar's

AKRAM

Express

Keep Oneness





Akram Express

Keep Oneness

Editorial

Dear Friends,

When we were kids and when we had a quarrel with our friends, we would distance ourselves and stop talking to them. Today, though we have grown up, we still haven't outgrown that habit.

We still end up quarreling over silly matters. Sometimes we may not quarrel literally, but if somebody does not listen to us or is not in agreement with what we say, then we start backbiting that person. We don't even realize that the other person may be deeply hurt by this behavior. Leave aside feeling hurt, the other person would feel complete separation from us.

Once a person is distanced, mending the gap becomes extremely difficult. That is why Dadaji always advised not to separate yourself from anyone. But, how is that possible?

So come on, in this series, let's find various keys to achieve this goal and learn how to keep **oneness** with everyone.



-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 : 7
Conti. Issue No.: 103
February 2018

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

Gnani Says...



Niruma: If we see a person's faults, point out mistakes, be rude or hurtful, then that person will distance (*bhed*) himself/herself from us. If someone behaves in the same manner with us, then we will separate ourselves from them. But right now, let's look at our mistake. We do not know how to convey a matter, that's why there is this distance. The moment we talk or behave in a hurtful way, the opposite person immediately feels disconnected from us.

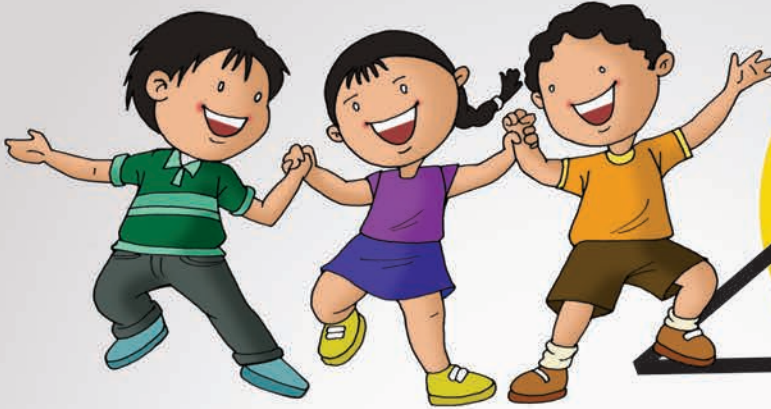
If someone insults us even slightly or says something negative about us or does not agree with us, the expression on our face will change and we will be upset and feel that he never agrees with me, he always does only according to his wish (*dhaaryu*). And then, we move away from him.

If something like this happens, then we should not remain at ease. Because if something like this happens, the other person's mind will become separate from our's. It is, therefore, important that we turn that around and bring oneness. That means we should behave with the opposite person with pure love and

understanding and we should do pratikraman from within. We should not get into aggression in any way.

Oneness with a person cannot arise as long as there is a feeling of separation with that person. What is the solution to this? If we take lead and heal the situation first, the opposite person will eventually follow suit. But if the separation from our end continues, and we keep complaining that the opposite person is keeping aloof, what's the point then? Oh, there is no need for you to see the aloofness by the opposite person. Work on the separation that you have with that person. By distancing yourself, your *gnan* (knowledge) will be obstructed. We should not develop even the slightest distance with anyone.

There can be differences in thoughts with each other. But, you should never distance yourself for that reason. If, what we are saying is causing a difference of opinion with the other person, then we should adjust. We should have the readiness that no matter what, I will definitely adjust.



Difference of opinion, *matbhed*, means when the viewpoint of two people doesn't match and hence it leads to quarrels.



Physical separation, *tanbhed*, means moving away from the body which means 'to die'.

Absolutely New And Different !

There can be difference of opinion between friends. We claim to be one with everyone, then how can we allow differences to continue?



Distance of mind, *manbhed*, means the minds of two people don't match, in the sense, both of their thoughts are so different from each other that they cannot continue to be friends for long and eventually the friendship breaks.



A messenger of God

There was an adorable village named Adarshnagar and the beauty of the village was so alluring that even the greatest of poets fell short of words to describe it.

At the precinct of the village, there was a grand temple. There was a small beautiful lake close to the temple. Every evening, after devotional worship of God in the temple, the villagers used to sit and relax by the bank of the lake.

Ascetics and saints were heartily welcomed in Adarshnagar and treated with great hospitality. The children and youth of Adarshnagar were growing up with a lot of moral values due to the presence and company of the ascetics and saints. Everyone who used to come to visit Adarshnagar would feel like settling there permanently. The reason behind this feeling was also that all the residents of Adarshnagar were extremely affectionate, loving and kind. The unity of the villagers was an ideal example for all the near-by villages.

The festival of Janmashtami (celebration of Lord Krishna's birth) was nearing. Just like every year, Mohan, Kishan and Shankar started the preparations for



the celebrations. All the villagers were looking forward to a new exhibition by the trio during the celebration.

The trio, like every day, had decided to meet at the room behind the temple in order to continue the preparations. Both Kishan and Shankar reached the decided venue at 2 pm, but Mohan was yet not to be seen.

Since morning, Mohan had been busy completing household chores but it seemed that on this day, the circumstances were not in his favor. Every task that he tried to complete wouldn't complete. By noon, sun was harsh and Mohan's frustration also increased with the scorching heat. Sweating and toiling when Mohan reached the room, he noticed that Kishan and Shankar had already started the work. Kishan was working on the art which Mohan had

started the previous day.

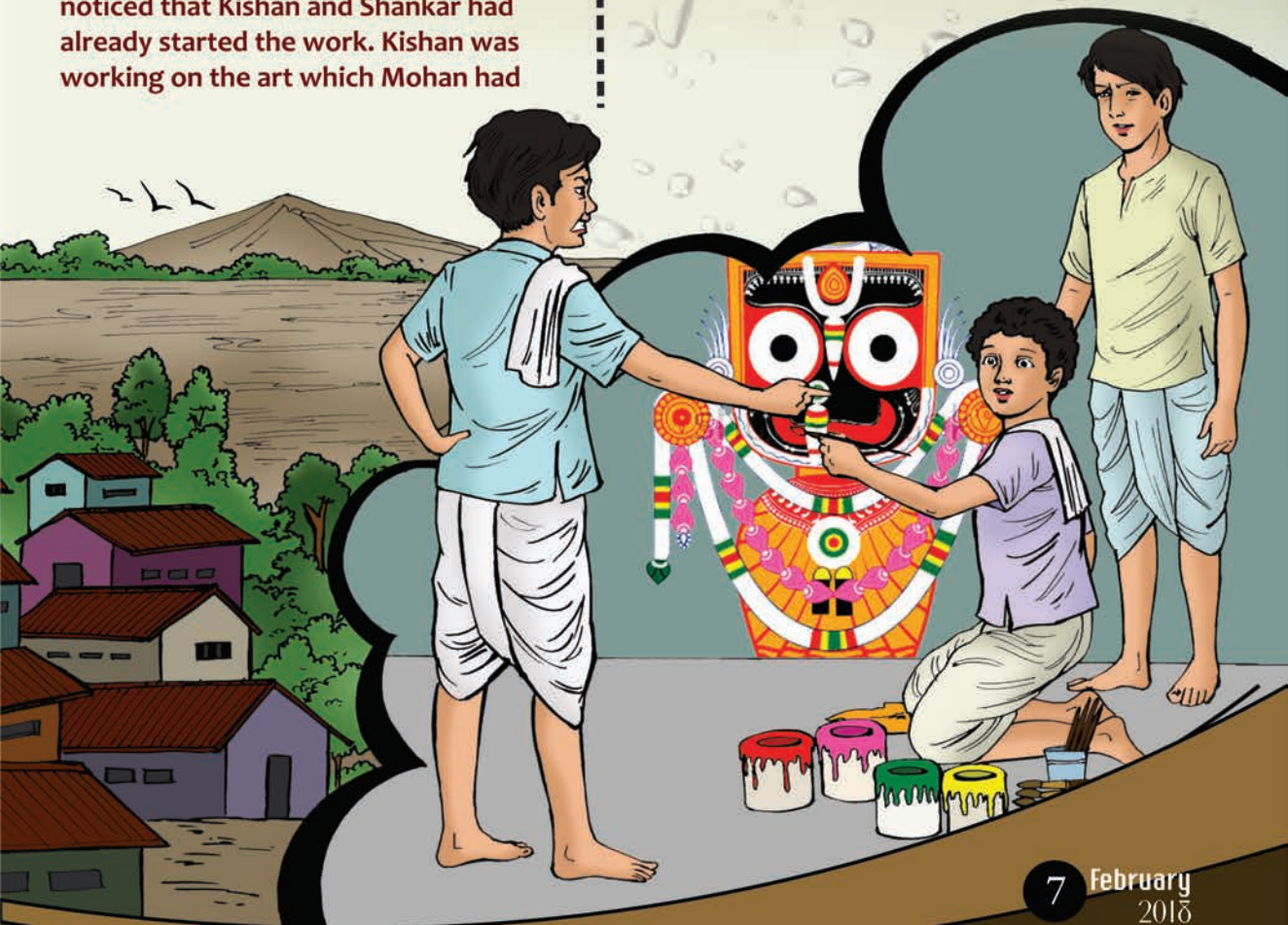
On seeing Kishan's work, Mohan lost his temper and yelled, "Hey Kishan, what have you made of this? You have spoilt the entire art. Who asked you to touch my work?"

Kishan was heart-broken on hearing these offensive words. Kishan left the brush aside, stood up and started walking without uttering a single word.

"Kishan, listen, Mohan didn't mean that" exclaimed Shankar trying to stop Kishan.

"Yes, yes, I know what he meant and I also know why you are trying to take his side." Saying this Kishan banged the door and left the room.

"Mohan, stop him, what did you do?" exclaimed Shankar trying to make the situation amicable. But Mohan's temper was



still high and continued in the same tone, "Even if you wish to leave, you are free to do so. I don't need anyone's help. I will handle everything myself."

And from this day onwards, a huge rift was created amongst the three friends. The festival passed by, but the event had no charm this time unlike the previous celebrations. All the residents of the village witnessed the indifference between all three of them.

Days passed, and rift became broader. The bitterness in their minds for each other had intensified so much, that they would not even want to listen to one another's names. Gradually it had started spreading amongst their families.

And as time passed, the vibrations of their bitterness spread amongst the villagers. As soon as we take sides, in no time the other person seems faulty to our vision and the same happened with the villagers. Some started supporting Mohan, while others supported Kishan. The fight between the youth led to their parents' poisoning it further by giving their opinions and the whole matter became a mountain out of a mole hill. The unity of Adarshnagar was shattered due to difference of opinions. The villagers, who used to live like a family, supporting each other in their joys and sorrows, were now behaving like strangers to each other.

The chief of the village, in spite of being extremely clever and thoughtful; was unable to figure out a way to solve this issue which had become an epidemic. The chief knew saint Ramdaas since a long time and he decided to approach him for a solution.

The saint carefully listened to the entire story and closed his eyes for some time. He then said, "Please pass this message to all the villagers. I have got an indication that there is one person in your village who is liked by the deities. You can even call him a *Devdoot* (God's messenger). He is a very great instrument for *jagat-kalyan* (salvation of the entire world). He has come from *Devlok* (the celestial realm) and will later return to *Devlok*.

"Who is that person?" the chief asked in astonishment.

"I have received only this much indication," replied the saint.

In order to pass Ramdaasji's message, which was of extreme importance to all the villagers, the chief announced for a meeting to be conducted on the same evening at the compound behind the temple. The villagers had high regard for saint Ramdaas and they waited eagerly to receive the message.

The chief relayed Saint Ramdaas' message exactly as it was, word to word, to the villagers. There was a pin-drop silence at the meeting when the chief announced this message. Every participant in the meeting started looking at each other and thought, "What if he is *Devdoot*?"

Navneetbhai (In Gujarati, '*Bhai*' means brother which is normally added to a name for denoting respect.) looked at Manoharbhai and thought in his mind, "In my difficult times, Manohar has helped me so much. He is a friend in need. And, by praising Kishan even only once, I have disowned my relationship with him and given the conflict of Kishan and Mohan such a big form? Are Manohar's virtues less than that of a *Devdoot*? What consequences will I have to face for behaving like this with such a *Devdoot*?"

Ramilakaki (aunty) remembered how Jasukaki had taken care of her during her illness. Even Somabhai remembered the jovial time he had spent with Mansukhbhai.

Everyone was contemplating on this one thought, "For such a small issue, how can we all become so offensive to each other? How can the

good deeds be forgotten? What a blunder! What if this person turns out to be the Devdoot?"

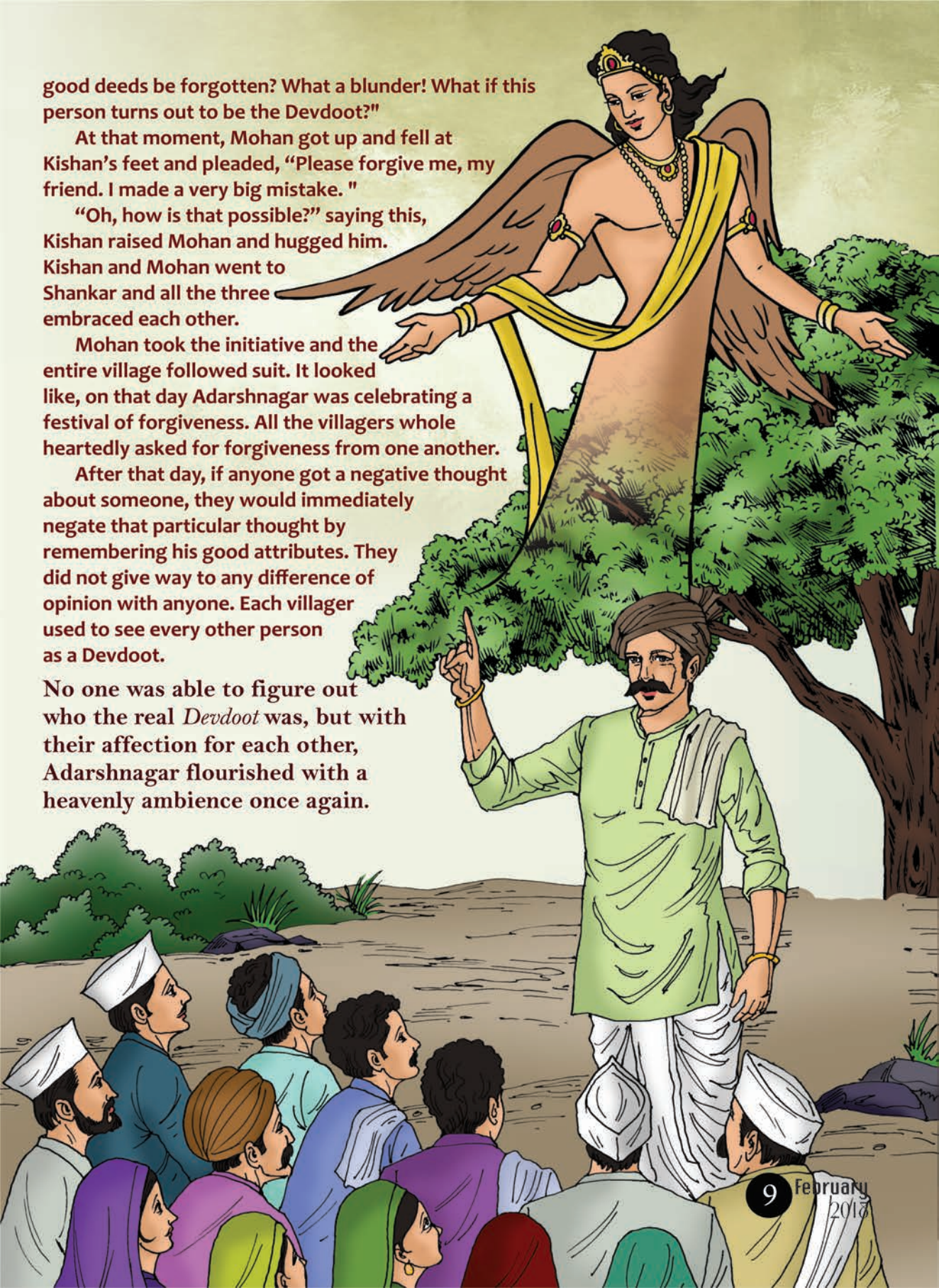
At that moment, Mohan got up and fell at Kishan's feet and pleaded, "Please forgive me, my friend. I made a very big mistake."

"Oh, how is that possible?" saying this, Kishan raised Mohan and hugged him. Kishan and Mohan went to Shankar and all the three embraced each other.

Mohan took the initiative and the entire village followed suit. It looked like, on that day Adarshnagar was celebrating a festival of forgiveness. All the villagers wholeheartedly asked for forgiveness from one another.

After that day, if anyone got a negative thought about someone, they would immediately negate that particular thought by remembering his good attributes. They did not give way to any difference of opinion with anyone. Each villager used to see every other person as a Devdoot.

No one was able to figure out who the real *Devdoot* was, but with their affection for each other, Adarshnagar flourished with a heavenly ambience once again.



Amba school & Gnan Mandir celebrated their Annual day with 'A to Z Positivity' theme.

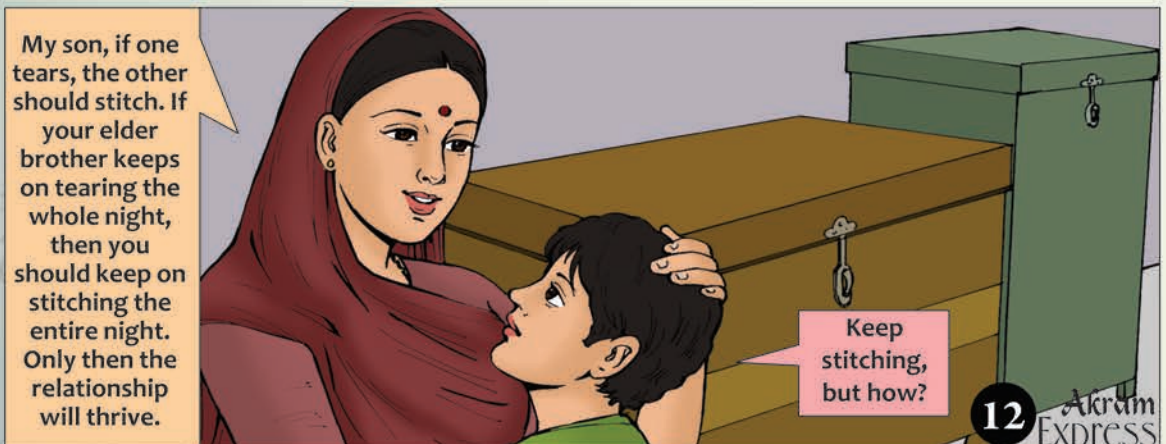


Grand launch of the book 'Gnani Purush' by Pujyashree & Cultural Program

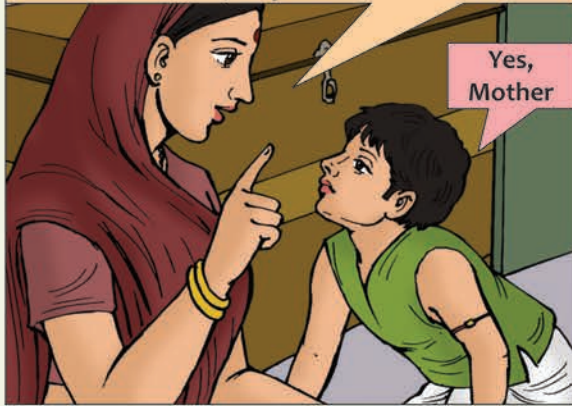


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Dialogue

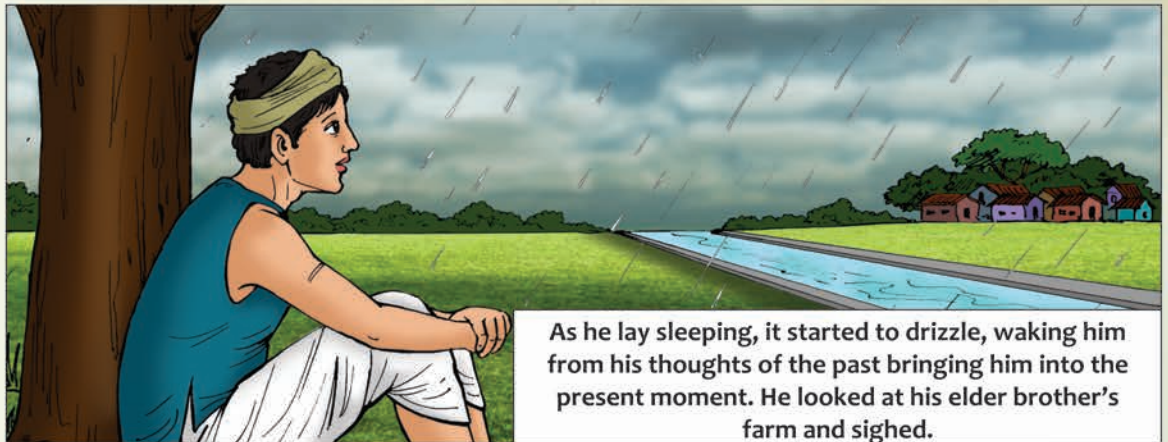


If the entire night your elder brother thinks that 'Gopal is very bad', then the entire night you should keep thinking, 'Elder brother is very good, it is only my mistake', only then by morning your relationship with him will be resolved, do you understand?

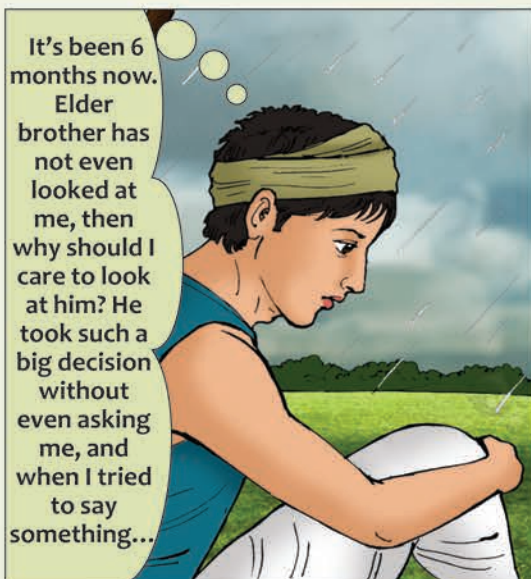


Yes, Mother

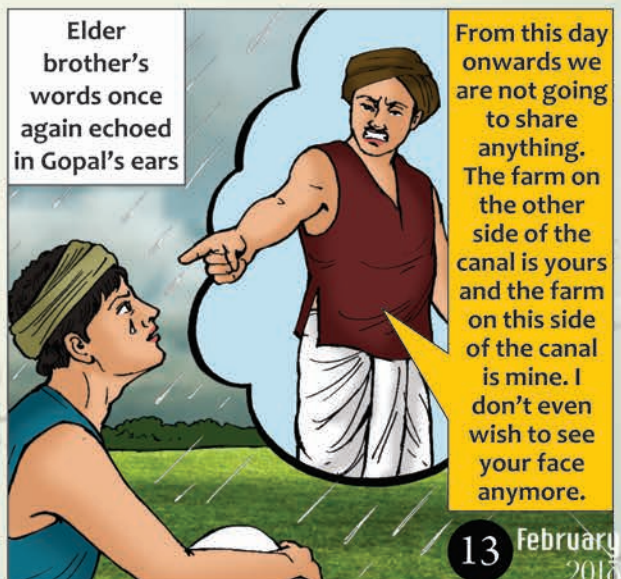
And if he tears and you also tear, then you both will get separated. There will be a split up.



As he lay sleeping, it started to drizzle, waking him from his thoughts of the past bringing him into the present moment. He looked at his elder brother's farm and sighed.



It's been 6 months now. Elder brother has not even looked at me, then why should I care to look at him? He took such a big decision without even asking me, and when I tried to say something...



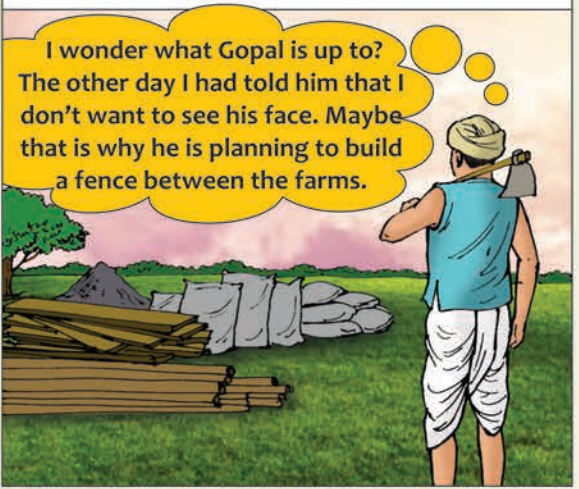
Elder brother's words once again echoed in Gopal's ears

From this day onwards we are not going to share anything. The farm on the other side of the canal is yours and the farm on this side of the canal is mine. I don't even wish to see your face anymore.

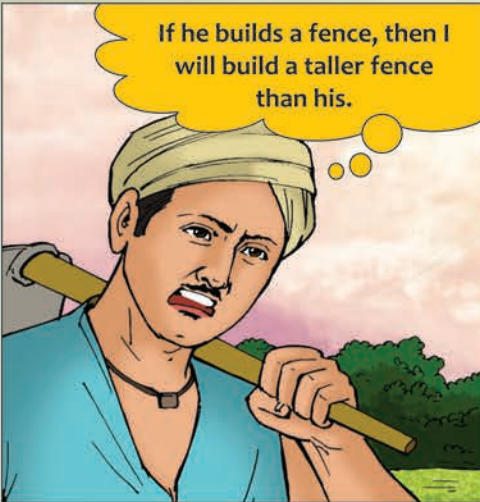
Gopal's eyes were filled with tears on remembering this event. By this time it had started to rain heavily. He wiped his face and moved towards his home.



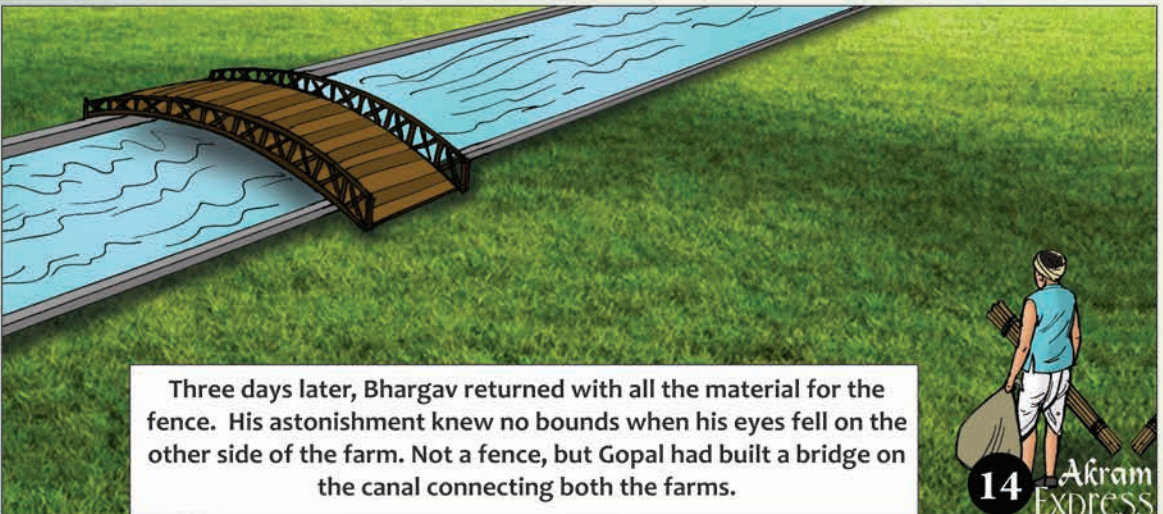
The next day, Bhargav noticed logs of wood and other construction materials in Gopal's farm.



If he builds a fence, then I will build a taller fence than his.

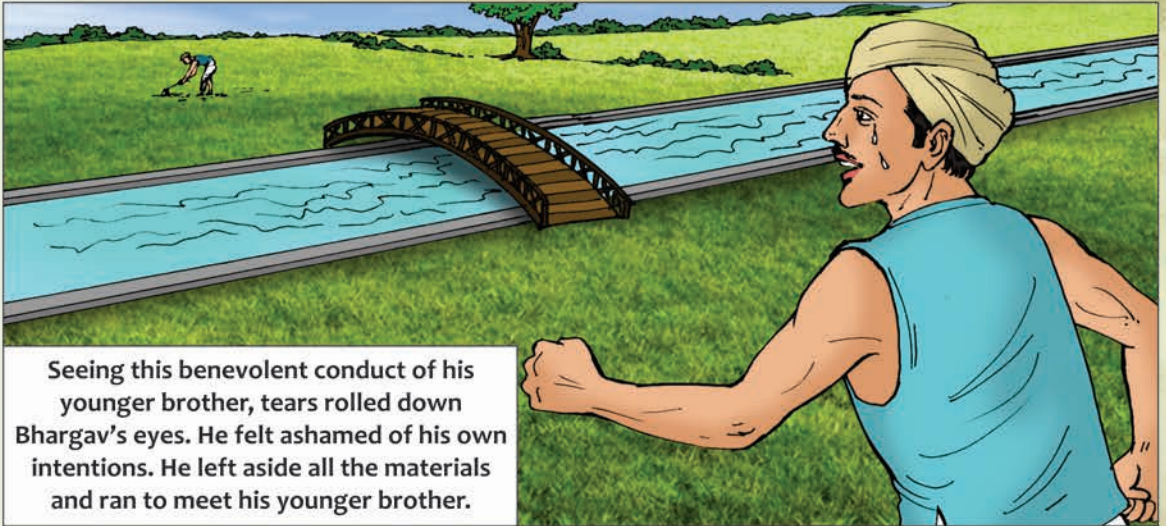


And the same day, he left for the city in order to buy construction materials required to build a fence.

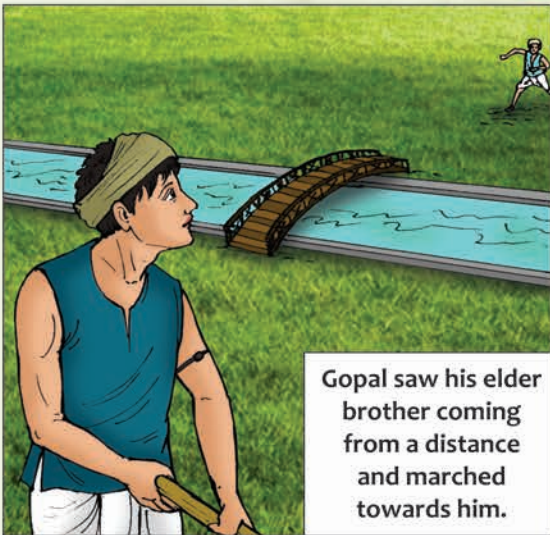


Three days later, Bhargav returned with all the material for the fence. His astonishment knew no bounds when his eyes fell on the other side of the farm. Not a fence, but Gopal had built a bridge on the canal connecting both the farms.

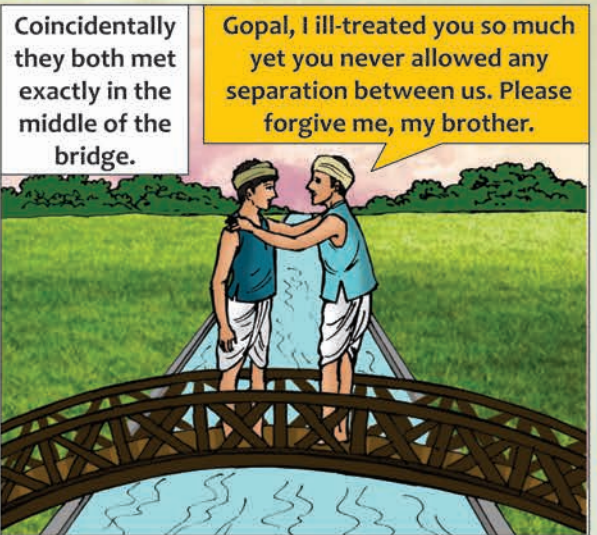




Seeing this benevolent conduct of his younger brother, tears rolled down Bhargav's eyes. He felt ashamed of his own intentions. He left aside all the materials and ran to meet his younger brother.



Gopal saw his elder brother coming from a distance and marched towards him.

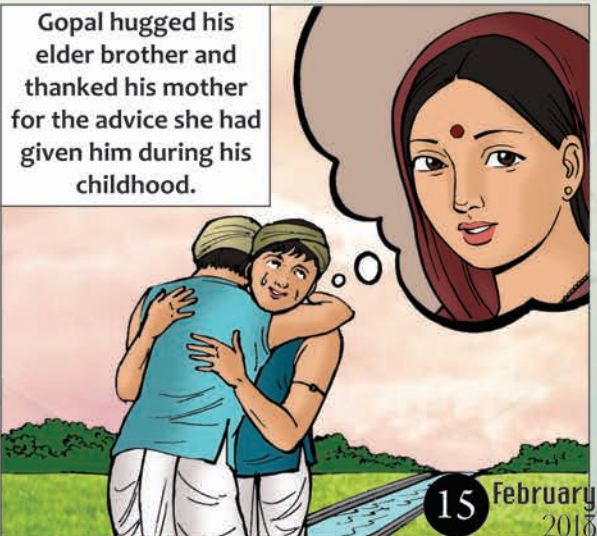


Coincidentally they both met exactly in the middle of the bridge.

Gopal, I ill-treated you so much yet you never allowed any separation between us. Please forgive me, my brother.



I thought you were going to build a fence. But by building a bridge, you have brought our hearts together.



Gopal hugged his elder brother and thanked his mother for the advice she had given him during his childhood.

Once upon a time, King Brahmadutt ruled over the kingdom of Kashi. He had hundred sons, the youngest of whom was Samvar. The king sent ninety nine sons to a guru to gain knowledge. He sent Samvar to Bodhisattva.

Bodhisattva was very learned. After many years of practice under him, Samvar became bright and matured. After years of learning, the Guru brought the ninety nine princes to the king. He proudly declared to the king, "Your sons have excelled in all the skills."

The king's joy knew no bounds. He appreciated and thanked the Guru profusely and rewarded him inexplicably. After delegating the responsibility of different regions to each of his sons, he bid them farewell. When Samvar found out about this, he asked Bodhisattva, "Gurudev, if my father were to give me the responsibility of a region, what should my next step of action be?"

After a brief contemplation, he gravely replied, "My child, if such a situation arises, my advice would be that you politely and respectfully refuse your father's offer. It is your duty and your dharma to serve your father with utmost devotion and sincerity." Samvar thanked Bodhisattva for the valuable advice and accepted it as his guru's directive (*agna*).

One fine day, King Brahmadutt visited Bodhisattva's ashram. After greeting his father, Samvar sat down next to his guru. The king asked Samvar, "Son, have you gained all the knowledge?"

"Father, with Guru's grace, I have acquired all the skills," replied Samvar.

Hearing this, the king exclaimed, "Then, since you are now ready, please choose any region of this kingdom to reign."

Samvar very dutifully replied, "Father, I am the youngest of all your sons. If I choose to go away from you in order to reign, you will be left alone. Who will take care of you? I don't need any authority. There should be someone to take care of you. I wish to spend my life to be with you to take care of you."

Hearing this, the king was extremely pleased and agreed. From that day onwards, Samvar started living with his father, taking care of him and used to seek guidance from Bodhisattva as and when necessary.

Once with the advice of Guru Bodhisattva, Samvar converted a barren land into a useful land. He planted flowers and fruits there and created a beautiful garden. Now the garden became an attractive spot which was frequented by even the rich merchants. Samvar familiarized with them. All the people in the city were singing praises of Samvar.



Mythological Story



One day, with the permission of his father, Samvar hosted a big feast for everyone including the Government officials, military officials and navy officials of the country. Spacious guest houses were also built for foreign delegates and business people. Thus, Samvar became more popular throughout the country.

Many years later, King Brahmadutt who had now become old, was nearing his end. So he called his ministers and said, "After my death, all my hundred children have equal right to my throne. So think carefully and choose the wisest prince among all and make him the next king."

Saying this, the king left his body. After his death, all the ministers pondered well over this matter and after discussion came to a conclusion that Samvar will make the most ideal king for the kingdom. Samvar was elected the king with a ritual of consecration by sprinkling water (*rajya-abhishek*) followed by a grand celebration. The entire kingdom was happy. From that day onwards, with the guidance of his guru Bodhisattva, Samvar ruled over the country judiciously.

The other ninety nine princes were unhappy that the Samvar, the youngest brother was declared the king. So they started backbiting about him. As time passed, they revolted against him and sent a message to Samvar through their messenger warning him to leave the kingdom, and if he denied, he would have to face its consequences. Then they surrounded the castle with their army.

Samvar passed this message to his guru Bodhisattva. Guru advised, "Animosity with your brothers is a very big sin. Instead divide your father's entire kingdom among all your brothers equally and win their love. Samvar abided by his Guru's directive (*agna*)". His brothers were surprised and the eldest of all, Upaasat was stunned.

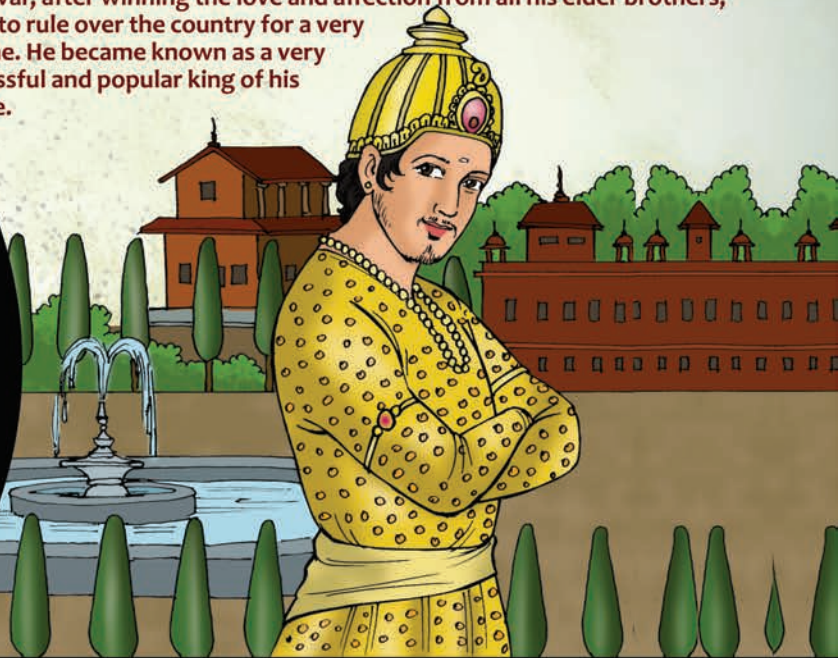
Upaasat exclaimed to his younger brothers, "We had thought that Samvar, on becoming the king, would have become arrogant. That's why we tried to attack him. But he has dealt with this matter so judiciously and won our hearts. How can we attack a noble brother like this?"

"Then what is our duty?" questioned one of the brothers.

Upaasat answered, "We should join hands with our brother Samvar. Even though we all have equal rights to our father's throne (kingdom), all of us cannot become kings at the same time. So I feel it's ideal to return the equal share that he has given us, back to him and accept him as the king.

Witnessing Samvar's gesture, all the brothers felt this was an ideal decision and abided by it. They went to Samvar's palace proudly singing his praises. Upaasat, on behalf of all the brothers graced Samvar with a lot of blessings.

Thus Samvar, after winning the love and affection from all his elder brothers, continued to rule over the country for a very long time. He became known as a very successful and popular king of his time.





Real Life Story

This is a real life story of Abraham Lincoln, one of America's renowned presidents. This incident happened when he was in his youth.

In 1831, Abraham Lincoln moved to the New Salem city in the state of Illinois. He started working as a clerk in Denton Offutt's office. Offutt was greatly impressed by Abraham Lincoln. Lincoln was extremely intelligent and equally strong.

Offutt often used to brag to everyone who visited his office, 'This six feet four inch (6'4) tall clerk in my office is not afraid of anyone. He is so capable that you can't find a single mistake in his work and so strong that no one can even dare to touch him'.

In the same city, there was a team of gangsters who used to scare and frustrate the passers-by and also trouble the shopkeepers by making fun of them in order to gain control. Jack Armstrong, their team leader came to hear a lot of praises about Abraham Lincoln throughout the city.

Armstrong became envious and thought, 'Who is this person who seems to be better than me in my region. No one in this entire region is equivalent or capable enough to compete with me'. He proudly told his gang members, "Let's teach Lincoln a lesson today."

The whole gang turned up at Denton Offutt's office. Raising his collar, Armstrong arrogantly challenged Offutt, "It's time to relieve your clerk and send him back home. You have been boasting a lot about your clerk that he is a great wrestler. Today I am going to defeat him and prove you wrong. So far no one has defeated me in wrestling. You will now witness how bad his state is going to become.

Lincoln accepted Armstrong's challenge. The entire city gathered to witness their competition. The fight began. Both of them punched each other, grappled, and twisted each other's arms.

Soon, Armstrong realized that Lincoln was too strong for him. It was absolutely impossible to defeat him. Hence, Armstrong offered a friendly hand shake to Lincoln as a gesture of acknowledging his own defeat and to make things amicable. Lincoln immediately reciprocated and shook hands with Armstrong. As time passed, both of them became best of friends.

Heeding to Lincoln's advice, Armstrong and his gang stopped ragging people and turned towards righteousness. During that period, Armstrong helped Lincoln in many ways. Years later, Jack Armstrong's son got trapped in a legal tangle. During that period, Lincoln was a renowned lawyer and helped him out of the mess and thus reciprocated to his friendship.

Thus, an ego-battle which could have resulted in enmity between the two resulted in a lifetime friendship between them. Instead of fighting a battle to defeat each other, both the competitors wisely developed the right understanding and did not leave scope for any separation (bhed).

One day a celibate sister was having breakfast with another sister. Both of them took tea while having breakfast. On this occasion Niruma also joined them for breakfast. Niruma asked one of the two celibate sisters, "Do you have a habit of drinking tea?"

"No, Niruma I generally don't drink tea," answered the celibate sister.

Niruma asked, "Then why did you take tea when you don't drink?"

"I need to accompany breakfast with some liquid, that's why I took tea Niruma."

Hearing this Niruma enquired, "What do you normally drink when you are at home?"

"Milk!" replied the sister.

"Then why didn't you take milk here? Is this not your mother's home? Why are you differentiating?" Saying this Niruma got up in the middle of her breakfast, went into the kitchen and prepared milk for the sister immediately. Niruma gave her a glass of hot milk after adding almonds, nuts and saffron and told her with a lot of love, "You should take milk without any hesitation just like you do at your home."

She once again insisted, "This is your mother's home. Hence you should never differentiate. And if you differentiate, you will distance yourself. Should there ever be a distance with the enlightened one? You should always maintain that you and Niruma are one.

Thus Niruma helped her establish a vision of oneness (*abhedta*). She told her with love, "You should take milk in this tumbler every day."

The sister was deeply touched to see the extra-ordinary love of Niruma.

Next day Niruma handed over a mixture of powdered almonds and nuts and told her to take it mixed in milk every day. Niruma, on observing the hesitation of the sister, thus advised, "This is good for your health as it will help you overcome your deficiency of vitamins." The sister felt emotional to see that Niruma was even aware of her vitamin deficiency.

The sister was overwhelmed to see the care and concern of Niruma and got attached to her string of love for her entire life.

Dear friends, everything can be forgotten but Niruma's love can never be forgotten.

Sweet memories





And Lastly...

Once upon a time, Lord Buddha was addressing a gathering. He had a kerchief in his hand and he started to tie knots in the kerchief. Everyone looked at him in anticipation.

After tying four to five knots in his kerchief, he showed it to everyone who had gathered there and asked them, "Is this the same kerchief which I had brought with me initially or is there any difference?"

One person from the audience said, "Lord, the kerchief is the same, but its condition has changed." Lord Buddha said, "What you said is right. But if I wish, is it possible for me to bring the condition of the kerchief back to its original form? "

Someone from the audience replied, "Lord, it is possible but you will have to untie all the knots from the kerchief."

Lord Buddha asked, "How would you untie the knots? Will the knots will be untied by pulling the kerchief?"

One of the listeners replied, "Lord, if we observe carefully and figure out exactly how the knots have been tied, then it will be easier to untie the knots. But if we don't know that, it is also possible that by pulling the kerchief, we might make the knots tighter."

Lord Buddha told the audience, "Exactly, the knots in our relationships also have to be untied in the same way."

Friends, many a times, the knots are formed in a relationship in this way. If we insist that only we are right, then the knots become tighter. And it causes a division (*bhed*) with the other person. If we analyze the reason behind the knots, and without expecting anything from the other person, try to remove root cause of the knots, then we can easily untie all the knots. And the relationships would become smooth just like this kerchief.

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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