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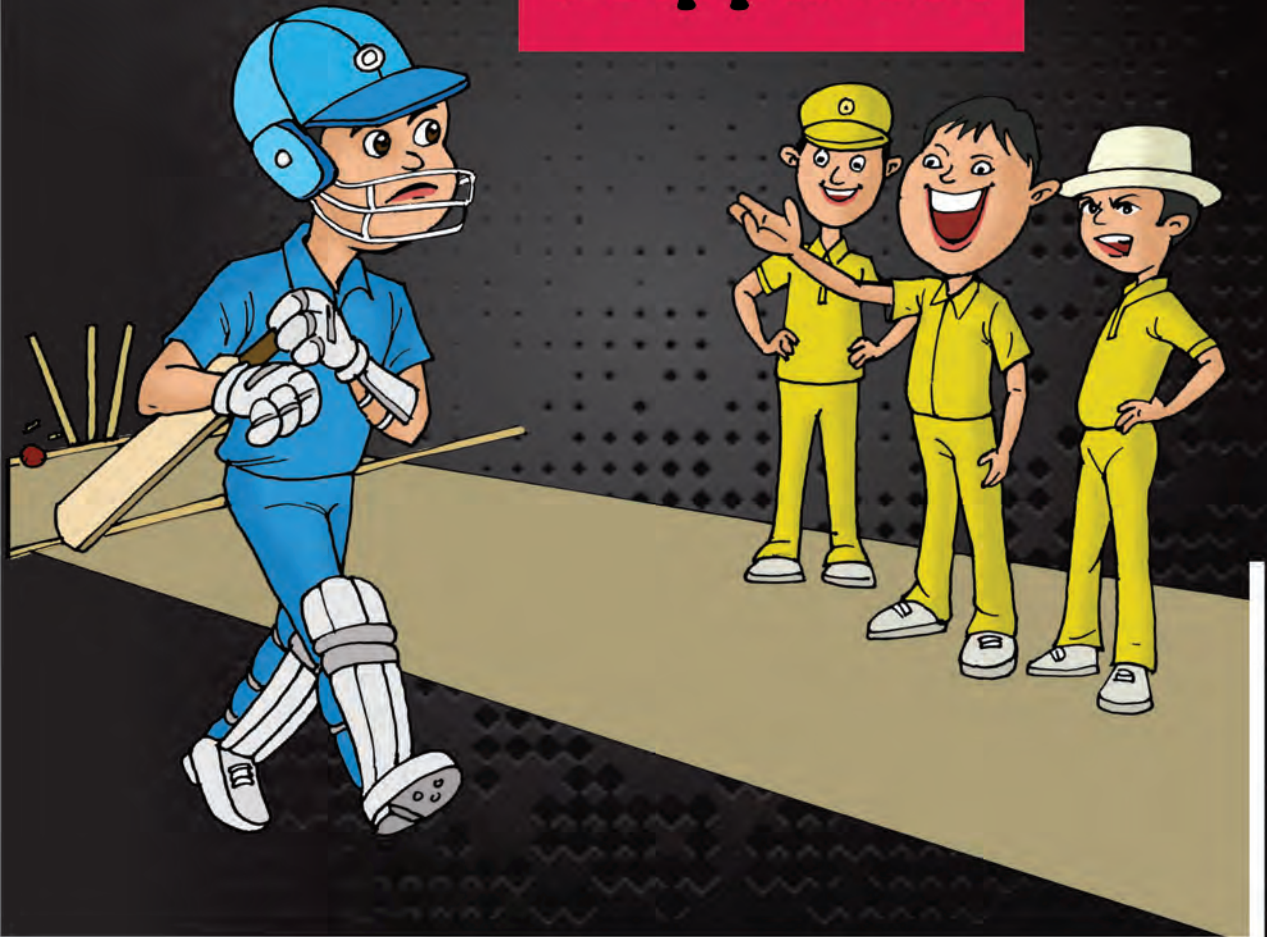
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# AKRAM Express

Beastly

Happiness



Friends,

We have covered the topic of happiness many times before, but did you know that if you get happiness for the wrong reasons it is considered a 'crime'?

If you didn't, then let's read on to find out what it means to be happy for the wrong reasons; why it happens; and what we can do to stop it.

- Dimple Mehta

# Beastly Happiness

# Akram Express

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# Gnanis Say...



**Questioner:** What is beastly happiness?

**Niruma:** Beastly happiness occurs:

- with people whom we don't get on with;
- with people who we see as competition for us;
- with people whom we have enmity with;
- with whom we have bound a revenge; and
- with those whom we hate.

When anyone who fits into any of the above categories is humiliated in public, or if something goes wrong for him; or if he suffers a loss, we feel happiness within because we feel that he was on his high horse and now he has fallen and has been put in the right place; he has been taught a lesson by the laws of nature. Whether it has anything to do with us or not we feel happiness from within. That is known as beastly happiness.

The reason behind this feeling of happiness is that we do not like that person.

For the person we love, we feel upset if they suffer a loss. And for the person we hate or dislike or towards whom we have vengeful feelings, we get happiness from within that he got what he deserved.

Beastly happiness exists at a very subtle level. On the outside we look wise or concerned, but inwardly cunning as we are taking pleasure. For example if two people are talking and one is saying that he wants to go down South while the other is saying he wants to go up North. Both of them are quarreling but then everyone decides to travel North in the end; the person who had said 'to go North' feels happy and thinks to himself, 'see, everyone ultimately agreed with what I was saying. I knew he was wrong and what I was saying was right'. In this way he becomes extremely happy from within. This is all 'beastly happiness'.



We are referring 'beastly' to a person's inclination towards beastly happiness; we are not referring to an animal or animal behavior. The one who has beastly tendencies is seen by others as animal-like.

## Absolutely New And Different !

We are degrading our own selves by indulging in beastly happiness because others are not aware of this happiness we are feeling within.

As a result we are causing harm to our own selves.





'Monstrous' is referred to inner tendency and behavior and not a reference to a monstrous incarnation that is portrayed in stories as having big horns, has eight arms and four heads. It is not like that, but his instincts are monstrous. That is why he is like a monster.

In the olden days the kings used to hunt and experience happiness, that is not beastly happiness but 'monstrous happiness'. Monstrous happiness is when, after killing a living being, one experiences happiness and shows off by saying that he has killed so many, burnt so many buses etc. Monstrous happiness is even more dangerous than beastly happiness.



# Recognizing the Disease

'Blessed is the town of Rampur where such a noble saint resides'. The devotees from nearby towns had only this in their hearts that day, having listened to the beautiful discourse given by the saint.

The saint's fame was so wide-spread that whenever there was a discourse planned, people from nearby towns did not want to miss it.

In the town of Rampur, the person who was mainly responsible for serving the saint and arranging the discourses was Haribhai.

"Haribhai, you are very meritorious that you have attained such an extraordinary opportunity to look after the saint in this way," said the *sarpanch* (chief) of the nearby town of Daaspur.

"You are right, brother. I was an orphan when the saint took me into his care and raised me and since then I have surrendered my entire life to him." Haribhai's tone was choked with emotion.

"I have heard that the saint has never gone outside this town for discourses," commented the *sarpanch*.

"Yes, that's absolutely correct," said Haribhai.

"So, will we never have the benefit of looking after the saint? Will our town never be blessed by his visit by him?" asked the *sarpanch* with a sigh.

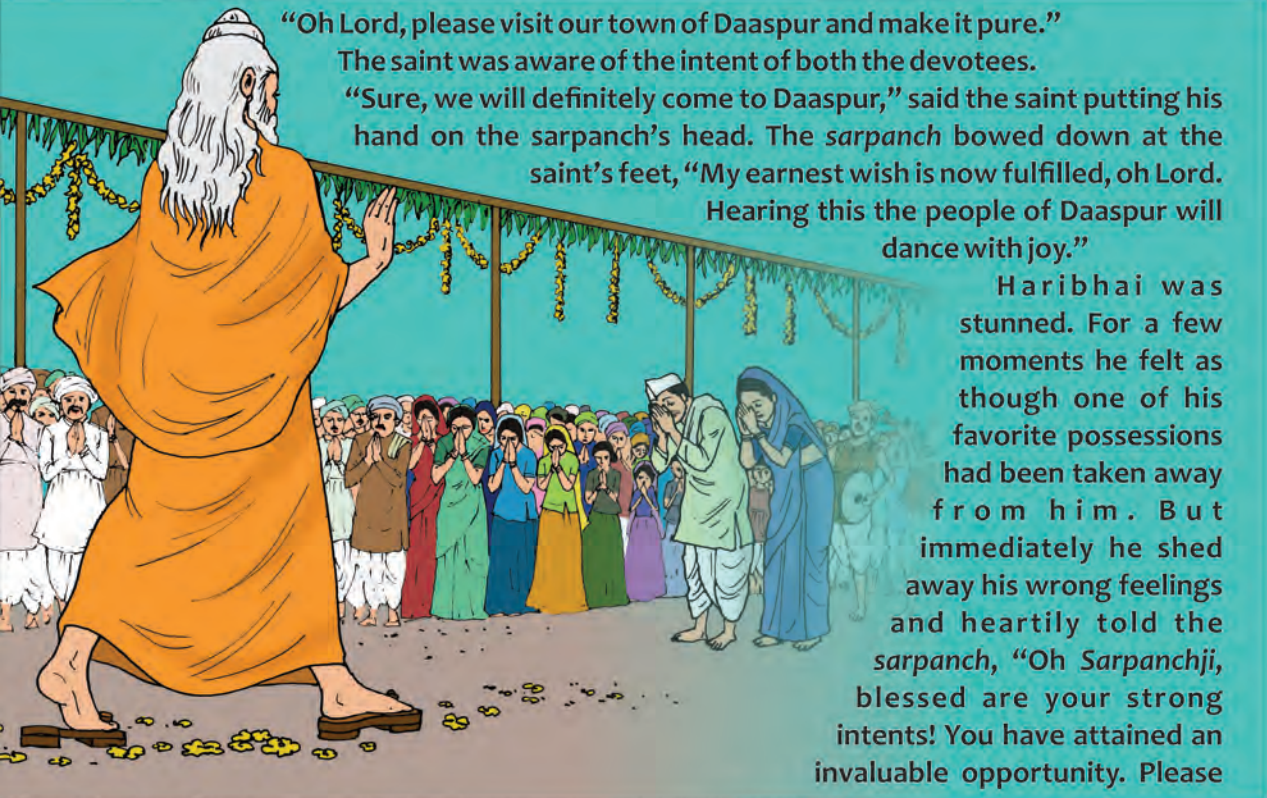
Haribhai was sure that the saint would not like to go out of Rampur. Deep within, Haribhai felt proud of the fact that he was the only one who had been blessed with this extraordinary opportunity to serve such a holy man.

Just to console the *sarpanch* he said, "Oh brother, please do not be upset. God willing, the saint will definitely come to your town. Let me take you to him and you can personally invite him."

Haribhai introduced the *sarpanch* to the saint and also made his wish known to the saint. The *sarpanch* was standing there with his hands joined together.

When the *sarpanch*'s eyes met with the saint's, he





“Oh Lord, please visit our town of Daaspur and make it pure.”

The saint was aware of the intent of both the devotees.

“Sure, we will definitely come to Daaspur,” said the saint putting his hand on the sarpanch’s head. The *sarpanch* bowed down at the saint’s feet, “My earnest wish is now fulfilled, oh Lord.

Hearing this the people of Daaspur will dance with joy.”

Haribhai was stunned. For a few moments he felt as though one of his favorite possessions had been taken away from him. But immediately he shed away his wrong feelings and heartily told the *sarpanch*, “Oh *Sarpanchji*, blessed are your strong intents! You have attained an invaluable opportunity. Please

do not hesitate to let me know if I can help you in any way.”

Haribhai drew on his experience and provided many suggestions to the *sarpanch* on how to serve the saint.

“And above all... *Sarpanchji*, please make a special note that the saint likes simplicity,” emphasized Haribhai.

Reaching Daaspur the *sarpanch* urgently gave the news to all the people of the town. Everyone was thrilled with joy and started planning the welcome for the saint.

“Our town should stand out,” said the *sarpanch* to his wife. “Looking at all our arrangements the saint will feel that the people of Daaspur have appreciated him more than the people of Rampur,” said the *sarpanch*, exhibiting his greatness.

“But I do not think he will be pleased to see so much splendor. The saint will value our faith and devotion, not the materialistic things,” said his wife trying to make the *sarpanch* understand. But the *sarpanch* in his hour of glory did not care about what his wife had to say.

Haribhai and the people of Rampur arrived in Daaspur a little earlier than scheduled.

Haribhai was totally perplexed when he saw that all the arrangements were completely different to what he had instructed.

“What is all this *Sarpanchji*? I had told you earlier that the saint would not be pleased

to see too much splendor; 32 different varieties of food; all this silken seating...; the saint does not require all this," Haribhai blurted out.

"Oh, Haribhai, it is the first time in my entire life that I have received this opportunity. Let our desires be fulfilled. I would like all the people of Rampur to enjoy and take full advantage of the discourses. We are the hosts and you are our guests." The *sarpanch* had no qualms in rejecting what Haribhai said and instead, he felt proud of all the arrangements he had made.

The people of Rampur found the *sarpanch's* behavior inappropriate.

"Haribhai, nobody can look after all the needs and comforts of the saint as well as you do. The *sarpanch* will realize this after seeing the saint's disappointment," consoled one merchant.

Another person agreed, "You are absolutely right. The *sarpanch* is crazy. He should listen to the person who has spent his entire life serving the saint."

Without giving any response Haribhai walked away from there. People felt that Haribhai was not interested in such gossip. But the truth was that Haribhai was quite pleased from within that in the eyes of his people he was right and the *sarpanch* was wrong.

The saint was welcomed to Daaspur in a grand manner. He won everyone's

heart just by his presence and gave a beautiful discourse.

It was time for lunch. Expensive seats had been laid out. The different varieties of food were served in silver utensils. Haribhai had a serious expression on his face; but from within he was taking pleasure at the thought 'when the saint shows his disappointment the *sarpanch* will understand what a grave mistake he has made by not taking my advice'.

The saint took his seat. There was no emotion on his face.

"*Sarpanchji*, I am very pleased to see all the people of Daaspur so thrilled with joy, said the saint.

Haribhai's happiness dwindled away. 'What! The saint did not show any disappointment? I thought...'

"Haribhai, I will have '*kheer*' (rice pudding) in my room. Bring the bowl of and a piece of lemon to my room." The saint's words brought Haribhai back to the present from his thoughts. After blessing everyone there the saint went to his room.

Haribhai gave the bowl of *kheer* to the saint.

"Please put 2 drops of lemon in the *kheer*," said the saint.

Haribhai did as requested.

"Now, I will have the *kheer*," said the saint.

"Please forgive me my Lord. I will not be able to let you have this *kheer* for you will get sick," said Haribhai joining his hands in forgiveness.



“You are correct Haribhai. Just 2 drops of lemon in the *kheer* makes it diseased; in the same way a few drops of ‘beastly happiness’ within us can make us lose our human virtues and become like beasts,” said the saint.

“Beastly happiness?” enquired Haribhai as he did not understand.

“Yes, Haribhai. The fact that we feel pleased from within when someone is put down is known as ‘beastly happiness’. The instructions you gave the *sarpanch* were not followed and because of that you developed dislike towards him. Had I said a few harsh words to the *sarpanch* then would that have made you feel happy or hurt?” The saint pointed out the disease that had set within Haribhai.

Haribhai looked down. “I would have felt happy,” he replied slowly.

“Oh dear, you were experiencing happiness at the thought that the *sarpanch* was going to be put down. Also, when the people said that the *sarpanch* was wrong and you were right, you were feeling happy from within.” The saint was aware of all of Haribhai’s inner intents. “We can fall much lower if we take happiness out of someone else’s discomfort! You are always serving me. I cannot bear the thought of you committing any self-destruction!”

Tears of repentance began to roll

down Haribhai’s cheeks when he heard the saint’s caring words.

“Please forgive me oh Lord, I will never repeat this mistake again,” Haribhai said with remorse and fell at the feet of the saint.

“ Put two drops of lemon in the *kheer* ”



# Let's Play...

1)

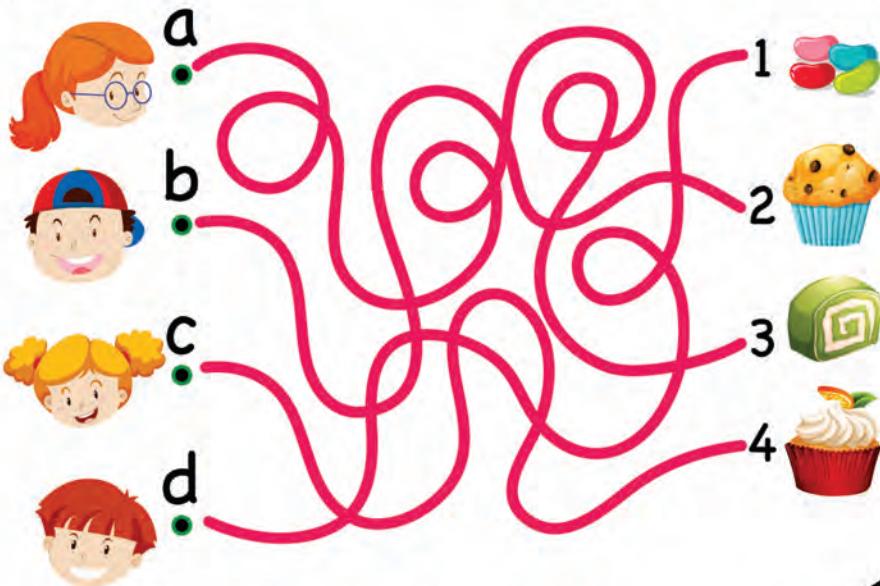
$$\begin{array}{r} 6 \quad 3 \quad 2 \\ - 3 \quad \square \quad 5 \\ \hline 2 \quad 6 \quad 7 \end{array}$$

What is the missing number?



Help these children to get them their favorite food items

2)



# Magical Camera



It was story telling time and everyone was listening with interest.



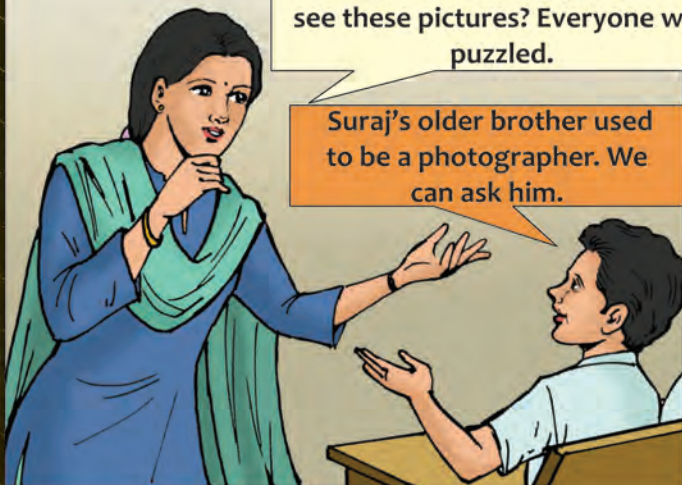
... and Suraj, Niraj and Dhiraj started to examine the extraordinary camera.



And then all the three friends had their pictures taken in different poses.



But now how will they be able to see these pictures? Everyone was puzzled.



Suraj's older brother used to be a photographer. We can ask him.

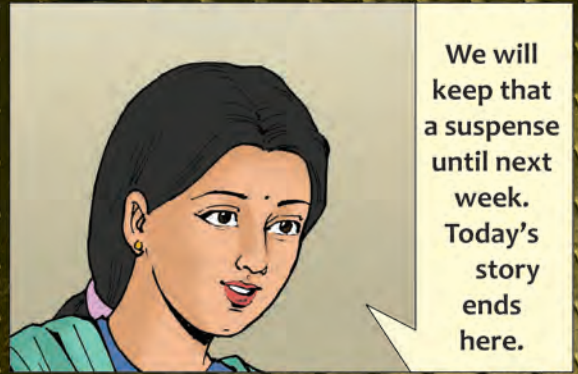




Yes, of course. So they all went to the older brother. After a lot of effort the older brother managed to get prints of the pictures from the camera. Everyone almost fainted when they saw the pictures. Such photos? What sort of camera is this?



Miss, what is so strange about the photos?



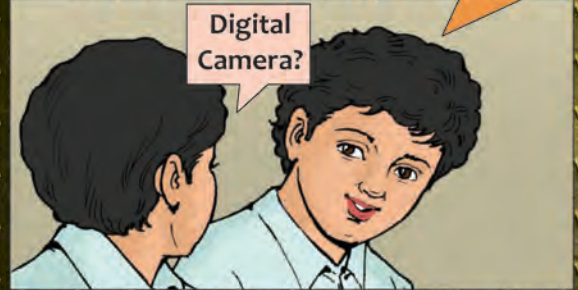
We will keep that a suspense until next week. Today's story ends here.

Oh Miss, you always end the story time like this.

Don't worry, my friend. Before the mystery is revealed during next story time, we will go to the nature park and take photos just like they did in the story. And that too using a digital camera!



Just then Kirtan came and sat beside Vandan.



Digital Camera?

Yes. My dad gave me a digital camera for winning a bronze medal in badminton. Shashankbhai will accompany us to the park. You'll come, won't you?

Vandan had a smile on his face. But from within he was feeling jealous of Kirtan.



Ok



Kirtan's father fulfills all his demands. He gets whatever he wants. And look at me...

The pink flamingoes looked beautiful by the serene lake in the nature park. Kirtan became engrossed in taking photos.

Kirtan, can I use your camera? I want to take some pictures.

Yes, sure, in a little while.



Vandan felt offended.

What does he mean by 'a little while'? He has been taking photos for ages. Why didn't he let me use it straightaway?

Just then Kirtan slipped in a muddy puddle. The camera slipped from his hands and fell on a stone, breaking the lens.

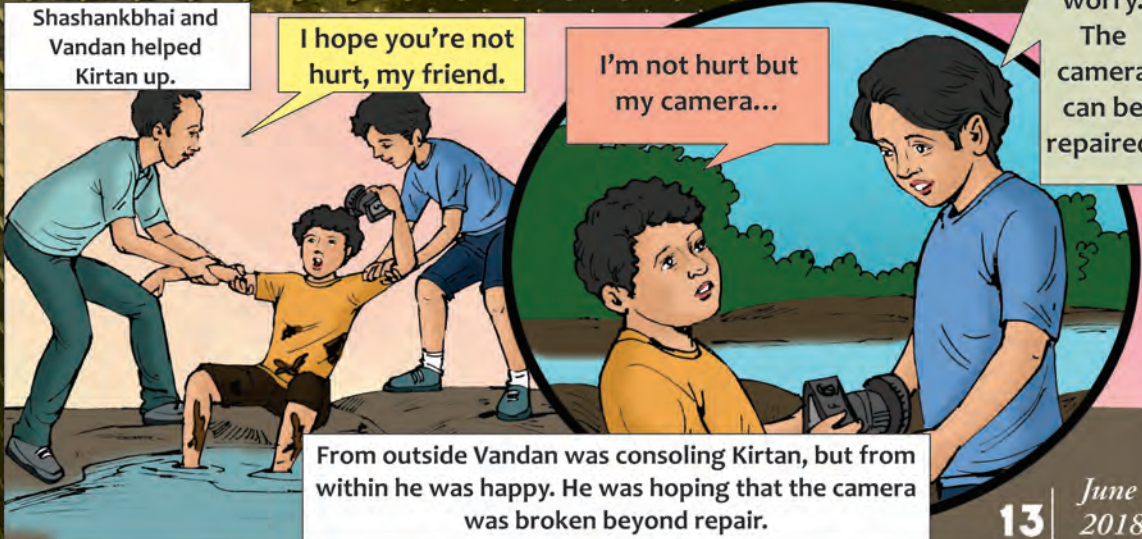


Shashankbhai and Vandan helped Kirtan up.

I hope you're not hurt, my friend.

I'm not hurt but my camera...

Oh, don't worry. The camera can be repaired.



From outside Vandan was consoling Kirtan, but from within he was happy. He was hoping that the camera was broken beyond repair.

The following week during the story telling class, the teacher revealed the mystery behind the 'magical camera'.



Do you know, friends what was in those photos? The photographs were of the 3 friends and while their faces were unchanged, both Suraj and Niraj had the body of a scary beast.

And to solve the mystery as usual the gang went to...

To the bearded man.



Looking at the photo the bearded man's eyes become stern.

This is an extraordinary camera that does not take the photo of your appearance but takes the photo of your inner intents.

You were so jealous of Dhiraj's success that when he failed you felt happy. This camera has taken photo of that 'bestly happiness'.



Suraj and Niraj were stunned. Feeling ashamed they held their heads down in shame. From that day onwards they decided never to indulge in beastly happiness, not even in their dreams!



## Sweet Memories



There was one 'brahmachari' (celibate) brother whose family members would never attend any spiritual discourses. However, one day his mother and a few other relatives arrived at one of Niruma's *satsang* (spiritual discourse). The 'brahmachari' brother was very happy to see them. After the *satsang*, in all his excitement he told the other brothers that his mother, his aunt and others had come for *satsang*.

Hearing this one of the 'brahmachari' brothers immediately corrected him, "You shouldn't say 'my mum had come'; it should be that 'a *file*' had come."

Hearing this made the brother feel very hurt. He thought that by giving such advice the other brother had taken away his happiness rather than share his happiness. He avoided talking to him and spoke to him only if it concerned work.

Seeing such behavior made the other brother realize that he had made a mistake. So he started doing '*pratikraman*' (ask for forgiveness coupled with repentance). Then he went to Niruma and told her everything that had happened.

Niruma said, "Did you realize why such words were spoken by you?"

The brother said 'no'.

Niruma said, "The disease of 'I know something' has started. 'I remain in *Gnan* (knowledge of the Self) whereas you do not'. Such speech only comes out when a person starts feeling that 'he remains in *Gnan*' all the time. This is known as a mistake in darkness. Speech is verily an uncovered ego, 'exposed' ego. One can recognize the state of the ego depending on the speech that comes out."

Then Niruma warned him firmly and said, "Shrimadji says that until you have not fully experienced your Pure Soul, till then have the belief, without any doubt, that the *Gnani Purush* (self-realized spiritual master) is my Pure Soul.

So the *Gnani* is like our mirror. When you are not able to see your own faults and mistakes, the *Gnani* is the only one who can show them to you. When you are not able to discuss your own faults in front of everyone, you should disclose them to a *Gnani*; you can write it on paper and give to me at least once a year. This is helping everyone a lot."

After listening to Niruma that brother developed great respect for her and told her how grateful he was that he had found a *Gnani* who has been able to extract his mistakes from him.

**I am very fortunate that I have found a 'gnani' who can free me from my mistakes.**

# 1) Thomas Borge



In Nicaragua, Thomas Borge started a revolution against the state politics. He was the leader of this revolution. The ruling party had Thomas arrested and put him in jail. He was tortured and put through agony for almost 500 hours.

After the revolution, Thomas was set free. He became the country's Interior Minister.

One day, Thomas happened to see a person in jail. Thomas held out his hand to the prisoner who was actually the jailer who had mercilessly caused Thomas extreme agony and pain.

Holding out his hand Thomas said, "Today the time has come to take revenge."

Thomas's revenge was that he did not want to take any revenge. He held the prisoner's hand and heartily forgave him.

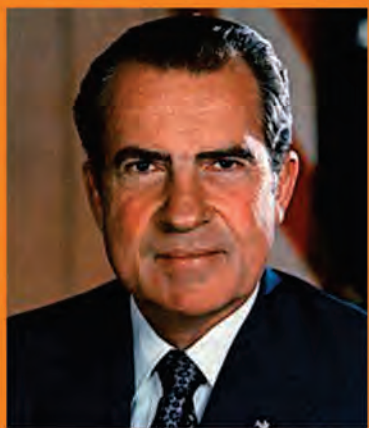
Thomas did not like to see the man locked up and in horrible conditions even though he had mercilessly tortured him for hours. Not even for a brief moment did Thomas experience any beastly happiness by having any vengeful thoughts like, 'this type of person deserves punishment'. Wholeheartedly forgiving him, Thomas was free from any revenge.



## 2) Welcome Home Mr. President

In American history Richard Nixon is the only president who resigned from his post. He was humiliated because he took some wrong decisions. Even society had rejected him.

Hubert Humphrey was America's vice-president at the time. When Humphrey died people had come from all over the world to pay their respects. Everyone was greeted as



# Real Life Story

they arrived at the prayer ceremony, except for one person; no-one was in approval of Nixon's presence.

When Jimmy Carter, the president at that time, arrived for the meeting he saw that Nixon was standing alone in a corner.

Carter went over to Nixon and extended his hand and lovingly said, "Welcome home, Mister President."

Carter was Nixon's rival but seeing the sorry state of his rival, Carter did not wish to take pleasure from someone else's downfall. When everyone present at the meeting ignored Nixon, there Carter embraced the path of love. Welcoming him sincerely, Carter made Nixon feel part of the meeting.

Pujyashree's 66th birthday  
celebration in Adalaj





Glimpses of Summer Camp  
Rajkot, Bharuch, Gandhinagar, Vadodara,  
Jannagar, Bahynagar, Mehsana,  
Ahmedabad

Summer  
Camp  
2018



Answer To  
The puzzle

- 1)6 2) a-3  
b-2  
c-4  
d-1



## And Lastly...

- “You look so bad.”
- “Look at your face, don’t even know how to laugh properly.”
- “Remove your photo from here; you look like a dunce!”
- “How can you do such a thing on line? Do you have any sense or not?”
- “You should die instead of doing such senseless

things!!”

- “Were you not ashamed of yourself before doing this? Just go drown yourself.”

One day a 13-year-old Trisha Prabhu living in Chicago was reading a newspaper when she came across a story about a girl called Rebecca, same age as herself, who had committed suicide. Trisha was moved after reading that.

One of Rebecca’s friends frequently used to post comments on her. Troubled by these comments Rebecca ended up committing suicide at such a young age.

This event gave Trisha a new direction. She started a mission of ‘**Stop Cyberbullying on Social Media**’. She did a study on ‘thoughts and experiences of a teenage girl’ and created a mobile app: **RE-THINK**.

This app was made for bullies who with their words ‘get beastly happiness by provoking others, by irritating others through unnecessary comments, and by putting others down.’

When using your mobile, while posting anything on Social Media this app will restrain you for a few seconds ...

“Stop! I feel that the words you are using are going to wound the reader’s feelings. You are writing abusive words. It is my suggestion that... you refrain from doing this and wait for some time!”

With Trisha’s app, a lot of people, especially teenage boys and girls have stopped **Cyberbullying** and after some time have experienced relief and happiness.

Trisha has done such a great social deed, and that too at such a young age that Google awarded her \$100,000/- dollars ‘Social Achievement App Award at the Science Fair.

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