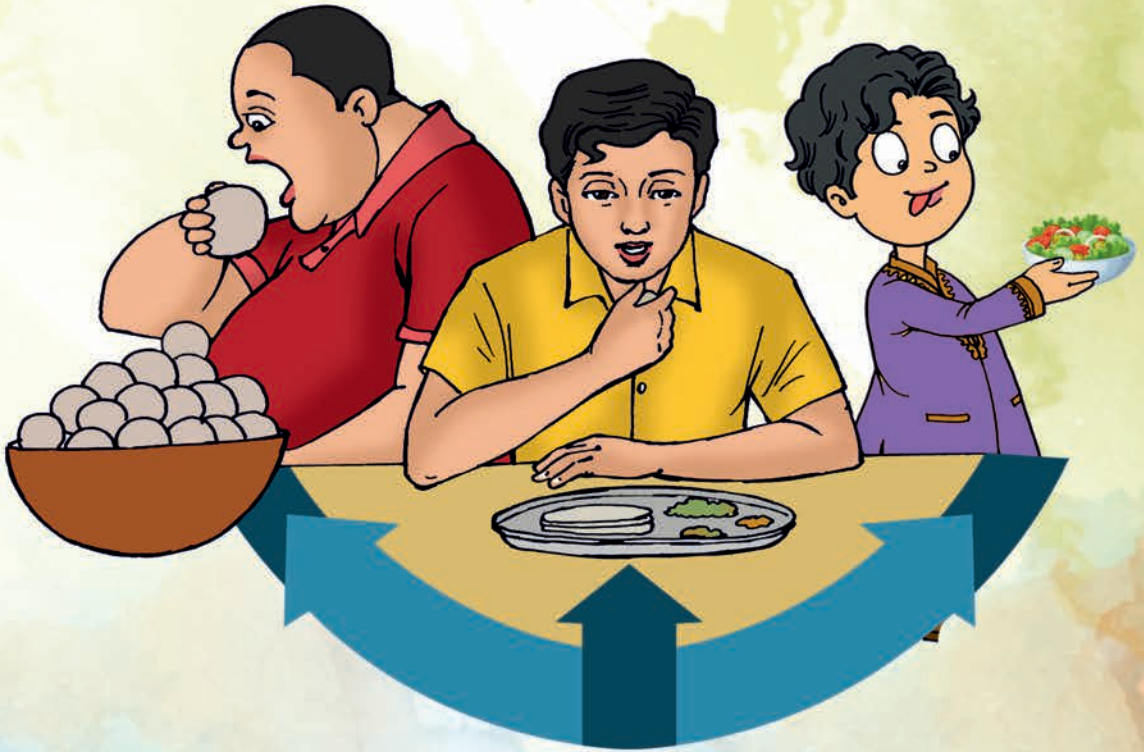


Dada Bhagwan Parivar's

AKRAM

Express



Normality



Normality

Editorial

Friends,

Most of us must have had the experience of eating our favourite food despite having a full tummy and then suffering the consequences afterwards. We end up watching TV the whole day to the point that our eyes begin to hurt. Sometimes we do not feel like doing anything so we just sleep. And if a friend comes to visit then we end up chatting endlessly, neglecting our studies.

What is all this? Do you know what this is called?

No? Then be sure not to miss this edition.

Is it actually possible to do anything over or under the limit? If so, what would be the consequences of this and what effect would it have on our lives? All of this is beautifully explained in this edition. We hope that after reading it we too can steer abnormality to normality.

-Dimple Mehta

A
k
r
a
m

E
x
p
r
e
s
s

Happy
Holi



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 : 8
Conti. Issue No.: 104
March 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



Akram
Express

Dadaji Says...

Questioner: How do we recognize 'normality' in worldly interactions?

Dadashri: If everyone is telling you that you are waking up late then shouldn't you realize that normality is lost? If you wake up at 2.30 am and start walking about then everyone will grumble why you wake up so early. So that is not normal either. Normality is that which 'adjusts' to everyone.

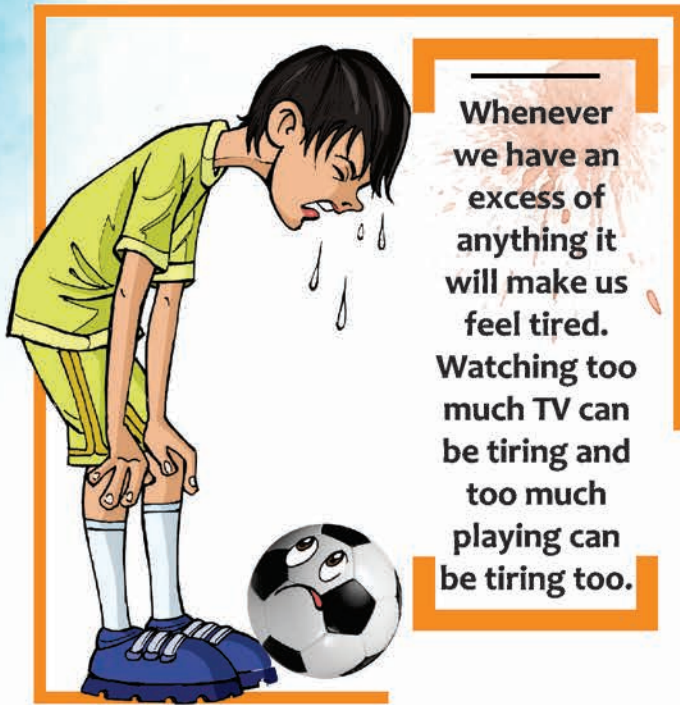
We need normality in our eating habits too. If we overeat then we will feel sleepy all the time. Try to Observe 'our' normality in everything, including intake of food and drink. 'We' maintain normality for when and how long 'we' sleep. If someone puts something sweet into my plate while I am still eating then I will taste only a little bit of it. But I would not allow imbalance in my normal food intake. I know that if I am having an extra item, then I will have less curry. You, however, do not need to go that extent.

What you need to do if you tend to wake up late is keep saying, 'this is not allowing me to stay within normality'. So we should keep alerting ourselves from within that we must wake up early. This will eventually prove to be beneficial. It is this very effort which is called 'purusharth' (real spiritual effort). Forcing oneself to wake up early will only spoil your mood.

If a person keeps studying until he is 55 years old then what would people say? They would ask, 'so when are you going to get married?' This is above normal behaviour. Whereas, to marry off a two-year-old toddler would be below normal!

I have been saying since 1942 that in 2005 the eyes of the world will be on India. At present it is progressing in that direction. Then people from other countries will come to India to learn the art of living and to learn the definition of normality. They have become so above normal that they don't know how to live life. They have increased their worldly happiness and yet they need to take sleeping pills to sleep at night! Hey, you are poisoning yourself! They have become so excessive that they have lost a natural phenomenon like sleep. How can this be called life? Mankind might have reached the moon but what did you gain from it? Are you able to go to sleep without taking sleeping pills?





Absolutely New



Through normality we can attain God and liberation because everyone, i.e. parents, teachers and friends alike will all be happy with us.

What is normality?

We should not have likes or dislikes. If we just enjoy playing games on the mobile but do not enjoy studying, then we are missing normality.

'Normality' is when there is neither too much nor too little of anything. We should not eat so much icecream that we are not able to eat our meal. If we eat a normal amount of everything then we will never fall ill.



and Different



There is only one way to be happy in this world and that is by adhering to normality. If we maintain normality in our day-to-day activities such as chatting with our friends on WhatsApp, watching TV, surfing the internet, eating, drinking, socializing, going out, working etc, then there is no unhappiness.

Just perfect

With a jolt the train stopped at the station. Parth glanced out of the window. He saw the sign for a stall selling savouries and straightaway felt tempted. He thought that the train would halt there for at least 15 minutes.

Pointing to the stall he said to Dhruv and Shivam, "I will be back soon."

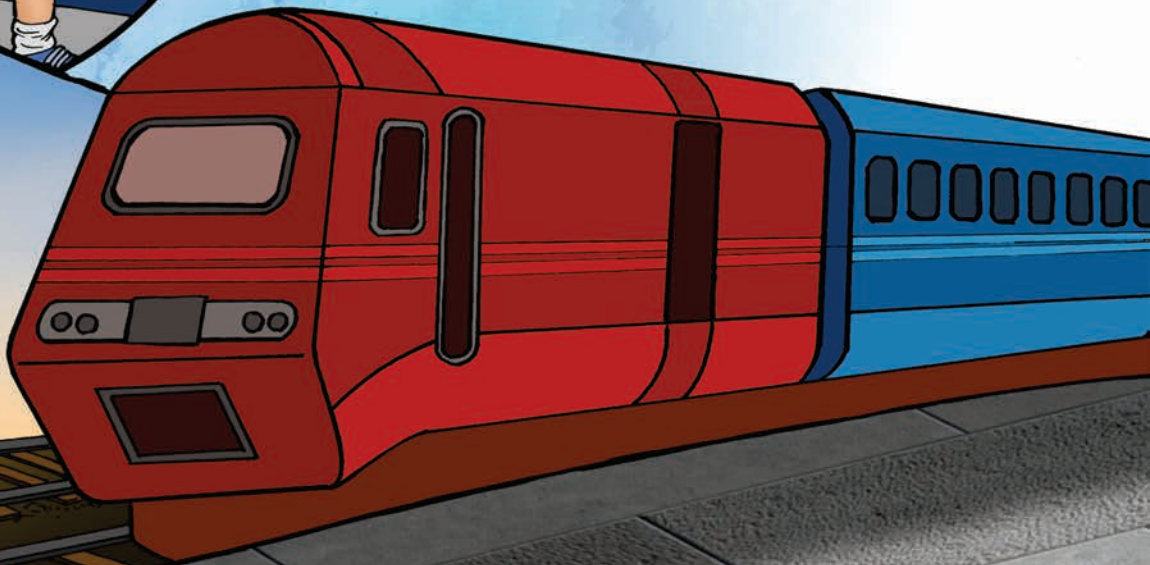
Parth's words irritated Shivam. Just two days ago he had heard the same words from Parth. The incident from previous night flashed in his mind...

'You said you will come back soon but look at the time! Have you come here to mess about? Have you never before enjoyed yourself? Are you aware of your responsibilities, or not?' Shivam reminisced about how he had shouted at Parth two days ago.

The train whistle sound brought Shivam back to the present. "Is Parth coming back or..." Before Shivam could finish his sentence Parth climbed into the carriage with three plates of savouries.

He gave one plate to Shivam and another to Dhruv. "Have some, Shivam."

"I don't want to eat," Shivam turned his head away.



Tarunbhai, a passenger in the seat opposite to theirs, was watching the three youths. The logo on Dhruv's water bottle caught his eye. It had 'Talent Search Fest' written across it. This gave him an opportunity to talk to them. "How cool! Did you all take part in the Talent Search Fest?"

None of them replied for a while but then Dhruv said quietly, "Yes, we have just come from there."

"That's interesting! Years ago even I along with my friends took part in this fest. After seeing you all today it reminded me of my trip. Oh by the way, my name is Tarun," Tarunbhai introduced himself.

Parth, Dhruv and Shivam also introduced themselves.

Tarunbhai started sharing his experience with them. "We had made a miserable fiasco but we also learnt the biggest lesson of our lives.

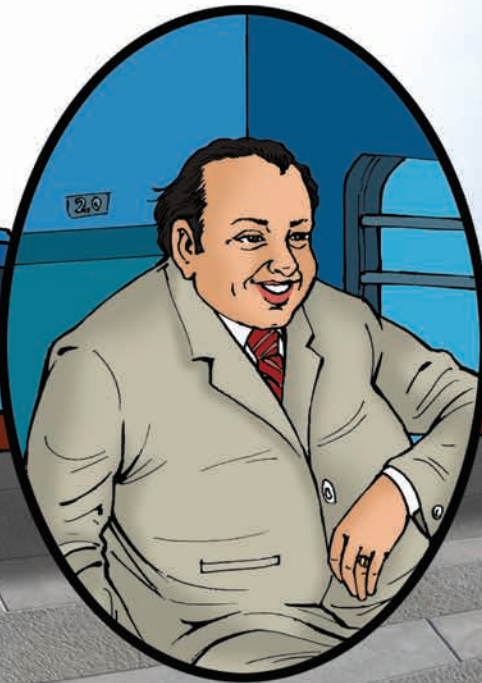
Parth, Dhruv and Shivam started taking interest in Tarunbhai's experience.

"We were selected in the hope that we would make our college proud, but today I am wondering why we were selected. We were like clowns; really hopeless. One was always late and the other always restless. And as for me, well it was as if I had no sense of timing. We were away from home for the first time, going to a new city to take part in a competition."

Tarunbhai paused for a while.

"What happened next?" asked Shivam.

Tarunbhai continued with the story, "Pranav and myself were just messing about in the train while Saurabh read throughout the whole journey. By the time we reached the hotel the three of us were exhausted; We were amazed when we saw the hotel. It was the first time we had been given the chance to stay in such a grand



hotel in such a beautiful setting. Saurabh was not too interested in the luxurious hotel. He found a seat in a corner and settled down to read. But Pranav and myself, got engrossed in our surroundings and forgot that we were there to represent our college and to make it proud. We just roamed around till evening and ate a lot of ice cream after dinner.”

Just then Parth coughed and Tarunbhai stopped. Parth felt as if Tarunbhai was painting a picture of his own character. For a moment Tarunbhai and Parth glanced at each other. Tarunbhai saw shame in Parth’s eyes and understood.

“And then?” asked Parth.

“You can probably guess what happens after you eat so much ice cream, right? On the day of the competition my nose was running continuously and Pranav kept nodding off. Even Saurabh’s attempts did not manage to save us and our team’s performance was terrible.” Tarunbhai’s voice was serious now, “We returned to the college with heavy hearts.”

The three youths were in the same state. Dhruv was anxious and with the hope that he will get to find out about the future he asked, “How was everyone’s reaction once you got back?”

“Not good. We were experiencing emotions as if we had committed a dangerous sin. The head of the department, Subhash Sir, called us into his office after one lecture.”

Just then Tarunbhai’s voice took on a slightly promising tone as he began to describe the episode as it was.

“Right boys,” Subhash Sir said. He then rang a bell and asked someone to fetch four cups of tea. The three youths were sitting with their heads bowed down.



Subhash Sir added a teaspoon of sugar to each cup of tea.

“Saurabh, if you put less sugar in the tea then how would it taste?” asked Sir as he stirred the tea.

“Tasteless, Sir”, Saurabh answered in short.

“And Tarun, if there is more sugar in the tea then would it be tasty?” Sir asked me.

“No, Sir,” I said.

Sir was first to take a sip of the tea and said, “Hmmm..... perfect! Not too sweet nor too plain. Just right.”

We had not understood Sir’s intention but no one had the guts to ask anything.

Sir put his cup down and said, “One day a guru and his disciples were taking a walk. On the way, the youth asked the guru, “How can I reach my goal?”

The guru observed the youth and said, “Be happy. Don’t focus all your energy on your efforts.”

A little while later another youth came and he too asked the teacher the same question. The guru observed the second youth and said, “Focus on your effort. Don’t waste your time trying to be happy.”

After hearing this, the first disciple was surprised. He said to the guru, “I feel that you are not sure whether one should be happy or not.”

The teacher replied, “Spiritual path is like a bridge over a valley, which doesn’t have a fence. If we go too far to the left or too far to the right then there is danger of falling off. So,

“To gain success in any field and to be happy you will have to come to normality.”

dear youths, I have guided you to tread the middle path.”

Subhash Sir concluded, “To gain success in any field and to be happy you will have to come to normality. Not too much to the right nor too much to the left; you will have to be ‘normal’. None of you have any defects in your talents, but the defect lies in normality. You are unhappy today because of the bad performance of the Talent Fest, but if you want to be happy in life then you will have to learn to keep a balance.”

And then in a very serious voice Sir said, “It is not ‘normality’ when you keep studying all day or when you get so engrossed in mischief that you forget your goal. There should be balance in everything.”

“We had received our punishment for lopsidedness and not performing well, but at the same time we learnt the lesson of what it means to behave with normality,” said Tarunbhai. And then really humbly bending forward and glancing at the three youths one by one said, “Just like the sweetness of tea – too much or too little spoils the taste; joy of life is ruined if there is too much of anything.”

Just then we heard the *chai walla* (tea seller) in the train carriage.

“Let’s have a cup of tea!” Trunbhai ordered four cups of tea.

Parth took the first sip of the tea and said, “hmmm..... just right.”

And everyone looked at each other and laughed.



P
o
i
s
o
n



In fairy land Rosetta was everyone's favourite. Her smile was like a rose in full bloom and her eyes sparkled like diamonds. Her bubbly talk was capable of turning even a dull atmosphere into an exciting one.

And that is why for so many days the fairies were really missing her.



Hey Iris! Rosetta has not come to play even today?

She firmly said 'no'. Rosetta and her technological toy – the giant crystal ball! She doesn't need us anymore.



Rosetta has become very selfish. She doesn't share her crystal ball with anyone. She goes into the cave and plays by herself. So even we shouldn't call her to play with us.



But Rosetta is our friend. How can we ignore her?



The Rosetta that was our friend is lost. Today's Rosetta is completely different.

Due to her obsession with the crystal ball, Rosetta, who was once like a rose had wilted away. The sparkle in her eyes had also vanished because she was staring at the crystal ball all day.



The fairies went to the fairy queen and reported their concern about Rosetta.



My dear fairies make an announcement in fairy land and invite all the fairies to come to Chocolate Candy Hall tomorrow night.

Violet somehow managed to persuade Rosetta and took her to Candy Hall. Rosetta took the crystal ball with her, of course.



All the fairies welcomed the fairy queen with a big round of applause as she made a grand entrance into the huge hall. Rosetta gazed at her fairy friends...



They all look really happy. Why am I not happy like them?

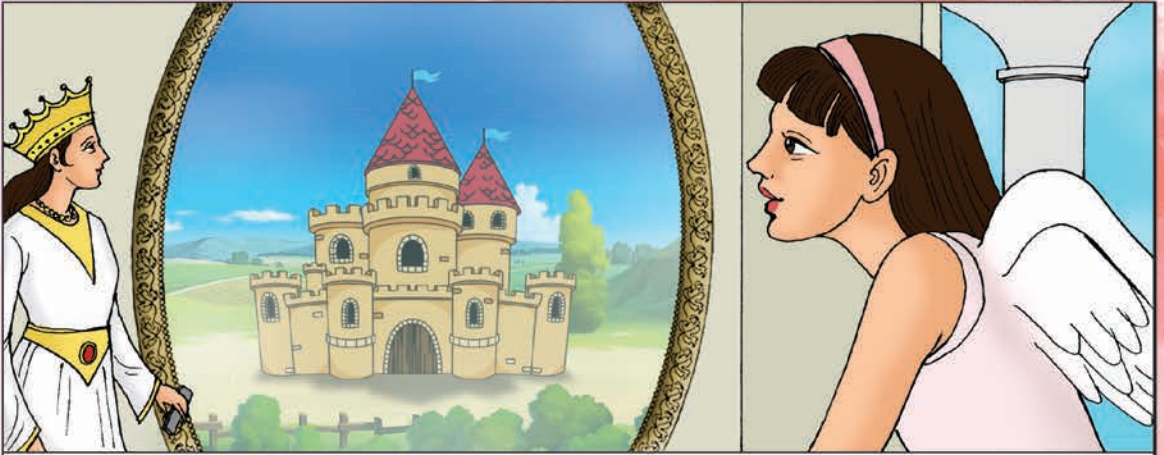


Good evening fairies. Today I will take you on a tour of an attractive place. With one flick of the remote control the fairy queen switched on the 'Magic Mirror'.



The room was filled with a low chatter from fairies.





Rosetta, who was lost in her crystal ball, looked at the Magic Mirror. Her eyes widened at the sight of the spectacular scenery.



Fairy queen: The name of this place is – Wonderland. The beauty of Wonderland is indescribable. But one peculiarity of this magical place is that hardly anybody returns from there alive.

The fairies gasped when they heard this.

There is a limit to how much time you can spend in Wonderland. Spending more time there can be life threatening.



The air gradually becomes poisonous and is a danger to those who try to spend excess time there. Although people know about this, they become so engrossed in its beauty that they forget normality and end up losing their lives.



Normality is the essence of everything. If we do anything above normal it becomes poison, whether it is time spent in Wonderland or...



The fairy queen stopped and looked directly at the crystal ball.

Rosetta's gaze also went to the crystal ball and she saw her own reflection. In that reflection she found the reason for the loss of her happiness.



What have I done? By spending too much time with this crystal ball I have consumed the poison of abnormality.



Without a chain the crystal ball has tied me to it. I have become its slave and lost my freedom.

As soon as she realized her mistake, Rosetta's eyes lit up. She switched off the crystal ball and finished the fairy queen's sentence.

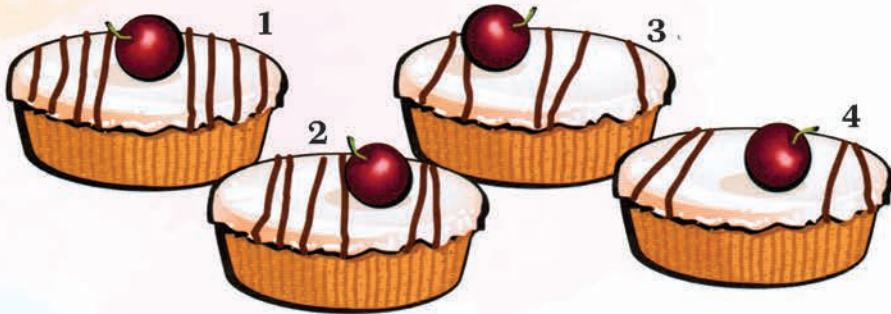


... or even...gazing into a crystal ball or being hooked to any gadgets for a length of time!



Lets Play !

1. The below Cupcakes keep on changing every month. Cake-1 was made on 1st August, cake-2 was made on 2nd June, cake-3 was made on 3rd May, then cake-4 was made on which month ?



Get ready to meet excitement, thrill,
joy, amusement...all at one place!



Hi friends! There is a special GNC Park created exclusively for you which is full of fun-filled centers like new movie shows, puppet shows, art and craft activities, domes with innovative things to know and interactive games. So wouldn't you want to be a part of it? We are sure you would! Then come and be the witness to an adventurous journey by attending Dada's 111th Janmajayanti Celebrations this year.



In the presence of Pujayashree... A cultural

presentation by Mumbai Kids



March 2018

Mythological Story

Prince Nandisen was the son of King Shrenik of Rajgruhi. One day, Lord Mahavir on his travels visited Rajgruhi. The whole kingdom was filled with joy. Everyone, including the whole royal family, went to listen to Lord Mahavir's 'deshna'(divine speech). Nandisen went as well. After listening to the Lord he developed a strong feeling of dislike for worldly life and he made an instant decision to take 'diksha' (to give up worldly living) and to spend the rest of his life as a monk.

At the end of the 'deshna', Nandisen went to the Lord. He bowed down to the Lord and pleaded to him for 'diksha'. Lord Mahavir, was able to see the past, the present and the future all at the same time. He asked Nandisen not to rush and to wait for a while. He was able to see Nandisen's future and how he had yet to suffer the strong worldly 'karmas' (the cycle of cause and effect, life after life), which he had already bound. Without clearing his karmic account his 'diksha' would not be successful.

However, Nandisen had made up his mind and he went ahead and took 'diksha' and started living the life of a disciplined monk. He knew from the Lord that there would be testing times ahead. For that reason, he was always on guard and led a strict and disciplined life. He was very alert about not making any mistakes. However his strong 'karma' was bound to show its effect.

One day, as per his daily routine, he set out with his begging bowl for alms but he did not get any offerings from anywhere local because his previously bound 'karma' was ready to come into effect. So he went to an expensive-looking house which was on the other side of the city. He went up to the gate and said in a loud voice, 'dharmalabh' (meaning religious gain). The guard who was standing outside was confused and did not know how to react to this because he was not used to seeing a monk in this manner. After a little while the monk came nearer and once again said, 'dharmalabh'. The guard could not understand, so he went inside and made the monk's presence known to his employer. A pompous looking pretty lady came out of the house.

With a smile she said to the monk, "There is no one here to take 'dharmalabh'. At this home we welcome anyone who says 'dhanlabh' (which means financial gain).

The monk was enraged by this woman's taunt and said angrily, "How much wealth do you want? I can shower you with so much wealth that you will get tired of taking!"

Then the monk took a broomstick which lay near the doorway of the house and broke it into two. In a flash there appeared a big heap of gold coins in the entrance. The lady was shocked to see so much gold. She liked the monk and his temperament too!

She gazed at the monk with penetrating eyes and asked, "How will I be able to spend all this wealth on my own? To help me spend it you must live with me." She bowed down to him and pleaded him to come inside.

Nandisen felt attracted to the beautiful woman. He followed her into the house.

The lady asked him to take a seat and gave him a drink. Just then he realized where he was and what he was doing.

He remembered what the Lord had said, but that did not make him turn back. But still, guided by his strong religious values he wanted to stay there on his terms and said, "I will stay here according to your wish but I vow that every day I will preach religion to ten people before having my meal."

Finally, Nandisen's heavy 'karma' came to fruition and he ended up staying there. Twelve years passed by like this. True to his vow, he would always guide ten people towards religion before having his meal.

One day it so happened that nine people agreed to follow his preaching but the tenth person would not agree by any means. Nandisen tried to explain to him



in different ways but he would not budge.

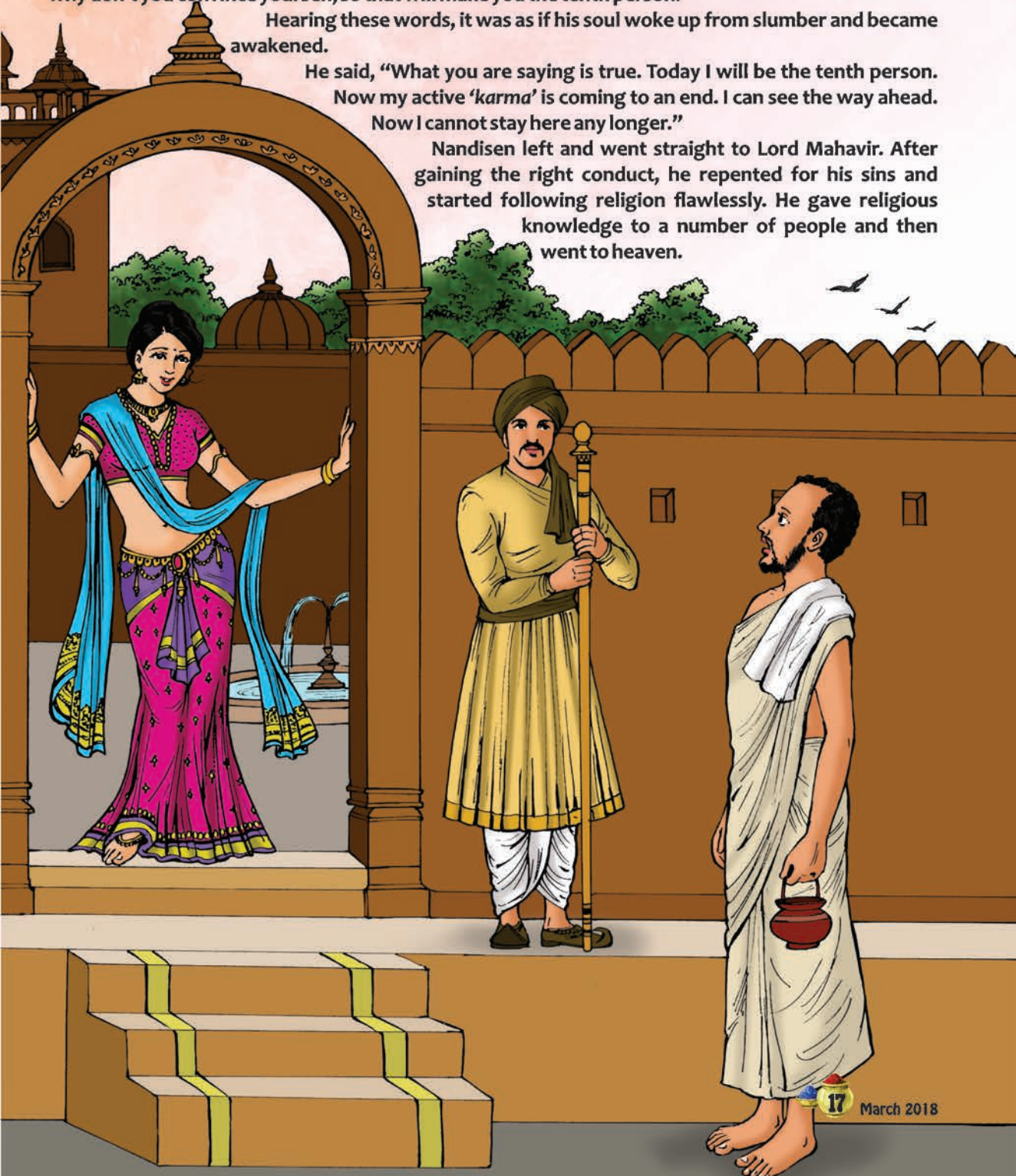
It was past meal time. The lady had Nandisen's plate ready and was waiting. She kept calling him every now and then, but he kept on saying, "As soon as this tenth person is convinced I will come."

The lady got fed up of waiting so in the end she said in anger, "If he doesn't get convinced then why don't you convince yourself, so that will make you the tenth person."

Hearing these words, it was as if his soul woke up from slumber and became awakened.

He said, "What you are saying is true. Today I will be the tenth person. Now my active 'karma' is coming to an end. I can see the way ahead. Now I cannot stay here any longer."

Nandisen left and went straight to Lord Mahavir. After gaining the right conduct, he repented for his sins and started following religion flawlessly. He gave religious knowledge to a number of people and then went to heaven.



Sweet Memories



This incident happened in the year 2002. A celibate brother went out of town with Niruma in order to help with videography. His task was to operate the camera which belonged to the centre whilst there. He went to the satsang hall and set up the camera. Niruma had still not arrived so he was having chitchat with the other people. Suddenly there was a loud crash.

The brother was shocked to see the camera on the floor and the lens broken. A child had been playing and had accidentally knocked into the tripod causing the whole thing to collapse. It was a very expensive camera and it had been purchased especially for Niruma. Everyone was a bit shaky and wondered about the consequences. The brother was worried and didn't know how he would tell Niruma that it wasn't him who had knocked it over. He immediately fixed another camera in its place, but it was much smaller.

After a little while Niruma arrived. She noticed straightaway that the camera was smaller than usual. Everyone was very tense. When the satsang was over, someone explained to Niruma what had actually happened.

After listening, Niruma said, "You are all mad. Is this something to be scared about? It is just the camera that is broken. Is anything else broken? Come on, let's order some ice cream. Who was on camera duty?"

When the brother came forward, Niruma said, "Come on, you serve the ice cream to everyone."

And within one second the whole atmosphere became lighter and relaxed. Everyone's fear disappeared and instead of trembling like prey who were about to be hunted, they celebrated as if they had all been showered with flowers!

They all felt that truly one cannot compare this great mother with anyone.





Summer camp

Sanskar Sinchan Shibir for Kids & Youth- 2018

Group - 8 Years to 12 years			Group - 4 Years to 7 years	
Centre	Date	Contact number	Date	Contact number
Simandhar City	23rd, 24th April	079-39830939	22nd April	079-39830939
Surat	22nd, 23rd April	9725832704	25th April	9825233559
Surat-Rander	16th, 17th June	9033522248	-	-
Baroda	28th, 29th April	8980995255	26th April	9558206640 9904405155
Surendranagar	28th, 29th April	9512672433	-	-
Bharuch	3rd May	9662520998	-	-
Bhuj	1st, 2nd May	9537273210	-	-
Gandhidham	29th April	9978493568	-	-
Rajkot	25th, 26th April	9723591606	24th April	9426460938
Dhoraji	22nd April	9574046082	-	-
Morbi	1st May	9408924343	-	-
Jamnagar	28th, 29th April	9723147318	-	-
Bhavnagar	29th April	9924344425	-	-
Mehsana	29th April	9824929782	-	-
Ankleshwar	4th March	9033526050	3rd March	9427805736
Mumbai	14th, 15th April 21st, 22nd April	9773181653 9664363091	14th April 15th April	9920286817 9820508608
Ahmedabad	28th April 2nd May	9724945010 9727259185	27th April 1st May	8141377833 9924213030

Note :-

- 1) In order to attend the summer camp, it is mandatory to register at a nearby centre. The registration charges are non-refundable.
- 2) The registrations for the youth and kids will be done based on the pre-fixed dates as per their age and standard. The registrations will be closed 5 days before the camp start date. Thereafter, additional tatkal charges will have to be paid for the registration.
- 3) Registration for attending the summer camp at Simandhar City will have to be done at 'Store of Happiness' within the Trimandir Sankul between 9:30 am to 12 noon and 4 pm to 7 pm in the evening. Registration have to be done 5 days prior to the summer Camp. The registrations will start from 20th March.

Information on 'Akram Express' Monthly Magazine - Form 4 (Rule No. 8)

1. Place of Publication: Simandhar City, Adalaj, Dist - Gandhinagar, Pin - 382421

2. Periodicity of its Publication: Monthly

3. Printers Name: Amba Offset

Address: B - 99, GIDC, Sector - 25, Gandhinagar - 382025

4. Publisher's Name: Dimple Mehta on behalf of Mahavideh Foundation Nationality: Indian

Address: Simandhar City, Adalaj - 382421, Dist - Gandhinagar, Pin - 382421

5. Editor's Name: Dimple Mehta

Nationality: Indian Address: Same as above

6. Name of Owner: Mahavideh Foundation

Nationality: Indian Address: Same as above

I, Dimple Mehta hereby declare that the above stated information is correct to my knowledge and belief.

Date: 08-03-2018, Ahmedabad

Dimple Mehta on behalf of Mahavideh Foundation

(Signature of Publisher)

Nationality: Indian



1) 4th April



March 2018



And lastly...

Niranjandas had organized a dinner party at his house. Suddenly, he realized that there was no salt in the house. He called his son and said, “Son, get some salt from the town. And be careful that you pay the right price for it. Not too much, and not too little.”

After listening to this the son was confused. “Dad, I can understand not paying too much but why not pay too little? If I pay too little, then would I not be saving some money?”

The dad said, “No, son. If we do that then eventually our small town will be destroyed.”

When the guests who were sitting there heard this they were very surprised. They asked Niranjandas for the reason behind this.

Niranjandas said, “Only a person who is really short of money would sell things at a really low price. If we then pay him too little, then we are taking advantage of that person’s circumstances.”

“But, how can such a little thing destroy the whole town?” a guest asked.

In the beginning this seems like a small thing but if every person thinks this is a small and unnecessary thing, then what would be the end result? In any matter, if we do not keep a balance then the end result would bring suffering.

See friends, how important it is to keep normality in everything? Even when buying something it is essential to keep normality.



Information for Annual Subscribers of Akram Express

How would you know if your annual subscription is about to expire? If there is a # besides the member id number on the label which appears on the cover of your current month’s Akram Express, then you should know that this is your last issue e.g. AGIA4313#. If there is a ## besides the member id number on the label which appears on the cover of your current month’s Akram Express, then you should know that this is your second last issue e.g. AGIA4313##.

Details on how to renew your Akram Express subscription can be found on the editorial page.

