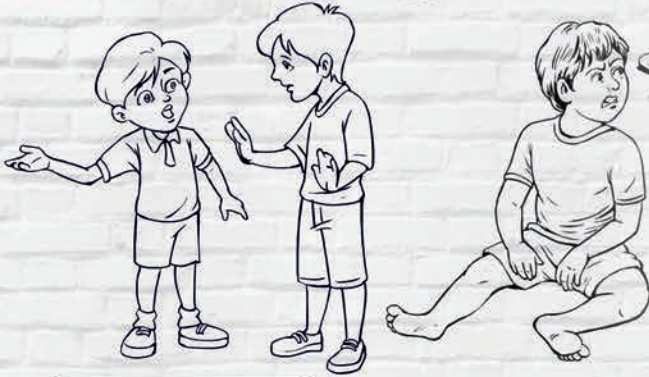


Dada Bhagwan Parivar's

October 2018

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AKRAM Express



Invite your
friend for
JJ 111

Life
Without
Complaints



SALE UP TO



Life without Complain

Editorial

Dear friends,
To complain means to moan and grumble. 'He hit me', 'he took my pencil', 'mum and dad don't take me to nice places' or 'my teacher is very short-tempered' and the list goes on.... There is no end to our complaints. Have we ever thought what is it that has made us so unhappy that we keep on complaining?

What causes one to complain? Who is responsible for making us complain? What are the consequences of complaining? How can complaining be stopped? – The solutions to all these questions are revealed in this issue.

Friends, if you wish to live a life without complaints, do read this issue without fail and make a firm decision to become free from at least one complaint every day. This issue will definitely help us achieve that.

-Dimple Mehta

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Send D.D./M.o.in the

name of 'Mahavideh
Foundation'.

Gnanis

Say...

Pujayshree: Life is never without complaints. 'Mum doesn't make my favorite food; dad doesn't buy me my favorite game; my friend doesn't play with me; I didn't sleep well today'. There is always a steady stream of complaints going on.

The slightest unhappiness or dissatisfaction will trigger complaints. Comparison also leads to a lot of complaints. Competition also gives rise to complaints; for example, 'he got more and I didn't get any'.

Our own mistakes give us a false perception and that is why problems arise and we end up complaining.

Questioner: It seems as if we have developed a habit of complaining for no apparent reason...

Pujayshree: Yes, without any reason. When there is no specific reason to complain, one does it out of dissatisfaction. There is something which is causing us unhappiness; we want something and when we don't get it, the grumbling and quarreling which ensues is verily the act of complaining. A person who does not want anything from anyone will never have any complaints towards anyone. But indeed, there's a desire within for something. The intention is not good. This then results in quarrels. The argument is all because one person says that he does not want to give it and the other person says that he wants it. However, there will be no scope of complaining if one person does not want to give and the other person does not want it. When we aspire to move towards a state where we do not want anything other than the experience of the Self and we cancel out all the things that we do want that is when we will start to free ourselves.

Questioner: How is it that the one who is complaining is at fault?



Pujayshree: The intellect shows that he got more and I got less. He is given things and I am not. It is called a complaint when we feel the need to blame or put someone in their place. Since we are not able to do that, we complain about them. Then, in an attempt to achieve justice we find someone who will act as a judge and jury and we demand that the other person be reprimanded as he has behaved badly.

We don't need to change anyone or try to make them a better person. We need to remove our misunderstanding. We want to clear our mistakes. By understanding the other person's point of view we should rectify our mistakes. If we adjust with others, then we have achieved a solution. Then we will not have any complaints nor have any hard feelings towards that person.

ABSOLUTELY

NEW

A happy person

A person who lives life without complaints is a very happy person. In reality, he complains because he wants happiness. And the same complaints cause him pain.



Whatever we get spontaneously is akin to milk

Whatever we get spontaneously is akin to milk; something that we get by asking is akin to water; and if we snatch something then it is like taking someone's blood. Hence if you use what you come by naturally and have no wants for anything else, all complaints will subside.

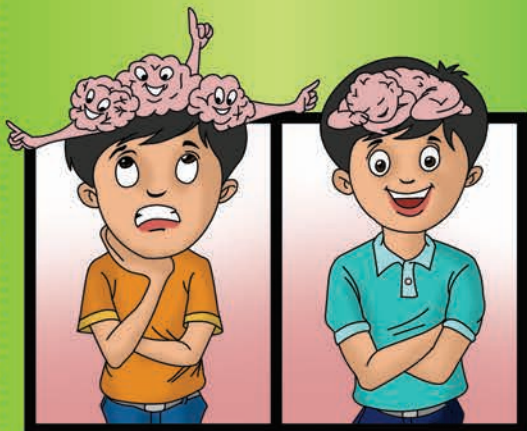


AND

DIFFERENT!

Intellect is dissolved

As long as the intellect remains, complaints will continue. When a person's intellect is dissolved, his complaints will automatically cease.



Addition and subtraction

When a bullock does not want to walk, the owner will whack it on its back and it will be forced to walk. To whom will the dumb animal complain? Now why did it have to undergo such beating? This happens as a result of too much complaining in the previous life when he (the bullock), had power. Now (in this life), it has no authority and is not able to complain. The law of nature balances out everything by addition and subtraction, so why not choose, instead, to live a life without complaints?



Goat NO -

3

“Come on kids! We don’t want to be late for the...”

“... most amazing show in the world”, continued Suhaana, completing Priya didi’s sentence and then got into the back seat of the van.

Within the next 5 minutes Shivani and Shubh also climbed into the van with their backpacks. For a whole year the children had been waiting for this trip to Fantasyland theme park.

Mum had promised them, “We will definitely go there with your cousins during the summer vacation.” Today was that day and all the children were very excited.

Well, all accept one. Priya didi was almost drenched in sweat getting Vicky to get into the van.

Even after he got in, Vicky continued moaning, “Whose silly idea was it to start so early? My milk was cold and there was no chocolate in it either.”

Mum firmly responded, “Vicky, please. No one is interested in listening to your moaning. Just because you are a little ticked off, you don’t need to spoil everyone’s mood.”

The cautionary hint from mum made Vicky even more discontented. He just sat there sulking.

As soon as the van started, Suhana, Mit, Shivani and Shubh started playing on the i-pad. After a bit, Vicky remarked, “It’s so hot! Dad, please lower the A.C. temperature.”

Vicky’s constant complaining started to rub off onto his cousins.

Suhaana frustratingly remarked, “Oh no, the iPad needs charging. Shubh, I told you to charge it. Why didn’t you? You’re so irresponsible.”

“Oh really!! Then why didn’t you do it yourself, Miss Perfect?” Shubh reacted, imitating Suhaana.

Priyadidi glanced at Suhaana which helped her calm down.

“Listening to your conversation



reminded me of an incident that once happened with Nanaji (grandfather). ‘You know, that incident has touched me so much that I will never forget it.’ Thus Priya didi attempted to create curiosity in them.

Suhaana immediately questioned, “Which incident, Priya didi?”

“Nanaji had complained only once in his life and this was when he did not have any shoes, nor did he have any money to buy them. That day Nanaji happened to notice a very happy person who did not have any feet. From that day onwards, he never had a complaint...” Priya didi paused for a moment to observe the changes on Suhaana’s face. Suhaana’s expression softened after listening to Didi.

“Suhaana, what if the iPad battery has died? Why don’t we play something else? Let’s play Atlas. Ready everybody?” There was a lot of enthusiasm in Priya didi’s voice.

“Such a boring game, I don’t want to play,” exclaimed Vicky even before anyone had asked him. Priya didi did not pay much attention to his reaction.

Priya didi: O.K... I will start with ‘A’ – Alaska, Suhaana, you got ‘A’

Suhaana: Allahabad. Shubh, you get ‘D’

Shubh: Denmark. Mit, you get ‘K’

Everyone was enjoying the game. After that they played another game. Game after game and they soon reached Fantasyland.

Everyone was wowed by how vast and attractive Fantasyland was. For a few minutes they were all awestruck while they stood taking it all in.

“Okay, okay, let’s not waste time. Which ride shall we go on first?” interrupted Shivani, in order to distract everyone.

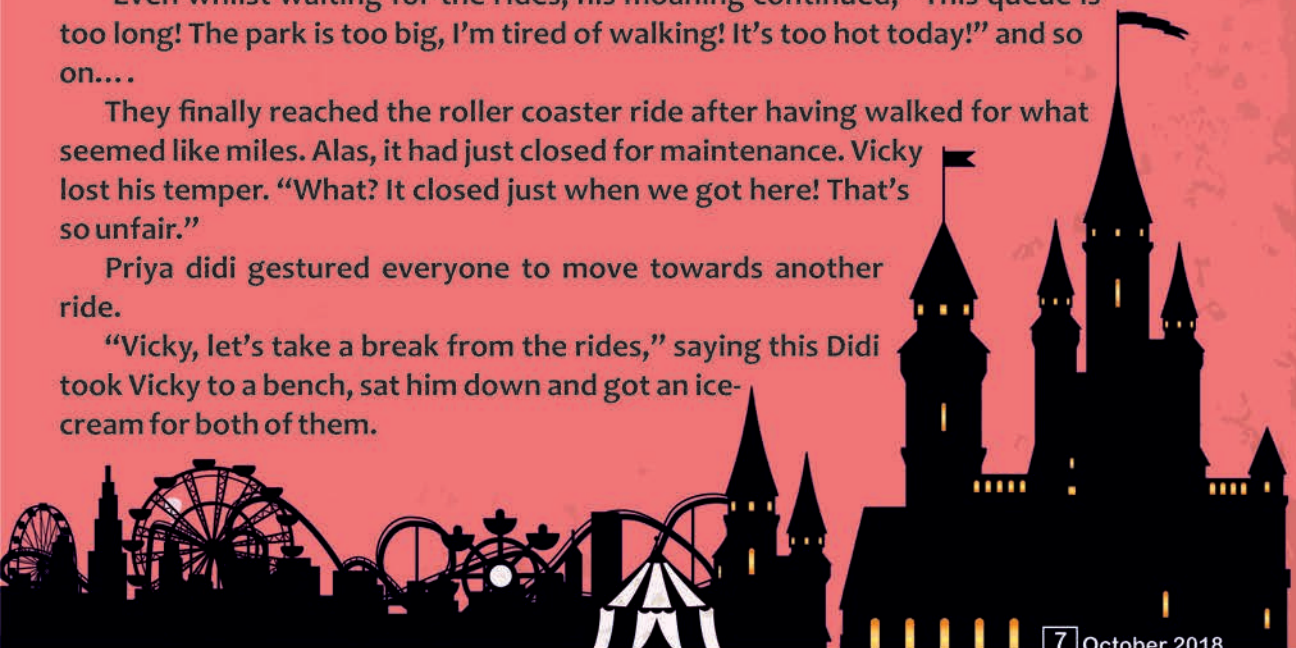
As Vicky’s cousins were running from one ride to another, he had to drag himself around with them.

Even whilst waiting for the rides, his moaning continued, “This queue is too long! The park is too big, I’m tired of walking! It’s too hot today!” and so on....

They finally reached the roller coaster ride after having walked for what seemed like miles. Alas, it had just closed for maintenance. Vicky lost his temper. “What? It closed just when we got here! That’s so unfair.”

Priya didi gestured everyone to move towards another ride.

“Vicky, let’s take a break from the rides,” saying this Didi took Vicky to a bench, sat him down and got an ice-cream for both of them.



“Do you know, Vicky, why you are so miserable? Because you are always looking for goat number 3,” saying this Priya didi took the first bite of ice-cream.

“What !!! What is ‘goat number 3’?” Vicky’s expression showed how weird he thought this sounded.

“Well, the story about goat number 3 is very interesting... It was a Sunday afternoon. Two boys of your age were getting bored. They had a crazy idea. From a nearby farm they brought three goats and painted each one with a number: 1, 2 and 4. They left all three goats at their school premises. On Monday morning when all the children got to school they were greeted with a foul smell. They went looking for the goats and found three. Well, they had found goats numbered 1, 2 and 4, but goat number 3 was missing. Everyone became very anxious. “Where is goat number 3?” Thus each one of them restlessly started looking for goat number 3, but they couldn’t find it anywhere because there was no goat number 3!

Vicky, in spite of having so many things in life, we get lost in looking for goat number 3 and end up feeling discontented. We become so engrossed in the pain of missing something that we aren’t able to enjoy the many things which we already have. We complain in order to become happy and it’s the complaining itself that causes us so much pain.”

Just then, they heard Shivani screaming from the big wheel, “Hi Didi, hi Vicky.” Priya didi waved at her.

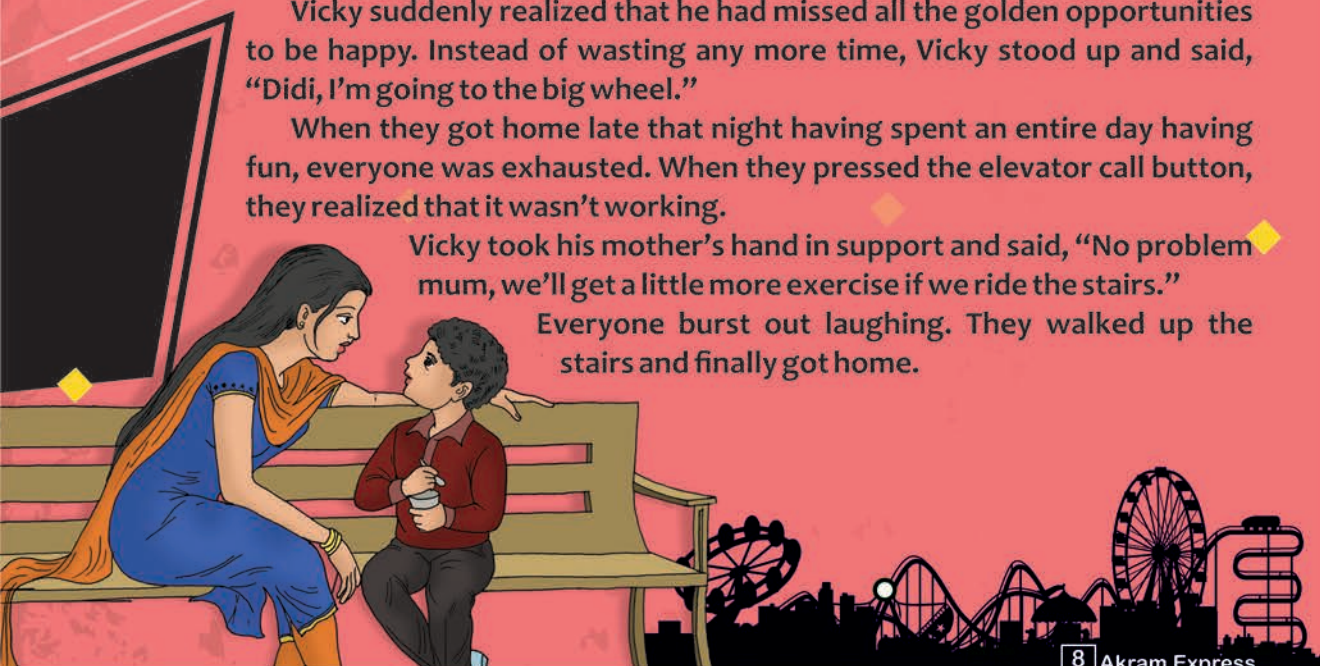
Then, Priya didi very lovingly continued, “Look how happy your cousins are. Today all of you have done the same activity. However, they all choose to be happy rather than complain about things. Don’t you also want to be happy like them?”

Vicky suddenly realized that he had missed all the golden opportunities to be happy. Instead of wasting any more time, Vicky stood up and said, “Didi, I’m going to the big wheel.”

When they got home late that night having spent an entire day having fun, everyone was exhausted. When they pressed the elevator call button, they realized that it wasn’t working.

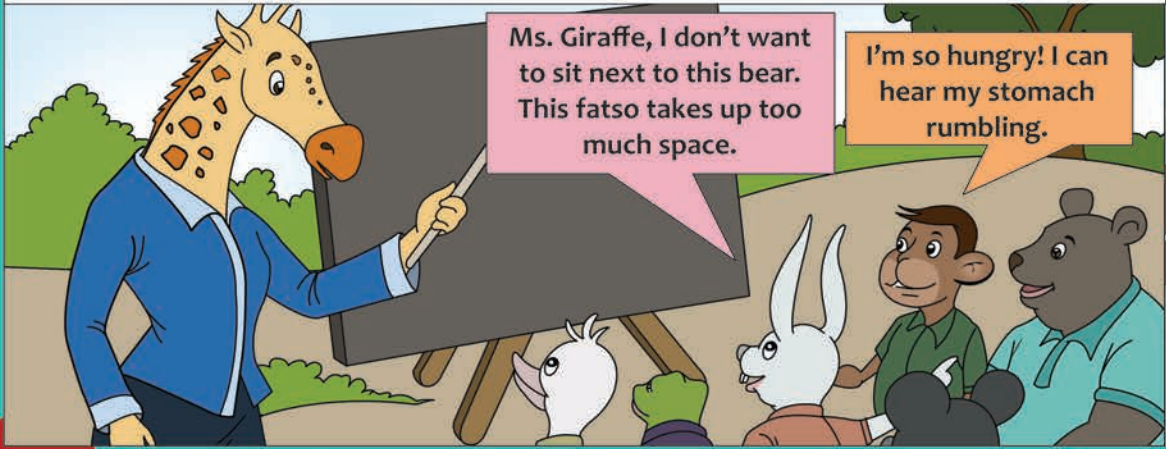
Vicky took his mother’s hand in support and said, “No problem mum, we’ll get a little more exercise if we ride the stairs.”

Everyone burst out laughing. They walked up the stairs and finally got home.



WIDE VISION

The students of Ms. Giraffe's class were forever complaining.

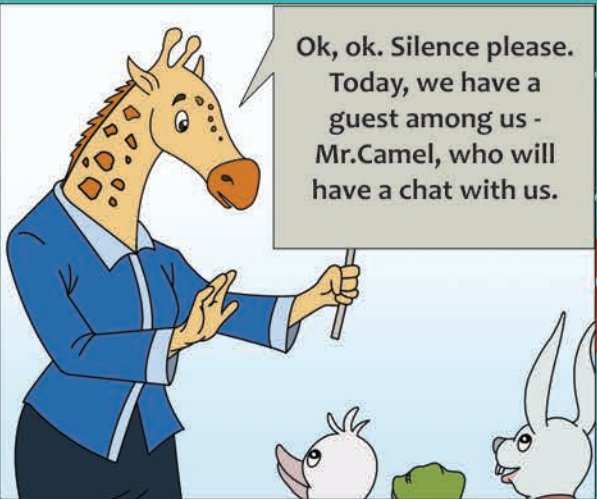


Ms. Giraffe, I don't want to sit next to this bear. This fatso takes up too much space.

I'm so hungry! I can hear my stomach rumbling.

What did you do during recess? Did you throw away the lunch that your mum packed for you?

But what can I do? I don't like to eat the same food every day.



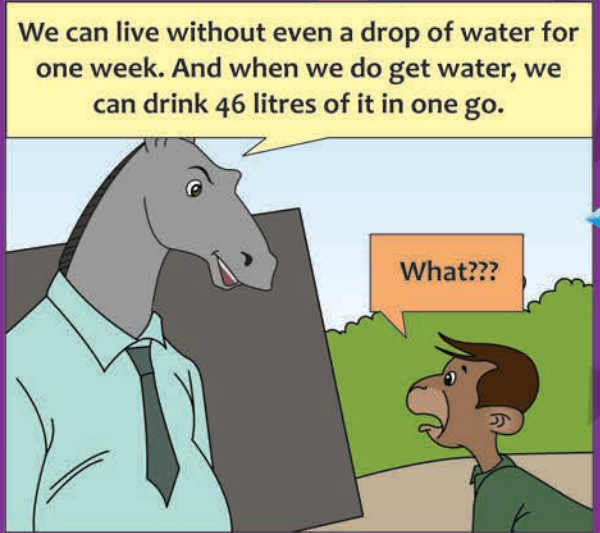
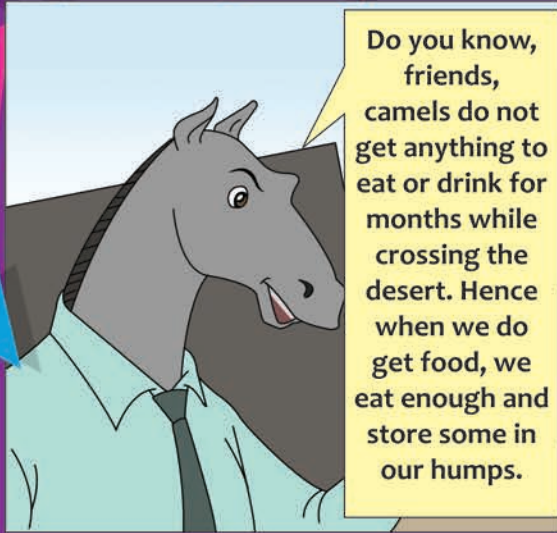
Ok, ok. Silence please. Today, we have a guest among us - Mr. Camel, who will have a chat with us.

Hello friends. I'll start with a question. Please tell me, who would like to tour the entire world?

Everyone promptly raised their hands. Monkey literally started jumping.

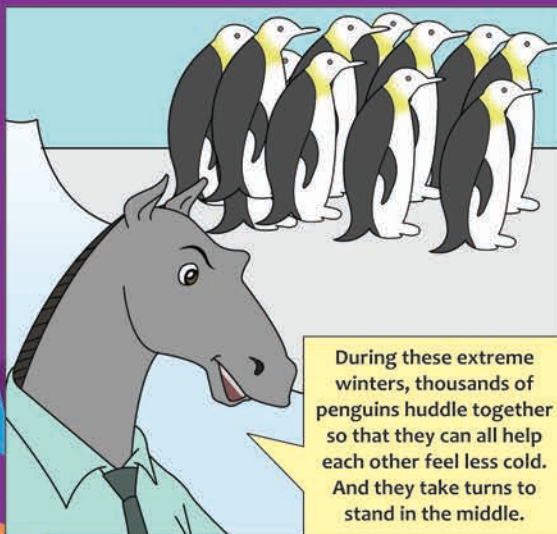
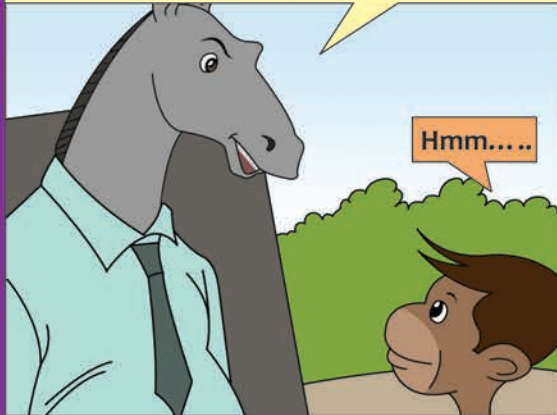
I want to tour the entire world.

But Monkey, do you know that in order to roam the entire world, we need to learn to adjust to different situations?

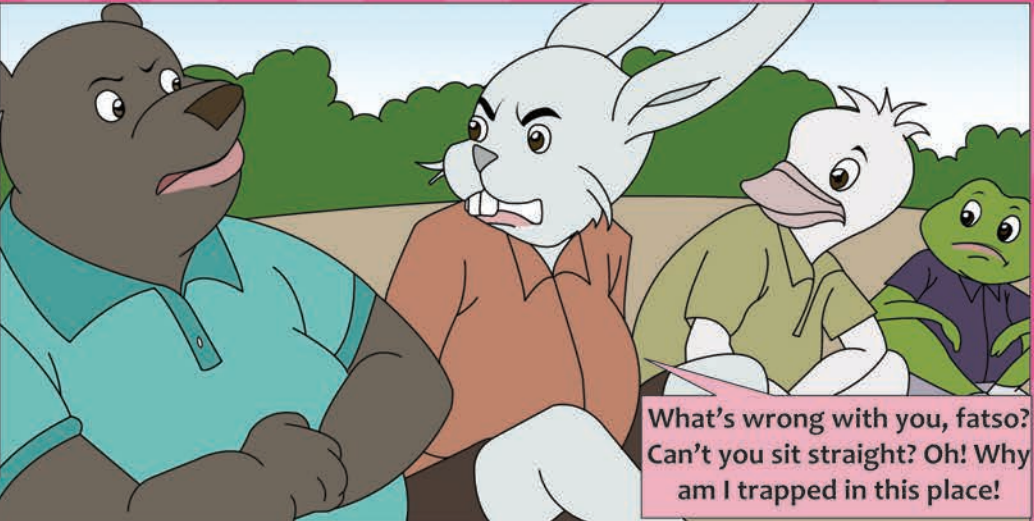


Yes, without complaining about anything, then tell me one thing, should you eat whatever your mum packs for your lunch, or not?

And in Antarctica, winter temperatures can go as low as -20 to -80 degrees.



Even before Rabbit could respond, Bear's hand once again biffed him unintentionally.



What's wrong with you, fatso? Can't you sit straight? Oh! Why am I trapped in this place!

Rabbit was still complaining.



Come on, let's try an experiment. Monkey, will you do me a favor? Can you fetch me a glass of water and some salt?

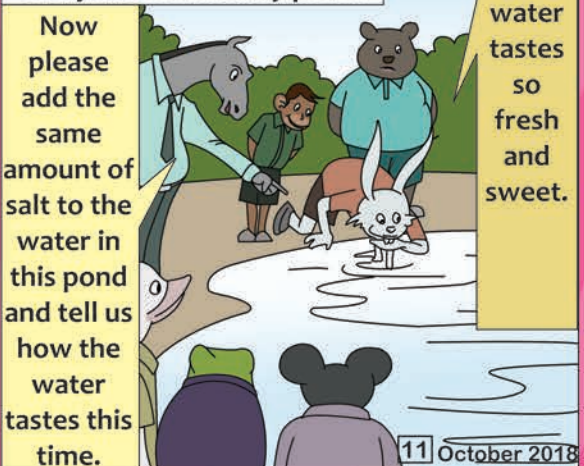
The monkey jumped up and quickly fetched the items.



Rabbit, can you please come here? Please add this much salt to this glass of water and drink it. Now tell us, how does it taste?

Yuck..... It's very salty.

Mr. Camel smiled and took everyone to a nearby pond.



Now please add the same amount of salt to the water in this pond and tell us how the water tastes this time.

The water tastes so fresh and sweet.

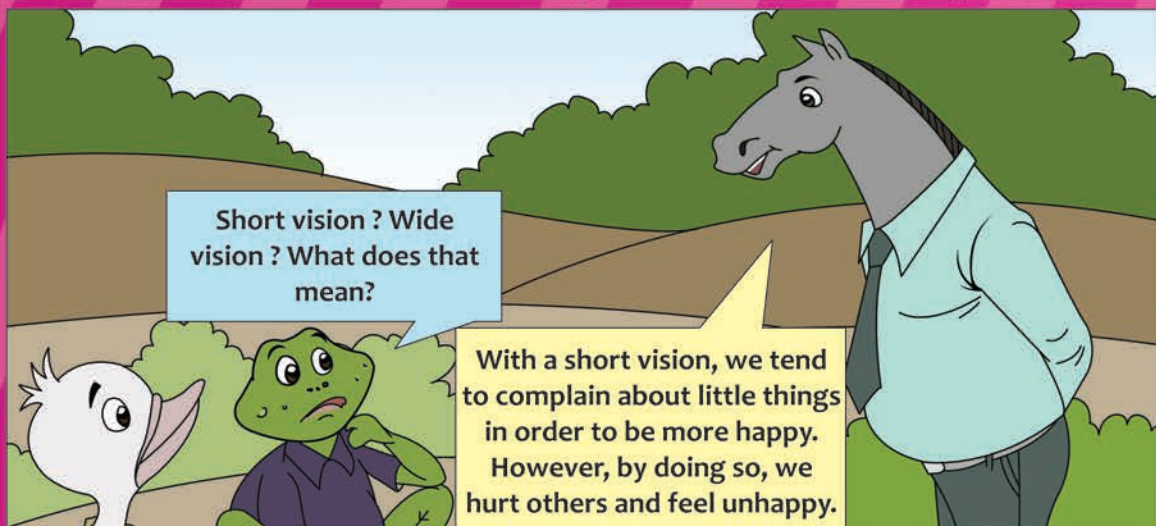
Friends, pain in life is just like this salt. The amount of pain remains the same, but it's taste depends on the vessel in which it is placed.



If we become like the glass, in other words remain short sighted and keep complaining about pain, then it feels more bitter. But if we become like the pond and develop a wider vision, then the pain is no longer as bitter.



Short vision ? Wide vision ? What does that mean?



With a short vision, we tend to complain about little things in order to be more happy. However, by doing so, we hurt others and feel unhappy.

When we have a wide vision, we think wisely and learn to make adjustments in order to maintain friendships. We don't hurt anyone and we remain happy.



Rabbit understood the message that Mr. Camel was trying to convey. He jumped up onto Bear's lap and said,

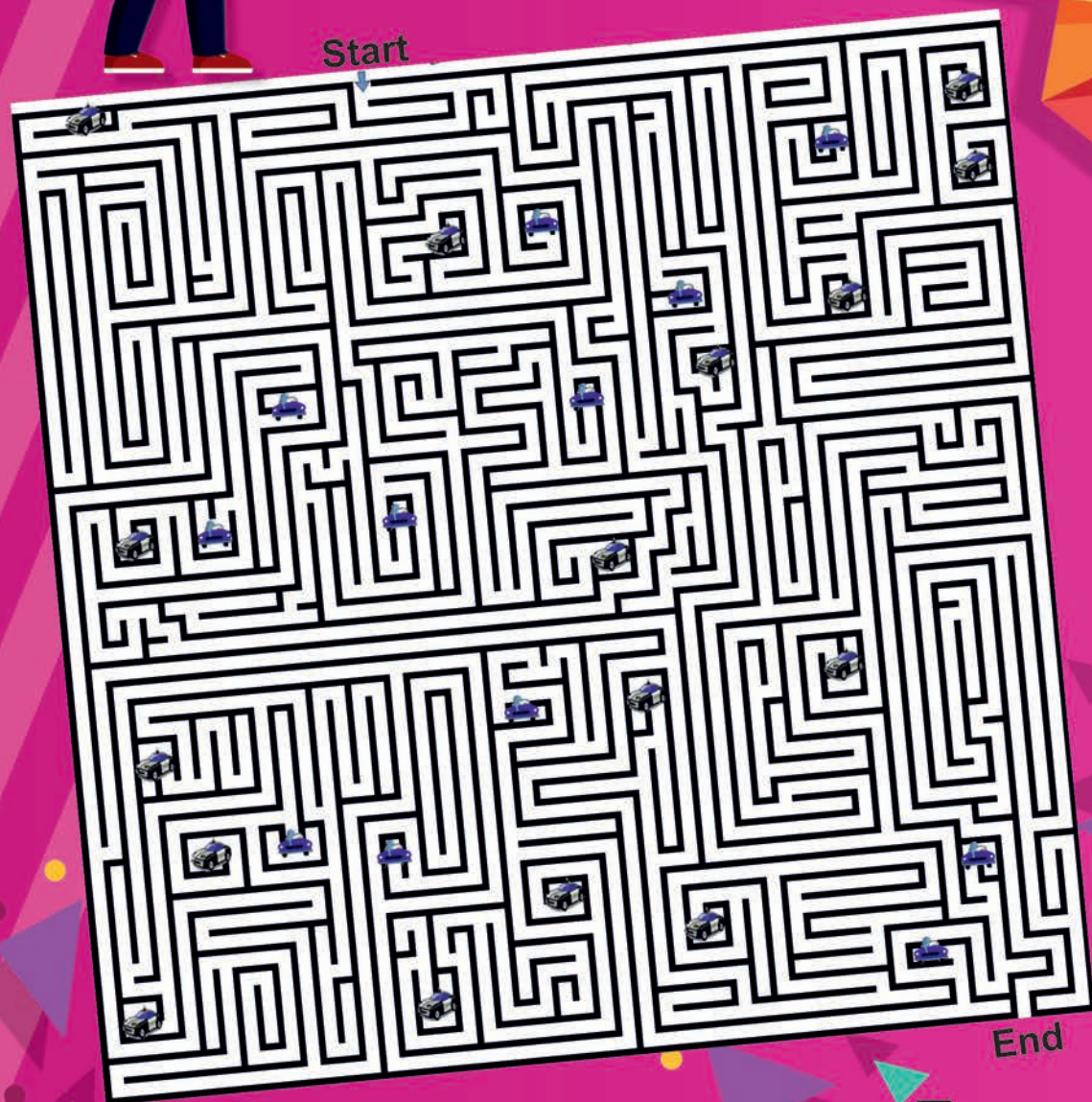


Now there's no reason to fight for space any more, right my friend?

Let's Play...

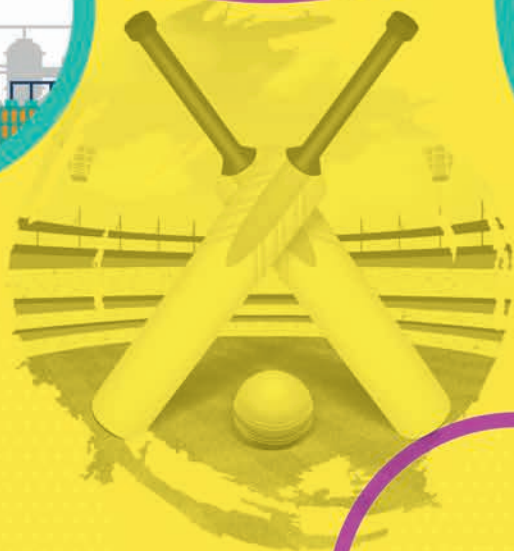


Friends, help Ronil find his car to gate out of this maze





Srikanth bolla



REAL LIFE STORY

When this child was born, his parents had to go through a lot of grief as they listened to the different comments by people around them. They left no stone unturned in trying to prove, how difficult it would be for the parents to bring up such a child. However, the parents ignored them and brought up their child with a lot of love and affection.

Today, after 25 years, this youth has become a role model for the entire world. Srikanth, blind by birth is now the CEO of Bollant Industries which is worth Rupees 50 crores (approximately 4 million US Dollars) where 50% of the employees are handicapped.

Srikanth was born into a poor family. His parents were earned their living by farming rice.

When Srikanth got admission into a school in his village, he was extremely neglected as he was blind. Noticing the teachers' and the students' behavior towards Srikanth, his parents had him transferred to a school for the blind.

Despite the long distance he had to travel every day to and from school, Srikanth studied with a lot of enthusiasm. He started getting good marks in all the subjects. Due to the excellent motivation he received in his new school, he also became a champion in chess and cricket.

He also got an opportunity to work with India's former President, Abdul Kalam on the 'Lead India' project. Srikanth scored 90% in his board exams, but he was refused to admit him in the science stream at the university because of his disability. After many requests, he was finally given admission. Srikanth proved his capability by working hard. He made audio books of all the text books and worked really hard and scored 98% in his 12th board exams.

Srikanth's challenges saw no end. He was not allowed to appear for the IIT's competitive exam due to his condition. But he was not going to be defeated by these challenges. He says, "If one door closes, another opens. I have experienced that in my life."

Srikanth then applied to the American engineering colleges and got an offer from the top 4 institutes of America. He chose to study at M.I.T.

This is how Srikanth Bolla became the first blind international student of the world famous M.I.T (Massachusetts Institute of Technology). After completing his graduation there, and in spite of having a chance to enter the corporate world, he chose to return to India. He decided to start his own business and empower other handicapped people to become self-dependent.

After returning to India, Srikanth started an industry for manufacturing eco-friendly packaging and household materials. Today, he owns 9 plants established by him in 3 countries.

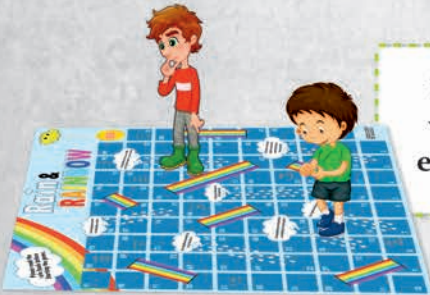
To date, Srikanth has helped more than 3,000 disabled people by providing training and employment for them. People with special needs, including those who are dumb, blind, and deaf are employed by Shrikanth's company.



Hi friends...Do you all know what is coming next month? Yes, it is our beloved Dada Bhagwan's **111**th Birthday!!! We will witness a new world at that time for eleven days - '**World Worth Exploring**'!!! It has a GNC Park. Let's go on a mini tour of this kids' world.



Eureka ! I don't believe it!! A place that has something for all ages...!!!



Don't miss this fun-venturous park full of exciting outdoor games



What's more? Something exciting even for the youth...eye opening zone

Selfie Li Kya?



Fun-frolic, & Entertainment & Joy

Woah... A special zone for babies from 4 to 7 years... Get on board this Akram Joyride...



Wow! Captivating Puppet Shows...



Kids kasti



A special zone for kids from 8-12 years. Can't wait to grow up? Come and do what the grown-ups do...

Terrific Terry

Let's meet Terrific Terry in this fun animated movie



Something to know about your favourite tech companion... mobile phone...



Mit Sakti Hai Yeh Duriyan



Activity based sessions giving new insight are also there...

New LEARNING

Whoops! How will you find your way out when you get stuck in an unknown place?

Udaan

A special day...coming in Special way... The GNC Day...which is there on the 25th Nov will have fun activities for you.

Friends...not to be missed...the opening ceremony of the World Worth Exploring...

And...for the First time in India!!!
A Unique Parade by different countries showing different international cultures in gala style...

And many, many, many more surprises that will make you forget the world...

Amazing things that all will love...Sneak in the Balvignan Store for interesting goodies and... Try your luck at the Lucky Dip...and exotic food to tickle your taste buds...



Come on the dance floor, perform live drama and make new friends at the Amphitheatre...



...and on the same day a Special Satsang for kids with Pujya Deepakbhai and after that enjoy a Night Event as well.



The International Dome will take you through different parts of the world showing the journey of the three Gnanis



Invite Your Friend to this marvellous event by gifting this Akram Express!

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Dear Friend,

I Invite You

To see a World Worth Exploring

Where fun and frolic happens
every minute

come visit to see it...

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