

January 2018

Price : ₹ 20/-

Dada Bhagwan Parivar's

AKRAM

Express

Inner Beauty
Outer Beauty





Welcome 2018

Happy New Year

Editorial

Dear Friends,
How many times do you look at yourself in the mirror? How much time do you spend in front of it and admire yourself in different poses? Now, be honest. I reckon almost all of you do this often, especially the girls. After all, who does not like to look good!

But have you ever wondered what the true meaning of 'looking good' is? What real beauty is? No?

In this issue we give you a new insight into true beauty...inner and outer. Let's learn about this so that we can make the right decision in our lives.

Inner Beauty
Outer Beauty

Dimple Mehta

Akram Express

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.

Editor :
Dimple Mehta
Vol.: 9, Issue : 6
Conti. Issue No.: 102
January 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

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'.



Questioner: I would like to know more about inner beauty.

Deepakbhai: The face is called outer beauty and your character is inner beauty. If your character is bad, no matter how beautiful you are you will not be considered good. And if you are not good looking but have a good character then you will be worthy of everyone's love. Everyone will say, 'this girl is very nice, she does not hurt anyone; she has a good heart. She helps others a lot'. Now - she is not that attractive, but it doesn't matter does it?

Outer beauty is when people use make-up and other adornments to look good. In polite language, true beauty does not exist in this cosmic time cycle. It is by applying all these adornments that beauty appears to be there.

Where does one get inner beauty from? Inner beauty blossoms as a result of being part of spiritual gatherings, developing understanding, and by being in good company. Beyond this explanation we can say that as the ego dissolves, the person's appearance starts to become divine. The ego eats away at beauty; it eats away the love people have and causes suffering. God is completely egoless, and therefore His beauty is much more radiant and higher even than that of the deities. This beauty of the skin will one day deteriorate. But if the ego dissolves then that beauty will become divine and will last forever.

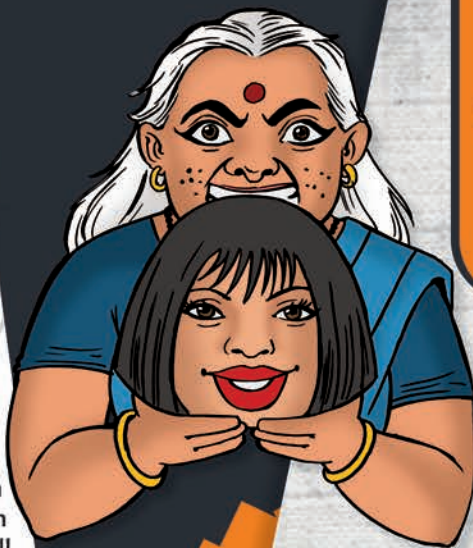
Just look at Dada... For thousands of years to come people will still remember Him and be in awe of His knowledge; His speech; His compassion; His love; and His state of absolute detachment. The one who develops the humblest intent has divine beauty.

Through the ego you may feel that you are beautiful, you are good, you are attractive... but it is that same ego that will eventually one day bring misery to you and be your downfall. It will destroy you.

When does the ego decrease? When you stop hurting others. And when does the intellect decrease? When you stop seeing faults in others. In this way, when both the ego and intellect decrease, your nature and inner beauty become so beautiful that people like your presence, your speech and want to be around you.

Now decide - which one would you like?

Gnanis
Say...



True Beauty

Seeing her reflection in the mirror, Rupa smiled gently and said in a soft tone, 'I must look my best today. Who is going to vote for me if I look dull'. Generally Rupa likes to dress nicely and look attractive. And today was the day that everyone was going to vote for the most favorite girl in the college. The one who gets the most votes will be the 'Face of the College' and become the general secretary.

Just then Rupa heard her mum's voice, "Oh Rupa, come on. How long will you take? Dear, just come and have your breakfast or you will be late for college!" 'Oh God, this girl is unbelievable. Even though she is so beautiful she takes hours to get ready and today it's gone too far'... "Rupa...!"

Just then someone else was calling out her name, "Rupa..."

Hearing her friend Sona's voice Rupa quickly came out of her room.

"Oh Sona, you are already here! Look at you... the same old boring style as usual? At least today you could have put on some make-up or worn a trendy outfit or something..."

Before Rupa could finish her sentence, Sona pushed up her glasses and said, "But look at you, you look great."

"Like I always do, right?" said Rupa shrugging her shoulders. She quickly gulped down her juice. Taking a sandwich in one hand and pulling Sona's plait with the other, they both left for college.

When they reached the college auditorium they found that everyone was already seated. One of the Professors, Mr. Trivedi, was at the podium. The girls were gossiping amongst themselves.

"Good morning, my beauties," said Mr. Trivedi in a loud voice. The entire auditorium was quiet.

"So, I am sure that everyone is aware of today's rules. Without voting for yourself you need to vote for one favourite student. And before we start to vote - if anyone would like to say a few words they are most welcome to come onto the stage."

Jigna was first. Her bold nature was evident in what she said, "We will set an example of girl power. I will not tolerate any bullying and that's a promise." She pulled up her collar and walked off the stage.

Kavita, the principal's daughter, said, "I will organize a sports club, fun trips and parties. I will ensure that all festivals and occasions are celebrated in a grand way."

Rupa, in her distinctive style said, "I will make sure that our college is well-



known by all. By organizing great events we will show the other colleges that we are the best."

In this way a few of the girls came on stage and said a few words. Thereafter the voting started. After a short while Mr. Trivedi had the result. However, it was going to be announced the following day.

The next day the girls were all seated in the auditorium ahead of time in eager anticipation of the result. Mr. Trivedi came on stage and welcomed everyone with love, "Welcome my favourite girls. Are you all ready for the result?"

Some faces showed restlessness, while others showed joy. The ones who had no desire to win were delighted and were enjoying the event.

"Please welcome Sona Upadhyay, the most favorite girl of the college," announced Mr. Trivedi.

"What!" Rupa's eyes narrowed. But seeing the joy of the other girls around her, she put on a fake smile and clapped for Sona.

Mr. Trivedi invited Sona to take a seat on the stage. Picking up a heap of papers she said, "While voting, some of you wrote down your feelings and I will now share some of these with you."

"Sona's helping nature has touched me. She helped me in my project by giving up her sleep."

"She is a true friend. She has guided me on the right path when I was going through some personal problems."

"She has the most beautiful heart. Like other beauty queens she does not show us attitude and demean us."

"And now I also want to say a few words for Sona." Taking her glasses off Mr. Trivedi said, "She won my heart from the first day with her polite behaviour. And today I am extremely pleased that she has won your hearts. Our college needed a representative like her who possesses inner beauty and sets the best examples that are an inspiration to the other girls. Inner





beauty is fragrant whereas outer beauty is like a paper flower.”

“And now is the time for a surprise,” said Mr. Trivedi to lighten the atmosphere.

The day before, Mr. Trivedi had obtained some childhood photos of Sona from her parents and made a power point presentation. The presentation started and everyone was glued to the projector screen.

“Oh so cute” “So lovely” was all that was being heard.

The last photo of the presentation was of Sona with a crown on her head and was holding a trophy inscribed, ‘Beauty queen of Shimla High School’. Everyone’s eyes widened when they saw this.

“Such a simple Sona was once a beauty queen?” Rupa was so surprised that she could not stop herself from asking Sona out aloud, “Really Sona, you used to look like that? How come you changed so much?”

Sona gave an intense look at Rupa and said, “There is a story behind it. That day after winning the beauty queen trophy I was on my way home with my friends. There were four of us in the car and we were just having some fun. Just like how you were making remarks at me yesterday, I was teasing my friend Priti about her simplicity.”

And suddenly Sona’s voice became serious, “We had an accident. Our driver lost consciousness. Except for Priti the rest of us were in shock and scared. But with her presence of mind and patience she handled the whole situation very efficiently.”

Sona’s eyes were teary, “That incident had a massive effect on my heart. The trophy had been on my lap in the car, but it was of no help to me; It was Priti’s words, that helped me and my other friends calm down.

My mother often used to tell me that beauty is enhanced by good virtues and not outer show. On that day it was the courage of my simple friend Priti that helped calm us down, not my outer appearance. That is when I understood the true meaning of beauty.

In order to achieve that kind of beauty I did not even realize when it was that I lost the passion for make-up and trendy clothes.”

Sona’s words touched Rupa a lot. She could not stop herself and ran onto the stage and hugged Sona. Once again all the girls gave a huge round of applause to Sona.

Healthy Attitude

Pavan opened the photo album of his trip to Goa on Facebook. He saw 4 photos and had tears running down his face.



Son, are you looking at the photos again? Leave your phone aside and have this juice.



Just then, there was a knock at the door.



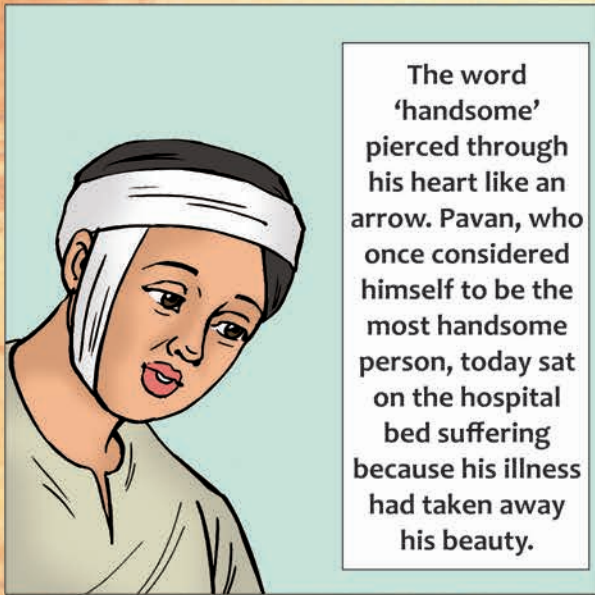
May I come in?

Yes, please come in.



How is my dear handsome boy doing? Come let's get you checked up.





The word 'handsome' pierced through his heart like an arrow. Pavan, who once considered himself to be the most handsome person, today sat on the hospital bed suffering because his illness had taken away his beauty.

Just then, there was loud laughter from the room next door.



Yes, comedian Arush Joshi is in that room! Arush is everyone's favourite in this hospital.



The children of this hospital forget their suffering when they're in Arush's company. Not only is he loved by the children but he is a darling of the nurses, doctors and other patients too.





Arush, meet your new friend Pavan.

After introducing them to each other the nurse left.

Listening to Arush's funny jokes and cheerful talk, Pavan forgot his suffering for a couple of minutes. But suddenly he glanced in the mirror and saw his dried up face and felt sad again.



How do you keep on smiling?

Initially it was difficult. I was very different before the accident, but it changed my vision.



I was very proud of my good looks. My ego was such that I would insult anyone anywhere without even realizing it.

The accident shattered my bones and it was impossible to walk and talk. But along with the bones my ego was shattered to pieces as well.



The expression on Pavan's face changed. He too was in the same state after his illness.



After several months, when I was finally able to speak again it felt like I had won an Olympic medal! From that day I had decided that my speech would be such that nobody should be hurt by it.

Just then the nurse peeped in.



Boys, do you need anything?

No, aunty. We are fine, thank you.

Do you know, Pavan, I used to be a big show off. I never had sympathy for people's feelings.



Here the helping and caring nature of the nurses has touched me so much. I have realized that love is what gives happiness and not good looks.



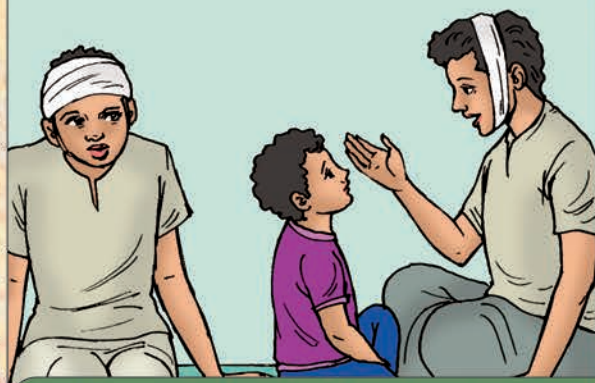
Friend, one thing is for sure, my body is weaker after the accident, but my attitude is much healthier and stronger than before.



Just then a small child comes into Arush's room.



Pavan understood what Arush was talking about when he saw an extraordinary brightness on the child's face...



Sure my friend! Would you like to hear a story about a prince?

Love is the only thing that brings happiness to your own self and to others— not good looks.



Let's Play...

1. Friends, based on the words given in the columns find five differences between the two pictures and decide which image has more beauty.

1.



2.



Ex. Colour: Fair	Dark
Skin:	
Laughter:	
Eyes:	
Aura:	
Other faces:	

Friends, in this way our inner strengths and inner beauty will take us higher in life and not our outer appearance!



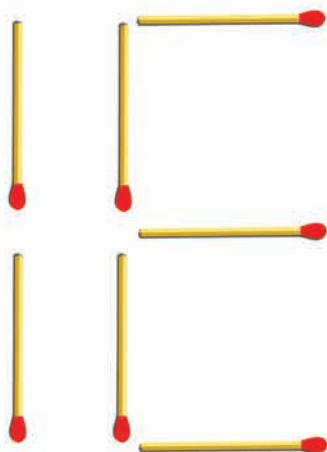
Hey friends, did you get a chance to attend Dadashri's 110 Janmajayanti celebration in Rajkot? Wasn't it an amazing experience! There were so many activities for kids, that just being there was like being in a different world altogether.

Well guess what? We are already gearing up for the next big Janmajayanti celebration. It is JJ 111, a janmajayanti especially for the mahatmas by mahatmas!

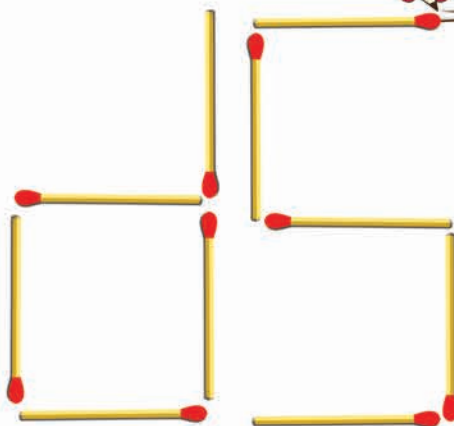
JJ 111 is going to be even bigger, grander and more awesome than any of the JJs in the past! So be sure to stay tuned for more updates as the event comes closer.

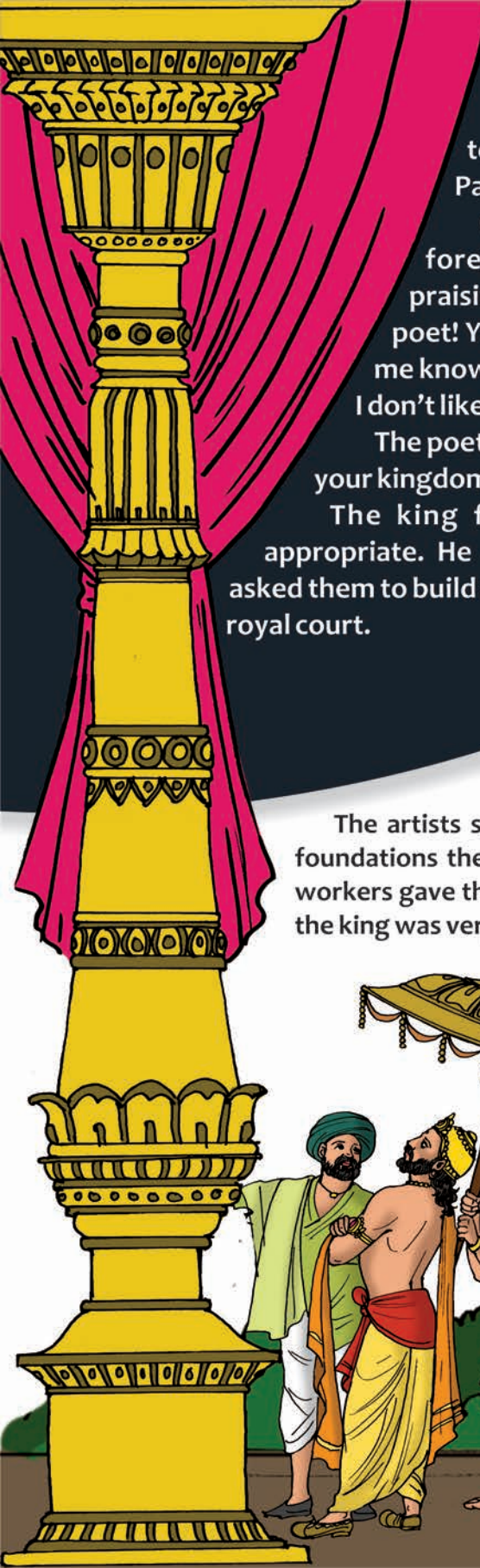
2.

In the given picture, move two matchsticks to get the dates of Dada's janmajayanti celebration in November.



to





A king named Jay used to rule the town of Kampilpur, which was in the country of Panchal. He was a very virtuous person.

One day when he was in his royal assembly, a foreign poet came into his court and started praising the king. Hearing this, the king said, "Oh poet! You have been to so many kingdoms. Please let me know if there are any shortcomings in my kingdom. I don't like to hear only praise."

The poet said, "Oh king, everything is beautiful in your kingdom, except that there is no art gallery."

The king found the poet's suggestion appropriate. He called in expert artists and asked them to build an art gallery next to the royal court.

Mythological Story

The artists started on the project. While they were laying the foundations they found a crown adorned with lots of jewels. The workers gave the crown to the king. Seeing the magnificent crown the king was very pleased. He tried it on and looked in the mirror. He saw two faces in the reflection and from that time he was known as 'Dvimukh' (meaning having two faces).

On completion of the art gallery, an elegant wooden pillar was placed in the middle and draped with cloth and embellishments. The king came for the opening and was pleased to see the unique workmanship of the building.



Rejoicing he asked the poet, "Oh poet! Does this gallery befit my kingdom?"

The poet replied, "Yes, your majesty. I have never before seen such a gallery."

After a few days the pillar that had been erected for the opening was uprooted. The cloth and embellishments were removed and the pillar was thrown to one corner of the gallery. As time passed the pillar became covered in dust. Eventually it looked like an unattractive wooden stump.

One day the king came to visit the gallery. There he saw the wooden stump.

"Why have you kept this wooden stump here?" asked the king to a janitor.

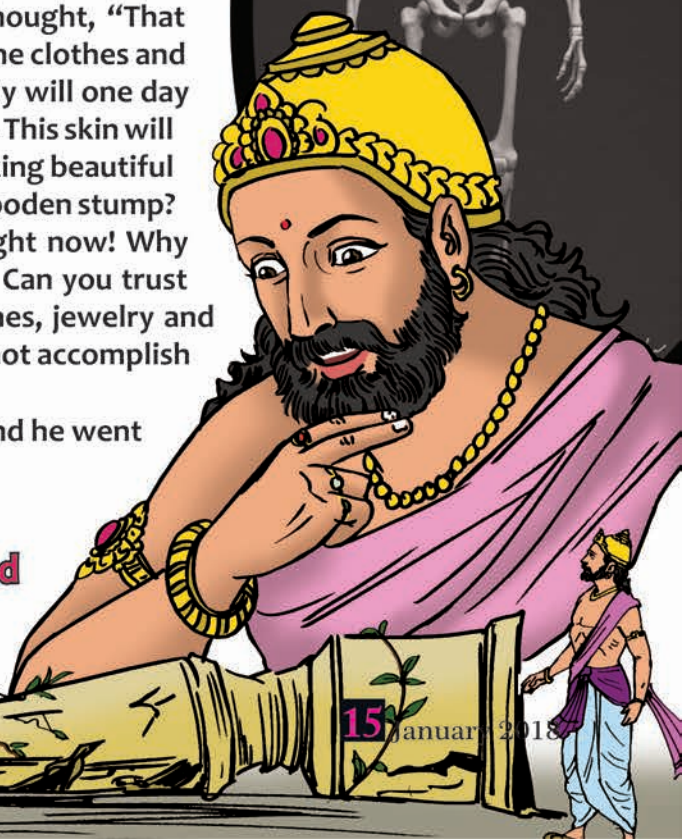
"Your majesty, this pillar was erected for the official opening and thereafter it has been left here," answered the janitor.

The king was surprised and thought, 'This is what has become of that beautiful pillar! Was that pillar looking beautiful because of the cloth and embellishments?'

The king started going deeper into thought, "That means even my beauty is owing to these fine clothes and jewelry? But is it permanent? Even my body will one day be in the same state as that wooden stump. This skin will one day deteriorate. Today my body is looking beautiful but in the end will it not become like the wooden stump? So then, why not today, alas! Why not right now! Why should I keep any affection for this body? Can you trust time? Truly, the attachment to these clothes, jewelry and appearance has made me blind and could not accomplish salvation."

The king chose to give up everything and he went in search of salvation.

After a harsh penance he achieved absolute knowledge and went on to achieve liberation too.



Rocky Dennis was born in America in the city of California. At the age of two he was diagnosed with a disease called CDD. This was an extremely rare disease, which affects only 1 in 220 million people. The disease affects the face, which becomes so disfigured that it makes the person unrecognizable. Doctors had predicted that Rocky would become blind and that the disease would also destroy his brain and result in his death before his seventeenth birthday.

Rocky's mother did not accept what the doctors were saying. She wanted to prove them wrong by having Rocky do the things that they were saying were impossible for him.

After a lot of effort and perseverance Rocky got a place at a school for normal children. In the beginning the other children used to make fun of his appearance and tease him by calling him names. But Rocky had accepted what he looked like. In such difficult circumstances he had learnt to be happy.

Slowly, Rocky won the children's hearts by his amiable attitude. As time went by the children did not see the outer appearance but saw his inner charm. Rocky's virtues, his sense of humor and his zest for life had won everyone's hearts. At high school, Rocky received awards for being 'The Best Buddy', 'Most Good-Natured' and 'Friendliest Camper'.

Rocky died at the age of sixteen. When news reached his school, everyone in the entire school was extremely sad. One teacher went on to say, "From that day we felt that Rocky's absence made the world seem less beautiful. His presence made a profound impact on everyone."

And thus, Rocky Dennis left an unforgettable impression of his inner beauty in this world.



Real Life Story



Sweet Memories



In Niruma's service there was a brahmachari (celibate) sister who was learning to embroider. It was lunch time and she was just about to eat. She had to go for embroidery class straight after lunch. As she was short of time, she was in a hurry to eat. Just then, Niruma arrived.

The sister was getting up but Niruma told her to finish her lunch peacefully. The sister was thinking of eating her chapatti in 4 or 5 large mouthfuls, but Niruma sat down and cut the chapattis into 50 small pieces. She placed the pieces in the sister's plate and said, "Now, eat patiently and chew well. Everything is going to be alright."

The sister explained that, "I always reach the class when the prayers are over and the teacher tells me off." She was feeling uneasy, knowing that it takes 15 minutes to walk to the class.

Niruma assured the sister, "Please sit down and eat peacefully. Nobody will scold you." And she lovingly made her understand, "Why are you being negative that somebody will tell you off? Due to your negative vibrations the result will be negative. Why are you creating such vibrations?" And then Niruma added, "We do not like it when you eat quickly and stay hungry."

Truly that day the sister was late in reaching her class, but nobody said anything.

In the evening, Niruma asked the sister, "Did anyone reprimand you today?"

"No, Niruma. I was late, but nobody said anything," said the sister.

Niruma gave the sister the right understanding, "It is your belief that they will scold you, or might say something – all of these beliefs are what is causing you fear. Not a single being is going to scold you."

And from that day, thanks to the power in Niruma's words the sister's fear was gone.

In this way Niruma took care of all her dependents. Along with food she also served the right understanding.



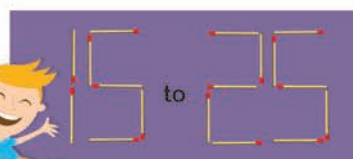
**Niruma's birthday celebration
in Haridwar in Puiyashree's
presence**



Celebrating Puiya Niruma's birthday in different centres



Answer to the puzzle



19 January 2018



And Lastly...

There was once a salesman who used to go to a particular park to sell his helium filled balloons. Children loved them. He used to have such unique colors that no other vendor had and his prices were reasonable too.

One evening, he was filling the balloons and getting ready to sell them. There was a little boy looking at him. The man took an odd looking balloon that had various colours and filled it with helium. The boy was confused and so he went to the man and asked him, "Uncle, why are you bothering filling air in this balloon? it is quite ugly?"

The balloon man smiled and answered, "Just wait, I will show you something." He filled enough helium in the balloon and then released it. The balloon flew high up in the sky. The boy just kept looking up at the sky.

The salesman told him, "Son, the thing that is inside the balloon decides how high it will fly, not the beauty of the balloon."

Friends, it is our inner strength and inner virtues that take us high up in our lives, not our outer appearance.



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.



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