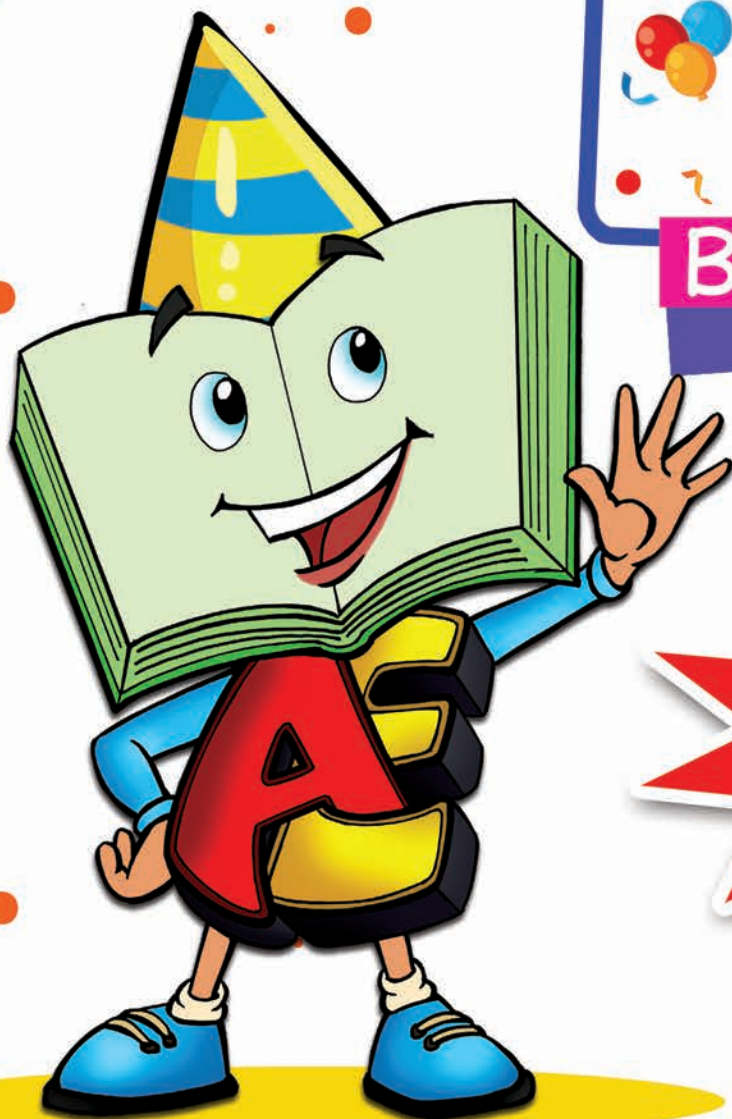


Dada Bhagwan Parivar's

August 2019

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# AKRAM Express



# Effect of words

## Editorial

Friends,

There is a proverb in Hindi, '*Tol mol ke bol*', which means weigh your words carefully before you speak.

There is a proverb in Gujarati as well which says 'the wound from a sword can heal but the wound from words do not heal.'

Oh...! Can the words be so effective? How?

Yes, and we will learn more about it in this issue. Only the *Gnanis* understood the consequences of speaking carelessly.

So friends, let us read this issue and learn more about how to speak with care

- Dimple Mehta

## Akram Express

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Contact at:  
Balvignan Department  
Trimandir Sankul,  
Simandhar city,

Ahmedabad-Kalol Highway, Adalaj,  
Dist.Gandhinagar-382421,Gujarat.

Phone:(079)39830100

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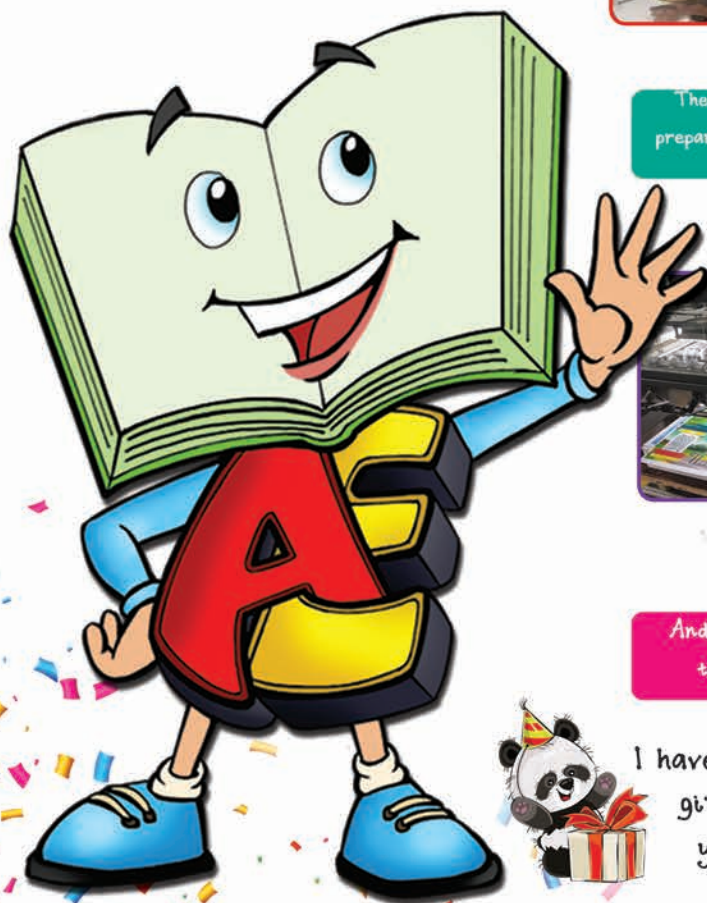
2 August 2019

# HAPPY BIRTHDAY!

## Akram Express

Hello Friends,

I have come to celebrate with you all. Do you know? I am 11 years old today. I was born with Pujiyashree's heartfelt wish. Pujiyashree took a lot of care before and after my birth... specially for you... so that you enjoy my company. You all have given me so much love and I always eagerly await the 8th day of the month to meet you all!



Today I am going to share something personal with you. In the same way as your parents get you ready before you go out, there is a big team that takes the responsibility of getting me ready.



Stories that you'll love are written

Lively drawings are created...



And colours are added...

The layout design is prepared. And then I am ready.



I am then sent to the press for printing.

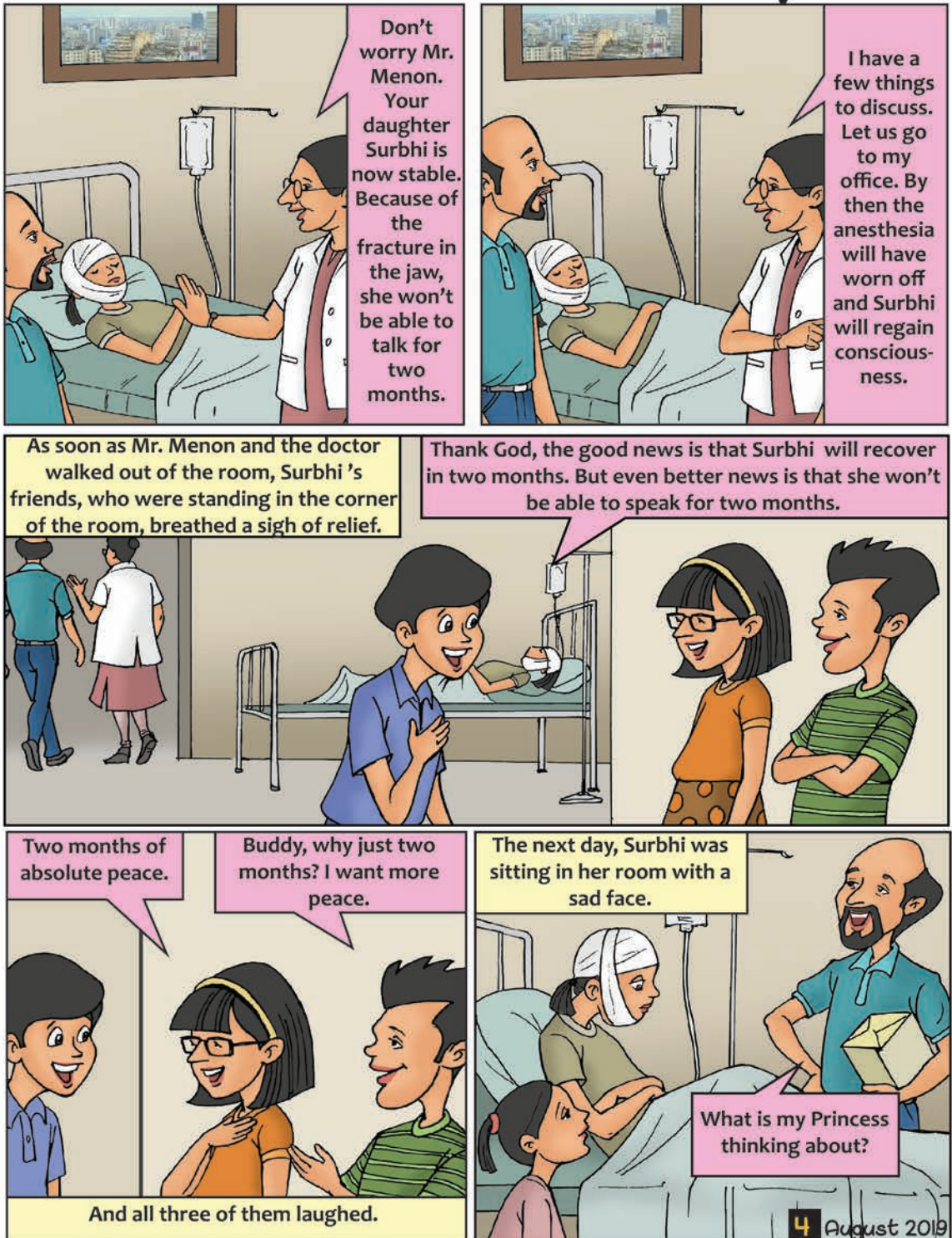
And finally I come to your place.

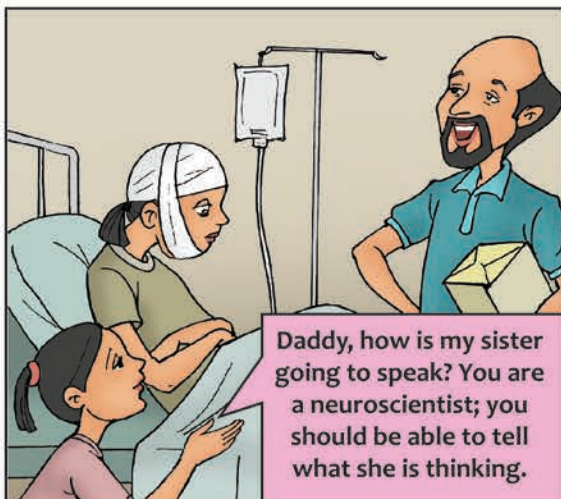


I have also got return gifts for all of you....Hurray....

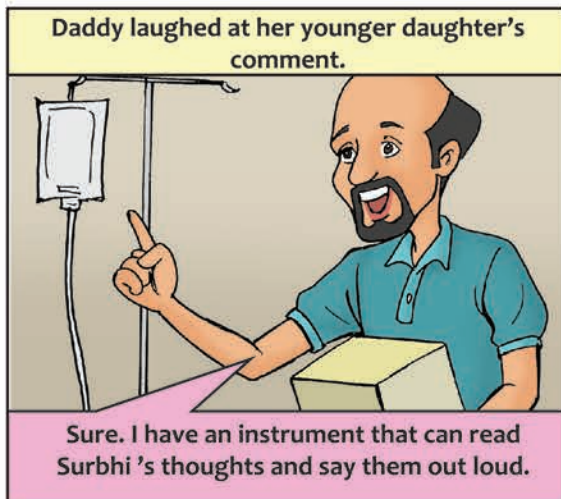


# Convert and Play



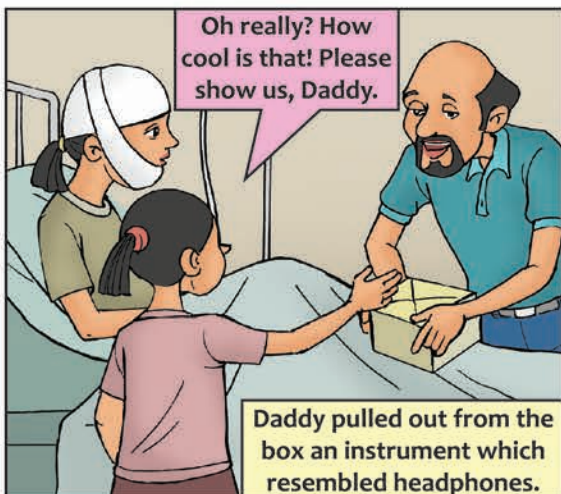


Daddy, how is my sister going to speak? You are a neuroscientist; you should be able to tell what she is thinking.



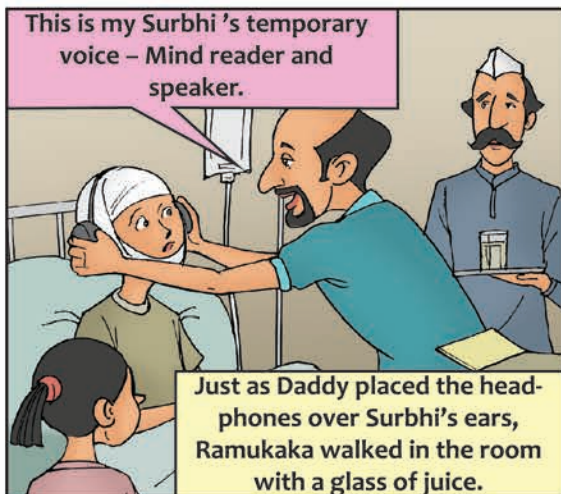
Daddy laughed at her younger daughter's comment.

Sure. I have an instrument that can read Surbhi's thoughts and say them out loud.



Oh really? How cool is that! Please show us, Daddy.

Daddy pulled out from the box an instrument which resembled headphones.



This is my Surbhi's temporary voice – Mind reader and speaker.

Just as Daddy placed the headphones over Surbhi's ears, Ramukaka walked in the room with a glass of juice.

Surbhi took a sip of the juice with the straw and Daddy hit the 'play' button on the headphone.



Nobody likes to drink such sour juice. It wouldn't have caused any harm to add a carrot to it.

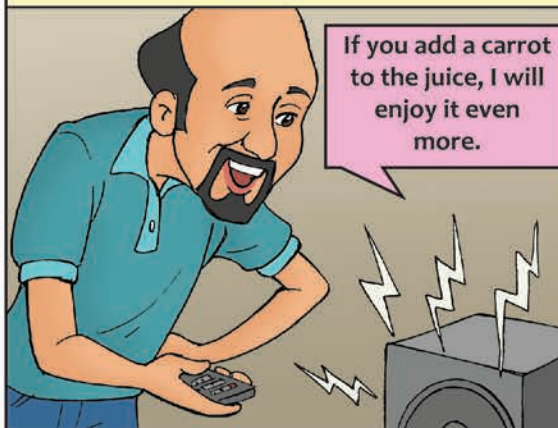
Surbhi was startled to hear her unpleasant words and harsh tone of voice.



Well, there is another interesting function of this headphone – 'Convert and Play.'

- Opinions are negative so the speech also comes out to be negative

Daddy hit the 'convert and play' button.



If you add a carrot to the juice, I will enjoy it even more.

Isn't that interesting? If you press the 'play' button, then it will read and speak your thoughts exactly as they are.



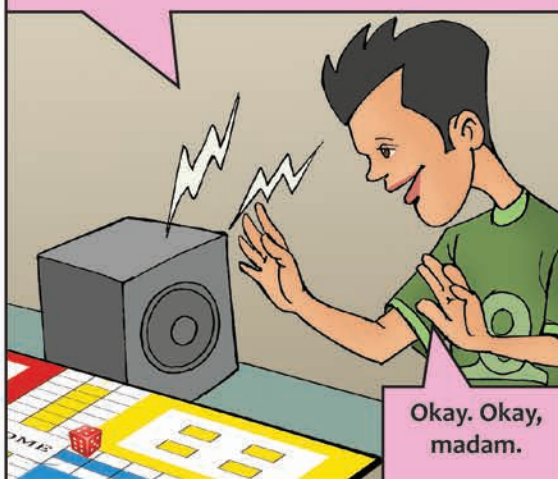
But if you press 'convert and play' button, then it will say the same thing but using positive words and in a sweet tone of voice.



In the evening, Surbhi's friends came to visit her. While playing a board game with them, Surbhi put on her headphones and pressed the 'convert and play' button.

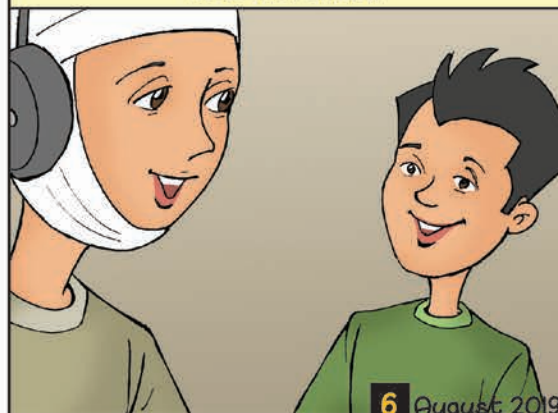


Hey Ravi, no cheating. O.K.?



Okay. Okay, madam.

Listening to the words of the speaker and Ravi's laughter, Surbhi noticed that the words were the same as her thoughts but the tone of voice was sweet.



'This means that it is not just the words that are important, but also the tone of our voice is equally important.'



Surbhi carefully observed the words spoken when using the 'convert and play' button. Slowly and steadily, she developed her own natural converter function within herself.



After two months,

Hi everyone,



Hi Surbhi. It is such a relief to hear your voice. We were getting bored of listening to the speaker.

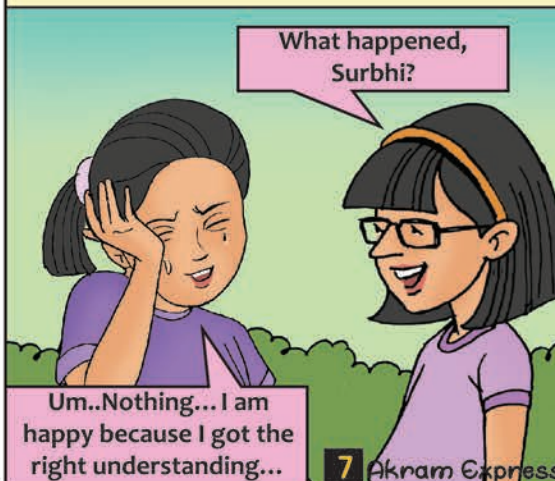
Surbhi got emotional upon hearing this. That day in the hospital room, her friends had assumed she was unconscious and had made fun of her. But Surbhi had heard everything.



Seeing her eyes filled with tears,

What happened, Surbhi?

Um..Nothing... I am happy because I got the right understanding...



“

# Gnani's says...



Go through this magazine and look for the missing sentences in order to complete the below para.

To speak ill of someone, to make.....

.....is dangerous. And Negative opinions like, 'This fellow is no good, and he doesn't do any work' are also dangerous. If the .....,the speech that comes out will also be negative.

..... can be so hurtful that they can give suffering to a person for almost twenty to twenty five years. It creates hatred inside. Differences arise. So not a single word should be negative.

”



# 25 years



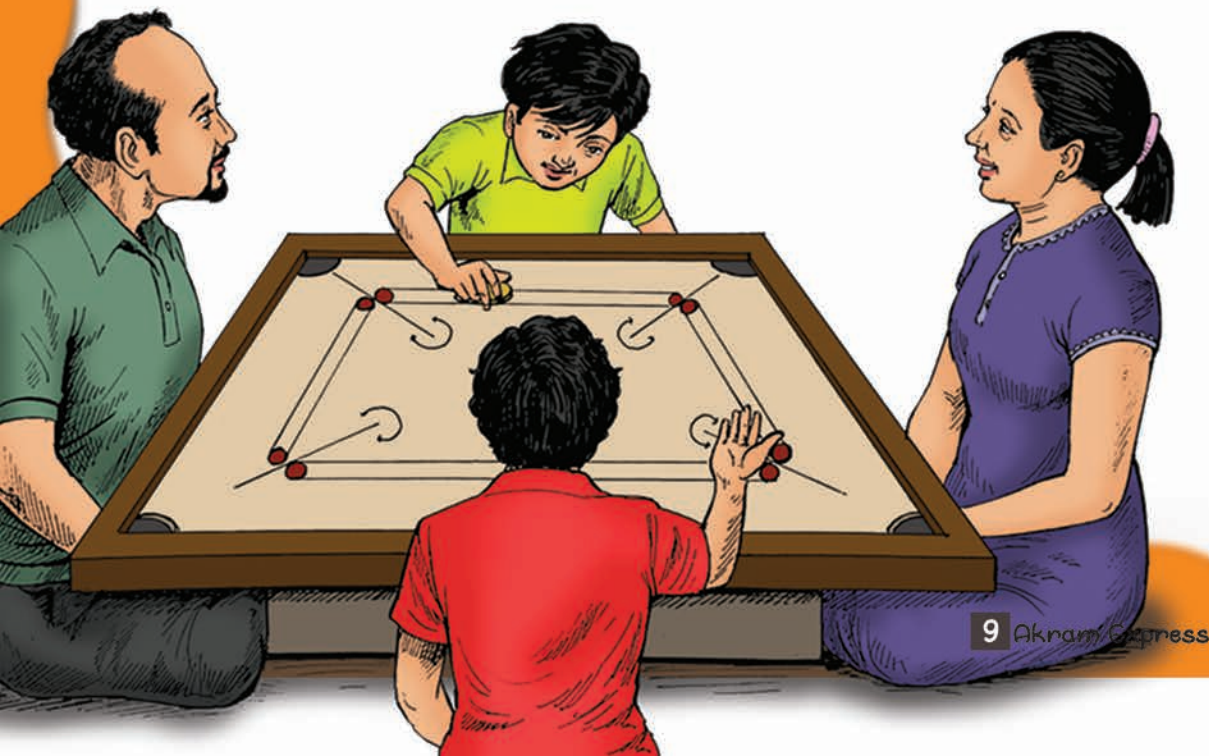
One fine Sunday afternoon, after lunch, Kush started setting up the carrom board.

"Come on Mummy... Come on Daddy... It's carrom time!" Luv announced.

"Luv and Mummy will be partners and Daddy and I will be partners," Kush suggested. Luv objected, "No, I don't want to keep the same teams as last time. Today Daddy and I will be partners." Their father, Ronakbhai, was watching Luv-Kush's bickering. He suggested a solution, "I have a better

idea. Let's have Mummy-Daddy as partners and Luv-Kush as partners." Everyone agreed and started the game.

Kush started getting annoyed with Luv's weak moves in the game. He said scornfully to Luv, "You are useless. You play so dumb. You are in fifth grade but even a first grader would play better than you. If you don't know how to play carrom then you should just quit." Luv's face fell upon hearing Kush's harsh words. He got upset and ran to another room. Mummy went after him, "Luv, please listen, you play much better than



me.”

Kush was still looking annoyed, so Daddy gently stroked his head. Kush calmed down a little. Dad stretched out his hand and pointing at a scar on his finger, he asked, “Son, do you remember last month when I was preparing a sandwich for you and I cut myself?”

“Yes Daddy, I remember,” Kush answered in a low voice.

“The wound has healed but the scar still remains. Can you see?” remarked Daddy. Kush nodded and said ‘yes’.

“Kush, do you know there is something much more dangerous than a knife, because the wounds it causes can never be healed?” Daddy asked with a sigh.

“Daddy, what is that?” Kush asked with curiosity.

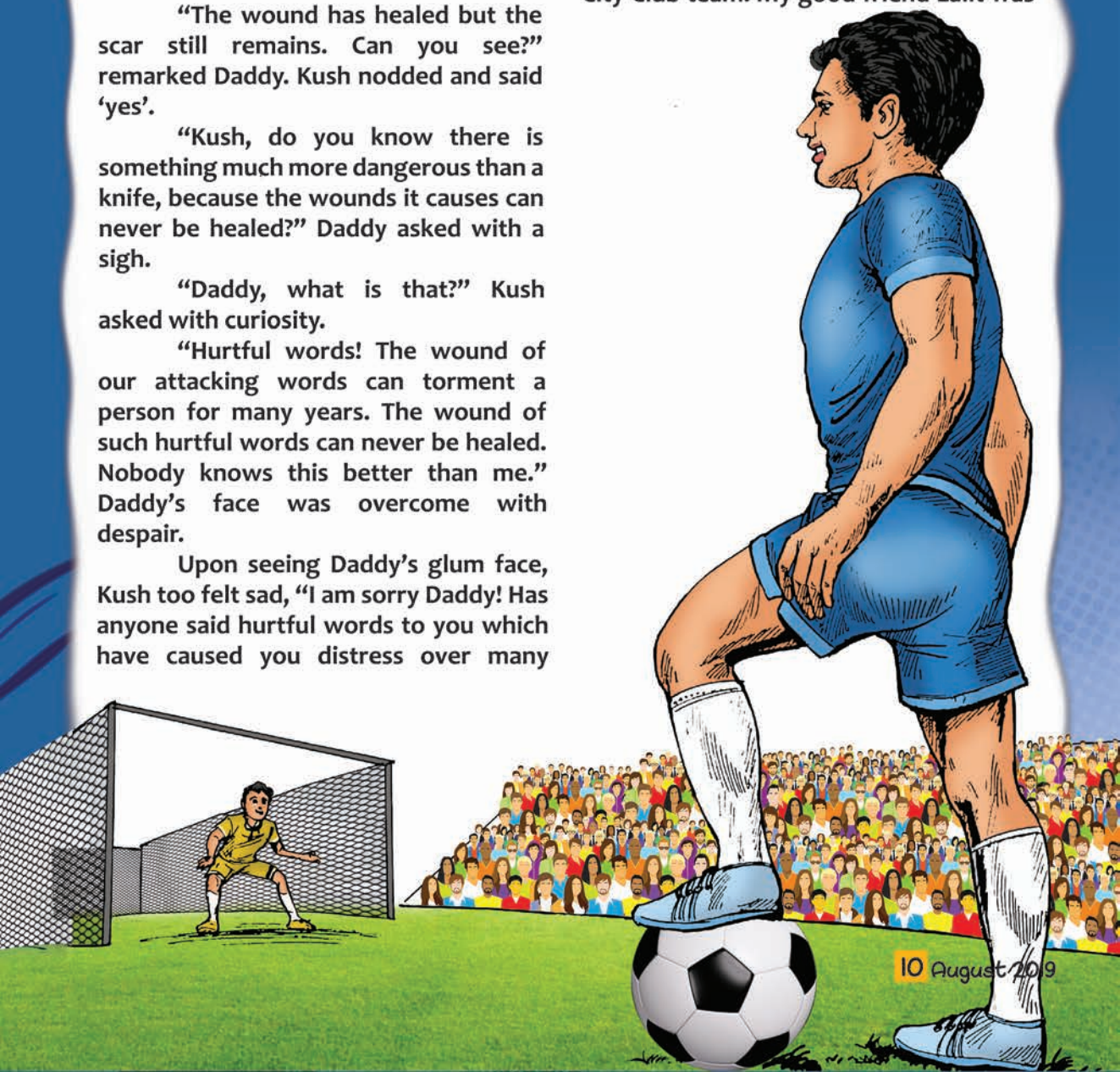
“Hurtful words! The wound of our attacking words can torment a person for many years. The wound of such hurtful words can never be healed. Nobody knows this better than me.” Daddy’s face was overcome with despair.

Upon seeing Daddy’s glum face, Kush too felt sad, “I am sorry Daddy! Has anyone said hurtful words to you which have caused you distress over many

years?”

“No son, no one has said hurtful words to me, but I have said such words to someone,” The events of his childhood flashed before his eyes and Daddy got lost in the memories of his past.

It was the final match of the Under Sixteens soccer tournament. I was the captain as well as the goalie for the City Club team. My good friend Lalit was



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also on my team. Lalit had to take a penalty shot. Until that point the game had been a tug of war.

It was the last 10 seconds of the game. The stadium was jam-packed. The audience and the cheerleading team were cheering Lalit on. The opponent team was ahead by just one goal. If Lalit scored the penalty shot then the score would be equal. The chances of winning would increase if the game went to a tie-breaker round.

Everyone in the team gathered around Lalit. They placed their hands on each other's shoulders and formed a huddle. I too headed there.

Daddy got all choked up while narrating the incident. Kush was carefully listening to the story. Daddy cleared his throat a few times and then continued with the story.

With a loud tone of voice I said, "Lalit, do you remember your stupid shot in our last semifinal game? Instead of passing the ball, you kicked the ball in the opposite direction. And the opponent team then scored a goal. That was very dumb of you. We won the game just because of my excellent goalkeeping skills." I was totally unmindful of how my words would affect Lalit. His face was turning pale. The coach noticed it and stopped me. The coach tried to boost Lalit's confidence and said, "C'mon Lalit, you can do it. Let's go. Take your position boys." And the game resumed.

The exhausted Lalit was trying to focus but I loudly interrupted again, "Lalit, don't be a loser again. You have to score the goal, understood?" Lalit couldn't handle the pressure anymore and lowered his eyes. He limply kicked the ball and immediately passed out on the field.

"Oh no!" Kush exclaimed. It was difficult for Daddy to go on but he gathered his composure and continued.

As Lalit regained consciousness in the dressing room, he overheard the words, "Looser Lalit's loose shot was too easy for the opponent goalkeeper! And that's it...we lost a winning match! We had been winning this trophy for the 'City Club' since the last 3 years and today it has slipped out of our hands!" I was venting my frustration to the coach as I couldn't stand losing.

After that day, all the boys started teasing Lalit as "Lalit loser." He couldn't cope with the name-calling and the blame-calling and so he and his parents left town.

Upon hearing about this incident, Kush became very sad. He started feeling remorseful for the harsh words he had spoken to Luv earlier. Kush asked his dad in a soft voice, "So Daddy, you never got a chance to meet Lalit Uncle ever again?"

Suddenly a loud voice boomed from the front door, "But we did meet

*- Harsh words can be so hurtful that they can give suffering to a person*

again! Ronak, doesn't your son know?"

Daddy and Kush were startled by the voice. As soon as Ronakbhai recognized the guest standing at the door, he immediately asked Kush to go to his room.

"Lalit, when did you arrive?" Ronakbhai asked with astonishment. He then glanced at the calendar and realized the reason for his visit.

"I arrived just as your flashback started," Lalit said sternly. "You narrated the entire story to your son but missed out the climax of the story, the fact that the very same 'Lal-

Please take your rent and don't let my children find out." Ronakbhai pleaded with folded hands. "Lalit, what words should I use to ask your forgiveness?" Ronakbhai's eyes filled with tears. "I was unmindful about the repercussions (an effect of some previous action or event) that my words would have. It has caused you tremendous pain and suffering for many years. More than being concerned about losing my property or business I feel extreme remorse for hurting you with my words. Even today, I am unable to bear the echo of my own words."

As soon as Ronakbhai recognized the guest standing at the door, he immediately asked his son Kush to go to his room.

it-the-loser" now owns your house and your business as well. It has been twenty-five years but I never forgot that you called me a 'loser'. For twenty-five years my only aim has been to return the loser name-tag back to you... So now who is the loser? By the way, how does it feel to be a tenant in your own house?" Lalit laughed sarcastically.

"Shh...Lalit, please speak softly," Ronakbhai interrupted. "My children know nothing about this.

Ronakbhai bent down at the feet of Lalit.

Ronakbhai's sincere repentance melted Lalit's heart and he said, "Dear friend, what are you doing? Come here," and he hugged Ronakbhai. The repentance done heartily by Ronakbhai healed Lalit's wounds.

"Look Daddy, Luv and I are now best friends again. I apologized to him and mended our friendship," said Kush as they both came out of their room happy and holding hands. They saw that Daddy was also happy after a hug

# Fun Lab



## Objective

Ever wondered, why are some people very popular in school while others are not? What attracts people towards us? Through this experiment, let us find out the effect of our words or behavior on people around us.

## Things required

- A large bowl filled with water upto  $\frac{3}{4}$ th its capacity
- Ground black pepper
- Sugar
- Few drops of liquid soap
- Spoon for stirring
- Eye dropper



## Steps:

### Step 1

To begin our experiment, take a bowl filled with water and toss some ground pepper across the water's surface with a spoon.

### Step 2

Add a drop or two of dishwashing liquid using an eyedropper. Observe what happens.

### Step 3

Now add some sugar in the clear area within the bowl and stir it well.

### Step 4

Once again, observe what happens.



## Result

What happened when we added the dish washing liquid?

The pepper immediately repelled away from it and moved to the edges of the bowl. Isn't it? And, what happened when we added sugar to it? After stirring the water again, the mixture came back together.

More information on page 18... 13 Akram Express

# Absolutely

New and Different !



Kind words benefit us and others too. Unkind words not only harm us but others as well.

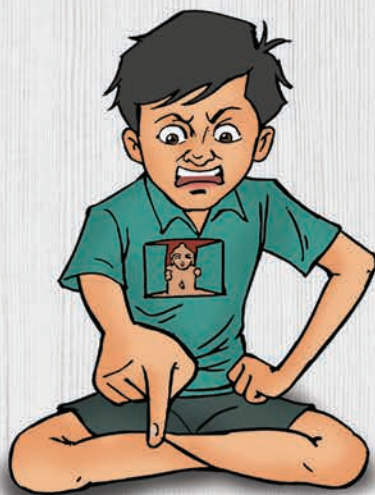
You should not speak ill of a person, even in their absence. A rift will be created and that person will not feel any fondness for you. When he comes in contact with you, for reasons unknown to him, he will not enjoy your company. Our unkind words can injure a person. Even if the words were not said to the person's face, they still have a big impact. Because spoken words create vibrations which reach that person no matter where you are.





If you criticize a person or inflict pain with your words, then the resulting wound reaches the God within them. This leads to the veil of ignorance over the Self within us. Hence, each and every bad word will have to be negated.

I am Pure Soul



The Self is awakened in just one hour by repeating whatever words the **Gnani** recites during the **Gnanvidhi**. So these words must have so much so much power! Whereas a person can get deformed with negative words.

# Mythological Story

Prithvi Chandra was the only son of Ayodhya's King Hari Singh. He had no desire to live a worldly life. But in order to honor his parent's wishes, he had to marry 8 princesses and the responsibility of ruling the kingdom fell on him.

One day in the royal court, a travelling businessman named Sudhan narrates to the king about the extraordinary event that has brought him to Ayodhya....

"Oh, Great King! I have come from the town of Gajpur. A very wealthy merchant named Ratnasanchay reside in this town. He has a wife named Sumangla and a son named Gunasagar.

One day, Gunasagar saw a Muni (sage) traveling through the town and was so moved by the Muni's presence that he he felt free of worldly desires.

So he went to his parents and said "Dear Mother and Father, if you wish for me to be happy then please give me permission to renounce the world and lead a life of an ascetic. This kind of life is the only happiness that I seek."

His parents replied, "Son we will not stop you from pursuing a life of renunciation. Your happiness is our happiness. However our only wish is for you to get married. We wish for you to marry eight beautiful merchant girls. After that if you wish, you can take the path of renunciation the very next day. We will give you permission." Gunasagar agreed to fulfill his parent's wish to get married.

Ratnasanchaya met the parents of the eight girls and informed them of Gunasagar's decision, "Gunasagar has decided to renounce the world and become a monk the very next day of marriage. So, I would like you to think about it before giving your daughters permission to marry him."

The girls' parents got together to give the matter some thought. "If Gunasagar has decided to become a monk then why should we marry our daughters to him? We will marry them to another merchant's son instead."

However, when the news reached the eight eligible girls, they got together and talked the matter through and decided, "If we get married then we will only marry Gunasagar. If he lives in a house, then we will live in the house with him. If he renounces the worldly life, then we will also renounce the worldly life. Whatever he does, we will follow.

The girls informed their parents of their decision, and their parents accepted their wishes. They informed Ratnasanchaya to start preparations for the wedding.

At the wedding altar, Gunasagar and his eight wives-to-be were all focused on their internal *dharmadhyana* (virtuous internal state). All of them were going to renounce the world after their marriage. Instantly they became *vitragi*, (one who is absolutely detached) and attained *keval Gnan* (absolute knowledge).

In the heavens, *Devo* (celestial beings) rejoiced. They beat their drums and showered down flowers. To be part of this once in a lifetime celebration, all the celestial beings descended from the heavens and gifted Gunasagar and his eight wives holy garments and seated them on a golden lotus.

After watching these divine events, Gunasagar's parents Ratnasanchaya and Sumangla were deeply moved by this holy incident. They experienced the state of equanimity and also attained *keval Gnan*. The celestial beings also sang their praises and gifted them with holy garments.

The entire town gathered to take a glimpse of this divine family who had become enlightened and seek their blessings.

I approached the *keval Gnani*, Gunasagar and asked, "Oh Lord, I have never witnessed such a divine spectacle ever before. I have travelled far and wide but what I saw today was unprecedented."

The enlightened Gunasagar replied, "Oh exalted sir, you will get to see an even grander miracle than this in Ayodhya."

Upon hearing this I was astounded. I took my blessings from all the *keval Gnanis* and then

made my way to Ayodhya and here I am today. "Oh King, I wish to witness the miracle which has never been seen before. Please shower your grace."

Having said his story to King Prithvichandra, Sudhan sat down on his chair.

King Prithvichandra listened to Sudhan's divine tale with much calm, tranquility and concentration. His mind became beautifully still and detached like the beautiful coolness of the moonlight.

"Praise be to Gunasagar! You crossed the ocean of worldly pleasures without any hesitation. And look at me, bound by my father's wishes I had to become King... When will I be able to renounce the world and become a monk. When will I be free from this prison of worldly pleasures and be able to do penance to destroy my karmas... When will my Soul become absolutely pure?"

As he meditated on these righteous thoughts, his inner state became more and more elevated, and one by one his karmas dissipated, and King Prithvichandra attained *keval Gnan* there and then while sitting on his throne.

The celestial beings started singing King Prithvichandra's praises.

King Prithvichandra's eight queens were present in the royal court and saw this amazing scene of King Prithvichandra attaining *keval Gnan* and the arrival of the celestial beings. This prompted them to also become engrossed in *dharmadhyān* (virtuous internal state). At one time all eight queens had identical inner intent, with identical focus on the same outcome, and with identical determination. Their mind, body and speech achieved complete equanimity and their Souls attained the absolute state. All the eight queens became *kevali* (one with absolute knowledge).

The ruling goddesses of the heaven appeared and showered flowers on them.

Sudhan experienced indescribable joy on witnessing this. He bowed down to all the *keval Gnanis* and told Prithvichandra *Bhagwan*, "Oh Lord, indeed I was able to witness a grander miracle here than in Gajapur. Blessed be your dynasty, blessed be your parents and blessed be your eight queens!"



*This is dirty!  
Come, we will play with another  
toy... !*

*(As soon as you know it is expensive  
it becomes dirty...!)*



*Look ... look ... ! The ant died ... !!!  
(How is it that we get hurt but the ant  
dies? Amazing is it not!)*



**Laugh & Make others laugh...**

*How many times have we heard these  
statements in our childhood?*



*You are my obedient son, aren't  
you?*

*(Yes ... So by doing that  
you want all your work  
to be done?)*



*Go to sleep or else the scary man will come ... !  
(Yes as if all the scary men are sitting idle ... !)*



More information  
on page 13...

## Akram Science says...

Suppose that the water represents your school.

The pepper represents the people (classmates, teachers & friends).

The dishwashing liquid represents rude & unkind words.

The sugar represents kind and polite words.

When we use rude and unkind words, people move away from us (like the pepper particles when dishwashing liquid was added) but when we speak kind and polite words, they will automatically be attracted towards us (like the pepper particles when sugar was added to the mixture).

So now you know the reason, why some  
people are so popular in school while  
others aren't? Whom would you like to  
become?



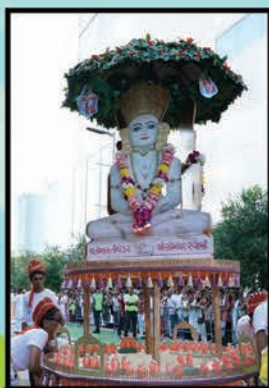
Scan QR code Or Visit

<https://kids.dadabhagwan.org/fun-zone/experiment-corner/effect-of-our-words/>

18 August 2019



# GURUPURNIMA GLIMPSES



- Making fun of someone or blame someone is risky

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