

Dada Bhagwan Pariwar's

April 2019

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# AKRAM Express



**Our  
Mirror**

# Editorial

Friends,

With God's grace, if we ever feel that we want to improve ourselves then we have to get rid of each and every one of our mistakes.

But the question is how do we find our own mistakes? Is it easy?

Yes, it is easy.

In this edition, Dadashri has shown the easiest way for this. So we hope you will read this edition and shed all your mistakes and become pure! (squeaky clean)....

- Dimple Mehta



Our  
Mirror

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# GNANIS SAY...



**Questioner:** How can we find our own faults?

**Pujyashree:** Can you see others' mistakes?

**Questioner:** Yes I can.

**Pujyashree:** When you can see faults in others, just check if you have those faults in yourself. If someone is telling lies and you do not like it, then just check if until now you have ever told any lies. This is the best opportunity to find one's own faults. Then you will realize that compared to that poor person who might have lied only once, you've actually lied ten times! Fine, now you can get on with cleansing your own faults. So this is a novel technique of how to pick up on your own faults. Do *pratikraman* for them. Decide never to lie in the future.

If we feel that someone is always trying to get their own way then we should check if we have ever done that. If we feel that someone is very attached to things then we should check if we have ever had attachment towards things. If we feel someone is always full of anger then we must check if we have ever been angry with someone.

However many faults we can see in others, there is no doubt there are as many faults within us as well. The intensity of the fault may be only 2% or 12% or 80%, but those faults will definitely be within us to some degree. Because the rule is that we have to have the fault within us first to be able to see the same fault in someone else. If one becomes faultless, then he would see everyone as faultless only.

If we keep on looking at the faults of others without realizing that these faults are also abundant in ourselves, then we miss the opportunity to cleanse ourselves of our own faults. Once we start looking for our own faults, it will be such an absorbing task, that we won't be left with any idle time to waste on looking at others' faults. But we tend to leave this big important task pending.



Our own faults make us see the world as faulty. The more our faults decrease the more we will see the world as faultless.



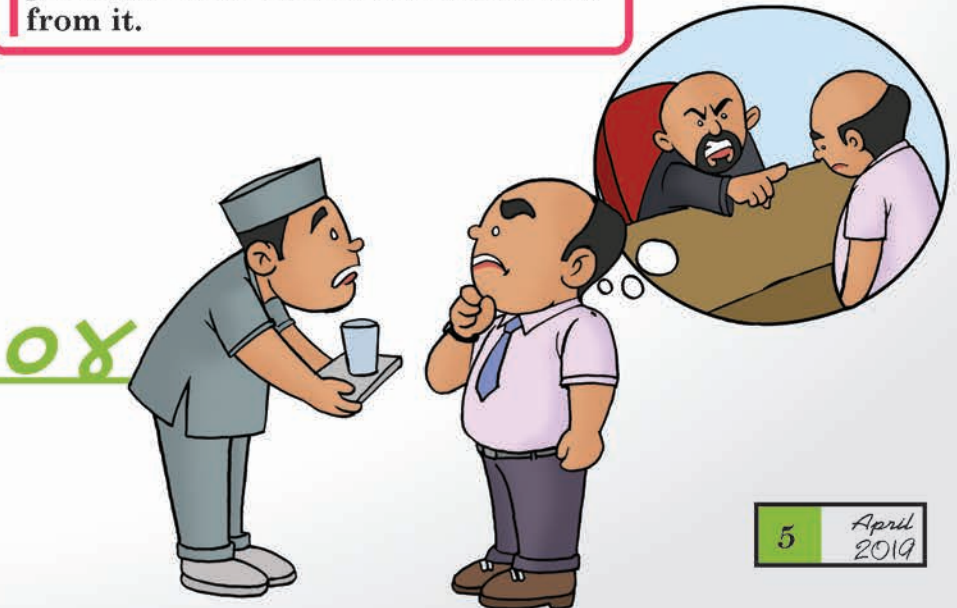
It is great humanity that we do not treat others the way we would not like to be treated.

# ABSOLUTELY NEW AND DIFFERENT

Mirror... so valuable! I get to see how I look. It shows us if there is any dust on our hair or if any hair is out of place. Then we can wet it with water and smooth it down. Thus the mirror is beneficial in helping us stay neat and tidy. The mirror helps us to transform from faulty into faultless. Similarly, people are like our mirrors!



If you see faults of others then pray, dear God, please help this person see his own fault and be free from it.



## DEEP QUESTION

“How are you auntie? This is Heena speaking. Is Sanvi there?” asked Heena.

“Heena dear, there is no need for you to introduce yourself. I can always recognize your sweet voice! Hold on, I will call Sanvi,” said Ritaben. She went to Sanvi’s room and peeped inside.

The whole room was spread with clothes. Sanvi was standing in front of the mirror with a couple of dresses.

“This one...or... this one..” Sanvi was asking herself in the mirror.

“Sanvi, Heena is on the phone,” Ritaben said gently.

“Oh Mummy! I don’t have time now,” Sanvi said irritably. “Please tell her that I

will call back.”

“Sanvi, you know that this is the third time she is calling,” Ritaben reminded Sanvi.

“Yes, yes, yes... I know, Mummy! I will ring her.” Sanvi replied without even looking at her mum. “You know it is Roshni’s birthday party today and I want to look my best.” She was talking to her mum but her eyes were fixed on the mirror.

It was difficult to get Sanvi’s attention so Ritaben did not argue further with her.

After trying on about 15 dresses, “Finally!” Sanvi said looking at the mirror, “Now, I think I look good!”

The whole way there, Sanvi was caught up in day dreaming about the party.

“Sister, which way?” The rickshaw driver



interrupted her thoughts.

“That’s it. Stop here on the side.” Sanvi quickly paid the driver and went and rang the doorbell of Roshni’s house.

“Hi auntie! Where is the birthday girl?” Sanvi seemed more excited than Roshni.

Before auntie could reply, Sanvi ran towards Roshni, “Happy birthday to you, my lovely!” Sanvi hugged Roshni.

“Thank you,” Roshni replied very blandly

“What happened? Why are you so down?” Sanvi was puzzled after hearing Roshni’s unenthusiastic reply.

“Oh, it’s nothing. It’s just...” Roshni caught sight of Somya, and leaving the sentence unfinished, she ran over to her.

“Hi Somya, I am so happy that you have come. Someone said to me that you will not be able to come and I was upset.” Roshni’s eyes lit up after seeing Somya.

“It’s my friend’s party and I wouldn’t come?” Somya said with a swagger. Sanvi watched Roshni’s and Somya’s banter from afar and she felt hurt, “Roshni was not so happy to see me.”

Somehow Sanvi managed to perk up her mood and went and joined them. Seeing them both laugh, she asked candidly, “What is the joke?”

“Forget it! You will not understand” Roshni said and laughed again.

Sanvi’s feelings were very badly hurt, “Now Somya is here, will Roshni not even include me in their conversation?” Her mind filled with negative thoughts. For the first time she felt alone, even though she was in a crowd. She had been so eager to attend this party, but now she could not wait to leave it

When she got home she threw her handbag on the table and ran to her room. After a little while Ritaben went to see her.

“What happened Sanvi. Are you okay?”

“Mummy, Roshni is very selfish and arrogant!! She was only friends with me when she needed me, but now she has found Somya she has forgotten me

completely. She doesn’t care for me. I was so excited about her birthday. But at the party it was as if I was invisible.” Tears started flowing from Sanvi’s eyes as she said this.

“Oh dear!! Don’t cry dear.” Ritaben wiped away Sanvi’s tears. “Come, I will tell you something funny. Pummy auntie rang today.”

Pummy auntie was famous for her funny incidents. So as soon as Sanvi heard her name her sadness disappeared at once.

“Pummy auntie had a feeling that Rajiv uncle cannot hear properly, but she wasn’t sure. So she thought she

**“What happened?  
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would test him. Last Saturday Rajiv uncle’s friends were going to visit their house. Pummy auntie thought she would ask him a question. Firstly, she would stand at 40 feet, then 30 feet, then 20 feet... in this way she would get to know whether he can hear properly or not.”

Ritaben started laughing as she talked. Sanvi did not know the story so she just continued to listen without any expressions on her face.

“While standing 40 feet away Pummy auntie asked, “Rajiv, what time

are your friends coming?" There was no response.

Then from 30 feet distance Pummy auntie asked the same question. Again there was no response.

Then 20 feet, 10 feet ... but no response. Finally, she went right up to him and asked, "Rajiv, what time are your friends coming?"

Rajiv uncle said irritably, "Oh Pummy, this is the fifth time I'm telling you; they are coming at 7 o'clock. Seven!!"

Sanvi and Ritaben burst out laughing.

"Sanvi, we are such experts at looking at others' faults that we cannot see the same faults in ourselves." Ritaben told her the real moral of Pummy auntie's comedy incident.

And then in a serious tone she said, "My dear, this mirror helps us stay clean on the outside. But if we want to be clean from the inside then make the person, whose faults we can see, our mirror. We must check whether we have the same fault that we can see in the other person and then we must clear it.

Have you ever in your life committed the same mistakes that you can see in Roshni?"

After planting this deep question in Sanvi's mind, Ritaben went back to her household chores.

Sanvi understood her mum's hint. Heena's smiling face came to mind and she was filled with deep remorse. Today she was experiencing the same hurt that she had dished out to Heena a number of times before. The burning negativity towards Roshni was quenched as soon as she saw her own fault. A voice said from inside, "You have no right to see the fault that you are carrying within you, in others."

The very next moment Sanvi picked up the phone and dialed Heena's number.





# ART STUDIO

Pallavi, we are going to publish a special edition on the late Sir Deshpandey's art of stone carving.



Madam .... I am working on the "Hussain Project".

I have assigned Hussain Project to someone else.



What? But I want to work on that project.

You can go.



She just knows how to give orders. She should at least consider my preferences!

What's the matter, Pallu? Come, let's go for a coffee break.



In Pallavi's office,

How many times have I told you, Dhanjibhai, that my coffee should be strong. Take this away and get me another strong coffee straight away.



Pallu, even you are firing orders just like Madam. Don't you think Dhanjibhai's feelings may be getting hurt?

Nehal, please. I am in no mood to hear your lecture.



After a few days, at the art studio of the late Sir Deshpandey,

Welcome Pallaviben. I hope you did not have any difficulty getting here, did you?



No, not at all.

Sudhaben took Pallavi to a hall.

Wow, so much beauty can manifest from a block of stone! How long does it take to make one sculpture?



Sometimes 8 to 10 days and other times 2 to 3 months.

If you don't mind will you please clarify one question? Sir Deshpandey disappeared for five years. What happened during those five years?



During that time there was a lot of acclaim for the art of an up-and-coming young man called Anirudh Bakshi.



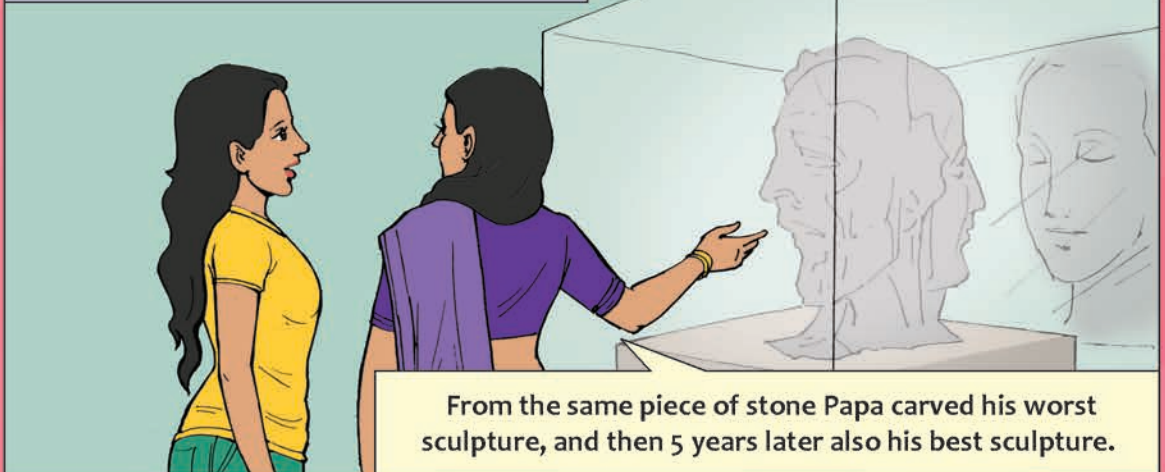
Papa felt jealous of Anirudh. He was unaware of his jealousy. Whenever his friends praised the work of Anirudh, Papa would point out his mistakes.



Papa was so wrapped up in finding Anirudh's mistakes that his own work started to suffer. And one day he had a break-down. Five years later he returned to the Art Studio.



Sudhaben took Pallavi into a little room.



From the same piece of stone Papa carved his worst sculpture, and then 5 years later also his best sculpture.

What is this?

Both the sculptures are glass after all. Papa has explained this arrangement in his own handwriting.



When I looked externally and looked at the faults of others, then the sculpture turned out distorted. But when I looked internally and looked at my own faults in the mirror then the sculpture turned out beautiful.



I looked externally the faults of others, sculpture turned out distorted. But when I looked internally and looked at my own faults in the mirror

Papa was fond of one of Michaelangelo's sayings. He said that in every stone there is already a sculpture. All we do is remove the unnecessary, redundant parts of the stone.



After five years of thinking, seeing his own faults, removing the useless parts, Papa carved his own self into good shape.



Amazing. Thank you so much Sudhaben. I will definitely send you a copy of this special edition.



After asking a few more questions and taking some photographs, Pallavi took Sudhaben's leave.

Pallavi, you must email me the article on Sir Deshpandey by tonight.



Okay Madam.

Bossy boots!

Pallavi took a sip of her coffee. She was just about to irritably ask Dhanjibhai to bring another coffee, when she saw her spoilt face in the mirror.



If Madam is a bossyboots, then what are you? And she quietly swallowed the sip.





# LET'S PLAY...



## 01

From the given designs, which one is different?

1.

2.

3.

4.



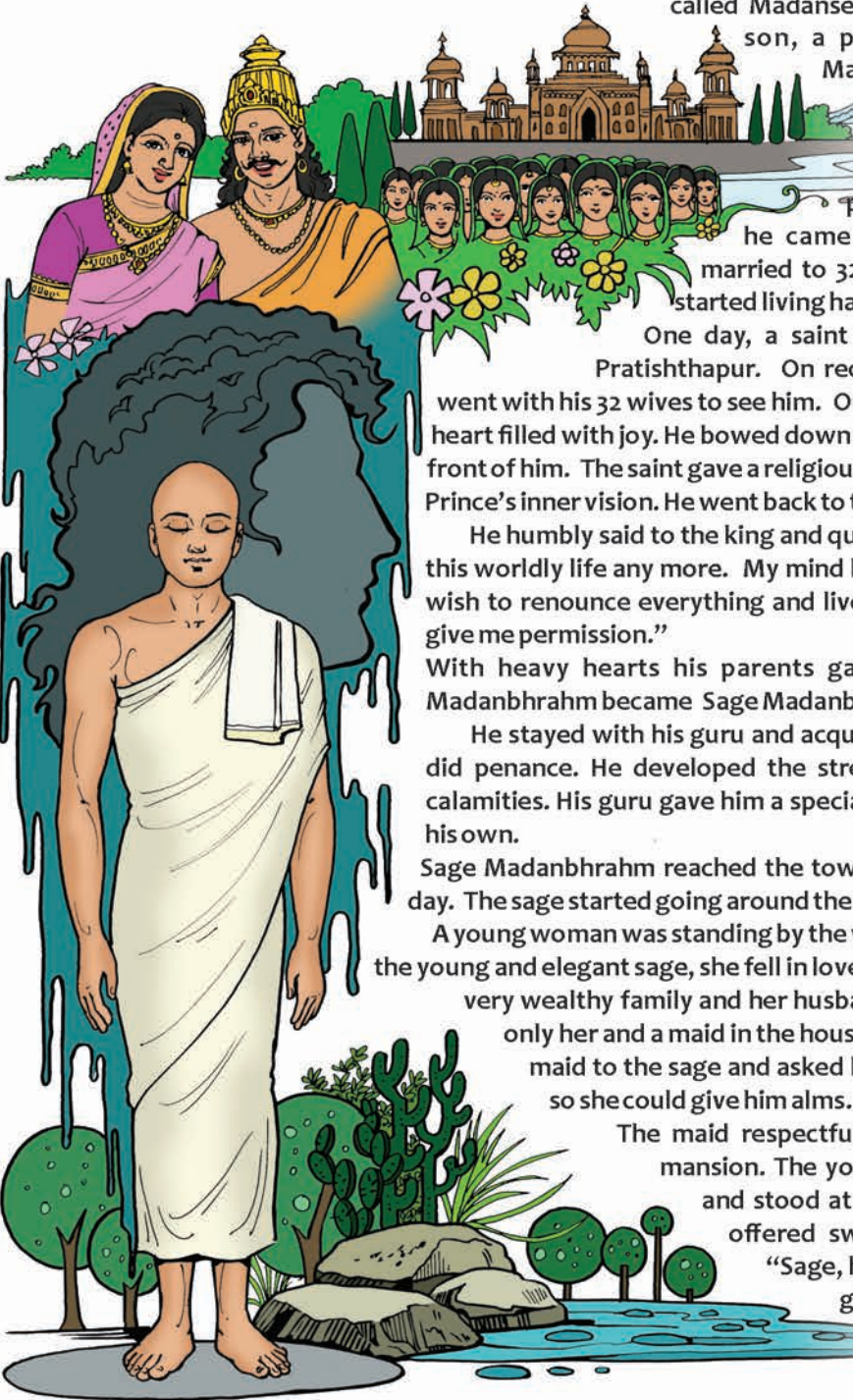
## 02

Which number should come in place of the question mark?

23	18	7	18
20	9	6	
8	11	5	?

# MYTHOLOGICAL STORY

There was a town called Pratishtapur. Its king was called Makkardhwaj and its queen was called Madansena. They just had only one son, a prince whom they named Madanbrahm.



Madanbrahm was extremely good looking! He was an icon of courage, patience and beauty! When he came of age, the king got him married to 32 princesses. Madanbrahm started living happily with his wives.

One day, a saint arrived at the outskirts of Pratishtapur. On receiving this news, the Prince went with his 32 wives to see him. On seeing the saint the Prince's heart filled with joy. He bowed down to the saint and humbly sat in front of him. The saint gave a religious sermon and this sparked the Prince's inner vision. He went back to the palace.

He humbly said to the king and queen, "I will not be able to live this worldly life any more. My mind has become free of desires. I wish to renounce everything and live a life of asceticism. Please give me permission."

With heavy hearts his parents gave him permission. Prince Madanbrahm became Sage Madanbrahm.

He stayed with his guru and acquired spiritual knowledge and did penance. He developed the strength to endure all of life's calamities. His guru gave him a special directive to move about on his own.

Sage Madanbrahm reached the town of Trambavati. It was mid-day. The sage started going around the town to collect alms.

A young woman was standing by the window of a mansion. Seeing the young and elegant sage, she fell in love with him. She belonged to a very wealthy family and her husband was abroad. There was only her and a maid in the house. She straight away sent the maid to the sage and asked her to bring him to the house so she could give him alms.

The maid respectfully brought the sage to the mansion. The young woman adorned herself and stood at the door of the house. She offered sweets to the sage and said, "Sage, have these sweets. Then I will give you some nice clothes."

Wear them and then come to my bedroom. Accept me as your wife.”

When the sage declined this offer, the young woman grabbed him. The maid quickly put an anklet on the sage’s ankle in an attempt to shame him into staying inside. But the sage pushed her off and ran outside without stopping to take the anklet off.

The young woman started a commotion in order to defame the sage. People, after seeing the anklet around the sage’s ankle, believed the young lady and also started to bad mouth him.

But there was a palace just opposite this house and the king was sitting in the balcony.

The king thought, ‘An innocent sage suffering such harassment in my kingdom... this should not be’. He came out and informed the people that the sage was innocent. Thereafter, the people started praising the sage.

The king confiscated the noblewoman's property and exiled her from his kingdom.

Sage Madanbhradh became known as Sage Janjaria .

He continued his travels and arrived at Kanchanpur. The king and queen were sitting in the balcony of their palace, looking out over the kingdom and talking among themselves. Suddenly they caught sight of the sage.

The queen’s eyes filled with tears. The king was surprised, “Why is the queen crying after seeing this monk? The monk is quite young and handsome. Did the queen fancy him in the past? Perhaps he has come here to see the queen and is disguising himself as a monk? Before he meets the queen I will kill him.”

Without saying anything the king got up and got on his horse and rode out of his kingdom to a garden. He ordered the people working in the garden to dig a deep hole. He ordered the soldiers, “Capture that monk, beat him up, and bring him here. He is not a monk he is a hypocrite.”

The soldiers brought the sage to the garden. The king said angrily to the sage, “Hey you hypocrite, remember your God and stand in this hole. Today is your end.” The sage got into the hole.

He detached himself from his body and became engrossed in his soul.

The King in a fit of rage struck his sword down upon the sage’s head. At that very moment, the sage attained full enlightenment and left his body and went to ‘*moksha*’ (liberation from the cycle of birth and death).

The sage’s possessions, his *rajoharan* ( a white broom Jain monks use to brush insects away from an area before they sit), his blanket, his clothes, were all drenched with blood. Just then a hawk came flying down from the sky. Mistaking the *rajoharan*, for a mass of bloodied flesh, it picked it up in its beak and flew away... but the *rajoharan* was too heavy and fell out of its beak and onto the ground below.

The palace was just below and the *rajoharan* fell onto its terrace. The queen recognized the monk’s *rajoharan*. She found out via the servants that the king had murdered the monk. She beat her chest and wept inconsolably. She took a vow not to eat again till the end of her life.

The king asked, “Why are you not eating anything?”

“You killed my real brother Sage Madanbhradh . You have committed a terrible deed. This world and its worldly happiness is odious to me now.”

The king started trembling after hearing this from the queen. He said, “Was the sage your brother? Was it Madanbhradh? Alas, I acted without thinking. I committed such a terrible sin. I will end up in hell.” He started repenting for his mistake.

By repenting and repenting, the king’s bad deeds got washed away and he eventually attained full enlightenment.

The sage-murderer became a ‘*kevalgnani*’ (a fully enlightened person)!!



## REAL LIFE STORY

Around 800 years ago there was a great philosopher by the name of Sheikh Saadi. When he was little, his dad took him to a mosque for the first time to pray. His aim was to instill religious values in his son from a young age.

While praying, Sheikh Saadi started observing everyone around him. His attention was less on praying and more on everyone around him. When he came outside, he said to his

### 1. Sheikh Saadi



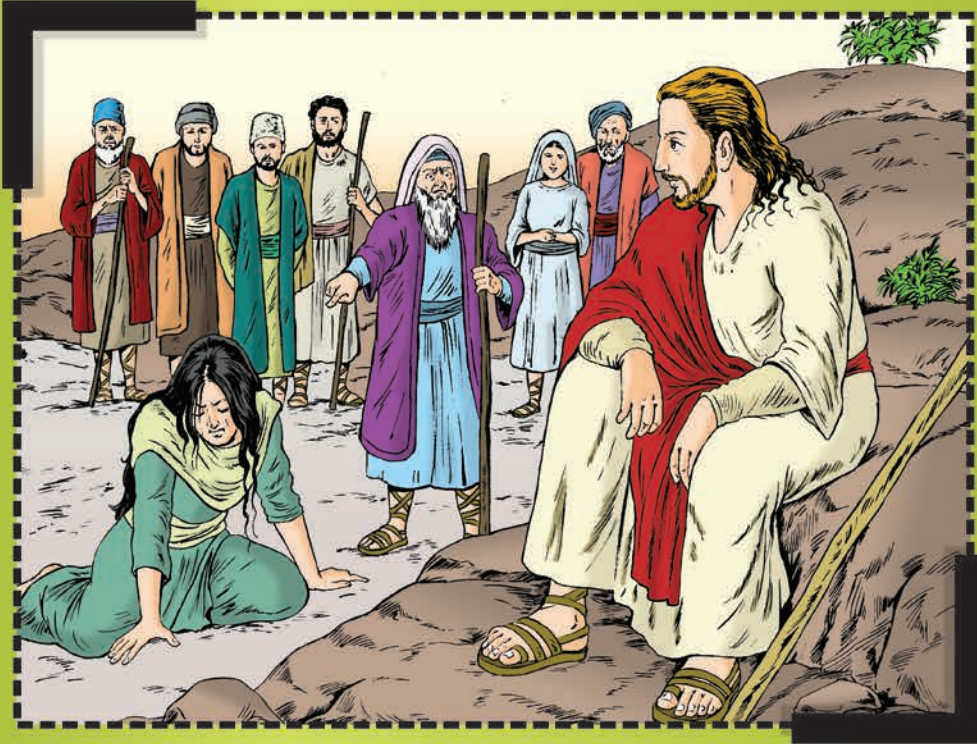
father, “Dad, some people sitting in the corner were asleep during prayers. How mindless!”

After hearing this, his father said, “Son, it would have been better if you had also fallen asleep like those people. At least you would not have looked at people’s faults.”

His father’s words got imprinted onto Sheikh Saadi’s heart and ever since he stopped looking at others’ faults.



## 2. Who has the right to cast the first stone?



Once upon a time, a crowd of people, shoving and kicking, forcibly dragged a woman to Jesus. The poor woman, once she stood in front of Jesus, gathered her hair in both hands and hid her face in it. There were worshippers in the crowd too.

They said to Jesus, “This woman has been caught committing adultery. According to Moses’ rules she should be stoned to death. What do you have to say regarding this?”

Jesus kept his face turned down to the ground as if he had not heard anything.

But people wanted an answer from him. After a lot of insistence from the people, he lifted his head and said, “It is true that this woman has committed a sin. I have also heard that you would like to stone her to death. Now, all I want to say is that, the one out of all of you who has never committed a sin, even with his mind, should throw the first stone. Go on, start.”

After saying this, Jesus again looked down and started drawing something on the ground. After a little while when Jesus looked up, the crowd had disappeared and the woman was still standing on the same spot with her head bowed down. Addressing the woman Jesus said, “Sister, what happened? Where did everyone go? Didn’t anyone hit you with a stone?”

The lady replied, “No, my Lord, no one did.”

Jesus, with a lot of compassion, said, “Then you return to your home. I will not punish you either. Do not commit this sin in future.”

Thus Jesus Christ taught everyone a lesson in looking at our own faults before seeing faults in others.

One time during *Janmajayanti* (celebration of Dada's birthday) a *darshan* (devotional viewing) programme took place. Around 1200 people were in attendance. At that time each person would take a flower garland and put it around Niruma's neck and then bow down at Niruma's feet to take blessings. After performing the *vidhi* (silent auspicious blessings), Niruma would put the same garland around the *mahatma's* neck and then they would go.

One volunteer was managing this arrangement.

Suddenly, there were about 60 to 70 people who started pushing and shoving in the queue. They all wanted to go first. In this commotion there was risk that the elderly people standing in the queue could fall over.

The volunteer requested everyone to calmly stay in the queue but no one listened and they carried on pushing and shoving. Eventually he announced on the microphone, "Everyone please come one by one according to your number. Everyone will get their chance of blessings. If you keep pushing then we will have to stop this *darshan* programme."

In just a little while, everything settled down. That evening, after the programme had finished, Niruma called the volunteer and said to him sternly, "Do you realize what you have done?"

The volunteer shook his head.

Niruma said, "It is Dada's rule that for *satsang* or any *satsang* activities there should be no negatives. How could you say that we will stop the *darshan* programme? Until this day we had never ever said that we will stop a *darshan* programme or *satsang*, so how could you have the audacity to say this? What sort of ego is this?"

The volunteer was crestfallen. Then Niruma narrated an incident when once in Kutch, a *gnanvidhi* (Scientific experiment to impart Self-realization) had been organized and Dada's health was not good at all. He was not well enough to perform the *gnanvidhi*. But Dada said that once he has promised it, then the *gnanvidhi* will take place without fail. This was Dada's principle.

Then Niruma said, that from now on there should never be any negativity for *satsang* or *darshan*. Whatever happens, in any circumstances, in any situation, after *satsang* is declared then it has to go ahead. If *darshan* programme is decided then it must happen.

Thus, Niruma gave an ultimatum that, this should never happen again.

After that, that volunteer was very careful in this matter.



## SWEET MEMORIES

# Summer Camp 2019



For 4 to 7 years old  
Glimpses of summer camp



**Puzzle**  
**Answer:**

1. Ans - 4th Design  
because in rest of the designs blue ring is at the back
2. Ans - 3  
because the total of the boxes with same colour is 32



# Surat



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