

Dada Bhagwan Parivar's

July 2019

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# AKRAM Express



islikes...  
to what extent?

## Editorial

Dear friends,

We do so many things that we don't always like doing such as homework, the chores that our mother give us, waking up early, and so on.

Whereas we prefer to do things like playing, eating nice food and watching TV.

We are always going back and forth between 'I like this' and 'I don't like that'. As a result we sometimes experience happiness and at times boredom.

It would be so much fun if there was nothing like 'dislikes' in this world. But is that possible?

Yes. It is possible and it is in our hands.

In this issue we will get a lot of insight on how to stay happy by changing dislikes into likes. And this will help us to always be happy.

-Dimple Mehta

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# Dislikes... To What Extent?

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2/July 2019

# GOLDEN DREAM

'Beep, beep, beep...' Hearing the horn of the school bus beeping, Hansadadi (Dadi means grandma) went to the front door. Rushabh rushed in. "Dadi, dadi... see what I got today!" Rushabh held out his hand and showed the star that his teacher had stuck on the palm of his hand. Dadi lovingly kissed Rushabh's palm. Rushabh was bursting with enthusiasm. He called out, "Mummy, please come quickly. The teacher gave me a star for my drawing. My drawing was the best one in the class."

"You are making so much noise," said Rohan as he entered the house behind Rushabh. "You gave me a headache in the bus and even after coming home your record is not stopping. By the way, what did you draw?"

Rohan said all that with sheer agitation. But Rushabh did not pay attention to his older brother's agitation. He took out the drawing from his small Mickey Mouse bag and handed it to Rohan. "Look... drawing of 'My Family' ... good, isn't it?"

Rohan made a face, "What sort of drawing is this?... Stupid! Just look how you have drawn my face! Ugh..."

Before Rushabh could say anything Rohan threw aside the drawing and stomped off to his room.

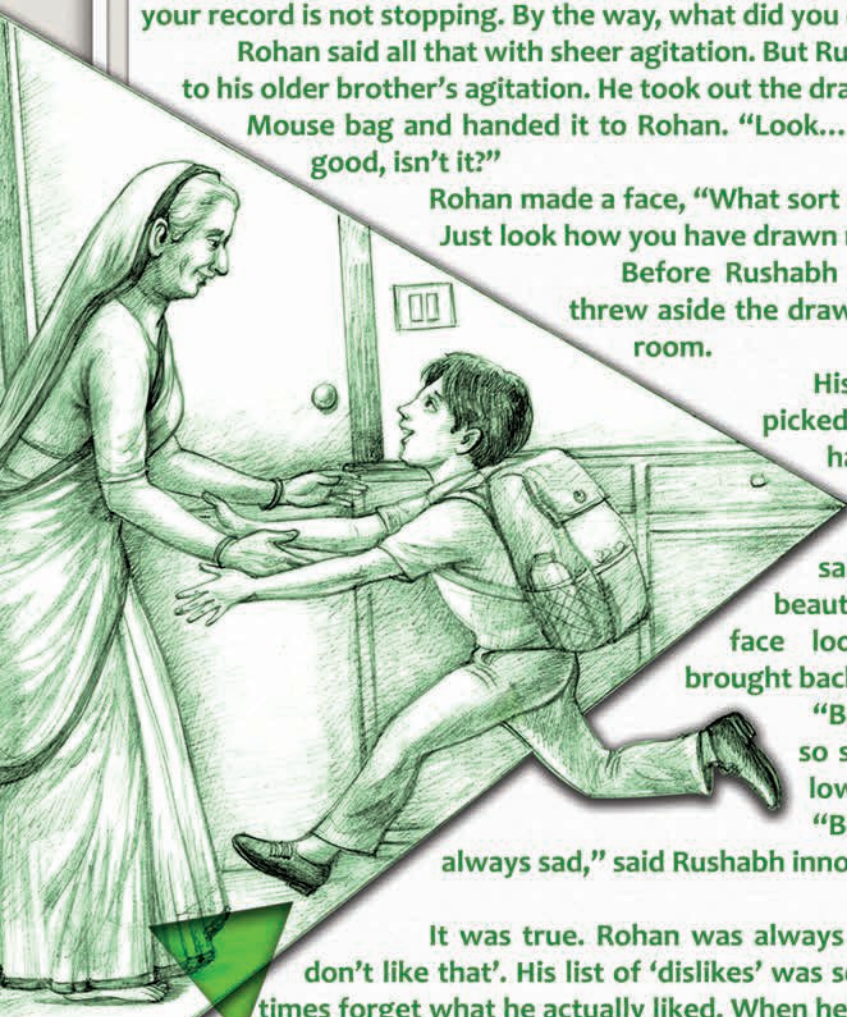
His mother immediately picked up the drawing and put her hand on Rushabh's head.

Looking at the drawing with a lot of interest she said, "My son has done such a beautiful drawing. Your father's face looks just like him!" This brought back a smile on Rushabh's face.

"But son, why is Rohan's face so sad?" asked his mother in a low voice.

"Because, mummy, he is always sad," said Rushabh innocently.

It was true. Rohan was always sad. 'I don't like this and I don't like that'. His list of 'dislikes' was so long that he would sometimes forget what he actually liked. When he is in school he thinks about



going home and when he comes home he thinks about going elsewhere. Everything was boring for him.

A lot of effort had been made to change Rohan's attitude, but nothing seemed to work. But his mother did not give up. That day, with Rushabh's help his mother made 'happy' and 'sad' masks.

"Mummy, what is this game?" Rushabh could not take the suspense any longer.

"We will play it after dinner," said his mother

As soon as dinner was over, Rushabh got everyone's attention by banging a spoon on the back of a plate and announced, "Come on everyone, it is now time to play family game." With the exception of Rohan everyone stopped what they were doing and gathered in the drawing room.

"Rohan, are you coming?" asked his mother.

"Mummy, he will not come. Let's start," said Rushabh impatiently.

To prove Rushabh wrong Rohan came quickly and sat down to play the game.

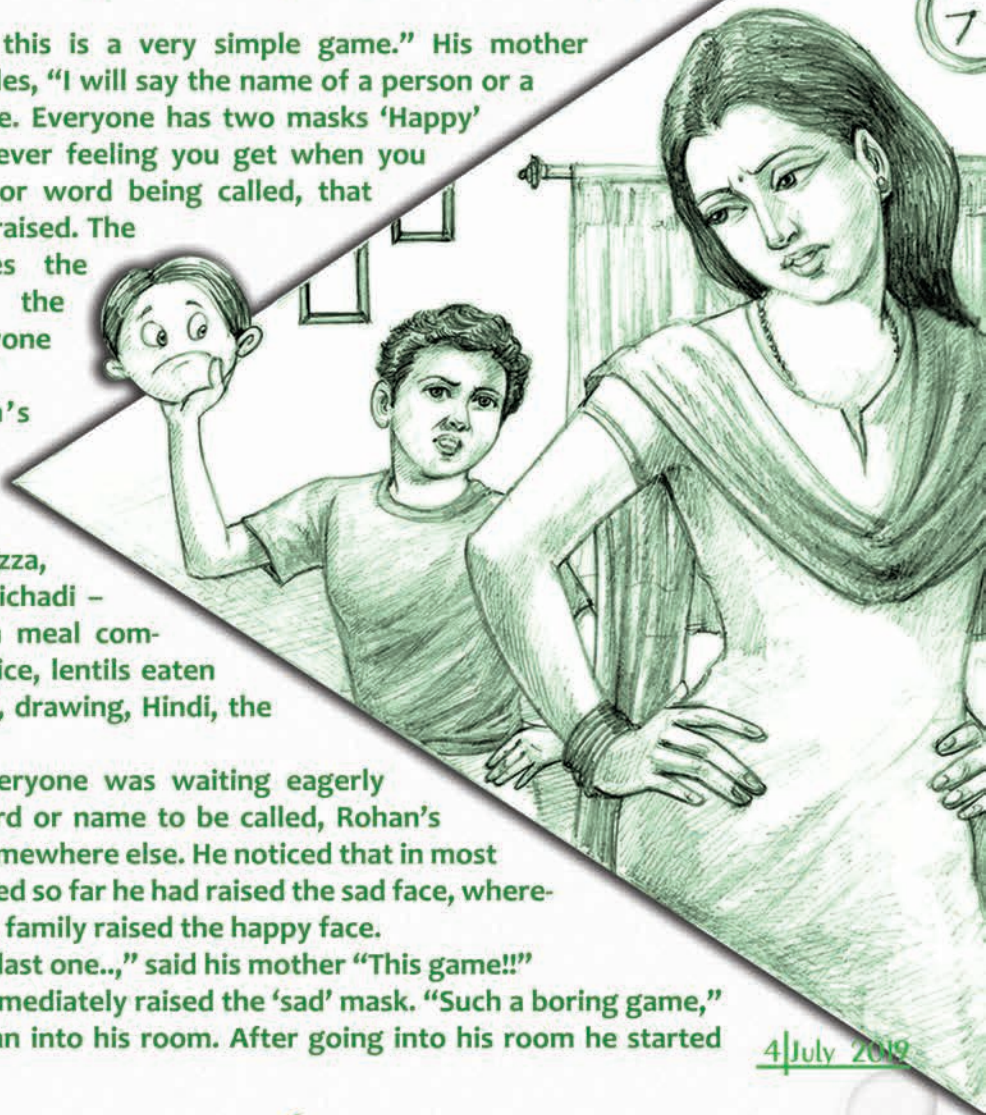
"OK. So this is a very simple game." His mother explained the rules, "I will say the name of a person or a thing one by one. Everyone has two masks 'Happy' and 'Sad'. Whatever feeling you get when you hear the name or word being called, that mask should be raised. The one who raises the mask first is the winner. So everyone ready?"

Rushabh's mum started with names one by one. "Chocolate, pizza, mathematics, khichadi – kadhi (an Indian meal comprising cooked rice, lentils eaten with buttermilk), drawing, Hindi, the moon, chess..."

When everyone was waiting eagerly for the next word or name to be called, Rohan's attention was somewhere else. He noticed that in most of the words called so far he had raised the sad face, whereas the rest of the family raised the happy face.

"And the last one..," said his mother "This game!!"

Rohan immediately raised the 'sad' mask. "Such a boring game," saying that he ran into his room. After going into his room he started





playing his favorite game called Space-Craft on his iPad. He did not enjoy playing the family game. With a long face he sat on his bed but then his mother walked in.

Putting her hand on Rohan's shoulder she asked calmly, "Rohan, you did not enjoy the game?"

"Of course not. There was nothing in the list that I really liked," said Rohan with agitation.

"Really, son? Was there really nothing in the list or is it that your list of dislikes is really long?"

Rohan did not say anything. What his mother said was correct.

"Ok, tell me one thing. What mood are you in when you have your Math exam?" asked his mother.

"Excited."

"And when you have a Hindi exam?"

"Nervous. Because I do not like Hindi, I do not know anything in Hindi," explained Rohan.

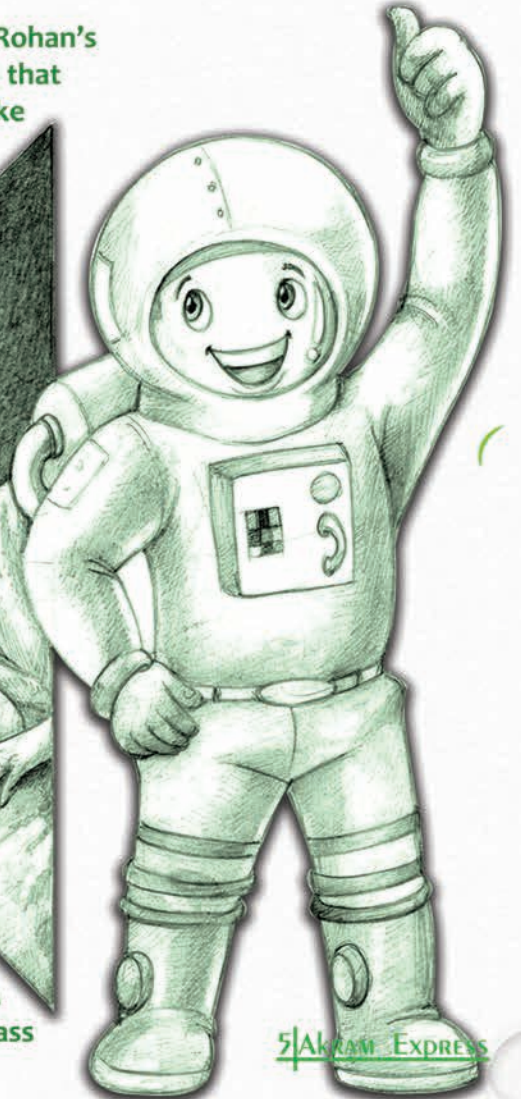
"Rohan that is your assumption." Taking Rohan's hand, his mother said, "Whenever we assume that we do not like something then genuine dislike automatically arises for that thing. Even in Math when there are problems that you do not know, will you not rise to the challenge and solve it? Are you ready to put in the same effort for Hindi?"

"No." said Rohan calmly.

"Because you have decided that you do not like it. You just need to decide and say 'I like Hindi' then you will learn Hindi and start liking it. In the same way change all your 'dislikes' into 'likes'. Do you understand, my son? Think about it. OK? Good night." Saying that his mother left the room.

"Good night" said Rohan in a low voice and switched off the light. Soon he was asleep.

Suddenly a bright light flashed in front of his eyes. In front of him was a spaceship. A figure wearing a white space suit and a glass



helmet stepped out. The name on the space suit was Captain Cheercool. Before Rohan could make sense of anything the Captain led him into the space ship. Rohan looked around feeling dazed. Captain Cheercool had not introduced himself to Rohan. But Rohan felt that the Captain was aware of everything that was going on in Rohan's mind.

They stopped in front of a strange looking object. Captain Cheercool explained, "Rohan this is a time machine. You can know your future here."

"Really?"

As per the Captain's instructions Rohan turned the dial two weeks ahead on the time machine. A robotic voice said, "Welcome. I am Fifi: computer of your future. What do you want to know - your actual future after 2 weeks? or what it could be?"

Rohan did not think that he would have a choice in this matter. "First show me what my future will be in two weeks time," said Rohan to Fifi.

On the screen he saw that he was sitting on his bed in his room having had a fight with Rushabh. His Hindi book was in front of him and he was just getting annoyed. "Enough. Stop it Fifi." It was enough for him to see only a few seconds of his future.

"Rohan, if you have a 'dislike' for anything or any person then you will always be sad. Eventually you have to do things that you don't like. Instead of doing it forcibly and

Stuck on the wall of his room was Rushabh's drawing of 'My Family' in which Rohan had been drawn with a happy face.

with boredom, why can't you do it with joy?

Instead of carrying the burden of things that you don't like, why don't you understand their benefits and remove the 'dislikes' and become light? Look, if you keep this understanding present then your future will be bright and cheerful," said Captain Cheercool cheerfully.

Rohan turned the dial of the time machine two weeks ahead and asked Fifi to show him what his future could be. On the screen Rohan saw that he was happily talking to Rushabh in Hindi. Stuck on the wall of his room was Rushabh's drawing of 'My Family' in which Rohan had been drawn with a happy face.

"Thank you, Captain Cheercool. Now I will make changes and keep cheerful." Rohan happily shook the Captain's hand.

Just then the alarm rang. He quickly sat up in his bed. Fifi and Captain Cheercool were not there, but he had a smile on his face. The dream ended and it brought a new beginning for Rohan.



ABSOLUTELY NEW  
AND DIFFERENT !

It will do

I will be fine



I will eat it

I will like it

A person with this mindset will never encounter any problems anywhere.



The things that you do not like always cause fear. Fear sinks in. If you do not like the police and when you see them you get scared. When you say 'I like them' then the fear goes away.



# MAGICAL KEY

Shilpi, please tidy up the house.

No mummy. I do not like doing that. I will not do it.



Shilpi used to get bored with everything very easily.

You have to do things which are needful whether you like it or not.

But why? Why do I have to do something I don't like?

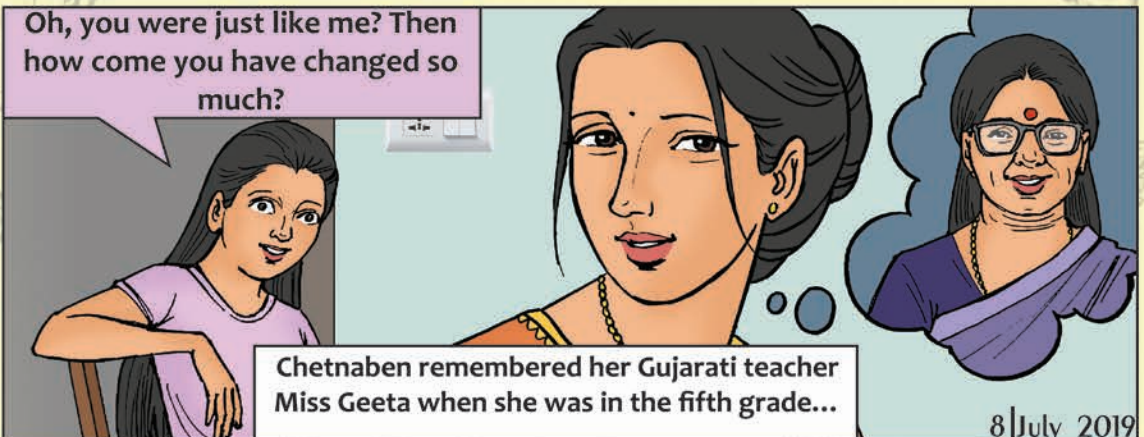


Do you like cooking three times a day?



When I was young I too had a long list of dislikes just like you.

Oh, you were just like me? Then how come you have changed so much?



Chetnaben remembered her Gujarati teacher Miss Geeta when she was in the fifth grade...



Come on, let's not study today. Shall we do something new?

Yes, please! That will be fun. Even we are not in the mood to study.

Close your eyes for five minutes and try and recall for how many things you say, 'I do not like this'.

Everyone closed their eyes.

After five minutes,

Now, open your eyes and tell me what you recalled?

For me it is drinking milk.

Homework... exams... exercise... visiting relatives... speaking to boring people.


I do not like waking up early.

Ok... Ok... Now please list your dislikes in your notebooks.

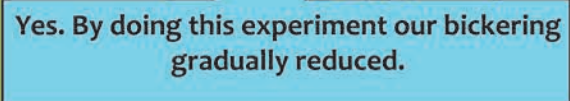
Now whenever you have to do any activity which you do not like, you must say, 'I like it a lot' and then do the activity. Will you all do this experiment for a week?

Done. Now what?


Yes... for sure.



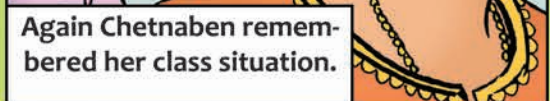
Oh... so did you see any difference?



Yes. By doing this experiment our bickering gradually reduced.




Really? How? Do you truly start to like something when you say, 'I like it a lot'?



Again Chetnaben remembered her class situation.




So how was the experiment?



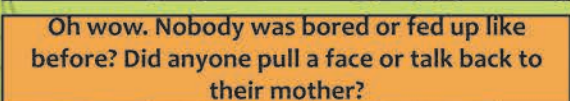
Miss, I ate the curry that I did not like without grumbling.




Miss, I did my homework without my mother shouting at me.



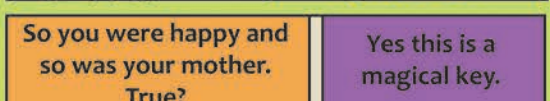
I put away all my things back in their right place.




Oh wow. Nobody was bored or fed up like before? Did anyone pull a face or talk back to their mother?



To begin with it was boring but by doing it daily things gradually started to improve.



So you were happy and so was your mother. True?



Yes this is a magical key.

But how was this possible? Miss, please tell us the secret behind it.



Dislike is only a psychological effect. It is the bickering of the mind.

So when you say 'I like it a lot' that effect disappears. And you can do any chore or activity peacefully. You experienced this yourself, didn't you?



I have been using this magical key for years. Whenever I have to do something that I do not like, I say that 'I like it' and then I can do it with a clear state of mind.



So you neither get annoyed nor you get bored. You never feel tired or lazy too!



Yes off course!

Mummy, just watch. I will tidy up everything up the place in a jiffy.



And from that day even Shilpi benefited a lot from that magical key. If you use it you will experience the same.

# LET'S PLAY...



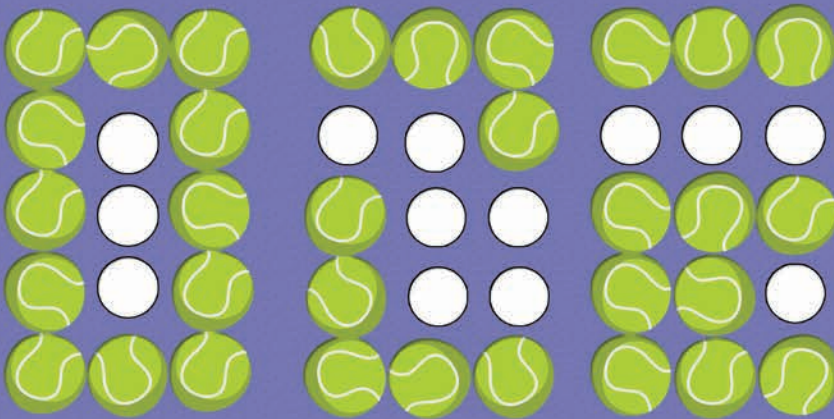
8 18 H

4 22 D

3 23 C

2 \_ \_ \_

Fill in the blanks  
with the correct  
alphabet and number.



Arrange the  
tennis balls  
again in such a  
way that it  
creates the  
word 'ACE'  
used in the  
game.



# DADAJI SAYS...

Fill in the blank spaces by using the illustration below as a guide. And then find the word that is formed from the paragraph below and draw a circle around it.

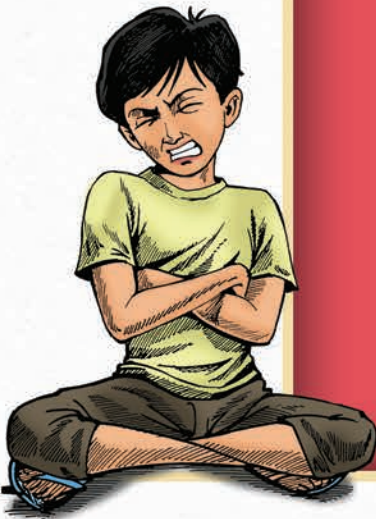
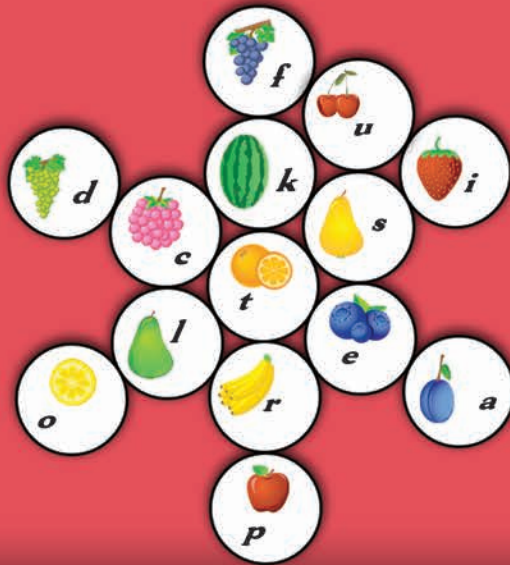
As long as there is any ' \_\_\_\_\_ ', you will be to do it.



To get rid of 'dislikes' is called \_\_\_\_\_



A true human is one who does not have any \_\_\_\_\_



Dadashri: A true human is one who does not have any 'dislikes'.

As long as there is a 'dislike' for something you will be forced to do it. You may

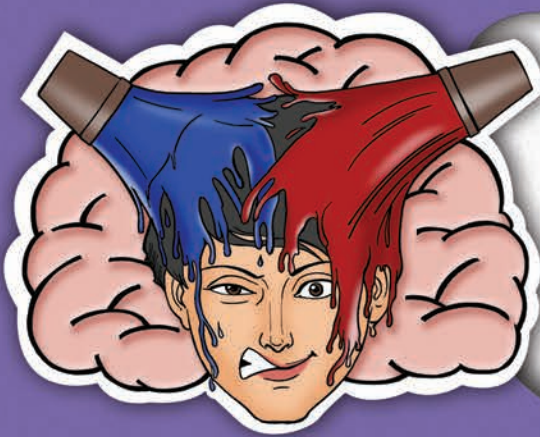
'dislike' the medicine, but you still have to take it, don't you?

Questioner: I don't like to get up in the morning.

Dadashri: No one likes it. But there is not option, is there? 'I don't like

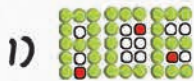
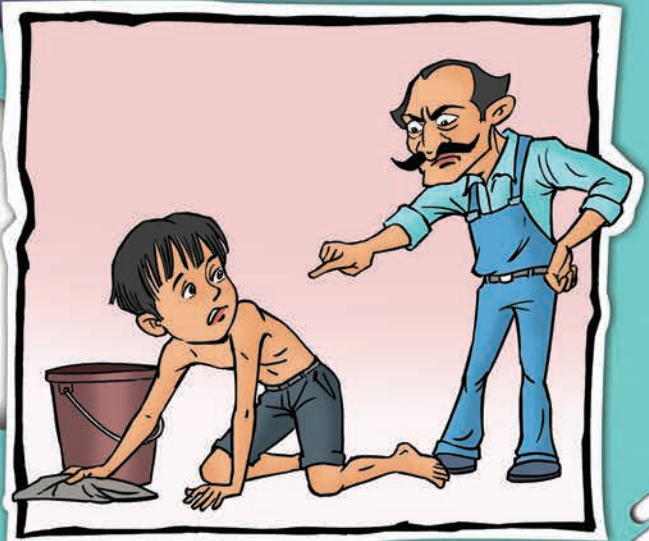
it' will not do. People do not like to study either. To get rid of 'dislikes' is our

ABSOLUTELY NEW  
AND DIFFERENT !



Likes and dislikes are psychological effects. One keeps saying 'I like this'. When one says 'I don't like this' it causes issues.

When something you dislike comes your way, it is a result of unrighteousness having previously committed a misdeed.



PUZZLE ANS:

1)

2)24B

14/July 2019

# SWEET MEMORIES

One celibate sister was in *Unodari* (Meal house in Trimandir Adalaj) having tea and snacks with other ladies when Niruma suddenly turned up without notice.

Niruma went straight to the kitchen and opened some drawers to have a look inside. She saw some cockroaches scuttling about.

Immediately she called out, "Girls, where are you?... come here quickly!"

Two sisters left their plates and rushed inside.

Niruma gave them a good telling off, "What is all this? This will not do. You have to look after this place. If I see this again I will not let it pass."

Saying this Niruma left.

The next day in *Vatsalya* (where Niruma used to live) when everybody got together for Yoga, Niruma said, "Yesterday Niruben went around inspecting all the departments and had scolded everyone. Because of that Niruben had to do *pratikraman* (the act of apology coupled with repentance) all night."

Hearing this, the celibate sister immediately said, "Niruma, we are very happy that Niruma scolded us. All our diseases will now go away."

Niruma laughed and said, "My dear, you should have told me sooner, then I would not have done the *pratikramans*."

EVEN IF NIRUMA SAID SOMETHING FOR OUR OWN BENEFIT, SHE WOULD DO PRATIKRAMANS.

This is truly AMAZING!!!



# REAL LIFE STORY

Booker T Washington was a renowned American author, orator, powerful leader of the African-American community and an advisor to the president. He was born into a very poor family. This narration is from one of his childhood events.

It happened during the early days of Booker's school years. When he started school he saw that the other kids used to wear a cap and come to school. But Booker had no cap. He told his mother about this. But how would his mother get a cap? His mother made Booker understand, "We do not have the money to buy a cap right now. But when I do have the money I will surely buy a cap for you."

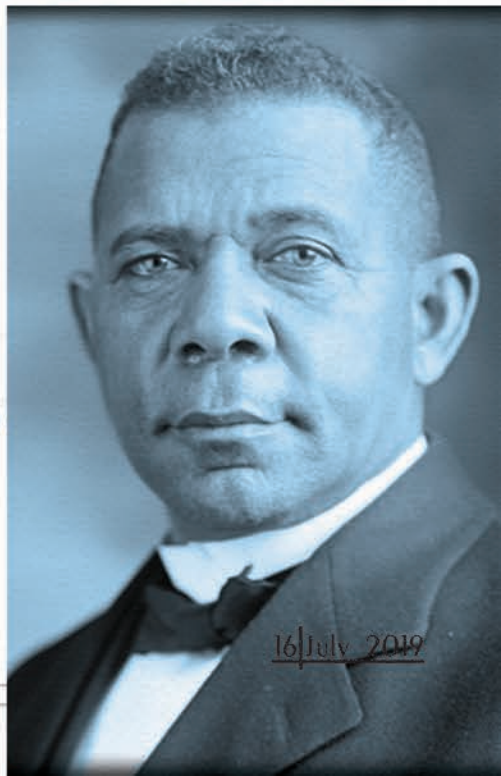
After a few days his mother came across two pieces of hand woven fabric and by stitching them together she made a cap for her son. Booker wore his cap to school with a lot of excitement. But the other kids made fun of his cap.

Booker was not affected by their jokes. The cap was very precious to him because it had his mother's love and warmth weaved into it.

Years later when Booker had become a renowned author and orator he said, "I must have worn a lot of caps in my life. No other cap has been able to bring me the pride and happiness I experienced by wearing the cap that my mother had stitched for me."

Friends, there may be many such things that our parents have given us with much love, and we have not appreciated it. Sometimes without any consideration for those things we must have stubbornly asked them to get something else for us.

After reading Booker's excellent example, let us decide that we will remove the attitude of 'dislike' and instead cherish the love hidden behind anything which our parents lovingly give to us.



16/July 2019





# THE Little Chef

## Ingredients:

- 1) 1 Chapatti
- 2) Any home cooked vegetables. Make sure all the water has evaporated.- 1 cup
- 3) 1 Tomato (finely chopped)
- 4) 1 Onion (finely chopped) optional
- 5) ½ cup grated carrot
- 6) Green chutney- 1 spoon
- 7) Tomato sauce

## TASTY ROLL



## Recipe:

- 1) First, spread some green chutney evenly over the chapatti.
- 2) Then place some of the stuffing in the middle of the chapatti.
- 3) Top with a mixture of chopped tomatoes, carrot and onion and a pinch of chaat masala.
- 4) Add a splash of tomato sauce on top.
- 5) Fold the chapatti from both sides and make a tight roll. Secure it with a toothpick.
- 6) The yummy wraps are ready to eat!



## Tips:

Food tastes much better if it is chewed properly before swallowing

# MYTHOLOGICAL STORY

This story is from long, long ago.

King Harisinh was ruling Ayodhyadham at that time. His queen was Padmavati. He had one beloved son, Pruthvichandra.

At times the king and queen were happy but sometimes they were sad to see their son, the prince.

Despite being a youth he had the appearance of an ascetic. He was not attracted to any worldly happiness. The king and queen feared that he would end up an ascetic, forego all his duties of a prince and go and live in the forest.

One day queen Padmavati asked Pruthvichandra, "Son, it is our wish that you get married."

"Mother, I do not wish to get married."

"But it is our wish to get you married to eight princesses. Please do not turn down our request."

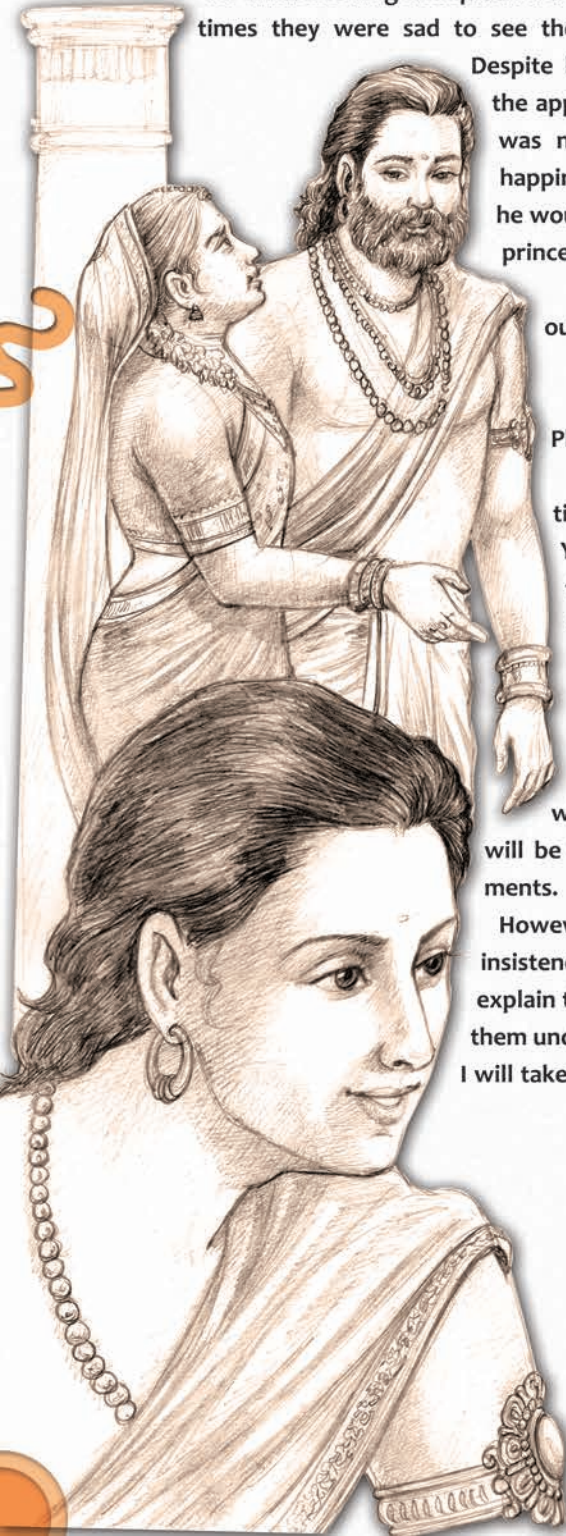
Just then king Harisinh walked in. Joining in on the conversation he said, "Son, I know that you have been simple from birth. You have no interests for the world or any worldly desires. Even then it is my heart's desire that you marry. So please do not say 'no'."

Pruthvichandra remained silent.

The king got Pruthvichandra married to eight princesses.

The king and queen were relieved. They thought that by getting Pruthvichandra married to such beautiful women he will forget being an ascetic. His aversion to worldly pleasures will be forgotten and erased in the flood of attraction and attachments.

However, Pruthvichandra was thinking, 'I was forced by my father's insistence and this has resulted in new trouble and strife. But I will explain the true meaning of this world to my eight wives. Once I make them understand where real happiness lies and if they understand then I will take a vow of celibacy with all eight of them. They can then make



mother and father understand and help bring them on this path of liberation. One thing is for sure that all eight women have affection for me so they will like what I have to say. Even my parents love me a lot. So it is easy for me to turn them to this path'.

Thinking about this he gathered the eight princesses. Explaining the nature of the world he said, "All eight of you are wise and intelligent. If you let go of worldly pleasures from your mind then we can safely swim across this ocean of the world."

"And what do we have to do for that? We are ready to do whatever you say." Agreed the eight queens.

"Let us accept celibacy," said Pruthvichandra.

"Okay. We are ready to accept celibacy." The eight queens agreed.

"Good. I am very happy. I am satisfied. When we get a guru then we will accept celibacy. Till then have the desire to stay as virtuous, holy females in this palace."

Pruthvichandra's soul felt very satisfied.

When the king and queen heard about this they started to drown in worries.

"Now what will we do to keep the prince in the worldly life?" The king expressed his worry.

The queen said, "I have a solution."

"Please tell me."

"Crown him king. When he becomes king he will have the responsibility of the kingdom and will not be able to renounce anything."

"Yes, this is the best solution."

"We will retire and start our journey for the Salvation of our Soul."

"You are right."

The king immediately called Pruthvichandra and said, "Son, now I wish to step down from my position as a king. On an auspicious day and time we will arrange for your coronation."

Pruthvichandra started thinking, 'I have just managed to avert one disaster and now there is another one looming. But I have to take my father's responsibility as king as he wants to retire'.

Sure enough, on an auspicious day and time Pruthvichandra was crowned king.

Now Pruthvichandra became King Pruthvichandra. However he was still waiting for the arrival of a guru.

One day the royal court was full to the brim. On one side behind the curtain were the eight queens. Just then a wealthy businessman named Sudhan entered the royal court. He bowed down to King Pruthvichandra. The king asked Sudhan to take a seat pointing towards a comfortable chair. Sudhan sat down.

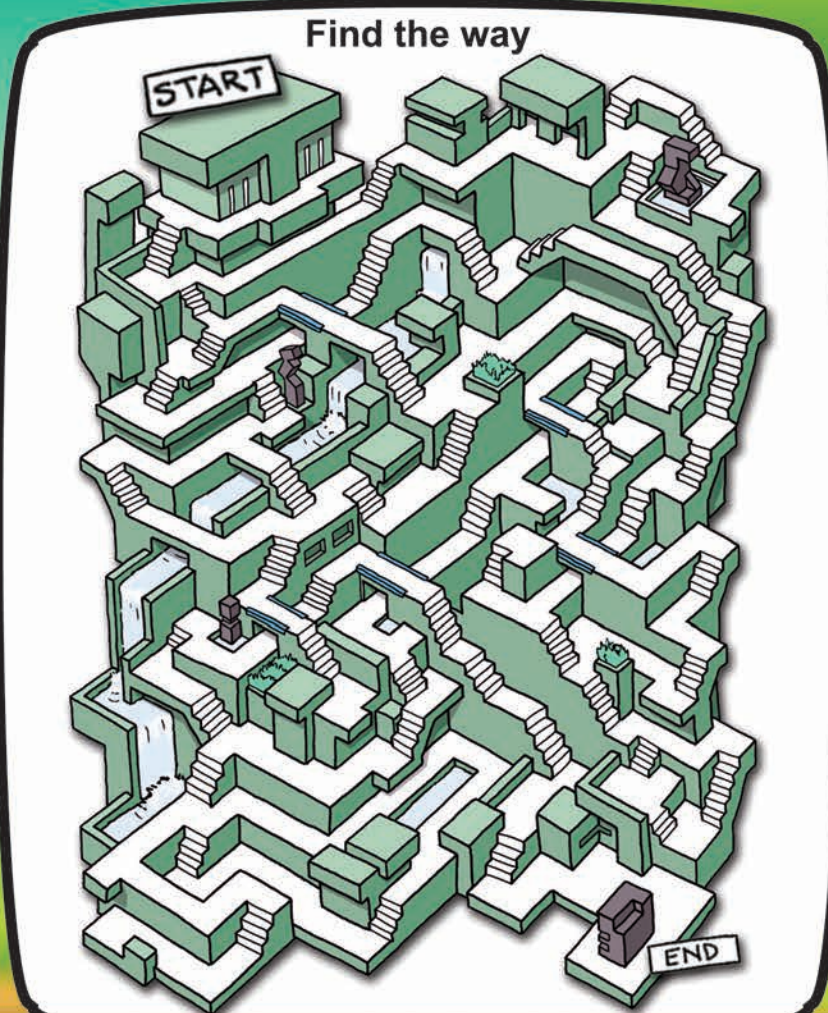
Pruthvichandra asked Sudhan. "Oh travelling merchant, you have travelled so many places for your business. You must have seen a lot countries, seen different people... Please share your experiences of an amazing event you may have come across. Today in the royal court we would like to hear from you about any wonderful, true event."

Merchant Sudhan got up and bowed down to the king and said, "Oh king, I will tell you about a recent event that will bring you utmost peace when you hear about it."

"Tell us, ... tell us." King Pruthvichandra applauded Sudhan.

And Sudhan started...

**To be continued...**



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