

# AKRAM Express



**HOLIDAYS...**

**ARE...**

**FUN...**

HOLIDAYS... ARE... FUN...

## Editorial

You must be wondering, 'holidays are already over, so what is the point of this edition?'

During this vacation we worshipped Shree Hanuman and Lord Ram, didn't we? In order to continue that fun, it is definitely worth reading this special holiday edition. It will make the boredom of going back to school disappear!

In this edition there are enjoyable stories which revive our Aryan culture. After reading them we can put those moral beliefs into practice and enrich our daily living.

Holidays may be over but the fun is still on...

- Dimple Mehta

*Akram Express*

Editor : Dimple Mehta

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.

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'.

Vol.: 10, Issue : 11

Conti. Issue No.: 119

June 2019

.....  
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

© 2019, Dada Bhagwan Foundation.  
All Rights Reserved

2 June  
2019

## Verses and Ultimate Liberation

The founder of the Swaminarayan Sampraday, Shri Sahjanand Swami gave lots of discourses everywhere. He guided people onto the right path. People who used to rob and cheat others were able to change their ways. They started doing good things and give up bad habits.

Pandit Dinanath Bhatt, a great Sanskrit scholar once went to visit Sahjanand Swami. He had knowledge of religious verses and no one could outdo him.

Shri Sahjanand Swami welcomed the famous scholar with great respect and asked him, "You are a famous scholar in Sanskrit and everyone praises your knowledge. Your memory is also very powerful. May I ask you a question?"

"Yes, please do," Pandit Dinanath thought that Swami Sahjanand was testing him.

Shri Sahjanand Swami asked him, "How many verses ('shlokas') do you know?"

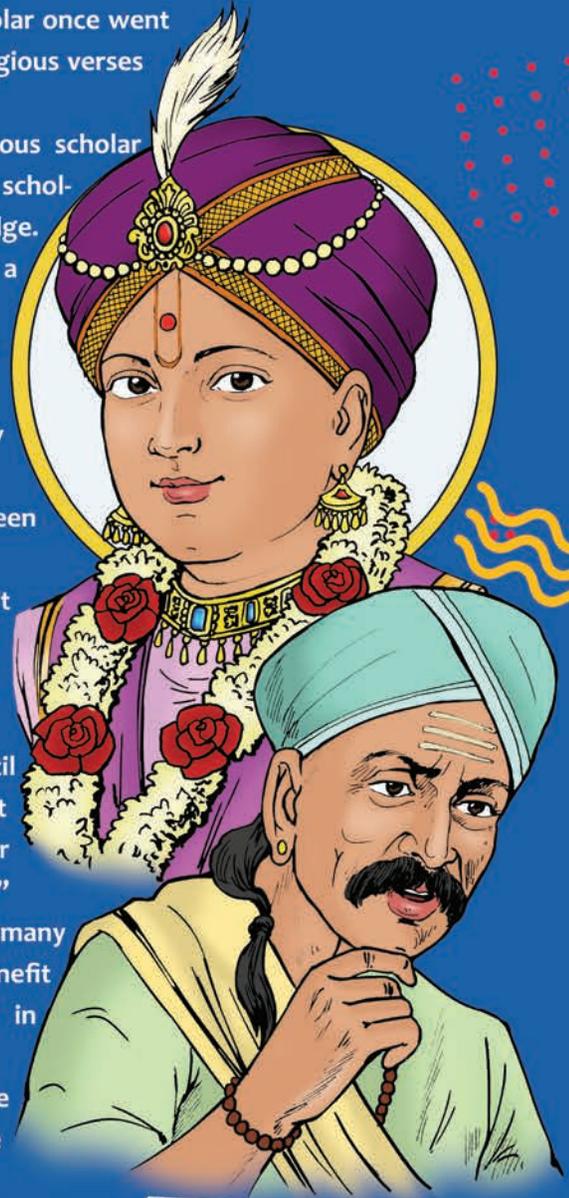
Pandit Dinanath immediately replied, "Eighteen thousand! If you like I can recite them to you now."

Shri Sahjanand Swami responded, "I don't want to listen to them, but I want to know, out of the eighteen thousand verses how many of them will help you to attain *moksha* (ultimate liberation)?"

Pandit Dinanath fell into deep thought. Until now he had only thought of the number of verses, not of liberation. He then said, "Oh Swamij! I have never thought about that. I have never calculated like that."

"What is the point of remembering so many verses? Even parrots can recite them. There is no benefit in learning the scriptures when it doesn't result in ultimate liberation. Will it liberate your soul?"

Despite having complete knowledge of the scriptures, Pandit Dinanath got the actual essence and the experience of it from Swami Shajananda.





## Sweet Memories

# 1

These memories are from the time when Niruma used to stay at Dada Darshan. A '*brahmchari bhai*' (celibate brother) was riding his motorcycle when it collided with a bus. Not only did he fall off, but his bike was flung far away. When he opened his eyes he immediately accepted what had happened and that no one was at fault. This all happened due to scientific circumstantial evidences and the bus driver was instrumental in the process. It was his destiny and he had to complete his karma.

A huge crowd gathered and started shouting, "Catch the bus driver and thrash him, note down the bus number!"

The *brahmchari bhai* calmed everyone down and said, "No need to get anyone's number. Just take my bike to one side and please hail a rickshaw for me. I live in Usmanpura which is where I would like to get to.

His arm was badly hurt and his clothes had been ripped too. His only fear and worry was that Niruma would say... 'you always get into trouble wherever you go'. Other brothers informed Niruma and immediately she arranged to see him.

Niruma inspected his arm. He told Niruma that he had remained in *gnan* (he was in full awareness as per Dada's teachings) and didn't see anyone's fault. He said, "I knew that whatever had happened was as a result of 'scientific circumstantial evidences'".

Niruma was glad and said, "That is good. You should now go to the hospital immediately."

He went to the hospital and found out that he had fractured his arm and it needed to be set in a plaster cast.

Now he found it difficult to conduct *satsangs* (spiritual discourses). He saw that all the other *brahmchari* brothers were conducting *satsangs* and he felt that he couldn't. He had read in the book, '*Brahmcharya*', that one's resolve for celibacy should be very strong. It didn't matter if you couldn't give advice to others, but *brahmcharya* practice should be powerful. From that time onwards he had made up his mind that if he couldn't conduct *satsang* it was okay, but he will follow *brahmcharya* sincerely and will not let anything distract him from it for the rest of his life.

However, he still felt sad and miserable whenever he saw others conducting *satsang*.

And so he revealed his worries to Niruma, "All the other brothers are able to go everywhere and do *satsang*. If I am unable to do all this then how can my knowledge of the Self be enhanced? How can I go forward on the path to ultimate liberation? I can't conduct *satsangs*. The words simply don't come out so what should I do?"

Niruma very lovingly said, "When there is a war going on, who is of more value – a warrior who gives you a lecture for two or three hours on how to wield a sword, how to defend a fort and fight off intruders ... etc, or a warrior who wins the war and returns safely?"

The *brahmchari bhai* replied, "The person who wins the war would be more valuable."

Niruma then said, "Well then. The fact that the knowledge of the Self was present for you at the time of the accident has most value and importance. All the other things like 'we should do this and do that' are just for information. That which is experienced in reality and on a practical level has more value. Because The knowledge of 'scientific circumstantial evidences' was present at the time and such experiences will help help your speech to unfold automatically and that will be useful to people."

From that time onwards his confidence soared and he realized the importance of experience of the Knowledge of the Self. If you can't do satsang then continue with this experience. Then everything else will happen automatically.

By using exact analogies, 'Gnania' (Self-realized masters) give you immense confidence at the right time...

One 'brahmchari' sister had been bitten on the hand by a dog. She had lost quite a lot of blood and so needed a transfusion. She was feeling unwell and depressed too. She went to get Pujyashree's blessings.

She adorned Pujyashree with a garland and touched his feet. As soon as she got up Pujyashree sternly said to her, "It is only a dog bite, so why are you seeking so much attention?"

She was stunned to hear that and just stared at Pujyashree in complete surprise.

Pujyashree handed the garland back to her and immediately asked her in a very normal tone how she was keeping, whether she was able to remain separate from the relative self, etc..

He ended up speaking to the lady for 5-10 minutes and she couldn't figure out what was happening.

That evening, 'Aptaputri' (in Akram Vignan, one who is trustworthy at all times) sisters came to visit her. One of the sisters told her that "Pujyashree said that these naturally occurring circumstances which have given rise to pain and suffering should make her look to the Soul within. Instead, she is getting a lot of attention from others and is being looked after by everyone so she has become full of pride."

The lady went into deep thought listening to what the Aptaputri sister was saying. The sister explained to her, "A Gnani's (Self-realized spiritual master) vision shows you where you are failing. He already knows how well you are doing, but also knows where you are failing so he shows you the right path of how to progress from there."

After that the brahmchari sister saw her ego hankering for warmth and care; saw her intellect taking over, the consolation she was getting out of all the care and attention that everyone was showering on her and she was actually liking it. She had been immersed in all this.

She realized that the unfortunate incident had in fact been an opportunity for her to reach out to the soul, but instead she had jumped into a hole!

How amazing is a Gnani's compassion....

## Sweet Memories

# 2



# Napoleon's Mother

Napoleon! Who hasn't heard this name? His name is synonymous with victory.

When Napoleon was nine years old he was playing a game of catching butterflies with his sister, Elisa. Their mother had strictly warned them not to cross the boundary wall; they were to play in a certain area only. While chasing the butterflies, Napoleon climbed over the wall and jumped down onto the other side. He then helped his sister climb over. They both continued to chase the butterflies. At that moment a girl happened to be going to the market to sell eggs and she had all the eggs in a basket which she was carrying on her head. Napoleon's sister bumped into her and the basket fell causing all the eggs to break. The girl got very upset and started crying.

Both brother and sister got scared.

Every day, Napoleon's mother would give them each a florin (a small coin) to buy some snacks. Napoleon searched his pockets and found two florins. He took them out and gave them to the girl and told her, "Stop crying, please take this."

The girl took the two florins, but kept on crying and said, "What can I do with two florins? My mother is very ill and if I had sold all the eggs we would have had more than enough food for three days."

The brother and sister persuaded the girl to go with them to their home.

As soon as they walked through the front door their mum scolded them, "Even after having warned you, why did you jump over the wall and go off? Today you have disobeyed your elders, tomorrow you will disobey our seniors. How can you do this? Disobeying us means you are breaking our trust. I will not tolerate this."

Napoleon immediately accepted his mistake and asked for forgiveness. Elisa, who was very scared, said, "Mother, I have



made a very big mistake.”

She then told her mum about the broken eggs.

Hearing this, her mother said, “You can’t get away with making such a big mistake. You have to repay the girl.”

Napoleon asked his mother, “Mother, can you please lend me 2 franks so I can repay the girl?”

His mother smiled and said, “Yes, I will give you the money, but remember, you will not get any money for snacks for the next four months!”

Napoleon said, “Yes, I accept that.”

Napoleon took the money from his mother and gave it to the girl. Now she had enough money for all her eggs so she returned the two florins back to Napoleon saying, “These are extra. I can’t keep them.”

Napoleon’s mother was impressed by the girl’s honesty and so she asked the girl to take her to her home. Napoleon and Elisa went along too.

The girl’s mother was very ill and bedridden. They were living in dire poverty. Napoleon’s mother immediately started nursing the girl’s mother. Nearby, a boy was shaving some wood. Napoleon went to the boy and started talking to him and soon they became friends.

Napoleon’s mother took care of the sick lady and also provided her with medicines.

Napoleon had developed all the good qualities associated with generosity and benevolence from his mother.

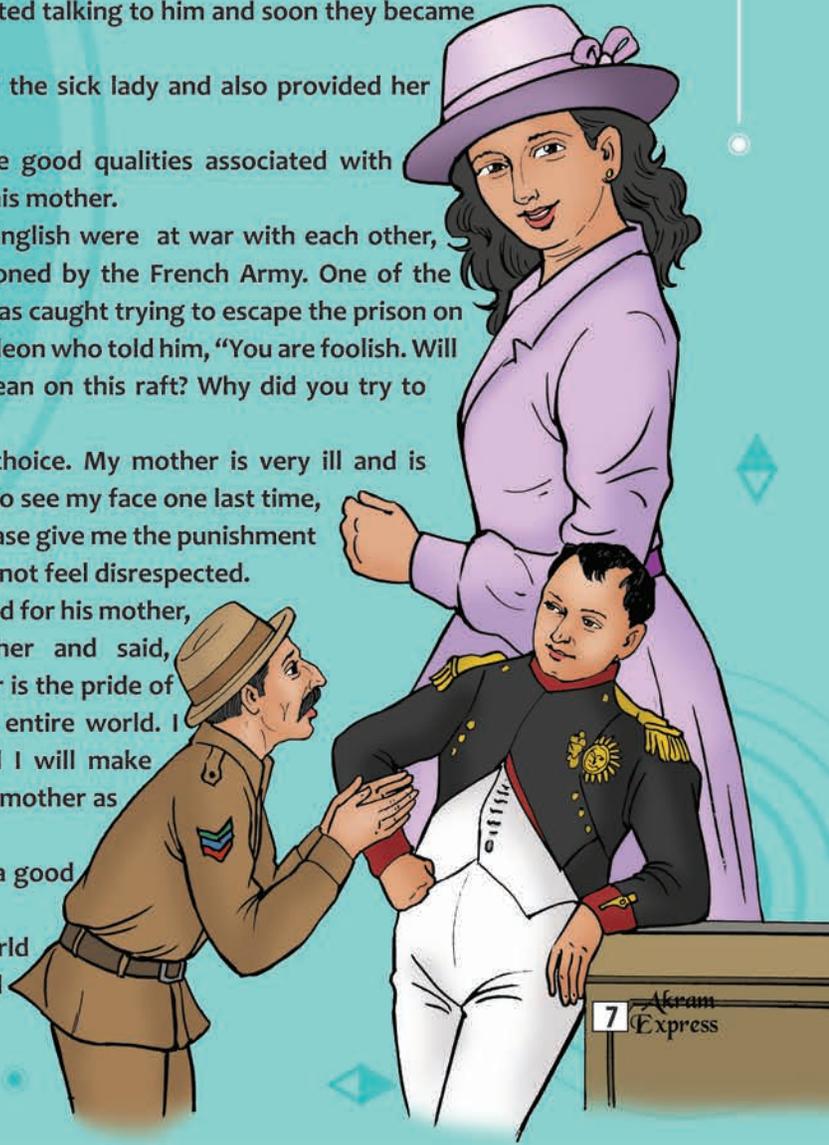
Later on when French and the English were at war with each other, many English people were imprisoned by the French Army. One of the soldiers by the name of Nenkada was caught trying to escape the prison on a raft. He was brought before Napoleon who told him, “You are foolish. Will you really be able to cross the ocean on this raft? Why did you try to escape?”

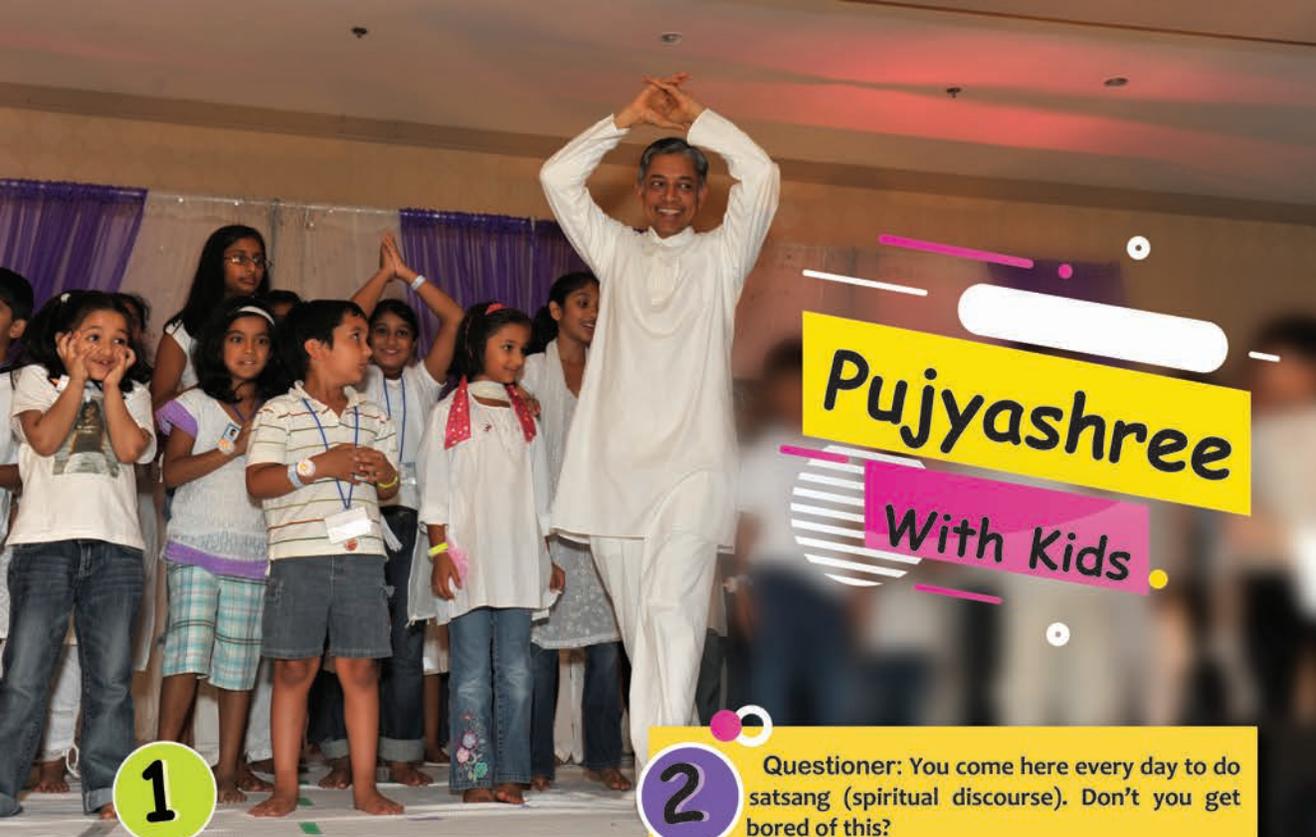
The soldier replied, “I had no choice. My mother is very ill and is remembering me a lot. She wants to see my face one last time, that’s why I tried to escape. Sir, please give me the punishment of death so at least my mother will not feel disrespected.

Looking at the love the soldier had for his mother, Napoleon remembered his mother and said, “Soldier, your love for your mother is the pride of this country and the jewel of the entire world. I forgive you for your mistake and I will make arrangements for you to visit your mother as soon as possible.

Saying so, Napoleon found him a good job and sent him home safely.

Such events happen in this world and that’s why one gets hope and feels like living in this world.





# Pujyashree

## With Kids

1

**Questioner:** When you were little did you have any problems with food?

**Pujyashree:** I had no problems at meal times when I was little. I happily eat whatever is cooked. There are people who don't have anything to eat; so why should we not eat what we get without causing any issues? You might not get something you like one day, but you are likely to get it another day, so why shouldn't we eat peacefully?

There are people who don't have anything to eat; so why should we not eat what we get without causing any issues? You might not get something you like one day, but you are likely to get it another day, so why shouldn't we eat peacefully?

Having dislike for food is all in the mind. If you present a little bit of food to your tongue it will all go into your stomach and will not harm you in any way. If the food does not come back out of your stomach that means your body is accepting it. It is the mind which bothers you. If you eat food that you don't like then your body will be free of disease, so you won't face any loss. Try to practice eating both - food that you like and dislike.

You also get food that you like - don't you?

**Questioner:** Yes I do get my favourite food too.

**Pujyashree:** Mummy cooks the food with so much love so we must not complain. Behave in such a way that you don't hurt her.

**Questioner:** Yes.

2

**Questioner:** You come here every day to do satsang (spiritual discourse). Don't you get bored of this?

**Pujyashree:** Do you ever go and play with your friends?

**Questioner:** Yes

**Pujyashree:** Then don't you get bored of playing?

**Questioner:** No

**Pujyashree:** Hmm. In the same way, this is like a game for the Self. So 'We' don't get bored. This one is called 'dwelling in the Self' and the other one is a game for the physical self where you can get bored and you will keep on craving for one more thing after the other. When one is absorbed in the Self, there is no boredom. We are happy and everyone around us is happy.

If you keep on playing, your mum will scold you and she will complain that you are never at home and that you are not eating or you are not studying, etc. Whereas, in this game no one will scold you.

**Questioner:** Sitting for two hours at a time in one place - you have been doing this for years. Don't you ever get fed up?

**Pujyashree:** No, never. Seeing your unhappiness disappear makes me even happier.

**3**

**Questioner:** When do you feel pleased with children?

**Pujyashree:** When children don't hurt others; don't upset others; they go about their work in such a way as to keep their parents happy. Then I too would be very pleased to see such an admirable child. If you keep your parents happy then that is plenty. We should live our lives in such a way that makes them happy. This will please both your teachers and your guru (spiritual guide) too.

**4**

**Questioner:** What kind of young people (youth) did Niruma and Dada like?

**Pujyashree:** They liked all of them because the young people today are pure. They have a lot of desires, but they are very good at heart. The best thing about the youth today is that they are undertaking responsibility for Dada's work. They have a

lot of computer skills which are used effectively to do Dada's work. As they grow older they manage their responsibility very well. Dada is happy when you do his work and is extremely pleased when you serve other *mahatmas* (self-realized ones in Akram Vignan) without any selfish motives.

**5**

**Questioner:** Did Dada and Niruma scold you and correct you when you made a mistake?

**Pujyashree:** Yes, of course. That was their job. We don't realize it when we make a mistake - it is only when they tell us that we realize it. And sometimes they would say it firmly like, 'how could you have done this?' Then I too talk to Deepak and tell him, 'how can you do this? You have made a big mistake'. Deepak then agrees and decides that he will not make such mistakes again.

Only when they show us our mistakes that we start acknowledging them, otherwise we cannot see them ourselves. Actually, we should accept our mistakes as soon as someone brings them to our attention and it should bother us that we are unable to see them for ourselves. When we look in the mirror we are able to see that our hair is a bit ruffled; in that case, do we scold the mirror or do we correct the hair which is out of place?

**Questioner:** Correct the hair.

**Pujyashree:** Hmm. These (i.e. people) are like mirrors. As soon as they show us our mistakes, we should realize straightaway that, 'oh my goodness, it is my mistake, my weakness. I will be mindful in future and it's a good thing that it has been brought to my attention'. Be grateful. Then our mistakes will reduce.

## Spontaneous Forgiveness from Saints

Once upon a time, Chhatrapati Shivaji's guru, Samarth Ramdas was going with his disciples to meet Shivaji.

On the way the disciples became very hungry. They saw a sugarcane farm close by. They helped themselves to some sugarcane without taking permission from the owner of the farm. The owner of the farm found out and without knowing who they were, he hit the guru and his disciples very harshly. They all accepted the beatings without any resistance and carried on their way. After reaching Shivaji's place no one mentioned anything about the incident.

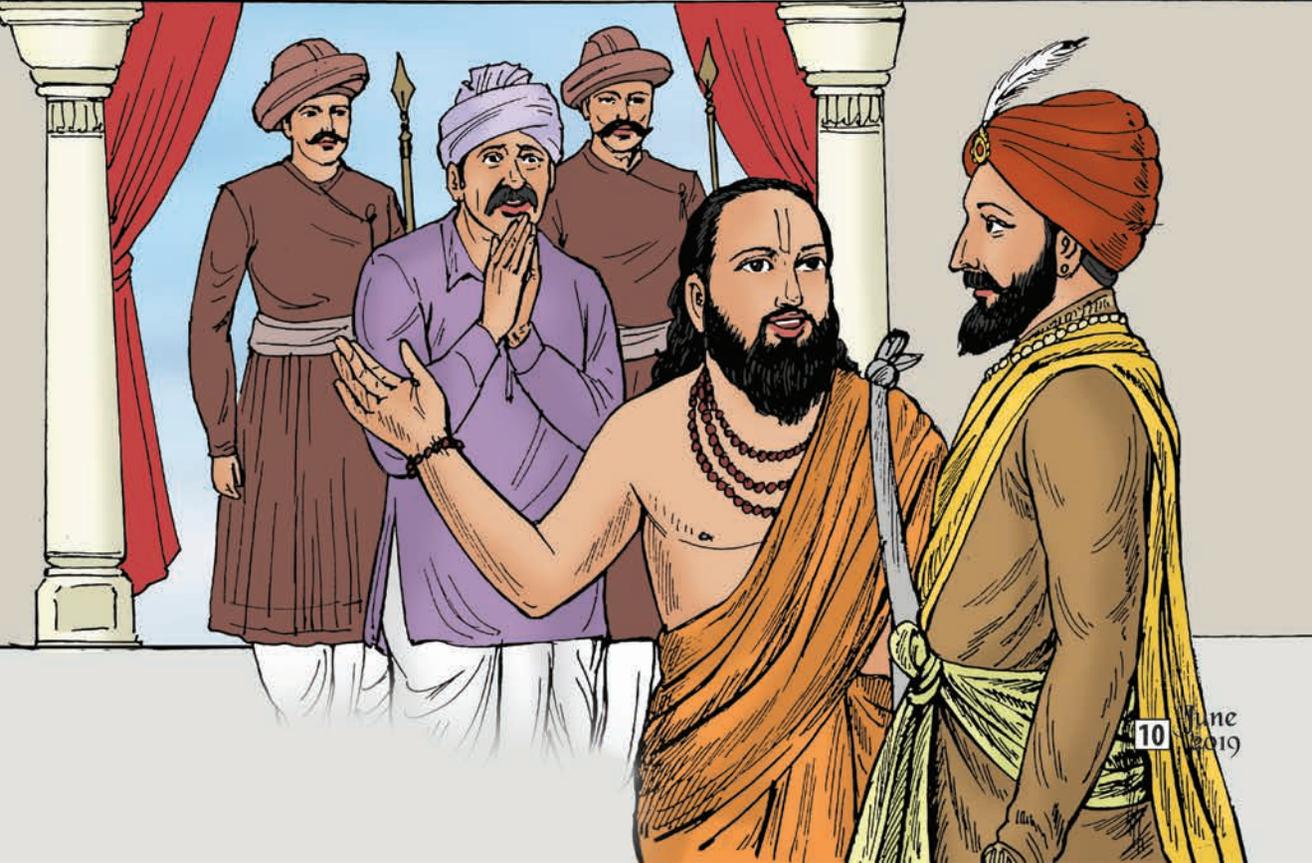
When Shivaji was bathing his guru, he noticed red marks from the lashings he had received on his back. He asked his guru the reason but he didn't receive any answer. However, Shivaji persisted and somehow found out the truth. He ordered the owner of the farm to come and see him.

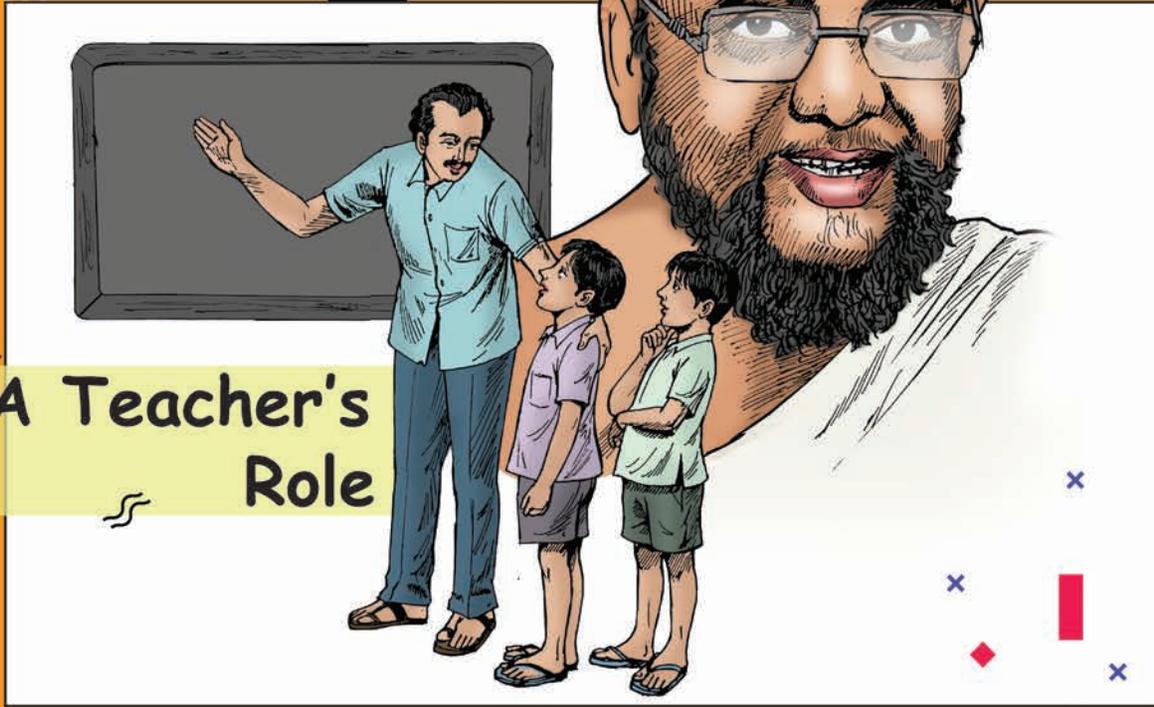
When the guru saw the owner of the farm, he asked Shivaji the reason for calling him there.

Shivaji replied, "The person who has hurt my guru and his disciples should be punished." The guru replied, "The owner of the farm is not to be blamed at all. It was our mistake as we entered his farm and without his permission took sugarcane. He should be presented with a gift for the loss of the sugarcane and for his time to be summoned here."

The farmer who was ready to accept punishment was not only forgiven, but also given a gift.

The saints always see others as innocent and forgive them. Instead, they see their own mistakes and become liberated.





## A Teacher's Role

A Jain *acharya*, (spiritual master), Shri Ratnasundar Suriswarji narrates an interesting story of how he remembered his teacher.....

Another student in my class asked the teacher, "Why does  $2+2$  always equal to 4 and never 3 or 5.

My teacher replied, "When you grow older and start dealing in money, and suppose you have to pay a poor person, you will not do  $2 + 2 = 3$ . Therefore  $2+2 = 4$ .

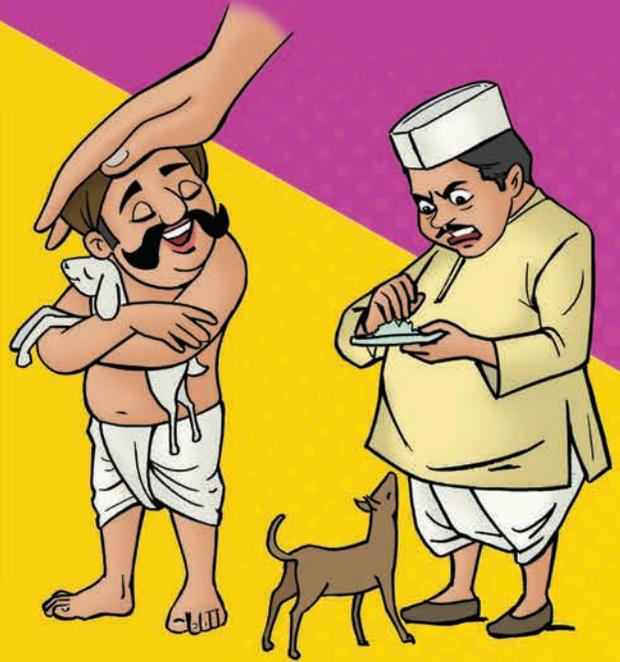
And when you have to take money from someone, then you will not do  $2+2=5$  that is why  $2+2=4$ ."

The question was all about simple mathematics, but the way teacher gave a lesson on honesty was still remembered by the Jain *acharya*.

A teacher plays a very important role in a person's progress.

# Absolutely new and different !

God loves a warm-hearted person. If you don't have intelligence it will do, but one must be heartily. Intelligence thinks of own needs whilst heart thinks of everyone else.



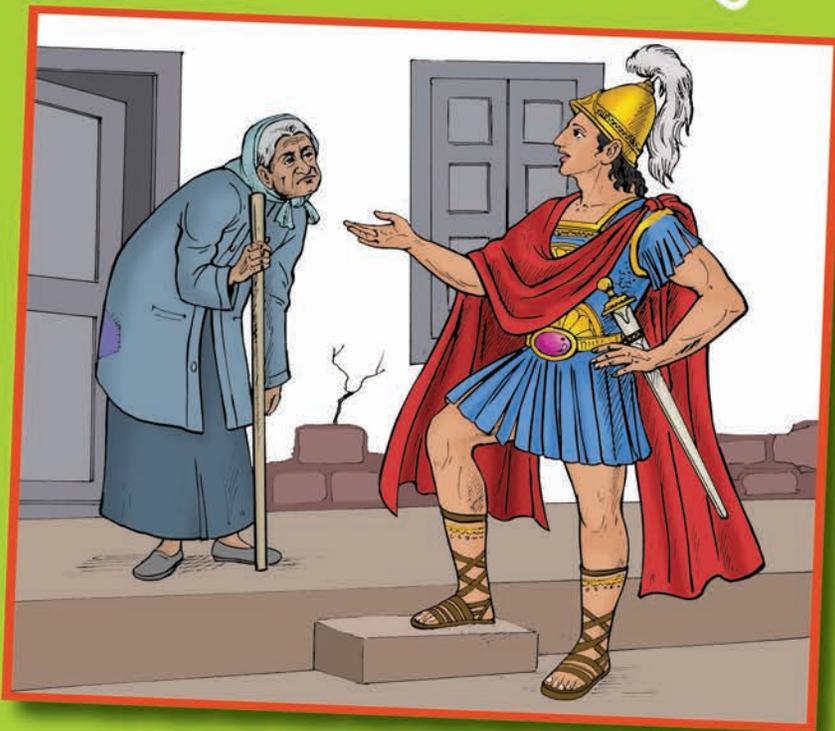
Anyone who has desires cannot be God.



**The person who  
accepts all their  
mistakes is called  
God.**



**A person is intelligent  
when he can find a  
solution to any prob-  
lem and doesn't get  
confused and always  
keeps a cheerful face.**



## Hunger for What ?

This story is about prince Sikandar who was out to conquer the entire world. He was very strong, courageous, and brave. He destroyed many cities due to his desire to win. He was heartless and killed people brutally and robbed them

of all their wealth.

Once day he went to a village where there were only women and children left. All the men had died during war with Sikandar. They didn't have any support or weapons to defend themselves.

Sikandar looked all around the village but could not find even one man. He started to think what he should do. His head was spinning and he was confused.

At the time he also had very few soldiers with him. The rest of the army had not yet arrived. It was past mid-day. Sikandar was very hungry, but it was unlikely that anyone from the village would invite him for lunch.

All the houses throughout the village had their doors firmly shut. Everyone feared Sikandar and his army entering their homes and hurting them. Feeling extremely scared, all the women from the village with their children had locked themselves in their homes.

Sikander was starving by now.

Hunger is a pain which shakes up any human being and makes them unhappy. Hunger has so much power that even a prince would have to hold out his hand and beg for food like a beggar. Hunger is a test which can make even a well-to-do person start working like a labourer.

There's a saying that 'hunger does not discriminate against leftovers'.

When one is hungry, it can make one do anything and Sikandar did exactly that; he went over to one of the houses and knocked on the door. After a while the door opened and slowly a very elderly lady came out walking with the aid of a stick.

Sikandar said, "Old lady! I am very hungry, can you give me some food to eat?"

The old lady took Sikandar inside and gestured him to take a sit. She went away and after a while came back with a plate covered with a cloth and placed it in front of Sikandar. The hungry famished Sikandar removed the cloth and just as his hands were getting ready to lunge into the food, he stopped with a jolt...

There was no food on the plate; there was only gold and silver jewellery.

Looking at this Sikandar was enraged. He shouted loudly, "You old lady what have you brought? I asked you to give me food, not a plate of gold and silver! How can I fill my stomach with this?"

Taking this opportunity she replied, "Who are you? You are Sikandar, aren't you? I had only heard about you 'til now and finally I get to see you in person. I have heard that you crave gold and silver, and that's why you have left your home country and come so far. There's immense wealth in your country and yet you have still come this far solely for more wealth. So since you have so much hunger for wealth, shouldn't I just serve you gold and silver, or should I give you something else?"

Sikandar froze listening to her words. He was in such a situation that even if you slice him in half, there would be no blood. He stared at the old lady's face. He understood the message she wanted to get across. He realized that without any war she had won.

He fell at the lady's feet and said, "I have fought many wars and have been victorious. I was very proud of my victories and was blinded by them. Many people tried to explain to me but I wasn't ready to listen to anyone.

Oh Mother! You have opened my eyes today. Without even shedding a drop of blood you have defeated me."

Using her aged hands, the old lady gently sat him down. She fed him some food with a lot of love. When Sikandar left the village he got an inscription written on a stone which read:

**'A great lady from this village has taught ignorant Sikandar the worthlessness of gold by providing the right understanding'**



# Glimpses of summer camps for 8 to 12 years old kids, held at different centres

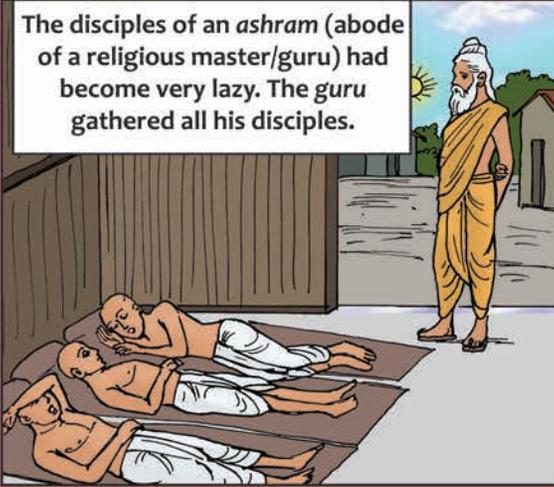


# Cultural presentation by kids on Puiyashree's 66th Birthday...

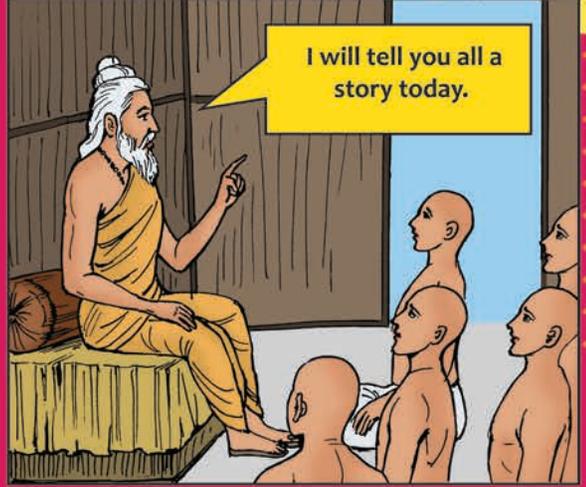


# The Bird

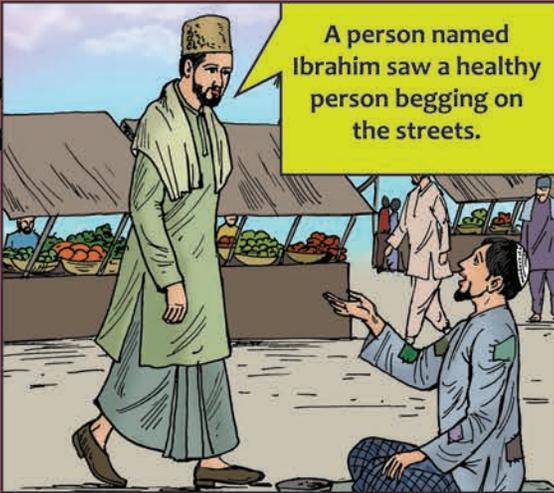
The disciples of an *ashram* (abode of a religious master/guru) had become very lazy. The guru gathered all his disciples.



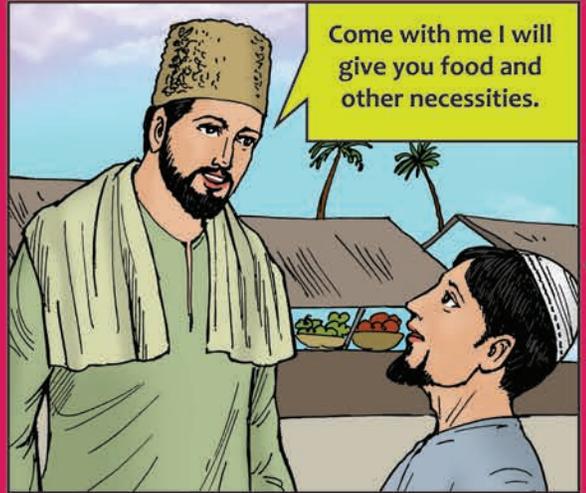
I will tell you all a story today.



A person named Ibrahim saw a healthy person begging on the streets.



Come with me I will give you food and other necessities.

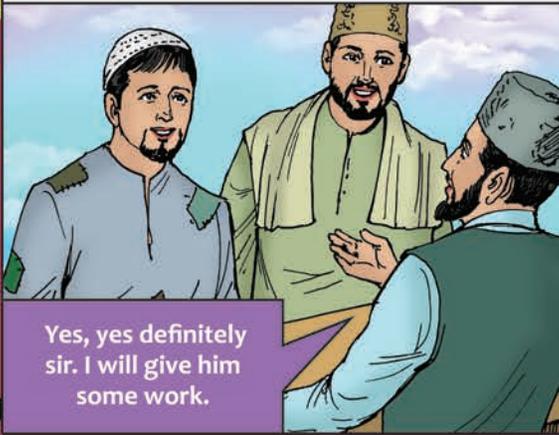


Ibrahim took the beggar to a shop-keeper.



Can you give this person any kind of a job for his daily living expenses?

The shopkeeper respected Ibrahim so he didn't ask him any questions.

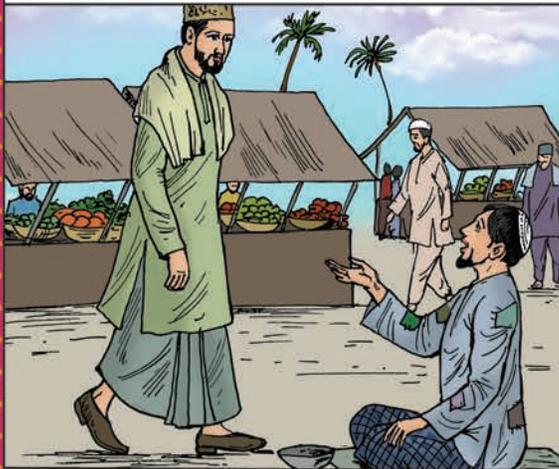


Yes, yes definitely sir. I will give him some work.

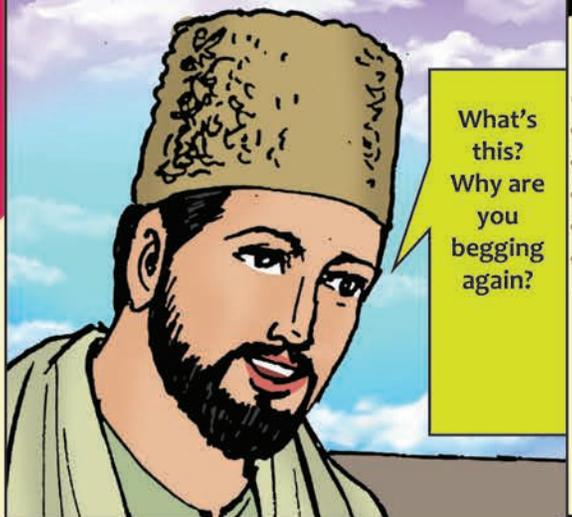
The beggar had to go to a nearby village and sell things.



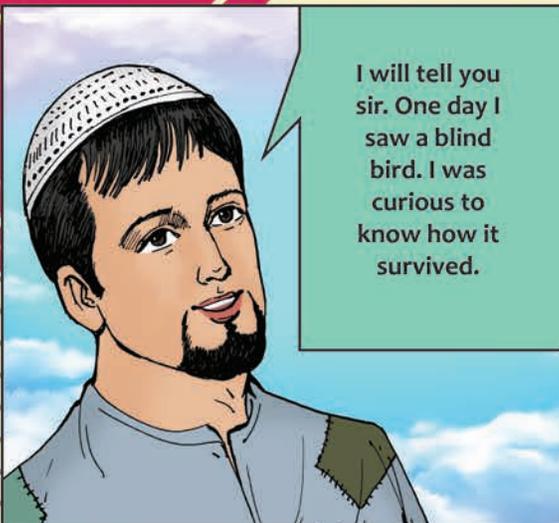
After a few days...



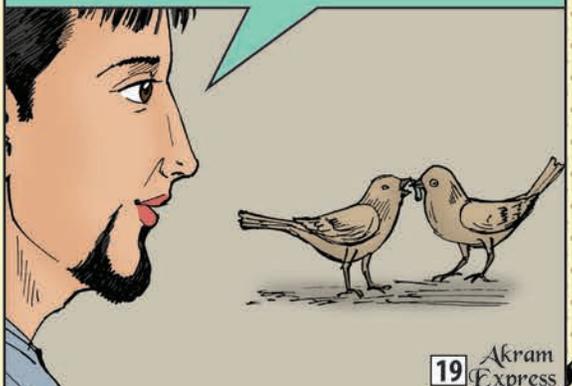
What's this? Why are you begging again?

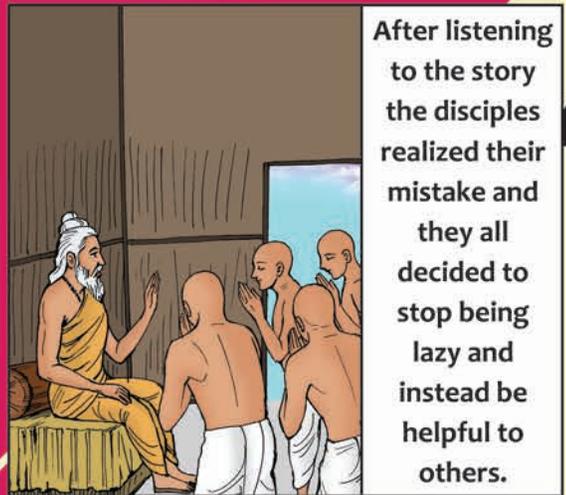
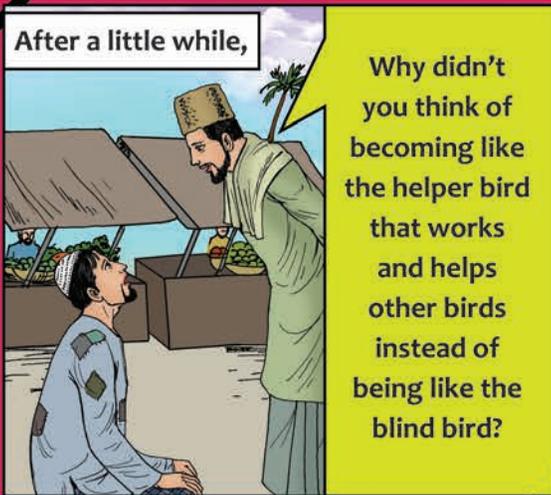
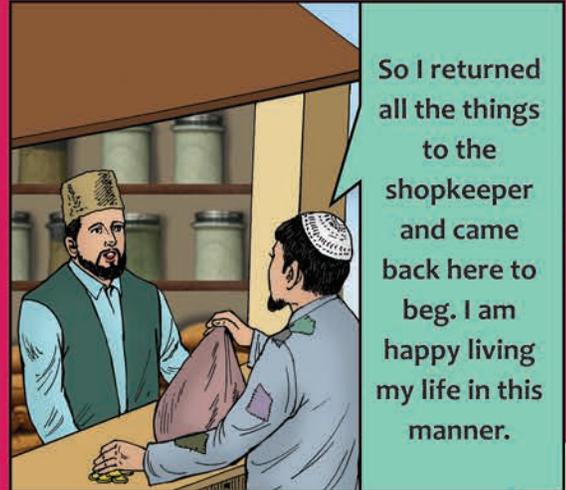
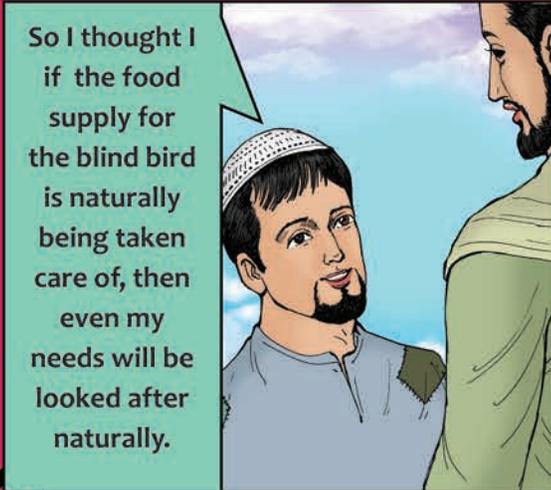


I will tell you sir. One day I saw a blind bird. I was curious to know how it survived.



I observed for some time and saw another bird come with food to feed the blind bird.





**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