



# Retaining Power

## Editorial



Dear friends,

Exams are approaching and you must all be busy revising. Some may complain that although they read through their notes many times, they are not able to memorize the information. And some may read their notes only once and remember everything perfectly. Why is that so?

So come, let's understand the reasons behind this so that you can also learn ways to develop the ability to learn and memorize effectively and pass your exams with good grades.

This understanding will not only help you prepare for these exams but will also help you get through all exams that life presents.

-Dimple Mehta

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Questioner: I had heard in one of the 'satsangs' (a gathering of spiritual beings) that retentive memory (ability to retain knowledge or information with ease) is only for religious matters. That is what you had said.

Pujayshree: No. The ability to retain information is for everything in this world. To retain something is the ability to comprehend. For example, a teacher is teaching in a science lab and instructs the students to heat a substance then cover it and then put something else into it, but one student does not understand what to do. We can say that student is not able to retain the information, while another student has fully understood it and has completed the experiment as instructed, and that is known as 'ability to retain' information. To be able to follow a set of instructions exactly as explained is known as the ability to grasp.

Questioner: Do grasping power and retentive memory have the same meaning or there is a difference?

Pujayshree: The ability to retain information can be called grasping power, but the former is more subtle. To retain information means that once you have understood, it stays there and does not go anywhere. He has understood it from all angles so there is no room for contradiction to arise. When a person understands from different perspectives what another person is trying to say, that is the ability to retain information.

Questioner: Is retentive memory based on one's own development?

## GNANIS SAY...

“

**Ability to retain information is when a person understands from different perspectives what another person is trying to say**

”



Pujayshree: Development is involved. And celibacy helps a lot as well. His *chit* (awareness and consciousness) is so powerful that he is able to see how things work in relation to one another; it all fits together and he can see the bigger picture. He is thus never confused. Then if he has to explain it to someone else he is able to do it in thousands of different ways. Something can be said to have been understood and retained when one knows how ideas and concepts fit together in relation to one another.

Questioner: I have also heard about Niruma, that after Dada completed a satsang, each of which was an hour long, she was able to write down exactly what was said in the satsang, word for word, without making a single mistake. So how was that possible?

Pujayshree: That was due to a past-life link. When there has been an acquaintance with a *Gnani* (Self-realized being) for many, many lifetimes, the *Gnani* is already very familiar. Then as a result *chit* is always focused on Him. It is never "fractured" by worldly life; pleasures of the 5 senses; by anger, pride, deceit or greed; or by sensual pleasures. There is so much devotion and dedication for the *Gnani* and together with that there is an unflinching determination that the world should receive knowledge imparted by the *Gnani* in the exact way he said it. People should get the intention and meaning of what he wants to relay. Then everything else takes care of itself from there. So much spiritual energy arises within such an individual that they are able to retain word for word and understand entirely what is being said; they already have an overall understanding of what the *Gnani* means to say.

Questioner: So is retaining power a spiritual power?

Pujayshree: No, it is an end result due to the inner tendencies not wandering elsewhere. Once the goal is decided, then the whole concentration is spent on achieving that goal and all details to do with that particular goal are clearly understood. Then it can be said that that particular matter has been retained and comprehended. This is the fruit of devotion and dedication. When so much interest and importance are given to something it is easily comprehended and memorized.

# ABSOLUTELY NEW AND DIFFERENT !



1

If you retain even one word/message of the Gnani Purush in your heart, it will lead to 'moksha' (ultimate liberation).

3

Too much intake of butter ('ghee'), oil, sugar, cheese etc, can reduce memorizing power.







It is retentive power which is lacking when you forget what you have read. There is confusion and an inability to comprehend.



The inner vision and knowledge ('chit') becomes impure when you listen to film songs. As a result the retaining power decreases. When you listen to the speech of the Gnani, your chit becomes pure. As a result retaining power increases.

A thousand years ago, there were no schools or colleges like there are right now but there was a place of learning called Gurukul. There, the teaching covered all aspects of life including spiritual practice. Students stayed with their guru (spiritual guide) in his abode while they completed their study. Poor and wealthy students studied together. The gurus and sages were experts in many types of weapons and arts. They taught according to the needs of every child that came to the abode.

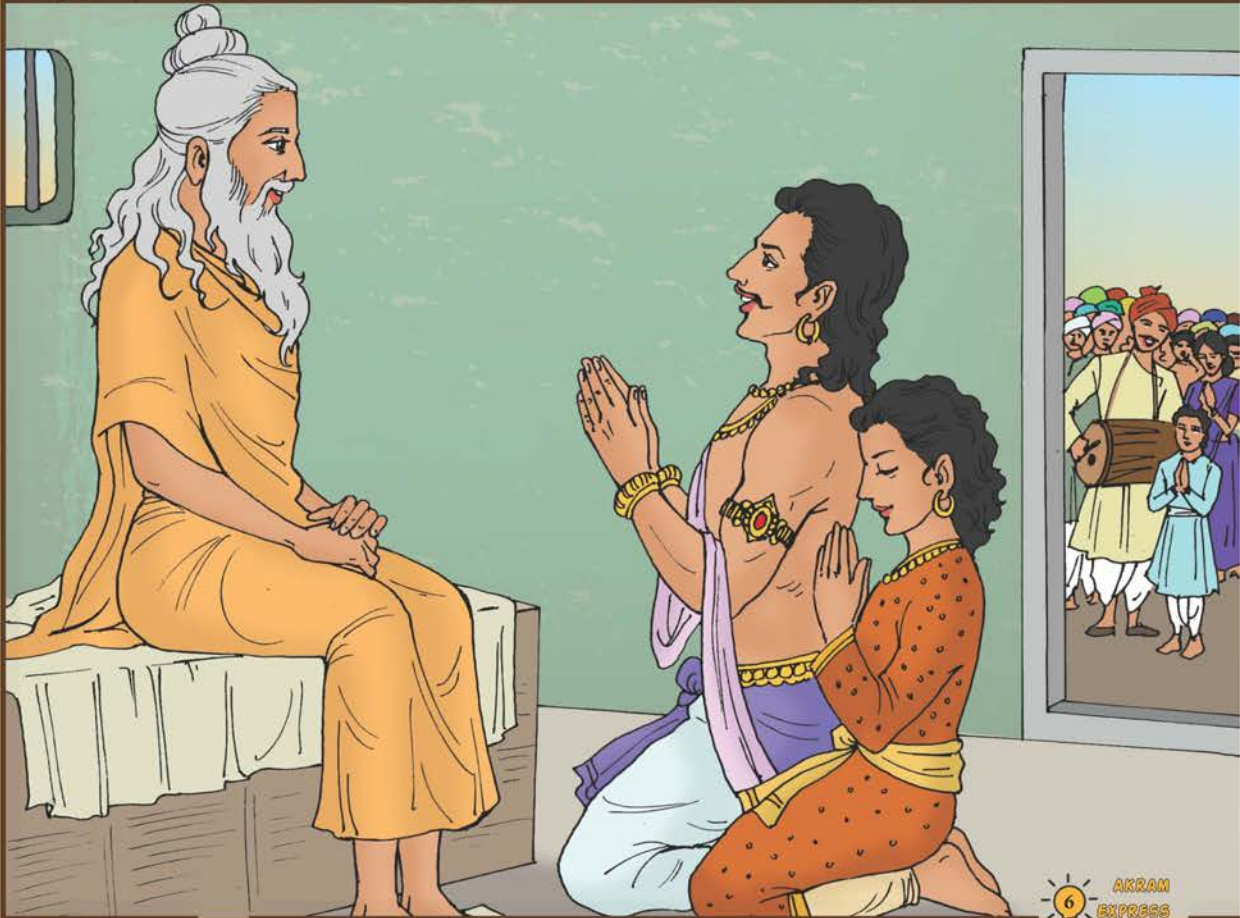
There was a beautiful Gurukul on the outskirts of Chandangadh. Guru Vidyacharya was a great scholar. It was a matter of great pride to be educated by him. And the prince of Chandangadh, named Vijay, enrolled in Gurukul for that reason alone. The prince and the ministers' sons were sent off to Gurukul with a lot of pomp.

The ways of Gurukul were completely different to the opulence of the palace and the comforts of family life. At dawn after the daily routine, they used to study with the Guruji and thereafter help the Guruji's wife with chores in the abode. The prince and the other students found it difficult to adapt to this new routine. However, minister Subudhi's son, Saumitra, had very gladly welcomed this new way of life.

"Saumitra, do you not find it tough to adapt to this new routine?" asked the prince.

"O Prince, next to the pursuit of knowledge, don't these small adjustments become secondary? What is the value of these difficulties compared to such priceless knowledge?" There was a certain pride in Saumitra's voice. His enthusiasm to obtain this knowledge and the love he had for Guruji Vidyacharya was unrivaled.

## IF PRESENT IT IS A WEAPON





It was midnight and there was a thunderstorm. The prince was not able to sleep. He was tossing and turning and he opened his eyes to see Saumitra awake.

“Saumitra, you need to have your mental state checked as soon as possible. What are you writing at this time of the night?” asked the prince.

“I am writing about the matter that was discussed by our Guruji on economics during dinner today. There is magic in Guruji’s speech,” Saumitra replied adding praise for Guruji.

At midnight, the prince had no concern for all these things. He said that if the Guruji truly did have any magical powers then he should stop the rumbling thunder and bless me so that I can go to sleep. If I do not get to class on time then I will be punished for sure.

The next day, the prince’s prediction came true indeed. Although he got to class on time, due to another student being late the entire class was punished.

“When everyone should be praised, at that time Guruji only praises the one whose capability is low. And when only one needs to be punished everyone gets punished. What sort of a rule is that?” The prince felt terrible.

“Vijay, in everything that Guruji does there is a hidden lesson for our welfare and development. Probably right now we may not understand the intention. But even then there is no need to disrespect Guruji or have doubts towards his intentions,” Saumitra calmed the prince.

Just then a student came with a summons from the Guruji. “Guruji wants to see both of you in his office.” The prince’s heartbeat increased. Could it be that Guruji knows how he feels? Will he complain to the king?

The Guruji commanded the students, “Vijay and Saumitra, we have been invited by Sage Somdutt to attend maha yagna (ritual of mantras done in front of a sacred fire) It is my wish that both of you attend.”

“Yes, Guruji,” both Vijay and Saumitra answered together. Vijay sighed with relief.

The ritual had begun and was going according to plan, but suddenly there was an interruption. Sage Somdutt started getting intense breathing difficulty and it became impossible for him to recite the mantras. The people of the town were worried, “Other than Sage Somdutt nobody else knows how to chant the difficult mantras of this ritual. What if this ritual is not completed?!”

“Prince, we have learnt these mantras,” whispered Saumitra.

“Truly? When?” Before the prince could remember, Saumitra started chanting the mantras. Sage Somdutt was astonished. After the ritual his breathing returned to normal.

“Blessed are you and your Guru. Nature has blessed you with an amazing power to memorize,” Somdutt blessed Saumitra heartily.

Although the ritual was completed without any other hiccup, on their way back to the abode the two students faced another obstacle. Due to the heavy rains, there had been a landslide on the mountainous terrain and the route that they needed to take was now blocked.

“Now what will happen?” asked a frightened prince.

“Prince, do you remember the Guruji had once done a camp on what to meditate on during times of difficulty?” asked Saumitra.

“Remember?? This question is of no relevance at this time. It is approaching night time and this jungle has some vicious animals and you are asking me if I remember?” the prince was in a pitiful state.

Saumitra closed his eyes.

“Look Saumitra, this is no time to meditate, I am telling you...”

Just then there was a sound of a howl of a wolf, awoooo...” The prince started shaking. Saumitra opened his eyes and smiled gently.

“Due to extreme fear have you...” but Saumitra interrupted before the prince finished the sentence. “No, I have not lost my mind. I was recalling the map of a place that Guruji had shown us during the camp.”

“And?” asked the prince looking hopeful.



“And I have just remembered it,” replied Saumitra.

“Wow friend, what is this machine inside you that everything that Guruji says gets imprinted within you? Even the map! Not that I am complaining! Had it not been for your computer-like memory then we would not be returning alive.” Thus chatting along the way both friends reached the abode safe and sound.

The next day, the prince narrated the entire event to Guruji and praised Saumitra’s retaining power.

When Guruji’s wife heard this and when they were alone she asked Guruji, “The prince and Saumitra’s programme of study is almost identical. So why is Saumitra’s power to retain information is so powerful and the prince’s isn’t?”

“Saumitra’s adoration for the Guru and to obtain and absorb this knowledge is of such a high level that each and every word that I say makes an impression in his heart. Whereas, the prince has the comforts of the palace in his *chit*, and not me,” answered Guruji being absolutely neutral.

Years passed. Their studies came to an end and Guruji requested the King of Chandangadh and the minister to come and collect their sons.

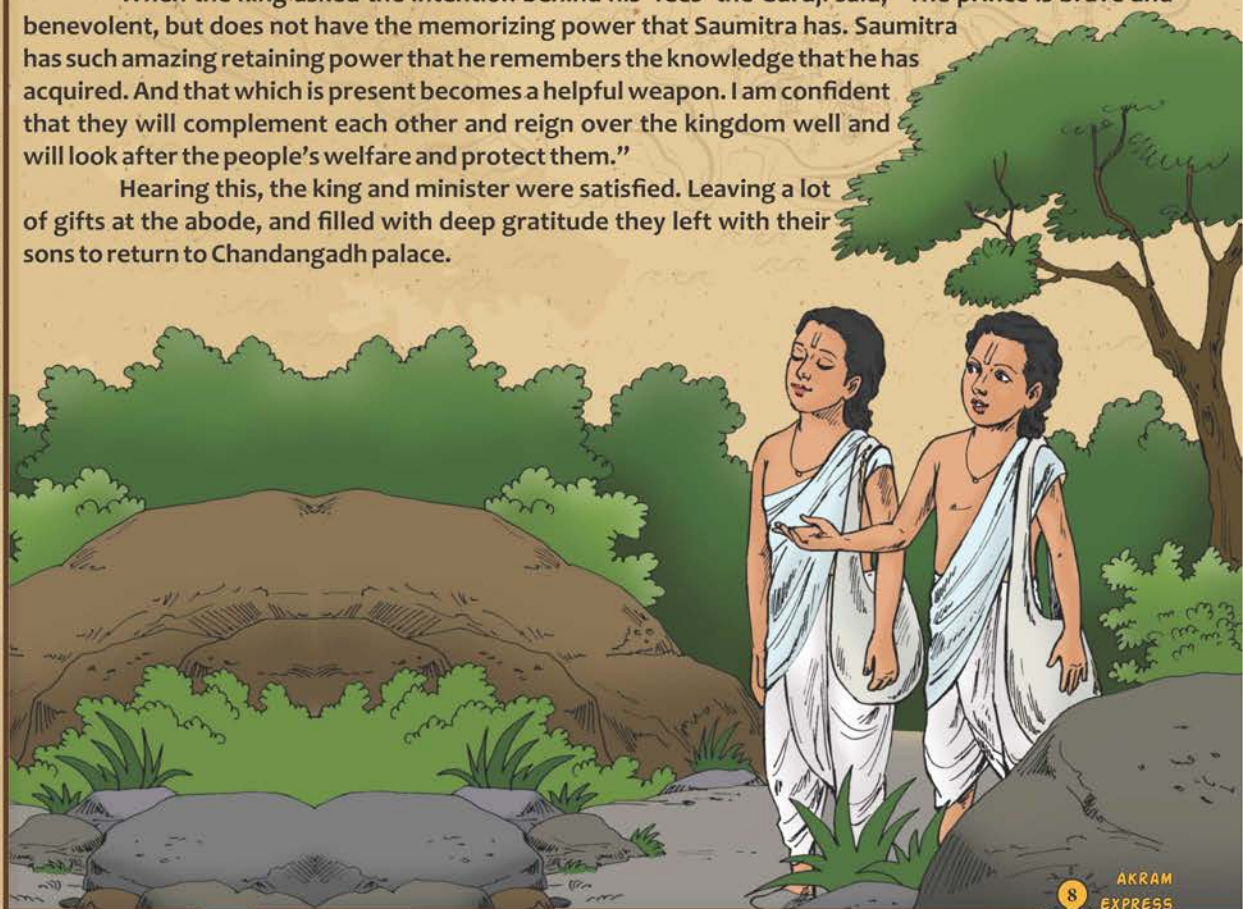
When he handed back the sons, Guruji asked each boy for guru dakshina (fees). Guruji asked Prince Vijay for such a vow that he will always keep Saumitra beside him and will always have full trust in all his suggestions.

And from Saumitra, Guruji’s ‘fee’ was that he will always stay with prince Vijay and with complete loyalty he will maintain a true friendship for life.

Both friends happily promised Guruji and took blessings from both him and his wife.

When the king asked the intention behind his ‘fees’ the Guruji said, “The prince is brave and benevolent, but does not have the memorizing power that Saumitra has. Saumitra has such amazing retaining power that he remembers the knowledge that he has acquired. And that which is present becomes a helpful weapon. I am confident that they will complement each other and reign over the kingdom well and will look after the people’s welfare and protect them.”

Hearing this, the king and minister were satisfied. Leaving a lot of gifts at the abode, and filled with deep gratitude they left with their sons to return to Chandangadh palace.





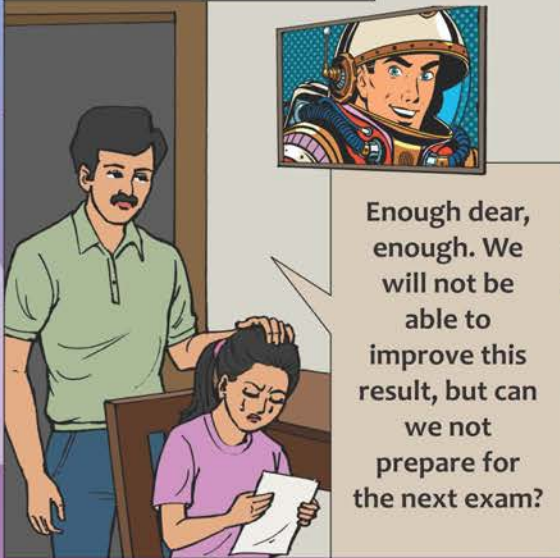
# WAX IN THE MIND

From a young age Suchita had dreamt of being an astronaut. That day, sad faced and holding her results, she was looking at the poster of the astronaut Darrel Cook that was on her bedroom wall.



The tears would not stop rolling from her eyes.

Suchita pulled out her results of three months ago.



Enough dear, enough. We will not be able to improve this result, but can we not prepare for the next exam?

Look dad. Would anyone believe that this result belongs to the same girl? Top rank in one and in the other... fail!

I read for as many hours and put in as much effort but then, why is there such a big difference? The questions in the exam were so twisted that I just went blank.



Looking at the picture of Darrel Cook.

Do you know, Suchi, what the secret behind Darrel's success is? He had amazing memorizing power.







In one of the space missions Darrel's space ship had a mechanical failure. There was no hope that his spaceship would come back to earth. But Darrel did the impossible.

Darrel had memorized the mechanics of all the functions of the spaceship so well that without any confusion he successfully brought it back to earth.



Wow, amazing.



Really amazing. Come, let us do an experiment.



The father brought two bowls filled with equal amounts of water from the kitchen.



Dad, what is this?



This experiment will show whether the low marks were due to the twisted questions or something else.

Suchi, please bring me 2 handkerchiefs from that drawer. I am lighting this candle.



He melted some wax from the candle onto one of the handkerchiefs.





He then placed the handkerchief with the wax in one bowl and the other handkerchief in the other bowl.



Tell me which handkerchief absorbed more water? Had I not filled them with the same amount of water?

The plain handkerchief will absorb more water. Due to the wax on the other handkerchief, its capacity to absorb has gone down.



Correct. So if the understanding has been absorbed, just like Darrel you can apply that absorbed understanding in any circumstance. But if there is a layer of wax then you can get confused in the twisted questions and...

Wait... Are you trying to tell me that even after reading so much this time, the information was not absorbed in my head because there was wax? What wax?

Her father pointed to the Ipad that was on the table.



... Suchita's thoughts went back to the evening 3 months ago when she was given an Ipad by her father for being the top student. At that time Suchita had thought that along with the entertainment aspect she would install educational applications and make good use of the Ipad.





But slowly she started using it more for games, videos, films, and UTube and she became addicted to it.

Suchi... Suchi where are you?



Dad, now I understand what 'wax' it is that has soiled my chit (inner awareness) and decreased my absorption power.



There's my bright girl. Come now, rest a little, my dear. Good night.



Just then Suchita received a text message from her friend.



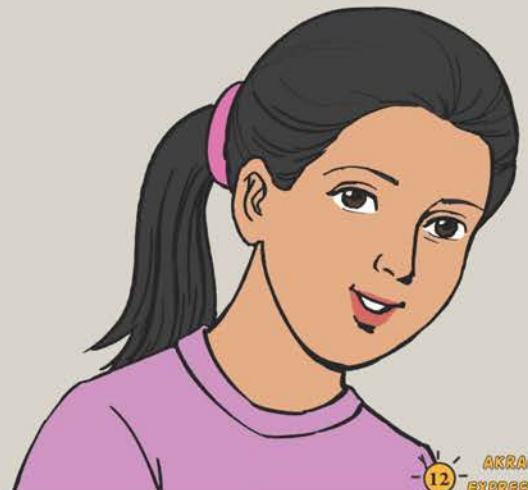
**Text:** The new trailer of 'Star Wars' is fantastic. Check it out on Utube.



For a second, losing control Suchita switched her Ipad on. But seeing the poster of Darrel Cook on her wall she immediately stopped short.



Switching the Ipad off, having her goal set in her heart and having the strong conviction to improve the causes, Suchita got ready for a new beginning.





# LET'S PLAY



## Find and Get Lost

(As many players can play ...)

10					X			
9					X			
8					X			
7					X			
6					X			
5				X	X			
4				X				
3				X				
2			X	X				
1		X	X					
A	B	C	D	E	F	G	H	

Pic- 1

10								
9								
8								
7								
6								
5								
4								
3								
2								
1								
A	B	C	D	E	F	G	H	

Pic- 2

1) In this game one player (to come out of the box) will draw one map (e.g. Pic. 1), which the leader player will keep to himself.

2) The second player will have a map like Pic. 2.

3) Now the rest of the players will take turns one by one. The player that comes first will guess any one step (e.g. C -1).



4) The player that has the map and the player whose step is right will say yes. In this way he will keep playing until his guess is wrong. Then it will be the next player's turn.

5) The other player will have to remember the road up until the previous player had reached! It will be up to him to find the road after that.

6) All the players will have to remember the previous road that was found in order to progress in the game. They will only win if all the players have full concentration till the end.



# MYTHOLOGICAL STORY

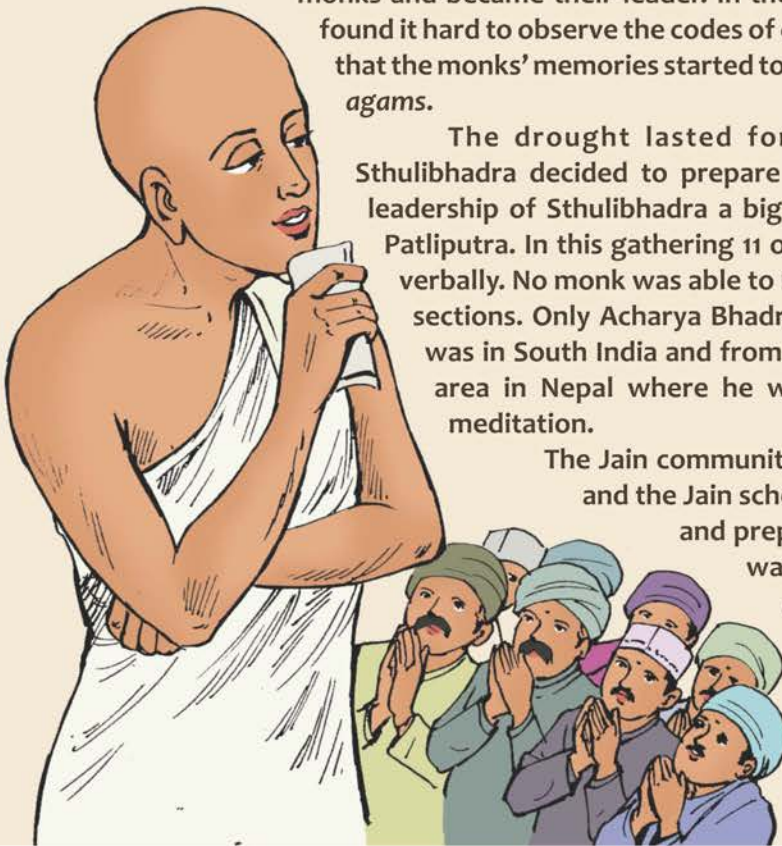
(Deeply in love with the royal dancer Roopkosha, Sthulibhadra through the efforts of penance and spiritual practice overcame sexual desires and desire for worldly pleasures. The other monks were jealous when they heard the Guru praise him. To prove his spiritual strength, one of the monks went to Roopkosha's habitat the next rainy season. But he became infatuated by Roopkosha's beauty. Roopkosha who through Sthulibhadra's religious instructions had become detached, used her skills to bring the monk out of his infatuation. Now let's read further...)

Sthulibhadra progressed in his spiritual life and established the title of an Acharya. At that time the scriptures were not in any written form. They were remembered by heart and the Guru gave this knowledge to the disciples. There was no documentary evidence of this in any form. Acharya Bhadrabahu and Sthulibhadra properly studied the 11 *agams* (Jain scriptures) out of the 12 *agams*.

During that period there was a terrible drought. Sthulibhadra was not able to study the 12th *agam* and its 14 sections. While Acharya Bhadrabahu with his 12,000 disciples moved to South of India. Acharya Sthulibhadra stayed in Patliputra with the rest of the monks and became their leader. In the hardships of drought the monks found it hard to observe the codes of conduct of monk life. In addition to that the monks' memories started to fade and they started to forget the *agams*.

The drought lasted for 12 years. After the drought Sthulibhadra decided to prepare a book of scriptures. Under the leadership of Sthulibhadra a big religious gathering took place in Patliputra. In this gathering 11 out of the 12 *agams* were prepared verbally. No monk was able to remember the 12th *agam* and its 14 sections. Only Acharya Bhadrabahu had this knowledge but he was in South India and from there had gone to a mountainous area in Nepal where he was doing exclusive penance and meditation.

The Jain community requested Acharya Sthulibhadra and the Jain scholars to go to Acharya Bhadrabahu and prepare the 12th *agam*. As the journey was extremely long, out of all the monks only Sthulibhadra was able to reach Nepal. He started





learning the 12th *agam* and its 14 sections from Acharya Bhadrabahu.

One day the *sadhvis* who were Sthulibhadra's sisters came to see him. At this time Sthulibhadra had learnt 10 out of the 14 sections. Knowing that his sisters are coming to see him, he wanted to impress them with the miraculous achievements he had attained.

When the sisters reached the cave he took the form of a lion. When the sisters walked into the cave they saw a lion instead of their brother. The panic-stricken sisters reported this to Acharya Bhadrabahu and informed him about finding a lion in the cave instead of their brother.

Acharya Bhadrabahu understood what must have happened. He said that the lion is your brother. So go back to the cave and you will see your brother.

The *sadhvis* went back to the cave. This time Sthulibhadra was in his original form. The sisters were very pleased to see their brother is safe and sound.

However, Acharya Bhadrabahu was very disappointed when he found out that Sthulibhadra had misused his spiritual power for a very trivial matter.

He believed that Sthulibhadra was still not mature enough for such spiritual powers. So he refused to teach him the remaining sections. The punished Sthulibhadra pleaded to be taught the rest but Acharya Bhadrabahu was firm.

The Jain community pleaded with Acharya Bhadrabahu to change his decision and teach the remaining 4 sections to Sthulibhadra. As a result Acharya Bhadrabahu put down 2 conditions.

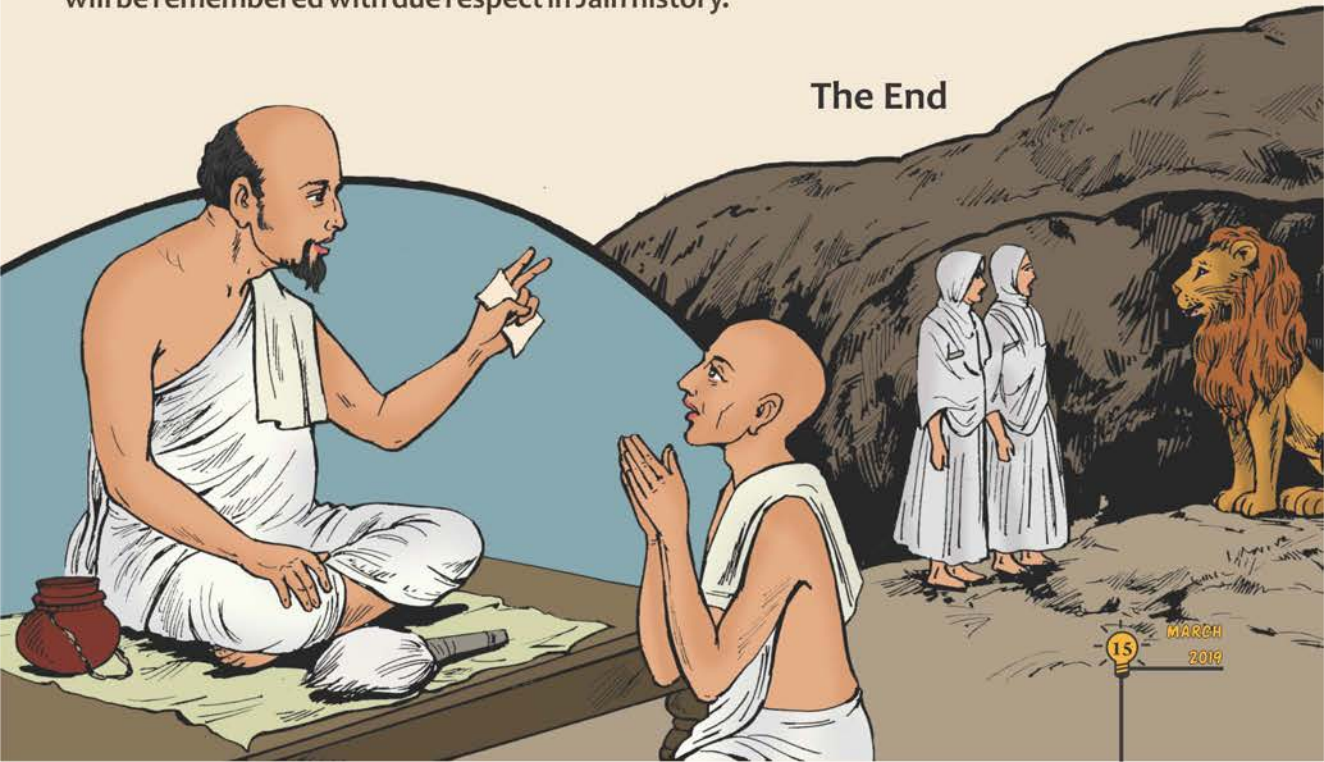
'He will not explain the meanings of the 4 sections to Sthulibhadra.'

'Sthulibhadra will not be able to teach these 4 sections to any monk.'

Sthulibhadra accepted the conditions and learned the 4 sections.

At the time when the Jain scriptures were not yet written and during the time of drought due to the efforts that Acharya Sthulibhadra had put to preserve them, his name will be remembered with due respect in Jain history.

The End





# REAL LIFE STORY



## 1. Madam Marie Curie

Madam Marie Curie is an excellent example of outstanding achievements in science.

Marie was born in Warsaw, Poland on the 7th of November 1867. Her parents who were excellent teachers used to teach mathematics and physics. They were the directors of the school. Due to the home environment Marie had an extreme love of knowledge, particularly for Science.

Marie's elder brother and sister were very intelligent. But Marie was more brilliant than them. One day Marie's elder sister had difficulty in reading.

4-year-old Marie picked up the book and quickly read that page. Marie had an amazing memorizing power that when her father used to teach her elder brother and sister she would also grasp everything.

At 4 years of age Marie had learnt how to read Russian and French.

Teachers and friends were very impressed with Marie's amazing memory and understanding power. One day at school Marie really liked a poem. She asked for a copy of the poem from the boy who had read it. The boy said jokingly, "If you have such an amazing memory as everyone believes then write it for yourself by remembering it." Marie actually wrote it down word for word.

At that time in Poland women were not allowed to study higher. Even after a lot of difficulties, due to her love of knowledge Marie Curie completed her education.

Marie Curie's goal in life was to be a forerunner in cutting-edge scientific research. Her extraordinary retaining power and intense eagerness to understand science enabled Marie to complete her own goal. In history a very small number of people have received 2 Nobel prizes. But Marie Curie is one of the great scientists who has been honoured with 2 Nobel prizes in 2 different subjects.





## 2. Swami Vivekanand

What surprising results have arisen from the power of retention. Many such examples can be seen in Narendranath's, better known as Swami Vivekanand's life.

Narendra was ardently intelligent. In childhood when other children around him were learning the alphabet, he was already able to read and write. Whatever words came out of the teacher's mouth, they would be etched in Narendra's brain. It was enough for him to read a book only once for him to be able to recall in detail the main parts of the text.

When Swami Vivekanand was in Belur Math in Kolkata, he ordered a set of the Encyclopedia Britannica to read.

Seeing the books, one student commented, "Swamiji, no man can read all these books in one life time."

Hearing this Swamiji said, "What did you say? I have already read 10 of the volumes and I have started the 11th one."

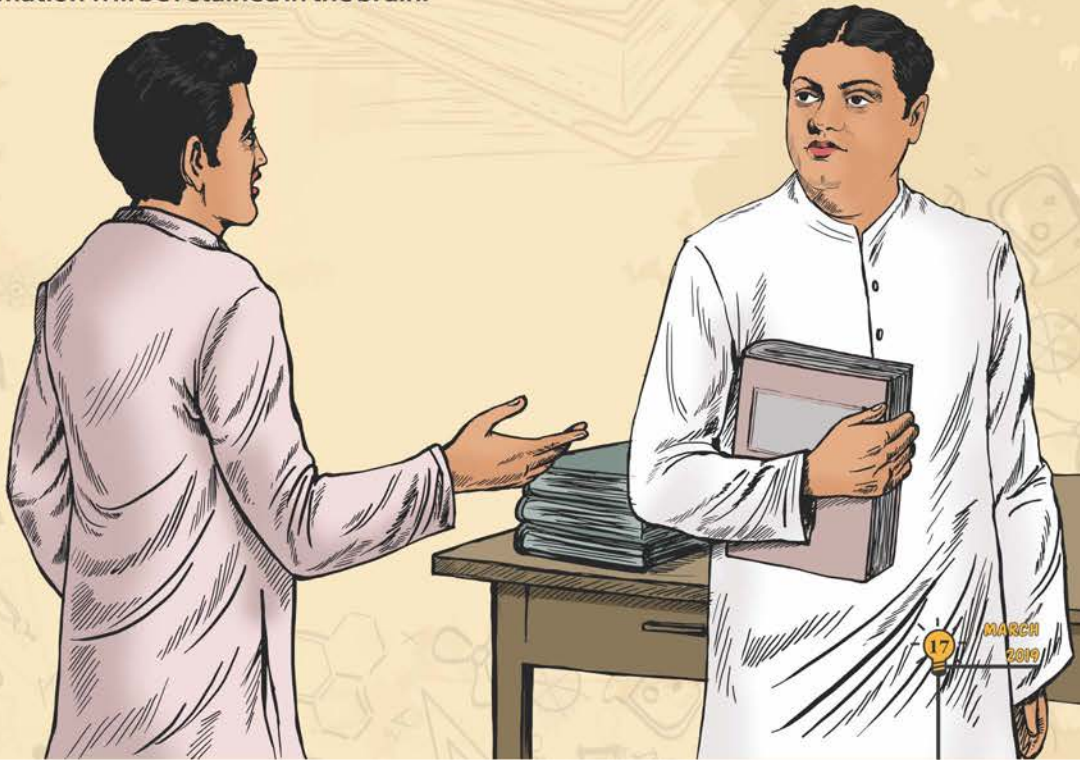
Hearing this the student was most surprised. He asked, "Have you truly read them?"

Swamiji answered, "Yes. Do you want to test me?"

The student started to examine the teacher. He asked questions from different sections in different volumes and Swamiji was able to answer all of them. The student was totally impressed. He said, "Swamiji, the average human brain does not have the power to do this. You are a miraculous man."

Then Swamiji said, "It is not as if it is a miracle. This is the result of the ability to concentrate."

See friends, if you are interested in a subject and understand the importance of it then that information will be retained in the brain.





# SWEET MEMORIES

This happened in the early days of when Simandhar City was being built. One celibate sister had bought a house there. She was from Mumbai but whenever she was in Ahmedabad she would be in Niruma's service.

One day during that time, Deepakbhai was going to place an earthen pot (used for storing water) in all the mahatmas (Self-realized ones in Akram Vignan) houses. He had taken all the pots to Niruma so that she could bless them. That sister happened to be there doing service.

When Niruma was blessing the pots the sister had a thought that Deepakbhai was going to place the pots in everyone's houses and she was not informed of that. Had she known, she would have asked him to place a pot in her house too.

In the afternoon when that sister was massaging Niruma's legs, Niruma told her that she should have got the pot placed by Deepakbhai in her house too.

The sister said that when Niruma was blessing the pots, the thought did cross her mind but she was not aware of it.

She told Niruma that had she been informed, then she would have liked Deepakbhai to place one of the pots in her house too.

The next time when the sister went to meet Niruma at Dada Darshan she decided to ask Niruma if she could set aside the pot to be blessed, when she returned to Adalaj in June. When she went upstairs to ask, Niruma told her that there was a surprise for her.

The sister asked, "What is it?"

Niruma said, "I have placed the pot in your house with my own hands."

Hearing that, the sister was filled with emotion.

**In this way Niruma used to look after everyone and win their hearts.**



# Summer Camp 2019



## Sanskar Sinchan Shibir for Kids & Youth- 2018

Group - 8 Years to 12 years			Group - 4 Years to 7 years	
Centre	Date	Contact number	Date	Contact number
Simandhar City	22, 23 april	079-39830939	19 april	079-39830939
Ahmedabad	25,26,29,30 april	9429442597	17 february 23, 24 April	8141377833
Baroda	27, 28 april	9924266882	25 april	9558206640
Bharuch	21 april	8866778910	-	-
Ankleshwar	19 april	9033526050	10 march	9427805736
Surat	20, 21 april	9725832704	17 february	9825233559
Mumbai	mulund, parla, Ghatkopar, vashi, dadar, grant road, borivali, mira road, dombivali	9773181653	Ghatkopar, mulund, borivali	9920286817/ 9820508608
Bhuj	21, 22 april	9727630180	-	-
Gandhidham	24 april	9978493568	-	-
Dhoraji	25 april	9574046082	-	-
Rajkot	27, 28 april	8849265224	29 april	9426460938
Morbi	25 april	9924344882	-	-
Surendranagar	27, 28 april	9512672433	-	-
Jamnagar	27, 28 april	9723147318	29 april	9723147318
Bhavnagar	16, 17 may	9924344425	-	-
Mehsana	28 april	9408551501/ 9824929782	-	-



### Note:-

- 1) In order to attend the summer camp, it is mandatory to register at a nearby centre. The registration charges are non-refundable.
- 2) The registrations for the youth and kids will be done based on the pre-fixed dates as per their age and standard. The registrations will be closed 7 days before the camp start date. Thereafter, additional tatkal charges will have to be paid for the registration.
- 3) Registration for attending the summer camp at Simandhar City will have to be done at 'Store of Happiness' within the Trimandir Sankul between 9:30 am to 12 noon and 4 pm to 7 pm in the evening. Registration have to be done 5 days prior to the summer Camp. The registrations will start from 20th March.

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I, Dimple Mehta hereby declare that the above stated information is correct to my knowledge and belief.

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Dimple Mehta on behalf of Mahavideh Foundation

(Signature of Publisher)







*Self confidence is  
wonderful, invisible  
and incomparable  
strength, with the  
support of which you  
can progress towards  
your goal.*

*- Orison Swett Marden*

**All The Best**



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