

AKRAM Express



Miku is in search of true happiness. To get to his destination he needs to score 21 points. Help him collect letters along the way and score the points. Each letter has got some points.

 = 10  = 0.5  = 5



The True Address of Happiness



Akram
Express

Editorial

Dear Friends,
We play games, watch cartoons and movies, go out to restaurants with our parents, go for picnics... We have so much fun, but why is the feeling of fun and happiness so short-lived? Why do we get bored so quickly? It doesn't make sense.

Do all of you find this puzzling as well?
So friends, be sure to read this issue. You will not only get the answer for your question but you will also get to know how and from where to find true happiness. So will you read this issue?

- Dimplebhai Mehta

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Dadaji Says...



The principle says that there should be a balance between worldly happiness (material happiness) and inner happiness. As worldly happiness increases inner happiness decreases.

What is Worldly Happiness?

- Worldly happiness is that which can be experienced with the five senses.
- The pleasure we experience by means of tongue (taste), nose (smell), eyes (vision), ears (hearing) and touch are all ways of experiencing worldly happiness.

How does one get Worldly Happiness?

- When a person eats first class quality biscuits he enjoys the taste.
- When one visits new places, or watch a movie or listen to music.
- One feels good when he or she has worn a pristinely ironed dress.



What is Inner Happiness?

- When our understanding changes we get inner happiness. That happiness then never leaves.

How can we get Inner Happiness?

- Happiness increases when we keep a noble mind and when we adjust everywhere.
- When we adjust and do not see any negative of the other person, even when that person is not adjusting. Inner happiness will increase when we do not hurt anyone.
- When our parents tell us not to do something and when we obey them, then their joy will resonate within us and our happiness will increase. The happiness that we get by making them happy outweighs

the unhappiness that we feel when we do not get our way.

Our inner happiness will flow if we give happiness to others.

The things we gather to try and make ourselves happy, for example, buying clothes, shoes etc, none of these things bring true happiness. There is nothing better than making another person happy.



Absolutely New and Different!

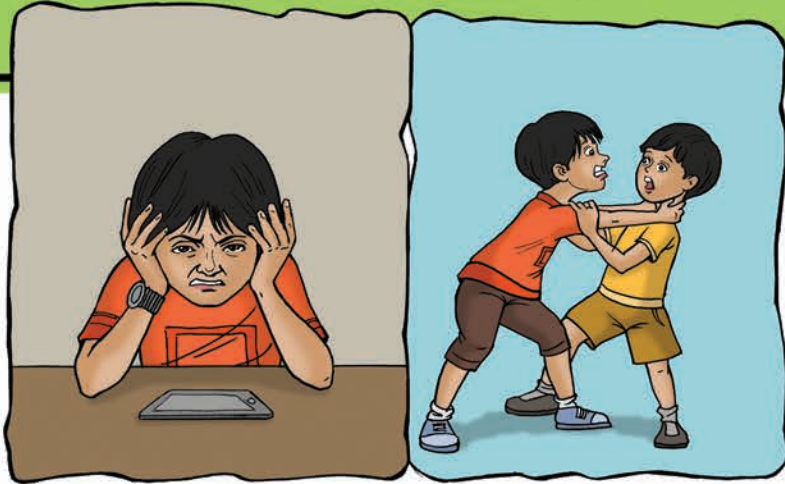
In the past there were games like *gilli-danda* (played with sticks), *lakhoti* (marbles) and ball games and everyone used to have a lot of fun. In present times there are computer games. A person plays with a machine and not with people. In this way by attempting new ways to get happiness from outside, inner happiness started to decrease.



These days, curtains can be drawn, fans turned on, lights put out just by the touch of a button, and that too while resting in bed. You can sweat for an hour in the gym but you cannot get up to switch off the lights. There is no movement in the house and physical activity has decreased. The revolutions of the brain then decrease and if a small problem arises, the strength to find a solution is simply not there.



As the inner happiness depletes, the result is that a person cannot live peacefully. He feels restless. He longs for something. He needs something new, and then he wants something else, always in search of a new kind of happiness. But in actual fact there is no happiness from any of those things. One becomes restless because the happiness he gets does not last. So he continues to find thousands of different ways to play, to eat and to travel. One is always looking for ways to be happy and the more he wants



this external happiness, the inner happiness starts to cease. This causes an internal imbalance and gives rise to depression and tension. One gets angry, upset and fights over trivial things because the strength to endure and adjust is depleted.



villages are content and at peace. At night they light a candle and clean the lantern and if it does not work then they let it be and eat and go to sleep while reciting God's name. They live peacefully.

One has to make adjustments, when one has less. This gives rise to inner happiness. When it comes to adjusting in situations that you do not like, this gives rise to inner happiness. Those people living in



Braveheart

Sitting in one corner of the room, Shivani was observing her brother Shaurya, with a fixed gaze. She was surprised. The answers to the questions that arose in her mind only Shaurya could answer, but did Shaurya even have time to look at his sister? Still looking at her brother, Shivani smiled to herself, 'There are so many reasons for my brother to be upset, but still and especially right now how is it that he is so happy? Yesterday my dear brother was sat in silence because dad refused to buy him a video game'.

"Look Shaurya, I cannot afford these extra expenses. You can spend whatever you like when you start earning," said his father in clear words.

"But dad, you promised to get me this video game if I got good marks. So if you cannot keep your promises then don't talk to me from today," said Shaurya bluntly to his father.

Finally losing to his son's stubbornness when Shaurya's father gave him money for the video game, Shaurya hugged his dad and said, "Thank you, thank you." But within a few moments his excitement subsided when suddenly the fan in his room stopped working.

"Oh no! The electricity has gone! There's a power cut! God knows when it will come back."

Shaurya was very upset. "No power during the holidays! What could be worse than this! How can one survive without Wi-Fi? Now how will I be able to play my video game? My phone is dead. It feels like I too am without power." He was upset.

Drenched in sweat, Shaurya's mother came out from the kitchen and said, "Son, technology is there for our happiness and convenience. But we do not want to lose our happiness by becoming a slave to it. In the past were people not happy without technology? In fact they were much happier. Do you know how? They had such inner technology which would keep them happy without even without these gadgets. Look at your grandparents. They look so strong and happy even at this age. Go and find such happiness!"

Just then Shivani's phone rang.

"Yes, yes I am giving it to him," said Shivani in a soft tone. Shivani gave the mobile to Shaurya, but the volume was so loud that she could hear Hursh's voice, "What are you doing? Your phone is switched off! Come downstairs, quickly!"

Shaurya got a chance to be free from his mother's lecture.

"My friends are calling me. I am going." Shaurya left the house in a hurry.

That evening the power came back, but Shaurya had not returned. Hursh called

Shivani to come over to aunt D'Souza's house. She was surprised to see Shaurya busy doing some work. She sat in the same room and observed her brother. When he saw Shivani, Shaurya went over to her and said, "Sister, you must be thinking what I'm doing here. Now, let me tell you."

In the afternoon I was hanging out with my friends in the parking lot. Everyone was busy on their phones. Just then I saw aunt D'Souza. She was standing in front of the lift with heavy bags. My phone was completely discharged and I had nothing else to do so I went to her.

"Aunty, the lift is not working. There is no electricity. Give me your bags, I will take them up." I helped her.

"But...son..." There was happiness on the aunt's face and a little hesitancy in her voice.

"Don't worry, aunty. I am strong"

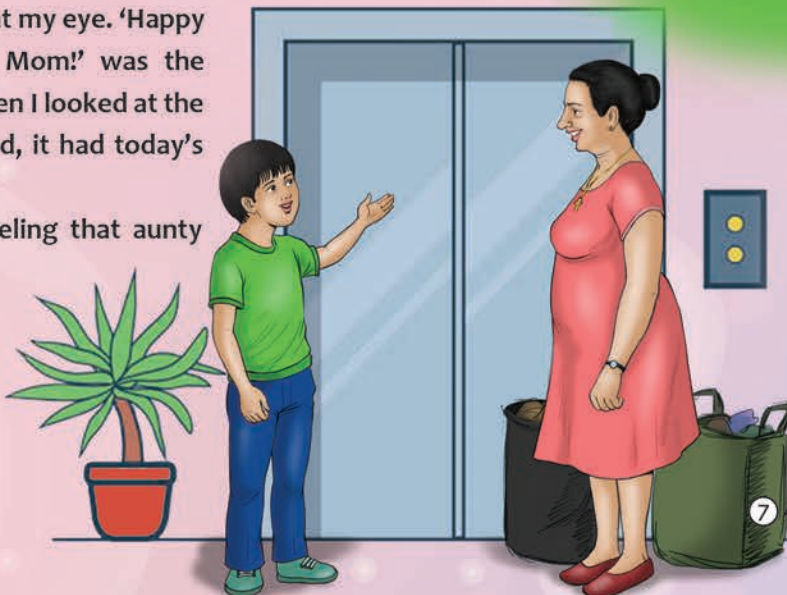
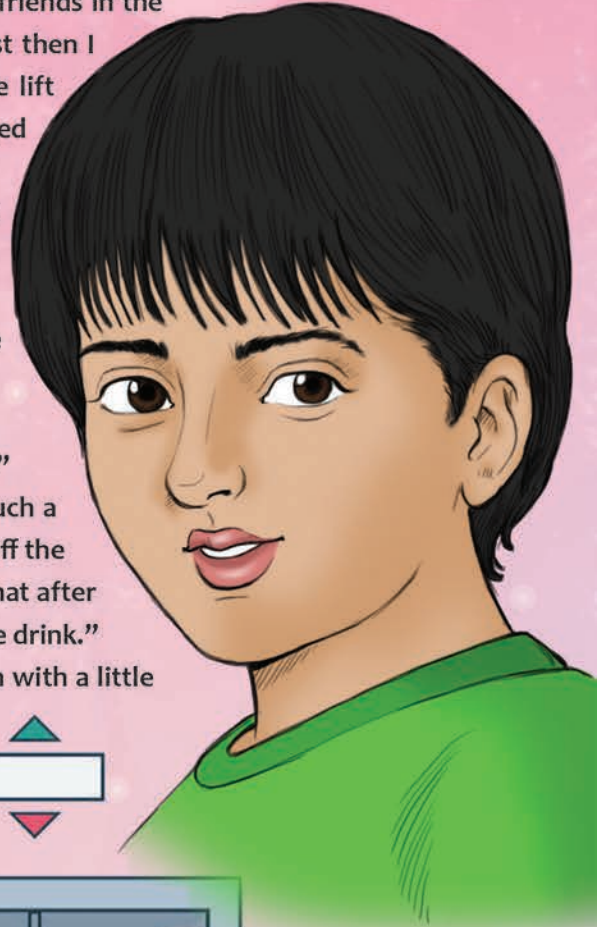
"Oh my Braveheart, you sure have grown up!"

It felt so good to hear the sweet nickname after such a long time! As I was leaving her house after dropping off the bags, she stopped me, "How can you leave just like that after so much hard work? I will quickly make your favourite drink."

Helping aunty was such a small gesture. Even with a little help she was so happy. I felt very satisfied. It was the first time I realized that it was such a pleasure to make someone else happy.

When aunty went into the kitchen a card on the table caught my eye. 'Happy Birthday Dearest Mom!' was the greeting on it. When I looked at the bottom of the card, it had today's date written on it.

I had a feeling that aunty



would be celebrating her birthday on her own. So I decided that we should all get a cake and celebrate her birthday together. I spoke to my friends and we made all the arrangements. That is the reason why all of us are here.

“Wow Shaurya...I cannot believe that all of this was your idea,” said the sister lovingly.

“Even I can’t believe it!” said Shaurya with a laugh and then in a serious tone said, “Sister, I do not know which happiness mum was talking about in the morning, but by making someone happy, we are automatically happy ... and that even without any electricity!”

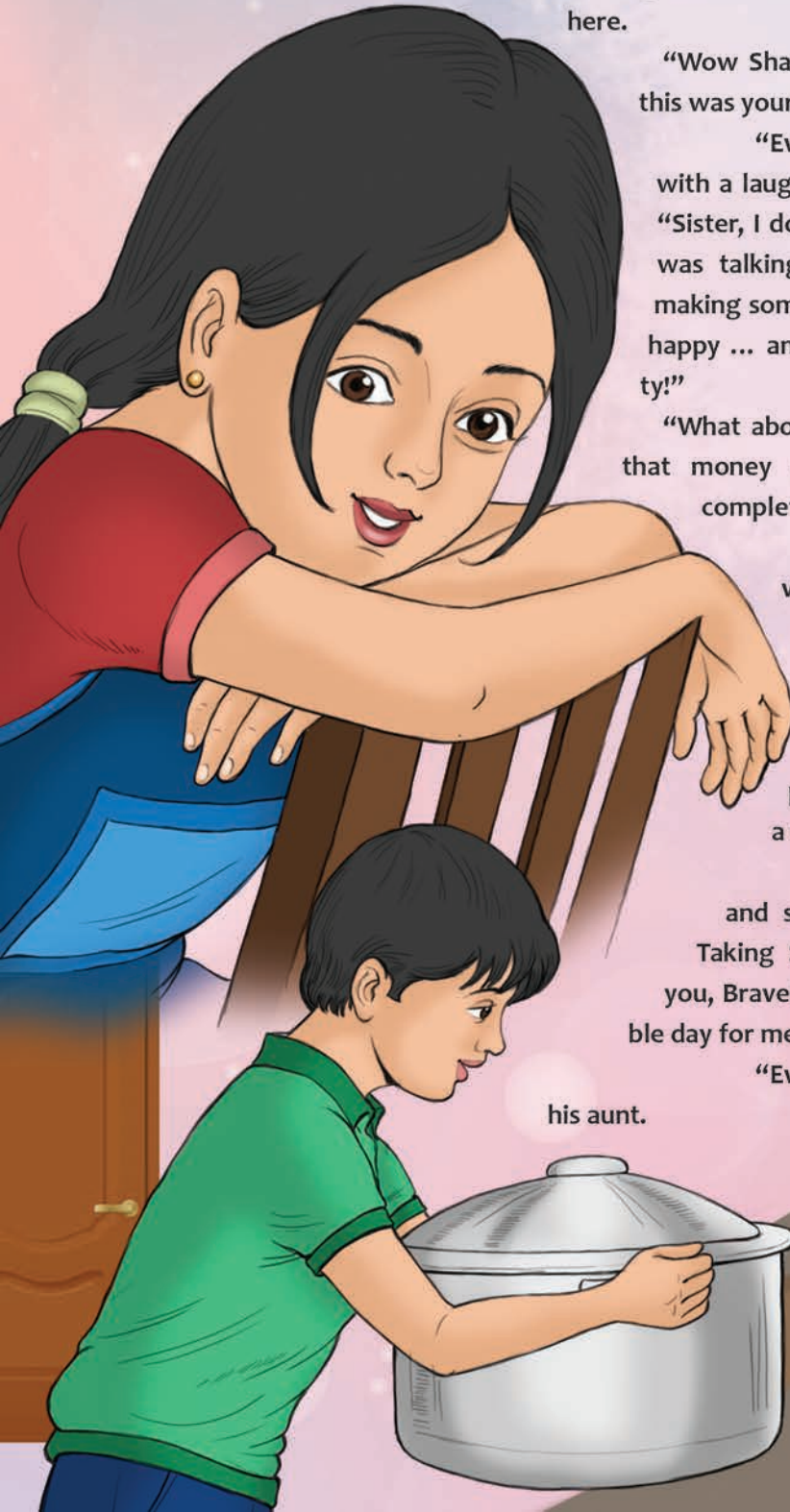
“What about your video game? Did you use that money for this party...” She did not complete her sentence.

“Sister, even after playing video games for hours I have not experienced this much happiness. It is more refreshing to put a smile on someone’s face instead of shutting yourself in a room and playing video games.” Shaurya had a sparkle in his eyes.

Just then aunt D’Souza came and sat next to Shaurya and Shivani. Taking Shaurya’s hand she said, “Thank you, Braveheart! This has become a memorable day for me!”

“Even for me!” said Shaurya hugging

his aunt.





Lost and Found

The bus came to a halt.



Here you are. There is an hour's break.
Please come back on time.



Coming out of the bus Dhruv went to a small canteen.



One strong tea
and *poha* (flat
rice dish)



Bringing
sir...



Dhruv took his
mobile out
from his
pocket. The
battery was
showing 15%
charge. His
eyes were tired
after staring at
the phone for
hours on the
bus. He looked
around.

He saw a young man sitting
in the distance and so he
went over to him.



Hello... I am Dhruv Desai
... and ... you are...

Just then Kishan brought Dhruv's tea and poha.



Sir, I have closed the kitchen. Can I leave now?

Yes, Kishan...

So... is this your canteen?



Yes... my name is Arjun.

Arjun and Dhruv shook hands.

Dhruv looked at his watch to check the time.



You close the canteen at this time? Why don't you keep it open longer...?

Sir, within this time the earnings that I make are enough for my family.



So what do you do the rest of the day?

The rest of the time I do my favourite activities, spend time with my family and enjoy life.



Isn't that foolish? You could make more money if you keep the canteen open for longer. With that money you could buy a bigger restaurant.



And after that?

Then after making more money you can go and live in the city. There you can open a bigger restaurant and earn a lot of money. You can buy a big car, build a big mansion.



And after that?

Then what? Then just enjoy! Then you can enjoy your favourite activities and spend time with your family.



That's what I am doing right now.



Dhruv was touched by Arjun's inner peace and calmness, as opposed to his own restlessness.

After a little while, Dhruv saw Arjun searching for something and went to help him.



What are you looking for?

My keys...

After searching for some time...

Are you sure that you could have lost them here?

No, I think they might have fallen in the basement.



What? Then what is the point of looking for them here?



It is dark in the basement and there is light here, so I am looking for them here...



Decode the Magic Mirror

Aahan had everything a little boy could ever want or need. He had loads of video games, clothes, toys and gadgets. But even then he was always interested in buying something new.

One day Aahan and his parents had gone to a hill station for a vacation. There he saw an unusual mirror.

"I want that mirror!" insisted Aahan and like always his parents gave in to him.



When they got back home, he placed the mirror in the best corner of his room.

Seeing his reflection in the mirror, Aahan was surprised. He was smiling but the reflection staring back at him was terribly sad. Aahan tried very hard to change that reflection. He made funny faces, laughed a lot, smiled but all his efforts were in vain. The reflection was still sad.

One day Aahan ate his favourite chocolate and stood in front of the mirror.

'Anyone would be very happy after eating this chocolate. Now the mirror has to show me my happy face', thought Aahan. But the reflection in the mirror still looked very sad.

"Such a useless mirror!" rather annoyed, Aahan threw the mirror into another corner of his room.

"Mummy, give me some money. I want to buy a new ball and play with it in the park." That afternoon Aahan took the money and left the house.

On the way to the store he saw a small child crying. Aahan went to see if he could help.

"What happened? Why are you crying?" asked Aahan.

"I am lost. I can't find my parents," said the child and started sobbing loudly.

To calm the child, Aahan spent the money he received from his mother to buy chocolates for the boy. After looking around for some time, they found the child's panic-stricken parents.

"Thank you son, thank you. We have been looking for him everywhere," the parents were very grateful to Aahan.

After saying goodbye to everyone Aahan returned home. That day, Aahan did not get a chance to play nor could he buy the ball.

Aahan saw a bright light as he entered his room. It was coming from the corner where he had thrown the mirror. He propped up the mirror and was amazed to see the light radiating from within him! Aahan felt full of bliss that day and a glimmer of happiness shone through him. His reflection in the mirror was equally happy. Suddenly, there was a voice from the mirror. The mirror disclosed three sentences to Aahan...

That day Aahan understood that the magical mirror was only a reflection of his inner happiness.

The sentences disclosed by the mirror are hidden below. So come, let's arrange the words in the tiles and find these three sentences.

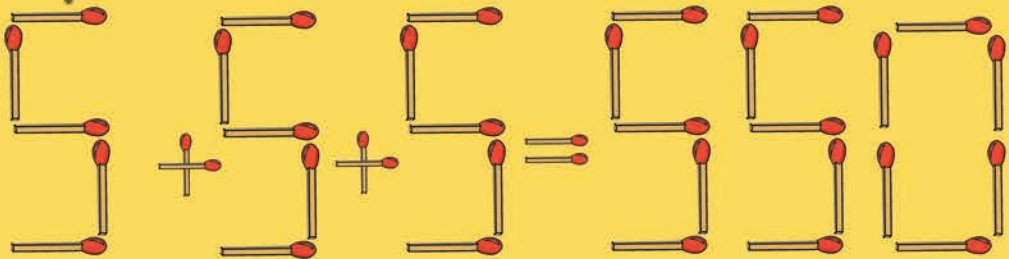
- 1) inner give happiness to then our will definitely flow if we within us others happiness .
- 2) is not true the accumulate to be happy happiness possessions we.
- 3) happiness there greater than person another is no happy making.

Let's Play...



1

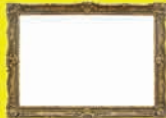
Add one match stick to the below matchsticks to complete the equation



2

Solve the puzzle.

Example:



- to + ne = Phone

1)



- t = ?

2)



- er + ch = ?

3)



- ne + te = ?





3

Look for the hidden objects in this picture.



4

Find the difference between the two pictures.



Mythological Story

There was a king named Maridutt who ruled the kingdom of Rajpur. His entire day was spent drinking alcohol and enjoying the pleasures and comforts of life. In religious matters he considered only Chandmari, who was his ancestral goddess of worship, as a venerable deity, and sacrificed many lives as an offering to the goddess. This was his idea of religion and worship.

It was the Hindu festival of Navratri (a festival that spans nine nights during autumn). All the devotees of the goddess gathered in the temple. The king also came to worship. Thousands of living creatures had been gathered to be sacrificed.

Seeing this, the king said, "Guards! For this ritual we need a pair of humans who possess thirty-two distinguished qualities. Unless they are found, all these preparations and offerings will be consid-

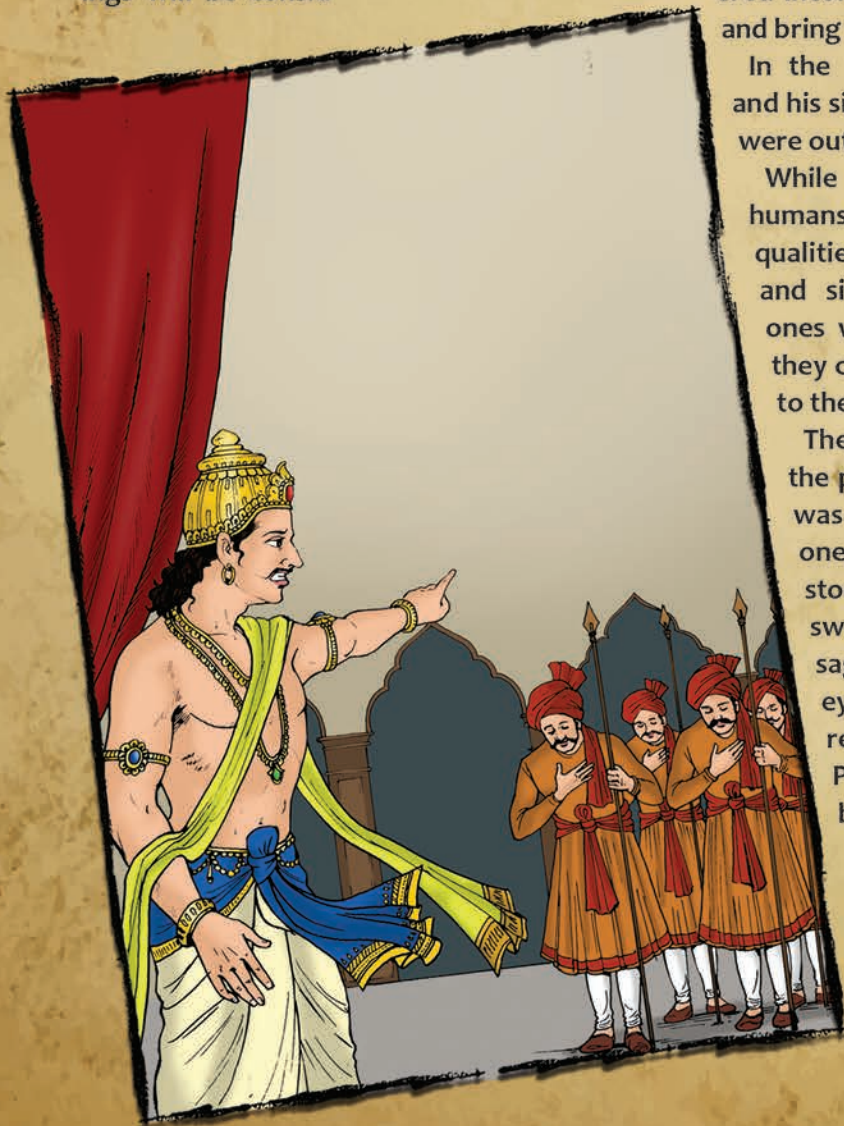
ered incomplete. So go and find them and bring them to me!"

In the meantime, sage Abhayruchi and his sister who was a sadhvi (nun), were out begging for alms.

While searching for a pair of humans with thirty-two different qualities, the guards saw this brother and sister. Considering them the ones with the thirty-two qualities, they captured them and took them to the king.

They were brought in front of the pit in which the sacrificial fire was burning. The king stood on one side and on the other side stood the devotees, ready with swords and other weapons. The sage and sadhvi closed their eyes and started the mental recitation of the Panch Parmeshti (enlightened beings).

Suddenly, the earth started to tremble. A great wind-storm arose, and the sky became obscured by a cloud of dust. The atmosphere



turned into havoc and destruction and all that could be heard was shouting of 'save me, save me' from all sides. Someone's roof blew off while someone's house collapsed. The king and the devotees were terrified by the calamity that was unfolding.

The king thought to himself, 'This man and woman brought here to be sacrificed seem to be divine beings. All these natural calamities are due to their influence. Had I raised my hand to harm them, they would have killed me and my people as well'.

The king went to them with his hands joined in prayer and said humbly, "Who are you? Please forgive me. I welcome you. I do not want to harm you. I just want to know who you are."

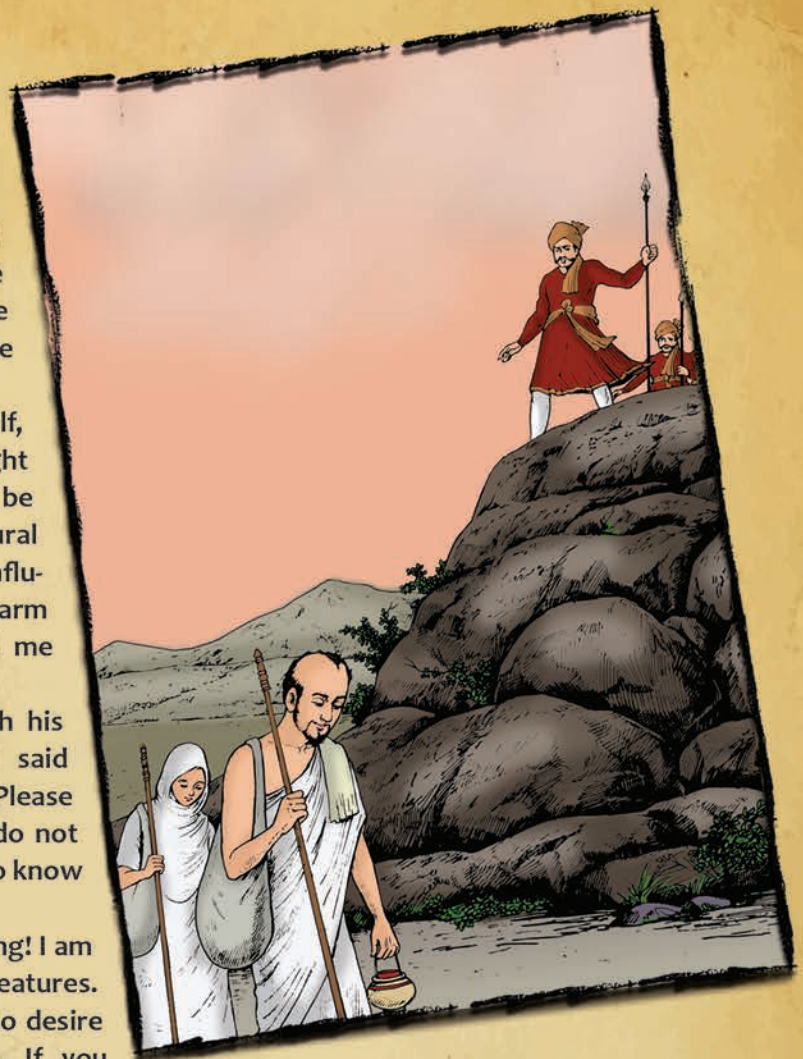
Sage Abhayruchi said, "Oh king! I am the same as all these other creatures. Oh king! It is truly an illusion to desire peace through their sacrifice. If you wash your hands with blood, they will never get clean. For that you need pure water. Similarly, for there to be peace and welfare, there should be no violence. For the welfare of others you need to do good deeds."

Maridutt listened intently.

"Maridutt, when I see what you are doing, I can see my past lives. In my first life, I had made a chicken merely out of flour. I had then cut it and offered it as a sacrificial offering to a goddess. As a result I have wandered for many lives. I still tremble when I remember all the suffering I have endured. And yet, here you are taking lives of thousands of creatures. What will happen to you? I have experienced the pain of violence. If my warning to you does not make you stop, then who knows what will be the extent of endless pain and suffering you will have to endure for all this wrongdoing."

Maridutt's thinking began to change. He pleaded, "Oh sage! Please explain yourself more and show me the right path."

The sage started to talk about his past lives...



Will be continued in the next issue...



One day Niruma was taking a morning walk in Simandhar City. She passed by a mahatma's house. That mahatma (Self-realized person in Akram Vignan) was sitting in his balcony and loudly reciting the *charanvidhi* (prayers that increase awareness of the Self) Anyone walking past his house could hear the words.

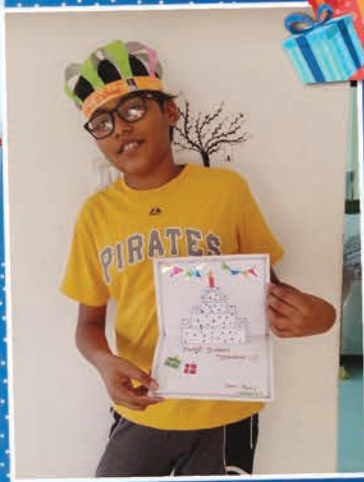
Niruma walked past his house once and then after

walking an entire round she passed by again. The mahatma was reciting the last line of the *charanvidhi*, 'My only absolute desire is your grace only.' Upon hearing this Niruma said loudly, "Come down, I will grace you." On hearing this, the mahatma was so excited that he leapt down the stairs and fell at Niruma's feet. Niruma performed such a wonderful *vidhi* (auspicious silent blessings) for him, that all the onlookers including that mahatma, felt immense love for Niruma!

Sweet

Memories

Glimpses of Pu jyashree's 68th birthday celebration at home by the kids from different centers.



- 1) $5+5+5=550$
 2) table, watch, plate

3) Puzzle Answer:



Decode the Magic Mirror

1. If we give happiness to others then our inner happiness will definitely flow within us.
2. The possessions we accumulate to be happy is not true happiness.
3. There is no greater happiness than making another person happy.

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Our beloved

Niruma's Gnan day!

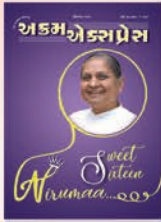
You will think that it's June right now, so what's the rush! Yes, we have to make preparations for Niruma's Gnan day celebration. So are you all ready?

- 1) Cherish the memories of Niruma by making something (like photo frame, handkerchief, pen stand etc.)
- 2) You can write a song on Niruma.
- 3) Niruma's sketch or drawing.

Send a photo of any of the above activity you do at home.
Email us on- akramexpress@gmail.com

March 2012

December 2019



And one more thing...a quiz on Niruma coming soon this July. The quiz will be uploaded on-
<https://kids.dadabhagwan.org/fun-zone/games-corner/>
So read these two Akram Express issues and play the quiz to become

Quiz Champion



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