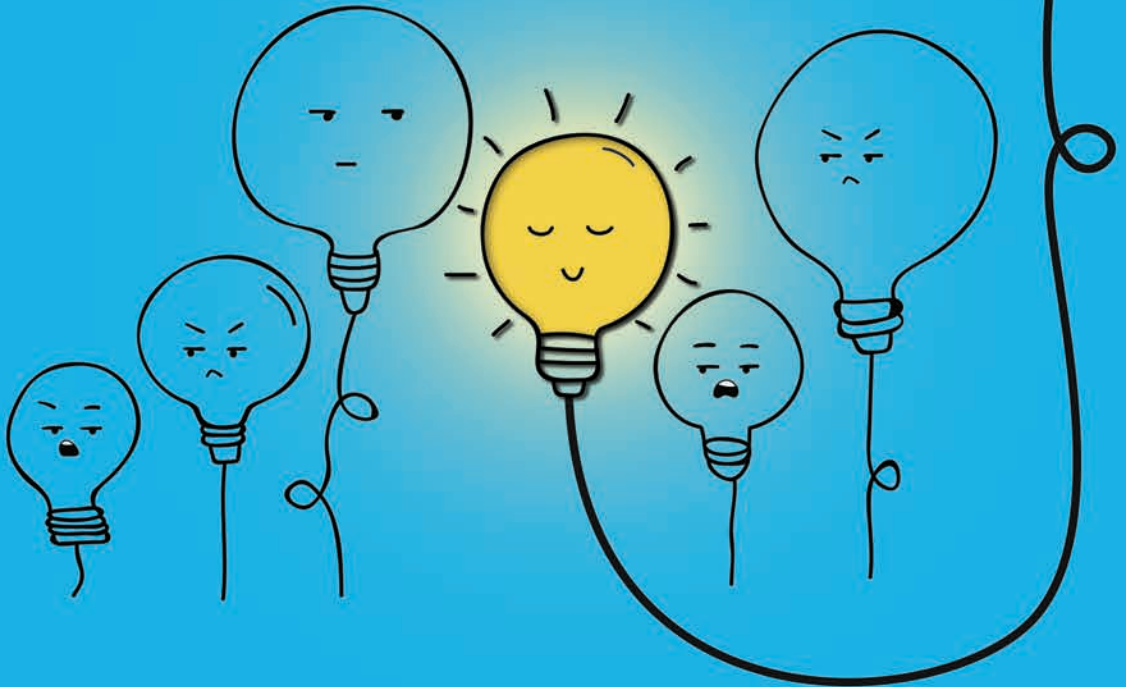


# AKRAM Express

Power Of  
Positivity



# Power Of Positivity

## Editorial

Dear Friends,

To remain positive in life has been taught to us many times. But how do we develop this positive vision? We start having negative (contradictory, pessimistic) thoughts with the smallest of problems. When things don't go according to plan, we find it difficult to remain positive.

Life will always have ups and downs. If we keep a positive vision then we can easily overcome difficult situations.

In this issue we will get the understanding of how to find positivity in any situation surrounding our lives and remain happy.

- Dimple Mehta



Akram  
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Rajen sir had invited all class 12th students to his place to celebrate the success of their results.



# The Benefits of Failure



Come on Amol. There is no point in getting upset. Please come along!



I don't want to go. All of you go and have fun. Your results are very good and mine...

Amol felt a lump in his throat.



Amol, your result is not that bad. Please, come with us! Rajen sir will be very happy to see you.

Amol finally agreed to go with them.

At Rajen sir's house, Amol saw all his friends' happy faces, and he felt saddened at thought of his result.



Seeing Amol's sad face,

Friends, let me tell you a joke.



The noisy room turned silent.

Listening to sir's hilarious joke everyone in the room, including Amol, burst out laughing.



Shall I tell you another joke?



Sir repeated the same joke again. This time everyone just smiled. Sir then said the same joke again, for the third time. But this time no one laughed.



Amol, when we can't laugh at the same joke repeatedly, then why should you think of the same problem and feel just as sad each time?



Amol then revealed to Rajen sir about what was on his mind.



Sir, I don't want to feel sad but people keep asking me about my results and then start to console me.

Son, the ship can only sink if water from the ocean enters the ship.





In the same way, you can only feel miserable, if you allow people's negativity to enter your mind.



Friends, let me talk to you about the world famous author, J.K. Rowling, who wrote the much-loved series of Harry Potter novels. Today she is one of Britain's wealthiest women.



She is a billionaire and to reach these heights of success she had to face a lot of failures in her life.

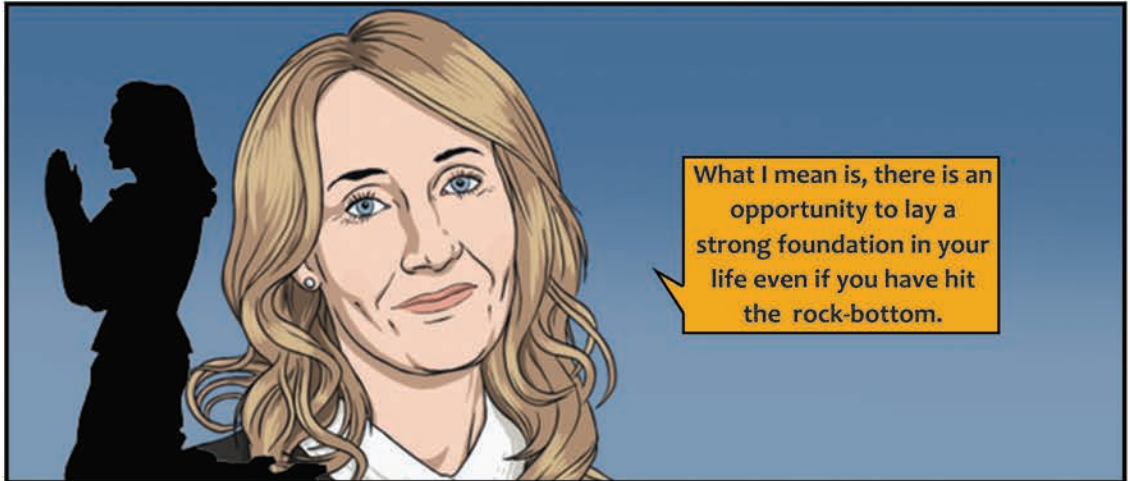
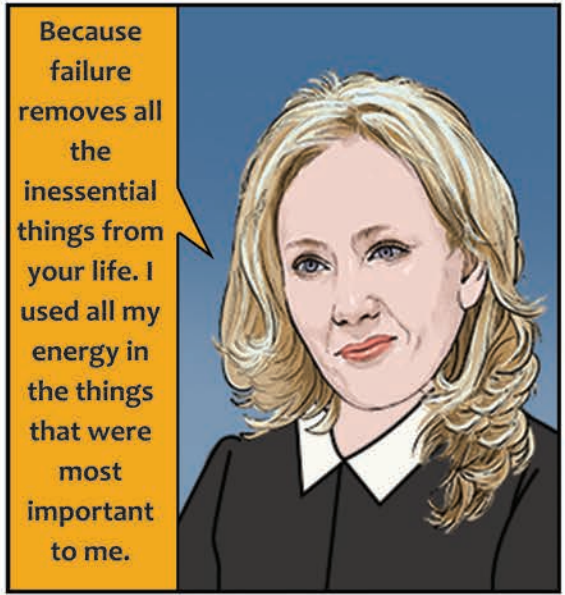


J.K. Rowling delivered a speech entitled 'The Benefits of Failure' to the then graduating class at Harvard University.



After completing my education, I faced failure continuously for seven years. I had to go through a lot of hardships and was nearly homeless too.







# Gnanis Say...

**Dadashri:** Think positive, become positive and remain positive. We should have one principal in life, that is to always stay positive and never engage with or be swayed by negativity.

**Pujyashree:** Positivity gives us bliss, keeps us healthy and keeps the other person happy. Negativity gives us suffering and also makes everyone around us miserable.

Right understanding and right knowledge take us towards positivity. By focusing on what we have allows us to remain positive, but by crying over what is lost is akin to dwelling in negativity.

Think positive, become positive and remain positive. One should adopt one principal in life. One should always remain positive. Never give any support to the negative.

An optimistic person always looks for plus points and adjusts and blends in. Negativity will not allow one to adjust.

Strengthen your determination that, 'I do not want to support negativity. I want to always remain positive in life'. It is the law of nature that whatever you decide, you will gradually get strength for that from within.





				8				
8		9		7	1		2	
4		3	5					1
			1					7
		2		3	4		8	
7	3				9			4
9						7		2
		8	2		5		9	
1				4		3		

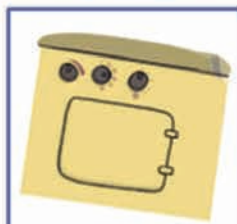


After looking at the numbers, Helly is confused. Friends, please help Helly solve the soduku puzzle.

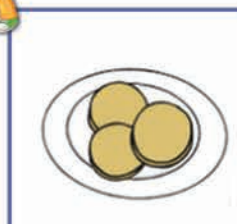
2 Give the illustrations below a number according to their correct order.



Sieve the dry powder ingredients into a bowl



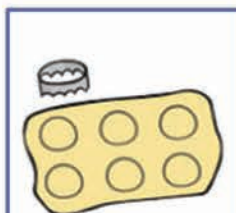
Put the tray in the oven to bake



Biscuits ready!!



In another bowl mix the remaining ingredients and add dry ingredients to make a dough



Shape into biscuits using a cookie cutter



Gather the ingredients to make biscuits.



### 3 Recognise me...



1

I give warmth, but I am not coal,  
I make clothes but I am not cotton.  
- silk, wool, cotton, plastic.



2

My weight is quarter ounce, my  
substance is gold, I was exchanged in  
high value dealings of old.  
- minnie, guinea, winnie, rinnie.

3

I weaken the sun, I stop the rain, such is my  
power, when I am spread  
King or pauper, each will gain, if display me  
proudly, above their head  
- umbrella, sweater, slippers, fan.

When my hollow wood rings out,  
the whole town comes out.  
- drum, goal, pole, bowl

4

Two brothers run together, but  
overtake each other never,  
deer, wheels, bus, rope.

5

6

Arms and legs but not a human,  
a long tail but not a rat.  
Climbs a tree but not a squirrel,  
eats fruits but not a bird.  
doll, cat, monkey, scarecrow.

### 4 Help Manyak solve the puzzle



$$\text{Apple} + \text{Apple} + \text{Apple} = 30$$

$$\text{Apple} + \text{Banana} + \text{Banana} = 18$$

$$\text{Banana} - \text{Coconut} = 2$$

$$\text{Coconut} + \text{Apple} + \text{Banana} = ?$$

# A Challenging Event



In an accident, 10 year old Aseem lost his left arm. Despite having only one arm he had a great desire to learn judo.

Aseem constantly worried, 'Who would agree to teach me judo when they see me with only one arm?' One day, he plucked up enough courage and went to see a judo instructor. He expressed his desire to the teacher who looked at his arm for a brief moment and agreed to teach him.

The very next day Aseem started judo lessons. He was a very hardworking and enthusiastic student. Amazingly, he was learning the actual moves in his first class. For three months he relentlessly continued learning, after which the teacher separated him from the other students. Now the teacher focused only on one move. The rest of the

students learnt various different strategies of judo, but

Aseem had to only practice the same move all the time. He was curious, and thought, 'Why is the

teacher doing this?' Despite him not under-

standing the teacher's actions, he still

persevered and eagerly continued

learning whatever the teacher

taught him.

In the meanwhile a nation-

al judo tournament was arranged

in that region, and all the

students decided to take part.





The teacher called Aseem and asked him to take part too. Aseem was surprised given that he had only one arm and also because the teacher had taught him only one move. He refused to take part, but the teacher insisted sternly and he had to participate.

The event began. Aseem got through the knock-out rounds and reached the final. His opponent was well known and was also healthy and robust. The spectators were looking at them and wondered how this one-limbed person is going to fight this tall and hefty giant. The competition looked one sided but to everyone's surprise, within a few minutes of starting the contest, Aseem won. The spectators were stunned. Aseem himself was also shocked and wondered how it was possible for him to have won.

On the way home, Aseem asked his teacher, "Sir, I only have one arm and you had taught me only one move. How did I win this contest?"

The teacher smiled slowly and said, "Son, you have learnt and mastered the only one move which is the most difficult move in judo. The only way your opponent could save himself was by getting hold of your left arm, which was not possible for him. So, your victory was definite."

Aseem looked at his teacher with awe and praise. He couldn't believe how easily his teacher had made his setback become his biggest asset.

So friends, instead of fearing your weaknesses and drowning in negativity, learn how to turn those same setbacks into a strength of yours. If you remain positive, you will easily be able to deal effectively with difficulties in any situation.

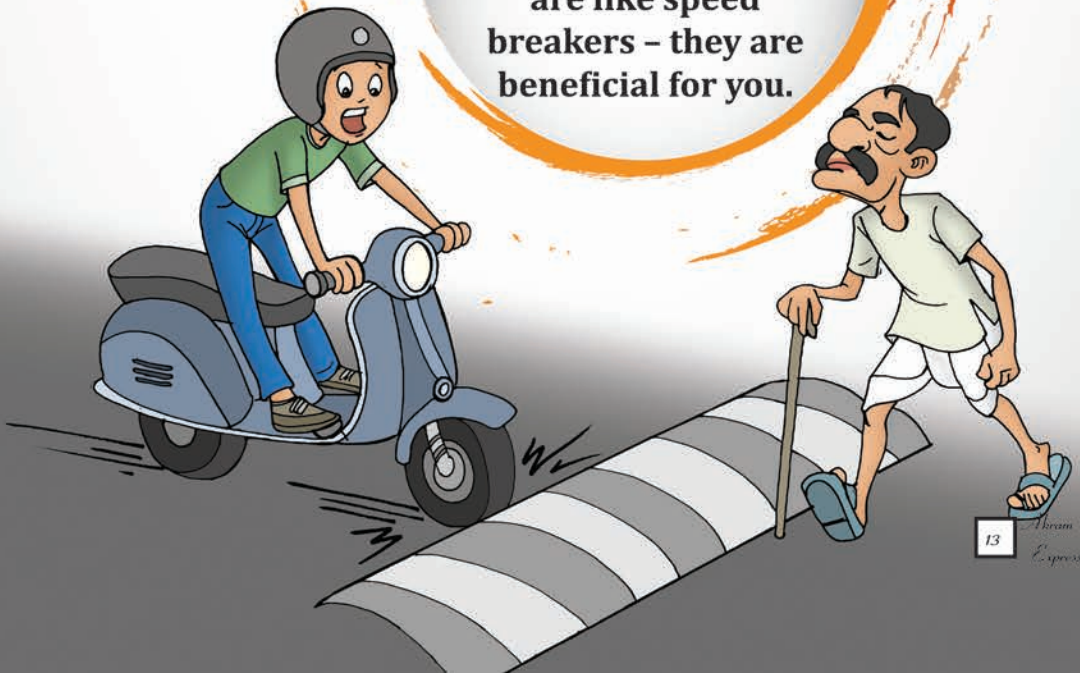




Adjusting  
everywhere  
increases  
positivity

*And Different !*

What are speed  
breakers for? They  
are there for your  
safety. Similarly, the  
difficulties that you face  
are like speed  
breakers - they are  
beneficial for you.





When you start to believe that a difficulty is actually a good thing, only then you will be able to progress. Otherwise, if you say that a particular difficulty is a bad thing, then it will become an obstacle and will hinder your progress.



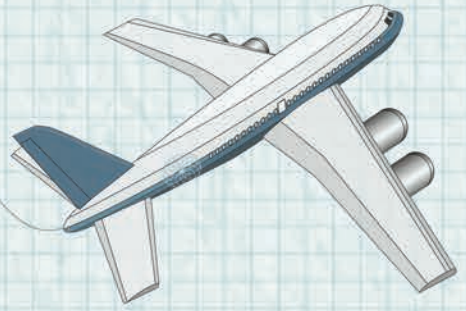
## *Absolutely New*



When we speak negatively about something which is good, then that thing becomes useless. In the same way when you say positive things about something which is bad, then it becomes good.



# Real Life Incident

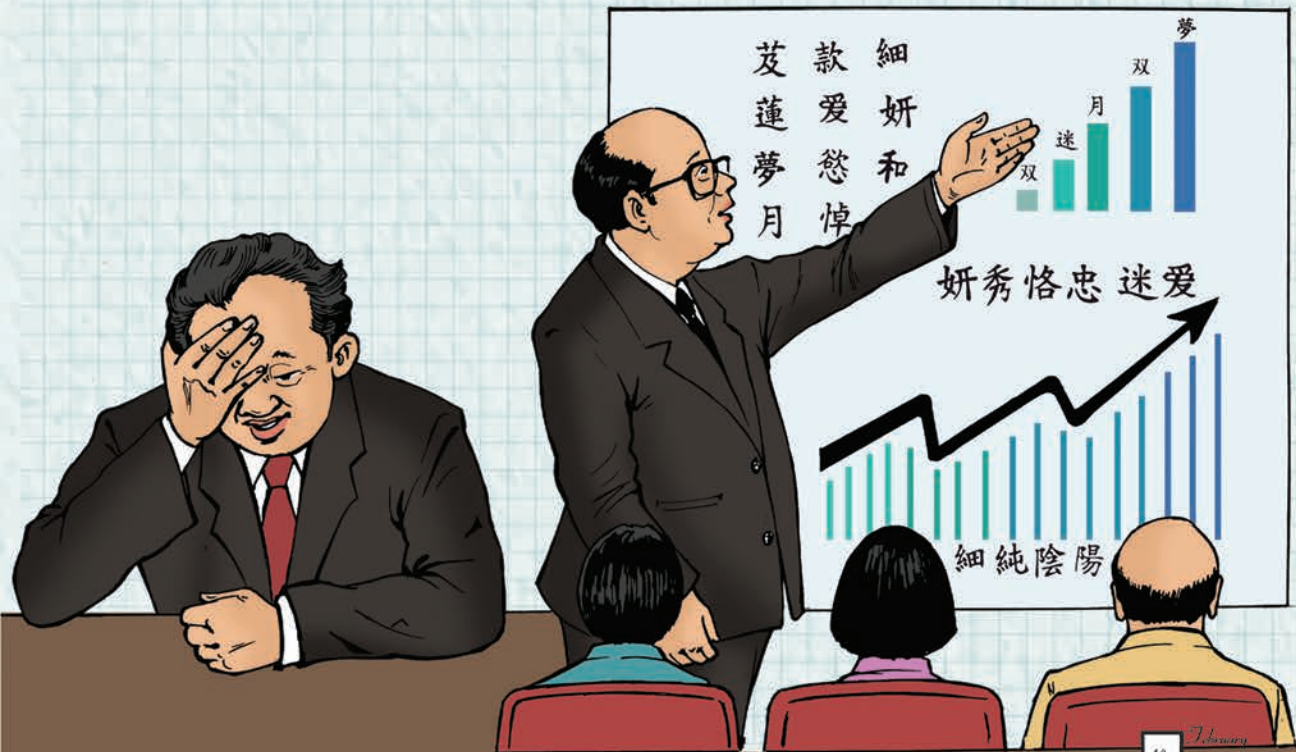


There is such immense strength in seeing virtues and positive qualities that it can even change the perception of the worst circumstances. There's a real life incident which illustrates this very nicely.

One of Japan's famous airlines was well known for its impeccable (perfect) timing and discipline.

One day, an airline employee, due to an oversight, made a mistake which messed up the whole day's flight schedule. This resulted in many flights having to be cancelled and many flights also got delayed. This had a knock-on effect on the entire airline industry and it was under immense strain that day.

In the entire history of the airline, they had never faced such a situation. Immediately, questions began, as to - 'Why and how did this happen? Who was responsible?' and so on. After investigation it became known that one of their experienced employees had made a small error and that it was this very error which had led to such a fiasco. The



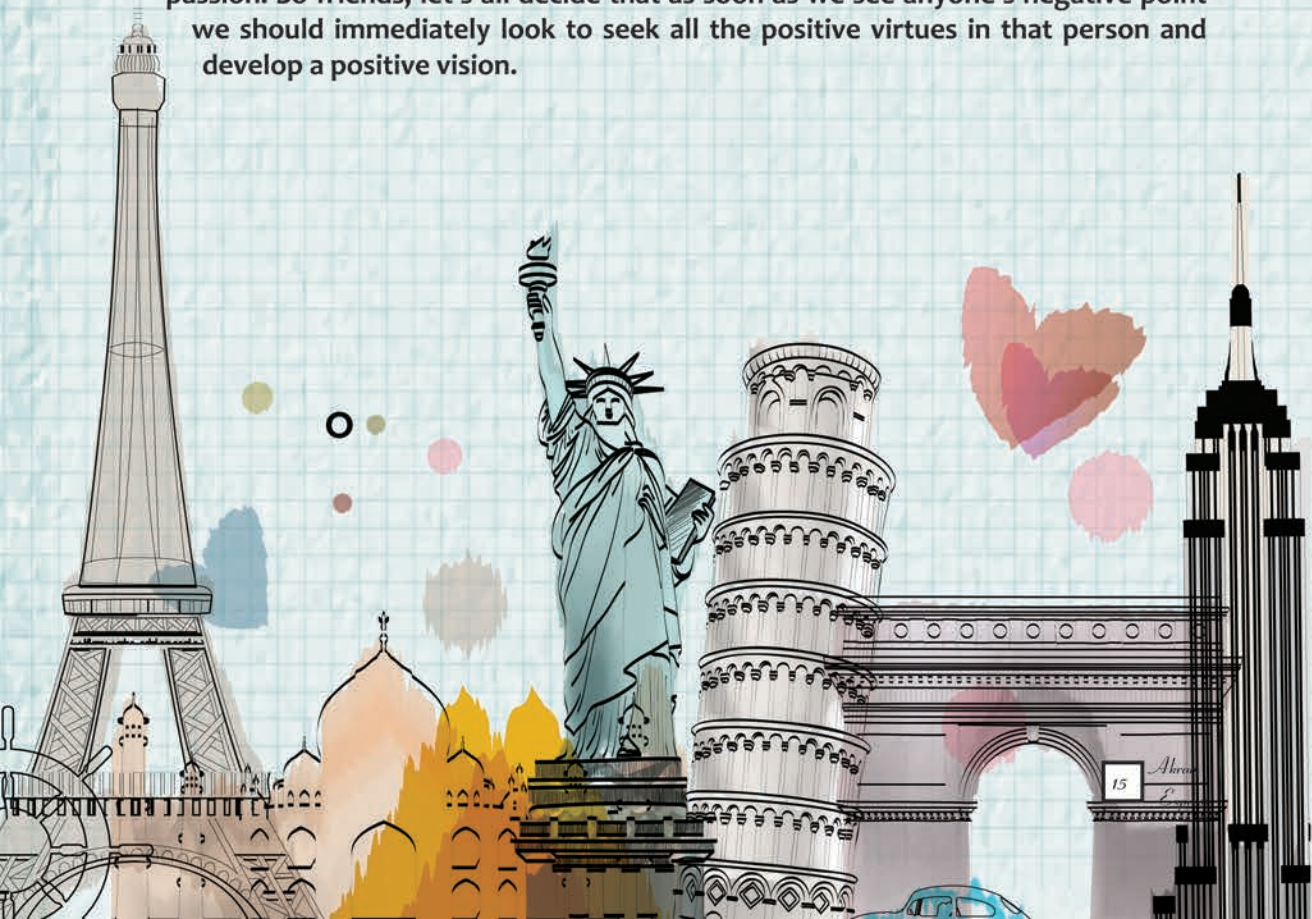


individual responsible admitted his mistake even before top officials could go and speak to him.

The airline's manager and committee members were not willing to accept that individual's apology. Immediately a meeting for the airline's entire committee was organized. It was decided that the employee should be dismissed from the organization. The letter of dismissal was complete and the atmosphere was very tense and heated. Every committee member had nothing but negative words and thoughts for that person. But then, one of the wise officials put forward a suggestion to the board, "There's no doubt that the person deserves to be dismissed, but can we all at least spend a few minutes going through the records of his entire 20 years of service with the organization?" Everyone silently agreed.

In no time at all they could see the employee's entire career history on the computer screen, starting right from the time he joined the organization to date. His success figures were very high. It was evident that he played an important role within the organization. Seeing the number of sacrifices, his hard work and integrity all the committee members changed their opinion about him and started to feel extreme gratitude towards him. They all looked at each other and said in unison, "How can we lose such an able and diligent person? The organization needs such capable people." The meeting ended with a light warning note to the employee.

This is the power of observing people's strengths and virtues, which in such an extreme situation changed everyone's negative perspective to one of positivity and compassion. So friends, let's all decide that as soon as we see anyone's negative point we should immediately look to seek all the positive virtues in that person and develop a positive vision.





# Fun Lab



## Objective

Dadashri says, “What is positivity? Nothing needs to be removed; nothing needs to be moved aside; you only need to add.” So let’s all become scientists and try an experiment to understand this statement made by Dadashri.

## Ingredients

- 1) A full glass of coloured water ( You can add ink or food colour to the water)
- 2) A glass with two tablespoons of oil in it.
- 3) A large mixing bowl.



<https://kids.dadabhagwan.org/fun-zone/experiment-corner/positivity-removes-negativity/>



## Method

### Step 1



Place the glass with oil in the mixing bowl.

### Step 2



Pour the coloured water into the glass with oil.

### Step 3



As you pour coloured water into the glass of oil, the oil will begin to rise to the top.

### Step 4



When all coloured water has been emptied into the glass with oil, all the oil will have poured out of the glass leaving only the coloured water in the glass.

## Observations

Oil is less dense than water so it floats on water. As the amount of water increases in the glass, the oil starts to pour out of the glass.

## Conclusion

So friends, did you all understand what Dadashri is trying to tell us? Imagine the coloured water to represent positivity and oil as negativity. As the positivity (water) fills the glass, the negativity (i.e. the oil) automatically gets driven out.

We didn't have to make any effort to remove the negativity. Just by adding coloured water to the oil-filled glass all the negativity flowed out! In the same way, if we fill our lives with positivity the negativity will automatically take leave.

# Sweet Memories

Some ladies used to give *seva* (voluntary service) in the kitchen. Niruma knew that they worked all day long, often in hot conditions. One day Niruma called all the ladies over and showed them some dress materials and said, “Girls, you work all day long with only the shade from a metal roof. It gets very hot in the summer. We have got this cotton material especially for all of you. Please choose whichever colour and pattern you like.”

So much compassion! Niruma is well aware of who is working where, how their conditions must be and the difficulties they must be enduring.

Sometimes when Niruma noticed some ladies wearing nice clothes whilst working in the kitchen she would immediately say to them, “When we are working in the kitchen we should wear simple clothes. Such expensive clothes shouldn’t be worn as daily wear; we should keep them for special occasions like temple opening or spiritual retreats.

In this way Niruma took care of everything for everybody. We will not find anyone like her in this world. You can see her as a mother or as a friend... ..! Niruma is everything.

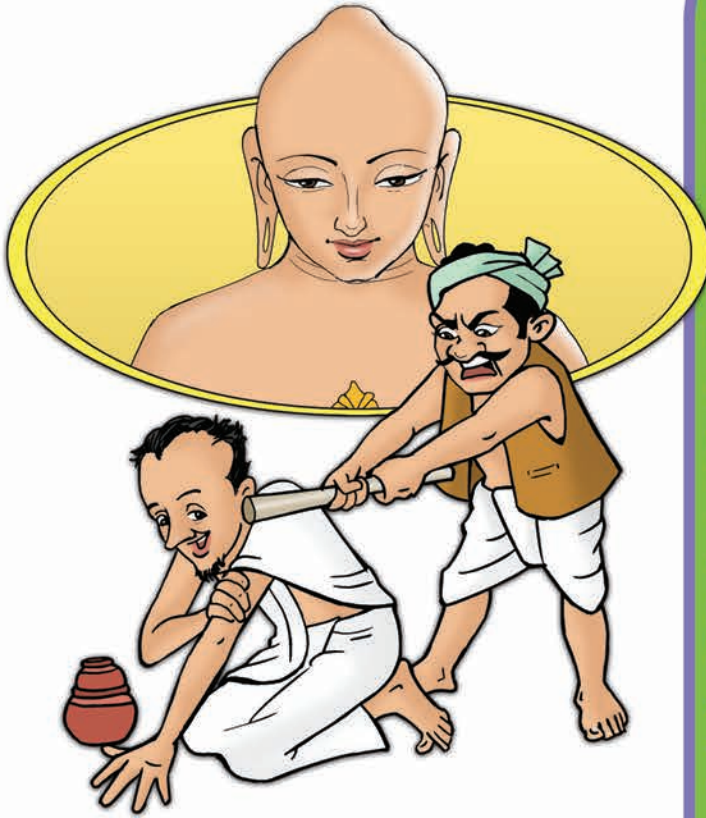
We will not find anyone like her in this world !

You can see her as a  
mother or as a  
friend... ..!





# Mahavir Bhagwan's Positivity



Lord Mahavir had taught his disciples that, 'When you are out and about and if you happen to get a beating with a stick, your thinking should be that you were only struck with a stick instead of having your arm broken! At least that is safe! And if you should end up with a broken arm then be glad that at least your other arm is fine. In the same way, if both your arms get broken then at least you still have your legs! If both arms and both legs are broken, then you should say that 'at least I am alive! I can still see with my eyes! Be happy for that and do not lament'.

## Puzzle's Answer:

1)

2	1	7	6	8	3	5	4	9
8	5	9	4	7	1	6	2	3
4	6	3	5	9	2	8	7	1
5	8	4	1	2	6	9	3	7
6	9	2	7	3	4	1	8	5
7	3	1	8	5	9	2	6	4
9	4	5	3	6	8	7	1	2
3	7	8	2	1	5	4	9	6
1	2	6	9	4	7	3	5	8

2)



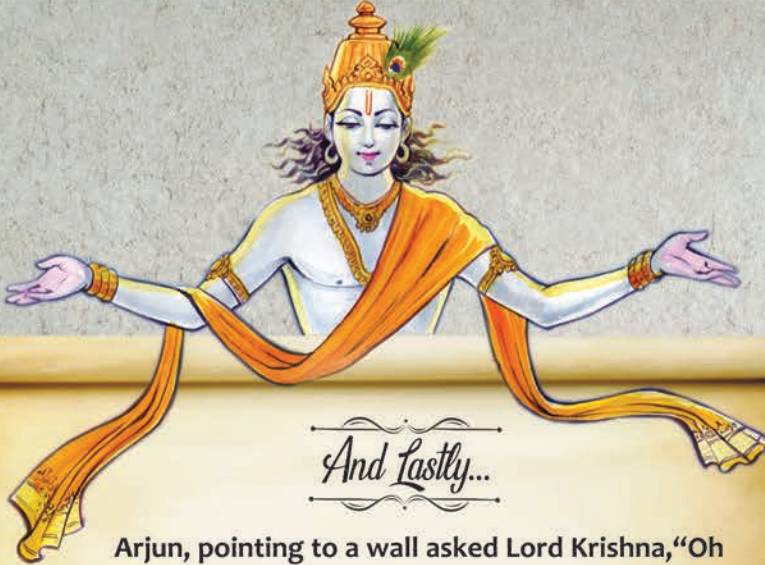
3)

1) wool 2) guinea, 3) umbrella 4) drum, 5) wheels 6) monkey.

4) 14

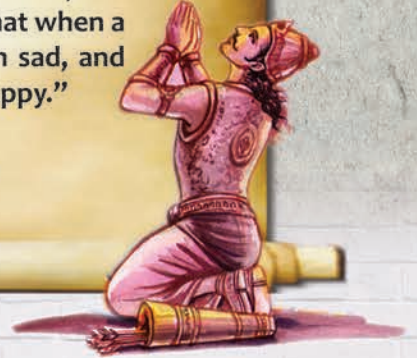






Arjun, pointing to a wall asked Lord Krishna, "Oh Lord, please write something on this wall so that when a person reads it when happy, it will make him sad, and when he reads in sad times it will make him happy." Lord Krishna wrote,

**"This time will also pass"**



*"This time will also pass"*

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