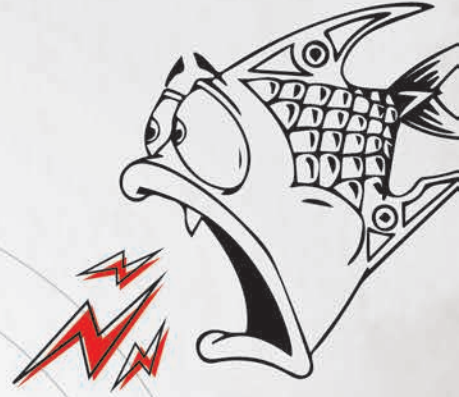


Dada Bhagwan Parivar's

July 2020

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# AKRAM Express



# Can you hear their cries?



## Editorial

Friends,

I am sure that none of us eat meat and that we don't even eat eggs. We are pure vegetarians and are proud to be so. Isn't that so? However, you should definitely read this magazine because it will help you in the future if you ever get tempted to eat non-vegetarian food, in imitation of others. How can anyone eat meat when even reading about it makes your hair stand on end! After reading this issue you should become so steadfast and firm in saying....

Non-vegetarian food? - Never

Non-vegetarian food? - Not even in my thoughts...

Non-vegetarian food? - Not even in my dreams...

- Dimple Mehta



## AKRAM EXPRESS

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## Gnanis Say...



Questioner: Why is being a non-vegetarian so dangerous, such that even Dadaji doesn't accept any responsibility for it?

Pujyashree: Would you have enough courage to slightly slit your skin with a blade or even poke a pin into the finger?

Questioner: No

Pujyashree: Well then this is a whole living creature being cut up. If you slit a goat's neck, how much blood would flow out? It would scream and struggle to be free. We cannot attain moksh (ultimate liberation) if we hurt

another life. How can we believe ourselves to be happy when we kill a living creature, cut its body into small pieces and then eat it? In fact, we bind an account with that life. We bind revenge. That life would wander and pull us with it. We have to wander with it wherever it wanders. Therefore, we mustn't hurt anyone. Whether it is for hunger or for the sake of putting food into the stomach,



we must not kill any living creature.

Even if you try and touch these chicks soon after they hatch from their eggs, they move away in fear. They are aware of pain. These living creatures are called 'tras-kay jeev' (two to five sense creatures who are capable of experiencing pain). They experience pain. So should we protect those who have fear of pain or should we kill them and eat them?

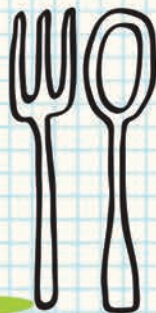
Questioner: We must protect them.

Pujyashree: Instead of protecting them, some people eat them. They are eating sub-atomic particles which are charged with violence and fear. This is beastliness. We can never be happy by hurting any creature.





# Absolutely New and Different!




When we eat creatures which have gone through suffering, we accumulate sub-atomic particles of fear and pain in our body and this gives rise to depression.





In the jungle, lions eat buffaloes out of sheer hunger. After eating they don't think that, this was nice and I must have it again. Humans on the other hand eat for pleasure. This is a sin. So by eating meat, firstly they are inflicting pain and suffering unto another life which is called Raudradhyan (terrible crime) and then on top of that they enjoy eating the flesh of that creature.



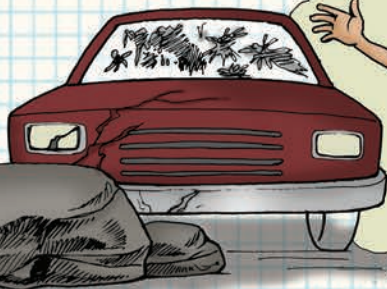





Our bodies are not equipped for eating meat. If you look at a carnivore's teeth, nails and style of eating, they are all different. Have you ever seen a tiger eating rice and lentils? Do lions eat chapattis and pizza? They never eat this kind of food. Meat eating animals are different.



While driving a car, the dust on the windscreen will obstruct your view and cause an accident. In the same way, eating meat creates a veil over the Self which results in loss of grasping power and spiritual insight. We lose sense of what is good for us and what is bad for us.







"Wake up, Nakul. You don't want to reach late on the first day of school, do you?" Nakul's mum called out from the kitchen.

"Oh, I have no option but to get up," muttered Nakul under his breath as he got out of bed. He got ready quickly and went to the kitchen.

His mum packed his lunch whilst he drank his milk and she said to him, "Today, I have made your favourite snack for you."

"Oh! Really?" he said happily. Bye mummy."

Nakul grabbed his bag and left for school. He noticed a new boy in the classroom and during break time he went up to him and introduced himself, "Hi! My name is Nakul."

"Hi! My name is Megh," replied the boy with a broad smile.

"Come, let's have lunch together." Nakul excitedly opened his lunch box, "Try this, it's my mum's special recipe."

Megh took a bite and asked, "What is this?"

## Topsey-Turvey Town





"It's an omelette sandwich," Nakul said cheerfully.

"Egg?" Megh immediately got up and ran to the bathroom.

Nakul found that strange. When Megh returned, he asked him, "What happened?"

"I am vegetarian. I don't eat eggs or meat," said Megh, wiping his mouth with a paper towel.

"But what's wrong with that?" Nakul asked innocently.

"My mum says there's life even in eggs and when we hurt them they go through suffering and bind revenge with us," Megh explained.

"What are you saying? Everyone in my family eats non-veg food. My dad says that animals are meant to be eaten." Nakul spoke with great confidence.

The school bell rang and their conversation came to a halt. Nakul's mind was hard at work, 'How can those lives bind revenge with us? Omelette is my favourite food; I will not give it up', he told himself.

After a few days Nakul was waiting for the bus after school. He was looking at his surroundings and he noticed a colourful pot which was rolling towards him.

'Huh... there's no breeze so how come the pot is moving?' He was curious and went near the pot. He took a peek inside the pot. He was stunned to see the sky at the bottom of the pot. Fish were flying and then he noticed a dog's mouth coming close to him. He got really scared and took a step back but his curiosity only increased. 'What is this?' he thought to himself as he touched the pot to find out.

Whoosh! He was sucked into the

pot and landed with a thud. He had entered a parallel universe which he had seen inside the pot. The dog that he had seen earlier was in fact ten times bigger.

'Oh dear... What is this?' He thought, 'Hmm...this place seems interesting, let me take a closer look'.

He walked a few steps and saw a large cockerel. It was limping. Nakul was only leg-high to the bird and this made him feel afraid so he hid behind a bush. He then saw a large goat wearing a grey coloured coat. It was moving towards the cockerel.

"Oh Goaty come here, have you got some yummy lunch today?" asked Koki the cockerel.

"No sir, I couldn't find anything," said Goaty sadly.

Koki shouted at the goat and said, "Our master still needs one more human being and if we don't deliver it by this evening then he will roast us all in the oven!

Nakul's blood froze, he started to shiver. A breeze blew causing a leaf to come away from the branches and it tickled his nose, "achoo..."

"Did you hear that?" asked Goaty. Both the animals looked in the direction from where the noise came from.

"Quick, get him!" shouted Koki.

Goaty picked up rather panic-stricken Nakul by the collar. Both Goaty and Koki were very happy and immediately proceeded to take him to their master. While passing the jungle he noticed birds freely swimming in the river, flowers blooming and new buds on the trees. He then saw a hen slaughtering a human in the butcher's shop.



“Oh mother!” Nakul cried. He remembered Megh’s words ‘Animals bind revenge with us’. He was trembling with fear.

Both the animals stood waiting outside a big palace. As soon as the palace doors opened he saw a gold coloured fish with big hands and

feet sitting on a throne.

“Hail the king ... We have got a fresh and tasty boy for you.” Goaty tossed Nakul to the floor.

“Well done, my animals.” The gold fish came towards Nakul.

“You humans have always relished and eaten us with great pleasure. Now we







will cut you and eat you and you can experience how that feels,” she said and laughed loudly.

She removed a large knife from her waist belt and was about to slaughter Nakul, but he took a chance and ran for his life. Out through the open door and into the street. Goaty and Koki ran after him.

“Catch him, catch him. Bring him to me.” The gold fish shouted. He looked behind to see if he was still being pursued and saw the animals chasing him. He passed a bush and quickly hid behind the branches. He was breathless and was shaking with fear. ‘Oh God ... I promise that I will never eat meat for the rest of my life. Please help me, please save me’. He then noticed the colourful pot again. He bolted towards it. As soon as he touched it, whoosh! Once again he got sucked in and landed with a thud. He looked around and saw a small dog.

“Phew,” He let out a sigh of relief. “I can’t believe I am back.” He hailed a rickshaw and finally got home.

A few days had passed by, but Nakul had not yet shared his experi-

ence with anyone.

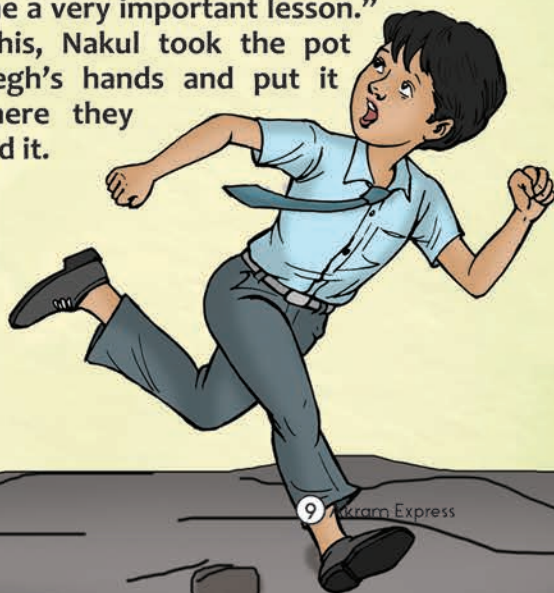
One day Nakul and Megh happened to be waiting together at the bus stop.

“Eh... What is this?” Megh asked, noticing a pot move without any rational explanation. Before Nakul could stop him, Megh had reached out for the pot. Nakul shouted, “Don’t... touch that pot.” But Megh had already touched it by then.

“Hey, you’re still here?” Nakul looked inside the pot to double check. “Of course. Where else would I be?” replied Megh, as he shrugged his shoulders.

“No... Nowhere.” Nakul breathed a deep sigh of relief when he saw that the pot was empty, just as it should be!

Nakul sighed, “I don’t know if that topsy-turvy town was real or a figment of my imagination, but it has definitely taught me a very important lesson.” Saying this, Nakul took the pot from Megh’s hands and put it back where they had found it.





# THE Little Chef



## Rawa (semolina) cake

### Ingredients

- 1 cup - Rawa (fine semolina)
- 1 cup - Dahi (curd)
- $\frac{3}{4}$  cup - sugar
- Vanilla essence - 4 to 5 drops
- 1 tsp- baking powder
- $\frac{1}{2}$  tsp - baking soda
- 2 tbsp - butter
- Milk -as needed
- Tutti-frutti



### Method

- 1) Mix semolina, sugar and yogurt and keep aside for one hour.
- 2) After one hour add vanilla essence, baking powder, baking soda, butter and milk as needed and whisk the mixture for 5 minutes.
- 3) Remove the whistle and ring from the pressure cooker.
- 4) Put salt in a pressure cooker - up to one inch thickness, making sure that it goes all around the inside edge and heat it on the stove for 10 to 15 minutes.
- 5) Grease and dust a cake tin with butter and flour.
- 6) Pour the ready mixture into the tin and put tutti-frutti on top and place it in the pressure cooker and close the lid and cook for 40-45 minutes on low heat.
- 7) Check if the cake is ready by piercing with a clean knife. If it comes out clean then the cake is ready.
- 8) Switch the stove off and leave the cake in the cooker for a further 5 minutes.
- 9) Remove the cake from the cooker and let it rest for a few minutes, then slowly remove it from the tin.

Delicious eggless cake  
is ready for you.

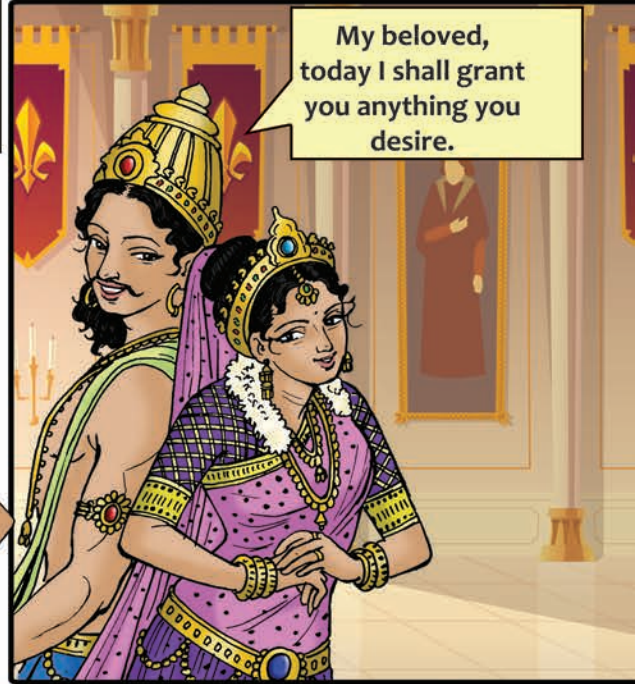
Yummy...





# Class Shops

There was a very brave and devoted king called Taksh. He got married to Aarushi, a very intelligent and kind-hearted queen.



Can we replace walls with glass in all the shops in our kingdom?



What an odd wish! But I will fulfil her request.

Very well, my beloved, you will see your wish come true in a few days.



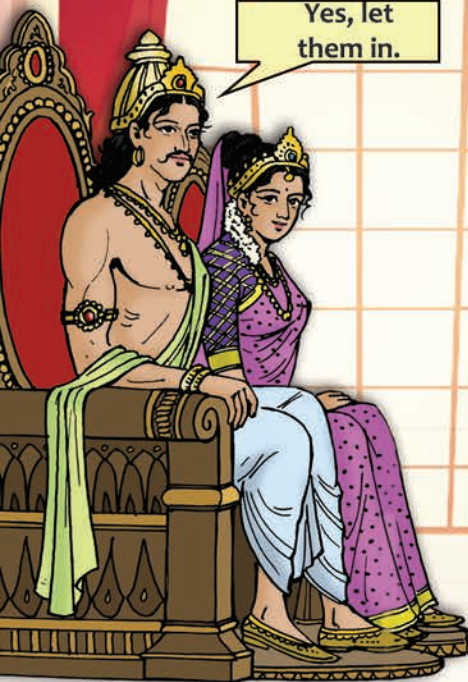
The queen's wishes were fulfilled immediately.



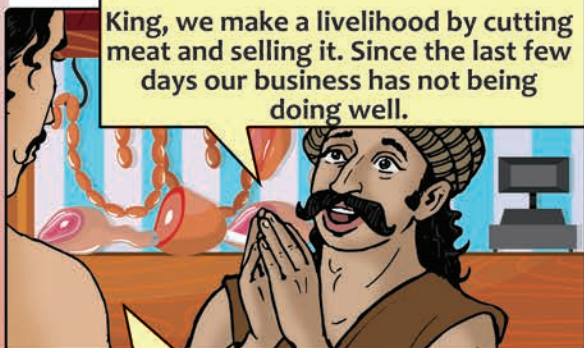
After a few days...

King, some shopkeepers have come with a complaint. Shall I let them in?

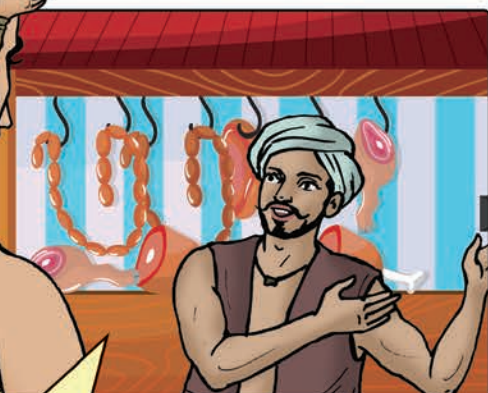
Yes, let them in.



King, we make a livelihood by cutting meat and selling it. Since the last few days our business has not been doing well.



Really? Have you tried to find out why this could be happening? The meat that you sell must have lost its good quality.



No, your highness. We have heard that the people are becoming vegetarians.

How can this happen when our kingdom survives on meat?



Minister, please make an investigation. I would like to know exactly what's happening.



As you command,



The minister talked to various different people.



One day I saw a hen trembling with fear when the butcher was going to cut it with a knife.



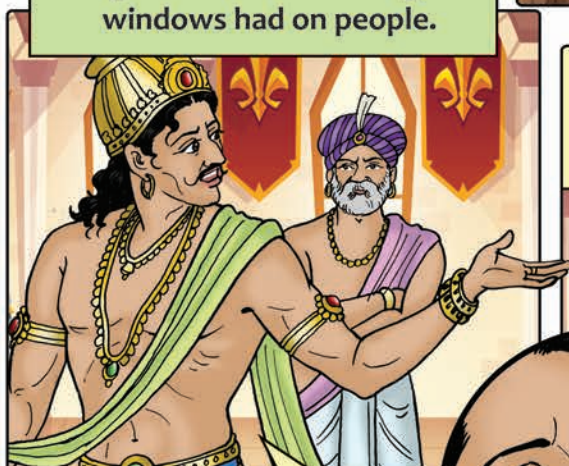
I saw a cow being killed and yet I drink milk given to us by cows; how we can kill cows?



I saw blood gushing from a goat's body. I was shaken up. I don't wish to be the reason for someone's death.



The minister explained to the king the effects that the glass windows had on people.



This is foolishness. Why are the people so timid? Have they forgotten that they are the subjects of the brave king Taksh?

But king, it is not bravery to eat helpless animals.



So was this your intention all along?





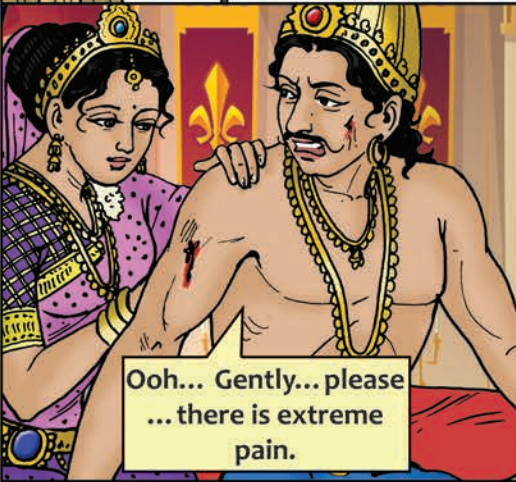
Your Highness, a neighbouring kingdom has made an attack on our kingdom!



What?  
Get  
ready  
for  
battle.

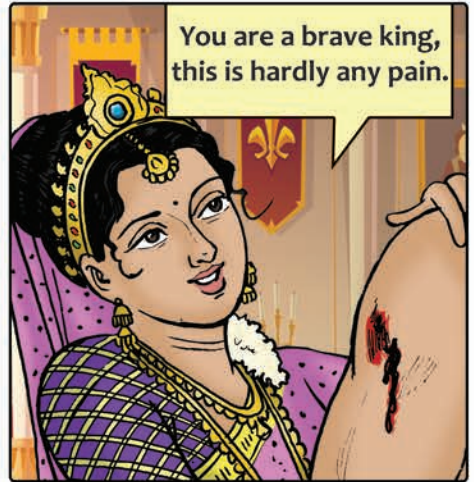


The king defeats the enemy and returns to the kingdom. He was wounded.

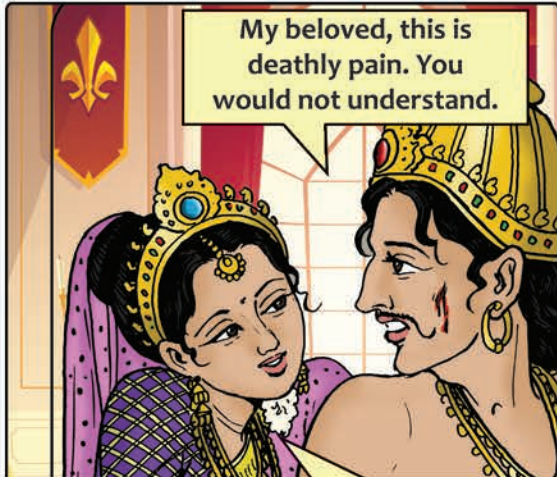


Ooh... Gently... please  
... there is extreme pain.

You are a brave king,  
this is hardly any pain.



My beloved, this is  
deathly pain. You  
would not understand.



King, if this pain is unbearable then think of those living animals that are slaughtered. What about the pain that they go through?

The king understood. He took a vow not to hurt animals for his hunger. Even though he was of a royal dynasty he gave up eating meat and became a vegetarian.





# Do You Know?

## Vegetarian protein

Broccoli  
11.1 gm



Almonds  
29 gm



Groundnuts  
28 g



Cashew nuts  
18 g



Walnuts  
15 g



Pistachios  
21 g



Green Peas  
9 g



Kidney Beans  
9 g



To manage energy levels it is necessary to have protein in our diet.

Protein is very essential for the development and growth of the body. As bricks are to a house so is protein for the body. It is a general perception that we get maximum protein from non-vegetarian food. Is that true? Let us decide for ourselves after comparing the

measurements of protein in the vegetarian and non-vegetarian foods!



## Non-vegetarian protein

Beef  
8 g



Chicken breast  
25 g



Prawns  
18 g



1 chicken cutlet  
9 g



1 slices bacon  
3 g



Salmon fish  
21 g



¼ cup egg white  
6 g



1 egg  
6 g





## Mythological Story

In the previous issue you must have read about King Maridutt. He wanted to make an offering to a goddess and he commanded his soldiers to bring two people with 32 virtues to be sacrificed. Two sages were brought to the king. However, just as they were about to be sacrificed, there was an upheaval in the surrounding climate. A storm ensued, the earth shook and everyone ran helter-skelter. As a result the king sought forgiveness from the sages considering them to be some celestial beings. The sage then narrated to the king, an incident from his past life which led to a lot of suffering for him for many lives. The king was curious and asked the sage to continue....The sage said, 'King! Many lives ago, I was a king named Yashodhar and my queen consort was called Naynavali.

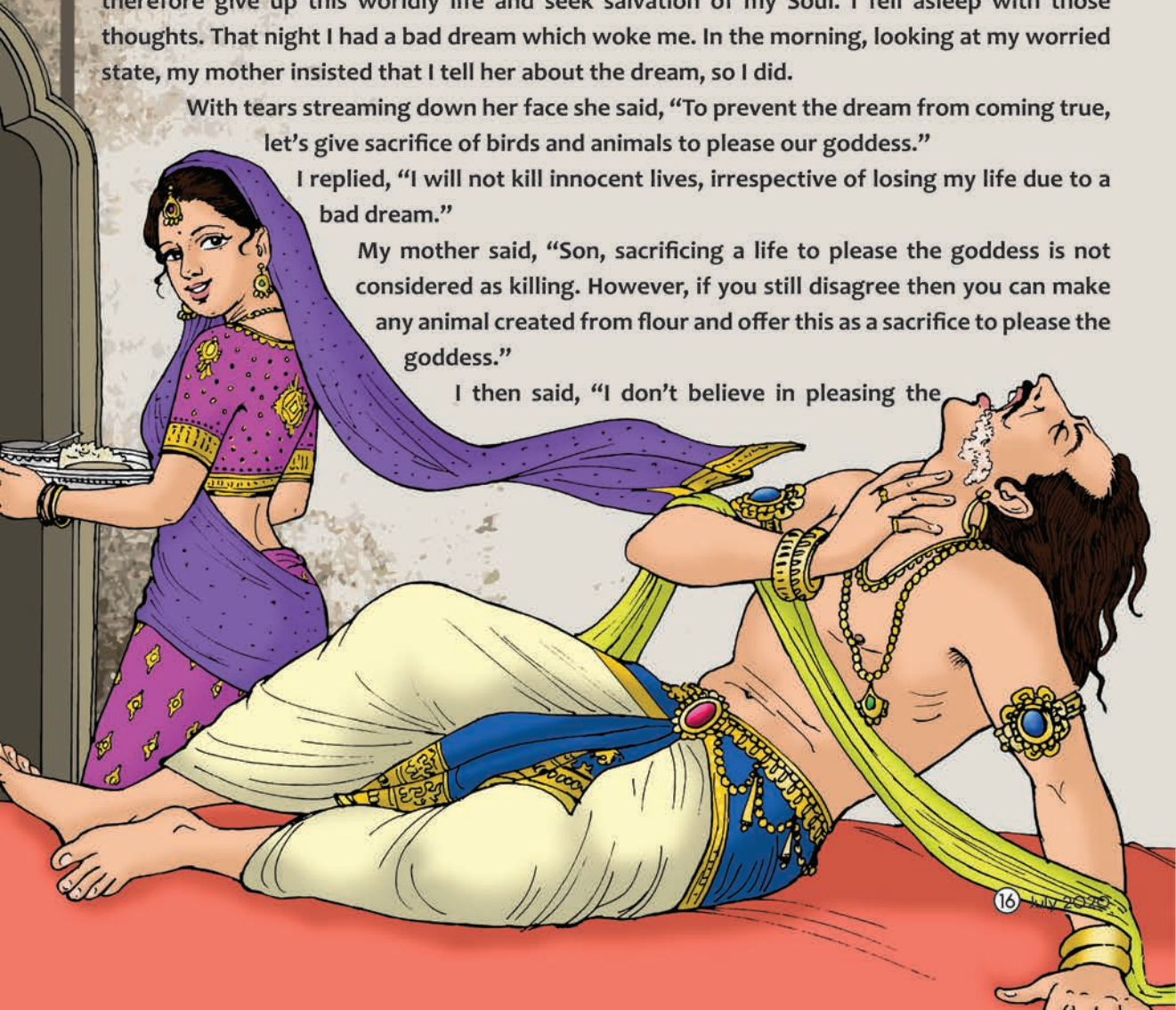
One day I was sitting in the balcony with the queen and she was plaiting my hair. She came across a white hair, which she removed and handed it to me. Holding the strand of white hair in my hands I started thinking, 'I have been enjoying worldly pleasures for so many years and yet I am still dissatisfied. I need to understand the truth and give up these pleasures. This white hair is telling me that very soon the god of death is going to come and get me. I should therefore give up this worldly life and seek salvation of my Soul. I fell asleep with those thoughts. That night I had a bad dream which woke me. In the morning, looking at my worried state, my mother insisted that I tell her about the dream, so I did.

With tears streaming down her face she said, "To prevent the dream from coming true, let's give sacrifice of birds and animals to please our goddess."

I replied, "I will not kill innocent lives, irrespective of losing my life due to a bad dream."

My mother said, "Son, sacrificing a life to please the goddess is not considered as killing. However, if you still disagree then you can make any animal created from flour and offer this as a sacrifice to please the goddess."

I then said, "I don't believe in pleasing the





goddess, but I don't mind making an animal out of flour and offering that as sacrifice."

So my mother made a beautiful cockerel from flour and placed it in front of the goddess and it was cut as if it were a real sacrificial animal.

I wasn't interested in worldly life and was ready to renounce the world. When the queen Naynavali heard this, she put poison into my food so that she would not have to renounce the world with me. I was angry and full of revenge as I suffered agonizing pain and struggled to live. I died burning with rage knowing that the queen Naynavali had taken my life, but was not able to tell anyone.

Oh King! My desire for salvation of the Self remained the same. I had died full of revenge so I had to wander many lives. All this resulted out of killing a cockerel made from dough.

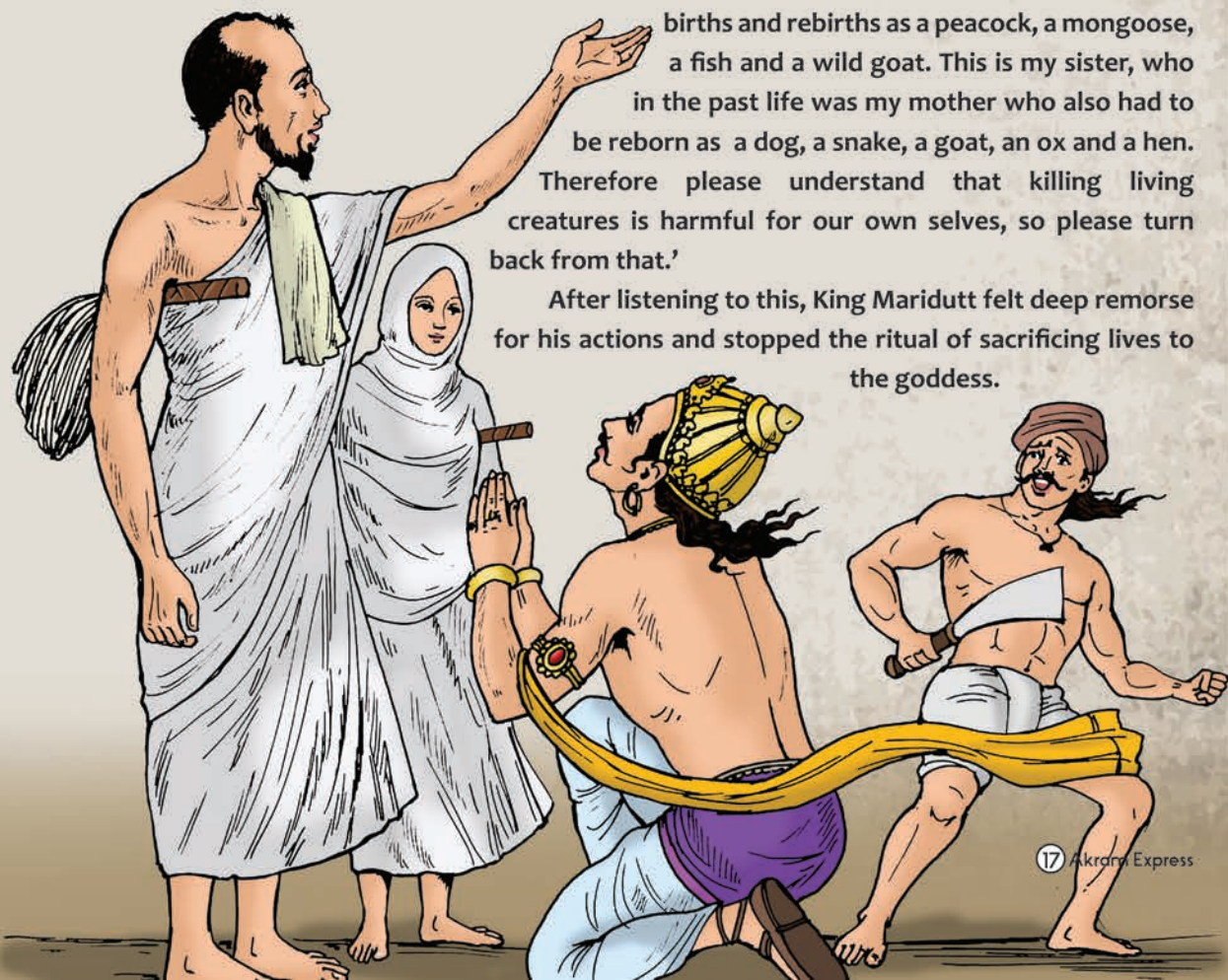
Before my mother could even reach me, I had lost my life. My mother couldn't accept my death and shortly after, she too died out of grief.

Oh King! The person who encouraged the idea and the person who killed the cockerel, both died.

My life is a living example to show how violence, even through imagination is also dangerous.

Oh King! In my first life I killed a cockerel made from flour, due to which I endured many births and rebirths as a peacock, a mongoose, a fish and a wild goat. This is my sister, who in the past life was my mother who also had to be reborn as a dog, a snake, a goat, an ox and a hen. Therefore please understand that killing living creatures is harmful for our own selves, so please turn back from that.'

After listening to this, King Maridutt felt deep remorse for his actions and stopped the ritual of sacrificing lives to the goddess.





## Real Life Story

One morning, in February 2010, Bill Clinton, the 42nd president of USA, woke up feeling very tired, pale and unwell. He was referred to the Presbyterian hospital in New York by his cardiologist. Immediate surgery had to be performed, which required two stents having to be put in his arteries.

The people of America were worried about their President and started enquiring about his health. A press conference was held where the people were reassured by President Clinton's doctors who said, 'This is a very common procedure'.

Hearing this, a famous dietician and a very good friend of Bill Clinton named Dean Ornish MD sent an email to him saying, 'Yes, this is a very common procedure because foolish people like yourselves are not eating what you are supposed to eat!'

Clinton then started researching various kinds of diets and foods. He understood that his life was in danger and decided to change his habits and lifestyle. He said, 'I want to live'.

He then started following a vegetarian diet and started to eat more vegetables and pulses, which helped reduce the danger he was faced with. He still feels tempted to eat other foods but he prefers to stick to a healthier diet.

Now ten years later, at the age of 73, Bill Clinton still travels and works a lot compared to his counterparts.

*So, now do you see the effects of a healthy vegetarian diet?*





# Glimpses of Digital Summer Camps organized at different centres!



Scan QR Code

<https://kids.dadabhagwan.org/stories/moral-stories/the-eggless-chocolate-cake/>





## And lastly...

Bollywood's Superstar, Aamir Khan used to relish eating fish, chicken, meat and eggs. One day his wife, Kiran, showed him a video on 15 chronic diseases which could lead to death. However, change in diet could save people's lives. After watching the video he decided to follow a vegan diet.

Aamir Khan said that the video changed his life and taught him to live a better life, which is why he became vegan.



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