

# AKRAM Express



# Self-Negativity

## Editorial

Dear friends,

In last month's edition we learnt how to remain positive. You remember, yes? ...Good!

Now we have become positive for everyone else, however, we still hold negativity for our own selves. For example, 'I will not be able to do this'; 'I do not know how to do this'; 'Oh my goodness, I am no good at this,' etc. etc.

So come, let us get rid of this type of negativity too. It is very easy. You simply need to read this edition carefully and adopt the beautiful understanding into your life which will help you to be free of self-negativity.

*- Dimplebhai Mehta*



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Send D.D./M.o.in the

name of 'Mahavideh

Foundation'.

# Gnanis Say...

**Questioner:** Pujiyashree, I have a lot of self-negativity.

**Pujiyashree:** In which matter?

**Questioner:** If there are any chores in the house that I am not comfortable doing, then I get scared that my mum will say something. In any given task, I am negative even before I start it!

**Pujiyashree:** It is okay if you don't manage to complete as many chores, but at least the ones that you do get done, are they done well?

**Questioner:** Yes, except for the odd one that may not turn out so good. But even so, I get scared.

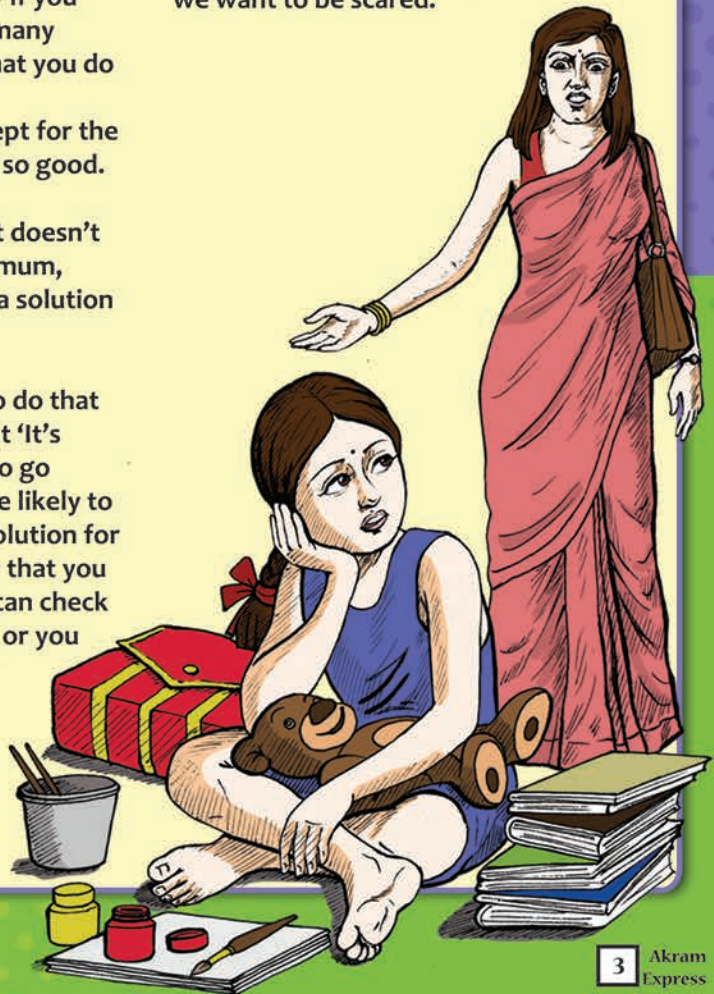
**Pujiyashree:** When it doesn't turn out so well, you ask your mum, don't you? It is possible to get a solution by asking, isn't it?


**Questioner:** Yes.

**Pujiyashree:** So try to do that bit by bit. Do not be scared that 'it's going to go wrong, it's going to go wrong'. Then it actually is more likely to go wrong. We need to find a solution for this. Before letting mum know that you have completed the task, you can check that it has been done properly or you


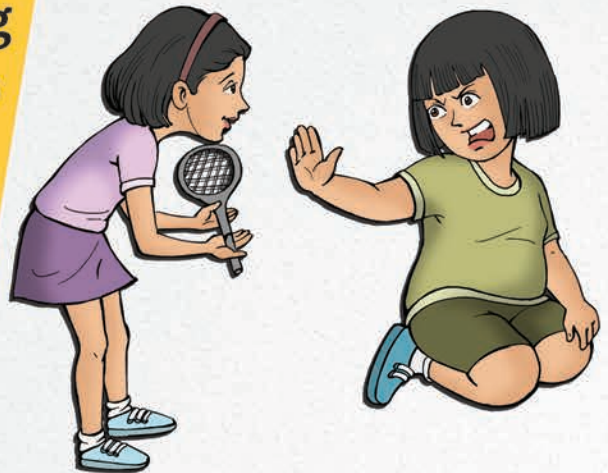
can ask her, 'Is this how you wanted it to be done?' 'Is this okay?'

Actually, we are likely to do the job properly but because of fear it turns out wrong. Slowly and steadily we want to be free of this fear. And if we happen to make a mistake then we must correct it. We do not want to allow things to go wrong and nor do we want to be scared.





Not liking  
something is  
negativity in itself.  
That is when  
things start to go  
wrong.



Every  
failure gives  
us experience. So  
then why should we  
become  
disheartened?

Absolutely

New



Prayer is the best solution to stop negative thinking. Ask for strength from the god within you and then see the miracle!

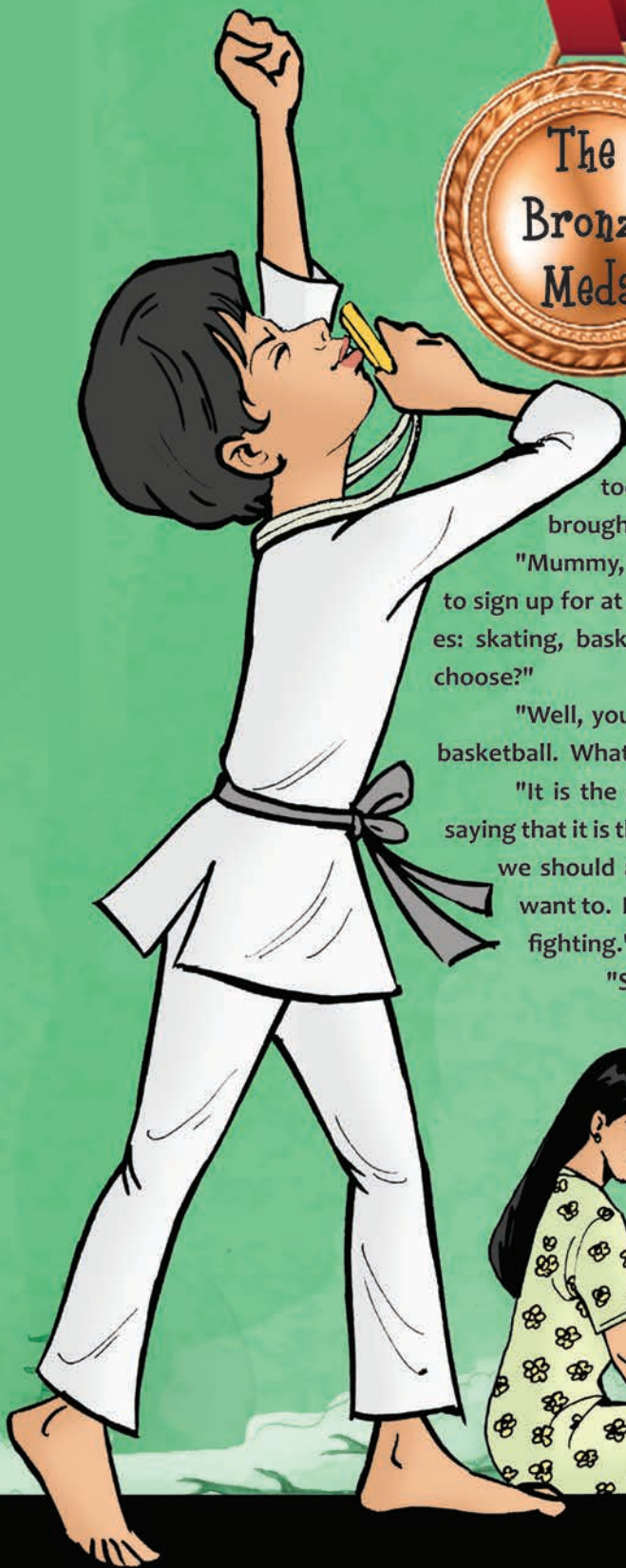


If you do not run away from the task allocated to you then you will definitely succeed and thus your self-confidence will also go up.



and

Different!



Akash had the Bronze Medal in his hand and his face was lit up with joy. He had never experienced such happiness before. Was this the happiness of winning a medal? Although he had not won the Gold medal, his happiness appeared to be greater than the student who had actually won the gold medal. What could be the reason for this?

Akash put his medal carefully in the cupboard next to his personal diary. He took out the diary and started to read it. It brought back memories from two years ago...

"Mummy, from now on it is compulsory for all students to sign up for at least one sports activity. We have three choices: skating, basketball and taekwondo. Which one should I choose?"

"Well, you already know how to skate and how to play basketball. What is taekwondo?"

"It is the art of self-defence, a bit like karate. Sir was saying that it is the first time they are offering it in our school so we should all put down our names for that. But I don't want to. I will not be able to learn a sport which involves fighting."

"Son, because it is a self-defence technique and you are getting an opportunity to learn something new, you should not miss out."

In the end, Akash, without



giving it any more thought, signed up for taekwondo.

It was the first day of taekwondo and all the children were very eager. As soon as Akash entered the classroom, some children started teasing him.

"Hey Akash .... are you really going to fight?" Kalrav asked immediately.

Nihar put his arm on Akash's shoulder and said, "This sport is not for puny people like you." This made Akash feel very nervous and out of place among other students. Akash was one of the skinniest students in the classroom and often mocked by others. Just then the teacher entered the classroom and everyone became quiet. He had a weighing machine in his hand.

"C'mon, everyone, come one by one to be weighed."

Everyone stood in a line to be weighed.

They started with stretching and some other exercises and soon they were all feeling tired. Akash was exhausted.

"Sir, water..."

"No, no-one can have water just yet. Can everyone please sit down so that we can first understand the rules of this martial art," said the teacher firmly.

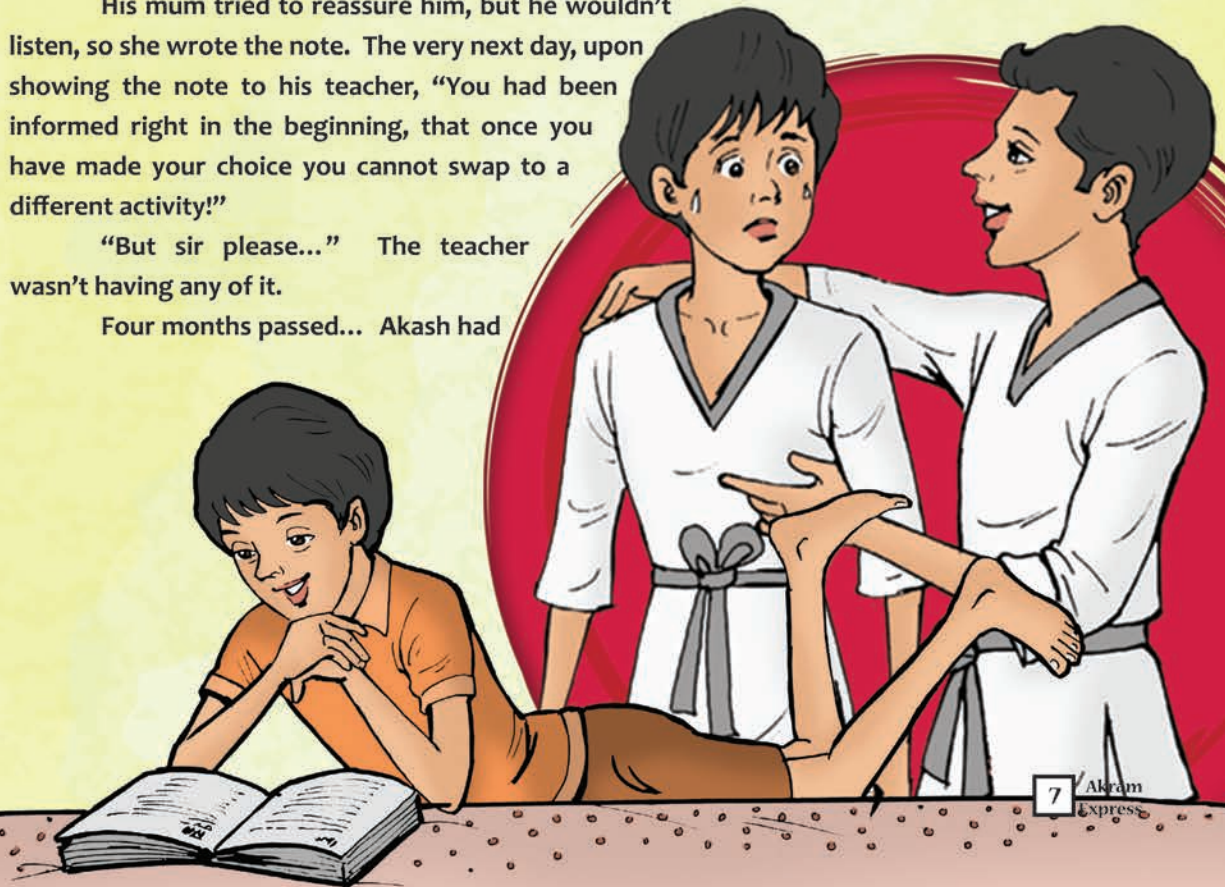
Akash was in a glum mood and not a single word entered his ears. He was already regretting signing up for this activity.

As soon as Akash got home he held out his school diary to his mum and asked her, "Please write me a note to say that I want to change from taekwondo to skating or basketball."

His mum tried to reassure him, but he wouldn't listen, so she wrote the note. The very next day, upon showing the note to his teacher, "You had been informed right in the beginning, that once you have made your choice you cannot swap to a different activity!"

"But sir please..." The teacher wasn't having any of it.

Four months passed... Akash had



reluctantly been going to taekwondo class.

“Mum, today there was a selection for the taekwondo tournament,” Akash said with a sad face.

“Were you not selected?”

“Yes I have been selected. First I thought that there wouldn’t be anyone else as skinny as me, so there’s no chance of me getting selected. However there’s a boy in another class who is just as skinny as me. So now I have to play against him.”

“So that is good, isn’t it? You get a chance as well.”

“I am scared I might get hurt.”

“Son, you will all be wearing safety padding, so that’s not a problem. And even if you lose that’s okay. At least you will get experience of playing in a tournament.”

All the stress kept Akash awake at night and he woke up with a high temperature, so he couldn’t go to school. Two days later Akash was called to the staff room. “Akash, why didn’t you come for the tournament?” The teacher asked seriously.

“Sir, I had a temperature,” Akash said timidly.

As soon as the teacher looked into Akash’s eyes, he knew exactly what the problem was. The teacher pulled out a photo album showing the winners from last year’s tournament.

“This is Nirali Dave. For the past two years she has been winning the gold medal in taekwondo.”

“Nirali...? She looks really skinny,” Akash blurted out.

“Yes, taekwondo is suitable for people of any weight and size. You just need to have strong determination that you want to learn this art-form properly.”

“Oh!”

“When she started, Nirali used to lose every time, but at the same time she was making a mental note of her mistakes. And after going through that experience, she tried not to repeat those mistakes.”

“The experience of failure?” asked Akash rather surprised.

“Yes, the winner is intoxicated by winning, whereas the loser has the experience of failure and that experience is always useful for him to win. This is very strange but worth thinking about.”

Akash felt quite positive after meeting his teacher. After that he





remained positive and started concentrating and applying himself in the taekwon-do class. The other children in the class continued to tease him, but the faith that the teacher had instilled in him raised his confidence.

After a further two months again it was time for a tournament.

With firmness, Akash's mum sent him off to the tournament with both love and fortitude., "Akash, give your best performance. There is nothing wrong with losing. The effort that you make is the most important."



At the tournament, as soon as Akash stepped forward onto the contest area, a few of his classmates started laughing.

However, to everyone's surprise Akash won the first round!

"Well done, Akash," the teacher encouraged him.

Akash won the second round too.

"Am I dreaming?" Akash pinched himself to make sure.

Now came the third round... The players in this round were much heavier than Akash.

"Leave it, Akash," the teacher patted him on the shoulder and told him not to play any further.

"Please, sir, it doesn't matter if I lose. Please give me one chance."

"Okay," the teacher agreed, seeing Akash's determination.

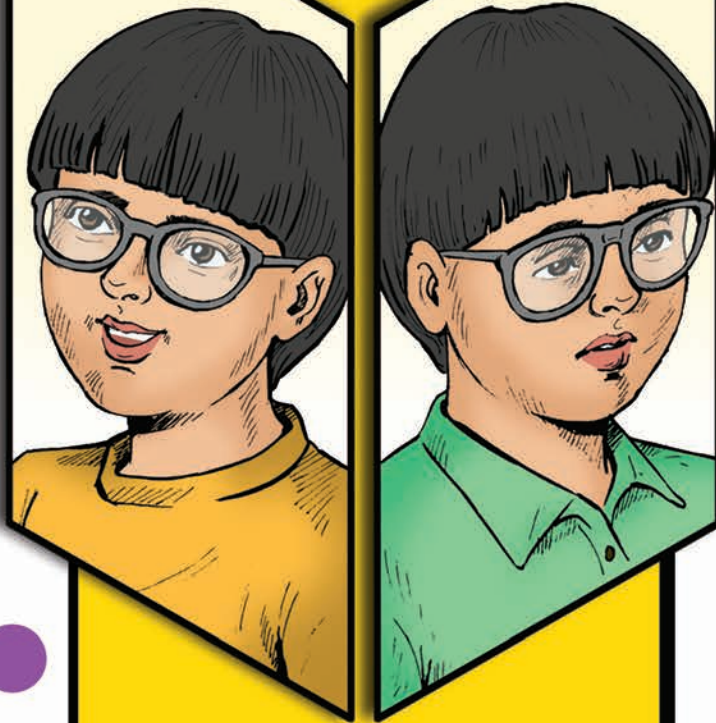
Due to the big difference in weight, Akash lost. Akash was a little sad but his teacher was very pleased with him. That's it, this loss was the start of Akash's win and three months later another tournament was held. Can you guess the outcome of it?

"Congratulations Akash!" All the students in the class were gathered around Akash and wanted to hold the Bronze Medal. Akash wrote in the diary that day... The game of self-defence has given me self-confidence. The experience gained from losing has helped me to leave behind self-negativity, and taught me how to live positively.

With a smile on his face Akash closed his diary and took the medal in his hand and kissed it. The happiness of a win that follows a loss is truly something else! First the winning is decided in the mind and then the result comes. Therefore never allow your mind to turn negative.

# One

# Lesson



Samyak and Stavan were twin brothers. Samyak was a quiet and modest kid. Where Stavan was the complete opposite, loud and boastful. Stavan was popular at home and at school, whereas although Samyak had some very good qualities he didn't stand out anywhere.

One day at school during maths class the teacher asked everyone to solve a sum. Everyone started shouting out answers but none of them were correct.

"I think your answer is

correct," said Vandan who was sat next to Samyak.

"No... No... I don't think so." Samyak looked at the teacher and recalled a previous incident, 'Last time when my answer was wrong the whole class laughed at me and the teacher got angry. I do not want to become a joke in front of everyone again.'

"What was your answer?" asked Stavan who was sitting on the other side of Samyak.

"39"

"Yours?"

"I am getting 56. Your method seems to be wrong," said Stavan, full of confidence.

Stavan raised his hand and said loudly, "Miss, the answer to this is 56, isn't it?"

"Wrong," said the teacher.

“Loser!” shouted some of the children from the back of the classroom.

“Shut up. Even you don’t know,” Stavan immediately stuck up for himself.

For a little while no one was able to give the correct answer, so Stavan raised his hand again.

“Yes?” The teacher gave him another chance.

“39?” Stavan asked hesitantly.

“Correct. Very good, Stavan.”

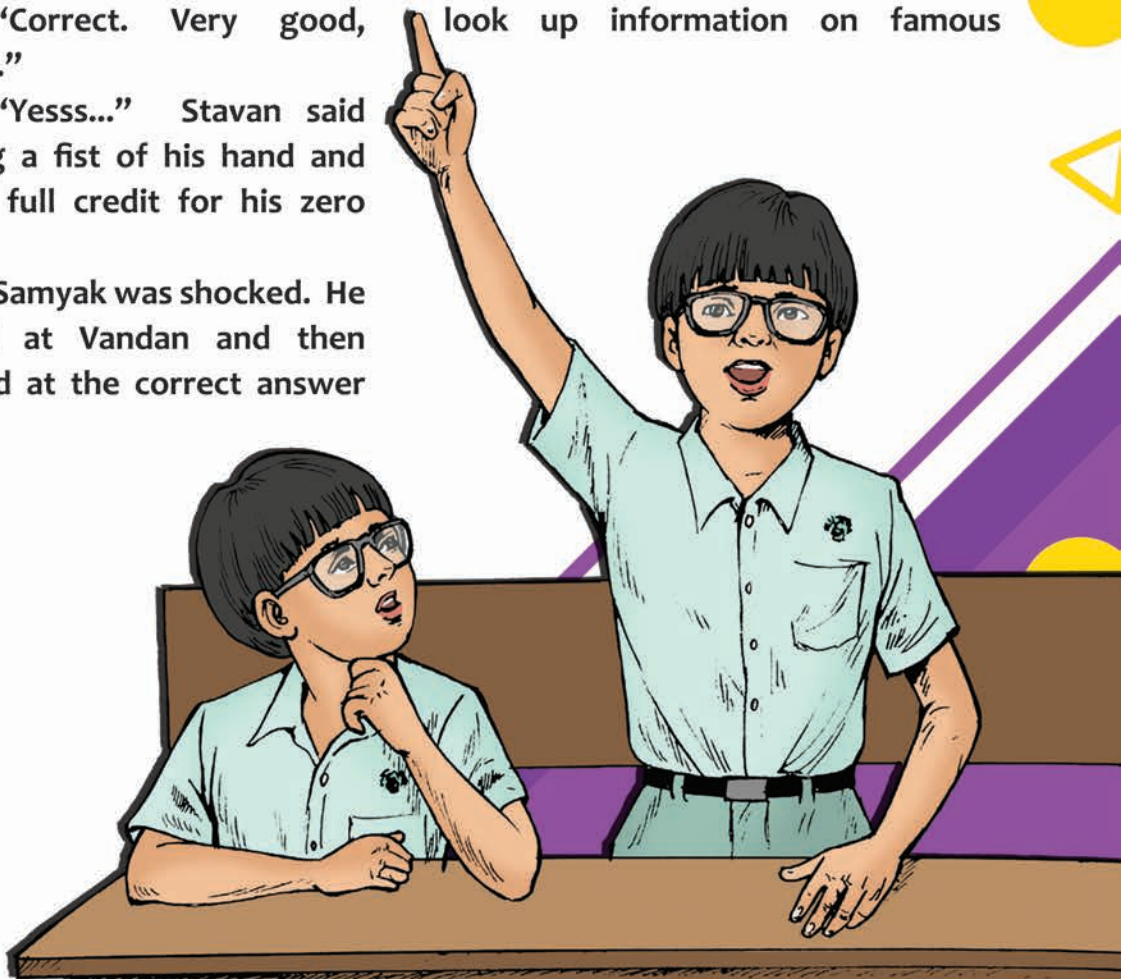
“Yesss...” Stavan said making a fist of his hand and taking full credit for his zero effort.

Samyak was shocked. He looked at Vandan and then glanced at the correct answer

‘39’ in his book. He was the one who had worked out the answer and yet it was Stavan who won all the praise. Just then the bell rang, signalling the end of the lesson. In a short while the art teacher, Miss Ishita walked into the classroom.

“Today we are going to learn how to draw cartoon characters. I had given you some homework last time. Have you all come prepared?”

“Yes, Miss. You had asked us to look up information on famous



people like Walt Disney, Albert Einstein, Henry Ford,” said Kavya quickly, as she stood up to answer.

“Tell me what is common amongst all those personalities?”

“They are all world famous and very rich,” said Stavan straight away.

“They are all non-Indians.” Everyone started laughing at Manan’s reply.

“They have all had a lot of hardship in their lives before

becoming successful,” said Kavya.

“They had all experienced failure a lot of times in their lives,” said Vandan.

“You all are correct, but what I want to explain to you is something very different.”

“What is it Miss?” asked Heer.

“All these famous people have faced insults and failures a lot of times in their lives. People didn’t accept them but they all one thing common in them.”

“Which thing?” Stavan asked

“People rejected them, but they did not reject themselves.”

“They rejected themselves? What does that mean?” asked Kavya

“To reject oneself is called self-negativity. To consider yourself inferior due to your wrong belief that you lack certain looks, skills, or intelligence or status, or due to certain circumstances etc is called self negativity.”

“But not everyone feels like



that, do they?" asked Rehana.

"This does not happen while the going is good. It only happens when one has to face failure or insults in life."

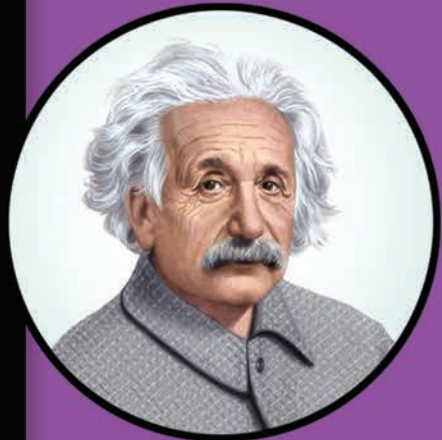
"We do feel this way sometimes, so how can we overcome this feeling?" asked Urmi raising her concern.

"When one attempts to achieve something, mistakes can happen. No one

**"All of us are different and special."**

is perfect. To make mistakes is not an offence, but the fear of making a mistake, or getting insulted is unacceptable. To say or think about yourself that 'I am useless' or 'I will not be able to do this' is basically attacking oneself with the weapon of self-negativity. We all have our own individual existence and personality and it is invaluable. All of us are different and special."

During the whole session Samyak sat quietly but the expression on his face spoke volumes. He was determined to come out of this trap of self-negativity. There was a sparkle in his eyes.





## Mythological Story

In the city of Champanagri there lived a very affluent merchant called Kamdev. He had a lot of wealth, 6 crores was invested in his business, and 6 crores was kept aside from household and daily living expenses. He had six huge cowherds each consisting of 10,000 cows.

Once, Lord Mahavir was visiting Champanagri and came to a temple by the name of Purnabhdra. Everyone was going to pay their respects to the Lord. Kamdev also decided to do the same. After bowing down to the Lord he sat down to listen to the Lord's *deshna* (liberating speech of the fully enlightened One). After hearing the *deshna*, he understood the meaning of worldly life and accepted vows from the Lord to lead a life with equanimity. Upon returning home he told his wife about all this with great excitement. She too went to the Lord and adopted the same vows.

The next fourteen years they lived life as devout followers of *Shravak Dharma* (new discipline as laid out by the Lord). One night Kamdev thought, 'It is time to pass all the household responsibilities to my sons. I should spend the rest of my life immersed in religion'. So in the morning he renounced everything and sat in contemplation of Jineswar (Tirthankar Lord)

One night when Kamdev was deep into meditation, Saudharma Dev (also known as Indra and also serves the Tirthankars) praised Kamdev's devotion in his heavenly court. One of the deities in that assembly, was doubtful and decided to test Kamdev's commitment.

With this intention, and by using his divine powers, he assumed different hideous forms to frighten Kamdev. He said, "You give up your religion otherwise I will hurt you with this dagger. You will be in agony."

He repeated this several times but Kamdev remained undisturbed. The deity



angrily threatened him with other weapons but still Kamdev was not moved. The deity then assumed the form of an elephant and hurled Kamdev in the air. Following that, he took on the form of a poisonous snake and bit him several times. But Kamdev was in deep meditation, thinking of Lord Mahavir. Nothing happened to him. In the end, the deity gave up and bowed down to *Shravak* Kamdev and asked for forgiveness. Thereupon, the deity attained the knowledge of the Self.

Thus, while continuing to follow his religion with full sincerity, Kamdev's life came to an end and he went to heaven. After completing one lifetime in heaven, *Shravak* Kamdev will take birth in Mahavideh Kshetra (a region in the universe deemed to be the most sacred where living Tirthankars always exist), and from where he will attain *moksha* (final liberation from the cycle of birth and re-birth).

Glory be to Kamdev who remained steadfast in religion in spite of all the external suffering. Lord Mahavir praised Kamdev in the presence of his disciples.



# Real Life Story

People used to tease him by calling him 'alien face'. From childhood he was the butt of many jokes for a lot of people. The reason for this was his stutter. He spent most of his childhood in loneliness because no one wanted to be his friend. When he became older he gained admission in the world-renowned Oxford University. His name is Rowan Atkinson, who is better known by his character name of Mr. Bean.

Rowan was interested in acting, but because of his stutter he was not able to give a good performance. He got rejected from everywhere. He was definitely unhappy because of all the insults, rejection and disappointment, but no one could shake his self-confidence. His determination to fulfil his dream was really strong.

Eventually Rowan decided to pursue his career with BBC Radio. He spent 10 years with the same radio station playing a nameless 10 year old boy and the listeners found this character to be rib-tickling funny. This was his first taste of success. After that he reached the world of television and was fortunate to have been given his own show called Mr. Bean, which became a global success in a very short time. And so his stutter itself became an advantage for him!

Today he has managed to deploy his name as a world famous and highly successful comedian. He is worth 130 million dollars.













Despite constant rejection during his younger years, Rowan's journey to becoming Mr. Bean teaches us that if our determination is firm and our self-confidence is unshakeable, then no power in the world can stop us from making our dreams come true. Success does not mean that one must be physically fit to earn it, but it is necessary to keep trying without giving up.





# My Creation

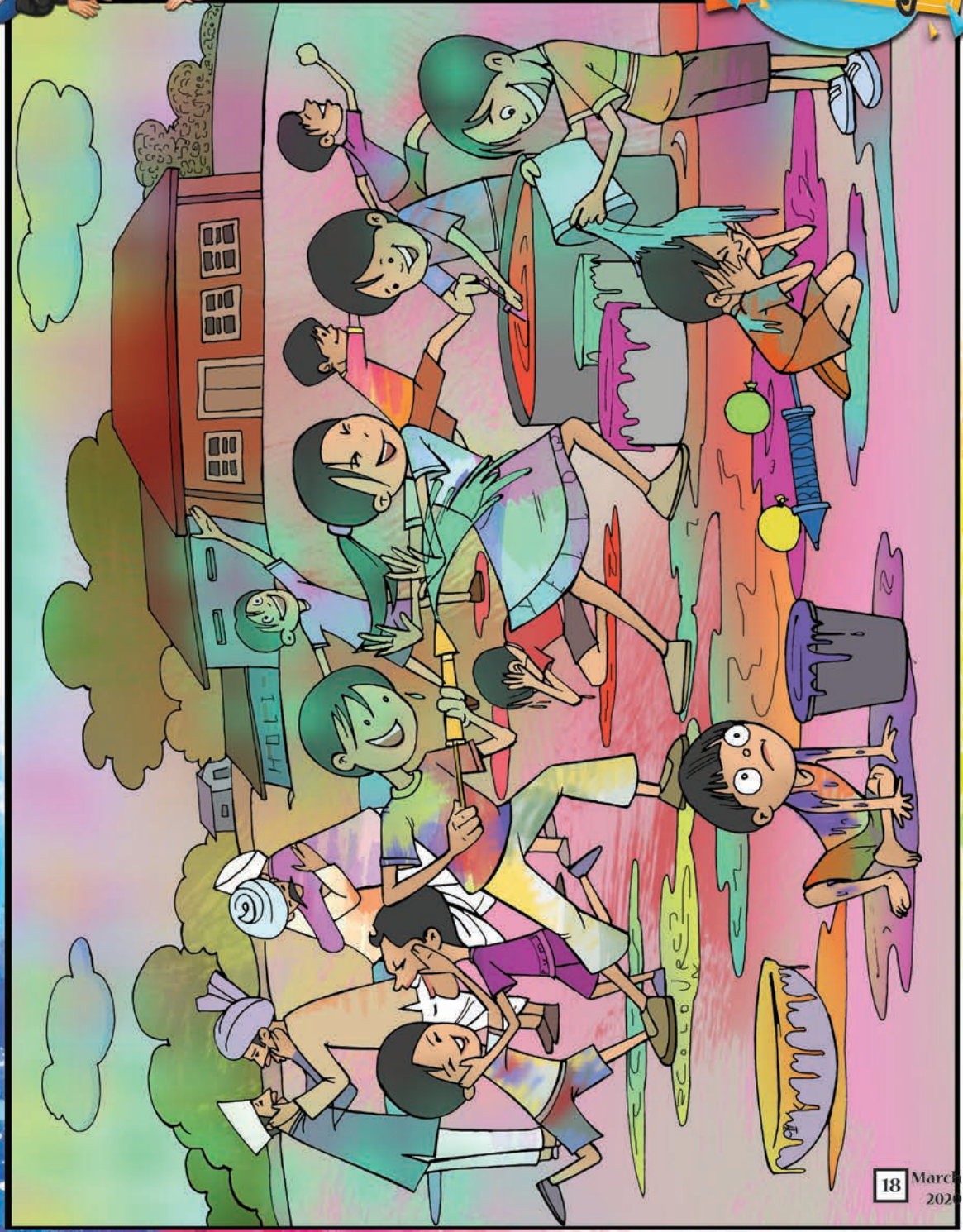


	 <p>I will not run away during difficult times.</p>	 <p>I will accept failure as an experience.</p>	
 <p>I will not be scared</p>	<p>I will keep trying slowly and steadily like the diver.</p>	<p>I will pray like a farmer.</p>	 <p>I will not accept defeat in negativity.</p>
 <p>I will not get upset if I am not successful</p>	<p>I will try again like the Scientist.</p>	<p>I will always smile like Quokka</p>	 <p>I will try to do the things I don't like.</p>
	 <p>I will not be negative</p>	 <p>I will not be negative</p>	



Look for the seven hidden words in the picture.

Let's Play...



# Sanskar Sinchan Shibir for Kids & Youth- 2020



Group - 8 To 12 Year			Group - 4 To 7 Year	
Center	Dates	Contact No	Dates	Contact No
Simandhar City	16,17 April	079-39830939	19 April	079-39830939
Ahmedabad	29 March	9429442597		8141377833
Nadiad	26 April	9723462533	-	-
Baroda	18,19 April	8780660678	12 April	9825018956/ 9426840015
Bharuch	18,19 April	8320710688	-	-
Ankleshwar	12 April	9558203868	10 April	9427805736
Surat	18,19 April	9574008498	12 April	9825233559
Mumbai	Dadar, Mulund, Borivali, Vashi, Vile parle, Grant Road, Ghatkopar, Dombivli, Mira Road	9773181653	Borivali, Ghatkopar	9920286817
Bhuj	16,17 April	9727630180	-	-
Gandhidham	19 April	9978493568	-	-
Dhoraji	26 April	9574046082	-	-
Rajkot	14,15 April	8849265224	16 April	9426460938
Morbi	12 April	9924344882	26 April	9725199144
Surendranagar	26 April	9512672433	-	-
Jamnagar	14,15 April	9723147318	26 April	9723147318
Veraval	12 April	8469780151	-	-
Bhavnagar	25,26 April	9924344425	-	-
Mehsana	3 May	9408551501	-	-
Amreli	19 April	7698477410	-	-

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 charges will have to be paid in case of on the spot 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 15th March 2020.

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

Date: 08-03-2020, Ahmedabad

Dimple Mehta on behalf of Mahavideh Foundation  
(Signature of Publisher)



# And lastly...

A well-known speaker at a seminar showed a 2,000-rupee note to everyone. There were 200 people in the room. The speaker asked, “Who would like this 2,000 rupee note?” One by one people started raising their hands.

“I will give this 2,000-rupee note to one of you, but before that I need to do something.”

After saying that, he scrunched up the note in his hand.

“How many people are still interested in this note?”

People still raised their hand after this question.

“And what if I do this?” He said as he threw the note onto the ground and started stamping on it.

Then he picked up the note and showed it to everyone. The note was creased and quite dirty.

“Who is still interested in this?”

And people still raised their hand for this tatty looking 2,000-rupee note.

“Friends, today you have learnt a very important lesson. No matter how bad the condition of the 2,000-rupee note is, its value is never decreased.

In the same way, no matter how rough or miserable someone looks from outside, there is always God residing within that person. Therefore, never judge or devalue a person from their looks.”



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