

AKRAM Express



Editorial

Friends,

We only hold on to the things we really like. So by the same reasoning, we must really like our mistakes, right? That must be the reason why we are not able to get rid of them. Even after so many years, it is the same anger, the same lies, the same fights...

When will we be free from all these mistakes?

If you truly do not like your mistakes, and you want to be free of them, then read this issue for sure. You will find solutions.

So come, let us read this issue and wave 'goodbye' to our mistakes.

-Dimple Mehta

AKRAM
EXPRESS

Do You
Want to Hold on to
Your Mistakes?

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Contact at:
Balvignan Department
Trimandir Sankul,
Simandhar city,

Ahmedabad-Kalol Highway, Adalaj,
Dist. Gandhinagar-382421, Gujarat.

Phone:(079)39830100

Email:akramexpress@dadabhagwan.org

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2 September 2020

Dadaji Says...



Dadashri: Some people are aware of their mistakes but will still not own up to them. On top of that, if someone scolds them they will say 'I didn't do anything like that...' or they will immediately put the blame on someone else and say 'they did it'. Hey! Do you want to hold on to your mistakes?

Questioner: No.

Dadashri: Then why are you covering them up? How will they go if you conceal them?

Questioner: Dada, why do we keep doing that?

Dadashri: To save your reputation, why else? 'What will people think of me? What will they say? How would I look?' If you have these thoughts then you will end up protecting your mistakes, or you will blame someone else. The intellect will immediately defend the mistakes. Hey, just get them out in the open!

Questioner: How should I do that, Dada?

Dadashri: If someone shows us a mistake of ours, then we should accept it immediately and say 'Yes, it is my mistake. I will be more careful from now on'. But instead, we say that 'it's okay, there is no harm in that' and so we become trapped. Once we endorse the mistake, the mistake will know that this is a good home, 'I am being protected' and therefore it will not leave. Then its stay becomes permanent. When you side with the mistake, you do not realise that you are supporting the mistake. If you stop doing this, the mistake will leave on its own time.

Be very grateful to the person who shows you your mistakes, because they are showing you something that you were not able to see for yourself. If we accept our mistakes in this way then they will go away easily.

Once you protect a mistake, its lifespan increases by 20 years.



**ABSOLUTELY
NEW AND
DIFFERENT!**

No one, apart from the Gnani Purush (the enlightened One) can destroy our mistakes.



Owning up to
your mistake
will open your
heart. You will
feel at ease
within
yourself.



When you defend your
mistake, you will have
to do *pratikraman*
(asking for apology
coupled with
repentance for that
mistake) for two
things: firstly, for
making the mistake,
and secondly for
defending it. Then only
the mistake will clear.

"Phew, they made it back to the present," sighed Risha with relief, after watching the ending of Harry Potter and the Prisoner of Azkaban. She ate the last chip and switched off the TV.

'It would be so much fun to see the past and the future via a time turner like that!' Netri was still lost in her thoughts about the time-turner from the movie.

Having been thoroughly engrossed in the movie, Siddharth was now on cloud nine. "Yes... How thrilling it would be!" He agreed with Netri.

"Relax Siddharth, the movie is over," remarked Vyom with a laugh, "And we don't need a time turner to have a thrill! What could be more thrilling than our upcoming trip to Goa!"

Everyone's face lit up as soon as 'Goa' was mentioned. It was the first time that all four cousins were going on vacation together.

"I can't wait to see the Goa carnival. Thanks to you Vyom, we all got permission to go. Our darling brother," said Netri as she playfully pinched her cousin's cheek.

"Alright, alright" said Vyom pushing away Netri's hand. "Tomorrow, everybody please be ready on time. We will leave at seven on the dot."

"Vyom sir, make sure you are ready on time. We will definitely be ready," said Risha sarcastically.

Just then the doorbell rang. "Looks like aunt Ridhi (Netri's mum) is here," said Risha as she got up to open the door.

"Hi dear," said aunt Ridhi, as she placed her purse on the table and looked around. She looked at all the mess lying around, and got cross.

"What is this, Netri? Why has the ice cream been left out like this? And all the dirty dishes

TIME TURNER



left here! How many times have I told you to pay a little more attention to the house and not to keep it so messy?" Netri's mother reprimanded her as soon as she set foot in the house.

"Oh mummy, the movie was so interesting that I forgot to give attention to all that. Guess what! There was a time-turner in the movie," said Netri, trying to change the subject.

This annoyed Netri's mother even more, not because of the mess, but because of the fact that her daughter had got into the habit of defending her mistakes. "Netri, you will only be able to get rid of your mistakes by accepting them instead of making excuses. But if you keep taking their side, you will never be free of your mistakes."

"Please mummy, don't give me a lecture," Netri answered back.

Vyom and Risha immediately jumped up and took their plates and ice cream cups into the kitchen.

Netri's mother was disappointed by her behaviour. She took a deep breath and calmly said, "Fine dear, I am going to make dinner. Are you all ready for the Goa trip?"

The next day when everyone was ready to leave for the trip, Netri looked a bit anxious.

"Risha, I can't find my favourite pink T-shirt," said Netri as she frantically looked through her clothes.

"Had you stacked them neatly ..."

Before Risha could even finish her sentence, Netri had her excuse ready, "I did not have time to tidy up as we had exams last week. Normally I always put everything away neatly."

"Of course Miss Perfect, who could win an argument against you? Here is your T-shirt." Risha pulled it out from the bottom of the pile of clothes.

After stuffing the T-shirt into the bag, both of them rushed out, "Come on, let's go...we are ready!"

Enjoying the warm weather and beautiful greenery along the way, they reached Goa that evening.

The next morning after breakfast, the group left for the Goa carnival. The sky was filled with different coloured balloons. It was delightful to watch the parade of horse carts decked out in finery, followed by beautifully decorated floats and performers dancing in colourful costumes.

After the parade, they took a stroll around the stalls. Netri's



attention was drawn to the words 'TIME TURNER' written in big letters, on a golden brown curtain. "Look at that..." Netri stopped her cousins. "Look, there is a poster which says 'Know your Past and Future with the Time Turner'. "This is all a gimmick!" said Vyom, scornfully.

However, Netri became fixated on finding out more. "I want to see it at least once. You never know, it could be true!"

"Fine... Risha and you can go in there... Siddharth and I will go check out some other stalls and meet you back here," saying that the brothers ducked out.

An old woman dressed in a yellow and pink scarf welcomed the girls into the Time-Turner tent. Risha and Netri walked in cautiously. Seeing the Time-Turner glow under the sun rays brought a sparkle to Netri's eyes. She asked eagerly, "Is this the same Time-Turner that was in the Harry Potter movie?"

The old woman raised an eyebrow and said in a stern voice, "This Time-Turner will show you your past and your future."

A look of nervousness came over Netri's face.

"What should I do?" Netri gestured to Risha. Seeing her curiosity, Risha encouraged her to go through with it.

"Okay, I want to know what my life will be like in twenty years' time," Netri said to the old woman.

"Good! So get ready to see your future!" The old woman told Netri to close her eyes. She then placed a chain around Netri's neck and started uttering some peculiar words. In a few moments Netri had been transported into a different world. A woman of about thirty-five years of age was sat in an office.

"Oh, is that me?" Looking at her future self felt a little strange. The grown-up Netri was trying to find something amongst the piles of scattered files. "Oh God! Where is the file? I swear I left it right here."

Just then the phone rang. "Yes sir...yes sir... I am right now trying to look for it," said Netri in an anxious voice.

The person on the phone replied, "Miss Netri, we sympathise with you, but now we have no choice but to hand this work over to someone else. If your file had been submitted on time, this would not have happened."

"Please sir. Give me one more chance. I will definitely submit the file by tomorrow," pleaded Netri.

"Sorry, Miss Netri."

With that the caller put the phone down. Feeling downcast, tears started rolling from Netri's eyes.

Seeing her gloomy future, Netri was frightened. "Will my carelessness not leave me even after twenty years?" A few seconds later she was transported to the present.

Seeing Netri's sad face, Risha asked, "What happened? Is everything okay?"

Netri did not know what to say, so she just hastily said, "Yes."

They paid the old lady and left the stall. Outside in the fresh air Netri took a deep breath. Just then Vyom and Siddharth arrived.

"If you are done with your magic spells now, shall we go?" teased Vyom mischievously.

Netri was silent. Without saying anything she started walking. That evening when the cousins were having fun on the

beach, Netri was lost in thoughts of her future.

The next day everyone decided to go on a tour of the historical sites of Goa.

"Wake up Vyom, or we will miss the bus," said Risha as she shook Vyom. But having been tired out by the previous day's activities, he was struggling to wake up. When they eventually made it to the bus stop, the bus had already left.

"The next bus will be in one hour," said the tour guide.

"It's all your fault, Vyom," said Risha annoyed, "Your habit of getting up late has made us miss the bus."

"Sorry Risha, I am aware that this is my biggest weakness," Vyom readily accepted his mistake. Seeing this, Netri was surprised. She thought to herself, 'If it had been me in Vyom's place, I would have made so many excuses'.

That night everybody was getting ready to go back home.

Netri walked over to Vyom and whispered, "Vyom can I ask you a question?"

"No need to take permission. Just ask!" Vyom was packing his bag.

"This morning, you accepted your mistake so easily. Did you not feel like making any excuses?"

Vyom laughed a little. He asked Netri to sit beside him and said, "Netri, by accepting my mistakes I feel very light and free. When we cover our mistakes to look good in front of others, we feel stressed and the other person feels agitated. How will the mistake leave if we keep covering it up?"

Netri remembered her future-self that she saw in the Time-Turner and thought, 'If I keep on covering up my mistakes, then even after twenty years the mistakes will not leave me, and I will be at a loss. From this point onwards I will accept my mistakes'. As soon as she had made this resolution, a smile appeared on her face.

"Netri, what is it?" Vyom was surprised by the change in Netri's demeanor.

"Nothing, Vyom. Thanks for sharing your easy solution!" The smile did not leave Netri's face.

After returning from Goa, all the cousins dispersed back to their own homes. That evening, just like always, Netri was lying on the sofa and watching TV. She had not yet unpacked her bag from the Goa trip.

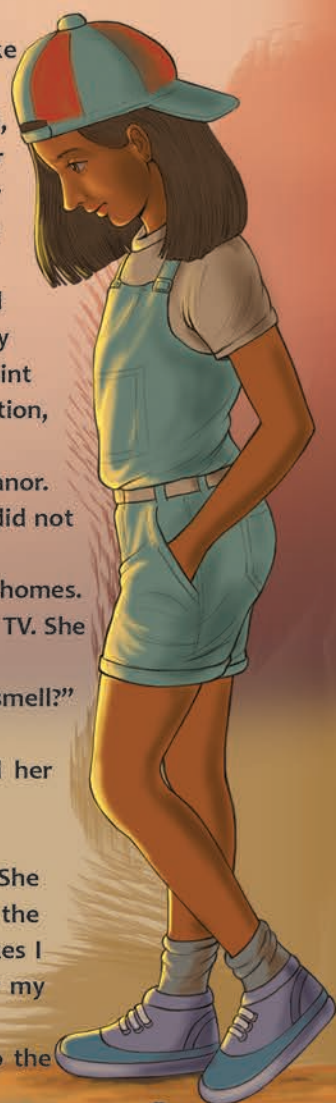
"Netri, are you planning to give me your laundry only after it starts to smell?" asked her mother sarcastically.

Just as Netri was about to say, 'I am very tired' she remembered her resolution. "Sorry, mummy. I will fetch the clothes right away."

Netri's response surprised her mother.

By accepting her mistake, Netri truly experienced calmness within. She thought, 'I will not be able to correct the mistakes of the past through the Time-Turner, but at least I have found a new way to correct the mistakes I make in the present. That for sure will prove to be a 'Life-Turner' for my future'.

With that she took out the clothes from her bag and put them into the washing machine.

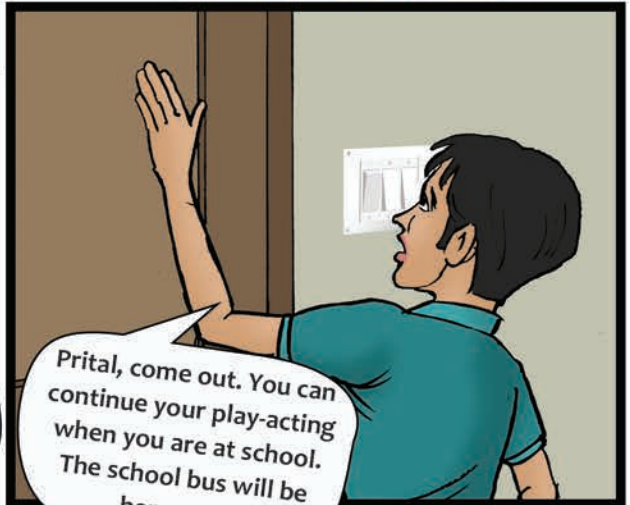


Choice

Prital practised her speech standing in front of the bathroom mirror.



Thank you Principal Sir, thank you teachers. I am very grateful for this opportunity. I promise that I will make the school proud.



Prital, come out. You can continue your play-acting when you are at school. The school bus will be here soon.



What do you mean by play-acting?!! I was cleaning the bathroom. And by the way is the drawing for my project ready?

Yes madam... it is ready. It's on the table.

The teacher was very pleased by Prital's drawing for the project.



Great job, Prital! Just like always, you have done another good job today.

Thank you, madam.



Prital readily took credit for a job she did not do or even know how to do. It was impossible for her to accept her shortcomings.



Natasha, once again your drawing is hopeless. You need to learn something from Prital.

Sorry, madam.

Prital was not interested in anything the teacher was saying. Every five minutes she kept looking at the clock. Eventually it was time.

The principal has called everyone to assemble in the school hall to receive some special announcements.

The principal made his announcement in the assembly hall...

Welcome everyone. Natasha has been selected for the Student Exchange Program. Let us all wish Natasha the very best and may the next six months prove to be a golden opportunity in her life.

The entire hall was filled with the sound of applause. Prital was deeply shocked. All her enthusiasm faded away.

She somehow got through the day, but straight after school she went to the principal's office.

Prital had tears in her eyes.

May I come in, Sir?

Why such injustice with me? I have perfect scores in all the subjects. So Sir, why did you not select me?

The principal offered Prital a glass of water.

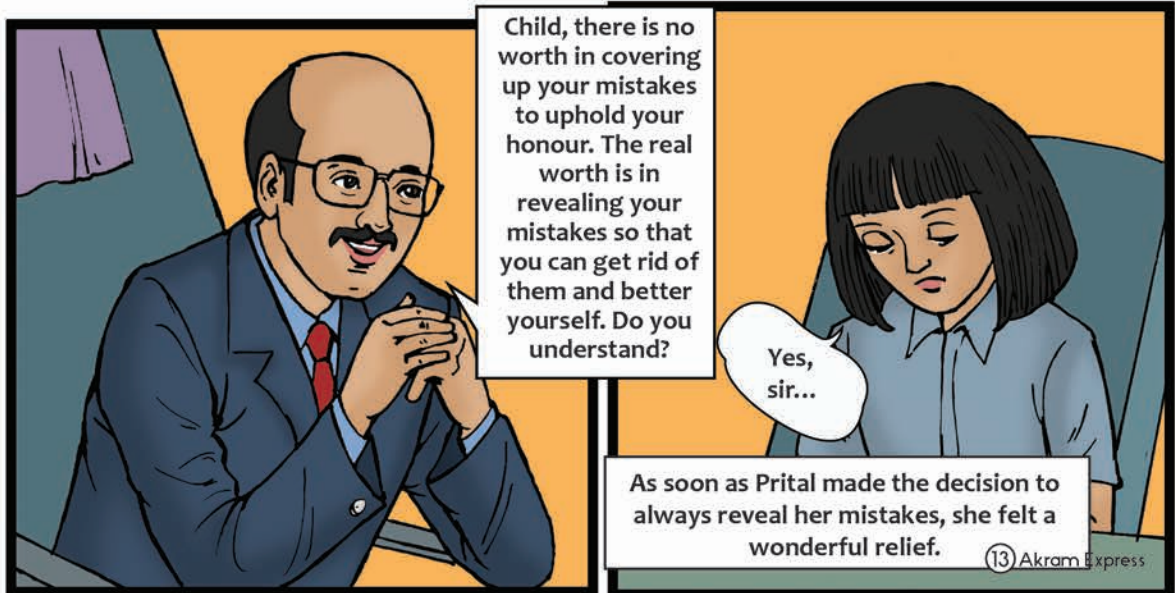
My dear, my benchmark was not that the student had to be perfect. I was in search of such a student who had mistakes but also had the power to recognise and accept those mistakes.

This is a very old story. A learned pandit (scholar) was on his deathbed. To pass on his knowledge, out of the best hundred students, he selected only one. That student was not disciplined nor did he pray regularly.

Prital was listening to the principal attentively.

The rest of the ninety-nine students were very angry. Just like you they also felt that this was a huge injustice.

After hearing the students' complaints, the pandit explained the reasoning behind his choice.





Real life Story

In his youth, Gandhiji kept company with a friend who was a bad influence on him. Due to his friend's insistence, Gandhiji started to eat mutton. After eating mutton for the

first time, he felt as if the goat was crying out in his stomach. Due to the same friend's company, Gandhiji also started smoking cigarettes. To collect money for cigarettes he sometimes stole money from the servants. Once, he sold a bit of gold from his brother's bracelet.

All these wrongdoings were weighing down Gandhiji's conscience. He wanted to confess all his deceitful deeds to his father and ask for forgiveness. However, he did not have the courage to face his father. So he wrote everything down in a letter and handed it to his father. In the letter, there was also a request to be given an appropriate punishment. He gave the letter to his father who was unwell at the time, and waited by his bedside.

Reading the letter, tears flowed from his father's eyes. This broke Gandhiji's heart. He felt utmost remorse for hurting his father. From that moment he resolved never to repeat such mistakes in his life, and he remained sincere to this decision to the very end. After reading the letter, his father did not get angry, nor did he reprimand him. He kept quiet. As a way of showing Gandhiji that he had been forgiven, he tore up the letter! Gandhiji was touched by seeing his father's unconditional love.

Gandhiji was an ordinary person just like any of us. But the path he adopted, to break his mistakes from such a young age, was what made him extraordinary and an exemplary human being. He understood that by accepting and repenting for his mistakes and asking for forgiveness, one can become free from them.



Arrange the following letters to form a word which remains the same when viewed upside down.

MSIWS

LET'S PLAY



This is an English word made up of three letters of the alphabet, but only two letters are used and sounds like only one! It's a part of our body.

Which English word when written in Capital letters looks the same when viewed upside down and backwards?



Find 12 differences between the two images shown below...



Answer:

1. 2MIWS
2. EYE
3. NOON

Mythological Story...

King Shrenik's father, King Prasenjit, was the ruler of the kingdom of Magadh. In that kingdom lived Lohchur, who was a clever thief. He carried out many thefts but he never got caught.

One day he had been gambling. He was so happy when he won, that he gave away all his winnings to the needy.

While walking home he felt hungry. As he passed by the palace, the aroma of delicious food wafting through the air led his mind into temptation.

He thought to himself, 'Today's meal will be at the palace'.

Lohchur had a special eyeliner which made him invisible. He applied it and immediately became invisible. He entered the palace and saw that the king was having his meal. He sat down beside him and started eating from his plate. The delicious royal feast tantalized his taste buds and after this he could no longer enjoy the taste of simple food at home. So from then on, with the help of the eyeliner, he would go to the palace and eat from the king's plate everyday!

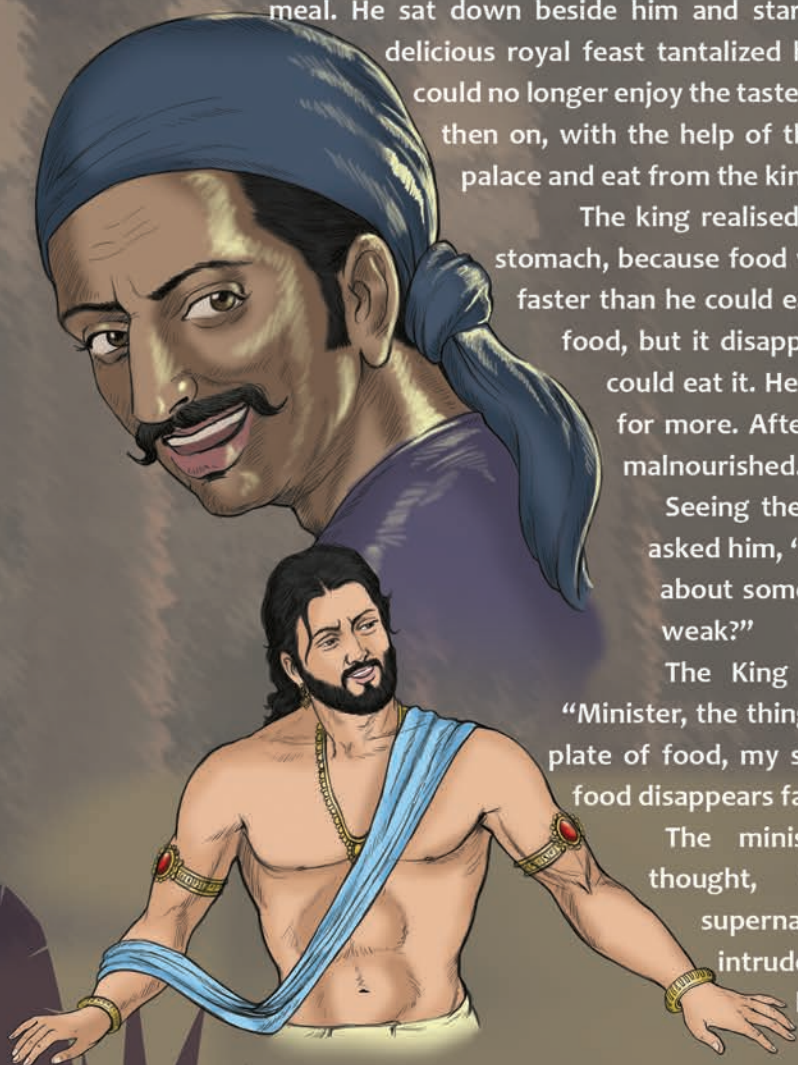
The king realised that he was not able to fill his stomach, because food was disappearing from his plate faster than he could eat it. He would get served more food, but it disappeared from his plate before he could eat it. He felt ashamed to keep on asking for more. After some days he started to look malnourished.

Seeing the king in this state, his minister asked him, "Your Highness, are you worried about something? Why are you looking so weak?"

The King answered in a feeble voice, "Minister, the thing is that even after taking a full plate of food, my stomach is not feeling full. The food disappears faster than I eat it."

The minister pondered on this and thought, 'Could it be something supernatural? Or is there an invisible intruder? I must find out what is happening'.

He made a plan. He covered the floor of the dining room



with dry champa flowers. As soon as the thief entered the dining room there was a rustling sound. The minister was alerted and he immediately ordered the dining room doors to be closed.

The room was filled with a thick suffocating smoke. It got into the thief's eyes and made them water. The eyeliner was washed away and his invisibility wore off. He was caught and brought before the king.

The king sentenced him to be publicly paraded around the city before being hanged to death. The time of his execution came. Lohchur started crying. Just then a nobleman named Jindutt was passing by. Seeing Lohchur's desperate state he took pity on him.

He went to the thief and said, "Oh thief, we have to bear the fruits of our sins. But even at the last minute if you repent, then your next life will be bettered. So please renounce your intent of stealing."

Lohchur said, "This pain is much greater than the happiness I experienced after stealing. I can vividly recall all the sins that I have committed in my life and I am very shaken by them. But sir I am very thirsty, please give me some water."

This was against the order given by the king so the nobleman hesitated at first, but then he said, "Please acknowledge all the sins you have committed in your entire life."

The nobleman instructed him to say the special prayers of repentance that can free one from one's mistakes, and said, "This will destroy your sins. Have mercy towards all living beings and chant the Navkaar mantra (the first part of the trimantra; mantra paying obeisance to spiritually exalted beings). In the meantime, I will get you some water."

Listening to the nobleman's compassionate words, Lohchur was filled with emotion and asked, "Will my sins truly be destroyed through these prayers?"

The nobleman replied, "There is absolutely no doubt. By chanting these prayers most sins can be destroyed. These prayers are such that not only humans, but also animals can achieve a place in heaven." The nobleman then went to fetch some water.

By the time he returned, Lohchur had died.

Lohchur had become so absorbed in the prayers that he experienced utmost peace and bliss. At that moment his life came to an end, and he was reborn in heaven.

Such is the power of the Navkaar mantra and repentance.



Sweet Memories



One Aptaputra (celibates who have dedicated their lives to the goal of salvation of the world via Akram Vignan) had returned to Dada Darshan building in Ahmedabad after conducting *satsang* (spiritual discourse) in the city of Valsad during the weekend. On Monday morning a celibate brother came to Ahmedabad from Valsad on business, and he decided to also visit Dada Darshan. He met the Aptaputra brother. The Aptaputra started conducting *satsang* with him. It was about quarter to ten in the morning. The Aptaputra was scheduled for seva at the printing press at ten o'clock. However, it got to half past ten and still the Aptaputra carried on with the *satsang*.

Just then he received an urgent phone call requesting that he fetch some medicine from the pharmacy right away. Despite agreeing on the phone that he would go, he continued with the *satsang*. After another thirty to forty-five minutes he received another phone call to check whether he had got the medicine.

He answered, "I have not gone yet."

He was asked, "What are you doing?"

He answered, "I am doing *satsang* with this brother."

As soon as Niruma found out about this, she summoned the Aptaputra and scolded him, "You were meant to be at the printing press by ten o'clock. You have just returned after conducting *satsang* for two days straight, and you are once again at it?" Beware of your hunger for conducting *satsang*. This is called the ego of 'I know'. You have to keep normality even in the act of doing *satsang*. If the ego of 'I know' increases, it will become harmful."

In this way Niruma used to take special care that one's spiritual progress was not hindered.

How can we forget to express our gratitude towards those who have helped us blossom? So make a special THANK YOU gift of your choice for your teachers. Here are some ideas...

Creation



Click photos of the special gift that you'll make for your teacher and email it to us at akramexpress4kids@gmail.com. The best craft will be posted in the October 2020 Akram Express.



Answer:





“A man must be big enough to admit his mistakes, smart enough to learn from them, and strong enough to correct them.”

-John. C. Maxwell

And

“Mistakes are always forgivable, if one has the courage to admit them.”

- Bruce Lee

“You can learn great things from your mistakes when you aren't busy denying them.”

-Stephen. R. Covey

Lastly...

I have made mistakes, but I have never made the mistake of claiming that I have never made one.

- James Gordon Bennett

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