

Dada Bhagwan Parivar's

December 2021

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AKRAM Express





Make FEAR Disappear...

EDITORIAL

Friends,

Every year we have exams and every year we manage to get through them. But even then the fear of exams does not leave. Sometimes we are afraid to take part in competitions or to perform on stage. We are sometimes afraid of even going to the doctor, even though they help us recover! Many a time we are scared of the dark or to even talk to a stranger. Have you ever thought what the reason is behind all these types of fear? Have we ever tried to investigate and see if there is actually anything to be scared of in these different situations? Is there truly something to fear, or could it be just our imagination? Is it possible to combat fear in any situation?

So come, let us get the answers to all these questions in this edition and with knowledge imparted by Dadashri, let's make fear disappear and enjoy that state of freedom from fear.

- Dimple Maheta

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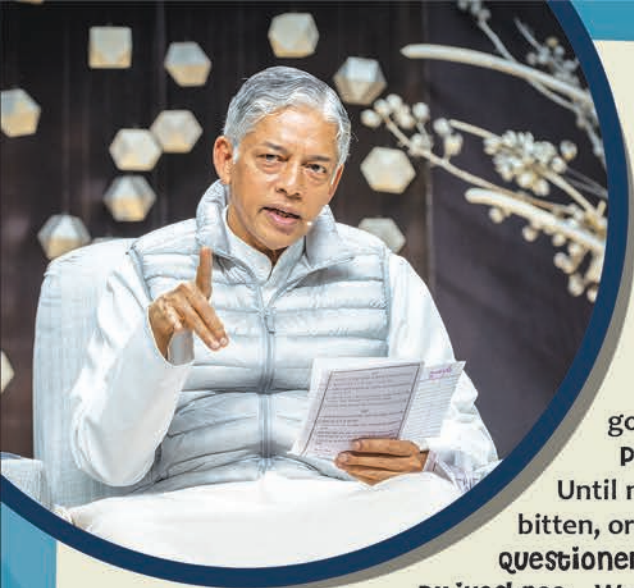
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2 December 2021



GNANIS Say...

QUESTIONER: I get very scared. I am afraid of going out in public or even talking to a stranger.

PUJYASHREE: Has there ever been any difficulty? Until now has it ever happened that you have been bitten, or told off or been punched by anyone?

QUESTIONER: No.

PUJYASHREE: We just believe that 'this' or 'that' will happen. But nothing like that has ever happened. And see, right now although ten thousand people are present in this satsang (spiritual discourse), watching you, aren't you comfortably asking your question? So, if the mind shows fear, we should say, 'No, at least try'. And gradually build up courage to speak. Then you will experience for yourself that there was actually no problem at all.

Once, we saw two lights glowing outside the window. Anyone would feel frightened and think 'what is that?' We decided to go and check and found a cat sitting there. So we should not panic. Instead, we should investigate. Once we do that, we are bound to realise that actually there is no problem. We believed there was something scary out there, but it turned out that there was nothing to fear. Do you understand?

QUESTIONER: Yes.

PUJYASHREE: With new understanding comes a new beginning. Start afresh. If you become afraid, like you did in the past 'what if this happens?', then just say, 'let me see what happens'. Did anything happen? No. These birds, they all fly away when there's a loud bang. Then when there's a second bang only a few birds fly away and the rest just watch. And then after a third bang they will not even look around, and they will comfortably carry on eating. Surely we are more courageous than birds, aren't we?

QUESTIONER: Yes

PUJYASHREE: Ask for strength from Dadabhagwan, "Please help me to come out of this fear and to have normal worldly interactions". Pray to Dada and Niruma, 'please stay with me'. That way you will be safe.



THE BANYAN TREE

Hirva's dad got a job transfer to Baroda city. The mere thought of changing school again was enough to make Hirva feel scared.

It was Hirva's first day at her new school. She left home that morning with nothing but fear in her mind.

The new school was actually just like her old school: there was not much difference at all. It was the last period of the day, which was games. The teacher instructed all the children to go to the playground. Hirva didn't move. Griva, who was sitting next to her, gestured Hirva to go with her. And so she followed her rather reluctantly.

All the other children were already familiar with the school, so they quickly went to their usual places to play and hang out. Hirva was walking slowly while taking in her new surroundings. It wasn't long before she was in front of a huge banyan tree. She froze. This new school had a banyan tree even bigger than the one at the old school. 'Now how will I study at this school?' Her legs felt like jelly.

Somehow she managed to get through her first day at the new school.

As soon as she reached home, her mum asked her, "My dear, how was your first day at school?"

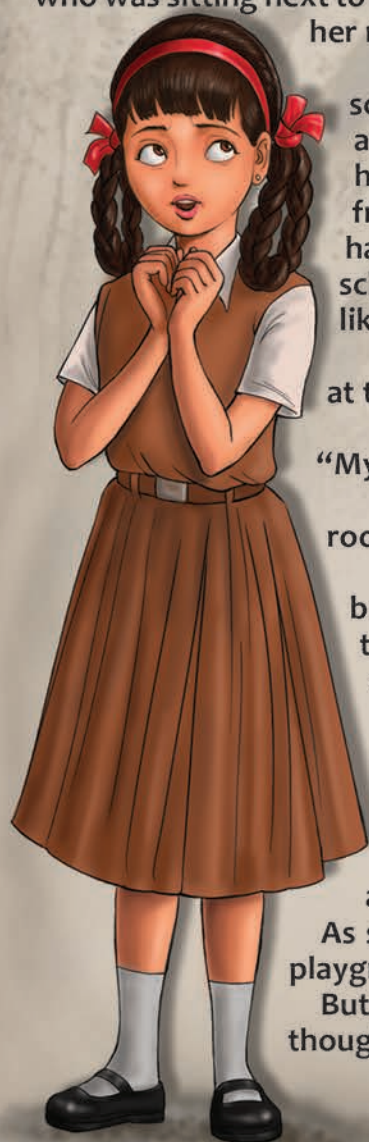
"Good," replied Hirva and went straight to her room.

The next morning Hirva got ready to go to school but there was no happiness on her face. Her parents thought that it might be because Hirva was missing her old school and maybe she has not yet made any new friends. In this way a week passed by. Hirva got to know Griva.

Again it was Wednesday and the last period was games. The teacher announced in the classroom, "Today we will play a game to see who can climb up and down a tree the fastest."

As soon as they heard this, all the children ran out to the playground.

But this announcement had made Hirva feel dizzy. She thought, 'Fancy having a game like that!!! Today, I will just sit



in the classroom. I will not go to the playground.' Hirva had made her point clear but, Griva grabbed her by the hand and took her outside.

In the playground Hirva started to get a stomach ache and so she sat down.

Thus, another week passed by.

One day it so happened that although it was time to go to school, Hirva was not ready on time.

Her mum shouted, "Get ready quickly, my dear. The school bus will be here any minute."

"Mum, I will not be able to go to school today. I've got a bad tummy ache." Hirva made an excuse.

Her parents were talking to each other in low voices, "It has started again. At the old school she used to get a tummy ache every Saturday. Now the drama has shifted to every Wednesday."

"You talk to her and if she genuinely has a stomach ache then we will take her to the doctor."

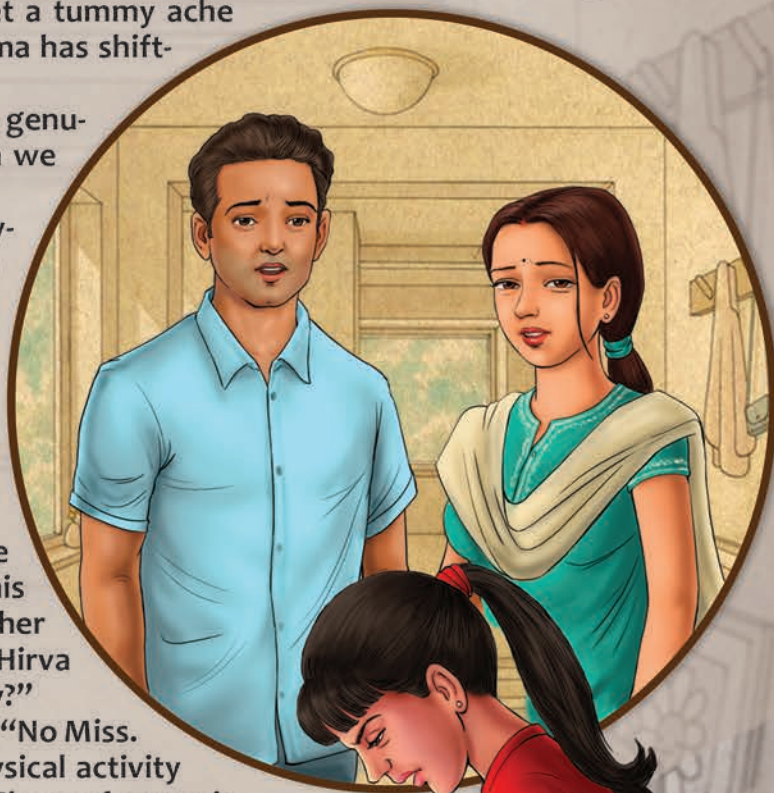
"No, I don't want to go anywhere." Hirva shouted from her bedroom and slammed the door shut. Neither of her parents were able to understand what had suddenly happened to their daughter.

Before long a month went by and every Wednesday Hirva would have a new excuse ready. Miss Sangita noticed this pattern. She called Griva to her table and asked, "Griva, does Hirva have a stomach ache every day?"

Griva thought and then said, "No Miss. Mostly it is when we have physical activity that she gets a stomach ache. She prefers to sit in the classroom instead of coming outside."

Miss Sangita observed Hirva's behaviour for a whole month. She noticed that whenever it was time to go the playground behind the school, Hirva had one problem or another.

One day in class Miss Sangita said to the children, "Today we have to



play a game. The name of which is – Make Fear Disappear... .”

Before Miss could say anything the children shouted, “We are ready.”

“But, first, please listen to the rules of the game.” Miss Sangita continued, “You all have to write about one fear that bothers you. I have a solution to get rid of every possible fear. Once you have written down your fear, take it as a given that your fear has disappeared!”

All the children, except Hirva, started writing. After a while she thought, ‘I should at least try as Miss has requested. It would be amazing if Miss really has some magic and can make my fear disappear!!’

Hirva and all her classmates wrote their note and handed it to Miss.

The next day Miss Sangita called Hirva to the staff room and asked, “You are scared of the banyan tree, but you did not write down the reason for your fear. If I do not know the reason for the fear then how can I give you the solution?”

Hirva said hesitantly, “When I was studying in the second year, my friend had a lovely pen. I took money from my dad’s pocket, without asking him, to buy a pen just like that. I know that it was my mistake. If my dad finds out about this then he will be very angry with me. And...”

Hirva did not have the courage to speak any further. Miss Sangita lovingly held Hirva’s hand and encouraged her, “Don’t worry, things like this happen, Hirva. I promise you, you can tell me what happened. You were about to say, “And ...”

Hirva plucked up the courage and carried on, “Two days later a grandma who lives next door to us told us that if any children tell lies or steal then a ghost who lives on a banyan tree will catch them. Ever since I heard that I am scared to go near a banyan tree. I do not want a ghost to catch me, Miss.” Hirva’s eyes were filled with tears.

Miss Sangita wiped Hirva’s tears and said, “Come, today let us say goodbye to your fear for ever.”

Miss Sangita took Hirva to the banyan tree in the playground. Hirva was really scared. Miss looked into Hirva’s eyes and said, “The ghost is not on the tree, but it is stuck in your mind.”

Hirva just stared at Miss with her big eyes, “What do you mean? Is there no ghost on the tree?”

“No dear, there is no ghost. When we do something wrong, it is the fear of getting caught which makes us hide that mistake. It will be quite humiliating to get caught and moreover mum and dad will be angry. That’s it, because of that fear we do not tell anyone what we have done. Do you feel lighter today now that you have told me the truth?” Miss asked.

“Yes, Miss...” Hirva admitted.

“Is it better to have punishment for a mistake just once or is it better to have it for years?” Miss asked.

“Just once, Miss!” Hirva answered instantly.

“So, why have you been allowing yourself to be punished for your one

mistake for so many years? By hiding what you did you kept the ghost of fear alive in your mind for years. If we accept our wrongdoings then we get punished just once and that would be the end of the matter. And really speaking, if we heartily repent for our mistake and ask for forgiveness then not only do we get forgiven, but also our fear will disappear and we will feel really light. Isn't there double benefit in accepting our mistake?!"

"Yes, I will ask mum and dad for forgiveness today and get rid of my fear," said Hirva excitedly.

Wednesday came around again and for the first time Hirva was eagerly waiting for the games session





Absolutely New AND Different!

When you keep saying you do not like something, you will start hating it and this will gradually develop into fear.



Eg : if you keep saying you do not like school, the minute you enter the school you will feel scared. But if you say, 'It is good, it is so much fun', then your fear will disappear.



If you start disliking a person then you will get scared when you see him. However, if you do pratikraman (asking for forgiveness) in your mind for that person then the fear will go away.





It is good to be afraid of doing something wrong or hurting someone or committing a sin.

Otherwise there is nothing else one should be afraid of.

Hatred towards something can cause fear.

Eg : if you have a strong dislike for snakes or lizards then you will be scared of them, but if we see the God in them then there will no dislike or fear.



**GABBAR SINGH HAS
PROCLAIMED,
"THOSE WHO GET
SCARED....."**



Hee... ha... ha...
ha... I am FEAR. I
meet you in vari-
ous ways in differ-
ent places...

Sometimes in the dark!



'Mum...,
it is so dark!'

Sometimes I sit under the bed and scare you...



I do not leave your side
during exams.



'I cannot
remember anything
I have read!'

Many a time you go on the stage or on
playground with full preparation but then
I enter and you start sweating. True, isn't it?



'So many people?
I don't remember
what I have to say!'

But, can I scare everyone? No! There are some FEARLESS people in this world who have defeated me. The solution to defeat me is very simple. But, until that solution is applied, I will keep winning! Come, let us see how a Gnani (One with Knowledge of the Self), defeated me!



A REMARKABLE PILGRIMAGE



Let's see how mahatmas' (Self-realised ones in Akram Vignan) fear disappeared during a pilgrimage with Dadashri.

In 1973 about 30 mahatmas set off on a pilgrimage with Dadashri. They were travelling in a luxury bus. It was midnight when the bus reached a city called Bareilly in Uttar Pradesh, India.

The plan was, that after travelling the whole night they were supposed to pass through the dangerous valley of Chambal near Bareilly. But then, the police patrol which was stationed at the main intersection stopped the bus.

The police would not allow the bus to go any further because there were bandits in the area and just half an hour ago they had robbed passengers on two other buses.

Dadashri explained to the police, "Nothing will happen to us. It is possible that when our bus passes by, the bandits could have gone for a cup of tea!" The police were captivated by Dadashri's presence and they agreed. Two policemen armed with handguns got on the bus for safety.

Due to all this commotion, a lot of the mahatmas, who had been asleep were woken up. Dadashri asked all the mahatmas to loudly recite the 'charan vidhi' (prayers that increase awareness as the Self) so that they do not get scared or have any negative thoughts after seeing the armed policemen on-board the bus.

Dadashri says the rule is that if you have any negative thoughts then the job will be ruined. But due to the recitation of 'charan vidhi' there was no fear or any negative thoughts. And the bus passed through the valley without any issues whatsoever!

Thus, with Dadashri's smart maverick key neither the bandits nor the fear of encountering them bothered the mahatmas!



Scan the QR code to watch the video
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Mythological story

There was once a pandit (learned man) who used to teach grammar, Hindu scriptures and Sanskrit verses. He abided by a rule that he would not ask for anything in return for teaching. However, the pandit was not very lucky and people did not appreciate him. Years passed by and eventually he became so impoverished that there was not even any food to be found in his house. The situation became so bad that his children did not even have any milk to drink.

One day his wife said, "If you cannot think of anything else then leave this vocation of yours and start stealing from people's houses!"

One night after 10 o'clock, the pandit gathered the tools needed to break padlocks and he set off secretly.

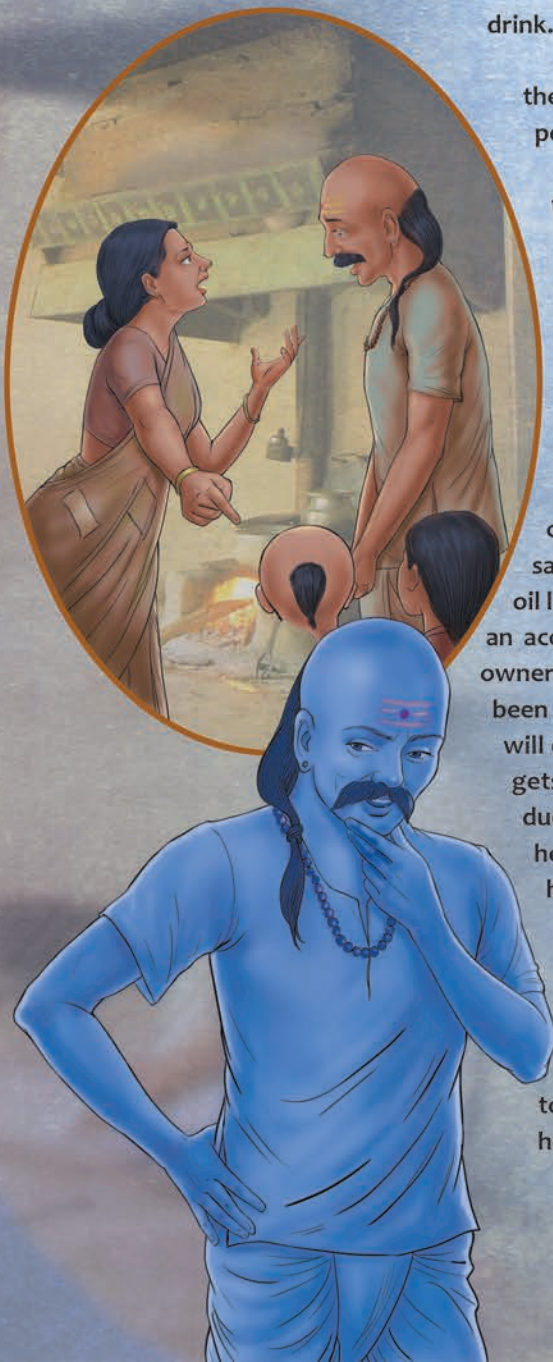
When he reached the first house, a wife was telling her husband, "There is not even a grain in the house to eat tomorrow. What shall we do? The children are hungry."

When the pandit heard this he thought, "Oh, how can I steal from such a poor household!"

Next he chose a mansion. It was midnight. He climbed the first floor and looked through the window and saw the owner was awake. The room was dimly lit with an oil lamp. The owner was turning the pages of what looked like an accounts book. The pandit leaned forward and heard the owner's words, "Oh, half the night is gone and still I have not been able to balance the books by 2 pence. No matter what, I will only relax after this is done. Even if 4 pennies worth of oil gets burnt in this lamp!" When the pandit, who was trembling due to being on the verge of committing the sin of theft, heard this, he thought, 'If I steal 10 or 15 thousand from his house he might die! No way... I must not steal from his house. I only have the problem of hunger but this poor man has 21 types of problems!'

The pandit's heart would not agree to steal from anywhere. On the one hand he was scared of committing a sin, but on the other hand he was scared of his wife too. He did not have the courage to return empty handed so he proceeded further. He decided to

choose the palace of the king of the town. With great



caution he reached the third floor. It was 3 am by now. When the pandit looked through the window he saw the king was murmuring something. He was alone in his bedroom and was pacing the room. The pandit tried hard to hear what the king was saying and he heard, "I have found the three lines of the Sanskrit verse but I just cannot find the fourth one."

When the pandit glanced at the wall, he saw and read the three lines written in Sanskrit which meant "I have a lovely wife, good friends, handsome brothers, loving servants; I have strong elephants and clever horses too"

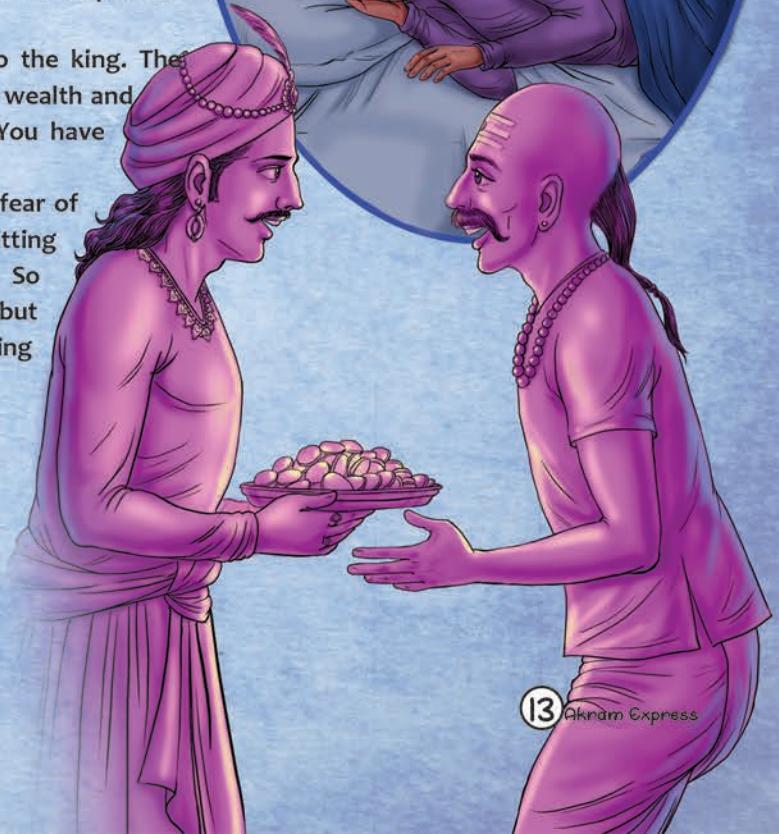
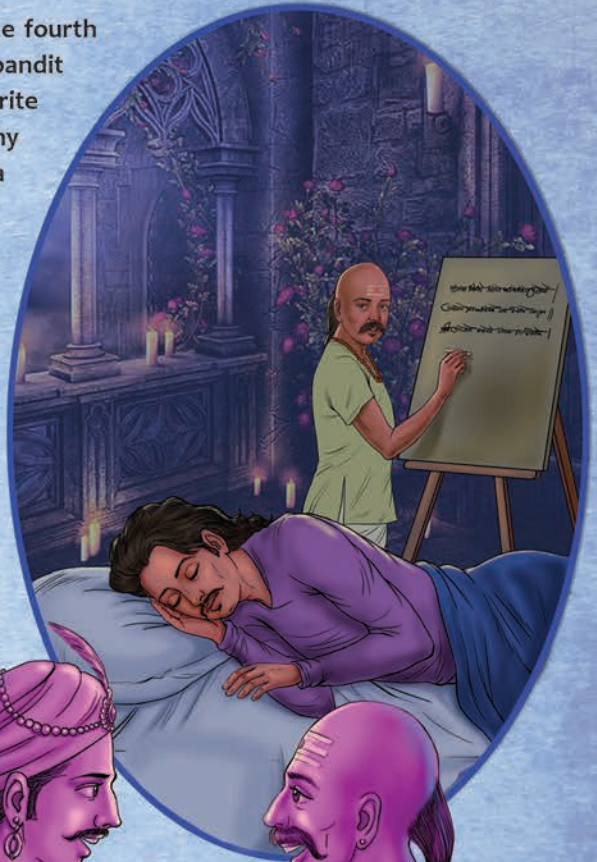
It was extremely easy for the pandit to write the fourth line. The king went to bed and fell in deep sleep. The pandit tiptoed into the king's bedroom and was about to write the fourth line when he thought, "Is a thief ever worthy of teaching a lesson? No! So first I need to take a pledge that I will never steal in any situation in my life."

He made a pledge in his mind and then wrote the fourth line, the meaning of which was, "Nothing from this is going to be of any use to you." And he returned home without stealing anything. His wife was fast asleep. He quietly went to sleep too. When he woke up in the morning he told his wife everything and the wife bopped him.

Just then they heard an announcement being made, "The person who entered the king's bedroom at night and wrote the fourth line of the verse please be present in front of the king."

The pandit presented himself to the king. The king gifted the pandit with abundant wealth and said, "You have opened my eyes. You have taught me a beautiful lesson."

And thus, the pandit, due to his fear of stealing, saved himself from committing the sin and got a big reward in return. So friends, do not be scared of anything, but always have fear of doing something wrong!





Baby Mht and Little Mht at FUN AND PLAY during Fusion 2021 and JJ114 kids care



Fusion 2021



JJ 114 kids care



Double Lottery

Tomorrow we are going to Eldorado Water Park! Are you all ready?

Next day,

What's the matter, Krishiv? Why are you not ready?

Grandma, I don't want to go on the rides in the water park. I am scared of the water. I don't want to come.

For sure! We will go to Eldorado Water Park and we'll have fun splashing around!

Oh Krishiv, give it a go at least once. You will find out for yourself if there really is anything to be scared of!

Never mind, don't go on any of the rides, but you will have to come all the same.

No, I do not want to go through all that. I am scared and that is it!!

Grandma nudged him into the car.

In the park,

Mum, all the rides look amazing and some are so big! I will go on the Twister to start with.

Except for Krishiv everyone decided which ride they were going to go on first.



'from high up we slide down, down down and 'PLASH' into the water! Oh it is so much fun... SPLISH SPLASH SPLOSH! Let's be kids once more!

Mum and dad walking in the 'Jungle Lagoon'



C'mon Krishiv, you will really enjoy this one.

No, mom. I am fine.

Krishiv sat in one place, just observing everyone.



In the afternoon

Oh God, when will these people have enough of their rides! I am hungry and extremely bored.



Krishiv was walking to an ice cream stall. Just then suddenly...



Oh no! This child is drowning.



Without even thinking for a second, Krishiv jumped in the water and got the child out.

By then the child's parents had arrived there too.



Thank you son! I just did not notice Neev fall into the water! Today you have saved my son's life. What is your name?



Thank you, Krishiv. You are a brave boy.

As he heard the word 'brave', Krishiv realised that he was still in the water.

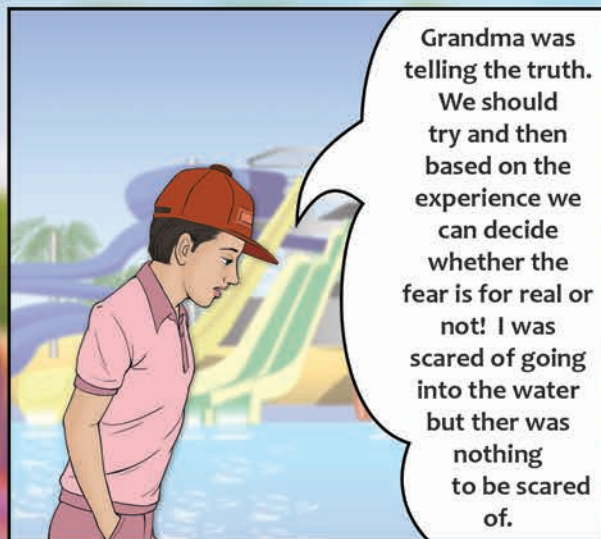


I am really scared of water but I am okay, nothing's happened to me!

Krishiv came out of the water at once.



Thank you, auntie!





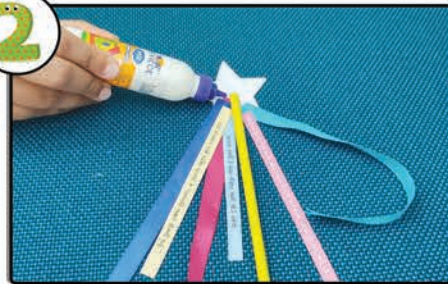
MAGIC MAKES FEAR DISAPPEAR!

With this magic stick...I can make the fear disappear!
Let's make a magic stick out of stars & magic ribbons!

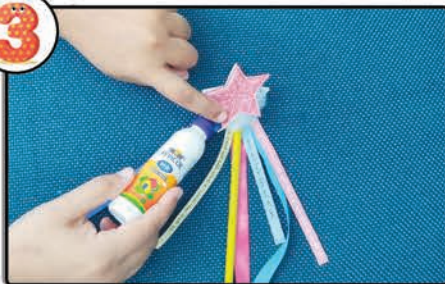
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4



Ask for strength from Dadabhagwan that, "I want to come out of this fear."

If you are frightened of anybody then do pratikraman (3-step process of apologising) for them in your mind and the FEAR WILL DISAPPEAR!

Pray like this, "Dada and Niruma, please stay with me."

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