

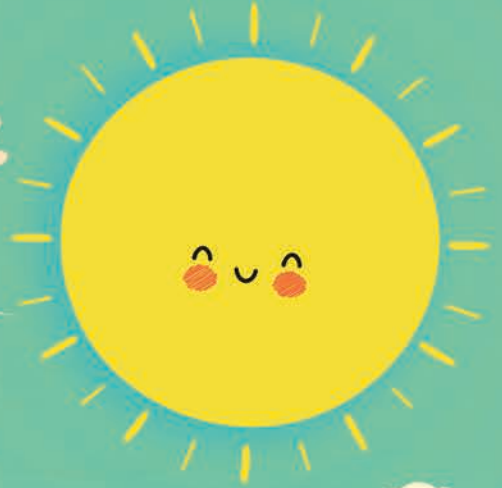
Dada Bhagwan Parivar's

January 2021

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AKRAM Express

I am
never late...





Editorial

Young friends,

Did you know that I used to get bored with everything very quickly? I also got bored of getting bored all the time! Whether it was studying, working or playing, I was not regular at anything. My parents got fed up of telling me to improve my habits, but still I could not understand the importance of being regular. Eventually I got the right understanding from Pujya Niruma, and a great change came over me.

Your situation might be the same as mine. So let us understand what Pujyashree has to say about this, so that we can put it into practice in our daily lives, and make a lot of progress.

-Dimple Mehta



REGULARITY

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Gnanis Say

Questioner : Why should we live with regularity? What is the importance of being regular?

Pujyashree: What would happen if the sun rose at 7 am one day, 9 am another day, and then if one day it did not rise at all?

Isn't regularity a good thing?! When morning comes and everyone wakes up, then we should wake up too. When everyone goes to sleep, we should go to sleep too. That is called regularity. Mealtimes should be regular too.

This body is very regular in everything. If it stays regular then we get hungry at dinner time, and the food gets digested in time. Everything happens systematically. And if we are irregular then the body becomes ill after a little while.

Questioner: Presently, in which matters should we remain regular?

Pujyashree: You should wake up, have a shower, get ready and get to school in time. Secondly, be regular in your studies. Reduce time spent on computer games. You should play games that you can play with your friends.

Questioner: Pujyashree, if you get bored of following a schedule then what do you do?

Pujyashree: I would adjust. What is the point of getting bored with something that has to be done anyway? Instead, finish the work sincerely. Once it is finished then no one can say anything to us.

If I am studying regularly, then will anyone ask me, 'Why are you not studying? Why did you not take the exam?'

Therefore, gradually and sincerely finish one job at a time. There is no need to get bored.

It is considered a weakness if we get bored of regularity. If we are restless and our mind is not at peace, we will go and look for new things to do. As a result, we won't be successful in the task at hand, or in any new task.



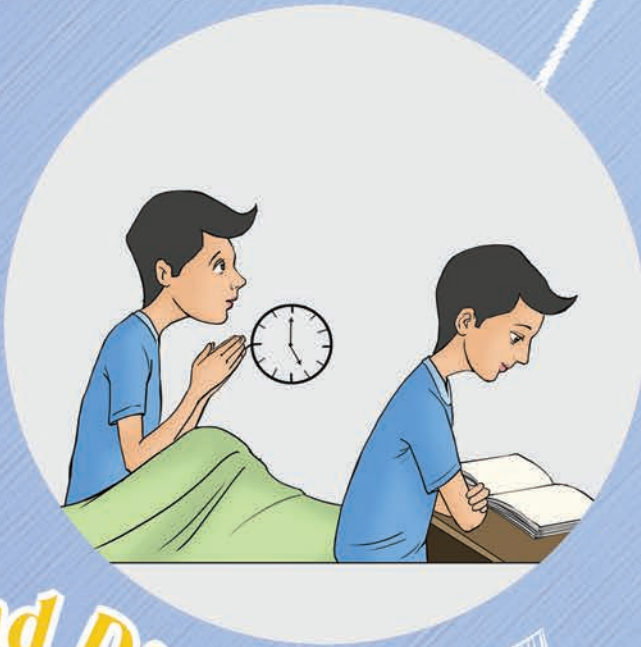
Absolutely New



Daily routine can be mechanical and lacking awareness, but regularity is always with awareness. For example, brushing our teeth every day and having a shower, these are daily mechanical tasks. But to wake up every morning at a certain time, to study for few hours every day, etc. these are tasks that require regularity with awareness.

When we take a nap at 2.30 pm and then at 3.30 pm when it is time to wake up, the mind will say, 'but you just went to sleep and is it already time to get up?' However, we should not listen to the mind. Regular means regular!

and Different!





"What is the definition of 'Fairisculation'?" Madam Fairy asked in a shrill voice. Then lowering her yellow spectacles, she looked around at all the fairies sitting in the classroom.

The fairies folded their beautiful wings and looked at each other. In the 'Fairy Science 101' classroom, there was pin-drop silence. Just then, one hand went up slowly.

"Yes Minnie, tell me," said Madam Fairy, rather pleased with her favourite student Minnie.

"Teacher's pet!" said Rose scornfully from the back row. Jasmine, who was sitting next to her, sarcastically said, "Wow Minnie wow!" Flora also joined in on making fun of Minnie by saying "Yes....Miss.... MBA.... Miss-I-know-everything!"

This was an everyday occurrence. Everyday Minnie knew the answers to all the questions the teacher asked, and everyday Rose, Flora and Jasmine made fun of Minnie.

That day started off no different to any other day. However just then Queen Claire made an announcement, "My dear fairies, we are going to celebrate Fairy-Fest in Fairy Land. In this festival, little fairies will get a chance to exhibit their different talents! So, everybody ready?!"

"Now the fun will begin!!!" Flora said excitedly.

"What do you mean?" Jasmine asked.

"What I mean is that while everyone is enjoying the Fairy-Fest, clever clogs Minnie will be sitting in a corner with a book!" All the three fairies pictured this scene in their minds, and they burst out laughing.

But all three of them were astounded when they saw Minnie take part in not one, not two but three different events, even giving a splendid performance in each one.

"How is this possible? Dancing, playing music, painting...how does Minnie know how to do all these?" Instead of enjoying the festival, Jasmine was lost in thoughts about Minnie.

"Queen Claire must have given Minnie some fairy magic for sure," Flora shared her thoughts out loud.

"Hmmm.... but that is impossible! Little fairies are not allowed fairy magic. That is

against the rules of the Fairy Kingdom," said Rose.

"Yes, you are right. She definitely wouldn't have the fairy magic. So what other power does she possess?" How is she so good at everything?! We must find out," said Jasmine, who was eager to solve the 'Minnie-puzzle'.

"Okay... I have a plan." Flora went closer to Jasmine and Rose and whispered, "Tomorrow morning we will meet at the tree-house near Minnie's house. We will keep a close watch on Minnie for a day, to find out whom she is meeting, what she does... we will take note of everything. By evening we will come to know what power she has."

"Sounds great," said Rose gleefully.

The next day, as per the plan, the three fairies put on their spy glasses and secretly positioned themselves out of sight to observe Minnie's movements.

Around five hours passed. All three of them were keenly noting down everything, when suddenly Minnie was out of sight.

"Oh no! Where has Miss-know-it-all disappeared to?"

"I will find her..." said Flora, flitting towards Minnie's room.

"Okay....but, be careful..." but, alas, before Rose and Jasmine could finish their sentence, Flora had banged into an invisible bell. There was a loud clang.

"Oh no! Oh no! Oh no!!" Before Flora could think of a way to escape, a giant fairy appeared in front of her.

Jasmine was eager to solve the 'Minnie-puzzle'.

“Oh Madam Black....” cried Flora, her eyes wide with fear.

“What are you doing here Flora?” Madam Black asked.

“Oh Madam.... I was just....” Flora couldn’t think of anything to say. Just then Rose and Jasmine fluttered in to save their friend.

“Oh, so there are more!” Madam Black said in a stern voice, “What are you all doing here?”

“Madam, we were just” Rose hesitated a little. She was trying to think of some excuse.

“Do not even try to lie.... otherwise you know what I can do with my magic,” Madam Black warned them.

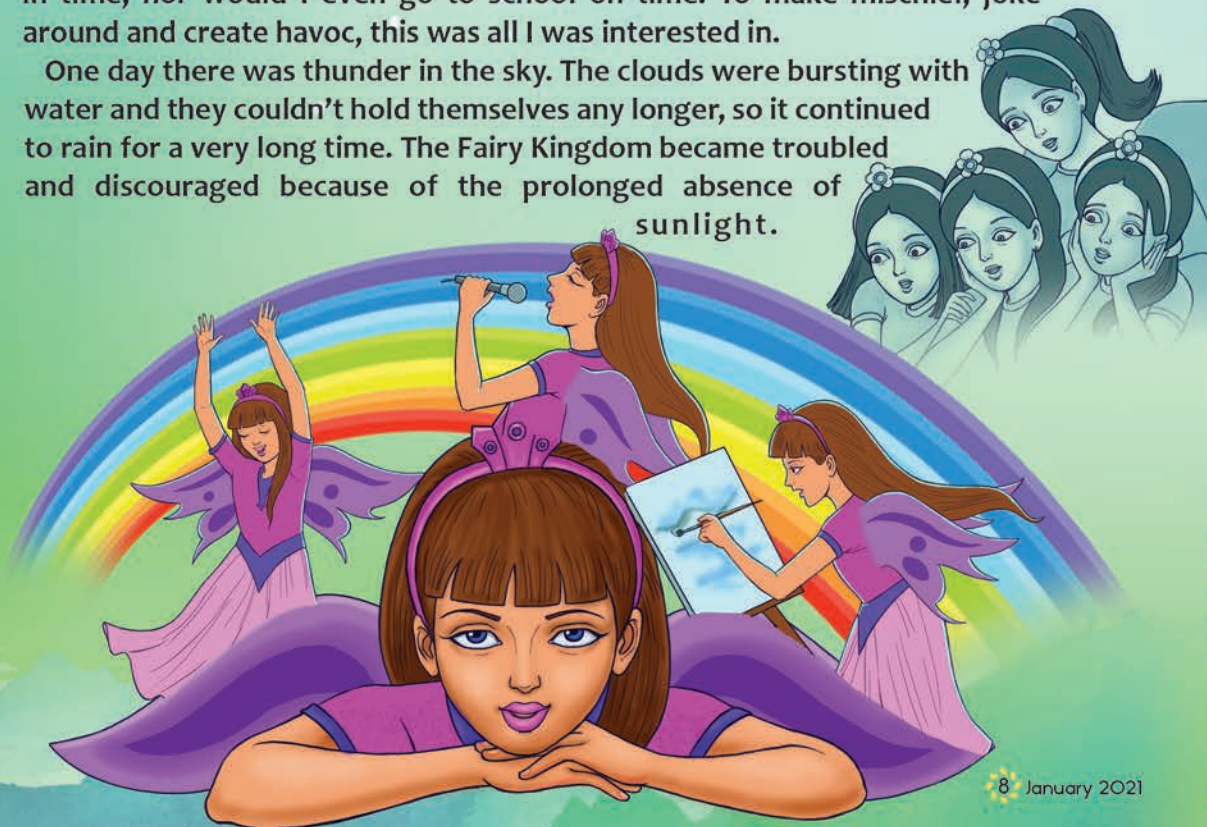
“Madam, we came here to spy on Minnie,” and they confessed to Madam Black their behaviour towards Minnie and the curiosity that led them here. Madam Black listened with amused interest. And then with a serious face, she gestured to the fairies to take a seat on the floral bed.

“Minnie’s magic power is connected to an incident from years ago.” Narrating the story, Madam Black took the fairies back in time...

“Everything was new in the Fairy Kingdom. In my class, there were yellow, blue, orange, and many different coloured fairies. Everyone wanted to be of a beautiful colour when they grew up. Those were the good old days.”

“In those days I did not value the time at all. I would never complete any task in time, nor would I even go to school on time. To make mischief, joke around and create havoc, this was all I was interested in.

One day there was thunder in the sky. The clouds were bursting with water and they couldn’t hold themselves any longer, so it continued to rain for a very long time. The Fairy Kingdom became troubled and discouraged because of the prolonged absence of
sunlight.



Even the Sun Fairy could not cheer them up with occasional rays of sunlight. Eventually, the Fairy Queen, along with her assistant, took all the fairies from my class into the sky. The colourful fairies flew together from one corner of the sky to the other. They made such a beautiful rainbow in the sky, and this spread a lot of joy over the Fairy Kingdom. This was the first rainbow in the Fairy Kingdom.

That day those fairies were officially declared as Rainbow Fairies. As usual, I reached school late that day, and I lost the only chance of becoming a Rainbow Fairy. Now the colour black will never be seen in a rainbow. It was then that I understood the real importance of regularity. I promised myself that rather than crying over the lost chance, I would start afresh and develop a disciplined way of life, and do something worthwhile in the Fairy Kingdom. And I taught this to my family too. My granddaughter, 'Miss Minnie Black', does not have any other power except the power of regularity.

"Oh really??" said Jasmine, Rose and Flora in unison.

"Yes, my dear fairies!" Madam Black said lovingly, "Minnie is always regular and that is why she is so good at everything. Check the notes that you made while spying on Minnie. She did not just study all the time. Study, music, fun and rest...she did everything one after the other."

The fairies quickly checked their notes and then agreed by nodding their heads.

"Grandma, grandma.... Do you know what happened?" Minnie came into the room excitedly, grabbed Madam Black's shoulder and said, "I taught a little bird in the garden how to fly...." Just then her gaze fell on Rose, Jasmine and Flora and she went quiet.

"Minnie, your friends have come to see you. Will you show them our garden?" Madam Black asked.

For a few moments Minnie hesitated. Then with a smile she asked the fairies, "Will you come with me?"

"Why not?!" All three answered together.

"Follow me," said Minnie...

From that day, all three followed Minnie's footsteps and gained Minnie's 'magic power' of regularity.



A Glimpse of Amazing Regularity



Waking up on time



Watch daily energizers and
Niruma's satsang video



Reading monthly magazine



Fruit time



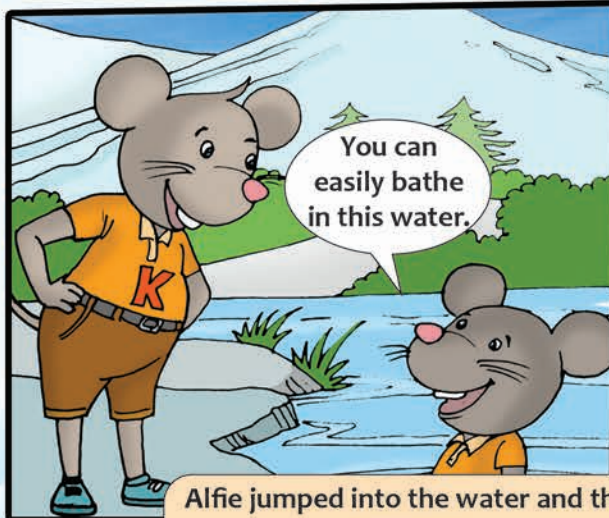
Study time



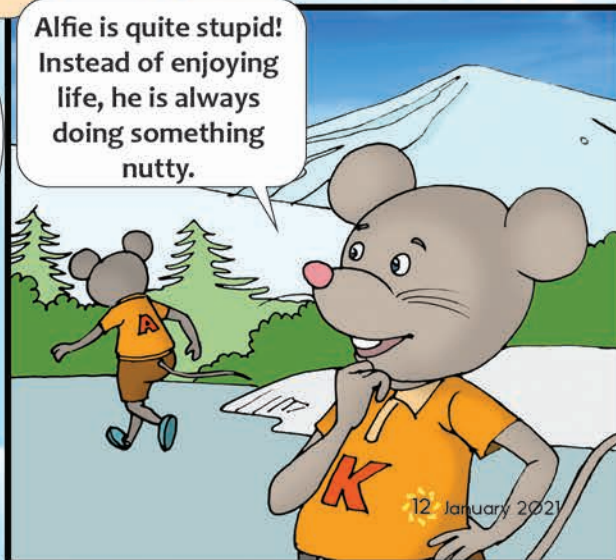
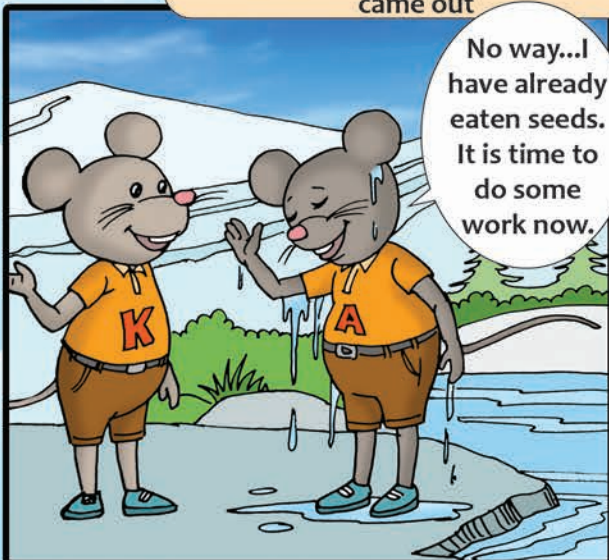
What happened,
Coco?

The water in
this lake is
too cold!
How can you
bathe in this
water?

FORMULA



Alfie jumped into the water and then
came out



That night there was heavy snowfall in the forest. Alfie and Coco's nest was buried in the snow. Both of them tried very hard to get out, but they were not successful.



Days passed but the snow did not melt. Alfie remained well but Coco's condition was not good due to the lack of food and drink.



After a few days they both tried again to dig themselves out of the snow.



Oh my God!!
I am going
to die in this
cold!

Don't get
dishearte
ned
Coco. We
will get
out.

Alfie continued digging. But Coco had already lost courage.



Alfie, who I
thought was
stupid, is
actually very
strong!

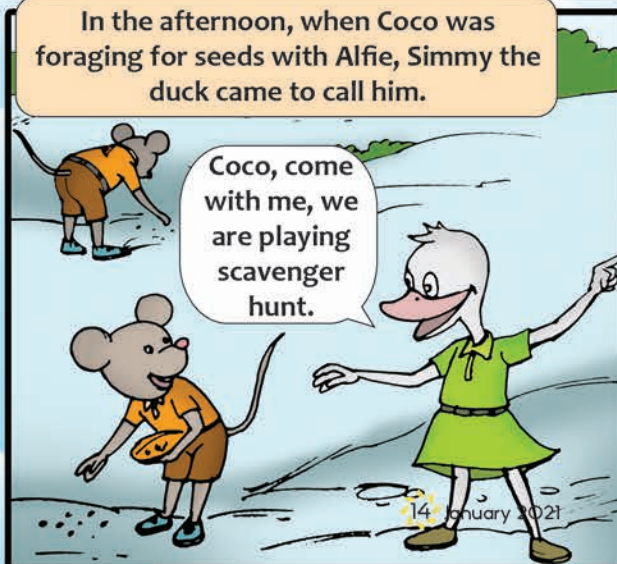
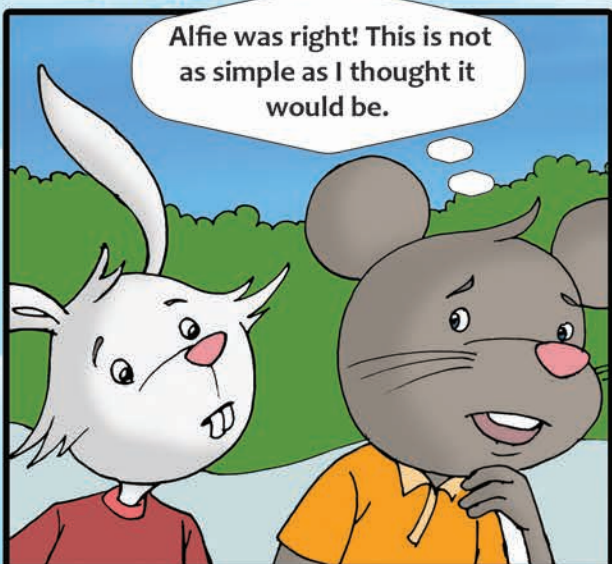
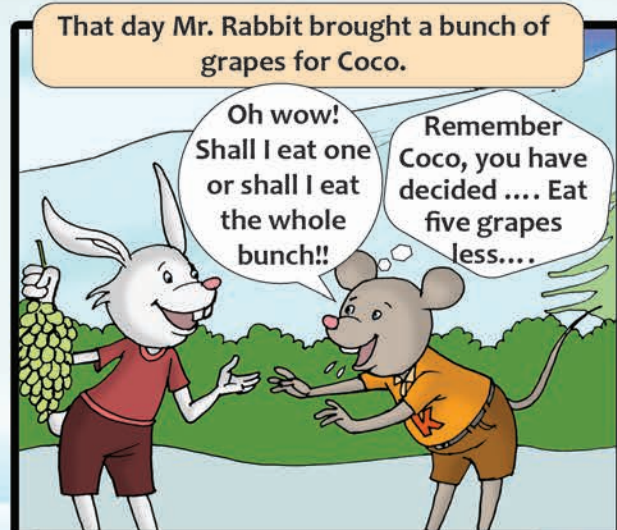
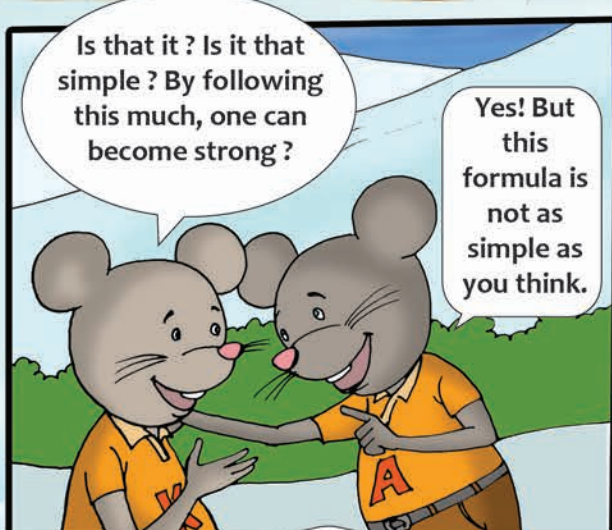
Alfie finished digging the way
out and pulled Coco out too.



Thank you
Alfie. You
saved me. I
want to be
strong like
you.



Eat five grapes less,
Work for five minutes more,
Up to one-hour play is best,
Follow this like it's the law....

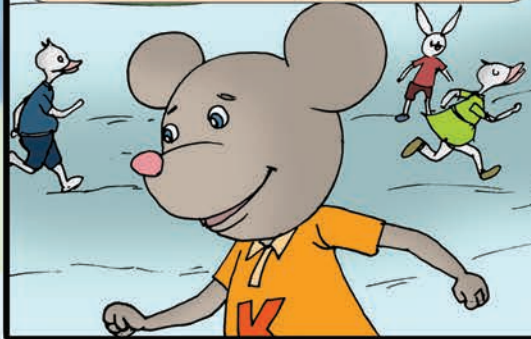


Coco was about to scamper off to play, but remembering what Alfie had said, he decided to stay for five minutes more.

There is great satisfaction in following the rules we have set for ourselves!!



Everyone got well into the game, but Coco only played for one hour and then left. Step by step, Coco started following the formula that Alfie had told him about.



One day...

Alfie, now I am able to do a lot of tasks that I could not do before.



That is because, before you used to just enjoy yourself mindlessly. Now by following all the rules, you have retrieved your strength.



Suddenly, there was sound of thunder....

Gone are the days when I would get scared in difficult times!!



Let's Play



The below 10 animals are hidden in the picture. So let's find them

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

My 'Habit Tracker'

How many days in the month are you able to follow the good habits listed in the table? On the day that you follow a certain habit, place an 'X' in the appropriate box. Fill in the empty spaces yourself, and try to follow that habit every day.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31
01 I will help in the house with -----																														
02 I will finish the homework on the same day that it is given.																														
03 I will watch TV for ----- minutes.																														
04 I will read five pages from any book for ----- minutes.																														
05 I will bow down to God before going to school.																														
06 I will have my breakfast, lunch and dinner with my family.																														
07 I will wake up at ----- am in the morning.																														
08 I will play on the video game for ----- minutes.																														

This person works for approximately twenty hours in a day. No matter what time he goes to sleep at night, he invariably wakes up at 5 am in the morning. It sounds like this is a story of a superman! Not at all.... this is the Prime Minister of India – Shree Narendra Modi.

Do you know the secret to his productivity? His regularity!

Mr. Modi's day starts regularly in the morning at 5 am with yoga, pranayama (breathing exercises) and exercise. It is because of his healthy lifestyle that the Prime Minister is so active and energetic, even at the age of 69.

He prefers to have a very light Gujarati breakfast in the morning. During breakfast he looks over all the national and international news and updates. By 7 am in the morning Mr. Modi is aware of everything going on in the world.

Mr. Modi is very particular about punctuality. He always reaches his workplace on time. He always makes good use of his time. For example, he keeps up with meetings and work even during flights.

For lunch and dinner, he likes to have simple home-cooked food with minimal oil and spices.

Mr. Narendra Modi's determination is also terrific. Since many years he has been fasting during Navaratri (A festival of nine nights). During the nine days of Navaratri he only has hot water and lemon juice. He would never break his rule, even if he has to travel abroad during this time. For example, one year when he was on a tour of the USA during Navaratri, he was served many different gourmet dishes, but he stuck to having hot water and lemon juice only.

Friends, how steadfast is our Prime Minister's determination and regularity! Come on, let us also follow this good habits sincerely, and experience the benefits .

R
e
a
i



L
i
f
e

Test yourself!

There are abundant benefits to regularity. So what is harmful about irregularity? Friends, we have definitely accepted being regular in a lot of things in our lives. But what would happen if irregularity creeps in these cases? Come on, let us give this a thought and appreciate their regularity

What if this happens.

What would happen?



What if blood stops flowing to the legs for 2-3 minutes?

Would get pins and needles.

2

What if the heart decides to have a break for 10 minutes?



What if the sun gets tired of rising on time every day and goes on holiday for one week?



What if blood stops flowing to the legs for 2-3 minutes?



What if mum decides to make dinner only whenever she feels like it?



What if the soldiers do not regularly protect the country's border?



What if the school bus driver comes half an hour late every day to pick you up?

Answers to 'Let's Play'





And lastly ...



Let us also make one New Year resolution
and try to follow it throughout the year with
regularity and sincerely.

Send us your resolution to this Email Id:-
akramexpress4kids@gmail.com

Yes, you can also send us the names and acts of the
people whose regularity gives you inspiration.



The name of one lucky
participant will be
published in next month's
Akram Express.

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