

Dada Bhagwan Parivar's

June 2021

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AKRAM Express



The Importance of Time

Editorial


Friends,

Imagine for a moment if there was a bank which deposited 86,400 rupees in our account every morning and then cancelled any credit balance every night. What would we do? Isn't it very likely that we would spend as much of it as possible before the day ends?

Well, we all have this type of bank account and the name of that bank is 'time'. This bank, in the form of time, gives us all an equal balance of 86,400 seconds (24 hours = 86,400 seconds) every morning. But if we do not make real use of this treasure of time from this bank then who will lose out? We will!

So, come on, in this edition let us understand the value of this treasure called TIME and learn to make good use of it.

- Dimplebhai Mehta



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Real Life Story

There was a student.
His name was Ernest. He
was very clever at studies.

Whether it was stories, essays or debates, he would be top in everything. A story-writing competition was announced at school and the top prize was 1,000 dollars. The announcement was made on the 1st of the month and the story had to be written and submitted by the 31st day of that month.

"There is enough time. Better start thinking about the plot now," said Ernest's sister. But her advice went through his one ear and straight out of the other. He went to play with his friends. Other students who were taking part in the competition had started preparing. Whenever Ernest's sister reminded him about the competition he would say, "Sister, what is the rush? There are still many days to go. I will write it at leisure." Ernest had too much faith in his intelligence. Does time wait for anyone? Time passed by and there were only two days left before the submission date. It was only then that he started to think about the story. The night before the entry was due, he stayed up till late to write a story and handed it the following day.

The result of the competition was announced. First prize was won by another student. Ernest's pride was shattered. He went home and sobbed. He said to his sister, "Sis, I made a big mistake by not listening to you."

His sister said, "You are very clever and you can write beautifully, but you did not understand the importance of time. You must consider time as very precious and yes, remember that there can be someone else who is smarter than you."

These words got ingrained in his heart forever. Going forward, he became well-known for literature. Ernest was awarded the Nobel Prize for Literature in 1954. Even to this day, Ernest Hemingway is well known as a great novelist and short story writer.

Time is very precious. Just like an arrow that has left the bow does not return, in the same way the time that passes by never returns. So, always make good use of time.



Gnanis Say...



QUESTIONER: I do not understand the meaning of importance of time. What is the importance of time?

PUJYASHREE: If we are two minutes late in reaching the station and the train has already left, then we would understand the importance

of two minutes. The train was waiting in the station platform two minutes ago. You were late and the train had gone. The ticket would no longer be valid, you would need to buy a new ticket, that would be double expense and you would end up being late wherever you were supposed to go. That is when you would understand the value of time.

QUESTIONER: I waste a lot of time. What are the consequences of that?

PUJYASHREE: All these things like TV, movies and the internet spoil the mind, affects the eyesight and this birth in human form is also wasted. To get such a human life again and again is hard to achieve but still we waste this life. In 24 hours, are we wasting two hours...or more?

QUESTIONER: More



PUJYASHREE: In two hours it is possible to get knowledge of the Self (Gnan Vidhi), the type of knowledge which is impossible to attain in countless lives and start the link for moksh (ultimate liberation). And yet we waste two hours watching TV. It is possible to make a great deal of progress in two hours!

QUESTIONER: So then how can we make good use of time?

PUJYASHREE: For what purpose do we live our life? If we are still studying then we should concentrate on that. Lead a life elevated with cultural and moral values so that parents are happy, teachers are happy and we live a good life. We can read Dada's books. You would be making good use of time if you read stories from mythology. We must decide that we want to spend time in a good way. It is best if we can live for the happiness of others.





Magical Inventions

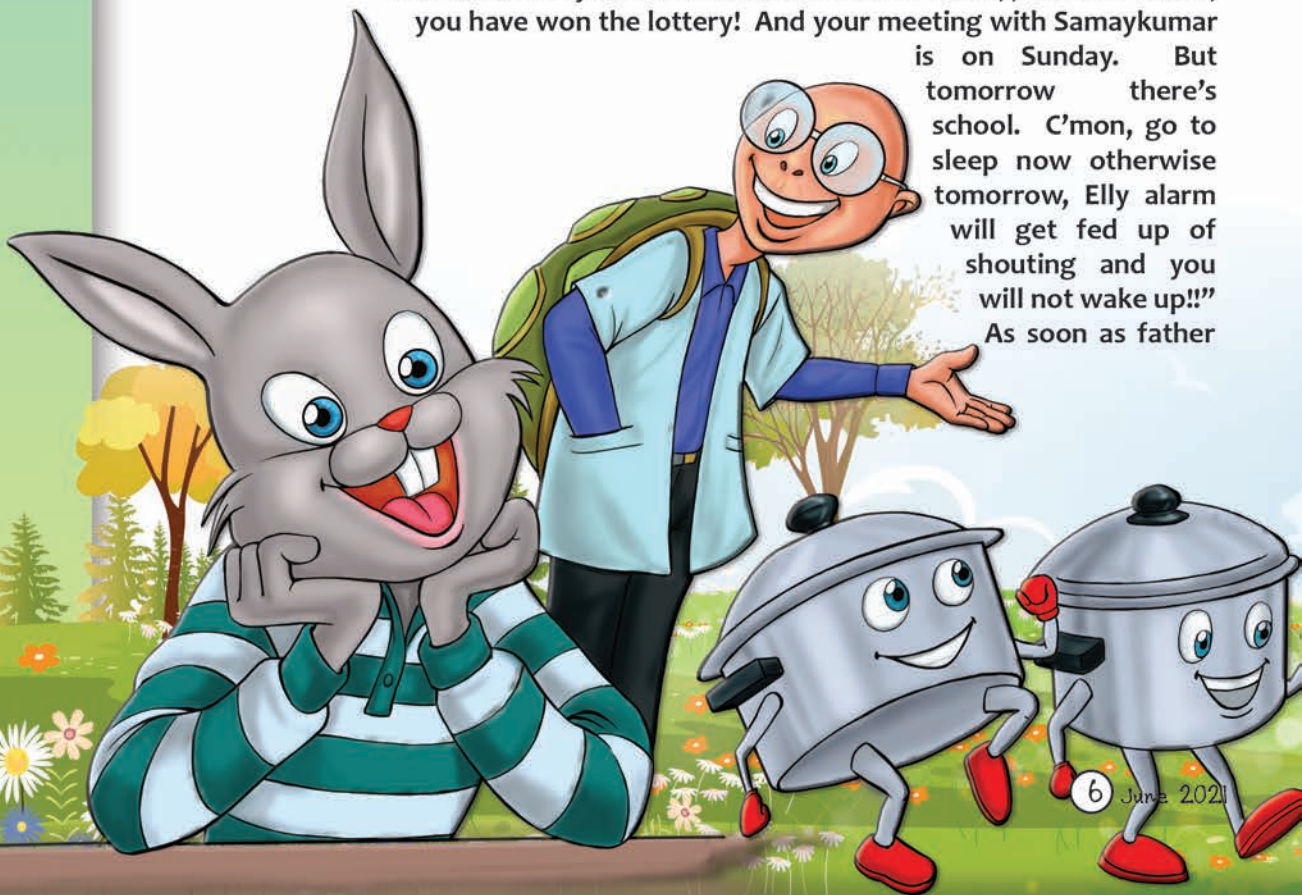
Bunbun was jumping up and down with happiness. Finally his dream was going to come true. "Breakfast with Samaykumar in the train!!!" Ever since he was little he had been a fan of Samaykumar. In fact, there was no one in the whole Avalon jungle who was not a fan of Samaykumar! Whether it was little bunnies or frogs, birds or lions, everyone adored the 120 year old tortoise, called Samaykumar.


With the use of technology, Samaykumar had made so many things talk just like human beings. All the vehicles and clocks of every home in Avalon jungle were able to talk. To young children Samaykumar was a magician.

In his latest discovery, Samaykumar had managed to make utensils walk and run around. He had started a programme called 'Breakfast in the Train' to exhibit his beautiful invention, where breakfast would be served to the children in utensils which were able to run around. These utensils would parade and then come on to the table by themselves and when breakfast was finished they would walk off the table and jump into the sink!

After a lot of praying and perseverance, Bunbun had finally got a chance to take part in this programme. This is why he could not contain his happiness. "This Sunday at 9.50 am I will be having breakfast with Samaykumar. Only one more day to go! Tomorrow is Saturday and then ...!!!" Before he could finish his sentence his father picked him by his soft white furry ears and carried him to his room, "Master rabbit, you have won the lottery! And your meeting with Samaykumar

is on Sunday. But tomorrow there's school. C'mon, go to sleep now otherwise tomorrow, Elly alarm will get fed up of shouting and you will not wake up!!!" As soon as father





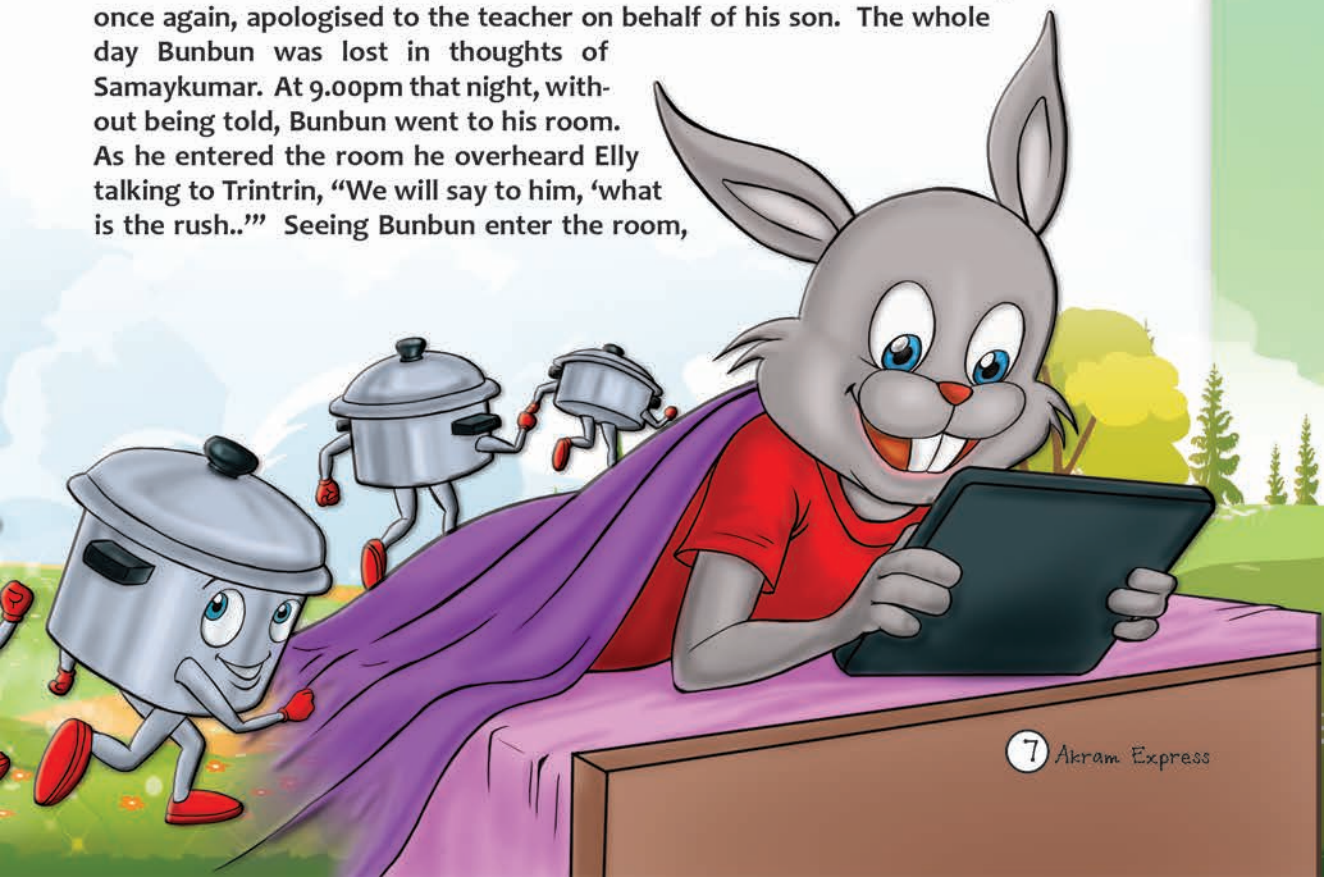
switched off the light, Bunbun gently opened his eyes and took his tablet into the bed and started playing a game in the dark. “Bunbun, go to sleep. Otherwise you will not be able to wake up,” Elly alarm warned him. “Oh but what’s the rush! Stop tock tocking!” He then watched a cartoon on the tablet for an hour and after that played a game for another hour.

The next morning, Elly alarm tried really hard to wake Bunbun at maximum volume, but he just kept saying ‘5 minutes’ and carried on sleeping. Finally, with only 20 minutes left before it was time to leave for school, he woke up. He went to the bathroom, took his toothbrush, squirted a blob of minty carrot toothpaste on the toothbrush and again slipped into thoughts of Samaykumar. Mother Rabbit shouted, “Hurry up Bunbun. It is getting late. Trintrin cycle has long been waiting for you.”

“He is late once again. Now father will have to drop him to school!” Elly said from the bedroom window to Trintrin cycle who was waiting by the roadside. “No, today he will come with me. He knows that I have been waiting for him. He had promised me yesterday that from now on he will not make me wait.” Trintrin had faith in Bunbun’s promise.

Just then Bunbun dashed out, breathless and pleaded to his father, “Father, please drop me to the school. If I go with Trintrin I will be late.” On hearing this, Trintrin made a mournful sound. “Bunbun, if you get ready on time then Trintrin would also not feel hurt and I would be able to get to work on time. Same drama every day!” said father, feeling irritated. “Please, father, drop me today! Next time I will not be late,” begged Bunbun as he climbed onto his father’s bumpy bike.

That morning, yet again, Bunbun was late for school and Mr. Rabbit, once again, apologised to the teacher on behalf of his son. The whole day Bunbun was lost in thoughts of Samaykumar. At 9.00pm that night, without being told, Bunbun went to his room. As he entered the room he overheard Elly talking to Trintrin, “We will say to him, ‘what is the rush..’” Seeing Bunbun enter the room,





Elly became silent. Bunbun looked at Elly warily. Suddenly he was scared, "What if Elly does not wake me up on time tomorrow?"

His fear became a reality. That morning, when he woke up and looked at Elly, his face suddenly turned red. "Oh no, it is already 9.30! Now how will I reach the station in 20 minutes?!" He yelled at Elly, "Why did you not wake me up?"

"Oh, but what is the rush? There is still.....," and before Elly could say anything further, Bunbun ran to the bathroom.

The station was 10 minutes away from home. That meant that Bunbun had only 10 minutes to get ready and be at the station. The same Bunbun who always had a smile on his face kept on bursting into tears. He was angry with mum and dad as well because even they did not wake him up on time. As soon as he was ready he ran to the door. "What's the matter, Bunbun? Where are you going?" asked father looking at the time. But there was no time to say anything. He made Trintrin run fast.

"Could you not have been ready earlier?" Bunbun took out his anger on Trintrin too.

"But, Bunbun, what's the rush...?"

"Just don't talk to me..." Bunbun made Trintrin speed up.

When he reached the platform he saw the train leaving right before his eyes ...his long awaited dream was disappearing before him. Until now he had never understood the true value of time. For a few moments he was speechless. Then he sat on a bench, curled his head into his lap and started sobbing.

Someone came and sat next to him and gently asked, "What is the matter, son, why are you crying?"

"I just missed my train!" sobbed Bunbun "And the chance to have breakfast with Samaykumar! Elly, Trintrin, mum and dad, they all purposely did this to me."

"Why?"

"I don't wake up on time. I waste time at night by playing games. And because of my running late all the time I am upsetting them. For that reason, to teach me a lesson, they did not wake me up on time and my dream is now shattered." Bunbun lifted his head up and looked at the stranger sitting next to him.

Bunbun's mouth was wide open and his eyes lit up in surprise. He rubbed his eyes just to make sure, "Is this some kind of a dream?"

"No!" said Samaykumar who was the stranger sat next to him! "It is only 9.15 am, he said with a broad smile. There are still 35 minutes left before our train leaves. It seems that you made a mistake when checking the time this morning."

"Oh!" Bunbun looked at the clock hanging in the platform, "So that means that this morning when I thought it was 9.30, it was actually only 8.30!" Bunbun breathed a huge sigh of relief. He regretted his anger and behaviour towards mummy, daddy, Elly and Trintrin. And along with that he was also absolutely delighted that his dream was still intact.

Samaykumar put his hand on Bunbun's head and asked, "Do you know why my name is Samaykumar?"

"Because you are 120 years old," Bunbun replied promptly.

Samaykumar burst out laughing, "No, this name has been given to me by my friends. Since I was your age, I always used to get to school early. Whenever I had time I would

read different books.” Due to this habit of mine, my friends used to tease me by calling me ‘Samaykumar’ and saying, “You are a tortoise. It will be fine even if you come late. Why are you early to reach everywhere?”

“What did you do then?” asked Bunbun.

“What else! I happily accepted the name given by my friends and with the help of technology I made useful inventions, such as clocks and mini vehicles and made it possible for them to walk and talk, which all helped me to be early everywhere! Everyone looked upon these inventions as magical, but really it was only the idea of wanting to put time to good use which was the magic behind these inventions. C’mon now, let’s board the train - young friends like you must be waiting for me. After all, we mustn’t make anyone wait for us!” Samaykumar said kindly.

Bunbun jumped up from the bench where he was sat and said, “Even I will become like you when I am older. I will make tablets and mobiles walk and talk. If anyone wastes time on them like I do, then they will first get a warning from the tablet or phone. And if they still don’t listen then the tablet or phone will be able to walk away from them!” Samaykumar was really happy to see such big dreams in little Bunbun’s eyes.

We do not know whether Bunbun will grow up to create any such inventions but, at least today he has found ways of getting things done on time!





Absolutely

New and Different!



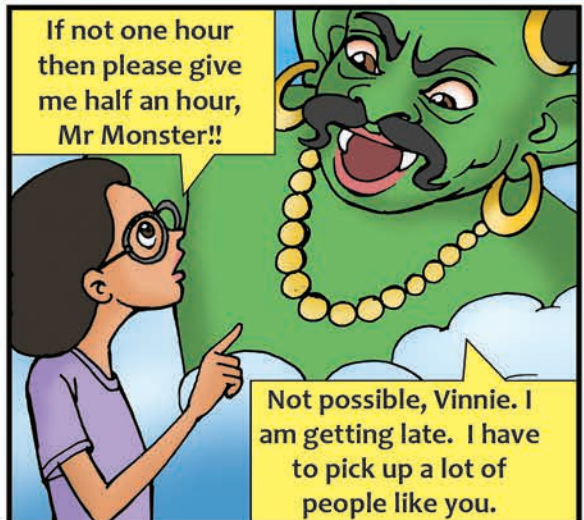
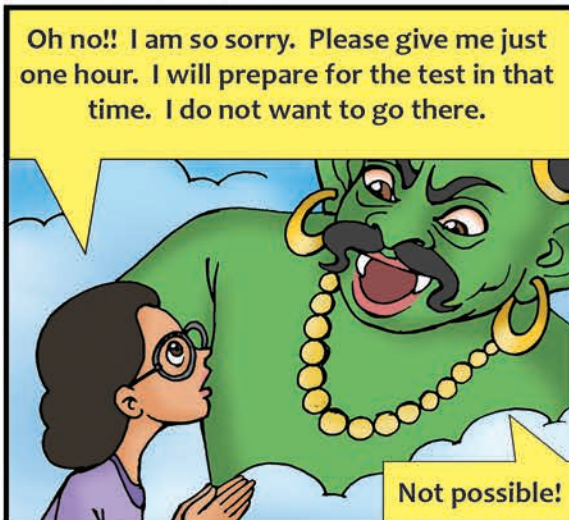
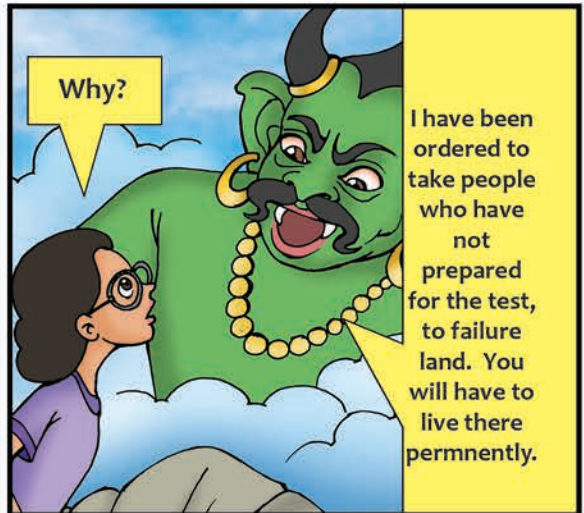
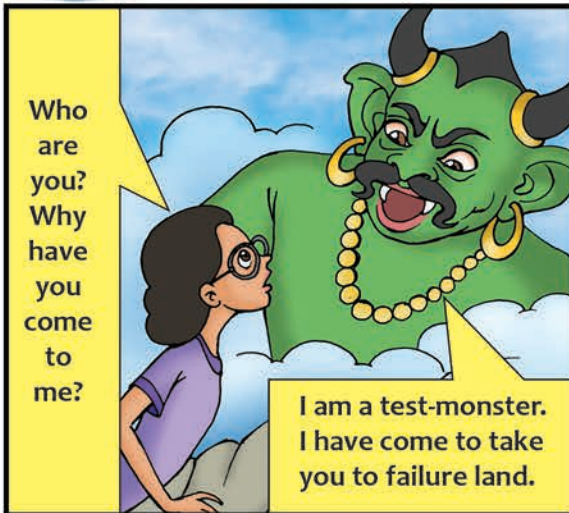
When we waste time we should ask ourselves 'what did we achieve from this?'
Waste of time and waste of energy.



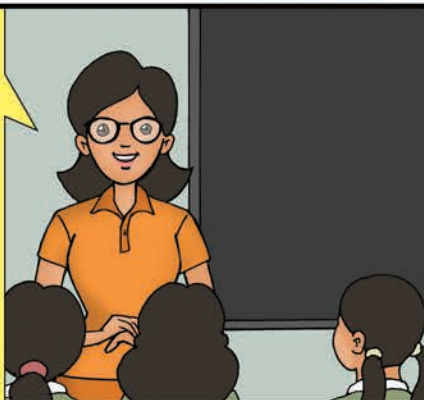
After wasting time, take time out to repent. Reflect on where we made mistakes. Did we spoil our intent while watching TV? Did we look at anyone's faults when interacting with someone? Did we speak negatively of anybody? Did we gossip? Ask for forgiveness for all these.



Lost Time is Never Found Again



Today we will study about the American leader, Benjamin Franklin. He was one of the Founding Fathers



of United States of America. He was also a very good writer, scientist, inventor, postmaster and social worker.



How can one person do so much work? What secret did Benjamin Franklin have? You all have to find out this secret and present it during the assembly on Wednesday.

The whole week Vinnie was busy.



On Wednesday,

Ready, Vinnie?



Ready for what?

We have to give a presentation in the assembly hall today. Have you forgotten?



Oh no! Is it today? I completely forgot about it.

Now everyone will make fun of me. Oh God, please give me a last chance. From now on I will never waste time. I will prepare for everything in good time.



If only this was one of my nightmares and not a reality!



What happened, Vinnie? Did you hear? Our presentation has been cancelled and it is now rescheduled for next Wednesday.

Vinnie was ecstatic. She hugged Bhumi.

Thank you, God! I promise that I will not let this chance go to waste.



A week later,

200 years ago Benjamin Franklin said, 'Lost time is never found again'.



Benjamin Franklin worked really hard. Despite his hard work he used to get complaints from some people and so he started to study his own actions. He recorded everything he did in a diary.

How many jobs did I do that were worth doing? How many jobs did I do that were not worth doing? How many jobs did I do that did not really need doing?





After a week he saw that he had done very few jobs that were really worth doing and had done all the jobs that really did not need doing.

Benjamin Franklin made a simple table where he listed all the jobs that needed priority. For years he continued to follow his time table. And that was the secret of his success.



Every time I had to prepare for a test, I would waste precious time on things that were not important. I wasted time doing things that did not need doing. Many a time I had horrible nightmares that I had failed.



While researching for the secret of why Benjamin Franklin was so productive, even I started following that secret. Today I am filled with contentment that I am putting my time to good use and there is no longer fear of nightmares.



Well done, Vinnie! By putting your time to good use you will never be fearful of failing tests in school or college as well as in LIFE!

My understanding



Pujyashree says that we should use our time to achieve our goal, but what does 'goal' mean?

When you are older you want to make mobile phones that can walk and talk, so that is called your goal.



Bunbun has a goal in mind, so what is your GOAL?

So Bunbun, now how will you utilise time to reach your goal?



– I will do research on technology! Then ...



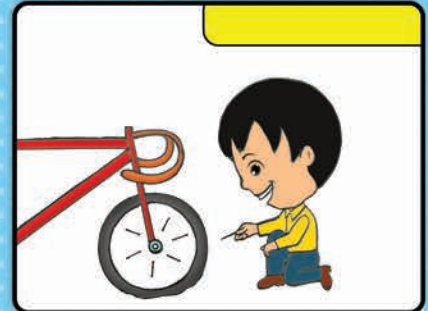
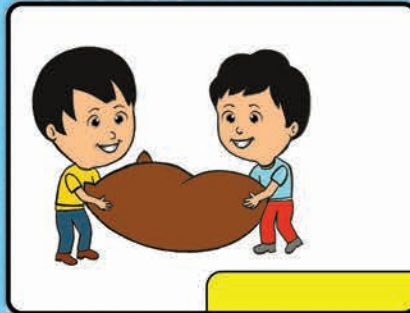
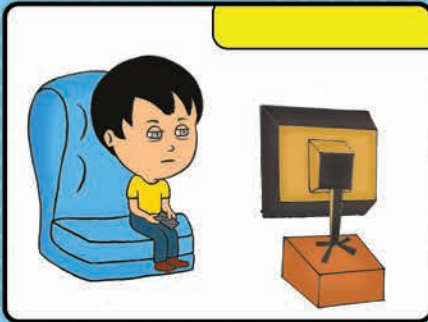
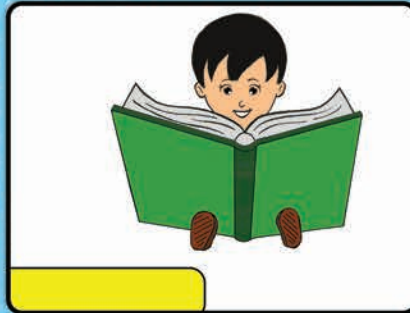
Bunbun has already started planning how he will go about achieving his goal. You too can write down your plan below and do not forget to share your ideas on this email: akramexpress4kids@gmail.com



Krish and Rish



Krish and Rish are twin brothers. They are both making use of their time in different ways. Krish is making good use of time and Rish is wasting his time. From the pictures below find out who is Krish and who is Rish.



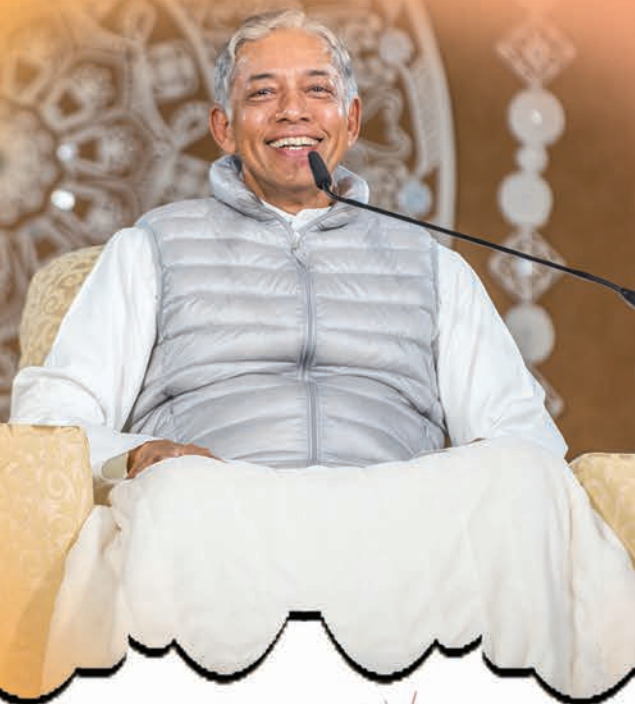


Find out the number of
watches in Amaya's
room.

Let's Play...



My Gnani



Pujyashree is very keen on understanding the principles of Dada's Akram Science from the very beginning. Whenever he gets time he makes effort to understand this science at a deeper level.

After waking up in the morning, he has never slacked off and thought 'let me take a break for 10 minutes'. From the moment he wakes up his sincerity starts.

From a young age Pujyashree had decided the goal of his life and he has remained sincere to that goal. When he realised the importance of a task, he would give priority to that task over eating, drinking, sleeping, touring, relaxation, etc. He would stick to his goal. Whether it was completed slowly or quickly was irrelevant, but whatever task was in hand he would complete it

Whenever he got some time during his working hours, he would continue with his spiritual efforts to reach his goal. He wouldn't waste a single minute! He would even pray to Dada in his free time.

It is very rare to see such amazing good use of time! Come, let us also understand the importance of time and, like our Gnani, learn to make good use of it!

Pa Sandwich

20th June 2021
Father's Day

Ingredients:



- 4 slices of bread
- 2 spoons mayonnaise
- 1 tbs grated carrot
- 1 tbs grated cabbage
- 1 tbs finely diced coriander
- 1 tbs finely diced onion
- salt as per taste
- ½ tsp pepper powder
- 2 slices of cheese for garnishing
- Tomato sauce for garnishing



Cut the sides
of the bread
slices



Mix the grated carrot,
cabbage, coriander and
onion, add salt and
pepper powder.



Spread this mixture on
one slice of bread and
place another slice on top
of it



Cut the slice
of cheese in
a shape of a
tie and
place this
on the
bread and
decorate it
with
tomato
sauce.

Enjoy this
special pa
sandwich
with your pa

pa sandwich



Value of Time



Time is free, but it is priceless.

Time is more valuable than money. You can earn money that you have lost, but you cannot get back the time that you have lost.



The greatest gift you can give someone is your time.



Puzzle Answer : 16 clock

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