

Dada Bhagwan Parivar's

March 2021

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AKRAM Express



By Observing Him,
May I Become Like Him



By Observing Him,
May I Become Like Him

AKRAM
EXPRESS

Editorial

Dear Friends,

6th March is our beloved
Pujiyashree's 'Gnan Day'. But this year's Gnan day is
exceptionally special. Do you know why?

This year marks the completion of fifty years since Pujiyashree
took Gnan. It is a **golden jubilee!!!** What a fantastic fact!

Yes, it is a matter of great joy for us. But Pujiyashree will be
happy only when we don't hurt anyone and live together in harmony. Our
only gift to him is to keep moving forward on the path of 'Gnan' even if our
steps are small and slow. One such friend of ours is Akash. He also likes
to live in a way that makes Pujiyashree happy. Do you want to know how
he brings about a change in himself? Let's read this
issue to find out...

-Dimplebhai Mehta

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Contact at:
Balvignan Department
Trimandir Sankul,
Simandhar city,

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

Phone:(079)39830100

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12 February 2021

6 March 2021

Golden Gnan
Jubilee



By Observing Him,
May I Become Like Him

Today is 6th March 2021. Do you know, Pujyashree and I have something in common right from the day I was born. Do you know what it is?!!! My birthday falls on the same date as Pujyashree's Gnan Day! There is also one thing definitely in common between you and me as well. Guess what it is... Akram Express! The first ever issue of Akram Express was published in 2008 when I was seven years old. Today I am twenty years old and I received the best birthday gift ever. My father told me, "May you be happy, son. Akash, your mum and I are pleased with the way you keep us happy, but I am sure that Pujyashree must also be very pleased with you."

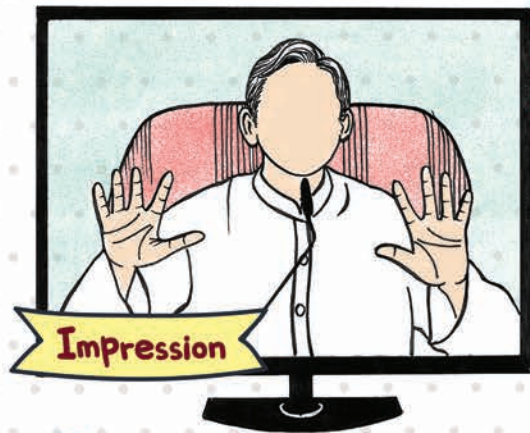


If the goal of my life is to always keep him happy and if he is happy with me then what more could I want?

Today I feel overjoyed and I want to share that joy with you. Was I like this before? No!! But yes, I used to keep a Diary! Today I am going to open some pages from that diary and let you peep into my life's story.

January 10, 2010

Today madam was unfair to me. She made Sahil a monitor and not me! I felt very bad. It is because he sweet-talks madam and always follows her around like a shadow. I felt that I also want to make a good impression in front of her. But when I switched on the TV at teatime, I heard what Pujyashree was saying and decided to change my plan.



Pujyashree said,

"I move away from situations where I would impress someone. What is the need to do show-off? It is advisable to be natural and spontaneous. Did the Gnani (the awakened One) or Tirthankar (the absolutely enlightened One) try to impress anyone? When someone



tries to make an impression, I would just think that thousands of cars speed along the highway and if one car goes ahead of me what difference does it make to me?"

One of Dada's sayings is that "A person who never tries to impress or influence others, will radiate an aura of power and influence, over the entire world."

Listening to what Pujyashree said made me very happy. I decided that I will not seek to impress anyone.



6 MARCH 2010

It is my birthday today. Early in the morning I had a squabble with my parents. They had told me they would give me a new watch on my birthday, but they did not get me one. It ruined my birthday. The entire day I was moody. But, in the evening when I went to Pujiyashree, He was saying,

"I had served my parents right till the end. Although my father was sometimes annoyed with me, my humility towards him would never break. I had decided that I will never hurt him. And if he was ever unintentionally hurt by me then I would immediately do pratikraman (ask for forgiveness) I never saw fault in him. Not even once in my life have I answered back to my father. Eventually my father was very pleased and in his later years he said, 'You are my guru'.

I felt very bad for having behaved in such a bad way with my parents. I like Pujiyashree very much. He never argued with his parents so I too will not fight with my parents. I bowed down to my parents and said 'sorry' to them.

Caring for parents





21 March 2010

Sincerity



Today I got 35 out of 50 in my science exam. I was very upset as I really like science. Maybe I had not studied enough. I was in a bad mood. I decided to watch a satsang (spiritual discourse) on my laptop. Pujyashree was saying something interesting...

"My rule is that sincerity starts from the time I open my eyes and from then on there is no slacking. The importance of work would be so much so that my sincerity towards it would override normal routine like eating, drinking, sleeping and going out.

Sincerity means to 'stick to' it. If you are slow, then work slowly. If you are fast, then work accordingly. But complete whatever work you have been given."

My Pujyashree is the best and I want to be sincere like him. My father said that science is very important, so now, I will also study with sincerity.

WEEKLY GOALS



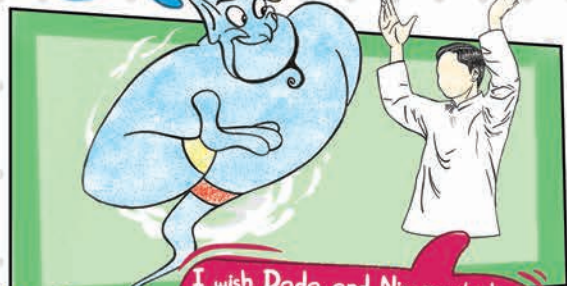
Pujyashree, what is your wish?



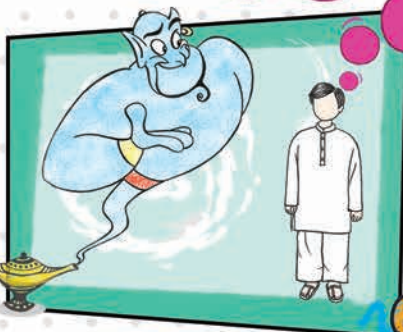
19 MARCH 2012

Akash, what is your wish?

Hmm... Video games, tasty food... No No... I also want to be like Pujyashree.



I wish Dada and Niruma to be here. I wish to take all the mahatmas to Simandhar Swami.



Summer camp was so much fun this time. The Didis (kids activities volunteers) had planned some great activities for us! In the evening there was Pujyashree's surprise satsang. Diary, if I tell you about him then you will also become his fan. He said that,

"My first seva (selfless service) was to sweep the floor and to lay the rugs down on the floor before satsang and to fold them and put them away after satsang. I would bring flowers for the aarti (devotional singing accompanied with burning oil wicks) and also tidy up and clear everything away after satsang. When mahatmas came from abroad. I would pick them up and drop them and also carry their bags. Sometimes part way through a satsang I had to go and post letters for mahatmas. No work was too



15 May
2011

SEVA
for
Dada's
Work

small or too big. In my mind, doing something for mahatmas was verily the same as doing it for Dada. I used to fill a large hold-all with pad (hymn) books and take it to satsang, distribute the books and collect them after satsang was over. After new batch of books were received I would pack them and store away extra books in the loft. This is how my seva began. My life's only goal was to do Dada's work all day.

When Dada arrived, I would take off his shoes and socks take his coat and hang his hat on the peg. I got opportunity to do Dada's seva during the pilgrimage. At night, I would massage his legs with oil. Dada had said that as a result of this seva, I got Dada's blessings and the state of awakened spiritual awareness (jagruti) arose within me."

Diary, now you know that no seva is too big or too small. Like Pujyashree, from today I too am ready to do any seva. All I want is to do Dada's work.





Niruma always used to say that she is 'sweet sixteen'! Today, on Pujyashree's Gnan day it was my sixteenth birthday, which was the sweetest ever. Ranging from babies to the youth groups, a lot of heart-warming conversations were enjoyed with Pujyashree. It was so nice to know that everyone has the same feelings as I do, for Pujyashree. Everyone wants to be like him. Diary, I am telling you everything that I remember.



Me + My Pujyashree.



I really like
Pujyashree's smile.
 I like to see his
 dimples appear when
 he smiles. I like to
 see the dimples appear
 when he smiles.



I like it when Pujyashree breaks
the pot during Janmashtami
I think he looks like Lord Krishna.



I was not good at spelling,
 but after seeing Deepak Dada,
 I now know how to spell.





My anger subsides when
I see Pujoyashree.
I want to be like Him.

We are so lucky to have
such a Gnani whom we can
meet and ask questions. He gives
us super answers too.



When I was little, I gave a flower
to Pujoyashree and he handed it
back to me. I still have that flower.

When we are under a big tree, we get shade and also its fruits and flowers. In the same way, when we are with Pujyashree, we get to see and experience pure love, a feeling of security and calmness and many more such qualities.



My mother had cancer. She wanted to meet Pujyashree and take his blessings, so we took her to Dada Darbar. Pujyashree told us to look after and care for our parents as much as possible. This seva will help you a lot in the future, and that is what we did.

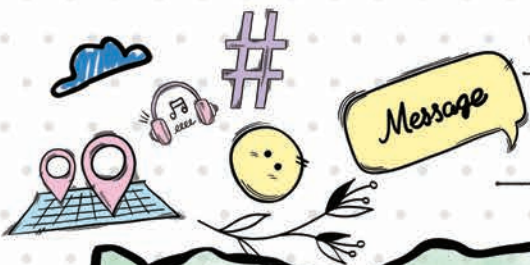


SEVA

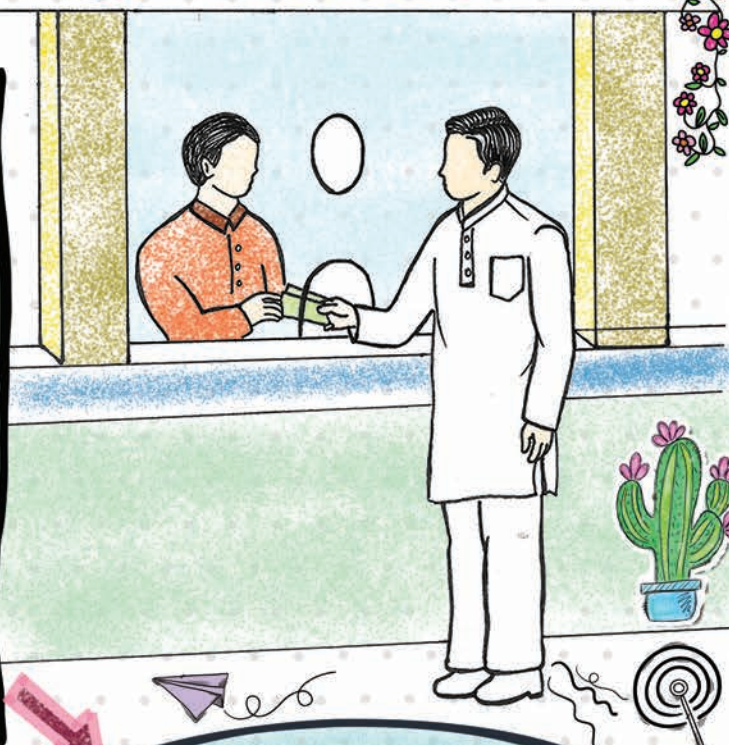


When someone stops us from doing something or tell us off, generally we do not accept it nor like it. But there is something unique about the Gnani. We follow whatever they tell us, without fail. At the Fusion Camp, Pujyashree explained to us that we should respect our parents and teachers. Straightaway

I thought, 'if Pujyashree is saying that then I must start following it'.



TICKET



Today, I had gone to a restaurant with my friends. After having dinner, Adil made an excuse and left without paying the bill. The fatso ate the most and we had to foot the bill. At night I went to see an Aptaputra (one who is trustworthy at all times) and I told him about what had happened earlier in the day. He showed me Pujyashree's satsang clip.

Pujyashree said,
 "Dada Bhagwan taught me that when we go out with someone, we should be happy to spend money on them. I do not spend on myself. I only spend




 2 January 2018



on essential and necessary things. Why should I spend money on new slippers if the old ones are still in good condition? I will not spend on new ones. But I would give away to others without too much thought. Then it so happened that there was a constant inflow of money. When it comes, I would spend more on others and this increased the inflow even more. The important thing to understand is that the generousness removes obstacles in our way. Spending on others has a much bigger return for you than spending on yourself."

The Aptaputra brother asked me with a smile, "Can we not do what Dada taught Pujyashree?" I replied, "Yes". Today, I accept this as a challenge and I will do things for others without allowing any negative thoughts to enter my mind.

Do for others



Very GOOD

SHARE



12 February 2021



Today there was a world record. I ate poha (savory dish made from flaked rice) from Rahil's lunch box, even though it had curry leaves in it. Diary, you know that I get annoyed if mummy puts curry leaves in anything. But today I chewed the curry leaves and actually swallowed them. You should have seen Rahil's face. Then I told him the secret behind eating curry leaves and what Pujyashree had said.

"I used to have issues with a lot of different foods. If I ate a banana I would get a cold; spicy food didn't suit me; and if I ate urad dal (black lentil) my stomach felt



NO fuss over eating

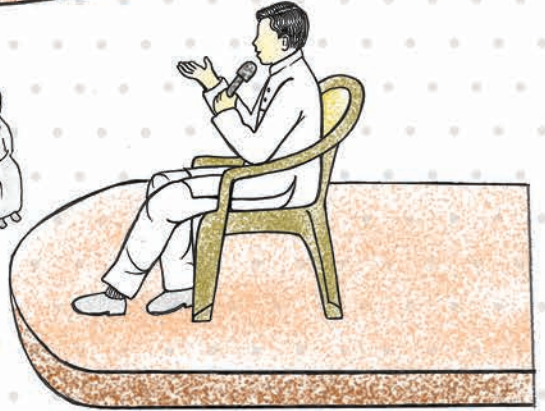
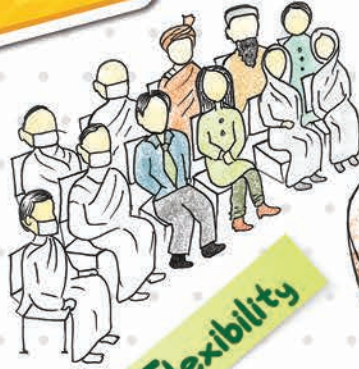


heavy. One day Niruma said, "Why are you quibbling? Just eat, you will be fine." So, I started to eat everything. Now I am able to eat everything without any problem. If I do not like something I will still eat a teaspoon of it. Gradually we become free of illness. When you say that you do not want to eat bitter gourd, then you might be forced to eat bitter gourd when you fall ill. So, when you stick to normality you will not fall sick.

After listening to me, I think Rahil has also become Pujyashree's fan. Listening to the secret of not falling sick, Rahil has decided to join me for Fusion during Diwali.



U Turn



Flexibility

4 november 2014

1 Today was the day of nominations for the inter school debate competition. The names of the best speakers in our school were selected. The teacher had forgotten to include

2 Abhishek's name. Later on when the teacher realized this, he called Abhishek to his office. But, Abhishek sulked and made an

3 excuse and refused to take part in the competition. I remembered what Pujyashree had once said,


4 "Once there was a Jain convention in Toronto, Canada. Pujyashree was the youngest speaker. Great Jain monks and nuns had come to the convention. It was the

5 turn of one important person to speak, but seeing a plastic chair on the stage for him to sit on, he got became angry and left. People from all over the world had come for this

6 convention. The organisers then requested Pujyashree to go on stage. Pujyashree had no problem with the plastic chair. When talking about this

7 event Niruma had said, "Deepakbhai would have had no problem even if he had to sit on the floor, let alone the plastic chair!"

8 My Pujyashree is so great! He is fine with any place and anything. You will see, Diary, one day I too will become as flexible as him.



11 March

2015



Today, I went to a restaurant with my cousins. The waiter made a mistake when taking our order. One of my cousins got really annoyed, but Kiranbhai had the best way to calm him down. He spoke of Pujyashree. When Pujyashree used to work as an engineering consultant, the boss would ask him many questions when a machine broke down and Pujyashree would answer them politely. Not only that, he would also be equally polite with the workers. He felt that the workers were more knowledgeable than him about the machine as they spent so much time with the machine. So Pujyashree would consider the worker as his guru when a machine needed to be repaired and he would become the student.

Pujyashree says that if we see good in others we become humble and our words will have a positive effect on the other person.

That was it! My cousin regretted his behaviour. And I felt that if Pujyashree can become a student of his worker then I will never look down on anyone and will not disrespect them. I will always see good in others.



Positive and Humble



6 Feb 2013



Diary, you know how I was looking forward to go on a school trip to Mount Abu. At the last minute my mother said that I should not go as my grandfather's health was not very good. Just imagine! Who would do that?! You know, everyone in school was talking about the trip today. My mood was completely spoiled. That is why in the afternoon I went to see an Aptaputra brother who is just like a friend. He told me something interesting about Pujyashree.

Sometimes Pujyashree was asked to go to another city, for example, Vadodara (city in Gujarat) so he would be all packed and ready to leave. Just then Niruma would come and say, "Leave it today. Do Dada's work. There is no need to go." Pujyashree would say 'okay', and take his bag back in. He would never sulk or question, 'why did you say no? Everyone else gets a chance and why not me?' He would always adjust for any important work. He had decided that he would always do whatever Niruma said.



After saying this, the Aptaputra brother laughed and asked me, "Do you want to be like Pujyashree or not?" Now I am not feeling bad that I can't go on the trip.

Poem

Adjustment

For all my problems he gives me solutions,
By observing him, may I become like him, that's my resolution.
Just like a flower that opens up when it sees sunlight,
My heart opens up whenever Pujyashree is in sight.
His purity is such that cannot be found elsewhere,
Seeing his smile makes you forget your troubles and cares!



16 February 2013

2 July 2014



Am I supposed to be doing everything?

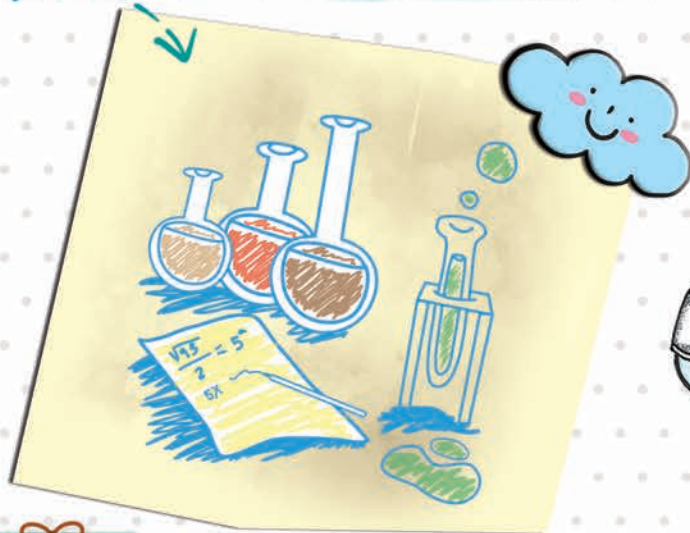
In a group project, the entire group has to work, isn't that so? But no one in my group is interested in working. Today, I have also decided that I will not do any work. It does not matter if I get bad marks. Others will realise when they get bad marks. So I left the project work. So, I left the project work and started reading Akram Express. And once again Pujyashree changed my mind. In the section Pujyashree with Kids, Pujyashree says,

"I am doing my work and he is slacking". There is no need to make this type of comparison. Keep on doing your work sincerely and also do other people's share of work. I used to do that. So today, such a time has come that no one allows me to do even my bit!

Today I have decided that I will not make comparison with others. I will do more than my share of work if I have to, just like Pujyashree.



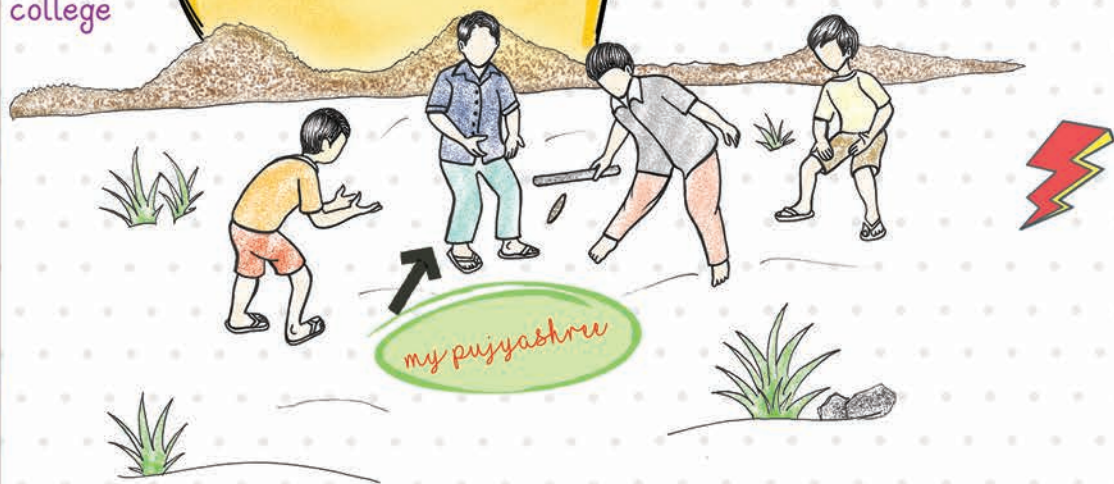
no comparison



Years ago, I had written a poem for Rahil. At that time, I found this poem to be funny. But Rahil was very hurt. At one time Rahil used to be my best friend. But ever since I wrote that poem, he stopped talking to me. I never understood what my mistake was. Today I asked Pujiyashree if he had ever made fun of anyone in school or college

24 July 2016

Skinny boy! Skinny Boy!
You're so easy, to annoy,
A puff of air, A puff of air
Will blow you,
away from here.



Pujiyashree replied,

"I had a playful nature but never made jokes that would hurt others. I used to play and have fun but never hurt others. I would never disgrace someone, or hurt someone's ego or mock at someone's disability. But I would do things where everyone had fun. I would play carom, chess or cards, gilli danda (game played with two sticks - ancient sport of India) and we also played with spinning tops. I never had any interest in teasing anyone."

Never made fun of anyone

It was today, after all those years, that I understood my mistake. I had played a bad joke on Rahil. Tomorrow I will go and apologise to him. I hope that he forgives me and that we become best friends once again.



Party Time

9 May 2017



Pujyashree, what gift will you give me for my birthday?

I will make you an Aptaputra.

Oh ! wow !!! If only I had asked that question.



Me

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





I also want to be LIKE PUJYASHREE!

Do you like Pujyashree as much as Akash does? Even more than him? Akash has decided to become like Pujyashree. What about you? By observing Pujyashree, by listening to him, recognising his qualities and setting a goal like him and sincerely following that goal you too can become like him!

Akash notes down in his diary, everything he likes about Pujyashree. He keeps this diary with him wherever he goes and in that way Pujyashree is always with him. Do you also want to be close to Pujyashree? Choose any of your favourite diary format or create your own format and write to Pujyashree what is in your heart. Then try to understand what is in Pujyashree's heart and write that in your diary.



 This way, you will always be close to Pujyashree!!

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