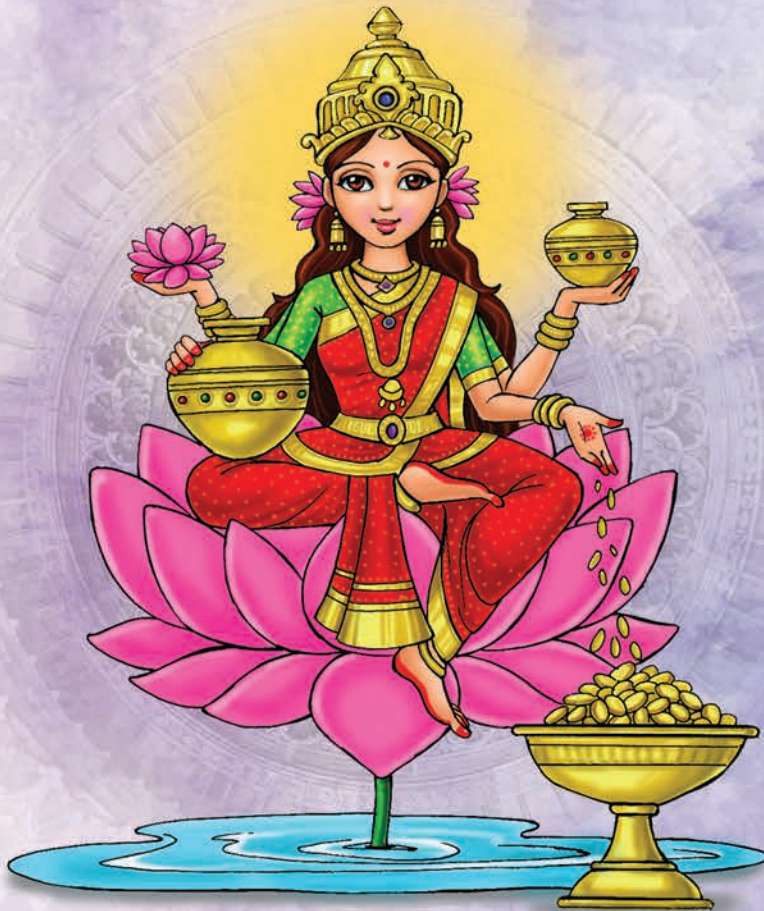


Dada Bhagwan Parivar's

November 2021

Price per copy : ₹ 20/-

AKRAM Express



O Mother Lakshmi, Grant
Me the Strength

To Live My Life With Morality



Maa Lakshmi



Editorial

Dear Friends,

Happy Diwali and Happy New Year to everyone! All of you must have had a lot of fun this Diwali and enjoyed the tasty delicious sweets. As per the tradition, together with your parents and the elders of the house, you may have worshipped Goddess Lakshmi on the day of Dhanteras (the first day that marks the festival of Diwali). But is Goddess Lakshmi only made happy by worshipping her on the day of Dhanteras? Or is there any other secret to make her happy?

In this issue we will learn with whom Goddess Lakshmi is happy, and with whom she isn't. What is the consequence of thefts carried out by mind, speech or actions? Who gets rich without any effort? This issue will contain lots of interesting facts like these. Nisarg's mysterious journey will continue to unfold; there is a Diwali Special Recipe for you and you will also get a chance to become a detective and solve a case in the activity section. So... are you ready?!

- Dimple Mehta



Vol.: 16, Issue : 4
Conti. Issue No.: 146
November 2021

Contact at:
Balvignan Department
Trimandir Sankul,
Simandhar city,
Ahmedabad-Kalol Highway, Adalaj,
Dist. Gandhinagar-382421, Gujarat.
Phone: 932866166/77

Email: akramexpress@dadabhagwan.org
Website: kids.dadabhagwan.org

Editor : Dimple Mehta

Printer & Published by

Dimple Mehta on behalf of
Mahavideh Foundation
Simandhar City, Adalaj - 382421,
Ta & Dist - Gandhinagar.

Owned by
Mahavideh Foundation
Simandhar City, Adalaj - 382421,
Ta & Dist - Gandhinagar.

Printed at
Amba Multiprint
B-99, GIDC, Sector-25,
Gandhinagar - 382025.

Published at
Mahavideh Foundation
Simandhar City, Adalaj - 382421,
Ta & Dist-Gandhinagar.

© 2021, Dada Bhagwan Foundation
All Rights Reserved

**Akram
Express**

Subscription (English)
Yearly Subscription
India: 200 Rupees
U.S.A.: 15 Dollars
U.K.: 12 Pounds
5 years Subscription
India: 800 Rupees
U.S.A.: 60 Dollars
U.K.: 50 Pounds
Send D.D./M.O. in the
name of 'Mahavideh
Foundation'.



Questioner: What are the rules of Goddess Lakshmi?

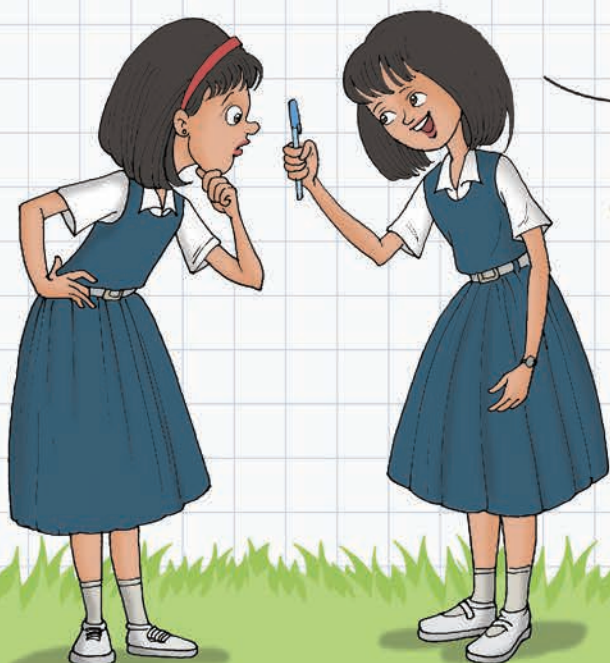
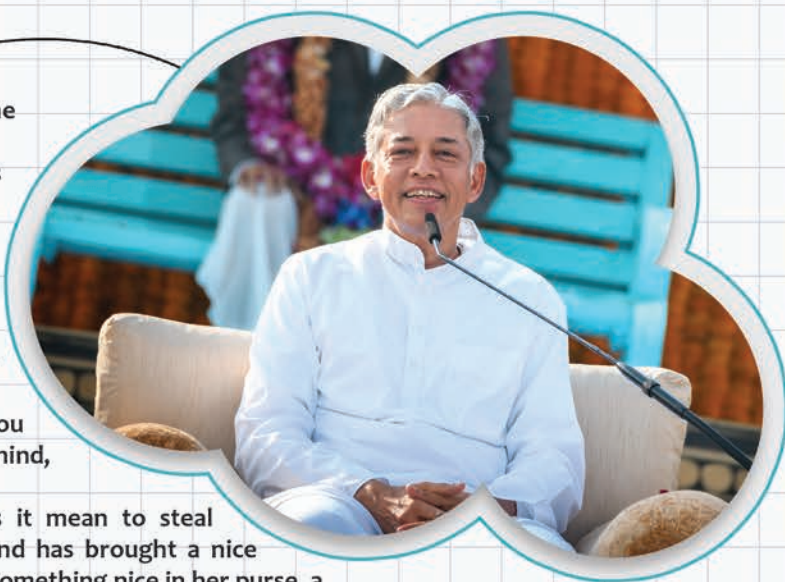
Dadashri: Goddess Lakshmi says "Who am I happy with? The one who follows my rules." Goddess Lakshmi is very happy with the one who does not steal with his mind, speech or actions.

Questioner: What do you mean by stealing with mind, speech or actions?

Pujyashree: What does it mean to steal with your mind? If your friend has brought a nice purse to school and you saw something nice in her purse, a nice ballpoint pen, then in your mind you think, "No one is watching. Let me just take it." To think about taking something from somebody, that is known as stealing with your **mind**. If you don't feel any remorse and you enjoy stealing, then you have committed stealing with your mind;

Then if you say, "These rich people deserve to be robbed. It's okay to be immoral and dishonest. Everyone does it. Why shouldn't we do it?" That is stealing with your **speech**; Those people who actually cheat others by selling adulterated and impure goods, are committing stealing by their **actions**.

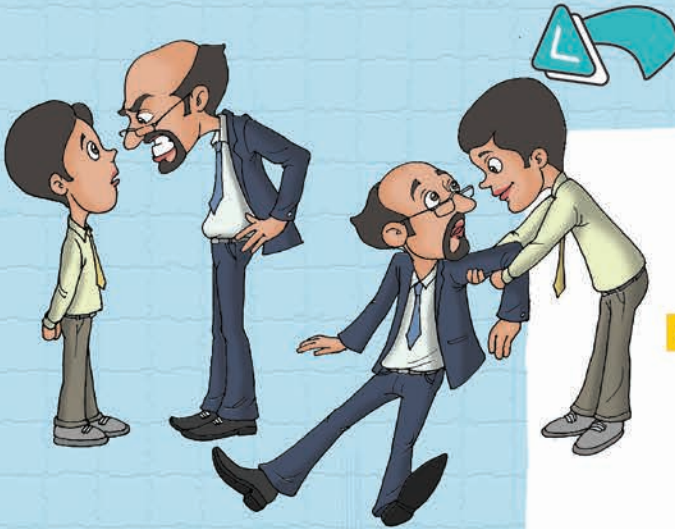
Why do we have money problems in this life? Because in our past life we have committed thefts with our **mind, speech and actions**. Dadaji says if you are moral and honest for one lifetime, if you don't steal, cheat or betray anyone, then you are safe in your next life.



**Gnani
Says...**



Absolutely New

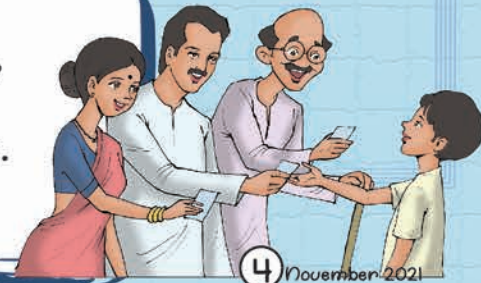


One does not earn from hard work. One earns from being big-hearted.

e.g. the one who has a big heart will give up his own happiness for others. Even if the other person does something wrong to him, if that person then gets into trouble, the big-hearted person will readily help him.



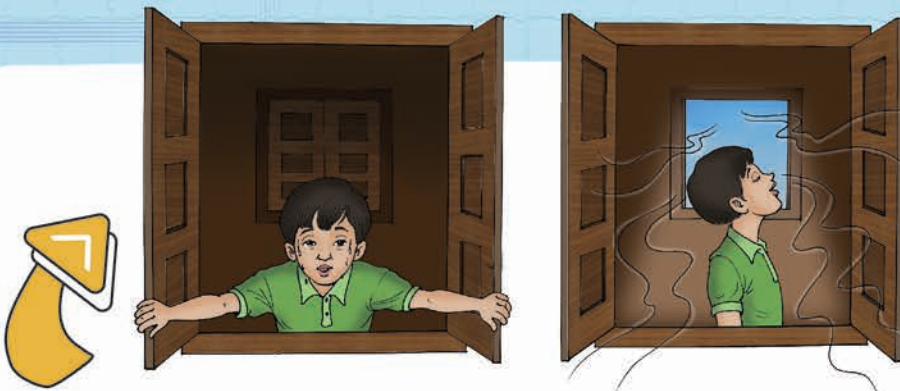
What is the rule of Lakshmi?
Whatever you give,
comes back to you threefold.



and Different!



The one who has no desire for money will receive a huge amount of money without much effort.



The rule is to first give money, and then money will come

e.g. If there is a closed room and it is hot in there and there is a breeze outside. If we open one window, it does not get any cooler. However, if we also open the back window then a gusting breeze will blow through. The breeze starts coming in as soon as we make space for it to go out!

Mysterious Trip

(In the last issue we saw that Nisarg moved ahead with Goddess Amba's blessings. A little further he saw a diamond-encrusted door)

As soon as he saw the diamond studded door, Nisarg had a thought, "Oh wow... so many precious gems!! If I could get hold of just a few of those..." Nisarg was lost in thought. Just then the door opened and a fairy welcomed Nisarg in, "Choose your favourite clothes and get ready! Hurry, or else you will be left out!"

Nisarg's eyes widened when he saw piles of expensive clothes lined up in front of him. He'd see an outfit that was amazing, but then the next was even better. At one point Nisarg wished he could layer up with more than one outfit. But he was allowed only one set of clothes. He put on a golden outfit and thought to himself, "I will take this home with me and then I will sell it and become rich."

Nisarg moved ahead in the hope of getting more good things. After a while he saw a well with silver lettering on it: 'Give One. Get Many'.

After reading this, Nisarg started wondering what it was that had to be given? What would you get in return? Who do you give to? Stepping forward, while lost in all these thoughts, Nisarg tripped and stumbled and a coin fell out of his pocket and tumbled into the well.

To his surprise, ten gold coins came rattling out of the well.

"Ah right! 'Give one, get many' this is what it means." Nisarg now understood and began to think about how to get more coins. He put his hand in his pocket and saw that he still had nine coins left. Instead of rejoicing, he felt saddened that he only had this many coins. He wished he had ninety coins instead of just nine. Even though he was sad, he threw the nine coins into the well and lo and behold... the well gave back a pile of shiny gold coins to Nisarg.

A fairy appeared in front of Nisarg and said, "Oh wow... now that you have become rich, what will you do with so much wealth?"

"I should return the money that I had borrowed a few months ago from my friend Manan. But then again I feel that Manan is rich and he hasn't asked me for the money. So, why should I return it?"

“So, you think the money should not be returned? There is a big risk in that. But do as you wish,” said the fairy and she disappeared.

The fairy’s words made Nisarg uneasy. In the greed of getting more, he threw all the gold coins he had into the well and waited eagerly for some time, but the well did not give anything back. In fact, he got another shock! He looked at his attire and cried,

“Oh no, no, no! My gold outfit...!!” Nisarg started grabbing at his clothes. His gold clothes had turned into normal clothes.

In a state of despair, as if he had lost everything, Nisarg put his head in his hands and sobbed.

Suddenly there were golden rays of light all around, and the radiant form of Goddess Lakshmi appeared.

Seeing Goddess Lakshmi, Nisarg momentarily forgot everything and bowed down to her.

The Goddess blessed him and asked the reason for his sadness.

Nisarg’s story made the Goddess



laugh. She asked with a smile, “Were you satisfied with what you got? Did you decide to use what you got for a good cause?”

Nisarg started thinking about this, ‘I never thought about that at all. So far, I only thought about getting more and more.’ Nisarg shook his head and answered ‘no’ to the question.

The Goddess asked further, “Have you followed the laws of this place? Have you stolen anything with your mind, speech or action?”

Nisarg replied immediately, “No, I did not steal anything.”

The Goddess said with tenderness, “Stealing is not just taking someone’s things. You can also steal with your mind and speech. Even if you don’t actually take anything, but you think in your mind about taking it, that is also stealing. And without taking anything, if you just say ‘It’s okay to take and steal something’, then that is known as stealing with your speech. Has that happened to you?”

Nisarg thought about it. He remembered that he had thought about taking the gold outfit home. He had also told the fairy that he had decided not to return the money he had borrowed from his friend Manan. Nisarg realized his mistake and felt remorse.

The Goddess said, “If such thefts happen, I feel very sad and my brightness begins to fade away. But when children like you have remorse for your mistakes, then my radiance begins to spread again. You repented for your mistakes, so every-



thing that you see before you, you can have it all as a gift from me.”

Nisarg saw in front of him many precious gems and ornaments. He only took one necklace and said to the Goddess, “I will give this necklace to my elder sister.”

“What will you keep for yourself?” asked the Goddess.

“I wish to take a lot of things, but I also think that after a while the money from these things will get used up. So instead why don’t you come with me!

The Goddess was happy with what Nisarg had said and blessed him, “If you follow my rules, I will always be with you.”

Nisarg was happy to get Goddess Lakshmi’s blessings and ran off happily to show the necklace to his sister, “Didi (older sister), come and see what I have brought for you!”

“Nisarg, Nisarg... what happened? What have you brought for me?”

“Didi! Didi!”... Nisarg suddenly opened his eyes. He was in bed, and his older sister was kneeling by him.

“Nisarg, please get ready quickly. I hope you remember that today we are doing The Laxmi puja (worship) at home. Please don’t dilly dally like always.”

Nisarg was confused, ‘What I saw before, was that a dream, or is what I am seeing now a dream?’ He rubbed his eyes and looked around. ‘Even though it was just a dream, I will live my life according to the lessons it taught me, and keep Mother Goddess (Mataji) happy’.

He called out to his sister, “Didi, start the preparations. I will get ready and come at once.” Sis was surprised by his keen response!



FUN FAIR Detective Activity



Aditya has gone to the funfair with his friends Jimmy, Montu and Riya. They are all having fun together. But from time to time, there are some thefts happening there. So, put on your detective hat and identify where the thefts by mind, speech or actions are happening, and circle them on the picture.





Today, I will try all the rides.

Someone has lost her earrings. She'll never be able to find them as they will just get lost in the dust, so I might as well take them!

Montu has gone on a ride... Let me help myself to his popcorn, and then I will eat mine.

This is such a long queue. I wonder how long we have to wait for our turn...

Daddy Was Right...



The plane was preparing to take off. I looked out through the window and peeked into the past.

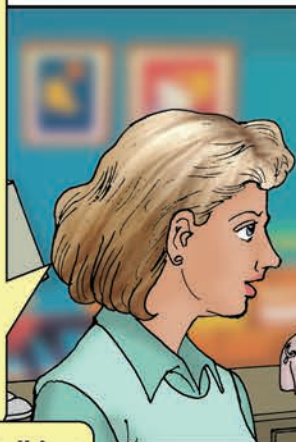


This happened ten years ago. I was ten years old. As usual I was playing with a paper plane.

zoom...
zooooom...



Mark, why are you playing when it is time to study? Don't you want to go and see the snow during Christmas holidays?



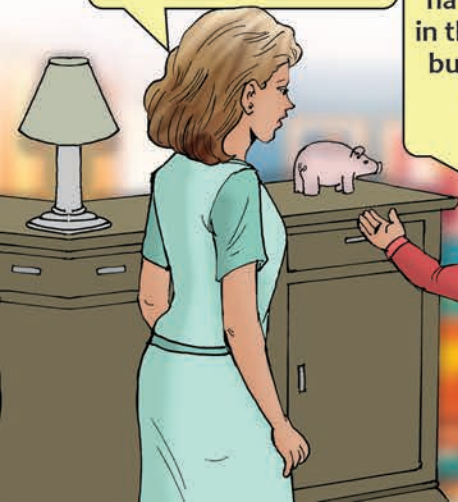
Yes, mom. I can't wait! I also dream about snow every night.



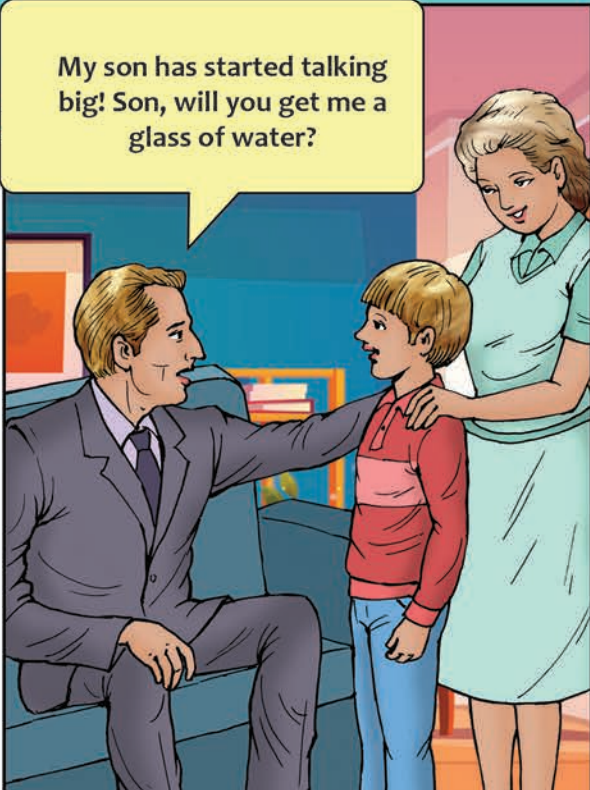
Ok... Ok. Stop talking about dreams and sit down to study.

Mom, can I tell you one last thing? I have saved money in this piggy bank to buy a remote-control airplane.


One day I will go to America in a real airplane. I will get a good education and earn a lot of money and then I will bring you over.



Just then his father came.




My son has started talking big! Son, will you get me a glass of water?



I went to get a glass of water, and mummy asked daddy in a quiet voice

What happened? Is there a problem, Aaron?

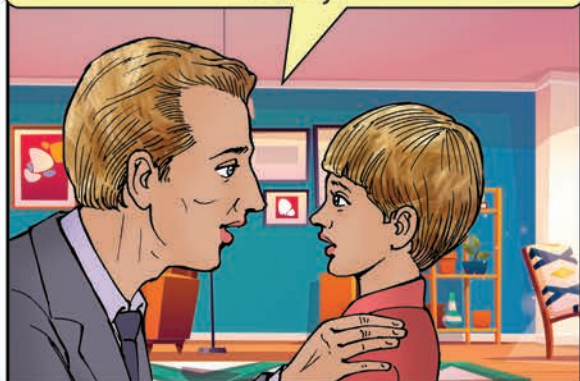


Mr. Smith came to the shop today. Martha, his condition is not good at all. He is in real need of money.

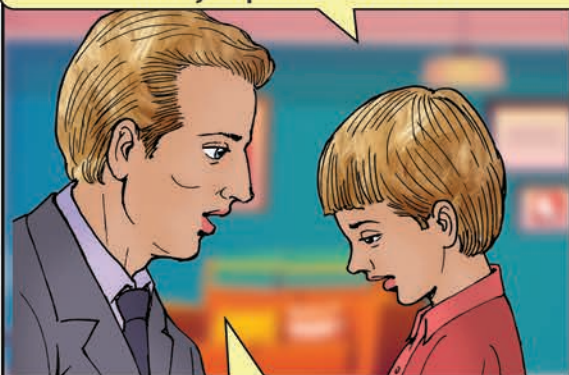
Seeing me standing there, mom couldn't finish her sentence. Daddy gently called me over and sat me down

Oh! So did you...

Son, Mr. Smith is very old. His son's business has suffered a very big loss. Instead of going on vacation to see the snow, can we help Mr. Smith with that money?

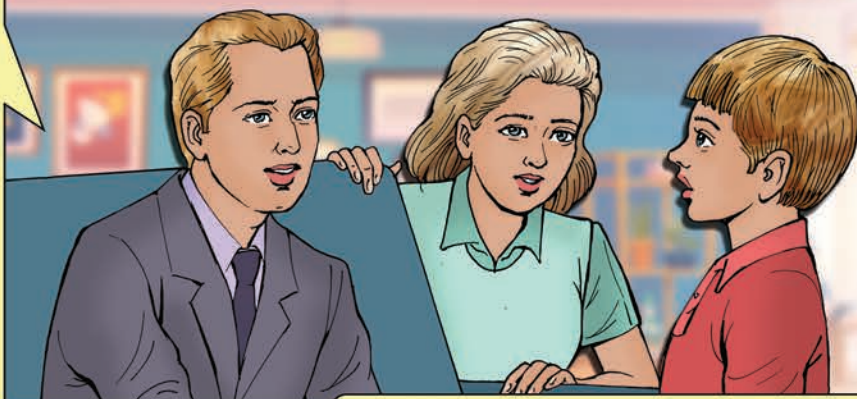


I was quite disappointed. But then my daddy explained to me....



We will have more chances to go on a holiday. But, this is the only chance to help Mr. Smith.

Son, by helping Mr. Smith we are not going to change the world, but we can change Mr. Smith's world for sure.



I wanted to go on vacation but not by missing out on the chance to help Mr. Smith.



Ok, daddy, but will we be able to go on vacation next year?

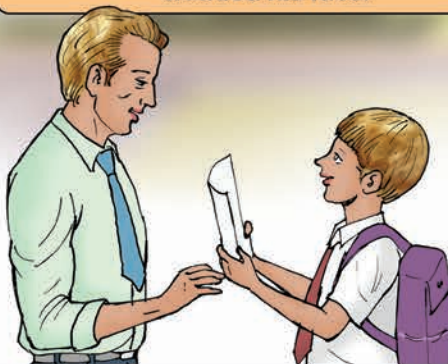


Mark, we will try our best.

I didn't have any answer for my dad. He understood my disappointment.



The admission letter of America's Virginia Tech University's Aeronautical Engineering Program was in my hand. My father was happy at first but then worry clouded his face.



How will I arrange for such a big amount of fees?



Suddenly that night...

Aaron, this is not charity. You saved my business from going under loss and that same business then made tremendous profits. This is for you.



Daddy was right; we help ourselves by helping others. The more we give to others, the more we get back.



Fee, air tickets and all other expenses were covered. The money that I had saved in my piggy bank to buy a toy airplane, I used it to help others instead. Today that money has come back to me multifold and now I can travel in a real airplane and go and study airplane engineering.





Sweet memories...

This happened in 1987. After returning from America, Niruma was travelling from Mumbai to Vadodara with Dada. This was Dada's last journey. Two and a half months after this journey, Dada left his mortal body. Niruma used to look after Dada's money, expenses and accounts. She would write down everything carefully, and every three to four months she would show it to Dada. On the journey from Mumbai to Vadodara, Niruma showed Dada the cost of the air ticket and other recent expenses. Dada looked at the paper and said,

"Niruben, my ticket expense is included in this, but why is yours not included here? What's wrong with you using my money to pay for your ticket?"

Niruma replied immediately, "Dada, when have you ever taken any money from me?"

Dada said lovingly, "How can I take money from my daughter?! One can't do that."

"Dada, we have learned this from you. You have taught us to live with purity. One should spend one's own money, not anyone else's. So how could I take your money," said Niruma to Dada.

“Dada was very happy and said, “That’s right. Do not take it. You have learnt exactly what purity is! ”





THE Little Chef

Oreo BALLS



Ingredients:

1. Oreo biscuits – 10 pieces
2. Milk – 2 tablespoons
3. Chocolate syrup
4. Ground dry fruits

Method:



Take out the cream from the oreo biscuits and keep it separate.



Ground the oreo biscuits and mix just enough milk to make balls from the mixture.



Make 8 balls out of this mixture, and make 8 balls from the cream.



Take 1 ball of the oreo mixture, pat it flat with your hand and place 1 ball of the cream and make a ball.



Prepare all the balls like this and dip them in the chocolate syrup and decorate it with the ground dry fruits.

Make this sweet during Diwali when worshipping Goddess Laxmi.



The Morning of Dhanteras...

Three cousins Reyansh, Riday and Ananya have gathered at their uncle's house for Diwali. Reyansh and Riday always compete with Ananya in various different things, and lose every time. Let's go and see what competition is going on between them at 9:30am on the morning of Dhanteras (the first day of the five-day festival of Diwali)



Ananya let's go and light the fireworks...

You guys go. I will worship Goddess Lakshmi, Goddess Saraswati, Gautam Swami, Simandhar Swami and Dada Bhagwan and get their blessings.



What will happen after you receive all these blessings? Will your firecrackers explode better?

Hey, don't you know that our elders start their businesses after worshipping Goddess Lakshmi every day and specially on the day of Dhanteras?



We know that. A lot of money comes from Goddess Lakshmi's blessings. Today, I am also going to ask her for a lot of money.

You should ask for morality and honesty from Goddess Lakshmi. If we are honest, then money will come as a "by-production".





What does “by-production” mean ?

If you decide you do not want to steal with your mind, speech and action and do not want to hurt anyone, then that is known as your “main-production”. Doing this will please Goddess Lakshmi and you will be blessed with wealth as a “by-production”, an automatic bonus effect from the main-production.



I never steal.

Even if you do not steal any fireworks, but you may think, ‘She has so many fireworks, let me use up a few of hers first and then I will light mine’. That counts as stealing.



Oh! Is that so? From now on, every year on Dhanteras I will worship Goddess Lakshmi and ask her to give me the strength to remain honest.

So friends, Riday, Reyansh and Ananya are going to pray to Goddess Lakshmi every day and ask for strength to remain honest. Even if you missed out on worshipping her on the day of Dhanteras, you can win Goddess Lakshmi’s favour by acting honestly every day from now on.





A poor woman called Lily took out a loan on interest and used it to sell a variety of fruits from a hand-towed cart. At that time there was a big event at the Swaminarayan temple in her village. Lily thought that this was a good opportunity to make good earnings. Business went well for two hours. Then the police arrived to move her on. The temple workers also came out to request the same. Lily refused to move from there. When the temple workers kept pleading with her to leave, Lily took out a wallet full of money to show them. There was seven thousand rupees in the wallet.

Lily informed them, "Brothers, a foreign lady bought fifty rupees worth of fruits from me but then forgot her wallet here. So if I move my cart from here, then when she comes looking for her wallet, she won't be able to find me. Then what will become of her? So, please let me stay here until she comes and takes her wallet."

This poor woman had such wonderful honesty! Even though she needed the money, she did not keep it and nor did she even think about keeping it. Goddess Lakshmi is always pleased with people like this. When this news reached Pramukhswami Maharaj, he was so pleased and he gave Lily two thousand rupees as a reward.

And
Lastly...



Information for Annual Subscribers of Akram Express

1) How would you know if your annual subscription is about to expire? On the cover page of your Akram Express, look for the last six digits in the membership number mentioned on the address label. For example DGFT555/08-2028 means your subscription is going to expire in August 2028

Details on how to renew your Akram Express subscription can be found on the editorial page.

2) In case if you don't receive your magazine as per your subscription, then please inform us on WhatsApp number 8155007500 and provide us with the following details:

1) Receipt number or ID number 2) Permanent address with pin code 3) Which month the magazine was not received



Publisher, Printer & Editor - Dimple Mehta on behalf of Mahavideh Foundation
Printed at Amba offset :- B-99 GIDC, Sector - 25, Gandhinagar - 382025