

Dada Bhagwan Parivar's

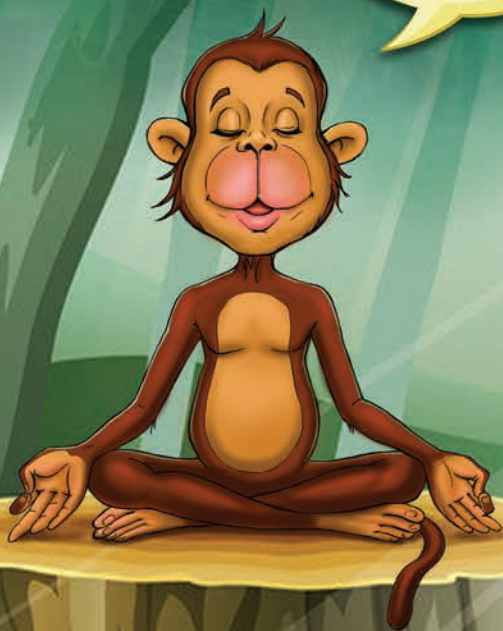
April 2021

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AKRAM Express



A...U...M...



Editorial

Dear friends,

“Oh Mummy, I am reading so much, but I can't remember anything. Now I am getting bored of reading.”

“But you still have to carry on reading, my dear.”

“Mummy, can I watch TV for a little while?”

“You have just come back from playing outside, and now you want to watch TV! If you do this all the time then how will you remember anything that you study?”

Does this conversation sound familiar? Is what Mummy is saying, correct? So what should we do now?

The solution to your problem is in this issue. So you definitely have to read it, think about it, put into practice and then see what miracles happen! So, are you ready??

– Dimple Mehta

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Real Life Example

Once, Swami Vivekananda was in Belur Math (headquarters of the Ramakrishna Math and Mission) in Kolkata. He had ordered a full set of Encyclopaedia Britannica to read. Seeing this, one of his disciples said, "Swami, one cannot possibly read so many volumes in a lifetime!" Swami remarked, "What did you say? I have read these ten volumes in the past few days and I am reading the eleventh volume now."

The disciple was utterly surprised and asked, "Have you really read them all?" "Yes, I have read these ten books, and if you wish, you can ask me any question from these books."

The disciple started testing his Guru (spiritual teacher). He asked him various questions from different encyclopaedias and Swami answered them all.

Seeing his Guru's immense memory power, the shocked disciple said, "Swamiji, this is no ordinary human memory power, you are a miraculous man." Swami replied, "There is no miracle in this is the result of concentration power."

See my friends! What fantastic results can be achieved with complete concentration!

Ralph Emerson, a great philosopher from the West, was questioned by a youth, "What is the secret to success?" He replied, "The secret to success, whether in war, business or in anything in life, is ability to concentrate."



Gnanis say...

Where are you?



Questioner: Why am I not able to focus on my studies?

Pujyashree: There is immense power in our concentration, but all the energy gets used up in other areas instead of in studying. Who's looking good on TV? What serial is on? Who's playing cricket? What's the latest fashion? We get sucked into all these things. So the power of our chit (photographic memory) gets used up on other things, and therefore focus on our studies becomes less. Does your chit wander when you are studying?

Questioner: No

Pujyashree: In that case you won't forget what you are studying. If your chit is present while you are studying, you will remember everything. At times when you are reading, your chit is in cricket. Does that ever happen to you? If you try to do two things at once, you will not be able to do either of them well. You will not be able to watch cricket properly, nor will you be able to remember your studies.

Dada Bhagwan
na Aseem
Jay Jaykar Ho

Questioner: What should one do to increase memory power while studying?

Pujyashree: First you need to develop a strong interest in studying by understanding its importance. Make studying your first priority. Your memory power will increase considerably if you take interest in your studies.

Secondly, chanting "Dada Bhagwan na Aseem Jay Jaykar Ho" will purify your chit. A pure chit has tremendous grasping power. Your concentration will increase and while studying your memory power will be greatly enhanced. Close your eyes, and speak out loud enough so that your ears can hear, visualise the letters in your mind 'Da..da..Bha..ga..wa..n...', as you chant Dada Bhagwan na Aseem Jay Jaykar ho" for ten minutes. Doing this will increase your memory power a lot.

DADA BHAGWAN NA ASEEM JAY JAYKAR HO





Many people have experienced that, if before studying they chant Aseem Jay Jaykar for 10 minutes, and ask for strength 'O Dada Bhagwan please give me the strength to remember and focus on everything I study' then this improves their results by 20%. For example, if they were previously getting 58% grade, then they would get 78% in their exams.

If you want to improve your grades, then try this experiment. You will get good results.



An intense game of chess was being played. There was silence in the palace gardens except for the sweet chirping of the birds. The minister's son Nandish was contemplating his next move. He rubbed his hands and with a grin on his face he said, "Your Highness, now you are trapped..."

Nandish glanced at the Prince and his smile disappeared. "Where is your attention Your Highness? You seem so far away these days. What is the problem?"

"Problem?!" What problem could I have? Feeling uneasy the Prince stood up and said, "We shall continue this game tomorrow." As he was leaving to go for a stroll around the palace, one of the guards rushed in, "Your Highness, the king has summoned you to the court. It is urgent."

In the royal court, a religious leader, Acharya Lekhnathji was explaining a desperate situation to the king... "The remedy to this illness is known only to the sage, Mangleshkrishi. He knows a sacred mantra which is so powerful that not only does it cure the disease, but it can also restore one's health back to normal. We will be forever grateful to you if you can help us in this matter."

The King said with great modesty, "Acharyaji, you are our revered guest and it is our privilege to be of help to you." Acharyaji bowed down to the king and the prince, and took leave.

"Prince, the sages are developing an unknown illness, due to which they are dying. Acharya Lekhnath is confident that Mangleshkrishi who is residing in a cave in Mount Someshwar, will have a remedy for this illness," said the king.

"But Sir, climbing Mount Someshwar is extremely difficult," remarked the Prince in a grave tone.

Where to Redirect Energy?



"I am aware, but our kingdom is greatly indebted to Acharyaji. He has given us solutions to many social and spiritual questions. It is our moral responsibility to help him. You are the only person to whom I can entrust this important task. The mountain paths are perilous, so please take Pradyut with you," said the king, portraying immense confidence in the prince.

Seeing the king's trust in him, the Prince felt extremely proud, and he prepared himself for the adventurous journey to meet Mangleshkrishi. After traversing many treacherous tracks, ragged roads and crooked paths, the prince and Pradyut finally reached the rishi's cave.

Mangleshkrishi was in deep meditation in the cave. He became aware of the reason for the prince's arrival, and he stepped out of the cave to welcome him. The prince and Pradyut respectfully bowed down to the rishi. "Success be with you Prince. Now listen to this mantra with full concentration, and learn it by heart. You will then relay it to Acharyaji without any delay," said the rishi.

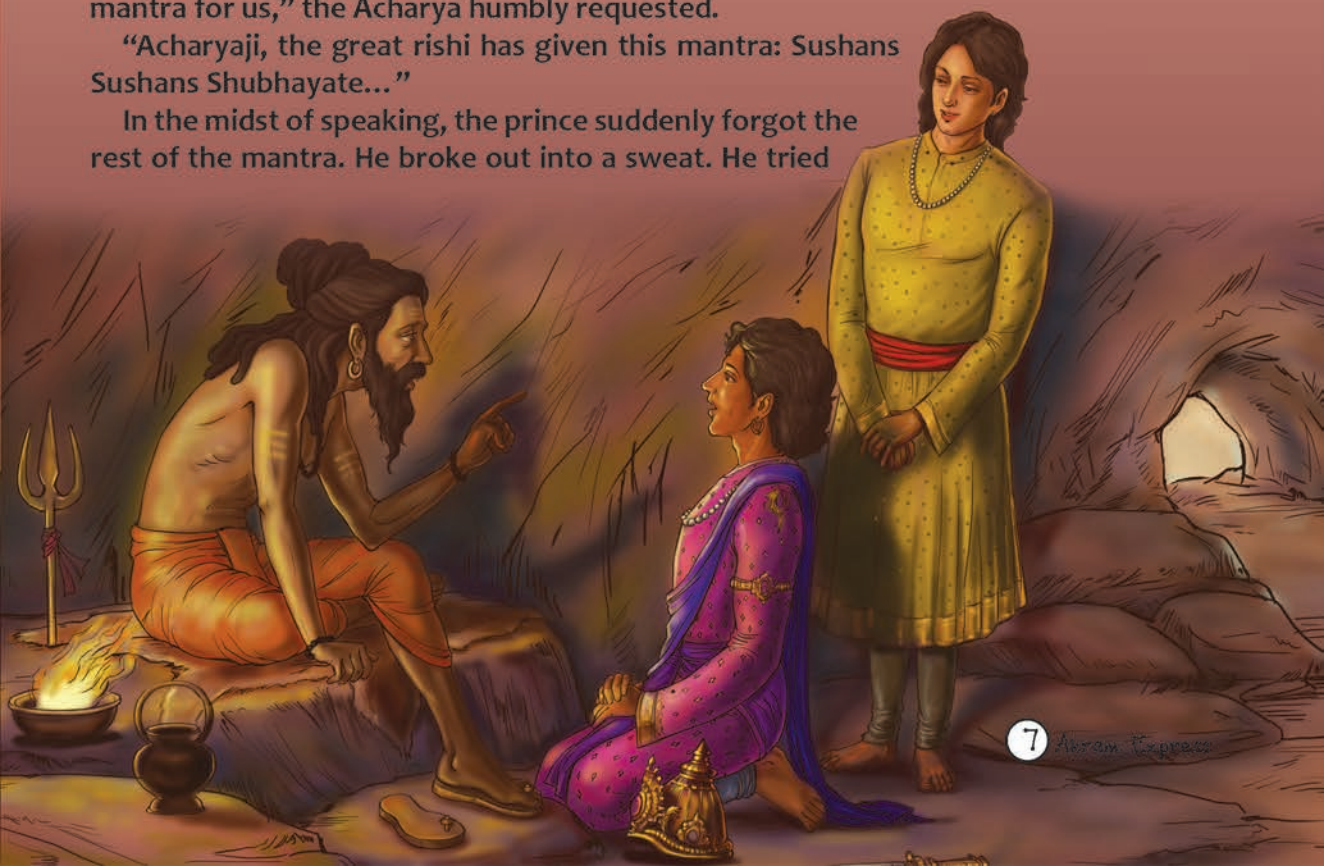
He started reciting the mantra: Sushans Sushans Shubhayate Samtray Yashangam. The prince listened to the mantra. Pradyut stood next to the prince with his hands folded.

The rishi repeated the mantra a few more times. The prince and Pradyut then immediately set off to meet Acharya Lekhnath. After traversing many rocky paths, they finally reached the Acharya's abode.

"God bless you Prince. You have gone through much trouble to get this sacred mantra for us. We are very grateful for what you have done for us. Kindly recite the mantra for us," the Acharya humbly requested.

"Acharyaji, the great rishi has given this mantra: Sushans Sushans Shubhayate..."

In the midst of speaking, the prince suddenly forgot the rest of the mantra. He broke out into a sweat. He tried



very hard to recall the words but he was completely blanked out.

“Be calm, Prince, you will remember”, reassured Acharyaji. However the Prince’s mind showed no sign of remembering it.

Just then Pradyut spoke up, “Prince, I remember the mantra. Shall I say it?”

“Yes, yes of course Pradyut,” said the prince with a great sigh of relief.

Pradyut recited the whole mantra. Acharyaji was delighted and gave both of them his blessings.

When the prince informed the king about his forgetfulness and Pradyut’s good memory, the king was a little unhappy. However he was pleased that the sages got the mantra in the end.

The power of the manta resulted in the sages feeling better and they recovered in a short period of time. Acharya Lekhnath visited the king’s court in order to express his gratitude.

“Acharyaji, it was our good fortune that we had the opportunity to help you,” the king heartily expressed his feelings, “but, I have a question and I am feeling uneasy about it.”

“Your Majesty, why should you be nervous in front of me?” Acharyaji asked

“You are right, Acharyaji. You have always resolved all my questions. What I can’t understand is that, despite being so bright, why could the prince not remember the mantra. And how come Pradyut remembered it instead?” the king humbly asked.

“Your Majesty, had the prince listened to the mantra with full presence of the chit (complete concentration) he would have remembered it. Perhaps his chit was wandering at the time. One cannot remember anything without the presence of chit. If your mind is not steady, one cannot remember anything. All work is futile without the presence of chit.” Acharyaji said solemnly.

The prince felt ashamed of himself. He recalled that while listening to the mantra he had started thinking about the unfinished game of chess. Neither could he complete the game, nor could he remember the mantra.

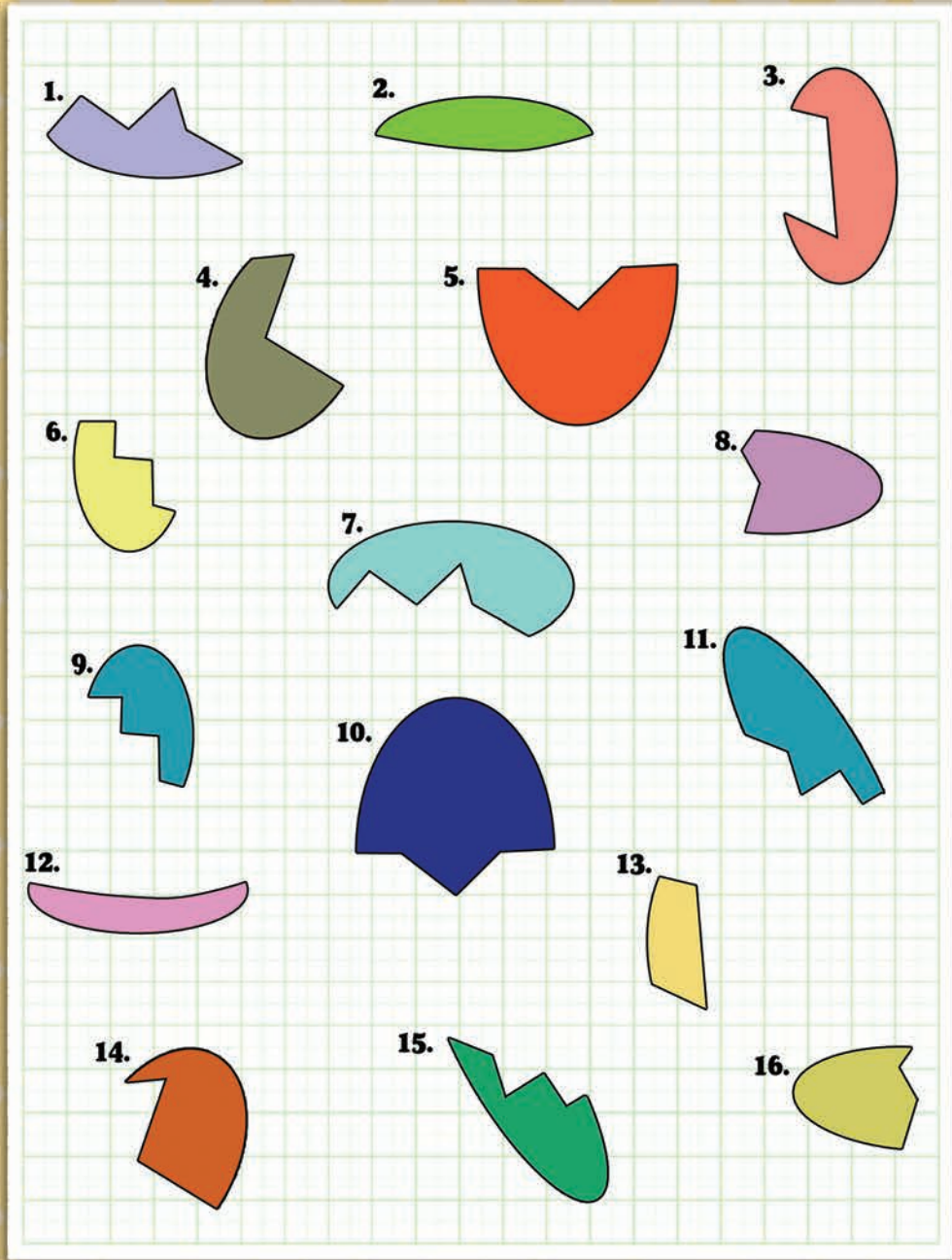
“However Pradyut’s chit must have been steady at the time of listening to the mantra. He understood the importance of the mantra and that is why he was inclined to learn it. Chit will always be present where there is an interest. With concentration power, Pradyut could memorise the mantra. The king was extremely thankful for receiving a full explanation to his question.

The prince folded his hands and said to the Acharyaji, “Please forgive me. I have displeased you and the king.”

Acharyaji tenderly placed his hand on the prince’s head, “Prince, you possess tremendous power of chit. The only problem is that the power is being used up on the wrong things. You will reach great heights in life if that energy is diverted in the right direction. The prince made a determination to divert the chit in the right direction and bid farewell to Acharyaji.

Let's play...

Join the below 8 pieces to make an Oval.

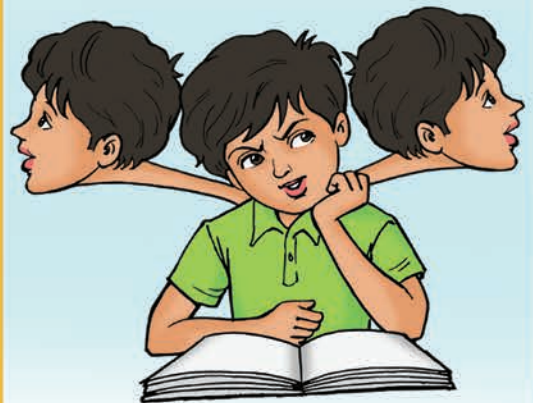


Absolutely New and Different !


Chit is like a camera.
It will only remember the
photos it has taken.
Chit immediately
takes a photo
of anything it
gets interested in.



Doing anything
without the presence of
chit is useless.



For example, If chit is
wandering whilst studying
then you will not remember
your studies. In the same
way, if chit is not present
while eating, then your body
starts developing diseases.



For example, cricket, films, video-games etc.
are easily remembered.

Once you stop hurting others,
the power of chit increases
and you will be able to
concentrate and easily grasp
whatever you study.



When you are interested in
other things, your interest in
studies becomes less. If you
get bored with studying
then you should say
"I am interested"
and repeat this 25 times and
the interest will come.



Install Uninstall

Hi Kavya!
What are
you up to?



There's nothing
much to do
during the
holidays. I am
just searching for
some interesting
movies on Netflix
to pass the time.
But you tell me,
how are you?

Great! Aarya,
Siya, Khushi and
myself are going
to attend Mr.
Manish's
workshop on
Vedic Maths.
Would you also
like to attend?



Hmm..let
me think.
I'll let you
know.

Ok.! Also,
tonight we
are all
planning to
meet up on a
group video
call for some
chit-chat. You
will join us,
won't you?



Sorry yar, I
can't join
tonight. We
are watching
old family
videos
together.
Family time!

Okay, no
problem!
I will
wait for
your call.



After dinner, Kavya and the whole family settled down in the living room to watch the videos. After talking to Namrata, Kavya was feeling a bit sad.

Everyone was having a great time watching videos of family holidays and special functions, but Kavya's attention was less on the videos and more on her phone.



Suddenly the TV Screen drew her attention....



And the award for 'Best Academic Performance in Grade 6 goes to... Kavya Mehta.

Kavya put her phone down and for a while there was a smile on her face and a sparkle in her eyes.



The next day,

Kavya why are you walking around with a sad face? Please go and drop off these groceries to Pratibha Aunty's house.



Ring-ring..

Aunty, mum has sent some stuff for you. Where shall I put it?



Thank you so much my dear! Please put it here on the side. Oh yes and I need your help

Tonight I have to join a Zoom meeting with my friends, but look I can't seem to install the zoom app on my phone.



Aunty, your phone memory is full. That's why the app won't install. Shall I delete some unnecessary apps?



Yes please!

Here you go Aunty, the 'Zoom' app has been installed.



Thank you so much my child. Kavya, can I ask you a question? Why are you looking so sad? Is everything okay?

Kavya was close with Pratibha Aunty and had shared all her childhood stories with her.



Yesterday night, I watched my childhood videos and it made me wonder where has that 'confident little Kavya' gone?

I had so much self-confidence. I was so bright. Where has all that gone? Today, I don't even have the confidence to attend a small workshop.



My dear child, did you notice that due to the phone memory being full, you had to delete all the unnecessary apps before you could install a necessary app like 'Zoom'?



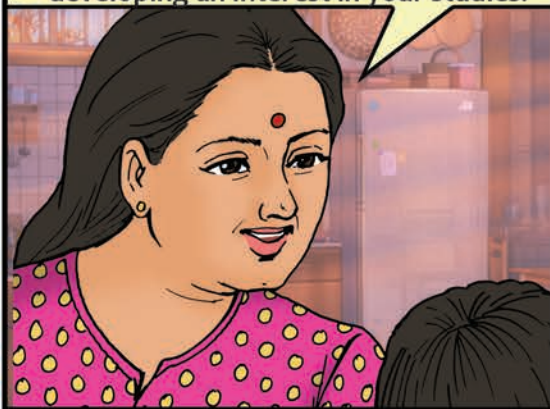
Kavya was a bit confused by Aunty's words.

In the same way, you don't have much memory left for studies as all your memory gets used up in videos, movies, fashion etc.



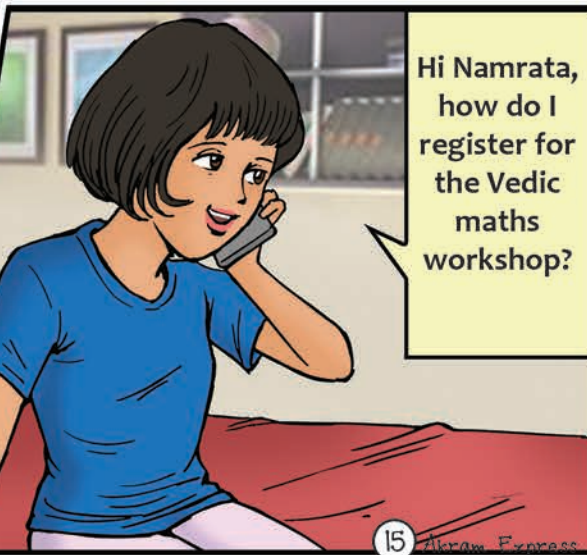
If you want to get back to being the confident Kavya, then just like her, you need to put more value on education and start developing an interest in your studies.

If you do this, all the unnecessary 'apps' from your 'internal software' will automatically get deleted and you will be back to the confident, bright Kavya. Do you understand?



Yes! Thank you Aunty!

That night, as usual, Kavya switched on her iPad to watch a movie. Then she suddenly remembered something. She switched off the iPad and phoned Namrata.



Hi Namrata, how do I register for the Vedic maths workshop?

In the town of Shripur, there were two very close friends, King Shrishen and Som Purohit (family priest). Som was unhappy as he didn't have any children. The king told his friend to worship the family deity (goddess). She would definitely grant him his wish.

Following the king's advice, Som started worshipping the Goddess.

The Goddess, pleased with Som's devotion, appeared in front of him and asked him, "What can I do for you?"

Som said, "O Goddess, I desire to have a son so that he can carry on with the religious activities of the kingdom when I am no more."

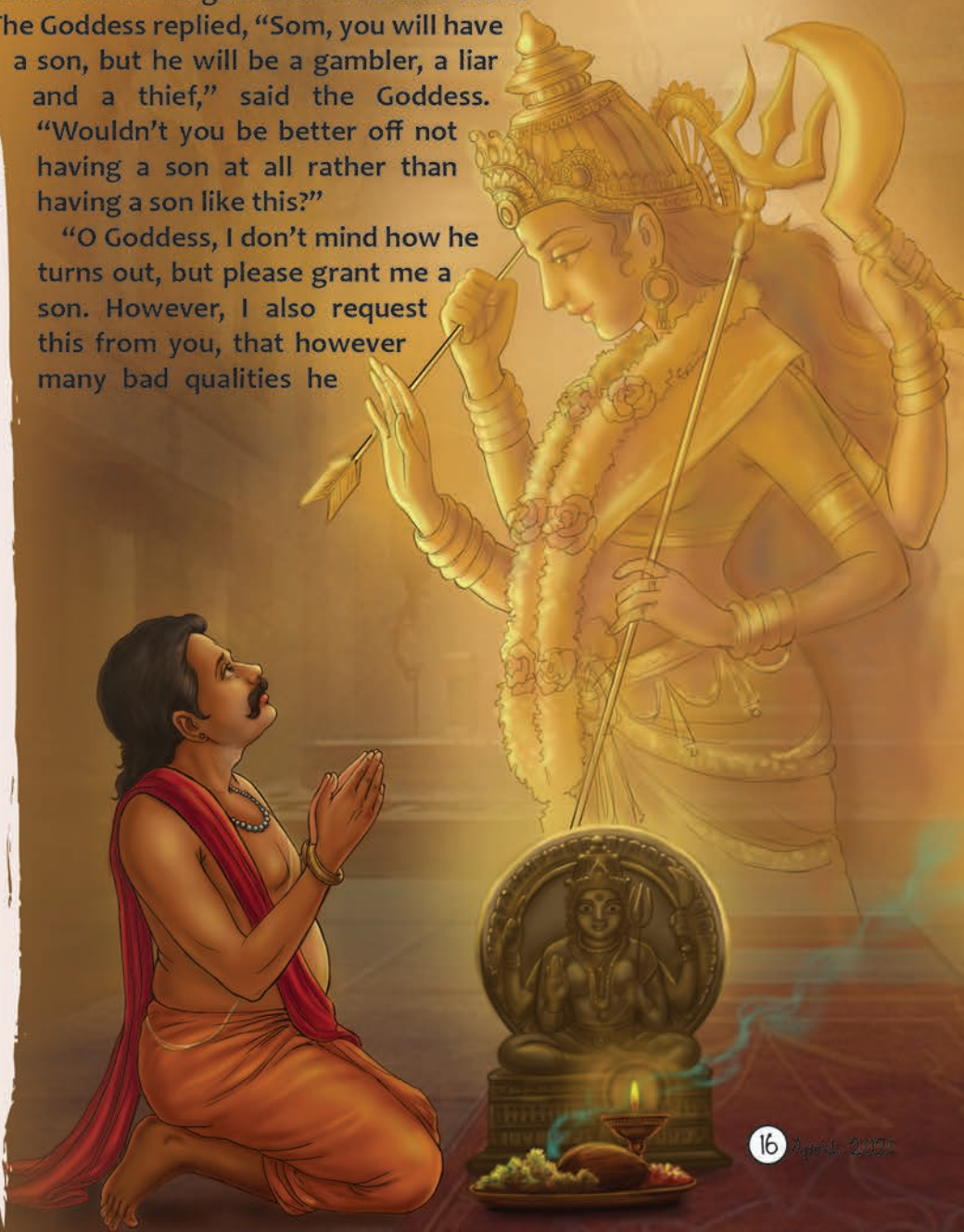
The Goddess replied, "Som, you will have a son, but he will be a gambler, a liar and a thief," said the Goddess.

"Wouldn't you be better off not having a son at all rather than having a son like this?"

"O Goddess, I don't mind how he turns out, but please grant me a son. However, I also request this from you, that however many bad qualities he

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has, please bless him with at least the one good quality of 'vivek' (discrimination between right and wrong).

"So be it," said the Goddess and she disappeared.

After some time a son was born in Som's house. The king named him "Sumati".

When Sumati grew up, the king welcomed him in his court with great pomp and bestowed on him the title of "Purohit".

One day at the Palace, Sumati noticed a very expensive necklace belonging to the king. He was tempted to steal it. He glanced around to make sure nobody was looking. As he picked up the necklace, he was overcome with an intense feeling of fear, and suddenly his quality of vivek flashed in his mind, "Do I need this wealth? Why should I steal this necklace? The king has a lot of respect for me. If he finds out that I am a thief he will lose trust in me. I will obviously get punished in this life and not only that, but my next life will also be ruined. In this way his vivek (quality of discrimination) stopped him from stealing.

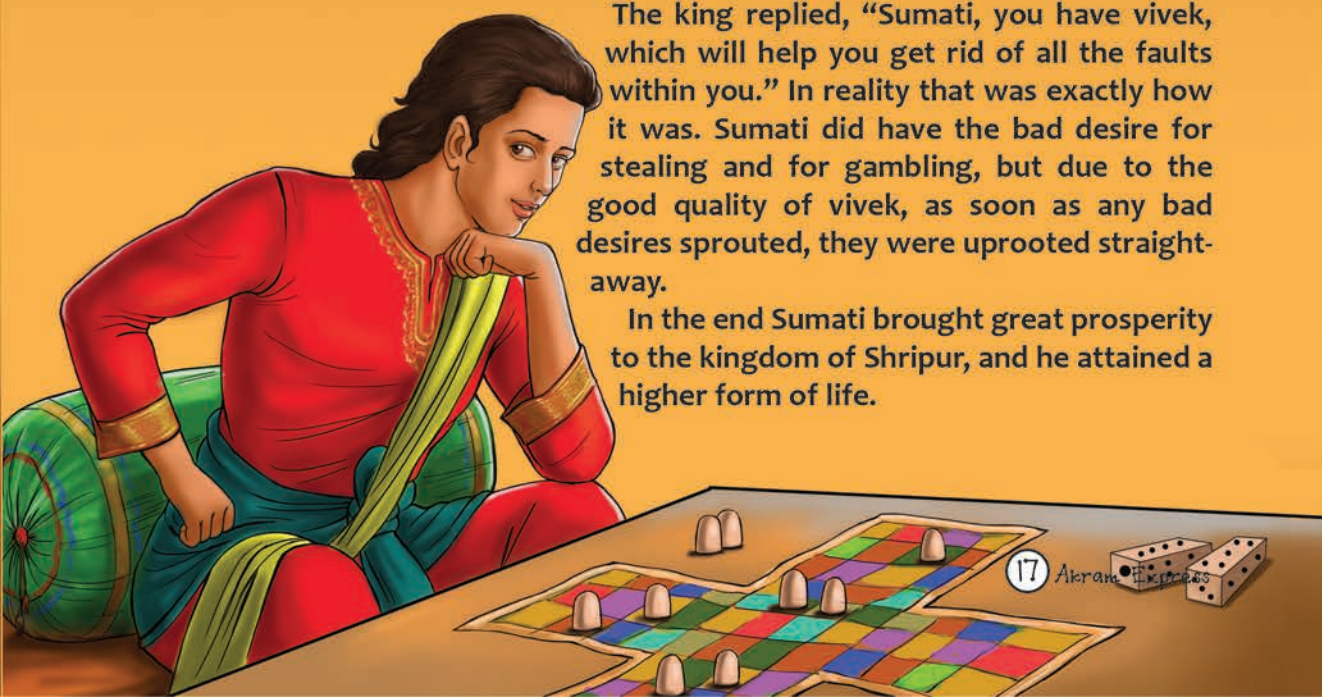
Sumati was young and wealthy and had many friends. Amongst his friends there were also some who stole, lied and gambled. Once, two of his friends who gambled, took him to a gambling den. As soon as Sumati sat down to play a game, his vivek awakened, 'Hey, what am I doing? Even the great King Yudhisthir lost his wife and kingdom while gambling. What could I possibly achieve by gambling?' He immediately got up and left the place. He left his friends and returned home.

Time passed. For the king, Sumati became more dear to him than his own son. He trusted Sumati highly and would assign the important tasks only to him. Such was his trust that he wouldn't even check whether the task has been performed properly.

One day Sumati asked the king, "I am still very young and I don't know the ways of the world. I have a lot of faults. Despite this, why do you still have so much confidence in me?"

The king replied, "Sumati, you have vivek, which will help you get rid of all the faults within you." In reality that was exactly how it was. Sumati did have the bad desire for stealing and for gambling, but due to the good quality of vivek, as soon as any bad desires sprouted, they were uprooted straight-away.

In the end Sumati brought great prosperity to the kingdom of Shripur, and he attained a higher form of life.



Sweet memories



Whenever Niruma came to Ahmedabad from Mumbai to do satsang (spiritual discourse), two children of a mahatma (Self realized ones in Akram Vignan) would always come to visit her. The brother and sister both suffered from a disease called muscular dystrophy. Due to this illness, they were unable to do anything for themselves. They needed help for even the basic activities like eating, walking, getting up, changing clothes etc. Both the children had asked for a promise from Niruma, that she meet them whenever she visited Ahmedabad. Niruma wholeheartedly gave them this promise.

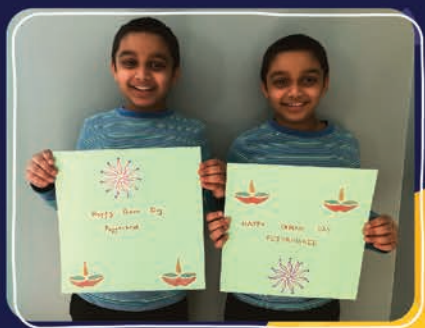
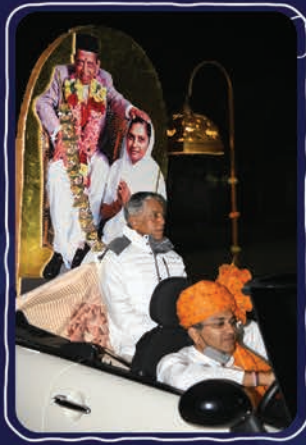
Once Niruma had come to Ahmedabad for satsang and a dinner was organised at mahatma's house where she was staying. Lots of delicacies like shrikhand (sweet yogurt dessert), puri (fried flatbread) and many other things were prepared. The two children came to the mahatma's house to visit Niruma. Niruma met them, spent some time with them and then she fed food to both the children with her own hands.

Niruma took a whole spoonful of shrikhand and placed it in the boy's mouth, but he was only able to take half a spoonful. There was half a spoonful of shrikhand left over in the spoon. Niruma put this left over shrikhand in her own mouth!

Having seen what Niruma had just done, all the mahatmas present were in awe of her. Normally, people dislike eating anyone's left over food, but Niruma happily ate the leftover shrikhand. Not only did she display her unique love to the children, but she also showed the mahatmas present, the example of True Love.



**GLIMPSES OF
PUJYASHREE'S
50TH
GNAN DAY
CELEBRATIONS
ACROSS
DIFFERENT
CITIES.**





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