

Dada Bhagwan Parivar's

February 2022

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AKRAM Express



We are One!

EDITORIAL

Dear Friends,

There is a saying in Sanskrit 'Sanhati Karyasadhika'. This means that even an impossible task is possible if it is done together with unity. Do you know the story about the bird and the hunter? The hunter cast a net to trap the birds. The trapped birds all tried to fly up together, and their combined effort allowed them to lift the net up with them. They flew away with the net and escaped from the hunter. The strength in the power of unity is such that it can defeat any external crisis.

What understanding do you need to maintain unity? What happens if there is no unity? Is it easy to stay united in times of crisis? In which situations are you not able to maintain unity? Let's get some excellent answers to all these questions through the understanding of the Gnani. And let's decide to always stick together and keep united so that we can overcome any difficulty that may arise.

- Dimple Mehta

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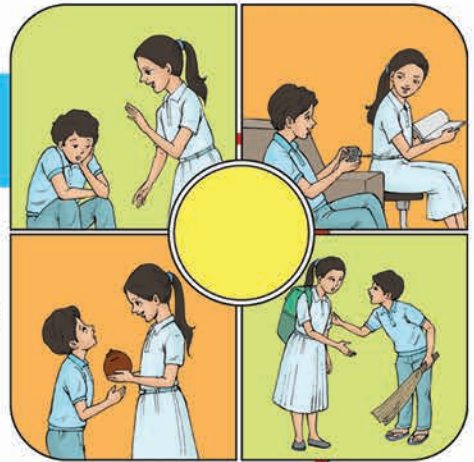
**Gnani
Says...**

Why Does Unity Increase in Times of Crisis?

During a crisis everyone comes together. When there were floods in Surat, everyone united. After the floods were over, people became self centered once again. One must unite during difficult times. At that time if people stop to say 'mine, yours, me, me' then suffering will increase. During a crisis, the self centered buddhi (intellect) is generally set aside and everyone's intent is that people should be saved. So everyone comes together as one.

Unity can be maintained when...

- we don't see other's faults
- we stop seeing negative in others
- we don't think of our own benefit, advantage or self interest
- we think of other's happiness



How can you stay united even if there is no crisis?

- Decide that you want to stay united.
- Be helpful to others.
- Be flexible and adjust wherever the situation does not fully suit you. You can live amicably and remain happy when you adjust with each other.





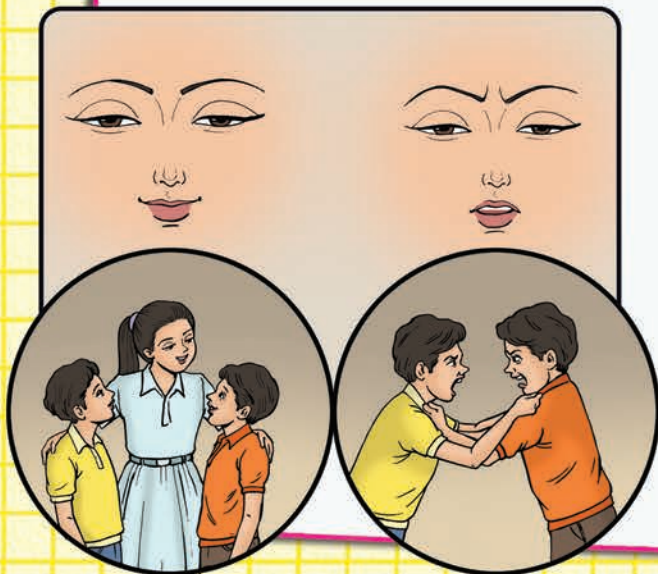
Absolutely New and Different !

If one rips apart, the other should try to mend. Only then will the friendship continue and there will be peace.

For example: if a friend happens to quarrel with us, and the friendship is about to breakup, we should adjust and mend the friendship instead of quarreling.



What is the reason for disunity? 'This is mine, and this is yours; I am right and you are wrong; I am good and you are bad; I am superior and you are inferior!'



God only sees whether there is harmony or conflict in a household! "If there is conflict then I will not stay, and if there is harmony then I will not leave."

Any task done by five people working together is bound to be successful



The Crazy Melody

As the traffic lights turned red, Mausiki pulled hard on the brakes. There was heavy traffic on the streets.

On the radio.

And the next song on 94.3 is the band, The Crazy Melody and their most popular song 'Dark Chocolate...'

The song pulled Mausiki back into the past.

Hey Maus, these words are not really jelling. How about, we change it to 'Dark Chocolate'.

Perfect! Let's go with that!

Erika set the tune on the guitar and Mira got the piano ready

That day, in the coffee shop, the first performance of the song 'Dark Chocolate' took place. There was a loud applause and cheers in the audience.



The Crazy Melody became popular overnight.

We rock girls! Now we will not need to go and look for work. Offers will come to us!



Blaring horns from the cars behind brought Mausiki back to the present. The traffic light had turned green.



How wonderful were those days! Creating music with everyone else was a different experience altogether. Why did I do such a silly thing!



That day,



Maus,
where are
you? We've
been
waiting
for
you for an
hour.

Sorry pal, I am stuck in traffic. I'm
nearly there.

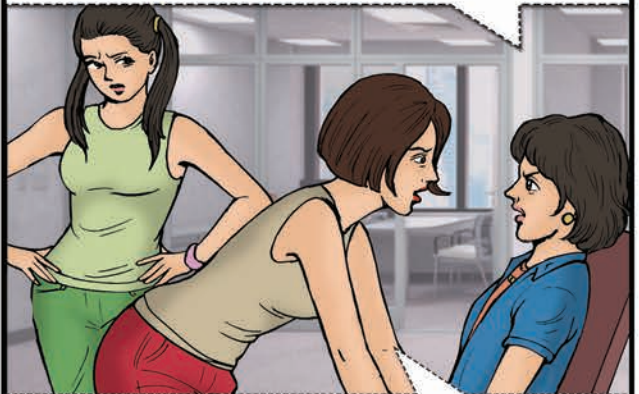


After a few days



So this was your traffic! You had
actually gone to give an interview to
the media! You didn't even inform us!

They wanted to interview only me. What could I do?



Oh seriously, Maus? If you really cared to share
the credit, you would have found a solution.

It's not
like this is
the first
time! We
heard
from
else-
where
that last
week you
had
signed a
contract
with
another
company!



But they only needed a solo
singer, not the entire band.



It seems that you want to work solo
and don't need the band.

Please!! When we had nothing, we worked together and created fine music together. Now that we have prospered, why are we fighting like this?



It is you lot who have started this fight. And you are right, I don't need the band!

After leaving the band, I thought I would have a successful solo singing career. I ended up leaving behind not only the singing but also all the fun.



In the car on the way home, Mausiki switched on the radio once again.



I am R. J. Vinnie... Let me tell you a story. A man wanted to buy grapes. He asked the shopkeeper the price.

This is 100/-Rs per kg and the loose grapes are 30/- Rs per kg



Why such a big difference?

Sir, these grapes are also good but they have fallen out of the bunch.



Our value is greatly reduced if we fall out with our family or friends. Rebuild broken relationships. Stay connected with family and friends!

As soon as she reached home, Mausiki looked up the 'Crazy Melody' band's website, and searched for the contact number. She dialed the number with the intention of reconnecting with her 'bunch'.



Real Life Story

Ubuntu

A scientist went to the forests of Africa to do some research on different tribal cultures. He decided to conduct some research with children. He organised a game in which he placed a basket near a tree. The basket was full of sweets. He directed a group of children to stand one hundred meters away from the basket and he told them that when he waved his handkerchief, everyone should run towards the basket. The first one to reach the basket will get all the sweets. When



the scientist waved the handkerchief, he was tremendously surprised. All the children held hands and ran towards the basket together.

Reaching the basket, they shared out the sweets equally and happily ate them together. The scientist asked the children, “Why did you do that?” If one of you had reached the basket first then that child would have won all the sweets! The children said, “If one is happy and the rest are sad, how can we have that?” This tribe in Africa have an understanding that is known as Ubuntu. Ubuntu translates as, “I am because we are” and it means having “humanity towards others”. How can one be happy when the rest are sad?

Lama & Yama

Do you remember the Akram Express issue of February 2021-Why Study? Some children have understood and found the gist of the issue and they have created an imaginary story for you to enjoy!

The Fatir family lived on the planet Uranus. The family consisted of Gujal Fatir, his wife Hunali Fatir and their twin daughters Lama and Yama Fatir.

The twins were toppers in education but both of them had different ways of achieving success. Yama was more interested in getting higher marks rather than in learning while Lama was more interested in the learning and understanding the subject. Lama used to study each and every word and also refer to the books in the library. On the other hand, Yama would only study what she was going to be asked in the test.

Once in an examination, Lama got less marks due to a small mistake. She was very upset. But Yama was very happy with her marks.

That evening both of them went to the Hasina Mall. It was their family rule that whoever got the best result could buy whatever she wanted from the mall.

Yama went to a shop to buy some clothes and Lama as usual eagerly went to the book store. She did not go to buy anything but she found comfort in books as they lifted her mood and brought her a lot of joy. Incidentally a quiz was going to be held at the book store so Lama went to look for Yama and they both participated in the quiz.

Yama did not have a lot of knowledge from reading widely, hence she found the quiz extremely difficult. But for Lama the quiz turned out to be fun and easy as she had read a lot of books and was well informed.



Lama won the quiz and as a prize she received books which she shared with Yama. With this experience Yama realized that we should study not only to pass the exams, but to study with an understanding and gather as much knowledge about the subject as possible. Anything extra that you have learnt will never go to waste, but it will help you solve your questions and puzzles at the right time.



Together Is Better

Amongst the mountains there was an orphanage by the name of “Together is Better”, and in this orphanage silence had fallen. There was food all over the kitchen. Pieces of bread were scattered on the floor amongst puddles of buttermilk and lentil soup. The chef was packing his belongings.

Chef: Dhirajbhai, I won't be able to handle this. .

Dhirajbhai: I can fully understand.

Chef: Your children are little devils. No wonder no chef has lasted with this bunch of unruly kids.

Dhirajbhai: You have lasted for at least one month. Others have left only after five days. Around twenty children were standing outside Dhirajbhai's office, their heads lowered. A little while ago, the gangs 'The Rockstars' and 'The Desi Boys' had fought and turned the kitchen into a battlefield. The stains of lentil soup covering their clothes were still fresh. Seven-year-old Mihir and Raju also had pieces of poppadoms in their hair.

It had been only two months since



Mihir and Raju had come to the orphanage. For many years it had been the custom for children from the city to join the Rockstars, and those who came from the villages joined the Desi Boys.

There was intense animosity between the Rockstars and the Desi Boys, but everyone loved Uncle Dhiraj. No matter how much trouble or damage took place, Uncle Dhiraj never scolded anyone. He showered everyone with so much affection that no child in the orphanage ever felt they were lacking a parent's love.

Uncle Dhiraj came out of the office and without looking at the children, said to his assistant, “Bablu, give everyone some pocket money. Today they will all go to the market and eat there.”

Upon hearing this, the leader of the

Desi Boys, Baiju, said, "Uncle, come with us. You will get to eat the best street food with only the Desi Boys."

But without saying anything Uncle Dhiraj went to his room.

"Uncle didn't give any response to the overwise Desi Boys," laughed Siddharth, leader of the Rockstars gang." Anyway, we will bring back something to eat for Uncle." However, when the Rockstars returned with the food, Uncle said, "Bablu, you go ahead and eat, I do not want to eat today."

Uncle Dhiraj was upset. Until now there had never been a day where he had refused to eat. Nobody was able to sleep thinking that Uncle had gone hungry. Early next morning Bablu announced, "Uncle Dhiraj has requested everyone to get ready and come to the kitchen by 9 am."

Breakfast turned out to be everyone's favourite - bread, butter and samosas. Everyone ate until their stomachs were full. Bablu asked Uncle, "Uncle, what will you have?"

"Nothing Bablu, I am not hungry," said Uncle Dhiraj. Everyone's attention was drawn

towards Uncle. "Uncle does not want to eat again? He has not eaten since last night." Worry spread across everyone's faces.

"Hey, do not worry, I will definitely eat lunch if you all make it for me. So... will you make it?" asked Uncle.

"Yes, Uncle!" Both gangs answered in unison.

"Good. Bablu will post a rota on the notice board of who will prepare food each day. You have to make food yourselves for a week. The new chef is coming next Monday."

Everyone was willing to do anything to make up with Uncle. However, their enthusiasm deflated when they saw the notice board. "We won't work with the village bumpkins," declared Siddharth.

"We don't want to work with you either.. We will prepare food for uncle ourselves. Don't let us catch you in the kitchen," warned Baiju.

"Siddharth, can't we use half the kitchen and Baiju uses the other half?" Mihir suggested hesitantly.

"That's a good idea. Uncle can then decide who did the best!" said Baiju.

So the kitchen was divided into two, and both teams got to work.



At 12 noon uncle came to the dining room. The Desi Boys and the Rockstars were ready with their respective dishes. Uncle was pleased to see the teams standing together. But then, two separate dishes were served to Uncle, one from the Desi Boys and the other from the Rockstars!

Seeing this, Uncle asked, "Did you work as per the teams I had formed?"

"Uncle, just taste this!" said Baiju. "No, Uncle Dhiraj, first you have to try our dish, then you will not want to try anyone else's food," said Siddharth.

"Bablu, please make some khichadi (healthy Indian dish made with rice and moong lentils) for me and bring it to my room! And please tell all the boys that I will only eat what they make when they have made it together."

So what to do now? On one hand they wanted to please Uncle but on the other hand they could not stand each other. But in the end, just for the sake of Uncle, both gangs decided to work together as per the teams allocated by uncle.

In the evening it was Baiju's and

Siddharth's turn. The menu was vegetable rice and soup.

At 8 pm Uncle and Bablu arrived. Both Baiju and Siddharth served them the vegetable rice and soup. Uncle was pleased to see them work together. He drank the first spoonful of soup and said, "Oh, this tomato soup is sweet!"

Siddharth blurted out, "I told Baiju there shouldn't be any sugar in the soup, but what does a village bumpkin know about being healthy!"

Uncle ate the rest of the meal quietly and then went back to his room. "Uncle, did you like it?" "Will you have some more?" Both of them asked him so many questions, but Uncle did not reply. The same thing happened the next day. They had made a savory dish with kadhi (soup) for Uncle's breakfast. When Uncle tasted it, he commented, "This kadhi is very nice."

At this, Vardhamaan of the Desi Boys piped up "Uncle, I'm the one who made it." Once again Uncle ate the rest of the meal without saying anything and then



left. This went on for the next two days.

Then came Mihir's and Raju's turn. They were both only seven years old. So both Baiju and Siddharth were worried how their meal would turn out.

And they were right. The menu was a simple - buttered toast and a jam sandwich. When it was ready to serve, a slice of bread was a little burnt and one side of the sandwich had no jam. Uncle came and sat down. He took the burnt toast and asked, "What's this?"

"Uncle, I burnt the toast by mistake," said Mihir. Immediately Raju added, "No Uncle, he was helping me open the jam jar and that is why it got burnt! It was my fault."

Uncle took a bite of the burnt toast and said, "It's very tasty."

Eating the second toast Uncle said, "This is nice."

"Uncle, Raju toasted that one" said Mihir.

"But Mihir buttered it for me," added Raju.

Uncle laughed and finished eating the toast. Then he asked both of them, "What else have you learnt to make from brother Bablu?"

Everyone else was staring in surprise. Uncle was happily talking with Mihir and Raju. Not only that, but after finishing breakfast, he read them a story.

Desi Boys and the Rockstars sat down and started pondering why Uncle was so pleased with Mihir and Raju.

"It is because they are young!"

"Maybe Uncle really likes burnt toast!" "No, it was because Raju was almost in tears!" They came up with various guesses.

Bablu was listening with interest and not able to keep quiet any longer he exclaimed, "They worked together and that is what pleased Uncle! All of you are just interested in fighting each other!" and then he stomped off.

Both Siddharth and Baiju were quiet. They understood what Bablu had said. Mihir and Raju made the food together. They not only worked together, but they supported each other. When things went badly, they did not point out the other's mistake. They took on the responsibility together and thought about how to rectify things. When things turned out well, they didn't jump to claim "I did it alone". Instead they acknowledged that it was the other one's help that made it possible.

Siddharth and Baiju looked at each other and then walked towards the kitchen.

In the afternoon when Uncle came for lunch, Siddharth said, "Uncle, today we have made your favourite, dish."

Uncle asked, "Who made it?"

Baiju laughed and put his hand on Siddharth's shoulder and said, "Uncle, it was both of us!"

A big smile spread across Uncle's face and he said, "Tomorrow the new chef is coming. How long will you let him stay?"

"Uncle, what are you saying? Us? Trouble the chef? That's not going to happen!" answered Siddharth with a laugh.

From that day, in the "Together Is Better" orphanage, the two gangs dissolved and became one big gang. They do trouble the new chef sometimes but they respect and obey Uncle Dhiraj and they support and love each other.

ANIMAL WORLD



Meerkats are a type of mongoose. They always stay in a family group. There are twenty to fifty meerkats in a meerkat family. The peculiarity of meerkats is that they do not have any special physical strengths, but due to their unity they can survive in the wild and avoid predators like lions and tigers. The whole family goes out to look for food together. While the meerkats are looking for something to eat, one of them will always stand guard. If any danger appears, it gives a warning signal to other and all the meerkats hide.



Have you ever seen a flock of swans flying in a 'V' formation? When the head bird at the front gets tired, another bird immediately takes its place. Everyone in the team looks out for one another and is ready to take over each other's work.



The honey bees' teamwork and unity are highly praised in the animal kingdom. The reason for this is that the role of each bee is different and each bee does its job very sincerely. On hot days the temperature inside the hive remains cool. So one group of bees stays in the hive and the other group goes out to work. Both the groups take it in turns to do the hard work and then the easy work. In this way, by pulling together, they achieve success in their work.



Elephants understand each other's feelings and take care of each other. If one of the elephants is upset, the rest of the herd starts making soothing sounds to reassure the distressed elephant. If one elephant in the herd is injured, the others would comfort it and spray the wound with dust to protect it from insects. When a baby elephant is born, the herd celebrates by loud trumpeting.

Jungle, Jungle, We Have Found....

You have to find out what is happening in the jungle! Hidden in the forest, in the scene below, are animals that work in unison and their characteristics have been described in the 'Animal World' section. So, let's find the animals and also complete the above sentence. In the picture below, find 6 elephants, 5 meerkats and 8 swans.



AALOO CHILLY

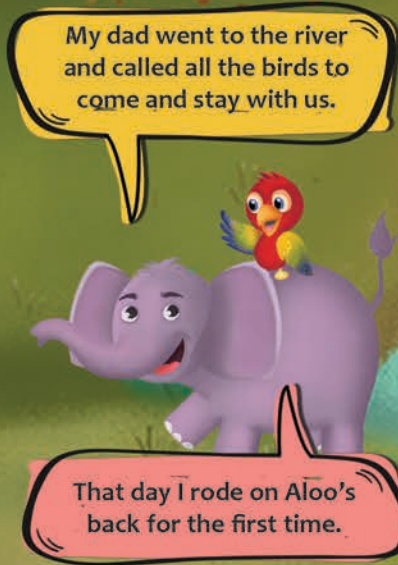


You must be wondering why Aloo and Chilli celebrate Dependence Day, when everyone else celebrates Independence Day! Well, Something unique had taken place a few years ago...




One day a life-threatening fire broke out in the forest.






My dad went to the river
and called all the birds to
come and stay with us.

That day I rode on Aloo's
back for the first time.



We started running
short of food.

But soon our family
grew so big that...



So, my parents
would go out with a
big net every day to
get food.

And my parents would
look after us and feed us
tasty food every day.

That is why we
celebrate
Dependence
Day.

That day we
decided that in
difficult times we
will be there for
each other and
look after one
another!

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