

Dada Bhagwan Parivar's

January 2022

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AKRAM Express



Limitless Energy



Friends,

We have seen and heard a lot of stories about superheroes. All superheroes, like Superman, Batman, Spiderman, Wonderwoman etc. have unique superpowers. Did you know that just like these superheroes, even us human beings have special superpowers too? Yes, it's called limitless *Shakti* (energy)! We all have this special power which can help us as well as others too.

You must be wondering that if we really have this energy then why we don't experience it. Don't you agree? We also question 'can this energy ever dissipate? How? How can we increase these energies?'

So friends, in this edition let's get answers to all our questions through the understanding given by Dada and allow the inner strength (energies) within us to flourish.

- Dimple Mehta



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Gnanis say...



What is infinite energy?

We all have limitless energy but it is covered in veils of ignorance. It is possible to unveil different energies as long as you know how to do it.

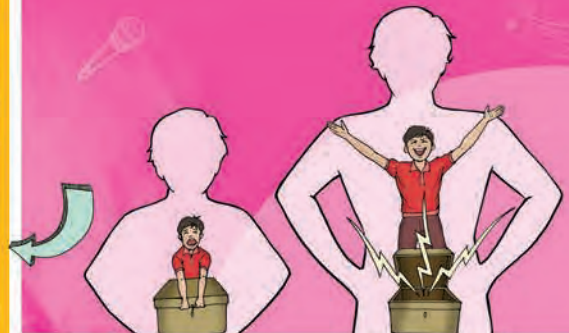
For example, when someone is singing and you commend, 'very nice, excellent' then you will automatically get that strength from within and you will be able to sing too.

How do we lose energy?

Entertainment can weaken the energies. Enjoyment within limits is okay. (Entertainment meaning mobile games, T.V, Movies, Internet etc. for enjoyment).

When you make negative remarks such as 'I don't have any energy' then you lose all your energy.

There is infinite energy within us, but due to clashes (conflicts, fights and negativity) all the energy gets used up. For example, we all have the ability to learn something new, but our energies get drained when we say, 'What if I can't do this?', 'The teacher doesn't know how to teach us', 'This friend is stupid, I will not study



How can you increase energy?

When your mind and body feel weak and powerless, you should say aloud, 'I am full of infinite energy'. By saying this aloud many times you will regain your energy. (Example: If you have participated in a running race and you get tired while running, you should say 'I am full of infinite energy' which will then give you the strength to keep running)



The energy of Self will manifest if you **adjust** with people whom you **don't get along with.**



Absolutely New and Different!



Removing negative thoughts such as 'I won't understand, I can't do this', will allow inner energy to blossom. Your insight will develop, and you will come across sources with knowledge and you will learn quickly

What sort of strength should you ask for from God?

One should ask for the right knowledge and understanding and ability to remain calm in all disturbing situations such as negativity, clashes and quarrels.



We all have infinite energy within us! We just need to say 'Oh Lord! Please give me the strength' and you will immediately get that strength, there is no other way. Everyone can get this strength, we just need to ask.



When can we increase our inner power? When we accept challenges.

Magic Dial



“Didi (sister), please forward this scene! It’s so boring!” said Suhani impatiently.

Didi hid the remote control under her feet, “Come on Suhani, let me watch the whole film! It’s no fun watching a movie by forwarding the scenes!”

But Suhani liked watching movies by forwarding the scenes. She thought, ‘I wish had a remote control where I could forward all the boring and difficult situations in my life and be in the future!’

Unfortunately we don’t have such remote controls in real life! Whenever Suhani used to imagine being in the future, she never even once thought that one day her thoughts would turn into reality. One night, at grandma’s cottage, she couldn’t believe her eyes. She had picked up a shiny dial sitting on the shelf. As she turned around she was utterly surprised to see a lady dressed in white.

Suhani curiously asked, “Who are you and what is this?” asked Suhani flinging the dial on the bed as though it was on fire.

The lady told her softly, “This is a magic dial and I am the Time Queen. I am here to serve you when you turn the magic dial”.

“Uh, oh, what do you mean?” stammered Suhani.

“Meaning, this magic dial can take you in the future, but there are some rules you need to follow,” cautioned the Time Queen. Suhani did not understand what all this was about and she asked, “What rules?”

The Time Queen told her, “There are three conditions.” The first condition is that if you turn this magic dial clockwise then you can time travel into the near future, but this magic dial must not be used to go in the past”.

“Oh ! What is the second condition?” Suhani asked, deeply interested.

“The second condition is that you won’t have any memory of the events that you have fast forwarded,” warned the Time Queen.

“Oh! “ Suhani didn’t like this condition. “And third condi-



tion?”

“You can use this magic dial only three times. But please think carefully before you use the magic dial,” The Time Queen explained.

“Wow!” Suhani grabbed the magic dial from the bed and put it in her pocket.

Suhani immediately planned how she would use the magic dial for the first time. Exams were just round the corner. Her Dad had planned to take the whole family to the Maldives for a holiday immediately after the exams.

Suhani would always get fed up preparing for exams. Thanks to the magic dial, she would not have to struggle this time. Turning the magic dial she said, “Oh magic dial, please forward the exams please take me to the Maldives for the holidays.” At once Suhani reached the Maldives!

Few days after that, Suhani became ill with typhoid. The doctor advised her to have a simple diet, but Suhani loved tasty food. She again turned the magic dial. “Oh magic dial, please fast forward this illness.” And Suhani was once again transported into the future.

Without realising Suhani had already used the magic dial twice, much sooner than she had expected. Now she only had one more chance left. Suhani wanted a motor bike but her Dad had said that she could only have it when she was in the 10th grade.

After a lot of thought Suhani used the dial for the third time, “Oh magic dial, please take me to 10th grade in the future”.

When Suhani reached into the future, everyone around her was also in the future. The only difference was that Suhani had no memory or recollection of all the difficult situations that she had fast forwarded.

Whilst all the people around her had the experience and memory, Suhani didn't notice any difference in herself but she noticed the



changes in the people around her.

That night Mum talked to Suhani about Anudidi and said, “Our dear daughter used to cry every day before going to school and always had temperature before exams, is going to be a doctor and I am so happy to see her so confident.” Suhani agreed with her mum.

One day Anudidi brought Suhani’s favourite pasta for her. Suhani bravely asked her, “Didi can I ask you something?”

“Of course,” said Anu

“Didi, you used to be very nervous before exams. How did you become so strong and confident?”

Anudidi replied, “I do get nervous sometimes, but I have overcome and won over my fears. I have fully understood that I have the strength to do work, and I must not waste my energy in negativity and fear. I used to run away from difficult situations, but by doing so I realised that my inner strength would never flourish.”

Listening to this, Suhani’s face drooped sadly.

Anudidi lovingly patted Suhani’s face and said, “Do you know what a mother giraffe does when it gives birth to a baby giraffe?”

“I don’t know. What does it do?”

The mother giraffe loves and caresses the baby giraffe after birth and then she would kick the baby giraffe, sending it up in the air and tumbling down to the ground. The baby giraffe tries to push its limbs and stands on its feet. Its mother kicks it again. This goes on until the baby learns to stand on its feet quickly enough. This makes the legs of the baby giraffe strong. Once the baby giraffe is capable of standing on its own feet, mother giraffe knows that however many times the baby falls down it will be able to stand on its feet and



run and survive when chased by lions and other predators in the jungle“.

Suhani was listening intently to Anudidi's story.

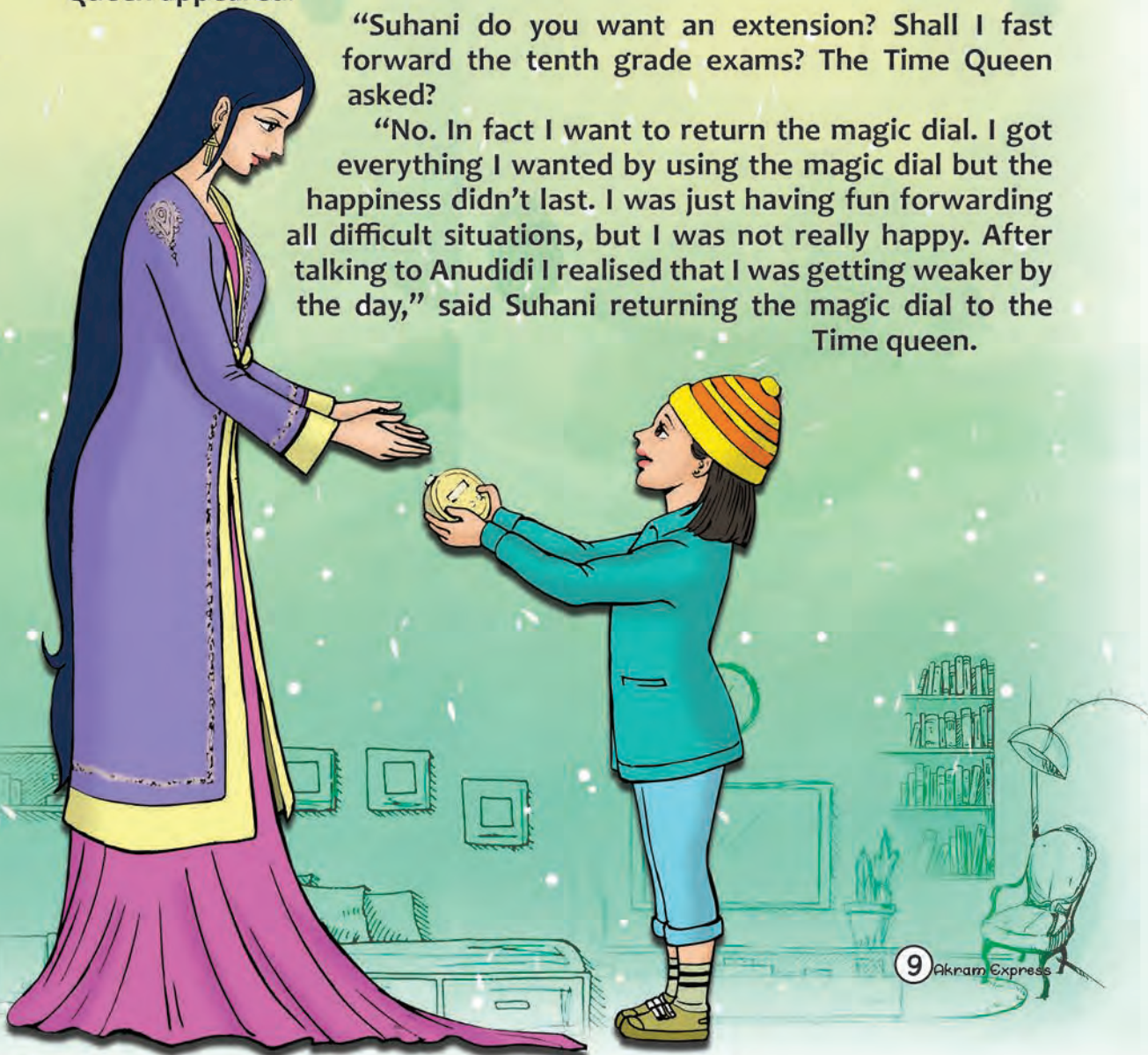
“We also have to face difficult situations in our lives. If we don't turn away from these situations, then just like the baby giraffe even we will be able to gain the strength to stand up and face difficulties and become strong,” Anudidi explained to Suhani lovingly. She then looked at the time and said, “Oh I am getting late, I will see you later, enjoy your pasta. Bye sis! “

“Bye didi”.

Suhani looked at her watch and remembered the Time Queen. Tenth grade exams were approaching soon. She turned the magic dial and Time Queen appeared.

“Suhani do you want an extension? Shall I fast forward the tenth grade exams? The Time Queen asked?

“No. In fact I want to return the magic dial. I got everything I wanted by using the magic dial but the happiness didn't last. I was just having fun forwarding all difficult situations, but I was not really happy. After talking to Anudidi I realised that I was getting weaker by the day,” said Suhani returning the magic dial to the Time queen.



The Rastul Flower



Scan the QR code to read the January 2021 issue.

Use your imagination and understanding from the Jan 2021 Akram Express issue on Regularity, to complete the picture story.

There was a boy named Radon who lived in the city of Reticutt on the planet Mars. Now, he loved flowers. He was delighted by their beauty and the sweet scent. But there was one problem. He was too lazy to tend to the flowers and water them regularly.



One day, Radon came up to his mom and asked her for the beautiful Rastul Flower.

Mom, can I have the beautiful Rastul flower ?

Yes Radon, but you'll have to water the plant before 7 pm in the evening otherwise the flower will wither and die.



On the first day, Radon watered the plant happily, but the next day he went off to play with his friends. By the time he returned it was already past 7.00pm and the flower did not look as happy as he had expected

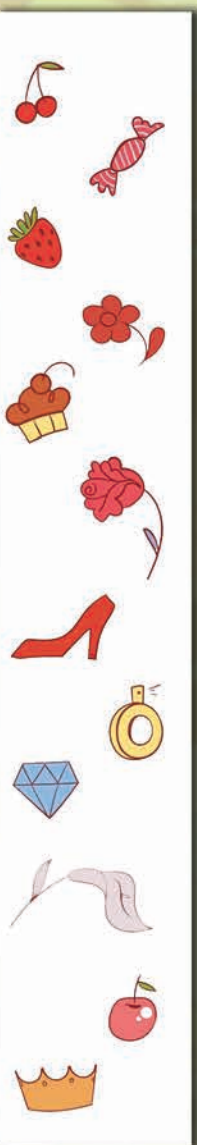


Oh no! I forgot to water the Rastul plant. It looks shriveled and might die.

Complete the story-
The Rastul

Let's play

Find the 12 hidden things in this picture.



Real life

I Will Learn To Fly.



Janine Shepherd had one dream. Dream to participate in the Olympics. She was practicing whole heartedly for the winter Olympics.

There was a cool breeze and the sun felt warm. The fresh mountain air filled the atmosphere. For the past 5 hours Janine had been biking through the mountainous region and only ten more minutes of practice was left. Janine looked up at the sky and suddenly everything went dark.

A massive truck coming at high speed had crashed into her. Janine suffered extensive and life threatening injuries in this accident. She was taken to the hospital by a helicopter. Her injuries were extensive and she was told that she would never be able to walk again. Janine was shocked, 'I am an athlete, if I can't take part in sports what is there for me to do? What will I do? What can I do?'

After 6 months Janine was discharged from hospital. Janine remembered her life before the accident. She wanted to wear her shoes and run, she wanted her previous body and her life back. Janine felt as though she had lost everything. She had worked very hard to achieve this, had done a lot of physical training for her body and it was all taken away in a blink of a moment. At this moment she remembered one of her friends, who had a major accident and became crippled for life. Even though she had a major accident she never complained and was always smiling and happy.



Thinking of the smiling face of her friend, Janine thought, “I have a choice – I can either fight against my circumstances or I accept them and my body. So what if life has closed one door? There are many other doors to open. Janine felt a sense of freedom as soon as she accepted her circumstances.



One day while Janine was sitting on her wheelchair, she saw an aeroplane in the sky and suddenly thought, ‘if I can’t walk I will fly’.

Janine started training to become a pilot. She faced a lot of challenges during her training but never accepted defeat. After 18 months of being discharged from the hospital she had a licence to teach students to fly.

Janine Shepherd says, “My body has limitations but there are no limits to the power within me. It is now that I realise that I never got real strength from my body. My physical strength has completely changed, but the power, the energy that is within my Self has not changed.

Friends, this is an amazing sense of understanding! Everyone is faced with challenges and difficulties in life. The real brave people are those that overcome these challenges and allow their inner energies to blossom.



Shield Of Energy

Hearing about the bravery of the people of Suhangadh, a yaksha (demi-god) decided to go there and find out for himself.



Hey young man! Didn't you get scared when you saw me? Everyone is terrified of me.



It seems you are new in this kingdom. The whole kingdom is secure and safe under the powerful protection of our king. No one would dare lay a finger on us.

The yaksha was surprised at the young man's confidence.



This is amazing!! The people of this kingdom are fearless under their king's prowess! I must meet this king!

The king welcomed the Yaksha.



The people have immense faith in you. What kind of energy shield have you got which protects your people?

I would get restless if I didn't get what I wanted. I would get annoyed if my needs were not fulfilled on time. I wanted to free myself from these weaknesses.

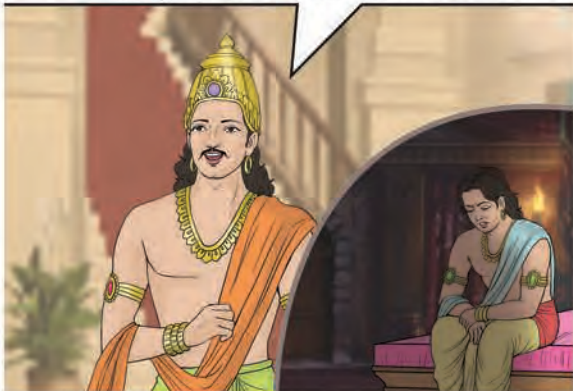
The king smiled gently and started talking...



Many years ago, when I was a prince, I used to get everything I desired even before I asked for it.

One day I was admitted to a Gurukul

I will definitely make you a brave prince, but you will have to follow my rules, do you agree to that?

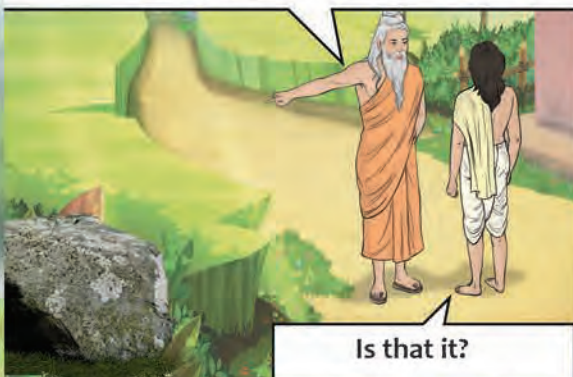


Your first task is to go and push the rock near the entrance of the school. If you don't have enough energy then ask for strength from me.



Yes, yes, I agree.

For many days I tried to push the rock, but it didn't move the slightest bit from its place.



Is that it?



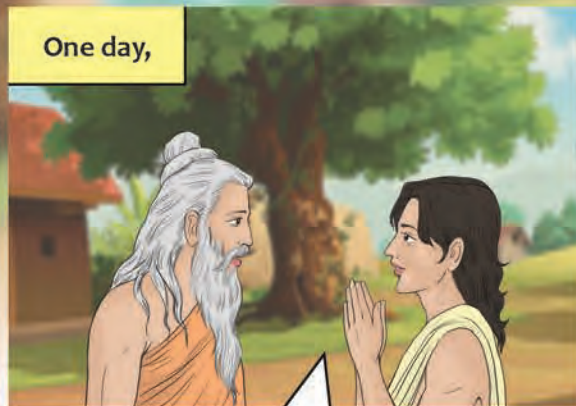
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Prince, I had only asked you to push the boulder. You weren't asked to check if the boulder moved from its place.



Have a look at yourself. By pushing the boulder daily, your arms have gained strength; your body has become much more powerful.



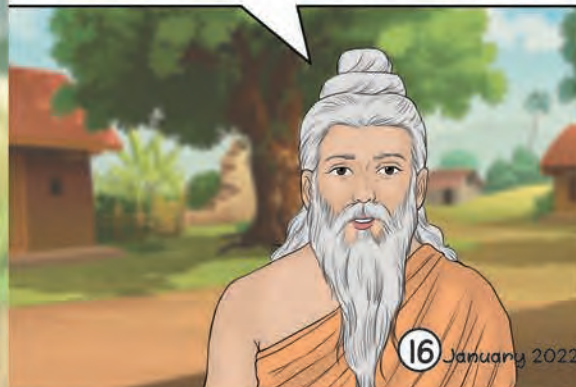
One day,

Guruji, I have obeyed your instructions heartily, but I failed miserably. The rock won't budge from its place

You have obeyed my instructions heartily. Do you really feel that you have failed?



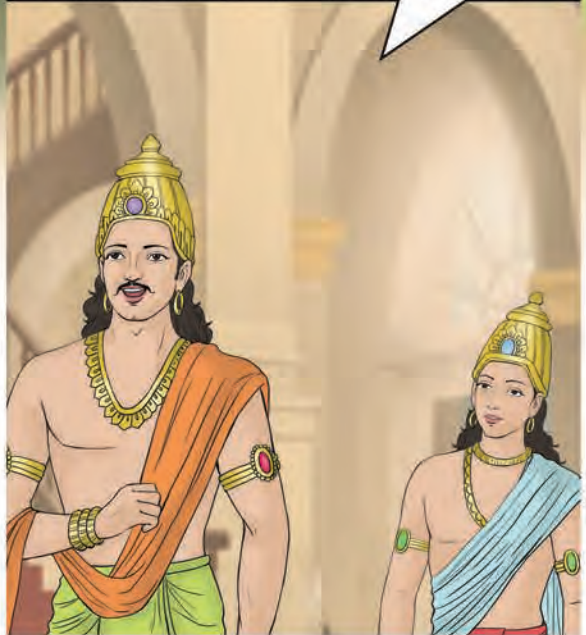
The boulder didn't move, but you gained strength from within yourself. In the same way, by asking for strength you will not notice any difference in the outer appearance, but you will gain strength from within



Your body has gained strength due to physical endurance. In the same way when you face any struggles from outside your inner energies will increase... that is...if you don't give up.

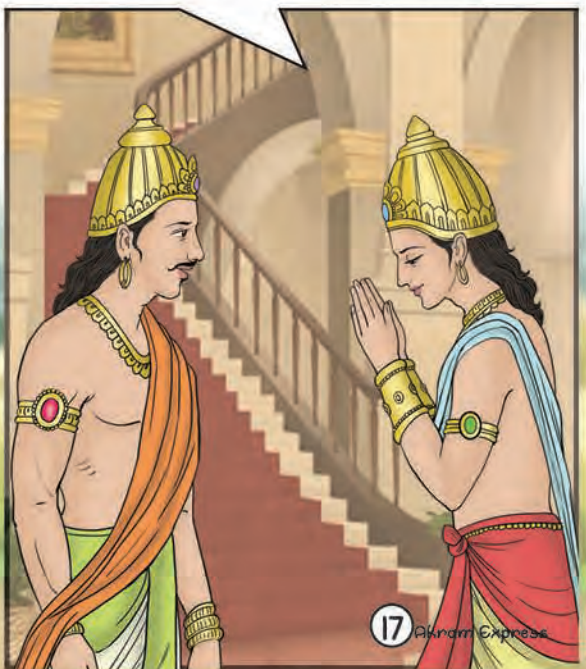
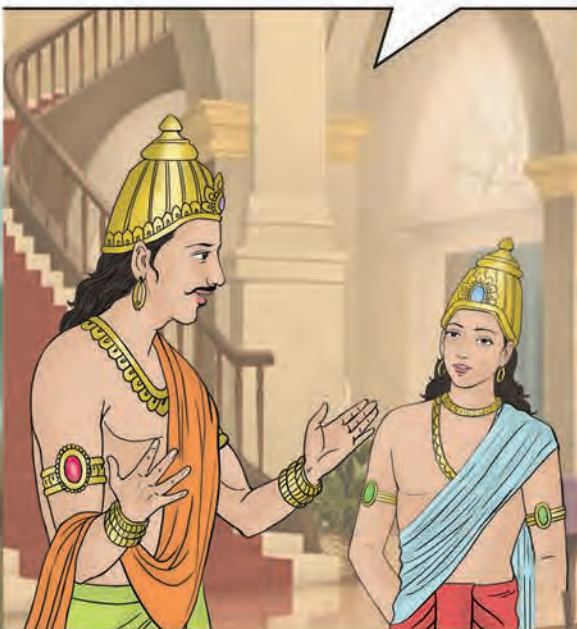


While at Gurukul I was faced with many tasks that seemed impossible and there were those that I didn't like. Without feeling defeated, I continued doing the work. As a result, powerful energy manifested within me and deep understanding developed in whatever work I did



Everyone has inner power. My Guruji showed me the keys to develop my inner power. The same power safeguards the people of the kingdom and keeps them well protected.

Bless the King! Today, I learnt that real strength is not about putting fear into people, but about safeguarding them!



Sweet memories

TRAVEL

Niruma has made adjustments in every aspect of her life. She adjusted in such a way that no one around her would feel disturbed. During shibirs (spiritual retreats) if her tongue cleaner had not been packed, Niruma would use her bangle to clean her tongue and adjust. She would say 'Daily I use a silver tongue cleaner, today I used a gold cleaner' ensuring that the sevarthi (disciple looking after Niruma) doesn't feel regretful about their mistake.



Once Niruma was going to London from India. The flight was going to land in London shortly. Niruma wanted to freshen up and asked the sevarthi for her comb. The sevarthi informed her that they had forgotten to carry the travel kit. Hours of being on the flight had ruffled up Niruma's hair and it would look unpresentable in front of other mahatmas who had come to receive her at the airport. The sevarthi was feeling remorseful due to his mistake, but what could he do? They had received a toothbrush kit from the flight. Niruma took it with her to the bathroom to freshen up. After brushing her teeth she looked at the toothbrush and thought 'Let me just use this to comb my hair'.

Niruma came out of the bathroom looking fresh and neatly combed hair. The sevarthi was surprised to see the transformation, "Niruma how did this happen?!" Niruma modestly showed him the toothbrush. The sevarthi was deeply inspired by Niruma's ability to adjust.



“

Friends, we learn to adjust in different situations by observing and appreciating the adjustments that gnanis take. By adjusting everywhere our strengths and energy will develop in all aspects.

”



AALOO CHILLY



Today's Highlights

Vokid Vaccine
now available!

Aaloo the elephant and Chilli the parrot were childhood friends.

Did you know?
The vaccine will
be available in the
jungle too.

I will not take the
vaccine. Just looking at
the injection makes me
dizzy!

Shall I tell
you how the
vaccine works?
The vaccine,
once injected in
the body,
creates
antibodies of
vokid.

Oh! In that case I definitely
won't take it. I will get vokid
infection! And you too must
not take it!

Hey... I am not faint-hearted. You are! You even cried
this morning before the singing contest... 'I don't
know how to sing'!

Listen! The protein from the vaccine enters our
body and produces antibodies. These antibodies will
fight the virus when it attacks us. Don't be so
faint-hearted, Aaloo!

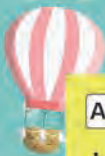
If my body is strong then even I will become
strong! If my body can fight then even I am
ready to fight.

Yes you
are right...

Now I will fight the virus called 'I don't know'
with help of the vaccine called 'I am full of
energy. I can do it'.

Eh!

Chilli.. you are so smart! I will also take the vaccine
without any fear and drive away virus vokid.



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And Lastly...



If you want to attain strength for something, then ask for those strengths from Dada. Reciting 'Nine Kalams' daily will give you immense energy. So you won't forget to express your intentions regularly, will you?



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