

Dada Bhagwan Parivar's

June 2022

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# AKRAM Express



## Editorial

Friends,

Throughout the whole day we come into contact with a lot of people. This includes our friends, family, teachers, so many different service-providers and so on. But do we feel the same kind of respect in our hearts for each and every one of them? Sometimes we see people as being inferior, or we talk down to them (talk to them as if they are lower than us). Would you like to be treated this way? No! So then we should not behave in this way with others.

You can never be successful by looking down on people. Successful people have one special quality in common. It is this quality which makes them reach the pinnacle (highest point) of success. So, friends, let's discover and understand what this unique quality is. At the same time let's apply the same vision as the Gnani, so that we too can treat everyone with dignity and respect.

- Dimple Mehta

# Big Or Small, Respect All



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name of 'Mahavideh Foundation'.

# A 'small Secret'



A "Business Fair" was being organised in Animal School. The team that made the most profit would win a prize.

Simi and Zebu at a stall...



Oh wow! There's pizza!  
Please make mine  
without olives.

Hey Zebu, everyone wants us to leave out olives, but we have spent so much money on the olives.



After a few days all the children got together for the prize-giving event.



I am sure that all of you must have learnt a lot from the business fair. But only one team can win, right? And so this time the winning team is Hoofy and Leggy.

What??  
But we had  
sold all our  
pizzas.



Simi, the  
wastage of  
olives was the  
reason why  
we couldn't  
make enough  
profit.

Sir, the credit for our success goes to Bholu!



Who? Do they mean the road sweeper?

One day we were sitting in the park and discussing ideas for the business fair.



That was when we heard Bholu talking to Simi and Zebu...

We'll have olives, cheese and many other topping choices for our pizzas, and make them taste delicious.



Children, last year parents were removing the olives from the pizzas and throwing them away. I had seen a lot of olives in the rubbish bin.



Ignore him, Simi! How would someone like him know anything about taste, flavour and business?!

Okay, okay.



We were going to make French loaf sandwiches with lots of olives.



Bholu's advice turned out to be a boon for us. We cancelled the olives and made a lot more profit than expected.



Well done, children! This reminds me of an incident with famous cricketer Sachin Tendulkar.

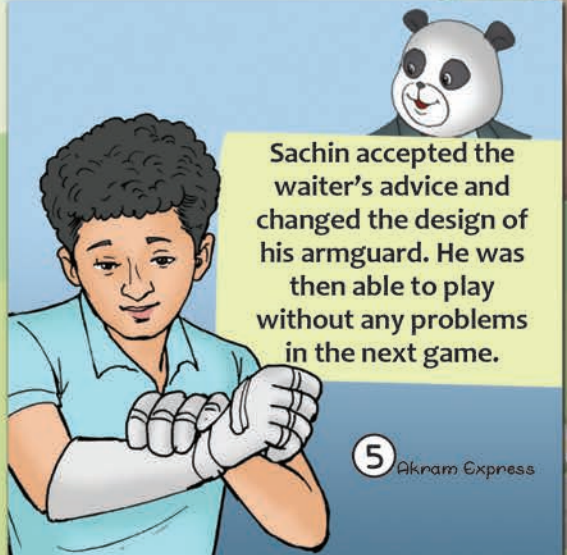


He once was in a hotel in Chennai and one of the waiters wanted to talk to him about cricket.

The waiter told Sachin that his armguard appears to hamper his ability to bat. Sachin had never noticed anything like this previously.



Sachin accepted the waiter's advice and changed the design of his armguard. He was then able to play without any problems in the next game.





Sachin gained a lot by heeding the advice and gave credit for this to the waiter. A person with true understanding is the one who listens with respect to everyone and accepts that which is correct.

God resides in every living being. So why should we consider anyone's words as inferior? This is a 'small secret' to success.



Bholu, your cap is very attractive!

While walking back, Zebu and Simi saw Bholu.



Bholu lifted his cap and gave them a broad smile.

Simi and Zebu had always ignored Bholu. But today, just saying a few sweet words to Bholu, gave both of them so much more happiness and satisfaction than even winning the prize!



# Sweet Memories

Dadashri had a wish for there to be a town, where all *Mahatmas* (Self-realised ones in *Akram Vignan*) could live and continue on the path of spiritual progress together. Niruma was instrumental in realising this desire of Dadashri's.

A *Trimandir\** was constructed in Adalaj and a beautiful township, where *Mahatmas* could live as one community, was also built in the same grounds.

Do you know the story behind how all the circumstances came together for this magnificent construction to be done, and why in the town of Adalaj in particular?

*Aptaputras* and *Mahatmas* had been trying to seek a suitable site for construction for a long time, but things were not working out. During this time a simple lady from a village gave a suggestion to Niruma- to consider searching for land in a town called Adalaj. Niruma welcomed the lady's suggestion and started looking into it. And thus, a heavenly place was created, where thousands of *Mahatmas* could live as one family, within the vicinity of the *Trimandir* and in *Pujyashree's* divine presence.

Friends, for Niruma, all *Mahatmas* were equal! No one was big or small, superior or inferior. She kept an open mind and welcomed all suggestions. We too will follow in Niruma's footsteps and have no differences of big and small, and continue to work together and give unconditional *seva* (serving others without any selfish motives). We will do that, yes?

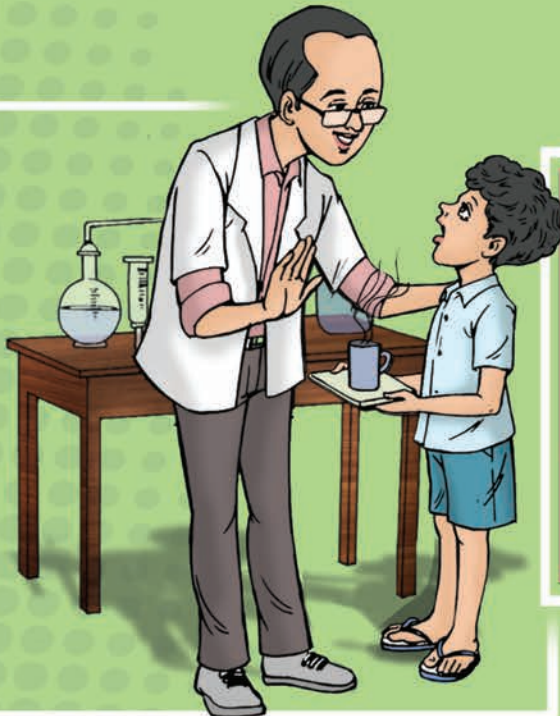
\*Non-sectarian temple; a temple where the Gods and Goddesses of each of the main religions of India are brought together on the same platform.



Respect means to not hurt anyone in the whole world.



# Absolutely New



The more renowned a person becomes, the humbler he is. There is no arrogance. Arrogant behaviour is found in 'unimportant' people.

*For example, eminent or renowned scientists never claim that their abilities are more superior. They are always modest and polite. Showing off in front of people who are less educated is called arrogance.*



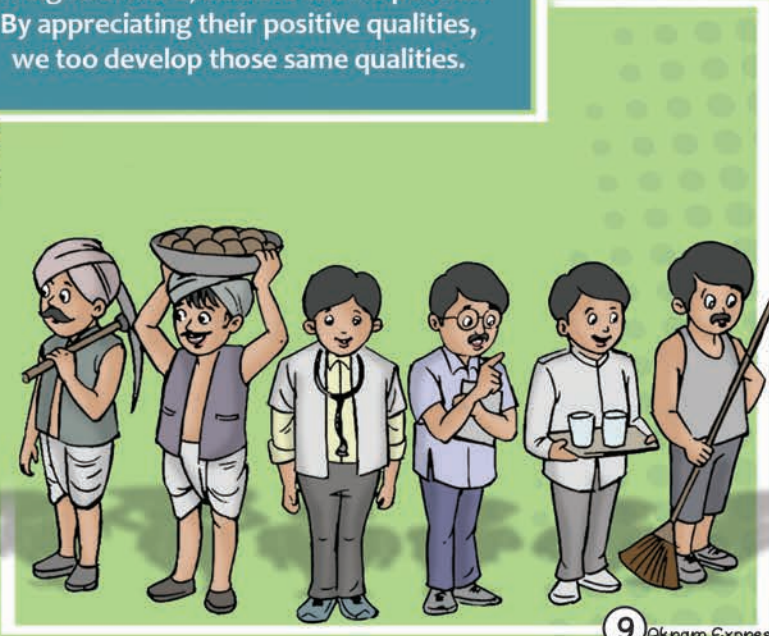


Keep observing people who are humble. By observing, we too can become humble.

# and Different!



We should appreciate people who are straightforward, humble and respectful. By appreciating their positive qualities, we too develop those same qualities.



# Lessons From a Cruise

“10... 9... 8... 7... 6...” With her eyes closed, Stuti was counting down aloud. It was four days into the cruise and the children had become good friends. After doing some onboard activities, they decided to play hide and seek.

The children darted off in different directions as soon as Stuti began counting down. Vyom started looking around and thought that he should hide in such a place where no one would even think of hiding. Where should I hide? He ran towards the basement.

Stuti first went to the café area to see who she could find there. “Found you, Nikhil... Stop... Okay, so now that leaves Vyom, Rudra and Mili to be found...” Then, after a little while she found both Rudra and Mili.

“Now where could Vyom be hiding?”

“He must have picked the most unusual place. I know him very well!” said Nikhil. Everyone started looking for Vyom, but they weren’t having much luck in finding him.

Eventually they accepted defeat and thought that maybe Vyom had left the game and must be engrossed in doing something interesting. Soon it was dinner time and everyone went back to their parents.



Vyom was hiding in a place where no one could find him. Half an hour had passed and still no one had come looking for him. So he decided to find out what was happening outside. He went to the door on tip toe and turned the knob, but the door didn’t open! He pushed hard at the door but nothing happened!! Vyom’s hands turned red from trying, but the door wouldn’t budge. He started shouting for help, but because he was hiding in the basement there was no chance of anyone hearing his cries. He felt very scared. His

throat was so sore from all the shouting that his voice was now gone.

No one had noticed that Vyom was missing; his parents thought that he must be with friends and his friends thought that he must be with his parents.

Vyom's eyes were swollen from all the crying when he finally drifted off to sleep.

When Vyom's eyes opened, sunlight was streaming through the window and he found himself in what seemed a familiar place. From the open window of the cabin, he could feel the cool breeze of the ocean. He looked around in astonishment and realised that he was in his own little cabin, onboard the cruise! Had this all been a dream? He jumped out of bed and started looking around. Just then his mum walked in and gave him a big hug. "Vyom, my dear, do you realise how worried we were? Don't you ever again go to such an awkward place to play!"

Vyom remembered that he was trapped in the basement crying for help and that he had lost all hope of coming out alive. This was like a new life for him. But who had found him?

Before he could ask anyone, his cruise friend, Mili came to see him. She was looking cross.

"Hi Mili..."

"So Mr. Attitude, how was the night?"

Vyom was lost and didn't know what to say.

"Do you know who found you?"

"No."

"Gopal."

"Gopal? Who is he?"

"Have you forgotten? He's the person who cleans our floor. Last night he noticed that after playing, you never returned to your room. He is the only person who knew about the store room in the basement. When he went downstairs to put away the cleaning stuff, he saw you and carried you up to your room. I am sure you remember our conversation with him on the day we arrived," said Mili curtly as she left the room.

Vyom felt extremely ashamed of himself as he recalled the incident with Gopal...

On the cruise the five of them had become good friends. They all went to the top deck of the



ship to enjoy themselves.

Vyom suggested, "Let's play Truth or Dare".

Stuti asked, "How do we play this game?"

"It's very simple! I will spin the bottle and whomever the bottle top stops at, will be asked to truthfully answer a question, or to take on a dare or challenge. Are you ready to play?" Vyom drank the last sip of water from the bottle and left it in the middle. Everyone sat on the floor in a circle around the bottle. Nikhil spun the bottle and it stopped at Rudra.

Vyom asked, "Hey Mr. Clever, say whether you want truth or dare?"

"Okay, I choose 'dare'..." Rudra accepted the challenge.

Vyom thought for a little while and just then his gaze stopped at this person. He was mopping the floor near the swimming pool. Vyom saw his ragged clothes and immediately told Rudra, "Go and ask that person for how many days has he not showered." Everyone started laughing.

"What's so daring about that?" asked Rudra.

"How sad! Aren't you all ashamed of yourselves?" Mili immediately got up from there.

"Oh come on, Mili, we're just having some fun..." Vyom asked Mili to sit down.

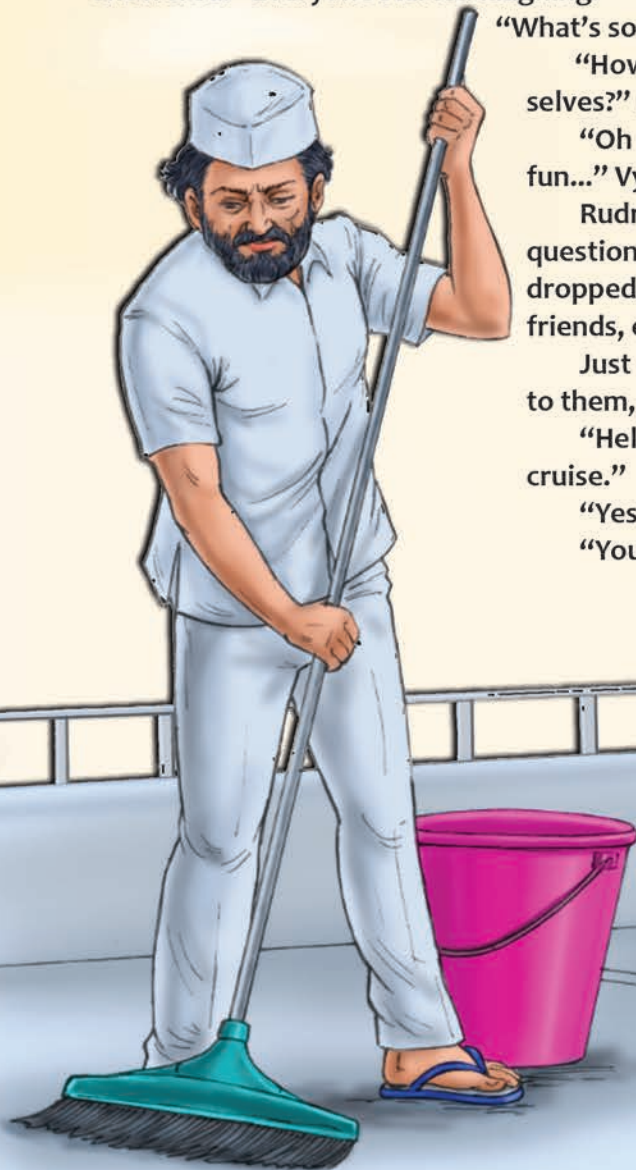
Rudra went to the man and asked him the question. The poor man felt very upset and his face dropped, while at the same time Vyom and all his friends, except Mili, burst out laughing.

Just then, the captain of the ship, Mr. Sajit came to them, and they all stood up immediately.

"Hello friends! Hope you are all enjoying the cruise."

"Yes Sir..."

"You are not having any problems?"



“No Sir...”

“Very Good!” saying that, he left them.

Seeing this, Mili clapped for them sarcastically. “Well, well, well ... all of you stood up when the captain came to you and all of you made fun of the cleaner. Do you think that it is only the captain who makes the cruise possible?”

“What else? Come on, Mili! What is so special about the job that the cleaner is doing?! He is only mopping,” said Vyom shrugging his shoulders.

Mili shook her head in disgust and walked off...

The fog horn on the cruise sounded and Vyom came back to the present time. The cleaner whom Vyom considered as “useless” also happened to be the person who saved his life. Vyom would never be able to repay him. He felt very ashamed of his behaviour.

Vyom left his room to go for a walk. He stood in one corner and was observing the goings-on around him on board the ship.

There was a waiter serving food to people. On another part of the ship some workers were cleaning and all the guests were enjoying themselves.

What would happen if the cleaning didn't happen on time?

What would happen if the chef didn't cook food on time?

What if the waiter didn't serve us?

The cruise was running smoothly only because everyone was doing their jobs in a timely manner, together. It became apparent that everyone had their own role to play and that they were equally important for the running of the cruise. They all deserved respect and honour...

Vyom felt extremely light after looking at the bigger picture like this. He decided he would never consider anyone as inferior to him, and that he would always look at the positive points in everyone and bring down his ego. His friends Nikhil, Mili, Stuti and Rudra came up to him.

“Are you okay, Vyom?”

“Yes, thanks to Gopal. I couldn't be better! I have never felt this good before.”

From the sound of Vyom's voice it was evident that he had developed the right understanding.



# Check Your Attitude!

In the circumstances mentioned below, Krish and Rish have different approaches. Whose approach do you like?

It's hard work mopping the floor. I will wait for it to dry or walk on it without leaving footprints.

I can't help it if I leave foot prints on the floor! I am in a rush.



The floor is wet as it has just been mopped.

Krish and Rish ate a packet of crisps. Rish threw the empty packet on the road.

Krish threw the empty packet in the rubbish bin so that the road sweepers don't have to do extra work.



Jai Satchitanand



Krish always says Jai Satchitanand to the security guard at the gate when leaving the township.

Rish keeps to himself. He doesn't even notice whether there was a security guard or not.



## Gnani Says...

**Questioner:**

I don't feel the same level of respect for everyone. I respect teachers and doctors more than I do watchmen. Why does this happen?

**Pujyashree:** You feel that he is just a watchman and he gets paid to do his job. Whereas, the doctor will be useful when I am ill, and teachers are involved in educating me. So that is how it is, but we must not see anyone with a negative view. You can do this much, yes?

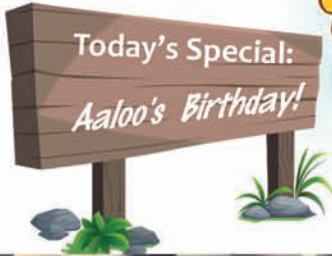
**Questioner:** Yes.

**Pujyashree:** If you feel that watchmen are inferior, then you should say things like... they serve us throughout the night, they are on their feet for 12 hours at the gate, they don't steal, don't tell lies and they stop intruders from sneaking in. They are good people and they work sincerely. In this way we should see positive attributes in everyone. When we do this, we can treat everyone fairly. We don't see anyone as being inferior. We might occasionally feel that this is a doctor, this is a teacher, this is Deepakbhai; so we look up to them. That can happen. But the aim here is not to look down on anyone and we want to see positives in everyone.

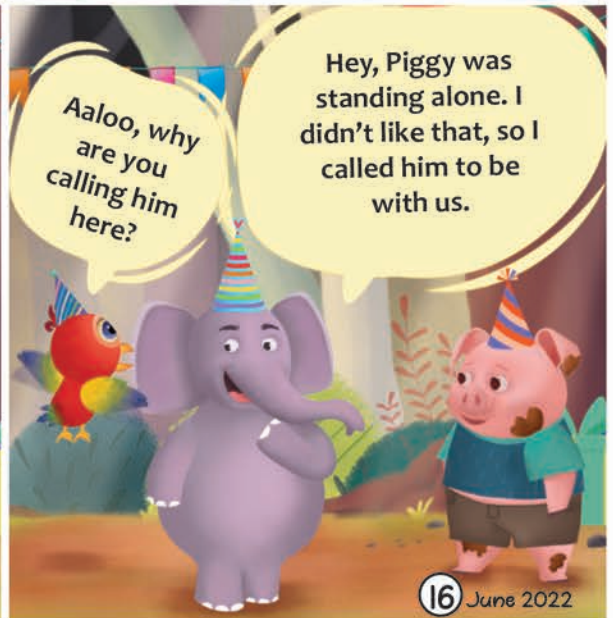
In a work situation we might feel that 'this is my boss' and 'that person is a subordinate (a lower rank colleague)'. But we should see only the positive. After all, if it were not for the subordinate, the boss would not be a boss. So who is more valuable, the boss or the subordinate/worker?

**Questioner:** The worker.

**Pujyashree:** If they (the workers) are not there, who will refer to the boss as a boss? So we should understand things in this way. I consider even a 3-year-old child as older to me. In other words, the 80-year-old (who had passed away) has now come back and so this child is actually an 83-year-old uncle. Jai Satchitanand, Uncle! So doesn't that make him older than us?!



# AALOO CHILLY







# Let's Play...

Write the names of the pictures drawn below.

2.

1.

3.

4.

5.

7.

6.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

# Real-Life Story 1

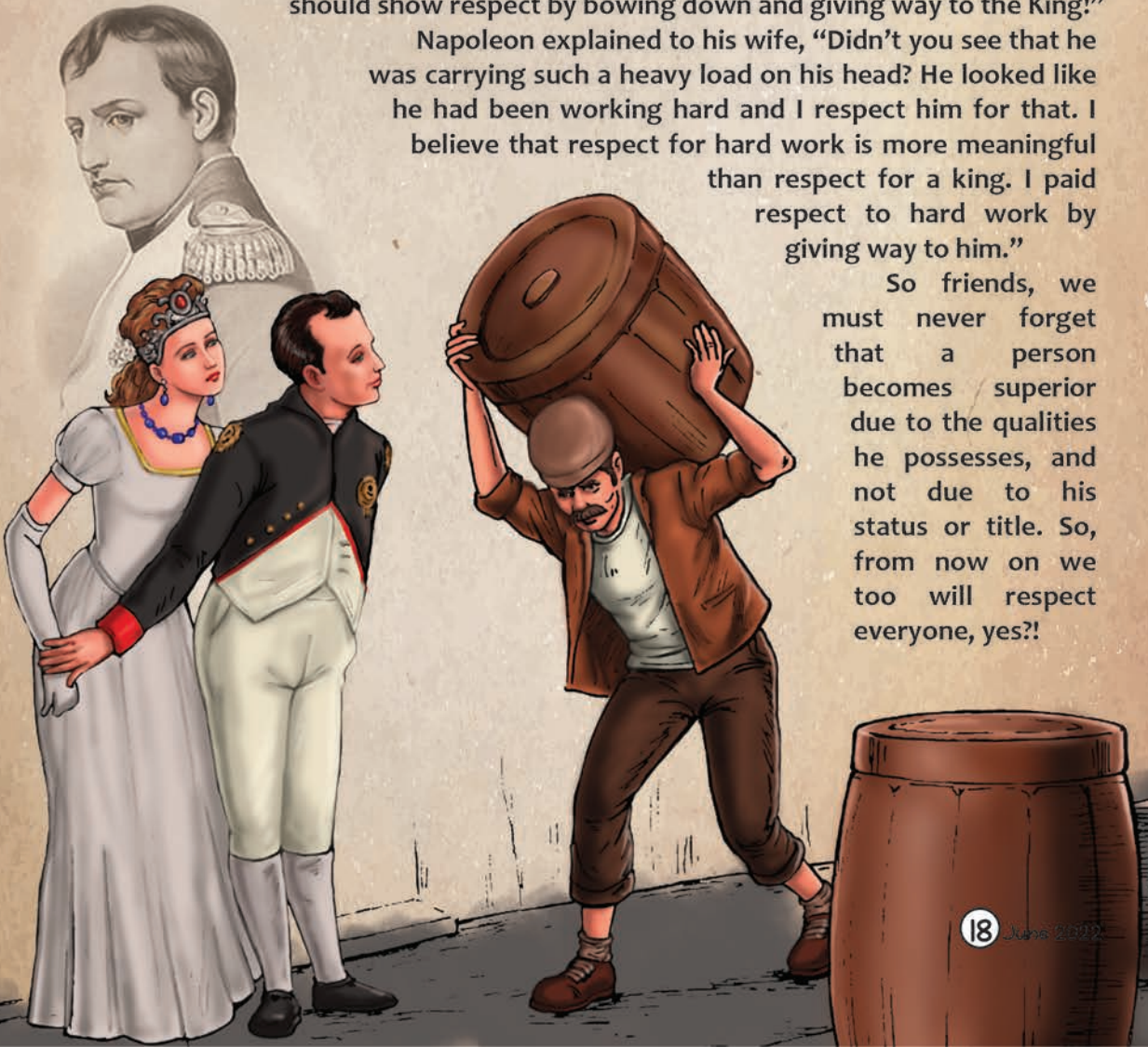
## True King

**N**apoleon Bonaparte was the King of France. One day he had gone for a walk with his wife. They happened to be walking down a narrow lane when Napoleon noticed a labourer coming from the opposite direction, carrying a big bundle on his head. As soon as the labourer got closer, Napoleon moved to one side so that the labourer could get past.

This made Napoleon's wife very angry and she said to her husband, "You should punish that labourer. He doesn't even have the basic understanding that he should show respect by bowing down and giving way to the King!"

Napoleon explained to his wife, "Didn't you see that he was carrying such a heavy load on his head? He looked like he had been working hard and I respect him for that. I believe that respect for hard work is more meaningful than respect for a king. I paid respect to hard work by giving way to him."

So friends, we must never forget that a person becomes superior due to the qualities he possesses, and not due to his status or title. So, from now on we too will respect everyone, yes?!



# Real-Life Story 2

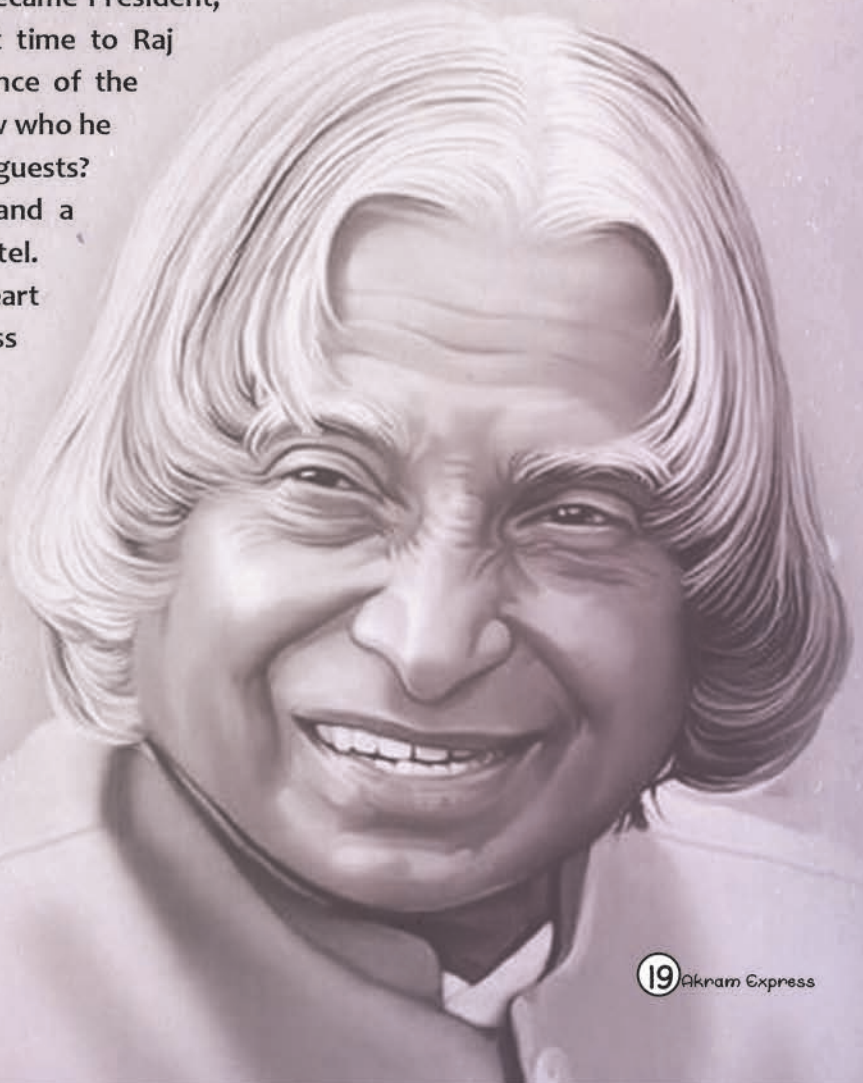
## A Hearty Salute to Kalam

**T**he previous president of India, Dr. A.P.J. Abdul Kalam, was invited to an event where a seat had been reserved for him. He refused to sit in that chair. Do you want to know why? It was because the chair was bigger and more special than all the other chairs.

What astounding humility! He never thought of himself as being superior to anyone and he never used his status to show off either!

When Dr. Kalam became President, and went for the first time to Raj Bhavan (official residence of the governor), do you know who he invited as his special guests? He invited a cobbler and a worker from a small hotel.

He never in his heart felt anyone to be less educated or of a lower status than himself. He was so humble that he easily made friends with anyone!



### 9th May Pujyashree's B'day Celebration



Scan the QR Code for Glimpses of BMHT and LMHT Summer Camp



Answers of Let's Play

1	M	I	L	K		6	B	U	T
3	C	A	N	D	Y				
	E					4	H	E	R
2	P	A	N	E	E	R			
		A							
		M							

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