

Dada Bhagwan Parivar's

March 2022

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AKRAM Express



NO NEED TO GET DISTURBED !

Editorial

Friends,

You must have seen “Do Not Disturb” boards in many places. It is easy to say to someone, “Don’t disturb me”, but is it possible to not get disturbed in disturbing situations? Yes!! In this edition we will get the understanding from Gnanis on how we can easily solve the most difficult problems without getting disturbed.

In life we will always encounter problems, whether big or small. If we keep the understanding from Gnanis in our hearts, then a problem that is as big as a mountain will only feel like a small pebble to us. So come, let us read this edition and adopt a marvelous positive mindset.

- Dimple Mehta



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name of 'Mahavideh Foundation'.



Guess the next issue...

“

The valiant one, a treasure chest of strength,
unmatched anywhere in the world...
Never did he raise a weapon against the immeasurable
difficulties that came unto him...




Wandered around with only one intent,
to bring salvation to the world...

Embodiment of limitless love and compassion for all!

It is not long before you will get to
understand, in the next issue,
the essence of his life...

”

GUESS WHO we are talking about in the poem
above....Please send your reply on  9313665562 by
15th march, along with your photo. Photos of first seven
people who will give correct answer will be published in
the next issue

Information for Annual Subscribers of Akram Express

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

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Gnanis Say...

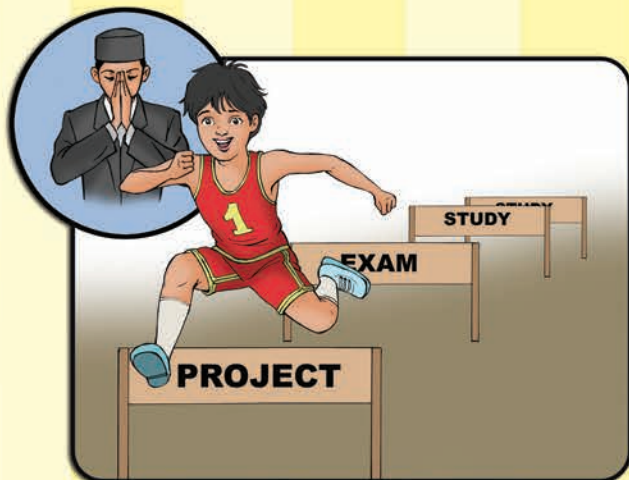
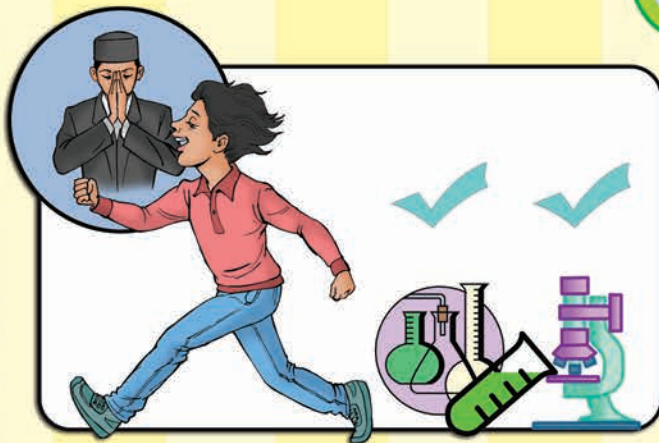
Questioner: Sometimes if I get bad feedback on a project, I lose my self-confidence. I fall into self-negativity.

Pujyashree: We should ask for strength. 'O Dada Bhagwan, please give me strength to do my best in my studies. Please give me strength to concentrate when I study.' Do this prayer. Do not get disturbed or upset. Does the teacher write feedback for the project or for you personally?

Questioner: For the project.

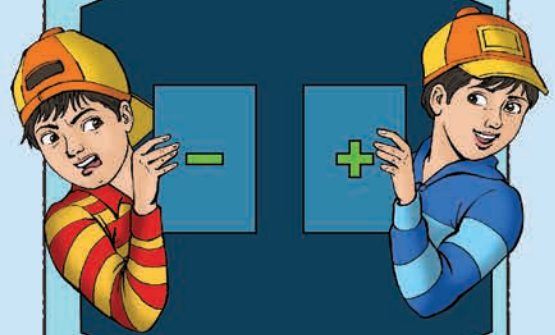
Pujyashree: So should we improve the project or should we get disturbed? Improve the project. If you get low marks, then work harder and you will get higher marks. But there is no need to get upset. Bring about an improvement with the right understanding. Gradually your ability will increase.

If you get disturbed you will lose strength and you will not be able to improve the project. Therefore we should understand that this written remark is for the project, and we need to improve that. So decide on this one thing; that we do not want to get disturbed in any situation and instead we want to improve the situation. Do you understand? Today onwards you must not get disturbed. Next year I will ask for a progress report!



Absolutely New

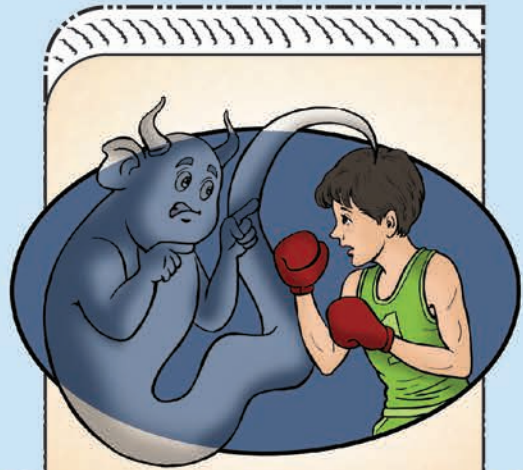
After you have got the result, there is no need to keep thinking about and getting distressed! Now start afresh. Decide that you want to improve in the future. 'O Dada Bhagwan please give me strength so that I can perform the best'



The rule is that the more positive you are, the better the result will be. The more negative you are, the worse the result will be.

and Different!

By chanting 'Dada Bhagwan
Na Aseem Jai Jaikar Ho' all your
fear and anxiety will go away.
You will gain a lot of strength



If you get any negative
thoughts then fight
against them, 'I do not
agree with you at all.
Get out!' Always be
positive. Then you will
develop self-confidence.

Seed

Tirth's mother used to encourage Tirth to take part in different activities. But Tirth was not interested in anything

Eventually, he got interested in music

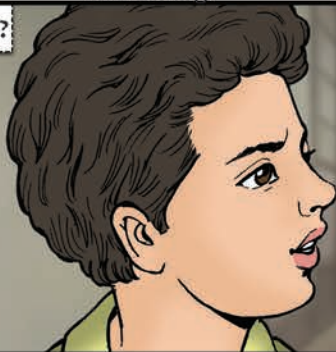


I don't have a talent for anything. I am a good for nothing!

Tirth, remember one thing. The ground is usually fertile, but up until it doesn't receive a proper seed, it will seem barren.



Meaning?



Until now you used to think that you were not capable of doing anything, and today you have realized that there is a seed of music hidden in you. Now, you must nurture the seed and it will blossom.



In seventh grade.

Your singing is not in tune with the rest of the group. I will give you a chance in another programme in the future.



Okay ma'am...



Mom, I have just been removed from the singing group!!



Never mind. Do not be disheartened. Stay positive and try again.

Years passed.
One day

Where is my son's
laughter today?

Mom, will I ever
be successful?!

It was my music audition today. I became
nervous and got rejected again.

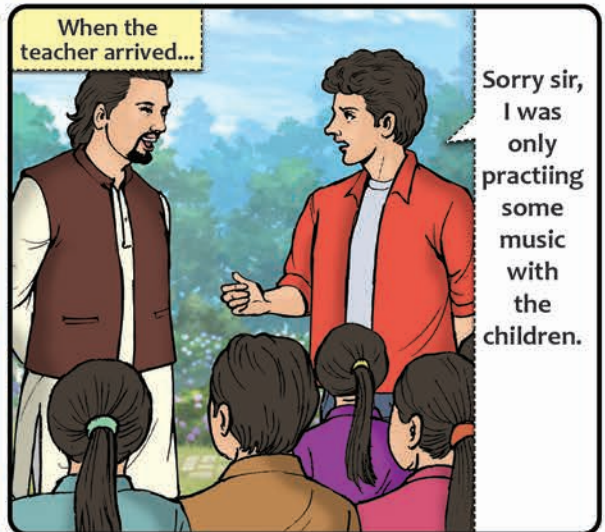
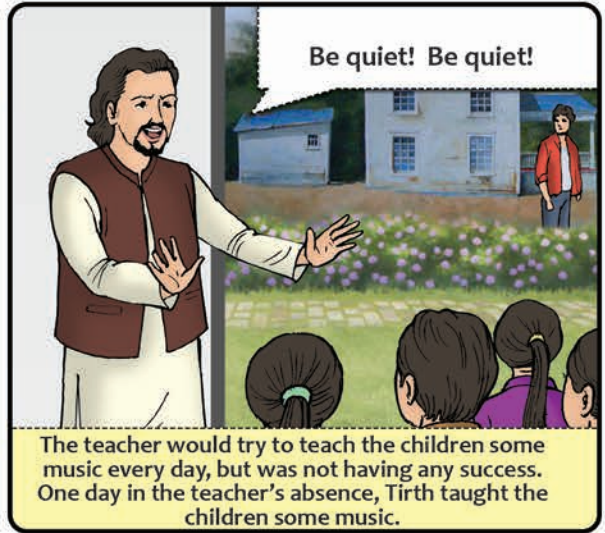
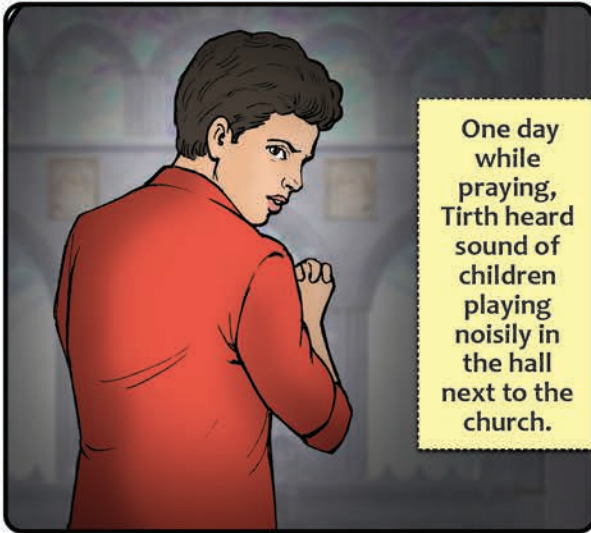
Of course you will! Why not? But never make
the success or failure a reason for your
happiness.

I will only be happy when I have succeeded

Son,
whatever
you learn
will never
go waste
whether
you fail
or
succeed

I do not
understand
all that.
Now I just
want a
break from
music .
That's it! I
am tired of
it!

One evening
while
wandering,
Tirth came
across a
church. He
went inside
and found it
very peaceful
there. So he
started going
there every
day.



The day before the competition...

Tirth sir, I am scared. What if we lose the competition?

So what? You might not win but it will definitely be an experience which will be useful in your life.

After winning the competition,

Congratulations to the winning children and double congratulations to their instructor, Tirth!

Thank you very much sir!

I was your age when I got rejected from this very competition. But with my mom's encouragement and positive attitude, I am here today.

In spite of many rejections, I kept on trying. The one time I was truly disappointed and felt defeated, all of you saved me by giving me a chance to teach you music.

Remember one thing; there is a seed in everyone. If you nurture that seed with positivity then it will definitely grow. But if you become disappointed or disturbed, then that seed will dry out.

AALOO CHILLY

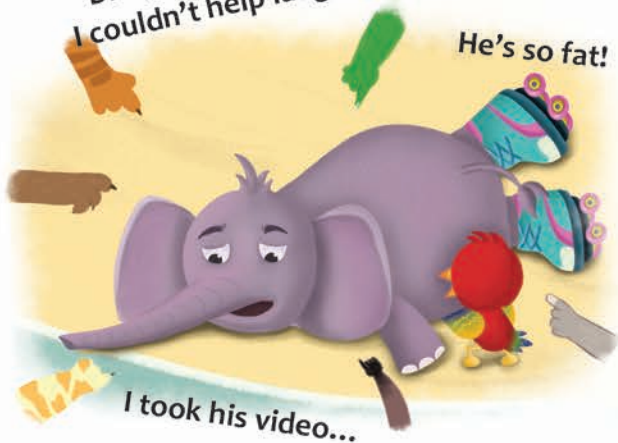


Aloo is learning to skate and Chilly is so worried about him that he is losing his feathers!

Did you see him fall?
I couldn't help laughing!

He's so fat!

I will peck all of them.



I took his video...



Come on Chilly, let's go eat ice cream. You need to cool

After two months

Are you sure?
What if you break a bone?
Don't you remember how everyone was laughing at you last time?



Everyone?
You weren't laughing!

I am telling you,
you don't need to
take part in this!

Chilly, if I just sit here and
not try, then how will I
learn to skate?

But aren't
you scared?



Fine, but remember, I will
stand here and cheer for

Yes I am, but I have asked my fear to stay
outside the skating ring! The worst thing that
can happen is I might fall down or I might come
last. But if I don't try at all then I will never be
able to learn what I really enjoy doing.



And remember,
when I become a
skating star, my
first autograph will
be for you.

My knees are
hurting.

And next time



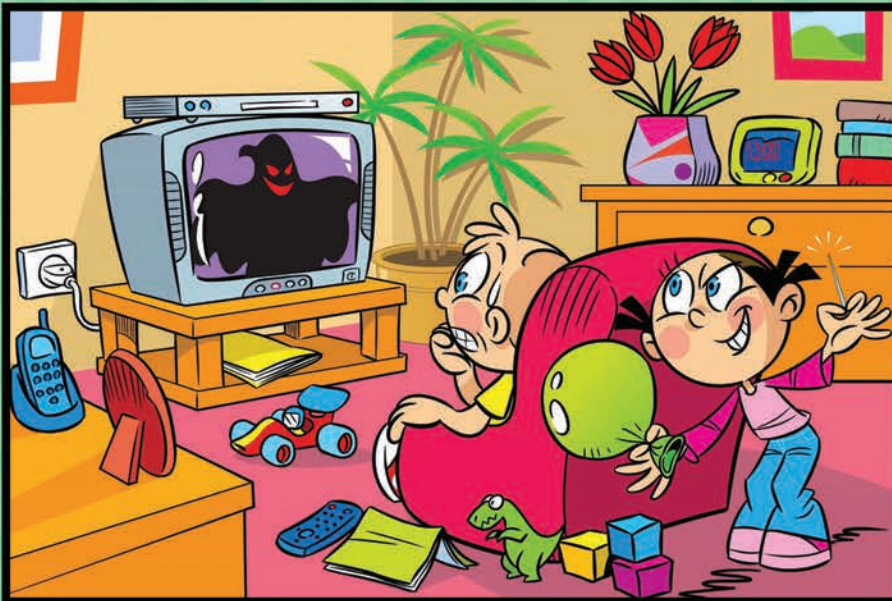
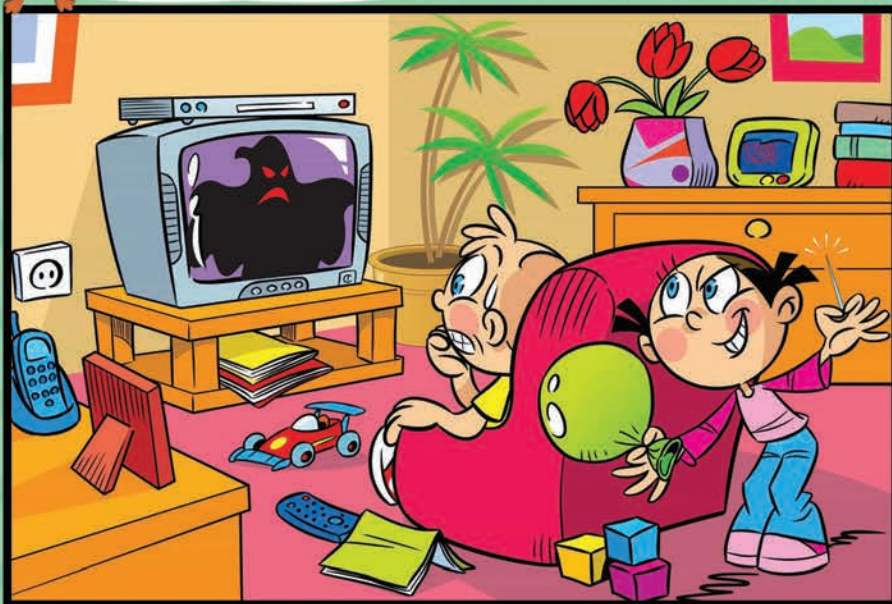
Do you know, last time
you fell down forty
times and this time you
tumbled over only
eight times!



I will bring a notebook
to get your autograph!
And some bandages
too... in case your
knees get bruised!

Let's play...

From the pictures below, find out ten differences.



Interview

On the stage the film maker, Naman Das, had seated himself in his chair. In the audience, the students of the 'National School of Film Making' were eagerly waiting for Mr Das's speech.

The interviewer, Malhar Mishra, welcomed him, "Congratulations Mr Das! Your animation film, 'The Orange Tomato' has created a big buzz around the world. Everyone from young to the elderly has been inspired by it. The storyline is amazing. But, before we talk about the film, we would like to know more about you. Did you always want to be a writer?"

Mr Das looked at the interviewer and smiled, "Thank you Malhar" and then he turned towards the audience and said, "Thank you everyone for coming here tonight. I am very grateful for the tremendous interest you have shown for this film 'The Orange Tomato.'

I was about your age when I started writing stories. I used to love writing stories but I had one problem; I never shared my stories with anyone."

Malhar immediately asked, "Why was that?"

I was scared that people would not like my stories. Like they say in English, I had a "Fear of Failure". But I wanted to find out what feedback I would get for my stories. So, I came up with a pseudonym (nickname) for myself, and I started publishing mystories on the internet under that pseudonym. In those days the medium of internet was very new to everyone. There was a unique joy in writing stories and publishing them on the internet.



"May I ask you what your pseudonym was?" asked Malhar.

Mr Das laughed and replied, "Casper."

"Very interesting!" Malhar said, "It is surprising that someone as successful as you was also scared of negative feedback at one time. What happened after that? Did the readers take interest in your stories?"

"No, not all of them," replied Mr Das. "I used to get so disturbed by the negative feedback that my enthusiasm to write new stories faded away. Gradually I quit writing stories. I have not written any stories for a long time and the ones that I wrote many years ago are now completely forgotten."

"How did you come up with this particular story 'The Orange Tomato'? Please tell us a little about the film," inquired Malhar.

"Sure." Mr Das sat up straight and took a sip of water from the water bottle on the table. He looked at the audience and asked, "Friends, have you ever played treasure hunt?"

Everyone in the audience said "yes".

"Our film-making company also works like a treasure hunt game. Just like in the game you search for clues and find the treasure, our company also searches for the treasure of stories on the internet. If we like the stories, we meet the story writer and develop the story further, and then make a movie. Our team came across the story of 'The Orange Tomato' on the internet. I read the story and felt that there was the potential of making a super film from the story. However the story needed a lot of improvements."

I thought of the improvements that could be made in the story, while my team searched for the author of the story on the internet. One evening the team came to me looking downcast and informed me, "We cannot trace this writer at all. Years ago some writer had used the pseudonym of 'Casper' for this story. 'I was extremely surprised. It suddenly struck me that I had written this story years ago! On one hand I was surprised and on the other hand I was laughing at myself."

"What made you laugh, Mr Das?" Malhar asked.

"Because when I was not aware that the story was written by me, I was able to make the best improvement on that story. But years ago, after receiving negative feedback on my stories, instead of trying to improve them, I just stopped writing completely. This incident taught me a lesson. When we get bad feedback on our work, and if we fall into negativity then we will never be able to make improvement. However, if we do not get disturbed or upset, then we can easily improve the work. The negative feedback is for the work and not for us personally. We just have to improve the work, without getting disturbed."

"Wow, fantastic!" said Malhar, "That is the message of this film as well!"

"You are right! This is the message we wanted to convey in the film. In life, no matter how many problems we encounter, if we do not get disturbed, then we will be able to easily solve even the most difficult situation."

After discussing the film a little more, Malhar then took questions

from the audience.

"Sir, it is very easy to say but it is very difficult to do. How is it possible to stay calm when problems arise!" a young lady asked irritably.

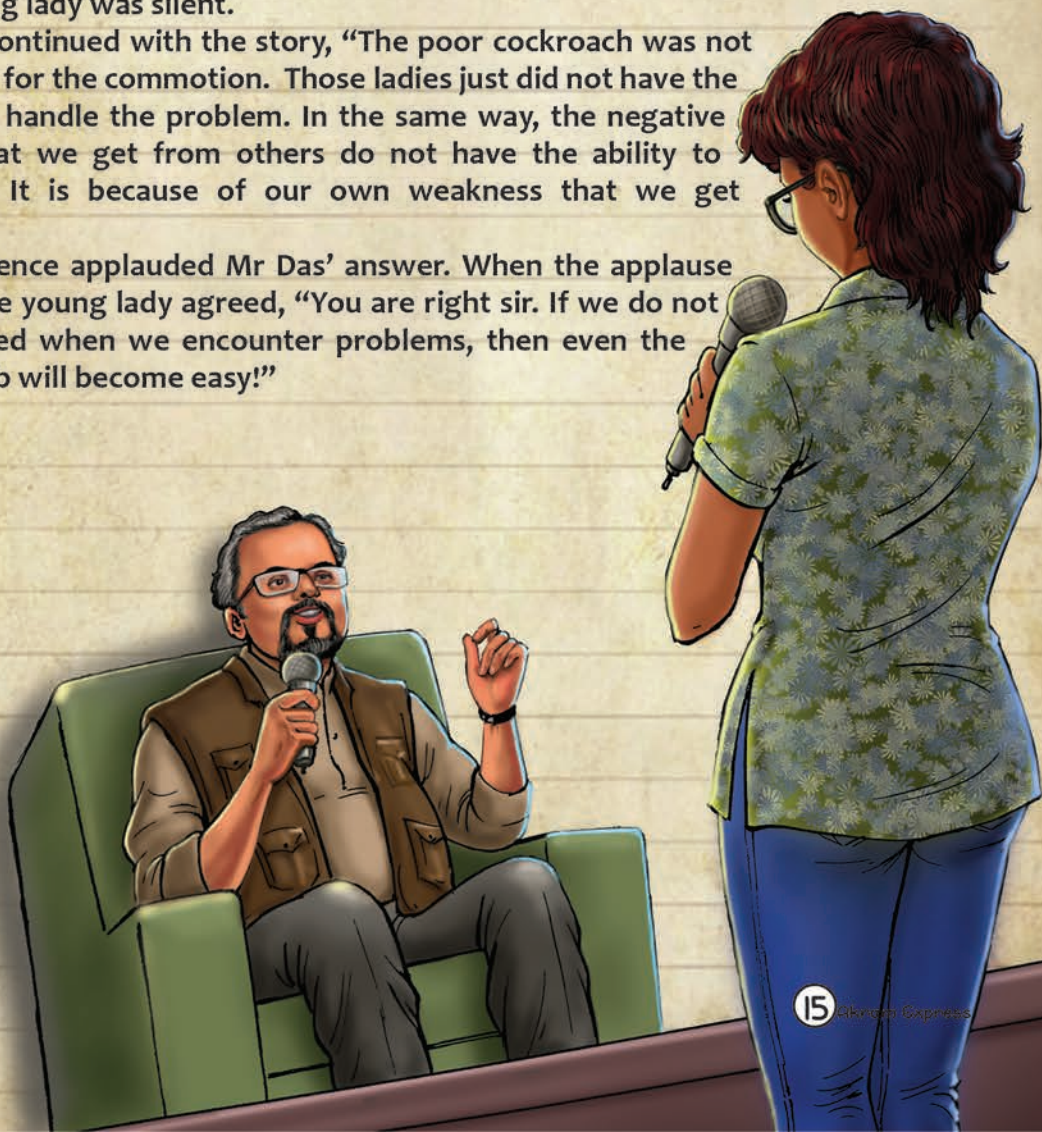
Mr Das smiled. "Let me tell you an interesting story. A few days ago I went to a restaurant. There I saw a cockroach fly in from somewhere and land on a lady's dress. That lady got so scared that she jumped up and started screaming and shouting. Her reaction was contagious and all her friends sitting at the table also got scared and started screaming. The lady nervously flicked the cockroach and it landed on another lady's shoulder. This lady had the same type of outburst.

Just then the waiter appeared. In the midst of all the chaos, the cockroach eventually landed on the waiter. The waiter remained calm. He observed the cockroach on his shirt for a little while and then calmly caught it and took it outside. After observing all this I had a thought, 'was it the cockroach that was really responsible for the ladies' ' fright and outburst? If the cockroach was responsible then why did the waiter not get disturbed by it?"

The young lady was silent.

Mr Das continued with the story, "The poor cockroach was not responsible for the commotion. Those ladies just did not have the strength to handle the problem. In the same way, the negative remarks that we get from others do not have the ability to disturb us. It is because of our own weakness that we get disturbed.

The audience applauded Mr Das' answer. When the applause stopped, the young lady agreed, "You are right sir. If we do not get disturbed when we encounter problems, then even the toughest job will become easy!"



Steps for do not disturb



From the four pictures below find hidden words about how to get solutions to any situation without getting disturbed or upset. Arrange these words to make a sentence and find the solution.

1. _____



2. _____



3. _____



4. _____

FUN FACTS



Children have more taste buds than adults!

Wake up now, you have been asleep since 2019!

Yes mummy, I will wake up!



Snails take the longest naps. They can sleep up to three years!

Please taste this to see if there is enough salt

Yes, it's fine!



Butterflies taste with their feet.

Ouch, this really hurts!

Stop moaning. Let me apply some spider web on the bruise. It will heal quickly.



Spider webs were used as bandages in ancient times.

But it looks like a flower!

It weighs 500,000 kg!!



A cloud can weigh more than a million pounds (five hundred thousand kilos).



Steps for do not disturb



1. Chant 'Dada Bhagwan Na Aseem Jai Jaikar Ho' and say ...
2. Say 'Get out' to negativity.
3. Say 'Welcome' to positivity.
4. Will we get upset or disturbed? No. Will we find solutions? Yes.

Laugh and make others laugh...



Daddy: Why didn't you go for your exam?

Son: The paper was tough.

Daddy: How did you know the paper was tough.

Son: The paper had leaked two days back.



Mummy: Son, What did you learn at school today?

Chintu: They taught us to write.

Mummy: What did you write?

Chintu: They haven't taught us to read that...



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I, Dimple Mehta hereby declare that the above stated information is correct to my knowledge and belief.

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Dimple Mehta on behalf of Mahavideh Foundation

(Signature of Publisher)