

Dada Bhagwan Parivar's

May 2022

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AKRAM Express



HOLIDAYS... ARE...



FUN...

Editorial

Hello friends,

Imagine that for one day you have to do an experiment as a scientist. So what will you need to make your experiment a success? You will need proper tools, right? In our life also we need to become a true scientist, and carry out the experiment of making our life successful. To achieve that success, we will have to use the tools of right understanding given to us by the Gnanis (The spiritual scientists; The ones with full Knowledge of the Self).

So, what are these tools of right understanding? Come on friends, let's read this issue to understand these tools and live life according to what the Gnanis have said.

- Dimple Mehta



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Contact at:
Balvignan Department
Trimandir Sankul,
Simandhar city,

Ahmedabad-Kalol Highway, Adalaj,
Dist.Gandhinagar-382421,Gujarat.

Phone: 9328661166/77

Email:akramexpress@dadabhagwan.org
Website: kids.dadabhagwan.org

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2 May 2022



Gnanis says...

We should know how to live life without hurting others. It is especially important to acquire the understanding of not hurting others and also not feeling hurt ourselves. If we do not hurt others then we will also not get hurt.

With the right understanding, our life can change and we can have peace in our life. With the wrong understanding our sufferings, unrest and quarrels will increase.

In life we need to be aware of what is beneficial to us and what is harmful to us. People live by looking at others. Life without a goal is like a ship without direction. That ship could sink anytime.

However, we have received Dada's understanding. Niruma lived a life where she was able to help thousands of people attain salvation, so why don't we also aim to live such a life?



Kalpa-top has come to the Jungle

Everyone in the Didima Jungle is happy. The jungle library has been crowded for the past month. What?... Crowds in the library during summer vacation?

The reason for this is that, a month ago, the first internet-enabled laptop called 'Kalpa-top' had come to Didima Jungle. Surely you know what a 'kalpa-vruksh' is? In ancient times there was a type of tree called 'kalpa-vruksh' which fulfilled everyone's wishes. Similarly this Kalpa-top answers all the questions asked by the animals of Didima jungle, regardless of whether those questions are simple, awkward, smart or silly. The secret to the cleverness of the Kalpa-top is that it has stored Dada's, Niruma's and Pujyashree's talks!

All the animals are very eager to use Kalpa-top to learn new things. Right from the very first day there have been queues, outside the library, of animals wanting to get answers to their questions.

Vicky the Monkey has compiled a list of the most researched questions on the Kalpa-top.

So come on, let's see what questions the animals of Didima Jungle have asked the the Kalpa-top.



Why Pray Everyday?

Gullu : Why should we pray every morning and evening?

Pujyashree: You should set aside ten minutes every day. In the morning set your intention to not hurt anyone with your mind, speech or body. At night, reflect on the day's activities. Did you hurt anyone that day? Ask for forgiveness so that it is cleared.

Gullu : But I get bored while praying. My chit (that which sees previously registered scenes) does not stay focused. When I sit down to pray, thoughts about food keep coming up.

Niruma: The rule is that where there is more interest, the concentration will be more. You need to increase the interest in praying. How can you increase the interest? By understanding its importance. Once you pray, see what difference it makes.

By praying, you set positive intentions, and the results will be positive.

By praying, negative intentions will not arise within.

True heartfelt prayers can bring together all the necessary circumstances. For example: If we sincerely ask God to give us the strength to study well, then the circumstances to study well will arise. That is, books, time, the power to understand, ability to focus will all increase.

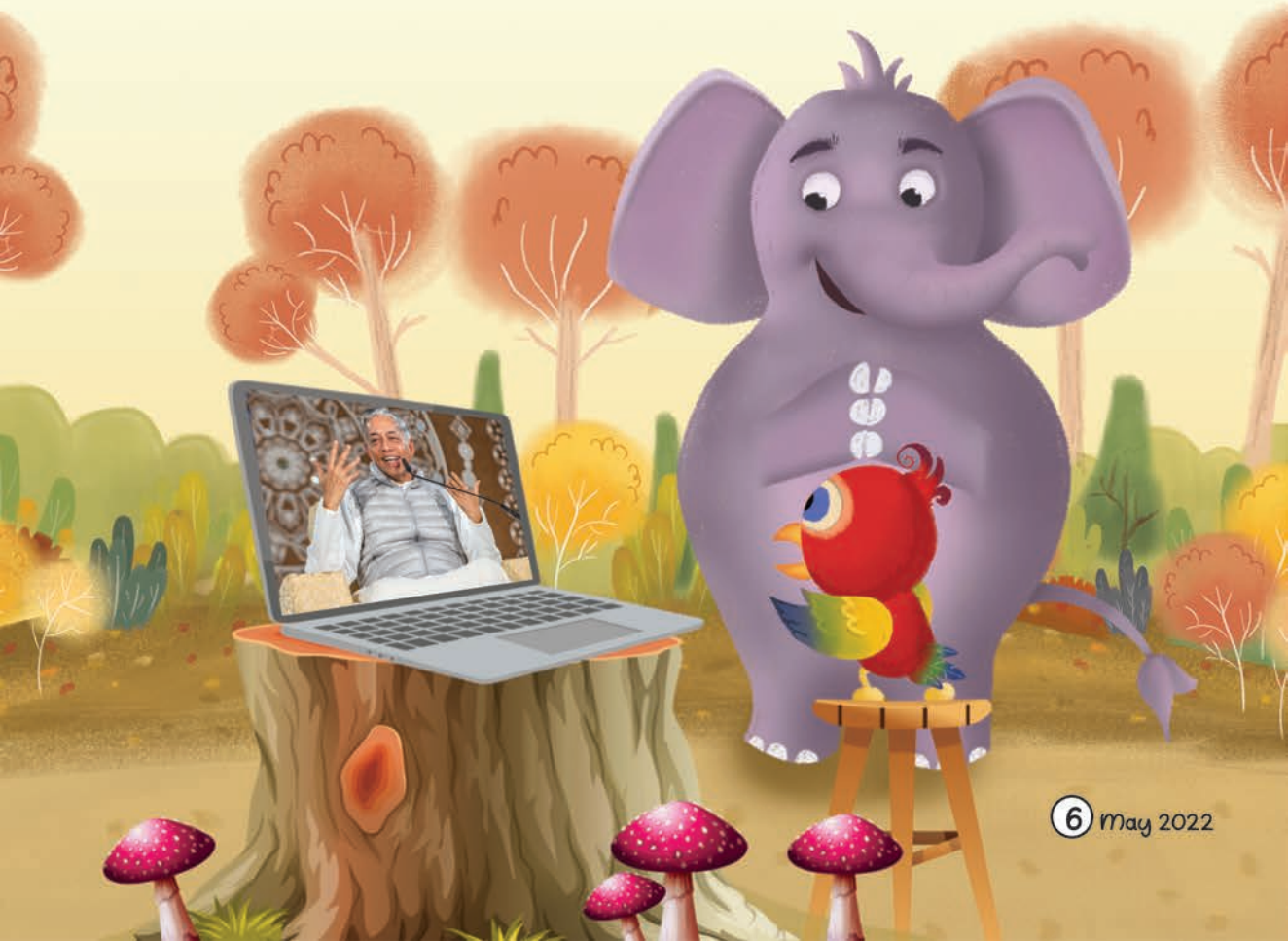


Pray to Simandhar Swami

Chili: Aloo says, 'Pray to Simandhar Swami'. Why do we have to pray to Simandhar Swami?

Pujyashree: When you pray to Simandhar Swami, you get connected to him. The account for your next life gets connected to him and you will be born there (in Mahavideh Kshetra, where he lives). If you worship Simandhar Swami, the gods and goddesses will help you in your path to moksha (liberation).

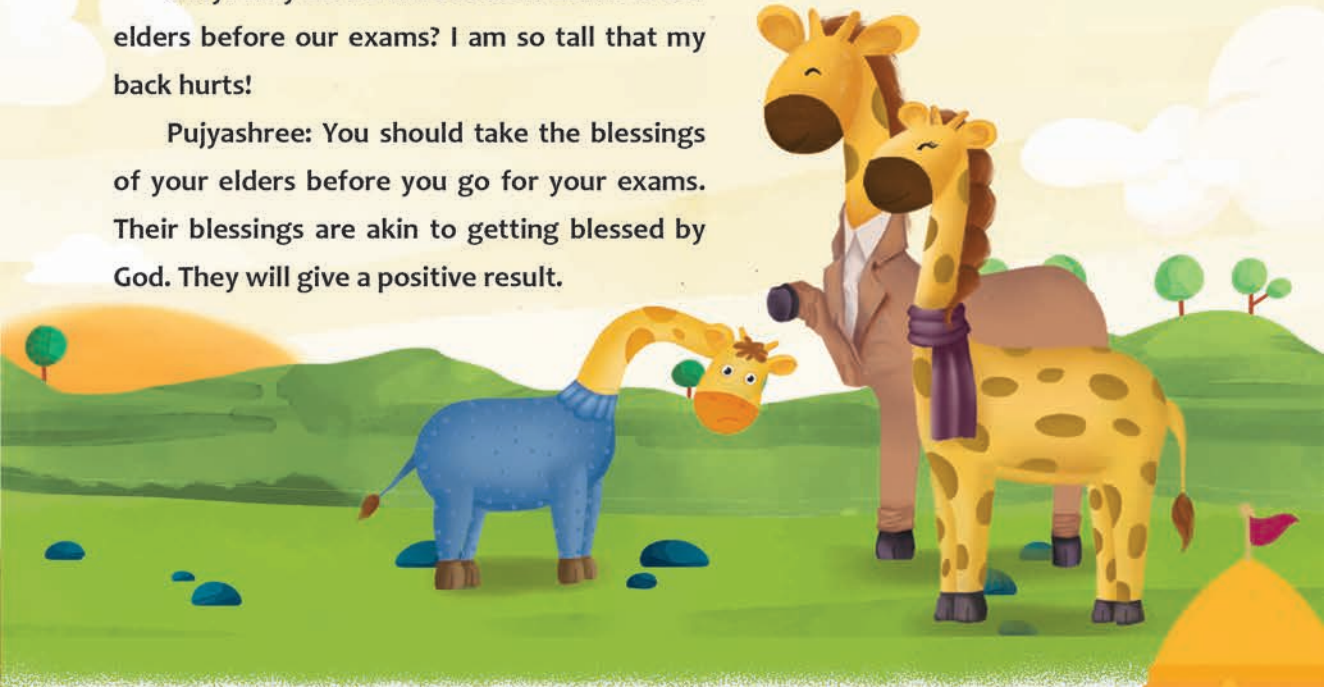
If we bow down to those who are two degrees higher than us, then their higher knowledge will flow down to us and we will get their blessings. Simandhar Swami is not just two degrees but a thousand degrees higher than us. He is Absolute God.



Blessings

Giffy: Why do we have to bow down to our elders before our exams? I am so tall that my back hurts!

Pujyashree: You should take the blessings of your elders before you go for your exams. Their blessings are akin to getting blessed by God. They will give a positive result.

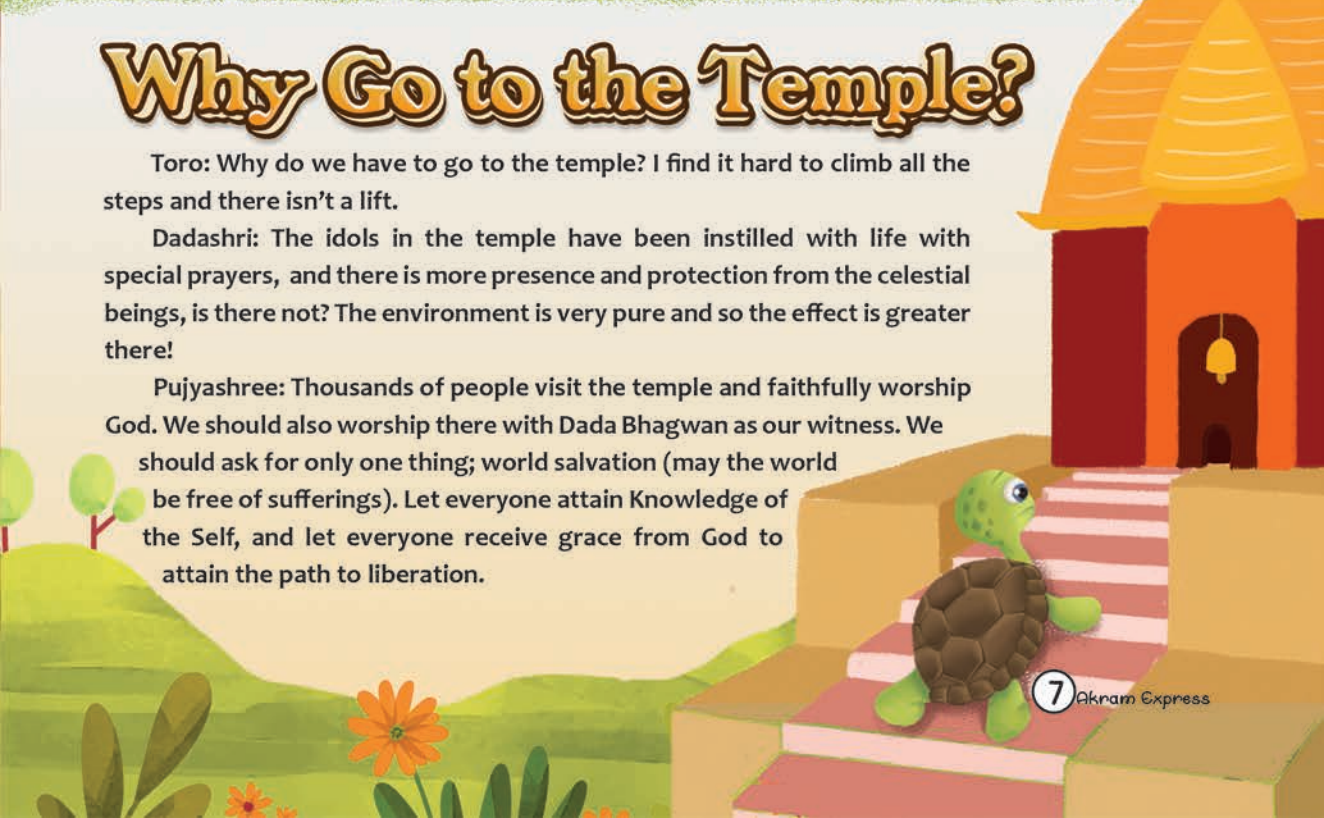


Why Go to the Temple?

Toro: Why do we have to go to the temple? I find it hard to climb all the steps and there isn't a lift.

Dadashri: The idols in the temple have been instilled with life with special prayers, and there is more presence and protection from the celestial beings, is there not? The environment is very pure and so the effect is greater there!

Pujyashree: Thousands of people visit the temple and faithfully worship God. We should also worship there with Dada Bhagwan as our witness. We should ask for only one thing; world salvation (may the world be free of sufferings). Let everyone attain Knowledge of the Self, and let everyone receive grace from God to attain the path to liberation.



Nine Kalams

Aloo: I don't like the animals of Pipila jungle at all. So Chili tells me to recite the nine *kalams* (deep inner intents) every day. By reciting these nine *kalams*, will I start liking the animals of Pipila jungle?

Pujyashree: The nine *kalams* include all the strengths you need. Negative intents we had in our previous life give rise to negative behaviours today. So now we should have positive intents that we do not want to hurt anybody. If we have such intents then our behaviour will become like that.

The nine *kalams* are like planting amazing seeds, the fruits of which are that you will be happy and your actions will be such that everyone will be happy. We should recite the nine *kalams* with the intention that we do not want to hurt anybody.



'Dada Bhagwan na Asim Jai Jai Kar Ho'

Fufu : Why does the cuckoo sing "Dada Bhagwan na Asim Jai Jai Kar Ho" before she sits down to study? If she has an exam, she will sing it for 15 minutes, and if she doesn't have an exam, then she will still sing it for 5 minutes!

Pujyashree: By saying 'Dada Bhagwan na Asim Jai Jai Kar Ho'

- Our chit becomes pure.
- We are able to study well.
- Our concentration power increases.
- Our grasping power increases.
- During times of troubles if you say "Dada Bhagwan na Asim Jai Jai kar Ho" you will feel at peace.
- We progress on the path to liberation.





Aarti

Polo: Last week a lot of ice melted in our cave while doing *Aarti* (worshipping with lighted lamp) Regardless of that, Mummy makes us do *aarti* every day. What is so special about *aarti* that she makes us do it even though it causes the ice in our home to melt?

Pujyashree: When you do *aarti* the mind becomes focused and the whole day goes well. If only one argument happens in the house, it spoils the whole atmosphere. But what happens if you do *aarti*? Everyone is instilled with high moral values. The atmosphere improves and becomes clean and pure. There is so much power in *aarti* that it will not let the outside influence of *kaliyug* (the current era of the time cycle/dark age) enter the house. Everyone in the house stays happy all day. The children have healthy minds. *Aarti* keeps you calm.



Trimantra

Zoey : It is a rule in our home to recite the *Trimantra* before leaving the house. My father says that it protects you. So, how does the *Trimantra* protect you?

Dadashri: The *Trimantra* has amazing power! All the celestial gods are appeased by it. No obstacles arise and all mishaps clear up! The *Trimantra* instructs us to bow down to the best of the best people, highest level of beings. We benefit a lot if we bow down to them or even just by saying the *Trimantra*.



Pratikraman

Tigu: Teacher Sophie says that I get angry with everyone and for that I need to do *pratikraman*. But how does *pratikraman* do?

Pujyashree: If we write $7 \times 5 = 32$ and if we do not erase the mistake and write 35 instead, then wouldn't we lose marks? What is the eraser for? To correct the mistake. *Pratikraman* is a magic eraser that washes out one's mistakes.

In life if we do not wash our mistakes, a stain will be left, and we will have to suffer later on. By asking for forgiveness, the suffering goes away and the mistake is washed away. You just have to decide that you do not want to hurt anyone. 'O Dada Bhagwan, I have made a mistake and for that I am asking for forgiveness with all my heart. Please give me the strength not to make such mistakes'. When you repent then the sin of the mistake is washed away.



One Top Tip

Theo: My weight keeps on increasing. Please give me some tips on how to remain fit.

Pujyashree: By not knowing the science of eating, your health suffers. If you fill diesel in a petrol car, it will shudder and jerk. What is the reason for that? You did not maintain the discipline for the correct food.

You don't eat what you don't like and you eat too much of what you like. You should eat according to what is beneficial for your body. Do not eat what is not beneficial for your health.

A very easy rule of Dada's is to chew one mouthful very well. Chew the food 32 to 36 times. In one of Dada's videos, it is seen that he chewed one mouthful 78 times.



Helping others



Momo : My grandmother tells me that when I am free I should help others. However I do not understand who or how should I help?

Pujyashree: You should have the intent, 'O Dada Bhagwan, may the world get salvation and give me the strength to be an instrument for world salvation'. Pray daily to Simandhar Swami, Dada and Niruma, 'I should not hurt anyone with my mind, speech or actions, and instead use them for world salvation'.

Help when the circumstances arise for it, and when they do not, then study, do prayers and have the intent to help.



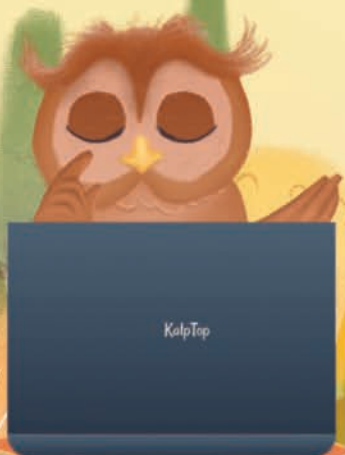


Reading

Owlie: Everyone in my house reads all night long, but I do not understand why they are reading so much?

Kalpatop: Please note that this question has not been answered by Dada, Niruma or Pujyashree, thus it is not stored in my database. However, this is my answer...

If you get a vehicle that you could ride and go on a world tour whenever you want, meet different people, get to learn new things, then would you like to take this ride? Everyone has the ticket to go on such a world tour. That ticket is 'books'. The special treasure in books is 'stories'. Stories teach us important life lessons. So come on, let's enjoy some short stories.



Heartfelt Apology

This is a tale from a long time ago. There lived a saint in an ashram (hermitage). The saint had a book that no one else in the whole world had. The book was a treasure trove of wisdom. That was the reason why that book was so valuable.

One day a person came to the saint with the intent to be his disciple. He saw the book and at once felt like stealing it. When the saint was distracted elsewhere, that person stole the book and ran away.

He took the book to a store which specialized in selling antiques and collectable items. The storekeeper had an eye for valuable items.

The person said to the storekeeper, "I would like to sell this extremely valuable book. Will I get a hundred gold coins for it?"

The storekeeper said, "Let me inquire and I will let you know in a short time."

It so happened that the shopkeeper took the book to the saint and asked him, "Is this book worth a hundred gold coins?"

Seeing the book the saint answered, "Yes. Yes. This book is very valuable. A hundred gold coins is a very good deal."

The shopkeeper came back and told the person, "Here is a hundred gold coins. I showed this book to the saint at the ashram and he said that a hundred gold coins is a reasonable amount."

Hearing this the person was very surprised and asked, "Is that all the saint said? He didn't say anything else?"



The shopkeeper said, "Yes, that is all he said.. Why do you ask?"

The person said, "Nothing. Nothing at all. But I have changed my mind. I do not want to sell this book."

The person ran straight back to the saint with the book.

He fell at the saint's feet and asked him for forgiveness, "Please forgive me and please take back your book."

"No brother. Think of this book as my gift and keep it," said the saint.

"No sir, If you do not take this book back, I will not be at ease," saying this the person gave the book back. Thereafter he joined the ashram and spent his life in the service of the saint.

So friends, see how heartfelt apology and true forgiveness can change even the heart of a thief!

Outdoor Games

Rizo: I like to sit inside the house and play video games. My friends tell me that I should play outdoor games. Why though?

Pujyashree: Play with real live people. When we play with everyone then our power to adjust increases. When you play outdoor games, your hands, legs and eyes get exercise and you take in good amounts of oxygen.



Let's Play



1

7	2	4	5	1
3	5	1	6	3
0	3	7	4	5
4	1	5	0	2
6	2	9	1	3

SEARCH NUMBERS IN VERTICAL, HORIZONTAL OR CROSS WAY SUCH THAT THE SUM IS 10.



2

USE YOUR BRAIN & ANSWER!

$$\begin{array}{|c|c|c|} \hline \# & = & 9 \\ \hline \# & = & 1 \\ \hline \# & = & ? \\ \hline \end{array}$$

$$+ = 1$$

$$\# = ?$$



FROM THE GIVEN PICTURE, SEARCH 6 WORDS....

NOVEL, BOOK, PAGE, WORDS, READ, STORY

3



ANSWERS TO
PUZZLES

1

6	2	9	1	3
4	1	5	0	2
0	3	7	4	5
3	5	1	6	8
7	2	4	5	1

2

4	=	#
1	=	+
9	=	##





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Name: Prapti Pansuriya
Center: Rajkot



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