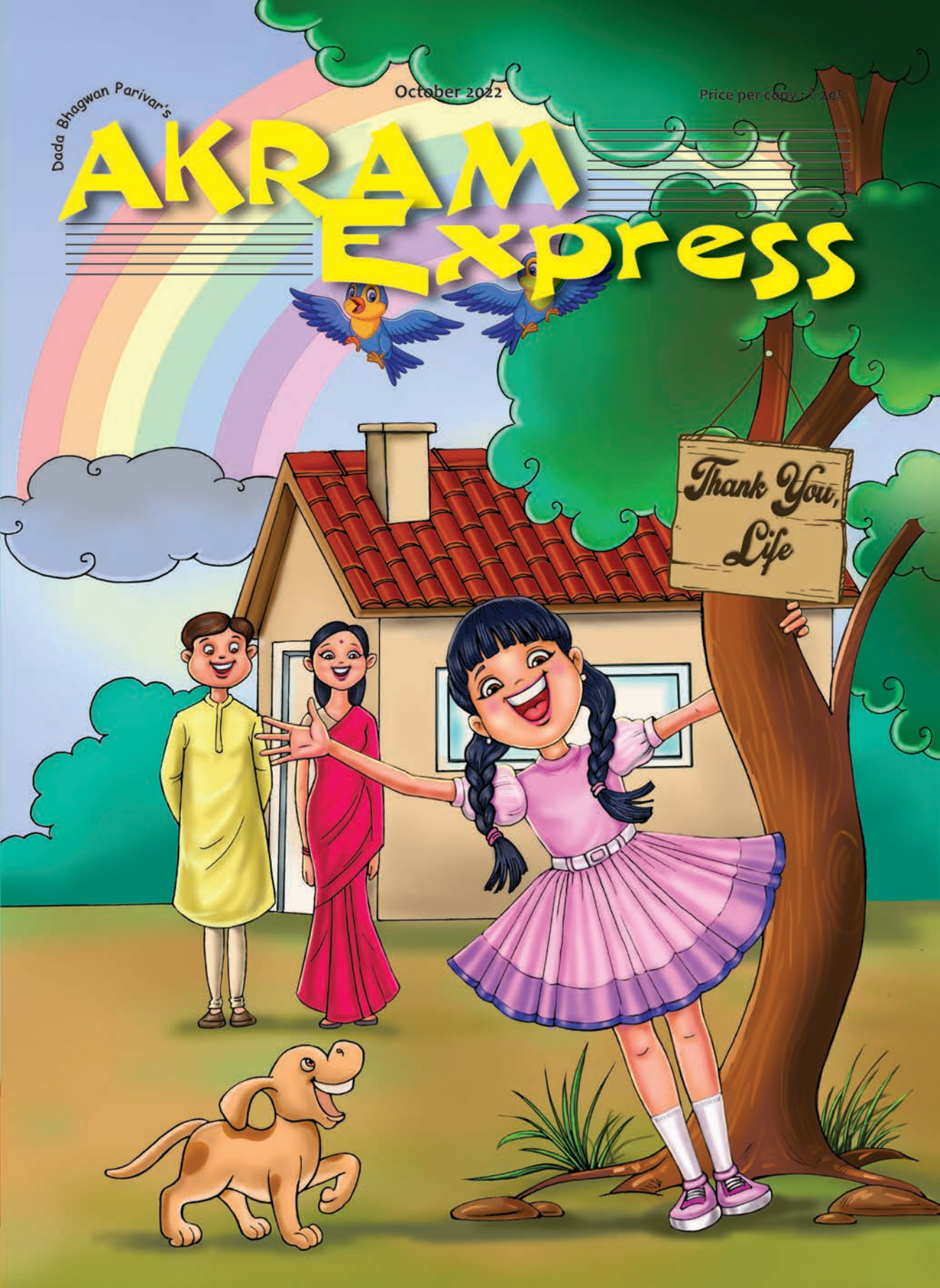


Dada Bhagwan Parivar's

October 2022

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AKRAM Express



Thank You, Life

Editorial

Friends,

“Hello, are you home? I am coming over to see you.” We must have phoned our friends many times in this way and then popped over to visit them. However, during the first ever global lockdown in 2020, such a simple thing became impossible. For example, sitting in the same classroom as your friends, going out for a meal at a restaurant, going away on vacation with your parents etc, etc. There is so much happiness tucked away in the little things of life, isn't there? The true value of such happiness is only understood after it is gone. Today we have once again started enjoying those little things in life, but are we truly grateful for them?

We have many such priceless things and if we truly understand their value, we can be joyful all the time. Let's gain such an understanding from this edition. Let's stop complaining about things we don't have and let's be happy and thankful for what we already have.

-Dimple Mehta

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DADAJI SAYS...

How does a *Vitaraag* Lord (one who is free from attachment and abhorrence) see things? He always sees what He has, and does not see what He does not have. One person may say, "Sir, my hand has been cut off." To that *Vitaraags* would reply, "But at least you have the other one." The person would argue, "But I have lost a hand!" To that He would reply, "But you have the other hand, you have two legs. You are indeed lucky." So that person would leave feeling happy. Later on, the other hand gets cut off. So the person would once again lament that now the other hand is also gone. To that He would reply, "But haven't you got two legs? You have two legs and two eyes." When he loses his eyes, He would say, "You have ears, you have a tongue..." What is the knowledge of a *Vitaraag* Lord like? He doesn't focus on the loss. "Look at what I have left. Look at how good and valuable it is." This is what he sees.

In your worldly life, do you truly have any real suffering? Real suffering is being in hospital with a broken leg, confined to bed, and with your leg bound up in plaster and hoisted up! Those who have been burnt badly, they have suffering. Once you go and see them, you will realise that you don't have any real suffering. You would be pleased with your lot in life. You'd feel that, 'Wow! I am in such a great place. I have no suffering and I am truly happy.'

If I Were a Judge...

1.



If I were a judge, I would make everyone feel happy before sentencing them. If a person has to be punished for his crime for six months, then I would start by telling him that the minimum period of punishment for his crime is five years.

2.



Later, when the lawyer would request that the sentence be reduced, I would lessen it to four years, then three years, then two years, and then I would eventually sentence him to six months' imprisonment.

3.



And that person would surely go to jail, but he would be happy that he was lucky to get away with a term of six months only.

4.



Friends, had he been told from the start that his jail term would be of six months, he would find it too long. Isn't that so? Comparing the punishment of five years to that of only six months would make him happy.

So in hard times let's stay happy by activating the understanding that, 'This difficult situation could have been a lot worse. Let's always be grateful for what we have.'

AALOO CHILLY



Today's Special:
The atmosphere is hot;
Chilly is red with anger.

How could Aaloo do that?

He is standing behind the tree, waiting for the right moment to talk to you.

What's the point now? When Vicki Monkey started picking on me, Aaloo went and hid.

He probably got scared of Vicki

A friend always stands by your side when you are in trouble!

Yes, but what if sometimes a friend makes a mistake?

He brings cake for you, he plays with you, he looks after you, he is always with you.



Absolute|y



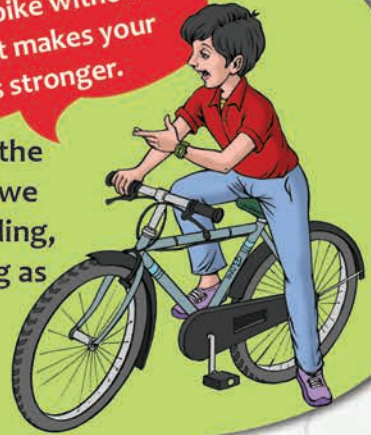
People with a complaint-free life are always happy. People complain to be happy, but instead the complaint itself gives them unhappiness.



I'm the only one that doesn't have a bike with gears.



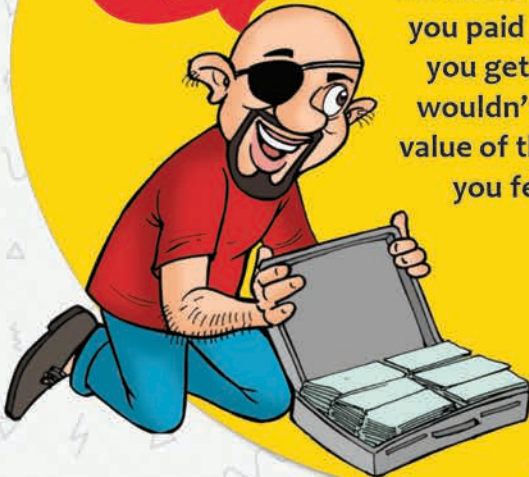
It's ok to have a simple bike without gears. It makes your legs stronger.



All unhappiness is due to the wrong understanding. If we apply the right understanding, then there is no such thing as unhappiness.

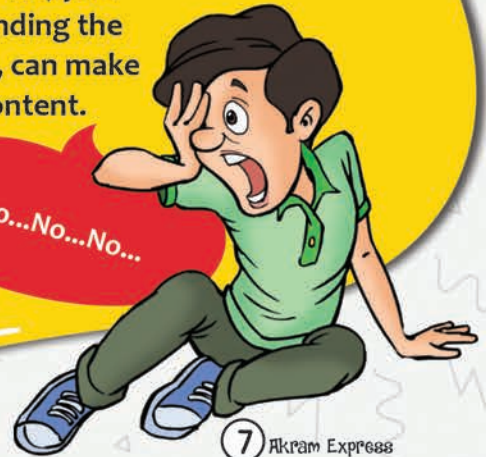
New and Different

Here's a million rupees. Give me your eyes.



How amazing are these eyes! Even if you paid millions of rupees, would you get eyes like these? No, you wouldn't. Just understanding the value of these eyes alone, can make you feel happy and content.

No...No...No...



Andrea took the letter in her hand and composed herself on the bed to read it. She slowly unfolded the paper and looked at it in disbelief as she read it. She read it over and over, at least three times, and then she hurried down the stairs, across the street, towards the little house on the other side.

“Sia! Open the door quickly! I got it, I got it...”

“What have you got? Slow down. Take a breath!” Sia opened the front door and tried to calm Andrea down.

“I got accepted into New York Dance Academy!” Andrea could not contain her happiness.

“Wow, really?” Sia could not say anything more. Sia had also dreamt of getting into New York Dance Academy.

“Did you also?” Andrea asked excitedly. But then she noticed the application form on the table. “Oh, you didn’t even fill in the form. Why?”

“I couldn’t bear the thought of going so far away from my Samira Didi (sister)...” Sia made up an excuse.

“Oh! Anyway, we can celebrate my admission. Tomorrow we will have a party at our house. And you must come over with Samira Didi,” saying this, Andrea ran back to her own house and Sia turned towards her room. She looked at the photos hanging on the wall. “Why, Mum? Why, Dad? Why? Why does someone get everything and others get nothing?! I lost you both when I was only a child and today I have lost my biggest dream too. Now I have nothing left to lose. Do I always have to be unhappy like this?”



Just then she felt a warm touch on her shoulder.

“That is not true, my dear! I know we have lost a lot in life but we still have a lot of valuable things. If we are thankful for them then the unhappiness will disappear. Look, we have a house to live in, and...”

Sia cut short Samira Didi’s sentence and said, “But all that is not enough, Sister ... not enough ... If I was Andrea then I would definitely say ‘thank you’ to life”

The next day a grand party was organised in Andrea’s exquisite apartment. Andrea looked like an angel in her beautiful white dress.

“God bless you, Andrea. Congratulations...” Samira wished Andrea well.

“Thank you, Didi,” said Andrea and gave her a hug.

“Andrea, I feel like saying one thing today,” said Samira, gently touching her cheek. “This is the beginning of your progression. You have a long way to go. If you always want to stay happy in life then don’t forget to be thankful. In life sometimes we have good days and other times we have to go through hard times. If you find things to be thankful for, even in hard times, then your life will become easy.”

Andrea did not understand what Samira was talking about. She thought, ‘Why should I be thankful? Am I not entitled to whatever I get?’

It was soon time for Andrea to go to New York. Sia and Andrea both said ‘goodbye’ and ‘good luck’ to each other and parted ways.

Time passed, but there was no news from Andrea. Nor did Sia make any effort to contact her.

One day, destiny smiled upon Sia. She got accepted into India’s best ballet school. After a few years of hard work, she was selected as a lead dancer. Her school had an opportunity to take part in the ‘International Ballet Dancing Festival’. The festival was going to take place in New York and



Sia was certain that she would meet her old friend.

All the teams from India reached New York. The rehearsals commenced. From day one, Sia was searching for Andrea, but she could not find her anywhere. Sia thought, 'Maybe her school has not taken part.'

It was the day of the performance. Sia was eager to show her beautiful dance to the world. Sia's group was amazing on the stage. One by one all the performances took place, and then it was time for the results. Sia was confident that her group would get the first prize.

But when the winner was announced Sia was shocked. Sia's school received the second prize.

Samira congratulated Sia, "Your dance was outstanding, Sia!"

"What's the point?! We lost by just one mark! We could have won." Sia pulled a long face and looked glum.

"Sia, the most important thing is that you gave your best performance!" Samira tried to encourage Sia.

Just then Sia noticed a familiar face in the audience. "Didi, look! There's Andrea! In the audience!"

Sia ran to Andrea.

"Oh Andrea, I've been looking for you for so many days," cried Sia, taking a seat next to Andrea.

"Sia! Your dance was superb!" Andrea exclaimed, taking Sia's hands in her own.

"But why didn't you perform..." Before Sia could finish her sentence, a person in a white uniform approached them and said, "Andrea dear, it's time to go."

"Okay, let's go," said Andrea, bending down to pull out crutches from under her seat.

Seeing this, Sia was shocked. By then, Samira had also joined them. She was also shaken to see Andrea in this condition.

“This happened about two years ago. I was performing really well in ballet. I was just about to become the prima ballerina when I met with an accident. The injury to my right leg was so severe that it had to be amputated.”

“Oh no! I’m so sorry...” exclaimed Sia.

“Samira Didi, your farewell words turned out to be a blessing for me.” Andrea took out a diary from her bag. On it was written, ‘Thank You, Life’. “When my life’s biggest dream got shattered, I remembered your words. And instead of being unhappy for what I had lost, I started training myself to be thankful for what I still had in my life. I started making a ‘thank you list’ every day and truly, Didi, life became not only easy, but also happy.”

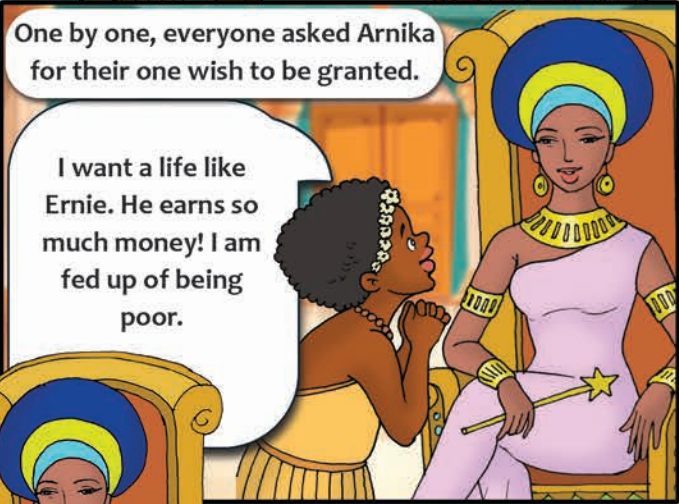
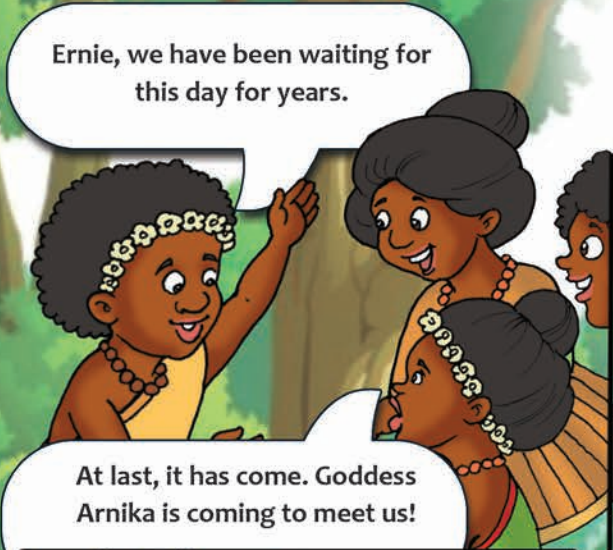
“Thank you list? But thankful for what? Life has snatched away your biggest dream from you,” blurted out Sia.

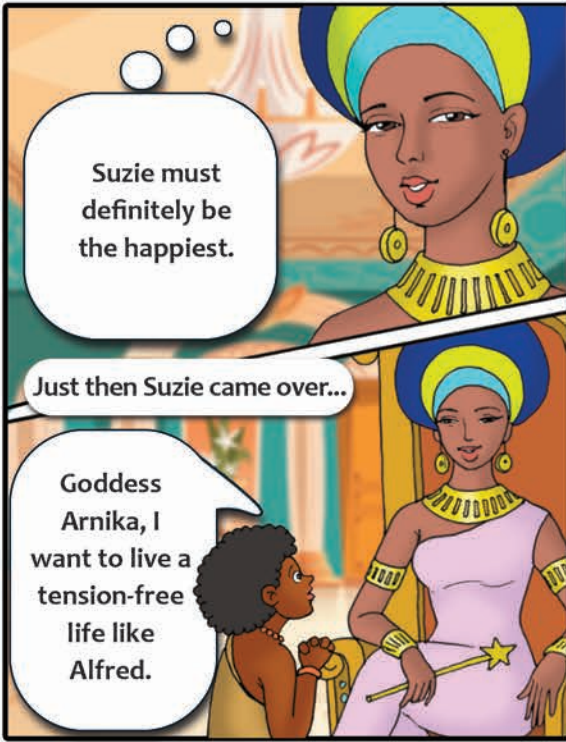
“Life is still beautiful, Sia. So I do not have a leg, but I have my hands! I learnt the art of ‘Hand Shadow Performance’ with the movement of my hands, and today I can perform really well. My legs cannot dance, but my hands can!” Andrea explained with ease. Samira hugged Andrea, “So proud of you, my dear.”

Sia had tears in her eyes. Just fifteen minutes ago she was depressed because her school had got the second prize. But now, looking down at her legs, she said to herself, ‘Thank You, Life’.



Life Exchange Offer

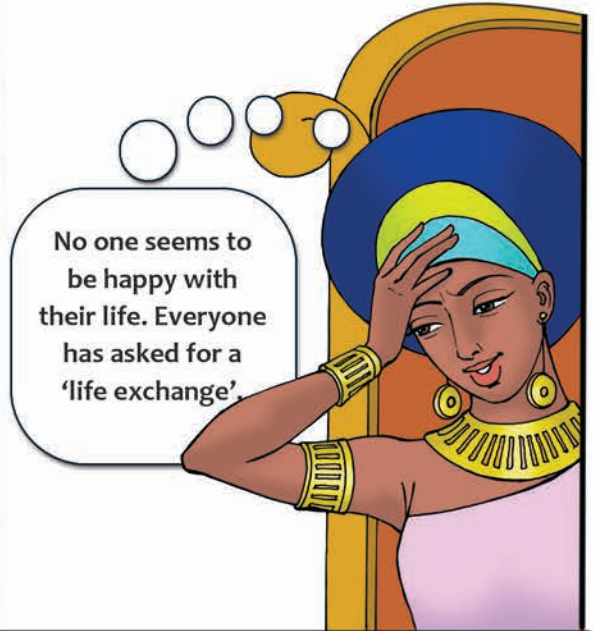




Suzie must definitely be the happiest.

Just then Suzie came over...

Goddess Arnika, I want to live a tension-free life like Alfred.



No one seems to be happy with their life. Everyone has asked for a 'life exchange'.



Listen, listen everybody ... Goddess Arnika wants us all to meet her near the magic tree this evening.



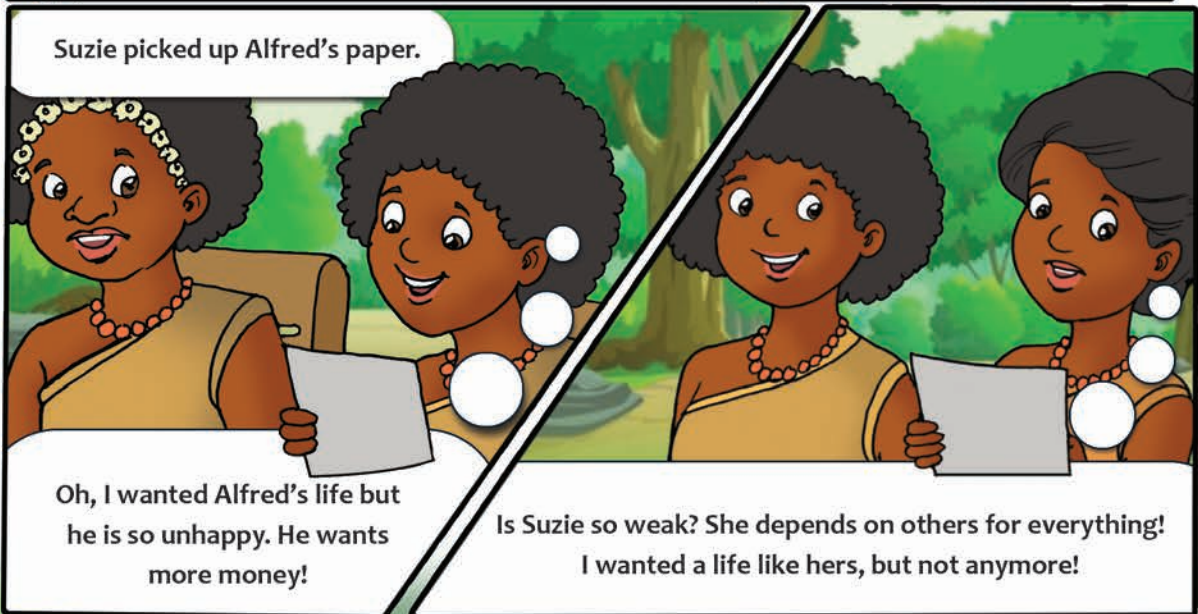
That evening all four elves sat at the table.

There is a piece of paper in front of each of you. Please write down your problem and your wish.



Everyone wrote on their papers and put them on the table.

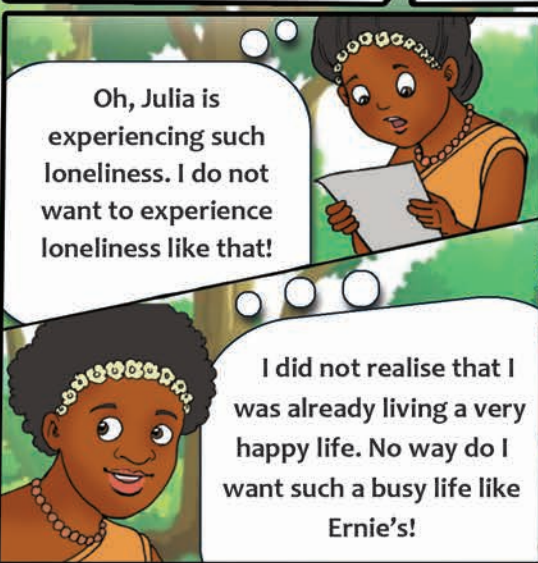
Okay ... now bring me the paper of the elf that you wish to exchange your life with. With my magic you will have a life like them.



Suzie picked up Alfred's paper.

Oh, I wanted Alfred's life but he is so unhappy. He wants more money!

Is Suzie so weak? She depends on others for everything! I wanted a life like hers, but not anymore!



Oh, Julia is experiencing such loneliness. I do not want to experience loneliness like that!

I did not realise that I was already living a very happy life. No way do I want such a busy life like Ernie's!



Okay, so has everyone made their selection? Is everyone ready for magic?

Goddess Arnika! There is no need for magic.



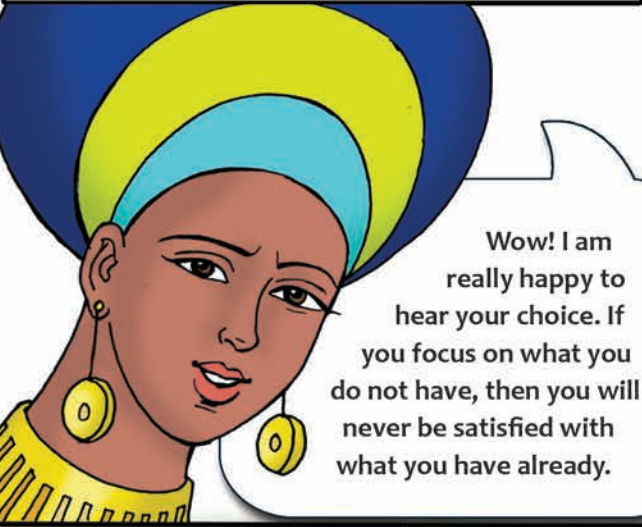
We have selected our own papers.

Everyone has a problem in their life. No one's life is perfect.



We do not wish to exchange our problems with anyone.

We are happy with whatever we have.



Wow! I am really happy to hear your choice. If you focus on what you do not have, then you will never be satisfied with what you have already.



But if you learn to value what you have and be thankful, then you will gain more and more happiness.

Yes!



The magic of thanksgiving has worked!

Thank you Goddess Arnika! Happy Thanksgiving!

Real Life Story



The book, 'The Diary of a Young Girl' is one of the bestselling English books in the world. Originally in the Dutch language, this book has been translated into many languages across the world.

The writer of this book was a fourteen-year-old Jewish girl, named Anne Frank.

Anne Frank was the daughter of a very wealthy family in the Netherlands. However, during World War II, when Hitler was the leader of the Nazi party in Germany, Jewish people across Europe became the victims of mass killing (genocide). Anne Frank and her family had to go into hiding in an attic apartment, in order to escape from Hitler's army. Such a young girl, who was used to living in a big mansion, had to hide and live in such a small and narrow room, and in constant fear for her life. Do you think she would have written about all her complaints? She did write, but it was not a list of complaints. Anne Frank had received a diary as a gift for her thirteenth birthday. For two years she wrote down her thoughts and experiences in her diary. And that same diary, after her death, was published as a book called, 'The Diary of a Young Girl'.

From Anne's diary we can get a glimpse of her amazing positive attitude. Anne's room was very narrow. But to brighten up her room she had pasted beautiful pictures on the walls. The young girl who heard news of death and destruction every day, was really grateful for her life.

She has written in her diary, "Compared to other Jewish people, we are in heaven. The others did not even get a chance to hide."

"I am not thinking about the hurt and pain. I am just looking at the beauty that is left."

"Every night before going to bed, I pray to God, 'Thank you God, for everything that is beautiful, lovely and dear.'"



“In spite of everything bad that is happening, I still believe that people are really good at heart.”

“Rather than thinking about the unhappiness and pain, it is better to go out, enjoy the sunshine, appreciate the beauty of nature.”

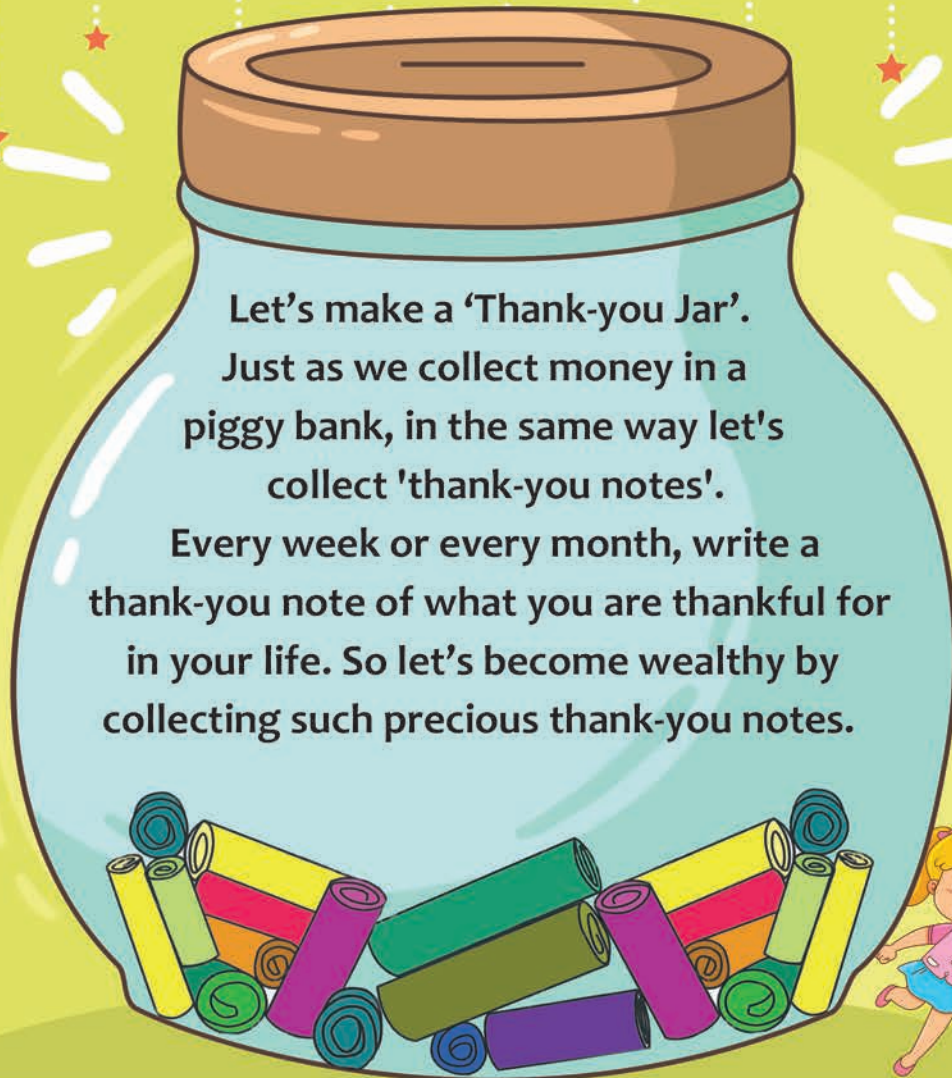
“In times of sadness and despair, try and find something good from that also. If you are successful in finding that, then not only will your happiness increase, but you will make everyone around you happy.”

Friends, we must have had a lot of complaints when we had to stay at home during the lockdown. This young girl had to hide in a small place with her family, not for just one or two months, but for two years. Even in such difficult circumstances she found happiness in little things, and expressed this in her diary. Today this diary has become an inspiration for thousands of people. So come, let us also, like Anne Frank, learn to find ways to be happy, even in difficult times.





Thank-You Jar



Take a photo of your 'Thank-you Jar' and send it to us on WhatsApp number 9313665562. The last date to send it is - 15th November 2022.

Let's Play

Circle all the things in the picture that Jimmy can be thankful for.





And Lastly...

One day Mullah Nasruddin saw a really unhappy man. When Mullah asked him the reason for his unhappiness, the man said, "I have no reason to be happy. I have brought all my life's earnings in this bag. But I can't find happiness anywhere."

When the man's attention was elsewhere, Mullah picked up the bag and ran off. When the man noticed that his bag was missing, he panicked. Puffing and panting, he frantically looked around for his bag. Hiding behind a tree, Mullah was watching the man's plight. Silently, he put back the bag in the same place from where he had picked it up. When the man saw the bag he was overjoyed.

Mullah thought, "That bag had no value just a little while ago, but now he is jumping with joy at the sight of the same bag! Is it necessary to lose something to be happy?"

Friends, we only seem to understand the value of something or someone after they are gone. So why don't we start realising the value of what we have, while we have it, and be happy ?



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