

Dada Bhagwan Parivar's

December 2023

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# AKRAM Express





**STORE**

**OF**

**HAPPINESS**

## Editorial

Do you enjoy handing out chocolates to everyone on your birthday? When we make others happy on our special day, we get more happiness than they do. Do you know why? Because giving happiness always brings happiness.

Dadashri says, "The one who opens a 'Store of Happiness' will never be short of happiness!" What is a 'Store of Happiness'? How do you open one? What happens when you open a 'Store of Happiness'? What was Dadashri's 'Store of Happiness' like? Who will Theo and friends meet this time? What did the roses of Roseland discover? What did Shaurya do on his first day of Christmas vacation?

Come, let's celebrate Christmas by opening a 'Store of Happiness' this December, and let's keep it open, not just for Christmas, but for the entire year.

- Dimple Mehta



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# Dadaji Says...

What is a 'Store of Happiness'? It is when you are giving happiness to others, right from the time you wake up in the morning. By opening a 'Store of Happiness', you will indeed have happiness and others will also have happiness. If we have our own sweet shop, would you then have to go out and buy sweets from someone else? You could eat sweets whenever you want! Therefore, you should indeed open a 'Store of Happiness'.

Money alone does not bring happiness. We may have money or we may not, but we always have the inner intent of how we can help others!

When someone comes to our house, we should have the inner intent of how we can help them.

We can ease someone's suffering by making them understand with our intellect. We can help by providing good understanding to someone who feels lost, beaten down, or confused. You will indeed be happy by giving happiness to others.

Understand the law of this world with this one sentence: if you want happiness, then give happiness to others, and if you want suffering, then inflict pain on others.





The one who gives  
his own happiness to  
others goes to the  
celestial world.

# ABSOLUTELY

If this life is dedicated to  
the happiness of others,  
then you won't suffer any  
loss. All your wishes will be  
fulfilled.





One should open a store for things that they themselves like.

For example: I like it when someone helps me solve difficult problems, so when needed, I will also help them solve their problems.



# NEW AND

# DIFFERENT!



A miserable person will spoil things for others.

A happy person will always seek to bring happiness to others.

# Christmas Celebration



‘No, on that day, I didn’t want to go there and do that.’ But to what extent is a twelve-year-old boy allowed to do what he pleases? I don’t know about others, but I didn’t have a choice! Whatever my mother said was final! I had to go.

On the first day of Christmas vacation, I had to go to ‘Reflections - Retirement Home for the Elderly’ and play the piano for the residents. I think there are more elderly people living in Florida than anywhere else in America. I had no problem with the elderly. But the problem was going to the retirement home.

“Christmas is the main festival for these elderly people. They don’t have any other means of enjoyment. They’ll be very happy if you play music for them,” said my mother trying to convince me.

“But Mom, Christmas should be a family celebration, shouldn’t it? Why





should I go there? They should call their own families to visit,” I argued.

“My dear, it’s possible that their families are unable to come. But I don’t want to hear any more excuses from you. If you don’t want to go alone, then invite your friends from your music band to come too,” said my mother firmly.

Yes, I’m part of a three-member music band. I asked both my friends, but one had plans to go to Disneyland, and the other was going to the beach. What else do children living in Florida do? Of course, they do things like these! But it was different for me. I had to go to a retirement home.

My mother dropped me off at the gate of the retirement home. “All the best. I have some work to do. After I finish, I’ll come to pick you up on time,” my mother said as she left.

I stepped inside the building and started panicking. I turned back to try to stop my mother from leaving, but she was already gone. I had no choice but to go in and play the piano. After gathering some courage, I went to the reception desk.

“Hi, my name’s Shaurya. I’ve come to play the piano...”

The lady stood up before I completed my sentence and welcomed me heartily, “Oh, I was waiting for you! Come with me, my dear.” She took my hand and led me to an assembly hall.

Everyone was seated. The piano was stood in a corner and, judging by its condition, it seemed as if it hadn’t been touched in years.

A hope arose in my heart, ‘I hope the piano doesn’t work. Then I can quickly leave from here.’ Within ten seconds, I had made a plan; I’ll leave and go to the mall. Then I’ll have my favourite ice cream and then I’ll go and watch a movie...’

Just then I heard a voice, “Ladies and gentlemen, we have a special guest from St. Mary’s School who will give us an amazing musical performance!”

There was applause, and I snapped back to reality. I gave a smile to everyone and sat on the chair placed in front of the piano. I pressed a few keys and the piano was in fact in tune. The piano only looked bad from the outside. My escape plan had failed.

I took a deep breath and started playing. After one song, I raised my head to see everyone’s reaction. Everyone was looking at me. Then one of the elderly residents stood up and started to clap, and soon the entire hall resounded with applause.





I had never received so much applause for any of my performances in my entire life. Seeing everyone's response motivated me to perform even better.

When I played the second song, everyone stood up and started dancing. I experienced a different kind of happiness when I saw everyone having fun. Now I wasn't seeking applause for my performance; I just wanted to see the smile on everyone's faces again. I was astounded: how had I changed so quickly? For the first time in my life, I felt immense joy seeing others happy.

An elderly man came and sat down beside me, placing his hands on the piano. I paused and lifted my hands from the keys.

I gently asked him, "Sir, do you know how to play the piano?" He didn't reply. He stared at the piano keys and extended his shaking hand. I played a tune, and he soon joined in. I would play one melody, and he would pick up the note to play another. I've never had this much fun, even with my music band. The entire hall was filled with melodious music.

The elderly man was completely engrossed in playing the piano, his hands dancing gracefully over the keys. I slowly removed my hands from the piano keys. The elderly man continued playing for around ten minutes and then he suddenly stopped. The hall fell into complete silence for a moment, and then erupted once again with thunderous applause.

A nurse put her hand on the elderly man's shoulder and said, "Robert, I





didn't know you played the piano so well! Amazing!"

I asked the nurse, "Are you new here?"

The nurse laughed and said, "No."

"So, is Mr Robert new here?" I asked.

"No, Robert has lived here for eight years. He's never touched the piano. But today, thanks to you, we discovered how well Robert plays the piano."

I looked at the elderly man. There was happiness on his face. He took my hand in his and said, "Thank you." At that moment, I felt some sort of a connection with him. I've never met my grandfather. But that day, I felt as if I had found my grandfather.

Glancing at the clock, I realised that time was up. I stood up and thanked everyone. I looked outside the hall and saw that my mother had come to pick me up.

"Let's go to the mall and celebrate with ice cream and a movie," she said.

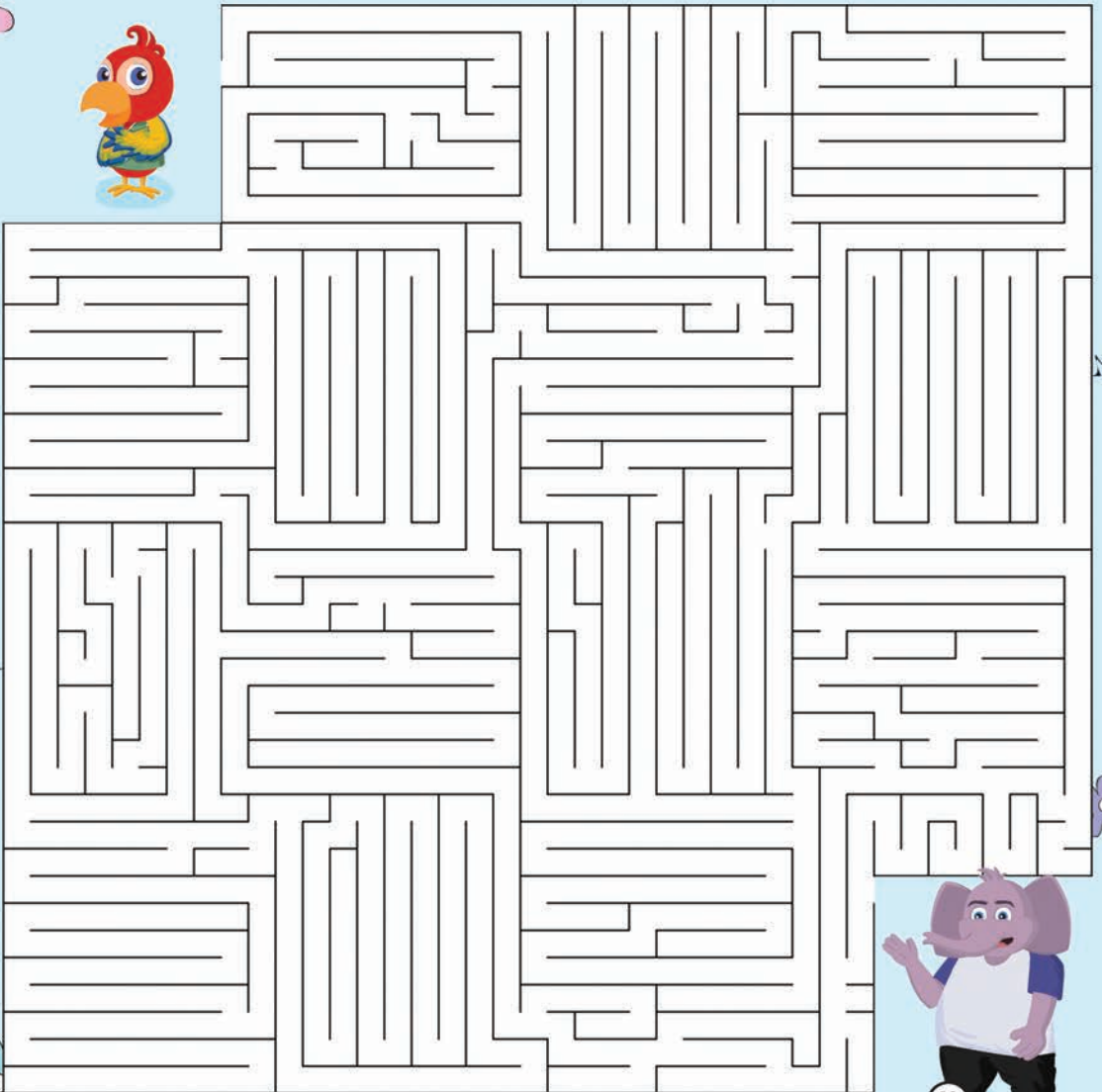
But I had already celebrated. The happiness I experienced that evening in the retirement home would never be found in any movie or ice cream.





Count how many smiley faces appear throughout this magazine and let us know by messaging us on: +91 9313665562

Let's help Chilly reach Aaloo on the other side. 😊







You will need...

- Cake crumbs
- An ice cream stick
- Chocolate syrup
- Shredded coconut or coloured sprinkles as decorations



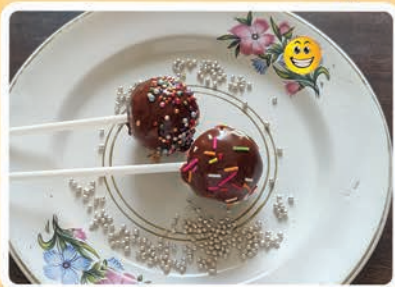
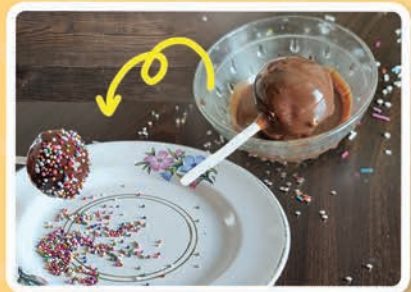
Form small balls using the cake crumbs.



Stick the ice cream stick into the ball.



Dip the balls into the chocolate syrup and add then cover with your choice of decorations (shredded coconut or coloured sprinkles).



After chilling them in the fridge for 20-30 minutes.

**Your lovely cake pops are ready to enjoy!**



# Happyland

Two birds were sitting on a tall tree and chatting...

Look how lucky we are to see the beautiful Roseland from our nest!

What a view! But look at that! On one side, there's this beautiful garden full of roses, and on the other side, a completely barren land!

It's not completely barren! I can see two sunflowers.

A squirrel named Emily came to visit Roseland for the first time....

These rose petals are delicious! I'll come here everyday.

Hey, who are you? What are you doing in Roseland? Go away from here!

Sorry, but I was hungry so...

Get out and never come back!



After the squirrel left...



But, Your Majesty, she was only eating the petals from the roses that had fallen off.



Today, she ate the fallen petals; tomorrow she'll come to eat the fresh ones. The gates of Roseland are closed from today onwards. All entry from the outside is banned!

One day, Twinkle arrived in Roseland...



None shall enter.

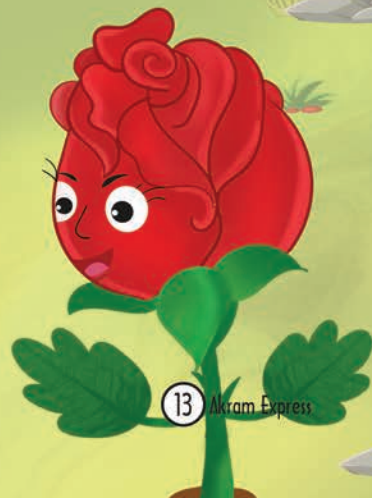
What? But why? We always come here to meet our friends.

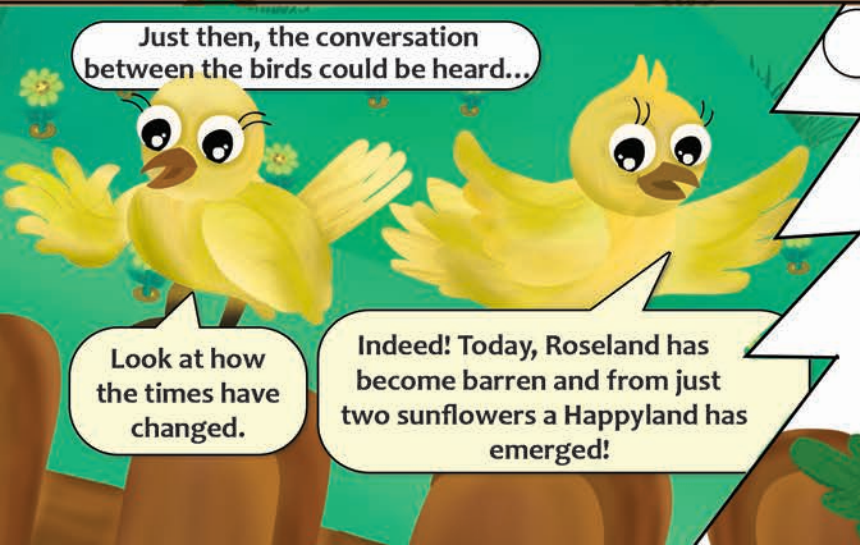


Queen Krina has established some new rules for Roseland. You won't meet anyone here.


A few days later...

Your Majesty, your new rules worked! No one is disturbing us anymore and we are enjoying the peace and quiet.









Because you introduced new rules for the sake of your own happiness, and banned Emily and her friends from entering Roseland.

Whereas the sunflowers welcomed them with open arms.

The sunflowers helped Emily and her friends, and in return, they themselves were helped!



While taking nectar from the sunflowers, Emily and her friends scattered the seeds on the ground. As a result, new flowers grew there.

Oh, by giving happiness to others, they themselves received happiness. Whereas, by not caring about others, we started to wither away.

From today onwards, the doors of Roseland shall remain open for the benefit of everyone.



Theo and Friends have come to Bangalore to celebrate Christmas. The weather outside is cold, but it feels like monsoon season in the hotel room because there's a waterfall of tears flowing from Giffy's eyes. The reason is that Giffy has read a story about Sudha Murty's childhood that was extremely touching. The pages of the book have become wet with Giffy's tears. So, Rizzo found the story on the internet and started sharing it with the group.

During Sudha Murty's childhood, many people used to come to her grandfather's house to seek help. Her grandfather didn't have a lot of money, but he still helped people by giving them rice.

Young Sudha was sent to get rice from the store room. The door of the store room was low, so it was difficult for older people to enter. Sudha was told to get the white rice. Sudha would bring a bucket of rice to give to the people and receive their blessings in return.

In the evening, when her grandmother would cook, Sudha would be sent back to the store room to get rice.

This time, she was asked to bring the red rice.

This went on for a long time. One day, young Sudha asked her grandmother, "Why do we eat red rice and give the white rice to others?"

Her grandmother lovingly replied, "Because the quality of white rice is better than red rice. When we help others, we want to give them the best. God isn't found elsewhere; He resides within people."





And do you know? Mrs Sudha still remembers what her grandmother told her this day. Due to her outstanding selfless service, she has been honored with the Padma Bhushan Award.



Wow! That's amazing!  
Hey Theo, what are you doing?



Nothing. I was going to give Aaloo my old woollen cap as a Christmas present. But now, I'm wrapping a new cap in his favourite colour for him.

## Let's Play



Draw each of the given pictures in the empty circles such that there is no matching picture either in the same row, column, or even diagonally.

# Dadashri's Store of Happiness

## Dadashri says...

From childhood, I had the intent that whoever meets me should attain some sort of happiness. It does not matter if I do not get happiness, but everyone else should be happy. I have never looked for happiness for myself in my entire life. My life has been dedicated to making others happy, and I have never suffered. Is the one who lives for others ever unhappy?

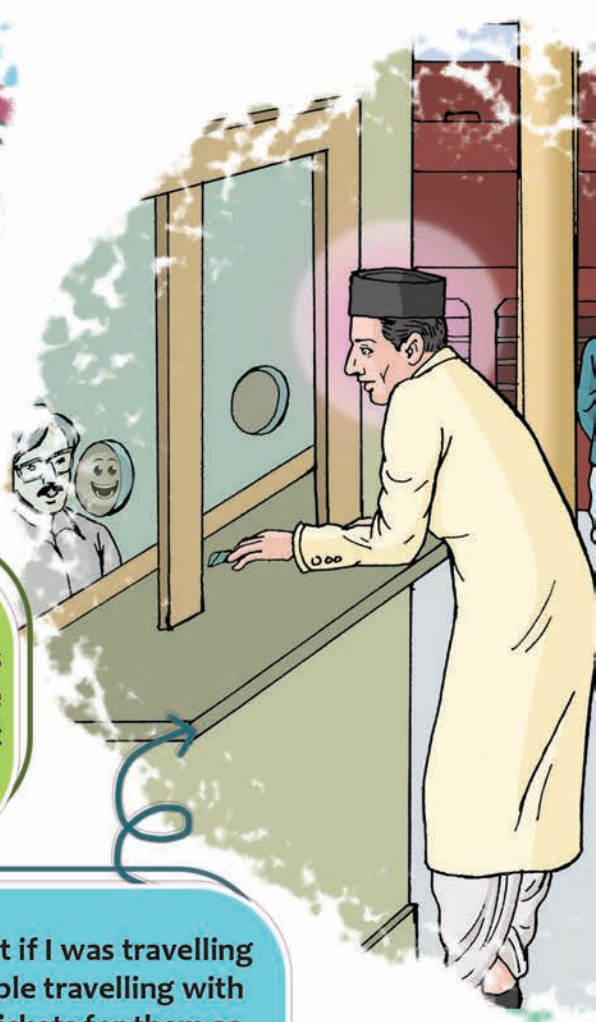
1. Before *Gnan*, I had the intent that if I am healthy and strong, then I will stand and give my seat to others when travelling on a bus.





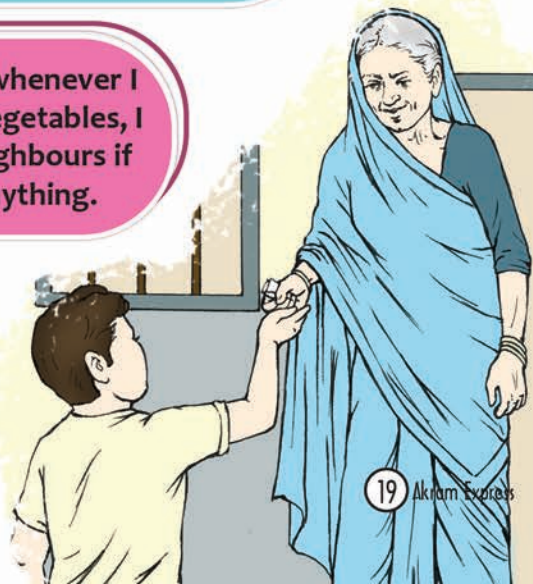


**2.** When I would travel by car and there were no other passengers, I would feel that the trip was going to waste. I would ask people on the way, "Do you want to go somewhere? Get in, I will take you." Then I would feel satisfied that this trip did not go in vain.



**3.** One of my principles was that if I was travelling by train and there were people travelling with me, then I would purchase tickets for them as well. I have never let anyone who traveled with me pay for their ticket.

**4.** In my childhood, whenever I went out to buy vegetables, I would ask my neighbours if they needed anything.





## Glimpses from the Little & Baby MHT Fusion Camp held in Adalaj

### Bmht Fusion Camp

### Lmht Fusion Camp

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