

Dada Bhagwan Parivar's

July 2023

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# AKRAM Express





## Editorial

Friends,

If a survey was done throughout the world about what everyone wants, do you know what the common answer would be? Happiness! Every living being in the world is seeking happiness. What is the solution to getting this 'most wanted' thing?

The *Gnanis* have shown a very straightforward, simple, and easy solution to remain in happiness. If in each thing, person or situation, we look for the positives, then we can automatically become happy.

In this issue's stories and activities, let's discover the understanding given by the *Gnanis* about the greatest 'master key' to remain happy.

-Dimple Mehta



Positives See,  
Happy  
Be

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# Gnanis Say...

Positive vision means the right vision. See the positive even in negative situations. Positive vision will give you instant results and allow you to remain happy.

The Gnanis have already found a path

to happiness and we should follow the same path. So, in which direction should we walk? Towards positivity! Sufferings arise due to negativity. Negativity towards people and things will cause us a lot of misery.

**Questioner:** I can't help but see the negatives in a person.

**Pujyashree:** Instead of trying to stop the negativity, see the positives. Dada says, "If someone has served me even a half-cup of tea, then I would never forget their kindness for the rest of my life." So, we might see the negative of a person, but isn't it possible that the same person could have shown us some sort of kindness at some point?

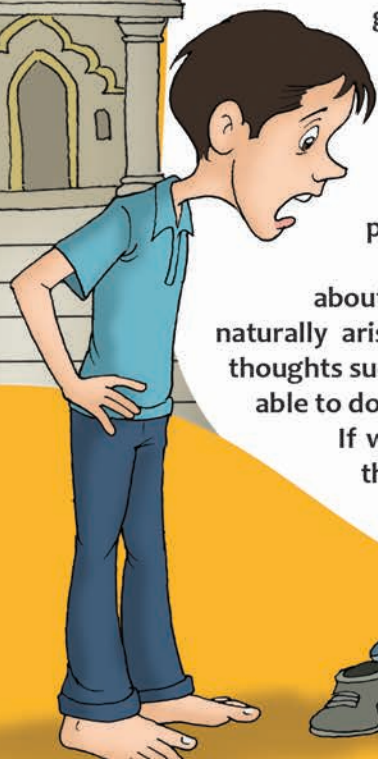
**Questioner:** If something breaks or if I lose something, even then negativity arises.

**Pujyashree:** If something breaks, then should we become unhappy or should we be happy by remembering that we were able to use it for two years? If you've used your shoes for five years and then you lose them, then you will be sad the shoes are gone. But instead think about they lasted for five years! In actual fact, you should be happy with the good things you have!

Negativity destroys your energy, makes you unhappy, and stops your progress. You shouldn't become unhappy in any situation. Find something positive in any difficult situation and be happy!

The more positive that one remains, whether it's about work, people, or one's own self, the more happiness naturally arises. If we see negatives, think negatively, or have thoughts such as 'What if something goes wrong? What if I'm not able to do this?' then suffering will start.

If we solve each situation with positive vision, then we will never lose our happiness.



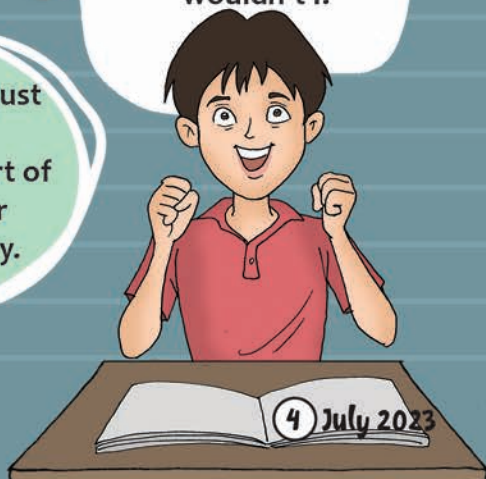
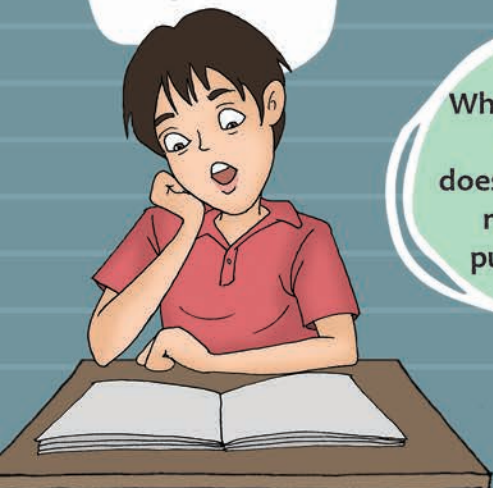


# Absolutely

What if I don't get a good grade?

I've worked hard so I'll definitely get a good grade. Why wouldn't I?

What is positivity? You just need to bring it. It doesn't require the effort of removing anything or pushing anything away.





I'm not well.



Speaking negatively about something good can ruin it and speaking positively about something bad can improve it.

I'm well.



# New and Different

He's so bright.



If you have good intentions, then you will get happiness as a result. But if you say anything negative, even if you say it in the dark or when you were alone, then the result will be like bitter poison.

I hope he fails next time.



# Snehalay

**W**hat injustice! In such a big competition, Rudra gets to be the warrior and I have to be his charioteer?! We are twin brothers, so why am I always the one who gets less? Why do I always have

to compromise? Why is the entire world conspiring against me?" It had always been difficult to keep Kartik happy, but this time when Guruji made this announcement in the ashram, Karthik was completely heartbroken.

He ran to his room in the ashram.

"Mother, why did you leave me?" Kartik started talking to his late mother while sobbing and snivelling. His pillow became soaked with his tears as he fell asleep crying.

In the middle of the night, Kartik heard his mother's loving voice, "There was a treasure-filled place called Snehalay. The people living there were very rich. No power in the world could deplete their wealth."

"Mother ... you've come back?!" Kartik started talking in his sleep, "Mother, this is my favourite story, the story of Snehalay."

He asked his mother gently, "Mother, is this a true story?"

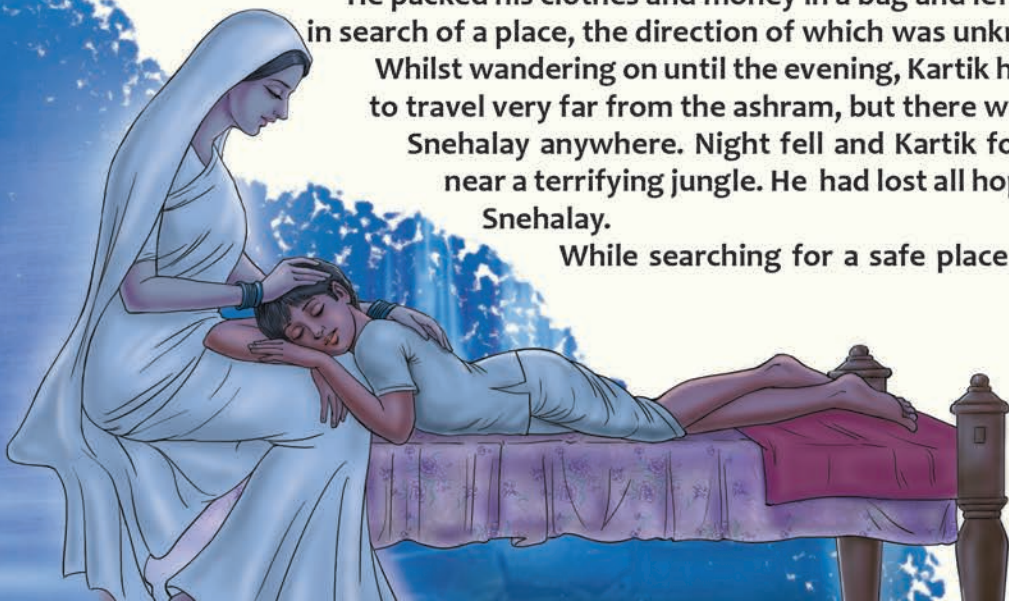
"Have I ever lied to you?" After saying this, Kartik's mother disappeared. Kartik woke up and started looking for her, but she was nowhere to be found.

"Snehalay!" said Kartik in his mind, 'Maybe my mother wanted to tell me that I should go there and look for the treasure. Anyway, I'm not happy here.'

He packed his clothes and money in a bag and left the ashram in search of a place, the direction of which was unknown to him.

Whilst wandering on until the evening, Kartik had managed to travel very far from the ashram, but there was no sign of Snehalay anywhere. Night fell and Kartik found himself near a terrifying jungle. He had lost all hope of finding Snehalay.

While searching for a safe place in the dark,





his eyes fell upon a chariot approaching him from a distance.

"What are you doing here alone in this bleak jungle?" the young man riding the chariot asked Kartik.

"My name is Kartik. I am going to Snehalay. But I do not know the way."

"Snehalay?" The young man was surprised. "But no one goes there now..."

"But I want to go there. Will you show me the way?" Kartik was happy to find someone who knew about Snehalay.

"I will definitely show you the way, my friend," replied the young man. "But it is getting dark now, so let us take shelter in the nearby village and we will start our journey in the morning. By the way, my name is Dhanesh."

No one in the village was willing to give them a place to stay for the night.

Kartik became very upset. But who could he complain to? Dhanesh was also in a similar situation, but he wasn't upset at all.

Dhanesh got ready to sleep under a tree. He noticed the beautiful flowers in full bloom, which seemed to be smiling at the moon shining through the clouds..

"It sure was good that the villagers did not give us a place to stay. Otherwise we would have been sleeping under the roof of a house and we would have missed out on enjoying this beautiful view. Look at the flowers







talking to the moon in this fragrant atmosphere!

Kartik couldn't believe his ears. "What? You aren't angry at those villagers at all?"

"No, no, not at all! When does this type of situation ever happen? It is not often such difficulties arise. If I complain about it, wouldn't that be a weakness of mine?"

"Is it a weakness if you become unhappy during

troubled times?" asked Kartik.

"Of course! A strong person would make adjustments here and there and quell any unhappiness. Circumstances will come as they're meant to come, but it is up to us on how we remain happy during that time."

Dhanesh's words touched Kartik's heart.

As the sun dawned, both young men set out on the journey at once. Dhanesh was humming a song while enjoying the natural beauty around him, while Kartik was sitting still. In the afternoon, they stopped by a river to eat some fruits and drink some water.

Something had been bothering Kartik ever since he met Dhanesh. Eventually, he mustered some courage and asked Dhanesh, "Can I ask you a question? Ever since I've met you I've noticed that..."

"I'm limping?" Dhanesh completed Kartik's question.

"Yes..." said Kartik hesitantly.

"This is a gift from an illness two years ago." There was no sadness at all in Dhanesh's voice.

"This illness made me recognise my strengths. I always thought of myself as a brave warrior. But this illness revealed my potential to become a charioteer. Do you know how? Although this illness made my legs not so capable, it made me recognise the strength of my other limbs. Instead of living in the pain of what we don't have, why not live in the happiness of what we do have?" Then, jokingly showing off the strength of his arms, Dhanesh said, "Aren't these arms good enough to make a great charioteer?"

Karthik instantly smiled and said, "Yes, of course."

Dhanesh's words had a deep impact on Kartik.



The two young men continued their journey. At last, Dhanesh stopped the chariot at the entrance of a village and proclaimed, "This is Snehalay."

"Really? Have we arrived?!" Kartik was overjoyed.

"First of all, you must visit the temple on top of that hill," said Dhanesh, pointing out the direction.

After climbing many steps, Kartik reached the temple. The deity in the innermost part of the temple looked very beautiful and radiant. Kartik bowed down with utmost faith.

After doing *darshan* (devotional viewing), Kartik remembered the treasure his mother had told him about, which is what he had set off in search of. He was thinking about the treasure when he heard a familiar voice, "What is your reason for coming here?"

Kartik was happy to find Dhanesh standing in front of him.

"Dhanesh, I've come here in search of the famous treasure of Snehalay. My mother had told me about it."

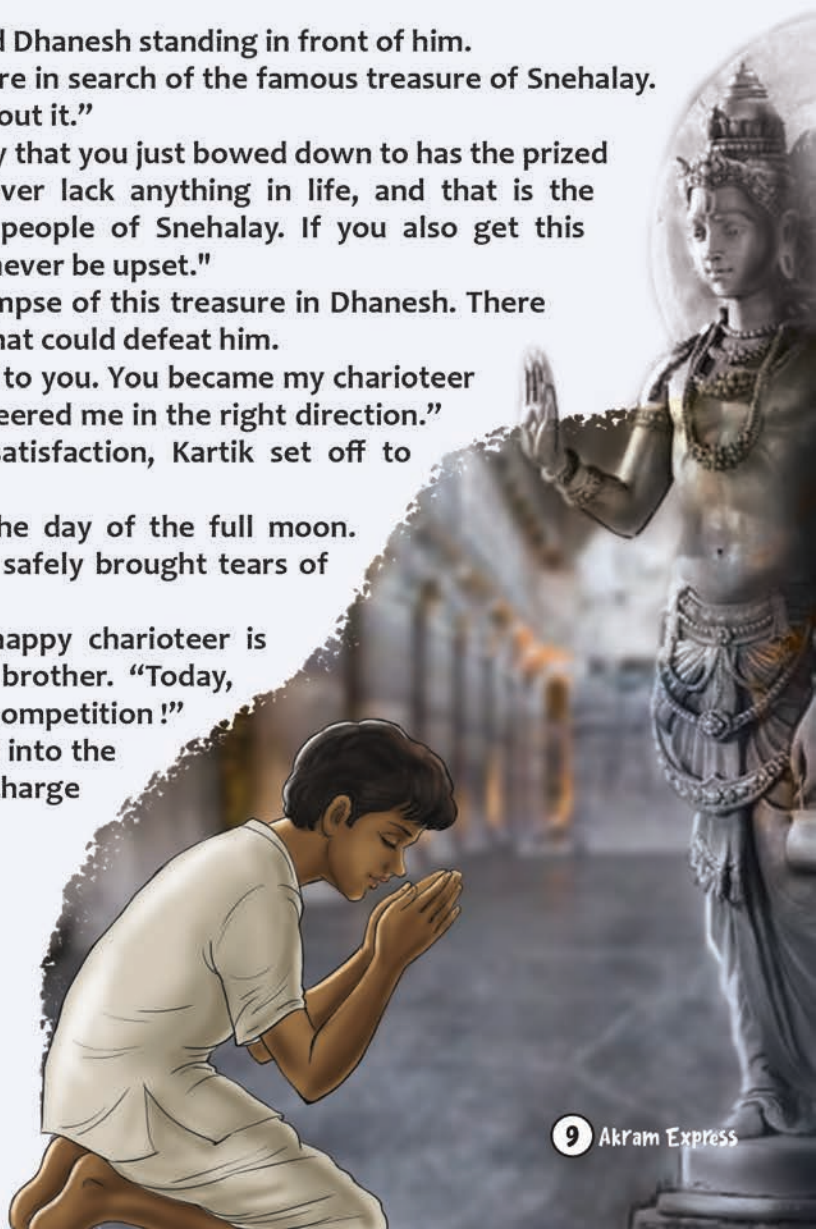
"The treasure? The deity that you just bowed down to has the prized knowledge of how to never lack anything in life, and that is the treasure he gave to the people of Snehalay. If you also get this knowledge, then you will never be upset."

Kartik had caught a glimpse of this treasure in Dhanesh. There was no difficult situation that could defeat him.

"Dhanesh, I'm grateful to you. You became my charioteer in a true sense, and you steered me in the right direction." With a feeling of deep satisfaction, Kartik set off to return to the ashram.

He finally arrived on the day of the full moon. Seeing his brother return safely brought tears of joy to Rudra's eyes.

"Brave warrior, your happy charioteer is here!" said Kartik to his brother. "Today, together, we will win this competition!" saying this, Kartik stepped into the chariot and happily took charge of the horse's reins.



# WRONG / RIGHT ?

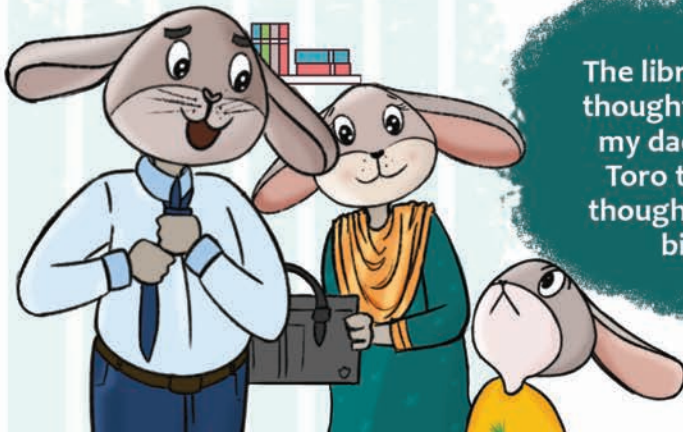


You tell me, how many things can go wrong for someone in one day? I think that everything that could possibly go wrong has gone wrong for me today. But I remembered Puiyashree's message from last year: 'Positives See, Happy Be.' I applied that message throughout the day. Come, let me tell you what happened.

I woke up in the morning in a very good mood because Jasper had called me and said that Zoey is planning to take everyone to 'Butterfly Garden' in her new car. But she wouldn't be picking everyone up. Everyone had to meet at the library by 4 p.m.



The library is very far from my house, so I thought my dad could drop me there. But my dad had an important meeting with Toro today. Instead of getting upset, I thought of another idea: I would ride my bicycle 'Trin-Trin' to get there.







I searched for Trin-Trin's key for a long time, but I just couldn't find it. I didn't get upset. I remained positive and kept looking for it until I finally found it amongst my sister's toys.



I had plenty of time so I was sure that I would arrive on time. But, after cycling a short distance I saw that a huge tree had fallen across the road and it was impossible to go ahead.



It was a quarter to four. I had to reach the library by 4 p.m. "If I don't reach on time, they will leave without me." Though it was getting difficult to remain positive, I still kept up my positivity. Just then I met Cami and he showed me another way to get to the library.

I was overjoyed. I became sure that if we remain positive during difficult times, then we will always find a solution. But suddenly the air went out of my tire and, along with it, out of me!



Trin-Trin got a puncture. To tell you the truth, Trin-Trin has never had a puncture until today! It would have taken one hour to repair the puncture, so now it was impossible for me to reach there on time. I finally lost hope. I had no positive solution now.

I returned home with a gloomy face. Dad's car was parked outside the house. "But I thought Dad was going to a meeting!"

Just then my mom ran out crying. She hugged me and asked, "Bunbun, are you okay?"





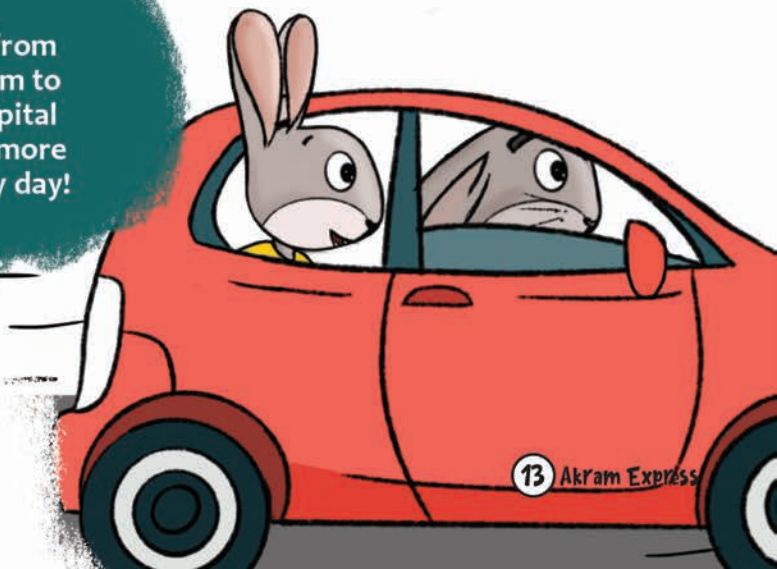
I thought, 'Why is she crying so much? Is it because my bicycle got a puncture? But how did my mom know that?' I then found out she was crying because Zoey got into a car accident. No one was badly injured, but everyone was still taken to the hospital.



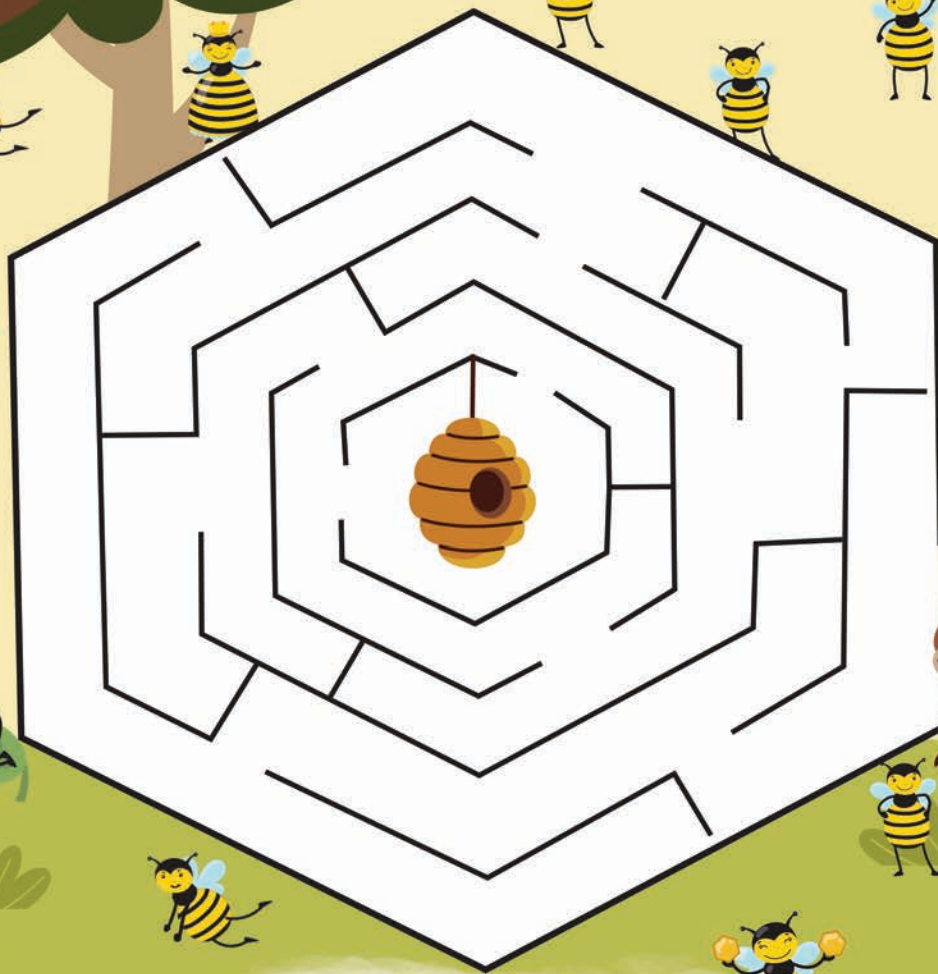
Everyone had been contacted, except for me. Because of that my parents were very stressed. They were just about to leave for the hospital to go look for me, when they spotted me returning home.

The entire day I remained happy by finding the positives in the smallest of things and, at the end of the day, my parents were so happy in seeing that I was okay. Seeing my parents happy made me realise that nothing wrong had happened to me. Instead, everything that had happened had been right!

Just then I heard the horn from my dad's car. I went with him to meet my friends at the hospital and I got ready to add a bit more happiness to the story of my day!



# Let's Play



This little bear has taken up a challenge to help these scattered honeybees reach their home! Would you like to help him?





## What Is the Gnanī's Vision Like?

**Gnanis help an individual to thrive by always nurturing their positives.**

The Gnanī's vision is always positive. Years ago, Niruma pointed out to Pujoyashree his positive attributes.

Pujoyashree thought that he was weak. But Niruma showed him something positive, "Deepak, you don't have the quality of being competitive. You never compete with anyone and you never look at anyone's negative points. You don't know the qualities you have in your own shop. You should see what I'm showing you." And in this way, by showing him his positive qualities, Niruma helped to elevate Pujoyashree to a very high state.

Dadashri too always encouraged Pujoyashree. Dada used to tell Pujoyashree, "Deepak, you have some beautiful qualities. You are capable of going very far. You can achieve the topmost state."

When people say, "You're like this, you don't understand, you don't know anything, you're not good at studying, you'll never achieve anything," one's heart gets crushed and one may even go into depression. But the Gnanis help an individual to thrive by always nurturing their positives.

Just like us, Aaloo and Chilly also become negative at times. Will you be able to turn these negatives into positives to make Aaloo and Chilly happy again?

Hint: If you get stuck, then take a look at the 'Gnanis Say' section.



# Turn it in to a Positive



Rizo was hungry, so he ate my favourite hat!



What positives can we see?

I've already got a lot of good use out of this hat. I could sew a piece of cloth over where Rizo made a hole and it will become a whole new style of hat.

What positives can we see?

Mom is never happy with me. I received a score of 84% in singing, but still she asked, "Why didn't you get 92% like Kiki?"





I've been learning to skate for two years. Giffy started learning after me and he is already better than me. I don't want to skate anymore!

What positives can we see?

I asked Zoey to bring a cooler to the picnic so that the ice cream wouldn't melt. But she forgot and all the ice cream melted. I can't trust her with anything!


What positives can we see?

Piggy is always hanging out with Aaloo. What if he becomes Aaloo's best friend and takes my place?

What positives can we see?



# Sweet Memories



The grand *pran pratishtha* (idol life-instillation ceremony) celebration of the Adalaj Trimandir was scheduled to take place on the 25th December 2002. *Mahatmas* from abroad and from all over India were going to attend.

There were only six weeks to go, but not a single *shikhara* (a tower of a temple, situated above the space where the deity sits) of the Trimandir was ready. It was not possible to conduct *pratishtha* without the Trimandir's *shikharas*. The task was already difficult but, additionally, the negative talk of some people caused dismay amongst the *Aptaputras* and *mahatmas* who were working on it.

Everyone went to Niruma. She encouraged everyone in such a way that all their worries and frustrations vanished in an instant and they received all the strength needed to complete the task. Niruma said with the utmost faith, "Dada is present and Dada will do the work! The three *shikharas* will be ready!" Furthermore, Niruma gave such beautiful solutions that the construction started running at full speed around the clock.

At that time, the workers just needed the right guidance and enthusiasm, which was provided by Niruma in abundance. Whenever there was a stumbling block, everyone would run to Niruma and she would give such positive energy that everyone's strength to work would be revived.

Not just the *Aptaputras* and *mahatmas*, but also the contractors, labourers and all the people involved in the construction of the temple, were so touched by the positive atmosphere that even an impossible task became possible!



# My Creation

Many busy people set reminders for important things on Google Calendar. Seeing positives is also an important thing, right? Come, let's create a reminder to stay positive!

Let's follow the instructions below to make bag tags. The positive quotes written on the bag tags will remind us to see the positives.

**SET ONE PRINCIPLE  
IN LIFE. ALWAYS STAY  
POSITIVE, NEVER SIDE  
WITH NEGATIVITY.**



**THERE'S SO MUCH POWER  
IN POSITIVITY THAT EVEN  
A SINKING SHIP WILL  
FLOAT AGAIN.**



1. Cut out the pictures above by cutting along the dashed line.
2. Fold along the solid black line.

3. Unfold the pictures and stick them onto some card or chart paper and cut around them.
4. Apply glue to the other side of the card, and fold along the fold line to stick the two sides together, with the pictures on the outside.

You can use this tag like a bookmark or attach it to a bag by making a hole and threading a 6-9 inch long string through it.



# Akram Express 15<sup>th</sup> Birthday

Next month, it's our  
dearest Akram Express'  
15th birthday! So let's  
make this birthday special  
by sharing  
your experiences!

Send your experiences to Akram Express

- ▶ What have you learnt from Akram Express?
- ▶ Has Akram Express ever helped you in some way?
- ▶ Any interesting experience related to Akram Express?

Apart from this, you can share  
anything you want to regarding  
Akram Express!



Send your experiences in  
writing or in audio or video  
format by 18th July 2023  
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We eagerly await your  
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