

Dada Bhagwan Parivar's

November 2023

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Seeing With Your Eyes Closed!

Editorial

We've seen superpowers being used by superheroes only in the movies. But Dada Bhagwan's superpowers have been witnessed and experienced by thousands of people. Now, if someone were to teach us an easy way to develop those very superpowers for ourselves, then wouldn't we all want to learn it?

Vivan is a young boy, and he is smart just like you. He has also learnt the technique of developing Dada Bhagwan's superpowers, from his aunty. What is this technique? How do you use it? What are its benefits? In this issue, let us all meet Vivan and understand and learn this technique.

-Dimple Mehta



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This Is Vivan



Vivan is ten years old. He enjoys three things:

- 1) Cricket – Kirat Wohli is his favourite cricketer,
- 2) Saying words that rhyme,
- 3) Horror stories.

One of his favourite people is his aunty. After two years, Vivan's aunty was going to be visiting from America and staying with him for a few days. Vivan enjoyed his aunty's company. She played games with him every night and told him interesting stories.

There was also another reason for Vivan's happiness. He had received a month-long project from school, in which he had to observe the life of any one member of his family, and give a presentation about their personality.

Vivan had chosen his aunty for the project. He was confident that he would get the highest grade because his aunty was from America and her life story was bound to be amazing!

The Seventh Day



The amount of excitement that Vivan had felt on day one of receiving the project, was matched by the amount of nerves that he felt on day seven. Today was when he had to submit his initial observations as part of his first presentation.

He showed his picture chart to the class.

"My aunty prays in the morning. When I come home from school in the afternoon, Aunty is doing her office work from home. After she finishes her work in the evening, she does aarti*. After dinner, we all play games as a family or go out for a walk, and then she falls asleep whilst gazing at a photo lamp."

All the students became bored listening to Vivan's presentation. Aditya muttered under his breath, "Vivan's aunty is like an old grandmother." Everyone burst out laughing. All the other presentations featured exciting things like cooking, travelling, watching movies featuring famous actors, and so on. Whereas, the routine of Vivan's aunty seemed very boring. Vivan felt as though he had made a mistake by choosing his aunty, so he asked his teacher, "Can I choose a different person for my project?" The teacher laughed and said, "Is that it? You accepted defeat so quickly. Try harder. You told us what she does every day, but find out why she does it."

'How will I be able to find that out?!' thought Vivan. His hopes of getting the highest grade were now replaced by the fear that he was bound to get the lowest grade.

* Aarti is the ritual of worshipping god with devotional lamps while singing a hymn.

The Twelfth Day



Vivan was even more stressed than he had been on the seventh day of his

project. He had temporarily stopped observing his aunty. Wohli was the reason for his stress.

Vivan: That's enough, Wohli! Let me focus. I have a maths test tomorrow.

Aunty: What happened, Vivan?

Vivan: Wohli isn't letting me study.

Aunty: But Wohli isn't here!

Vivan: Oh, Aunty! There's a match today. I keep thinking about how Wohli will play and how many runs he'll score.

Aunty: What kind of a person is Wohli? You're such a big fan of his, and yet he isn't even here to help you when you need him.

Vivan: How can he help me, Aunty?

Aunty: Why wouldn't he help? What's the point of being his fan? You should be a fan of those who give you the strength you need, as soon as you remember them.

Vivan: Now, what kind of a person is that, who, as soon as I think of them, I'll be able to remember everything that I've studied? So, because it's a maths test, should I think of Aryabhata **?

Aunty: No, but will you believe me if I tell you something? You should think of Dada.

Vivan: Aunty, what can Dada do in this situation?

Aunty: Just try it once. Take this photo of Dada and focus on him while chanting 'Dada Bhagwan Na Aseem Jay Jay Kar Ho' for ten minutes.

Vivan (thinking): I do struggle to memorise things, so let me try this then.

So, do you think Aunty's technique worked? Let's find out

** Aryabhata, born in 476 AD, was the first of the major Indian mathematicians of the classical age.

The Fifteenth Day



Vivan: Aunty, does your Dada have special powers? I've started remembering everything I've studied! But, the most important thing is that I can't forget Dada's eyes at all! I remember Dada just like I remember Wohli. Does he possess superpowers like the Avengers or like Chhota Bheem (an animated Indian character who is a brave, intelligent, and strong boy)?

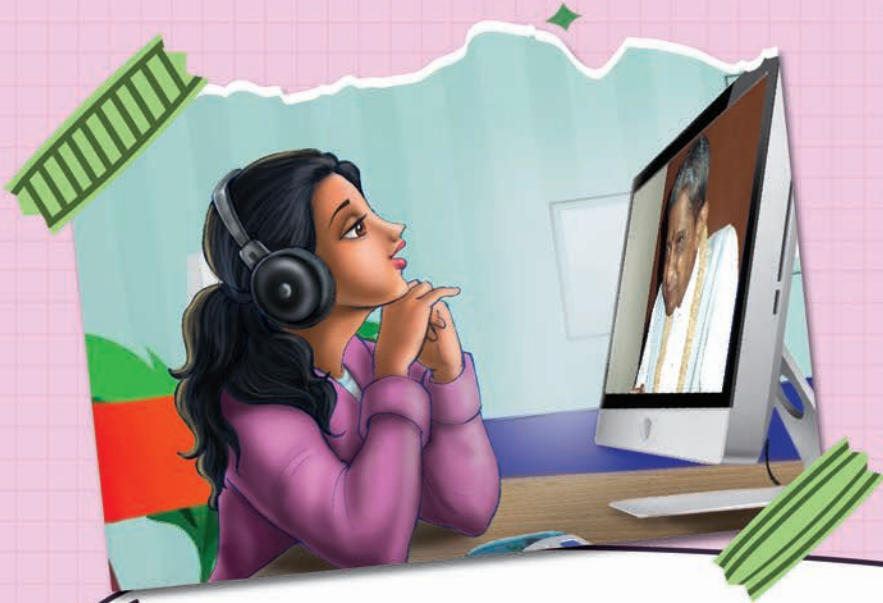
Aunty: Dada even has special powers, which though you can't see, you can definitely feel. If you close your eyes and visualise a photo of Dada, then you'll also gradually get powers like him. I'm telling you because I've got them.

Vivan: You've got the powers? How?

Aunty: Do you know what happened when I was studying in America?

Vivan: What?

Aunty: Initially, I felt very lonely over there. I was missing my grandparents a lot. Then my grandfather sent me some CDs.



Vivan: Movie CDs? Then that must've cheered you up!

Aunty: What can I say! I had so much fun that I can't even put it into words. As soon as my college classes finished, I would immediately go back to my room to watch them. My friends were busy partying all night, while I would stay awake and watch the CDs.

Vivan: What CDs did grandfather send you, Aunty? I also want to watch them.

Aunty: There are 36 parts and I've seen them twice.

Vivan: Aunty, please tell me the name of the CDs.

Aunty: Pratyaksh (present in the here and now) Dada...

Vivan: Pratyaksh Dada? Is that a movie?

Aunty: Yes, a movie about my Dada!

Vivan: When you wanted to take a break from studies, then you would watch Dada's movies? Who would do something like that?!

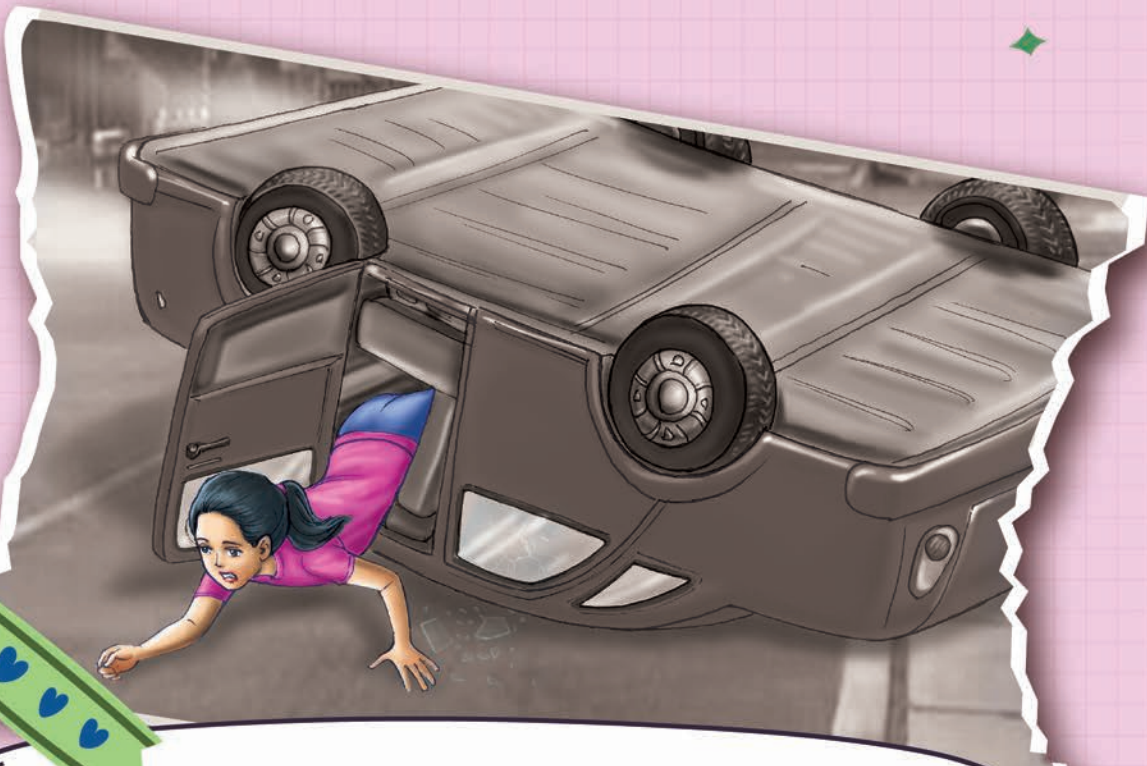
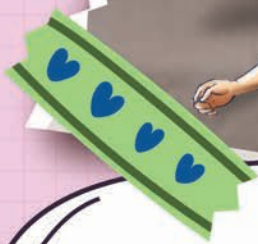
Aunty: Vivan, when you want a break from your studies, you go and play video games, right? Why?

Vivan: I do that because I enjoy it.

Aunty: Similarly, I enjoyed watching Dada's movies.

Vivan: Did you get any powers after watching those movies?

Aunty: Yes, I did. Do you remember when I got into an accident in America? My car had overturned and even the windows were all broken. Despite all that, I wasn't scared at all. I first remembered Dada and I thought, 'Dada is indeed with me, nothing will happen



to me.' Without any fear, I slowly unbuckled my seat belt and came out of the car without a single scratch.

Vivan: Wow, Aunty! You weren't even scared? Then what happened next?

Aunty: That's when I realised my Dada's powers, and I thought, 'If I believe that Dada is with me, then he'll always be with me!' Not just in the car accident, but Dada has also saved me countless number of times. Before I am about to do something, immediately I stop and think, 'Will Dada like what I'm about to do?' And I get the answer from within.

Vivan: This is impossible, Aunty. You're joking.

Aunty: Oh, Vivan. You haven't even seen an iota of Dada's powers yet! You already can't forget his eyes. One day, just like me and so many others, you'll also experience Dada's omnipresence (being present everywhere).

Before going to bed that night, Vivan jotted down some notes about his aunty for his project's presentation, and prepared his school bag for the morning.

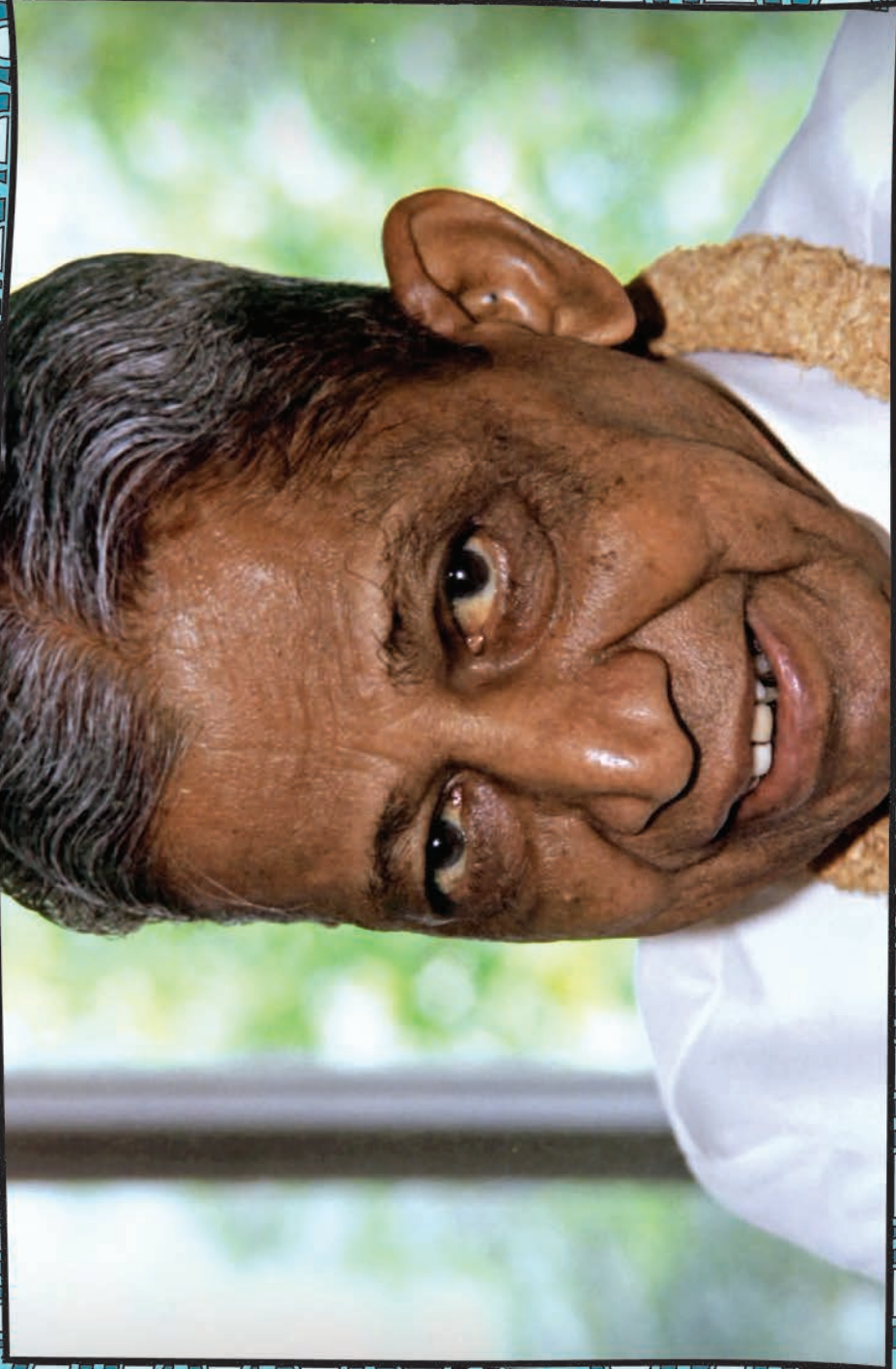


My Creation

Cut out the photos given on page 10 and 11 and make frames of your choice as per the examples shown. Email the photos to akramexpress.team@gmail.com







You are warmly invited to attend Dada Bhagwan's 116th Birthday...

For children and young people....
Children's Park



Lucky Draw



Amphitheatre



Cultural Show



Games



Puppet Show

22nd to 28th November 2023
Kharavadi, Liliya Road,
Near the Trimandir, Next to
Dadanagar, Amreli



The Eighteenth Day

Vivan loved to watch horror movies, but quite often the images of ghosts would linger in his mind, and the same thing happened today.

He paused the movie to go to the bathroom and was convinced he saw a ghost laughing outside the window. He wasn't able to go inside the bathroom. After the movie finished, he wasn't even able to go to his bedroom. He was afraid that the ghost might appear from under his bed. What if it was hiding in his wardrobe? What if it was waiting for him while hanging down from his ceiling fan? All these thoughts caused Vivan to start sweating. Aunty was sitting in the balcony listening to something. He went and grabbed her hand and said to her, "Come on, Aunty. Let's go to sleep." She saw Vivan's face and figured out what the issue was, but she didn't say anything.

Aunty went into the bedroom, switched on the night lamp with Dada's photo on it, and said, "Look at Dada's smiling face. Isn't it so wonderful?" Vivan looked at Dada and nodded in agreement. Just as he laid down on his bed he heard leaves rustling outside. It sounded as though the leaves were being crushed by someone's foot. He promptly sat up in his bed. Before he could say anything, his Aunty softly started singing, "Dada Bhagwan Na Aseem Jay Jay Kar Ho." Dada's photo caught Vivan's eye and he laid back down. He kept his gaze on Dada's picture whilst listening to his aunt's singing. He forgot all about the ghost and thought of Dada instead.

That night he slept very well. From then on, he started liking Dada more than the horror movies, because, while the movies scared him, Dada protected him.

The Twenty-First Day



Kabir and Vivan had been best friends since the first grade. Vivan always believed everything that Kabir said.

They both wanted to eat pizza from the school canteen, but neither of them had any money. Kabir had an idea, "Your aunty has come from America, right? Take some money from her purse. She won't even know it's missing."

"We shouldn't do that," said Vivan hesitantly.

"Hey, we're not doing anything wrong. When we have enough money saved up in our piggy banks, we'll put it back." Vivan loved pizza and thought to himself, 'It's only a small amount of money and we're going to put it back anyway, so I suppose there's no problem in taking it.'

When Vivan came home from school, he spotted his aunty's purse on the table. As she was busy in a meeting, Vivan thought, 'Now's my chance to take the money.' He was very afraid, but he also wanted to eat the pizza.

With trembling hands, he removed the money from the purse.



However, while taking it out, Aunty's pendant also fell out.

Vivan panicked. He quickly picked up the pendant. As he was about to put it back in the purse, he noticed the photo on it. It was the same smiling face and unforgettable eyes of Dada! He remembered his aunty's words, "I ask myself, 'Will Dada be happy with what I'm about to do?' before I do anything." I ask myself. And that was that! Vivan put the pendant and the money back into the purse.

The next day, he went to school with a smile on his face and with no money. Kabir got very angry at him and even called him names like 'coward' and 'scaredy-cat'. But that didn't remove Vivan's smile. Kabir might have been upset with him, but Vivan knew that his Dada was pleased with him.

That night, Vivan continued to work on his presentation, which was due in nine days.



The illustration shows a young boy with dark hair, wearing a yellow polo shirt and blue jeans, holding a black tablet. He is looking towards an older woman, his aunt, who has dark hair in a ponytail and wears glasses and a white shawl over a light-colored top. She is whispering something into his ear. They are standing next to two large suitcases, one red and one dark blue. The background is a light orange with vertical stripes. There are decorative floral elements: a purple flower in the top left, a pink flower near the title, and a cluster of pink, purple, and yellow flowers on the right. A blue banner with a white leaf pattern is on the left. The title 'The Twenty-Seventh Day' is in a blue cloud-like shape with a dashed border and an hourglass icon.

The Twenty-Seventh Day

Aunty's bags were packed and ready in the living room. She was flying back to America. Vivan had just lost his friendship with Kabir and now his aunty was also leaving. He felt all alone and abandoned.

He stomped off to his room. Aunty's iPad was on the bed. He picked it up and handed it to her in a sulky way. "Here, take this, Vivan pouted. "You forgot to pack it." Aunty gently sat him on her lap and told him, "It's for you, so that you don't feel lonely."

Vivan was still upset. He told her, "I can video call you from mummy's phone. I don't need the iPad." Aunty started laughing and said, "This isn't for you to video call me. There's treasure inside it. It's my Dada's treasure: the 'Pratyaksh Dada' movie! Whenever you feel lonely, you can grab the iPad and watch our Dada. You'll feel as though Dada is really with you." She then softly whispered in his ear, "If your connection with Dada is strong, then Dada will stay with you constantly. You can talk to him and share your problems with him. If he doesn't help you, then let me know..."

Vivan immediately forgot his frustration, and looked at Aunty with fondness. She had to catch her flight, so Aunty eventually left, but everything that she had told him stayed behind and never left his mind.

He thought, 'Will Dada really talk to me? He won't leave me all by myself?'

The Thirtieth Day

It was the day of the big presentation.

Vivan was very relaxed. He began:

“My aunty’s life story is extraordinary,
I sketch it using words, something not ordinary.

Have you ever watched a superhero movie?
With superpowers, he can save the world, truly.

There’s one such superhero in Aunty’s life,
Who has saved many people alike.

Dada Bhagwan is his name,
His powers are strong, as is his fame.

Me to him my aunty did introduce,
As well as the techniques to superpowers
produce.

For a mere 18 days, I followed this technique,
‘In’ and ‘Out’ started the game for me, so
unique.

‘In’ went all things that were helpful,
‘Out’ went all things that were harmful.

While observing Dada’s picture, I fall asleep,
‘Out’ went the ghosts, and ‘in’ came peace.

Great movies of Dada, to me Aunty showed,
‘Out’ went the bad company, and ‘in’ true
understanding flowed.

I sing ‘Dada Bhagwan Na Aseem Jay Jay Kar Ho’,
and I study after,
‘Out’ went Wohli, and ‘in’ came the key to focus
thereafter.

Such techniques, Aunty taught me,
Never again will I feel lonely.

Best is my aunty for introducing Dada to me,
Bestest is Dada Bhagwan whose words are so
loving and caring for me.



Gnanis Say

Questioner: What's the meaning of *nididhyasan* (visualisation)?

Dadashri: When you close your eyes and see Dada and Simandhar Swami, that is called *nididhyasan*.

Questioner: What are the benefits of *nididhyasan*?

Pujyashree: Whoever's *nididhyasan* you do, you get that person's powers directly.

If you do *nididhyasan* of Dada Bhagwan, then Dada Bhagwan's powers manifest within you. When you close your eyes and see Dada then bad influences cannot touch you at all! Visualising Dada constantly is the best *satsang* (spiritual company or gathering). Whenever you feel scared, start doing *nididhyasan* of Dada. He will protect you.

Questioner: When it is said that we too can get powers like Dada, what kind of powers does Dada have?

Pujyashree: If anyone says harsh words to Dada or points out a mistake, then Dada still has unwavering love towards him. Dada continues to protect him. He has immense compassion for all living beings. He sees everyone as absolutely faultless. If someone were to harm him, cheat him, or try to upset him, then Dada still would not lose the feeling of oneness with that person.

Dada had no fear of anything at all.

Questioner: What should we do if we cannot maintain *nididhyasan* of Dada?

Pujyashree: It is easy. Look at a photo of Dada, then close your eyes, and you will remember him. Watch videos of Dada. This helps to set Dada's image in our *chit* (the visual part of our internal functions, which takes 'photos' within and visualises previously registered scenes). So, every time we close our eyes we can 'see' Dada. You can do it like that.

Colour in the picture of
Dada below using the given
photo as a guide.



And Lastly...

Friends,

We all saw how much power there is in *nididhyasan*! There is now an invisible connection between Dada and Vivan. But, do you and Dada also have this kind of connection? If you do, then we would love to hear from you! You can write to us, send a drawing, share arts and crafts, sing a song, or communicate by any other means of your choice using this email akramexpress.team@gmail.com.

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