

Dada Bhagwan Parivar's

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AKRAM Express

I SHALL NOT DO THIS AGAIN





**I SHALL NOT
DO THIS AGAIN**

Editorial

Suppose one day, on your way to school, you slip on a slippery spot and get hurt. Would you make the mistake of walking over the same slippery spot the next day? Or would you remember the injury from the previous day, and not repeat the same the mistake?

From morning to evening we make many mistakes and many of them are repeated. Why are mistakes repeated? How should the resolve to not repeat a mistake be made? Often, even after deciding, 'I won't do it again,' mistakes happen again and again. So, why does this happen?

In this edition, let's resolve all these questions and make a strong determination not to repeat our mistakes.

- Dimple Mehta

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Gnanis Say...



What is Pratyakhan?

To resolve (make a firm decision) to never repeat a mistake is called pratyakhan.

Sorry

Why are mistakes repeated despite making a firm decision not to (*pratyakhan*)?

There is a desire to not repeat a mistake, yet the mistakes happen again. Similar to how onions have multiple layers, mistakes also have many layers. *Pratyakhan* has to be done every time a mistake is made. The more *pratyakhan* that is done, the more layers of the onion that are 'peeled off'... (mistakes are washed away)



When someone points out your mistake and you say, "What's wrong with that?"

then that is protecting your mistake. If you protect it, then the mistake will not go away.



When our mum tells us not to watch TV, and we say, "I only watch it once in a while. What's wrong with that?" then the habit of watching TV will not go away. But, if we say, "Watching TV is my weakness and "I firmly resolve not to watch TV," then gradually that habit will disappear.



ABSOLUTELY NEW

Remembering God and saying, 'I made a mistake,' is called *alochana* (confession). To wash away the mistake by saying, 'Please forgive me,' is called *pratikraman* (asking for forgiveness). To firmly resolve to not repeat the mistake by saying, 'I will never do it again,' is called *pratyakhan*.



For example: If you tell a lie, then...

- To remember God and say, 'I have told a lie, Pure Soul is *alochana*.
- To repent and ask for forgiveness from the pure soul inside the person you have lied to is *pratikraman*."
- To make a firm resolution of 'I will never lie again, is called *pratyakhan*.



"If after making a firm decision to not slip, you still slip, then this is not an offence."
"But if you do not make a firm decision..."
and then you slip again, then it is an offence.

For example: It is not an offence if you sometimes play a mobile game even after making a strong resolution not to play it. But if you do not make that resolution at all and play it, then that is an offence.

AND DIFFERENT,



Keep on having the same determination even if you are unable to follow it sometimes. But never say, "I just can't follow this."

For example: If you play mobile games even after you have decided not to, then make the resolution again by saying, "Playing games ruins my eyes and is a waste of time. I won't play again." Make a resolution to not play again. But never say, "I'll never be able to get rid of this habit."

Notice how one has a strong determination to not fall when walking along a narrow strip of land with sea on both sides. A resolution is made at that moment and it is remembered continuously. One should have that type of determination.

For example: Due to the habit of arriving late everywhere, someone arrives late to an exam and they are not allowed in. From then on they will have a strong determination to arrive on time and they will never forget this.



Sundarvan

Hi friends, I'm Auli from Sundarvan. Welcome to this unusual jungle! What's unusual about it? Well ... the animals of this jungle are very smart and clever. Not only that, but they have the power to think deeply. Where did that come from?

This is a story from a long time ago. A magician was returning home from a world tour. "On the way back, he took a rest in Sundarvan." The tranquility of the jungle cured his exhaustion. He thought, 'I must give back something to this jungle.' He waved his magic wand, and gave all the animals of the jungle a boon: the power to think!

This power led to many developments in Sundarvan. While leaving, the magician forgot his phone in the jungle. The animals of the jungle became so smart that they made several replicas of the phone! But I don't want to talk about all that now. I've come to play with my friends. Come, let's go ask Ray the Rabbit if he'll play with me.

"Oh yes! I now have 20,000 followers on Vinstaform!" says Ray the Rabbit, while engrossed with his phone.

It seems like Ray isn't listening to me. No, no, he doesn't have any problems with



his ears. He's lost in his phone. It's fine, let me go ask Danny the Deer instead.

"Danny, it's such a lovely day today. Do you want to come and play with me?"

"No, Auli. There's a new video on NewTube. I must watch it today, before it gets deleted."

"But, Danny, we talked about this." Our time's being wasted by watching NewTube. "You said you would stop watching videos on it."

"Oh yes, friend. But this is the last video. I must watch it. After that I won't watch anymore. Then I'll definitely come with you."

"You say this every time, but you still sit down to watch some new video every day."

Danny is lost in his own world. No one has time to play outside at all. Jimmy the Bear is sitting in the café. Let's go and ask him.

"Jimmy, it is nearly the end of the day, and I want to play outside. Will you come and play with me?"

"Hey Auli, I ordered a sandwich just now. Come sit with me. I need to upload yesterday's photos on Facebook."

"But Jimmy, it'll get dark outside soon. How will we play then?"

"Look, the fresh sandwich has arrived. Come, sit next to me. "Let's take a selfie with the sandwich and I'll put it on my Vinsta Story." 'Having Fun With Auli' is what I'll caption it."

"What!? How do you even know whether I'm having fun or not? How can you write such untruths?"



My mood has been spoilt once again. What's happening to Sundarvan? The whole jungle has gone mad because of these phones. Many times, Rikki the Rat and Kate the Kangaroo tell me, "You don't know how to use a phone, so that's why you tell everyone not to use it." But that's not the reason. They all know that it's wrong to waste time on the phone. But they're unable to break their habit. Many times they say they'll stop using it, but then they start to use it again. Now, what can I do? Besides the magician, there's no one who can bring about a solution to this problem. Come, let's go get the magician.

Have you heard? The magician's agreed to come with me to Sundarvan! He's even done some magic by waving his magic wand around. Let's go and see what it did.

Oh wow! Everyone's phones have disappeared! It has only been fifteen minutes since the phones have vanished, but it seems like everyone's breath has also vanished! The magician has gathered everyone in one place.



6 To have the desire to use it one more time is indeed the 'fertilizer' for the poisonous tree inside! 9

"My dear friends, I have a nice surprise for you all," says the magician.

Even I don't know what surprise the magician has in store for all of us. But he has brought us to a huge garden and asked us to take a tour of it. Initially everyone finds the tour boring without their phones. But, when everyone sees the beautiful tree in the middle of the garden, no one wants to leave. This tree is filled with many beautiful and colourful flowers and fruits that have never been seen before.

"All of you must be wanting to eat the fruits of this tree, right?" asks the magician.

"Yes," say all of us in unison.

"But, what if I tell you that the fruits of this tree are poisonous?" The magician points out the dead insects lying on the branches of the tree after eating the fruits.

"Oh no! It's good you informed us. I was just about to eat the fruits," says Jimmy.

"You won't eat these poisonous fruits. But all of you are eating such fruits every day that are gradually poisoning you inside," declares the magician.

"What?!" Everyone is shocked.

"Years ago, with the magic I gave you, you used to come up with ideas to develop Sundarvan. But nowadays you all seem to have become the smart phone's dumb slaves. It has become difficult for you to spend time without your phone. No one talks to each other. Some of you have developed eyesight problems, while some have developed other physical ailments. Sundarvan has become completely absent-minded. If this is not slow poison, then what is?" the magician asks.

No one has an answer. We all look at each other. Then Ray the Rabbit asks in a timid voice, "What do we do to get rid of this slow poison?"

"What strategy did you take to avoid the poisonous fruits of the tree?" asks the magician.

"Staying away from it," replies Ray.

"Exactly! You should make a firm determination like that. But if you have thoughts such as, 'What's the problem in just having a small bite of the fruit? What's wrong with using the phone for just a little bit?' then that poisonous 'tree' will get protected and will never die. Now, what will you do if you get your phone back?" Saying that, the magician waves his magic wand.

Oh no! Everyone's phones have reappeared in their hands. Unfortunately, it seems as though everyone's mind is tempted to use the phone again. "To have the desire to use it one more time is indeed the 'fertilizer' for the poisonous tree inside," the magician cautions everyone.

Oh wow! The magician's words are working: everyone gives their phones back to the magician! Finally, my friends have become free! Yippee!

Thank you all for keeping me company and listening to my story. Now I've got my friends back. I'm going to go play with them. Bye!



Shine Bright

In Star World, at the Shine Bright Academy...

Twinkle, this is the final warning. If you don't change your bad habits, then...



Ma'am, please don't give me that punishment! I'll never steal again.



Are you sure? If you keep doing this, then what will become of you when you're older?



Sorry, ma'am.



Some time passed. One day Twinkle stole Siri's bright glasses...



Go to Queen Parin's office first thing tomorrow morning.



At home...

On the way home...



Thief!



We can't even be around her. You never know when something might go missing!



Why can't I get out of this habit of stealing? I keep deciding not to do it but it keeps happening.

The next day at Queen Parin's office...

Twinkle, I'd given you a warning, hadn't I?

Ma'am, whenever I see something nice, I just feel like taking it. I'm really sorry.

I'm sorry too. But, for your punishment, you'll have to go to Earth.

Within an instant, Twinkle fell down to Earth and landed in a shopping mall in a big city...

Oh no! I stand out so much! What am I going to do here?

At that moment, Twinkle's gaze fell upon a shining necklace in a store window...

Should I take this?

On an impulse, Twinkle grabbed the necklace and ran. Instantly, an alarm went off...

Hey girl! Where are you going? Once you get a taste of life in jail, you'll learn your lesson.


In jail...



How many times have I gotten in trouble? My friends no longer trust me and although I'm a star, I can't help anyone.

I got thrown out of Star World. Enough is enough! I'll never steal again! No more!


Suddenly, there was a flash of light and Twinkle was pulled back into Star World...



Welcome back!

How did this happen?

Because you made a strong determination to never steal again and your mistake was washed away.



But I had this strong resolve many times before. Were my mistakes not being cleared during those times?

It was. If, from this ribbon ball, I remove some ribbon to use for decoration, then the ball will still look the same from the outside, will it not?

Yes! But it'll become a little smaller.

Correct! Similarly, when you apologized for your mistake and made a strong determination not to repeat it, the 'ball' of your mistakes became smaller.

And what happens when you use up all the ribbons from the ball?

"The ball disappears."

When you made a strong determination, all the 'ribbons' of mistakes were removed and the 'ball' of mistakes disappeared.

And I became free! I'm so happy!

Now tell me, what do you want to be when you grow up?

Ma'am, I want to become the North Star, so that I can guide people to the right path.



Toon story winner

Name : Sonalben Sajnani

Center : Adalaj

Age : 34



Encouraged winners

1

Mansi Gautam Achha

Center : U.S.A

Age : 7

2

Tirth Patel

Center : U.S.A

Age : 7



FIND MY NAME Winner



Shreeya Sunil Chawla

Center : Adalaj

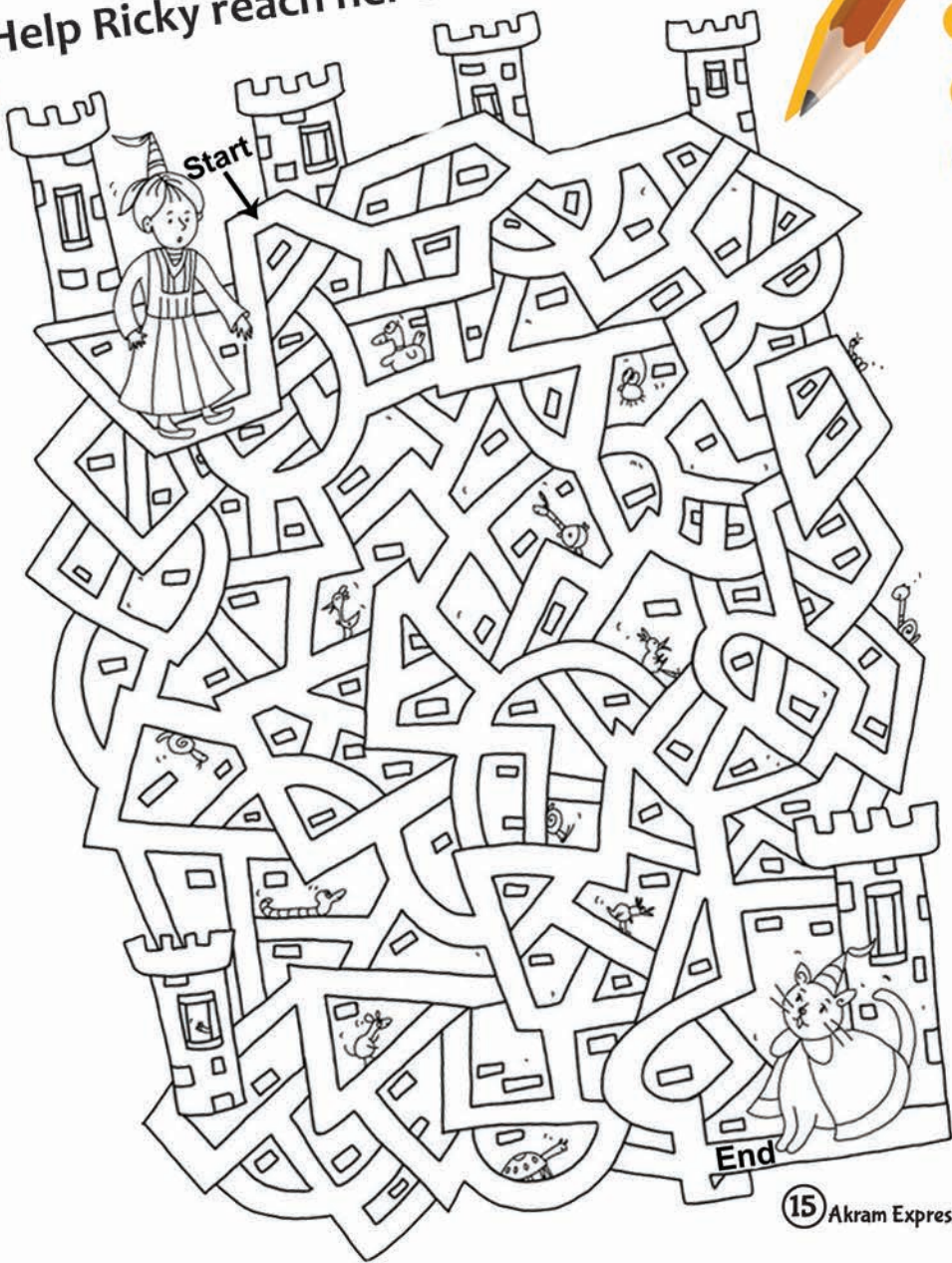
Age : 7



Let's play...



Help Ricky reach her cat on the other side.



Today's Special :
21st September
World Peace Day



"Today, we'll celebrate
World Peace Day!"



And the chief guest for the
celebration is...



It has to be Uncle Sheru. He protects
us from harm.

No, it'll be the Chief of
the Army Staff.



And it is ... Chaman Monkey!



What? Ew... Chaman is
so shabby. His father
was even caught
stealing.



AALOO CHILLY



Peace Day doesn't just mean keeping peace at the border!



Then what is it?

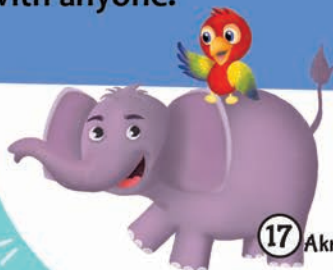


It's also about living in peace and harmony with everyone, without excluding anyone for any reason.



Wow! Beautifully said. Today, we won't leave anyone out and we won't argue with anyone.

Not just today, but forever!
In Didima Jungle,
Every day, Peace Day!





21 Days Promise



Come, let's make a promise to ourselves. Think of any five mistakes that you make often and make a strong resolution to not repeat these mistakes for 21 days.

For example: 1) I won't watch TV for more than an hour, 2) I won't make faces when I get food I don't like, 3) I won't speak negatively about my teacher, 4) I won't lie.

Then check at the end of the day. If you made the mistake, then, next to the day, color the box red. If you didn't make the mistake, then color the box green. After 21 days, you can send us the chart to the number (+91) 9313665562. Don't forget to WhatsApp us!

Mistake					
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					
Day 15					
Day 16					
Day 17					
Day 18					
Day 19					
Day 20					
Day 21					



Rizo has booked tickets to America. And now he's searching for nice hotels to stay at. Theo's looking for the best vegetarian restaurants there. Jiffy has written up a list of items to buy for all the animals in Didima Jungle.

But, surprisingly, this time it isn't Giffy who is crying, but Zoey. Why? Because her dream is about to come true: they're going to visit Microsoft in America! Yes, the same Microsoft whose founder is Bill Gates, Zoey's role model. Zoey is reading about him and there are tears of joy rolling down her face.

While reading, she comes across something that completely surprises her. She wipes her tears and starts reading again more carefully.

"Did you know that Bill Gates had one bad habit?" Zoey says loudly. Everyone is shocked upon hearing this.

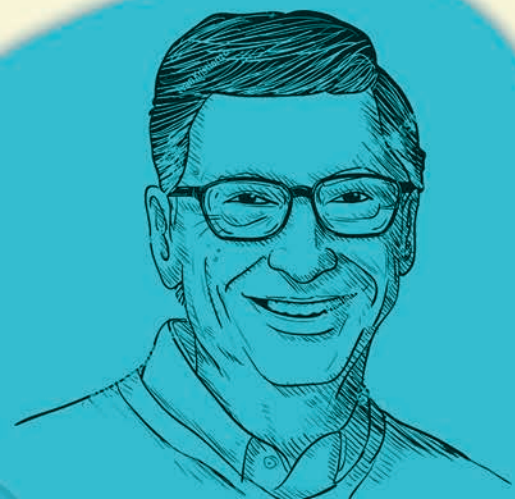
When Bill Gates was studying in college, he used to show off to everyone that he didn't need to study before an exam. He didn't even need to go to class. He barely studied for anything at all. He would only sit down to study just two days prior to the exam. He would then try to learn everything quickly by watching video lectures.


Once it so happened that he didn't prepare until the very last minute. When he sat down to watch the video lecture, there was a problem with the sound and he couldn't hear anything. He received a C+ grade in that subject.

Despite getting a bad result, his habit of not studying until the last minute didn't change.


However, when he started his business, this habit caused many setbacks. People didn't like to work with him and they would get annoyed. Bill Gates started realising that not doing anything until the last minute may free up time beforehand, but, in the end, the quality of the work and one's health goes down while stress levels go up.

When he finally realised that his habit was indeed harmful, he made a strong







determination to get rid of it. He started taking initiative to change this habit. He remembered those people in college who used to do everything on time and were very organised. Like them, he tried making a timetable and tried to follow it daily. In this way, gradually, he eliminated his habit of doing everything at the last minute.



Even successful people like Bill Gates may have had bad habits in the past. But the important thing is that he made a strong determination, he kept on trying, and, step by step, he eventually eliminated the bad habit.



Hey, this procrastination habit, i.e. leaving everything until the last minute, affects Giffy too. Did you know that? He never used to study until the last minute for his school exams and then he'd get a fever due to the stress, and then he'd start crying.



That's in the past. From now on I'll also make a timetable like Bill Gates and complete all the work in good time. I'll stop leaving things until the last minute.

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