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**Akram
Express**

Willpower

Editorial

Friends,

Do you remember the story of 'The Tortoise and the Hare'? The tortoise won the race against the hare. How did that happen? It was a result of the tortoise never losing sight of his goal throughout the entire race, and his sincere efforts to keep moving forwards, towards his goal, slowly and steadily.

We often set goals for ourselves too, whether big or small. But sometimes we end up doing something different to what we had decided! What are the reasons for us not being able to accomplish our goals? What is the reason behind weak willpower? What can be done to reach our goals? In this edition, let us find the solution to these questions by getting the right understanding from our *Gnani*, by reading fun stories, and by participating in a tour with Theo and Friends.

- Dimple Mehta

2x2

Gnanis Say...



Willpower means having the determination to accomplish what one has decided to do. That is called having strong willpower. For example, if one decides to observe a fast today, then they will not think about food. They will not even glance at any food.

If one has decided not to do a certain activity on a given day but ends up doing it within a few minutes, then that is weak willpower.

For example, if one has decided not to watch TV for the day and then, within just two minutes, starts wondering, 'What's coming on TV today? Let me check,' then that person has weak willpower. One ends up doing something different to what they had decided.




When does one's willpower become weak? The more one gets absorbed in entertainment, the weaker one becomes. The more one finds excitement in watching TV and movies, the weaker one becomes. By breaking the rules you set for yourself and making excuses, your willpower and mental strength will break down.

If one stays sincere to their goal, then their willpower will flourish. Their abilities will increase. If one has the intention of not hurting anyone, then their willpower will increase. Reciting the Nine Kalam, prayers and *vidhis* (prayers that increase the awareness of the Self) helps to increase willpower.






98%



Decide a goal
and stay sincere
towards it.

Absolutely New



Ask for strength
to move towards
the goal that you
have decided.



Complete even small goals by staying sincere to them.
For example: If you have decided to study for one hour, but you get the desire to look at your phone, then make sure you only check your phone after you have studied for the one hour.

and Different!

Your mind becomes weak by seeing the negative in others. If you see faults in others, then you should repent wholeheartedly. This way, your mental energy will increase.





Let's Play...

Find 10 differences between these two pictures.



Subodh threw his backpack on the sofa, grabbed an ice cream from the freezer and settled down in front of the TV.

“Protecting everyone is my job, Powerman is my name!” Subodh spoke the dialogues along with the cartoon character.

“What’s this, Subodh?” asked his mother. “Eating ice cream at this time again?! It’s dinner time right now. And you are imitating Powerman! Do you want to become an actor too?”

“Yes, what’s wrong with that? I love acting,” he replied. Then he started daydreaming and got lost in his imagination for a short time. He imagined himself on stage, and the audience being so impressed by his acting skills that they gave him a standing ovation.

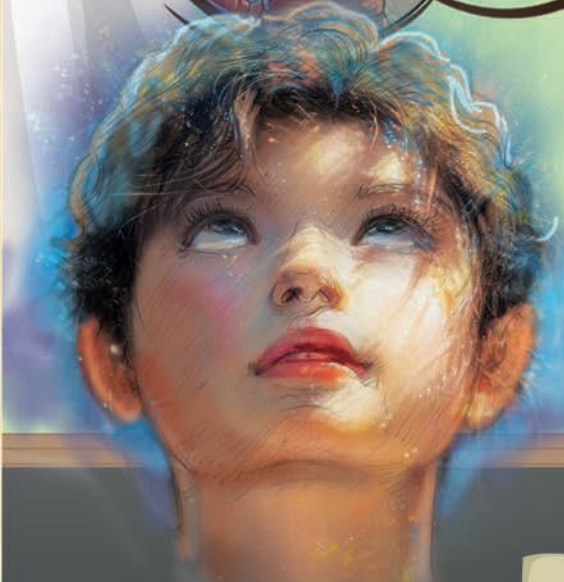
“Hey, Mr Dream Boy, first go and have your dinner and then finish your homework, or else you’ll get told off by your teacher again,” said his mother.

The next day, Subodh was feeling tense at school since he hadn’t completed his maths homework. Just as he was about to copy from Taksh’s notebook, Ms Matthew entered the classroom.

“Your maths teacher is absent today. I have come to make an important announcement. Our Annual Day Function is in two months, and we’re planning to do a drama. Those of you interested in participating, please come forward. I’ll quickly test your acting skills. The rest of you can continue with your homework.”

Subodh was delighted after

Annual Day Drama





hearing the announcement, “Finally, something I truly like has come my way!” He flung aside the homework he was copying and ran towards Ms Matthew.

Ms Matthew selected Subodh and Taksh for the drama. Subodh was selected as the main character and Taksh as the supporting character.

When Subodh reached home, instead of turning on the TV, he immediately ran to his mother and excitedly told her the news without pausing for breath, “Mum! The school is having an Annual Day Function. There is going to be a drama performance, and I got selected as the main character!”

“Wow, my dear! Very good! Will you be able to memorise the long dialogues?” his mother asked, while patting him on the head.

“Of course, Mum! I love acting. I’ll easily remember all my lines,” Subodh said confidently.

“But first I need to have a little rest. The test I took at school was very tiring. I’ll watch Powerman for a little bit and then have dinner,” he said while switching on the TV and sitting down in front of it.

The next day, Ms Matthew called all the selected students together for drama practice after school.

“Today, we’ll practice by reading from the script. But by next week, you must have all your lines memorised,” said Ms Matthew. She then explained the scene.

“Okay, today we’ll practice the boat scene. Let me tell you about this scene. Taksh is sitting in a boat and needs to get to the other side of the river. He is rowing and looking across the river. At the same time, Subodh will pass by Taksh. On seeing Taksh, he’ll look very surprised. And then Subodh will say his line,

‘Friend, what foolishness is this?’

Taksh will say, ‘I must reach the other side of the river by evening. I’m trying my best to reach there. What’s foolish about that?’

Then Subodh will tell him, ‘Friend, first release the boat’s anchor! No matter how much effort you put in rowing, you will never reach your destination unless you release the anchor.’

Did you understand all this?”



asked Ms Matthew after explaining the scene.

Both Subodh and Taksh nodded their heads and practiced the scene with ease and fun. After practicing a few more scenes, they all dispersed.

Subodh decided to memorise his lines that evening. But after reaching home he thought, 'Let me watch TV for a little bit. Today, the secrets behind Powerman's powers are going to be revealed. I'll memorise the lines afterwards.'

After just a little while, Subodh's friends called him to come and play, so he left to go play with them. And just like that, fifteen days had passed.

One evening, Ms Matthew warned Subodh, "Memorise all your lines sincerely. Everyone besides you has memorised their lines. Your mother told me that you've been wasting a lot of time watching TV. If you don't memorise your dialogues, then..."

Before the teacher could complete her sentence, Subodh said, "No, no, Ma'am! I'll definitely memorise my lines by tomorrow."

That evening, Subodh sat down with his script to memorise his lines. Just then, the doorbell rang. He immediately ran to open the door. His dad had brought his favourite ice cream. Subodh hugged him.

"My dear, have the ice cream after your annual day function is over," Mother told Subodh.

"But Mum ... I'm only going to taste a little bit. You always tell me not to eat ice cream, but Dad brought it today. Please, let me have some today!"

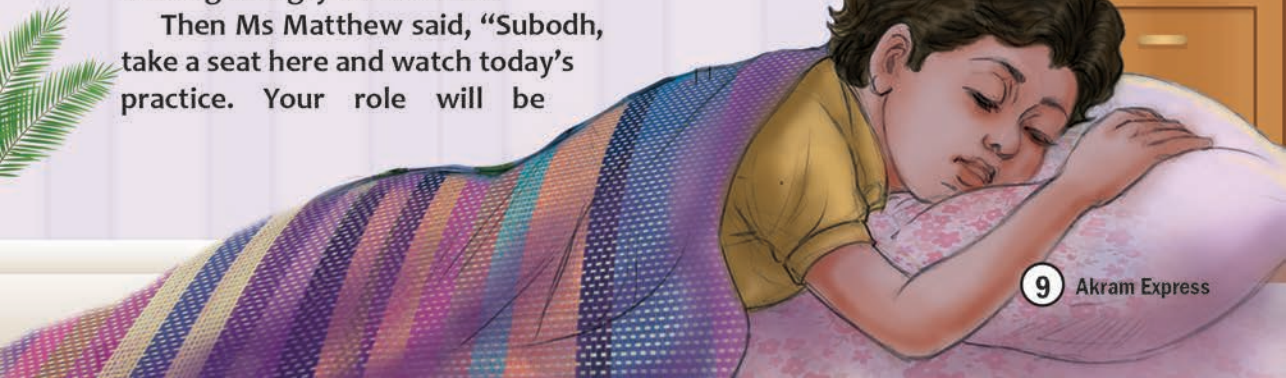
What started as tasting a little, ended up with Subodh eating half of the ice cream box. At night, he somehow managed to memorise a few lines and went to sleep. When he woke up the next morning, he was unable to move. He was running a high fever and had a severe throat infection.

He couldn't go to school for the next three days. On the fourth day, he trembled stepping into school. Before he could ask Taksh anything, Ms Matthew called everyone for practice.

Ms Matthew kindly said to Subodh, "Good to see you, Subodh! Is your health better now?"

Subodh nodded his head in affirmation. He suddenly felt relieved as Ms Matthew didn't get angry at him at all.

Then Ms Matthew said, "Subodh, take a seat here and watch today's practice. Your role will be



performed by Taksh now. You weren't able to make it to the final practices and luckily Taksh had memorised your lines as well."

Subodh was shocked by this news. He had dreamt of performing the main role on stage. But had he really put in much work to accomplish his dream?

He was very disheartened. Ms Matthew met Subodh after the practice.

"My dear, I was very impressed by your performance during the audition." Subodh started to cry after listening to the teacher's words.

Ms Matthew calmed Subodh down and asked, "Do you remember the boat scene in the drama?"

"Yes, Ma'am," Subodh answered feebly.

"In that scene, Taksh's character had decided to cross the river and reach the other side by boat. But he was finding it difficult to get there as he had not released the anchor. Similarly, you haven't released your 'anchor' from the TV, which is hampering your progress. You didn't have to memorise all twenty lines at the same time. If you had sincerely memorised three lines daily, then, within a week, you would have memorised all of your lines. If we set a goal and stay sincere to it, then we can surely achieve it. But if we tied an anchor to our boat, then how can we progress? Do you understand?" the teacher asked kindly.

"Yes, Ma'am," Subodh again answered feebly.

"It's not all gone to ruin yet," said the teacher. "Would you be able to memorise Taksh's character's lines in 2-3 days?"

"Yes," replied Subodh. And this time he made sure he completed his task.

After the drama, Ms Matthew complimented Subodh, "Very good, my dear! You performed very well. Next year, you'll play the main character, right? You'll be able to remember all the long dialogues, right?"

Subodh replied, "I will surely remember all the dialogues. But the important thing that I'll remember is that in order to progress, I will need to release the anchor from my boat."

They both burst out into laughter.



AALOO CHILLY



Parsley, Chilly's younger brother, had made up a silly song that poked fun at Chilly. Unknowingly, Aaloo had danced to this song. Because of that, Chilly is offended. Aaloo and Chilly are now on their way to practice at the lake. Let's see what happens next...

I was about to tell Aaloo how I was feeling, but for some reason he was smiling widely with all his teeth showing. Looking at his face, I forgot what I was about to say. I think listening to Parsley's singing has made Aaloo lose his mind.

Aaloo had a very large smile on his face that got me worried, so I asked him,



"Why are you smiling so much?" He replied, "I have a surprise for you."

Aaloo handed me a box and bottle, saying, "This is a box of dry fruits for you. You'll feel hungry after practice, and eating this will be better for you than eating anything else. This is a bottle of fruit juice, which will be good for your throat."

Aaloo had put in so much effort for me! I immediately cooled down on the inside. I loved the sticker on the box even more than what was inside, 'Best Singer Chilly'. Koko's eyes will pop out when she sees this. Everyone will be impressed, and Koko will realise that the skating champion, Aaloo, is on my side. I forgive Aaloo for dancing to Parsley's song. If you saw Aaloo's dance, then you'd also forgive him. If there is ever a competition between Parsley's singing and Aaloo's

dancing, then the judge won't be able to decide on the worst performer. And worse than that, those two don't even know that their singing and dancing is a pain to the eyes and ears.

We reached the lake for practice. Koko the Koel was at the lake. I avoided any direct eye contact with Koko. I slowly placed the bottle down in such a way that she could read who the best singer was! But what is this?

Koko also had a bottle in her hand with a similar sticker that said "Singer Koko". As



soon as she saw Aaloo, she happily said, "Thank you, Aaloo!" Then Aaloo gave her the same big smile that he gave me, and said, "You're welcome. Best of luck!"

Aaloo had brought juice for Koko as well! Is he Koko's friend or mine?! What was the need to bring juice for Koko? I got so heated up that I felt like my feathers were burning. If Aaloo wants to help others so much, then he should just open a juice store. I'm so angry at him!

I'm so angry at him! I asked him, "Aaloo, are you on my side or Koko's? Why did you bring juice for him? Aaloo was shocked as if I have

said something wrong. He said, On your side, of course! It says 'Best Singer' on your bottle, look!

So, if he is on my side, then why did he give juice to Koko?"



Koko's bottle didn't even have 'Best' written on it. Why is Chilly so heated up?

Readers, what is going on with Chilly? Why do you think Aaloo gave juice to Koko? Make sure to send us your answers.

Grandpa Romy, I want to become a pilot like Chimp.

It is a very risky job. It is not for you.

Oh, but why not? If I also learn to fly a food plane, then it'll be very beneficial for our island.

Just like Chimp, I can also go to different jungles to get a variety of fruits. I can also bring medicinal herbs for the elderly. Please, Grandpa, let me get trained.

Don't be stubborn. You should do things suitable to your size. Let Chimp do his job.

After a few months...


Hey Chimp, it's been a while since I saw you. Is everything going well?

Then who is flying the food plane? All the fruits are still being delivered on time.


Our champion, Mr Minky! He is very well trained now.

Yes, Grandpa, everything is going great! I had an eye infection, so I haven't been going out.


Food Plane



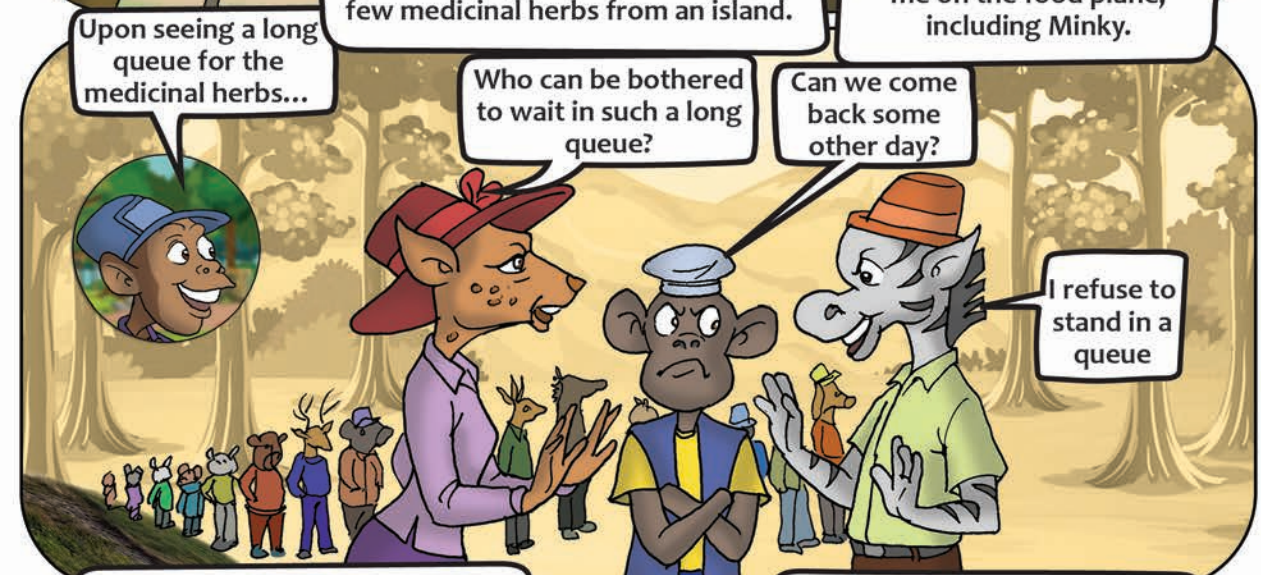
Minky? Did you teach Minky? But why? Didn't you find any one of your size to train?



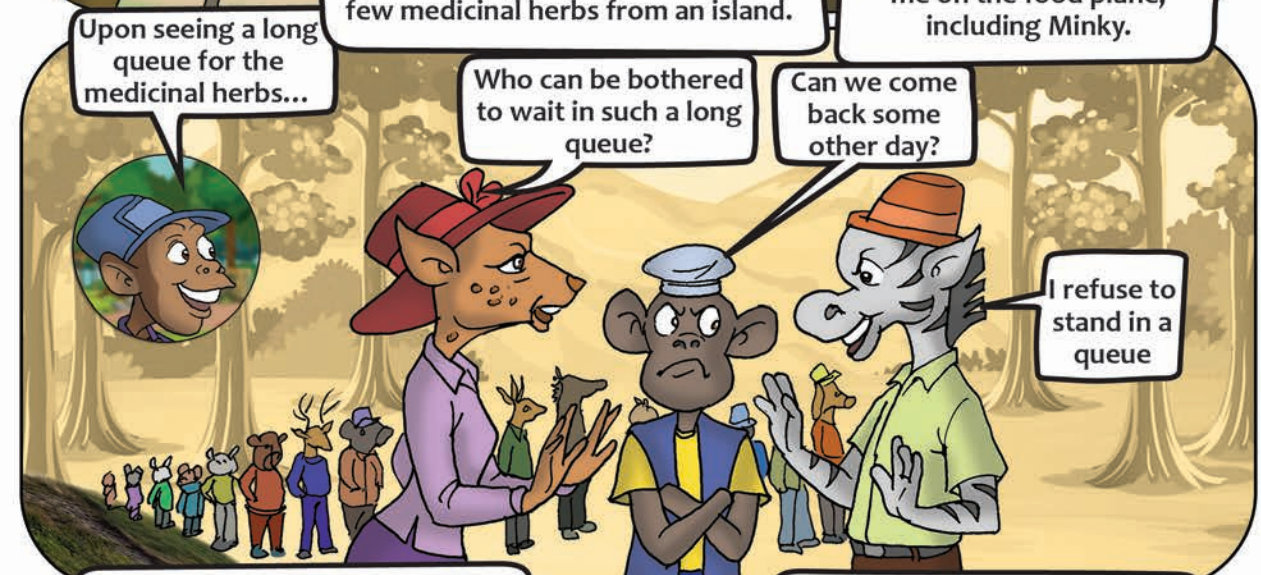
Grandpa, let me tell you about an incident that happened a few months ago. Aunt Lizzy had asked me to get a few medicinal herbs from an island.



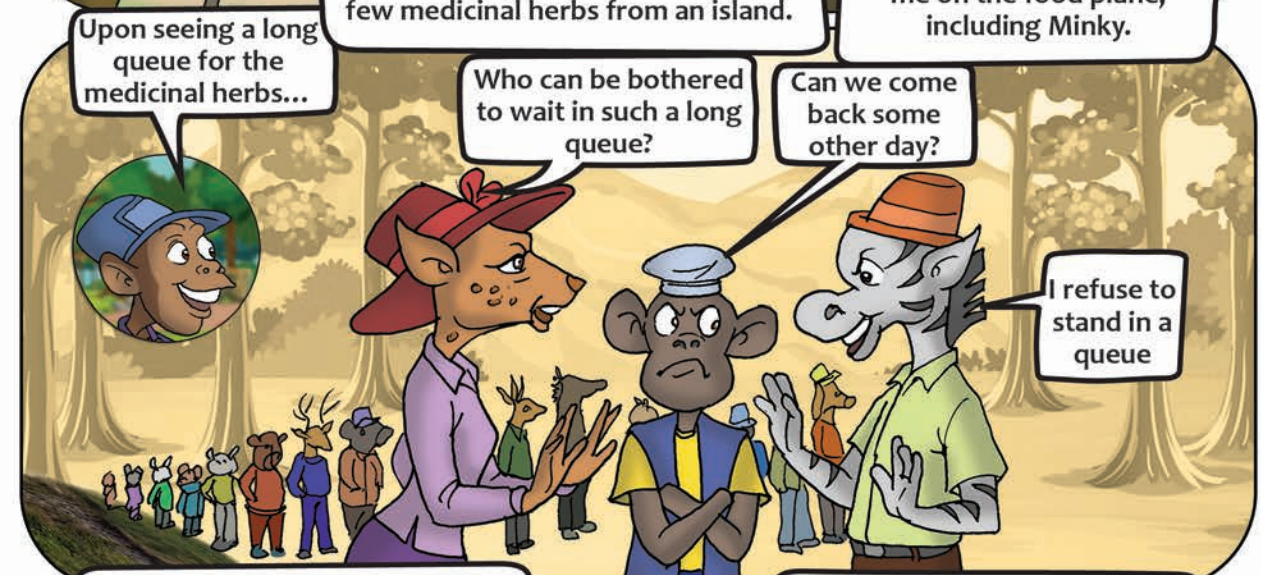
Since it was a Sunday, many animals had joined me on the food plane, including Minky.



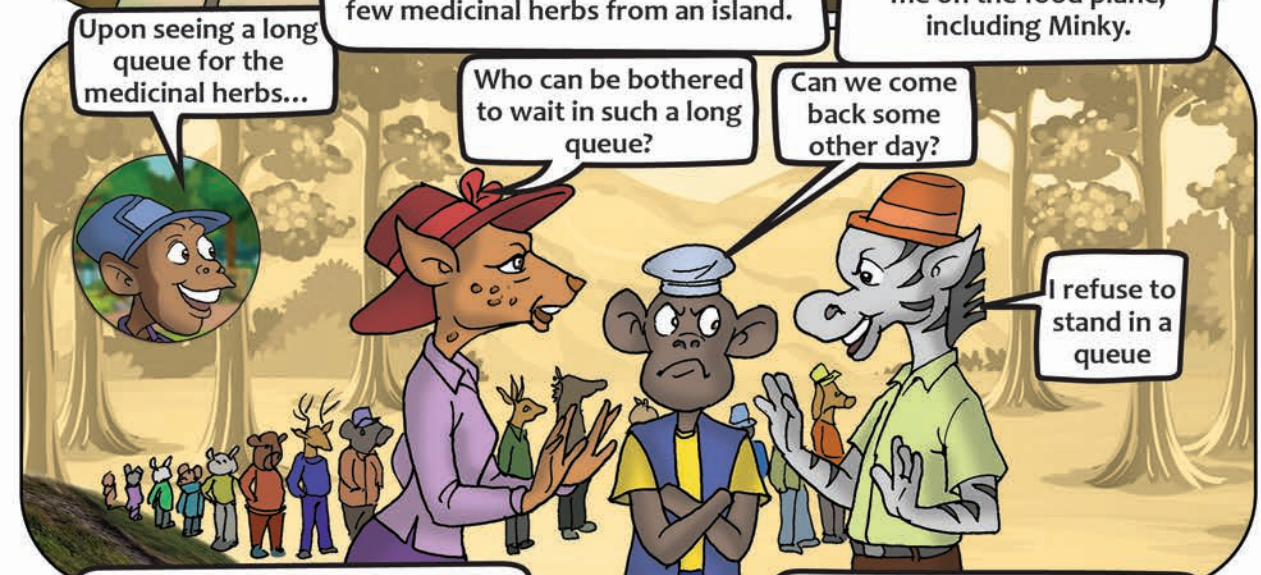
Upon seeing a long queue for the medicinal herbs...



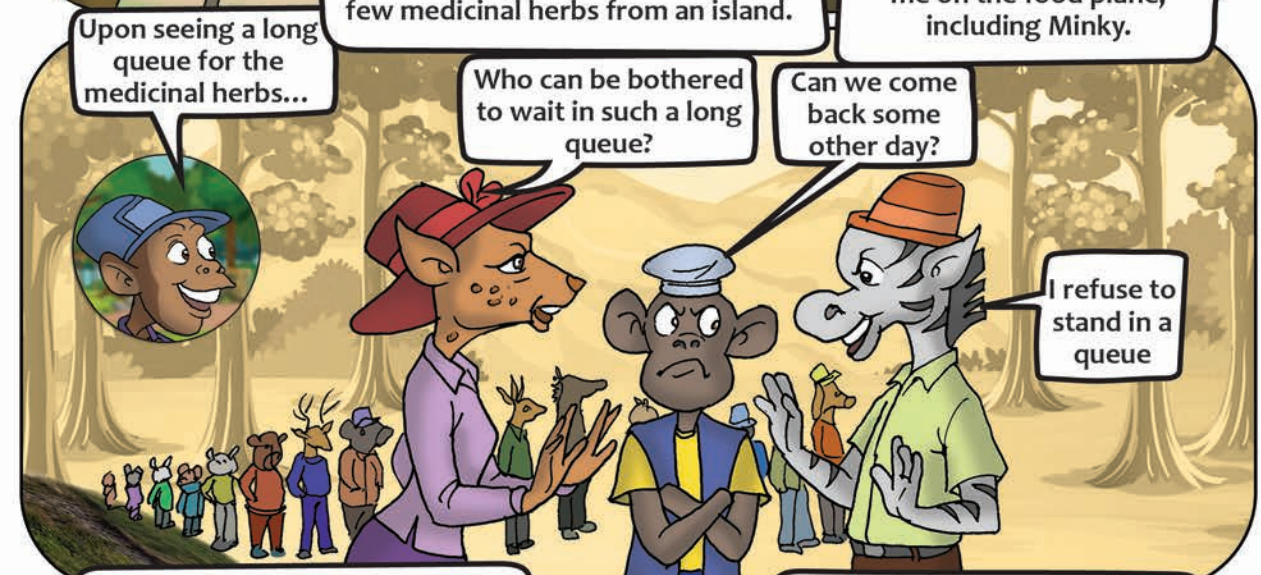
Who can be bothered to wait in such a long queue?



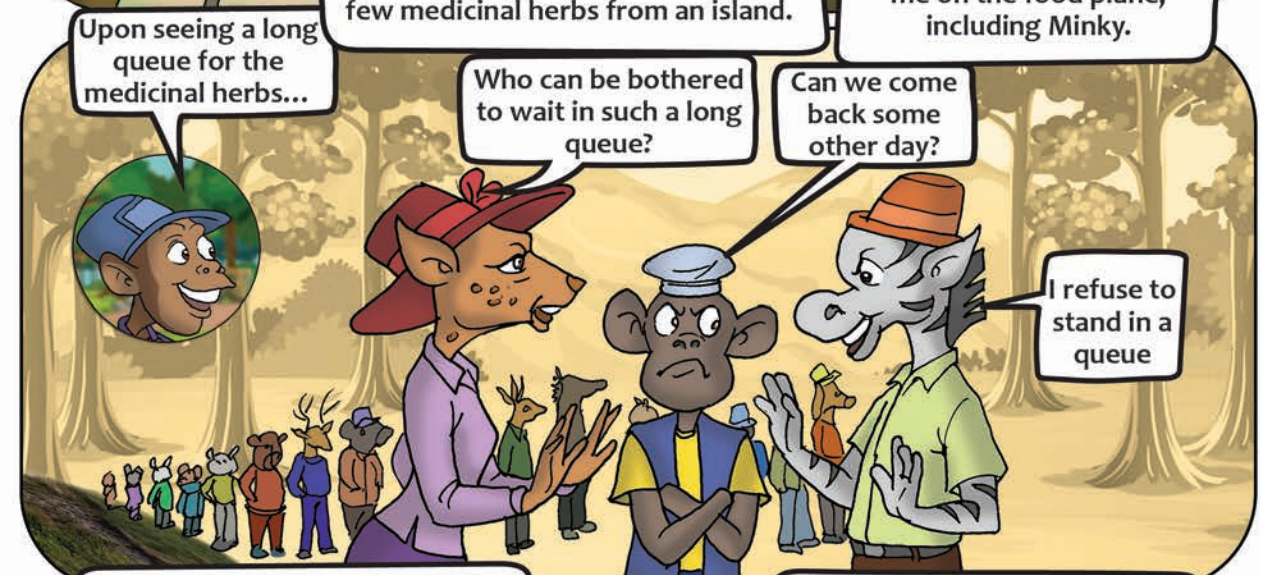
Can we come back some other day?




I refuse to stand in a queue



Hey, how can you do that? We're here for a task and we should complete it. I will go and get the herbs.



And she did get them in the end. That day, I understood that even though Minky's body is small, her willpower is strong.



You shouldn't have done that. You'll regret it.

One day...


Did you hear? Minky took the food plane this morning and hasn't returned yet.

She must've met with an accident for sure!

Just then, they caught sight of Minky's food plane in the distance, on its way back. Everyone heaved a sigh of relief. After parking the food plane...

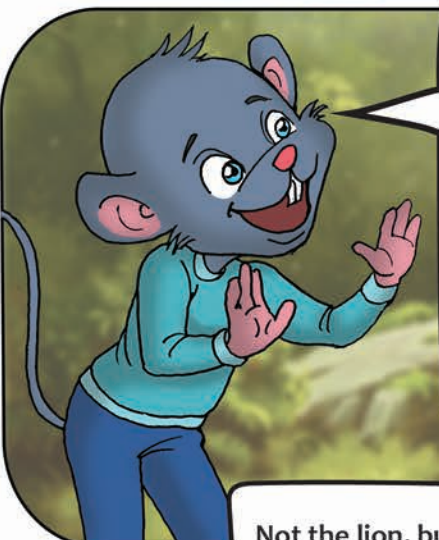
Didn't I tell you?

Today was a crazy day! I couldn't find any fruits where we usually go and it was already getting dark. Simmy Deer pointed out a different direction where I might find what I was looking for.




And in that direction, instead of finding fruits, I found a lion! I got so scared and ran in the other direction.


Why didn't you go back to the the food plane? Didn't you think of returning home?



Not at all! If you get stuck in traffic, then do you just turn around and go back home? You reach your destination no matter what!



I just kept on running. The great part was that, along the way, I found a variety of fruits to bring back. I thanked the lion since it was because of him that we got these fruits.



Not the lion, but thank your strong willpower for not giving up in such a difficult situation.

Romy gave Minky a big hug.

Everyone was frustrated since they couldn't decide a destination to go for a trip. "Seems like this December we'll be staying at Didima jungle," said Zoey. "We're not able to come to a decision."

Just then, Rizo came with some tickets in his hands. "The destination has been decided and it'll be a surprise for everyone. "Pack your bags and be ready to depart on December 5th at 3 p.m."

On reaching the train station, Theo was taken aback, "Rizo, after all the kerfuffle, you're only taking us to Mumbai again! What kind of joke is this!" Giffy started crying.

"Just wait until you find out which part of Mumbai we're going to!" Rizo calmed down Theo and Giffy.

Everyone experienced a different type of peace upon setting foot on Chaitya Bhoomi near Chowpatty beach.

"What is this place?" asked Zoey.

"This is the final resting place of Babasaheb Ambedkar. His death anniversary is on December 6th and that is why we've come here on this date," Rizo informed everyone.

Everyone was eager to listen to Babasaheb Ambedkar's life story. Rizo began narrating the story.

Doctor Babasaheb Ambedkar was India's first Minister of Law and Justice. He is recognised as the creator of India's constitution.

"Hold on a minute! What is a constitution?" asked Theo.

"That is bit hard to explain" said Rizo. "For now, just continue to listen to the story.

During his childhood, he had to face a lot of struggles. He was born into a Dalit caste, which was considered the lowest of the castes. His family was treated as untouchables, meaning that no one would touch them even by mistake. Ambedkar wasn't allowed to drink water from the children's public water fountain at school. He had to study while sitting in a corner. No one talked to him. To study while being surrounded with so much hostility was difficult."

Giffy started crying just by hearing this. Zoey handed a tissue to him. Rizo opened

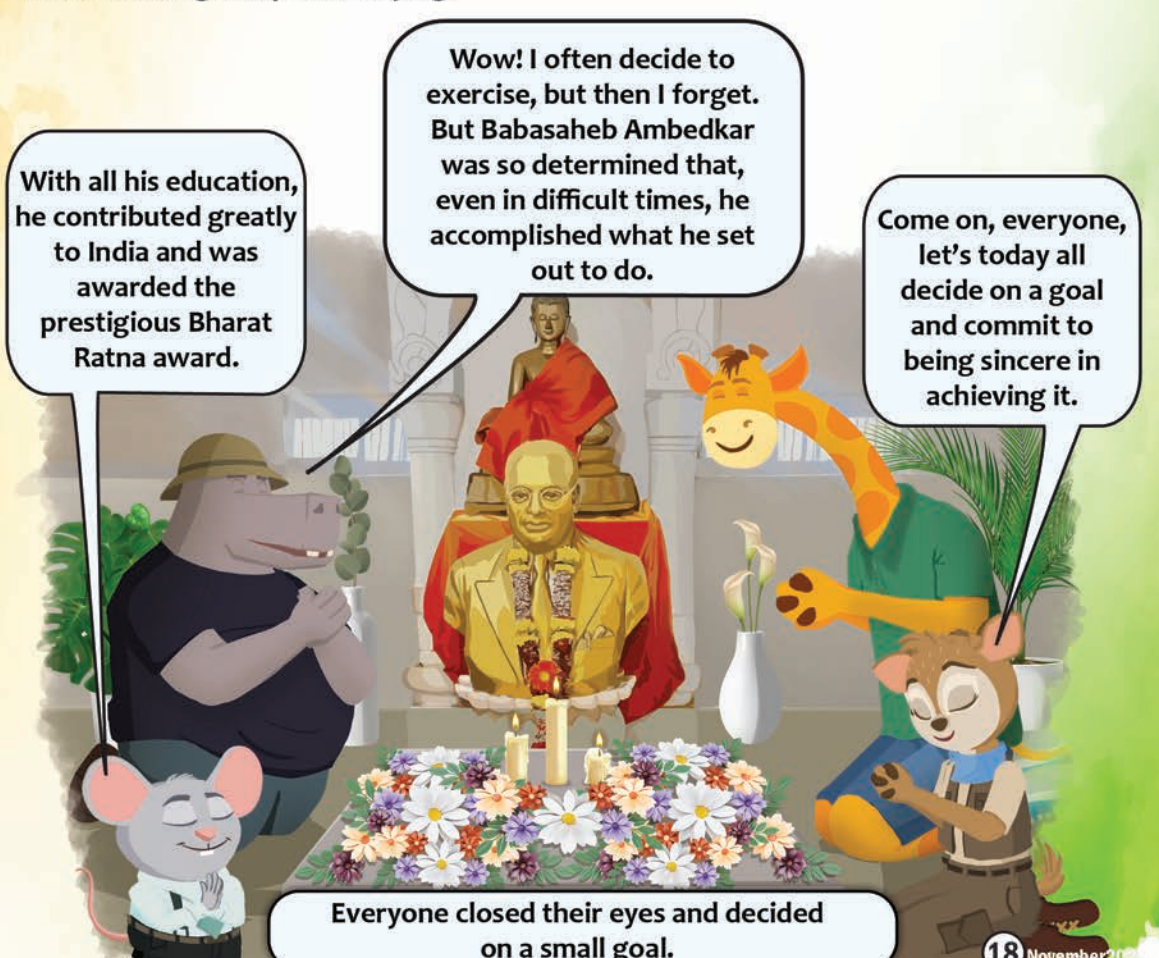


up an umbrella and continued with the story.

Ambedkar didn't have much interest in studying. One day, Ambedkar made a plan to run away from his home to Mumbai. He had decided to look for a job there. But he didn't have enough money to go to Mumbai. For three consecutive days, he tried to steal money from his aunt's purse, but he was unsuccessful. Finally, on the fourth day, he was successful, but he was only able to steal half a rupee. He was very disappointed. After a lot of thinking, he concluded that there would be no end to his problems unless he finished his education.

And then that was that, he never looked back. he faced a lot of problems in his life, but he never gave up. He studied in a small one-room house located next to a flour mill, which would start making loud noise as early as 5 a.m. He would wake up at 2 a.m. in the night in order to study with full concentration.

After completing his university degree in India, He went to the USA and completed an M.A. and P.H.D. from Columbia University. He also completed a second M.A. and P.H.D degree from University of London. He also went to Germany to study further. When he didn't have enough money, he survived many days on only bread and water. But he didn't give up on studying.



With all his education, he contributed greatly to India and was awarded the prestigious Bharat Ratna award.

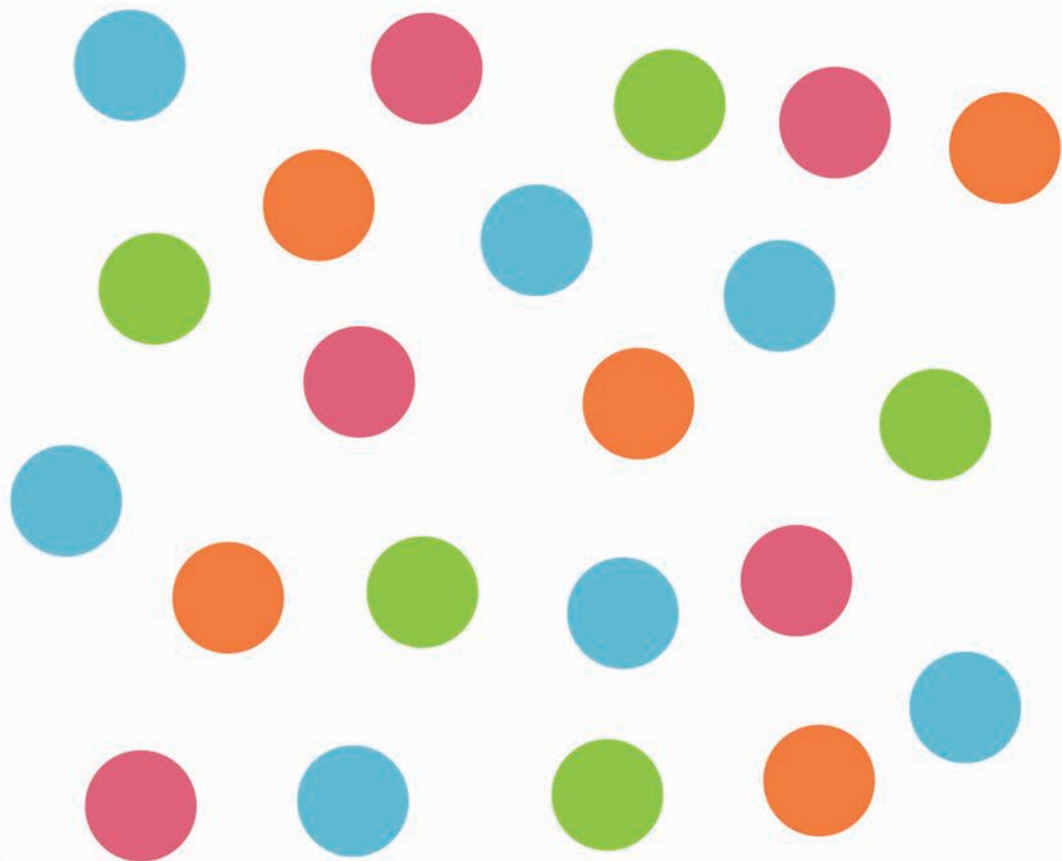
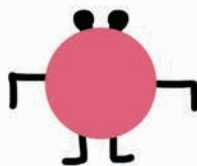
Wow! I often decide to exercise, but then I forget. But Babasaheb Ambedkar was so determined that, even in difficult times, he accomplished what he set out to do.

Come on, everyone, let's today all decide on a goal and commit to being sincere in achieving it.

Everyone closed their eyes and decided on a small goal.

Let's Play...

Create the drawing based on the colors.



Information about the Discontinuation of Akram Express Print Magazines

Jay Sat Chit Anand Mahatamas,

Today's youth are reading magazines online. Therefore, the number of Akram Express print subscribers (both Gujarati and English) is decreasing. As a result, the printing of Akram Express magazine will be discontinued starting in January 2025.

The digital magazine will continue to be available for free through Akonnect and at kids.dadabhagwan.org website.

Those with Akram Express magazine subscription extending beyond December 2024 will receive a full refund.

To receive the refund please scan the QR code below which will prompt you to enter your subscription and bank account information.

QR code



Please fill out this form by January 15, 2025. The refund will be processed to your bank account by January 31, 2025.

If you have any questions, please contact the magazine team at dadavani@dadabhagwan.org or call +91 8155007500.

-Magazine Team, Adalaj

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- 2) In case if you don't receive your magazine as per your subscription, then please inform us on WhatsApp number 8155007500 and provide us with the following details:
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