

AKRAM Express

Chilly is an
angry bird.

Why are you getting
angry? Are you really
like this?



Editorial

Friends,

Just as we celebrate Teacher's Day, Children's Day, and Friendship Day, what if we celebrated 'No Anger Day'? Wouldn't it be fun? On that day, no one would get angry at us, and we wouldn't get angry at anyone.

If we prefer not to get angry, then why do we get angry? Let's understand the reasons as to why we get angry through Dadashri's knowledge, stories, and activities. Amongst solving different cases, which case of anger did the detective team solve? What mistake did Sophia make due to her anger? Why did the planets of the solar system get angry? What did the young girl talk to Pujyashree about?

In this edition, we'll understand the reasons behind getting angry by answering these questions. And in the next edition we'll learn how to solve our anger.

- Dimple Mehta

Why Do We Get Angry?



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Dadaji Says...



Questioner: What is the main reason for a person to get angry?

Dadashri: Because he cannot see things clearly. When does a person bump into a wall? When he cannot see the wall, he would bump into it, right? Similarly, when a person does not see things clearly (does not understand) then he gets angry. That's right, when he does not have any insight, then he gets angry.

Anger arises when we do not get our own way, when the other person does not understand what we are saying, or when there is a difference of viewpoints. At times when we are in the right and someone claims we are in the wrong, then we get angry. But that is only from our viewpoint, no? Would the other person also not believe he is right by his viewpoint?



When we get angry we should think, 'Would I like it if someone gets angry at me?' We should behave with others in exactly the same way as we would like others to behave with us.

All this anger and irritation are simply weaknesses. What does it mean to get heated? It means to first burn ourselves and then burn others. Who likes to get burnt? There is no reason as to why one should get angry.

Absolutely New and Different!

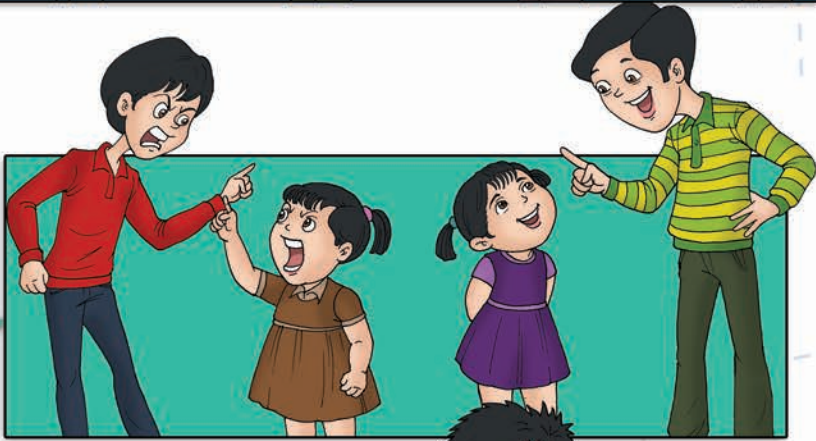
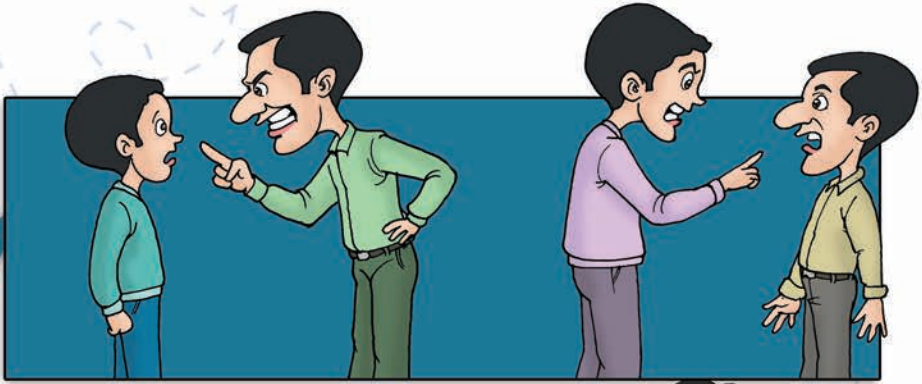
If we get angry at a person, he will be hurt and will want revenge on us. And so, we will have to meet him again in our next life

Anger is a weakness. A person without weaknesses has a commanding presence. Even if they say something ordinary, everyone would immediately agree.

When one gets angry then one's hands and legs start to tremble. The body is warning us that this behaviour is unbecoming (does not suit us).

Who is the most respected in the household? The one who does not get annoyed.

For example: If the mother doesn't get angry with anyone in the family, then everyone will love her the most.





Everyone was engrossed in the game of Monopoly. Nittal rolled the dice. Sid kept his eyes on the dice until it rolled to a stop. Nittal's car landed on 'Fleet Street' and, in line with the rules of the game, she bought it. On seeing this, Sid banged his hand down on the bed so hard that the boardgame and its pieces shook. "No way! I wanted this property. You can't buy it!"

It was nothing new for Sid to get angry while playing a game. Yug tried to calm Sid down by saying, "Relax, Sid. This is all luck. It's Nittal's lucky day today." Just then the doorbell rang. It was their classmate, Chirag.

"Sid, my chalk crayons have been stolen!" exclaimed Chirag as soon as he entered.

"Oh no! Was it the new set you brought to class today?" Sid was surprised.

"Yes, that one."

"But how do you know they were stolen? You could have just forgotten them somewhere," remarked Sid.

Nittal and Yug were attentively listening to the conversation.

"I haven't forgotten them anywhere. I clearly remember putting the crayons back in my bag after the drawing class ended. When I got home, they were not in the bag! And you know that those are special crayons from London. I think someone has stolen them. Please help me find them," implored Chirag.

My crayons
have been
stolen.



Sid looked towards Yug and Nittal. Both quietly agreed by nodding their heads. Last year, the three of them together had caught the 'lunchbox thief'. Now, once again, the three of them had another opportunity to solve a new mystery.

"Okay, Chirag, do you suspect anyone?" Sid put on his detective hat and started his investigation.

"Yes, you know that kid, Vyom. He sits next to me.

"Nittal, are you writing down notes?" asked Sid.

"Yes," said Nittal with her head buried in the book.

"Good. Also, note down that Vyom sits next to Chirag, so it would be easy enough for him to steal the crayons," commanded Sid.

"Oh brother! There's no need to write that down! That's obvious."

"Who's older? Me or you?" Sid was irritated

"Brother, have you forgotten? We're twins," Nittal joked.


"I told you to write it down, so just write it down! Why are you arguing?" Sid was annoyed.

We must solve another difficult case.

Nittal was taken aback. She quickly wrote it down.

It was easy for them to steal the crayons.





Yug chuckled and said, "In addition to solving this case, we must solve another difficult case: Why does Mr Sid get angry?"

At this comment, Nittal burst out laughing and Sid became angrier. "If you want to mock me and feel happy about it, then that's fine. I don't want to work with you anymore."

"Oh, Sid, please don't be angry. I was just joking. Sorry, friend. Come, let's think of an idea," Yug tried to console Sid.

But Sid didn't reply. Once Sid got angry, he would lose his ability to think properly. He would have such a fire within him that it would prevent him from coming up with any ideas. He would blank out.

"Chirag, let me see your drawing book," said Yug. Chirag took out his drawing book and handed it over.

Yug opened the first page and asked, "Did you use the stolen crayons for this drawing?"

"Yes," sighed Chirag.

"Why does this drawing smell like chocolate? Did something spill on it?"

"No, no, it's because they are chocolate-scented crayons. Aren't they marvellous?" Chirag had a smile on his face as he remembered his crayons.

Sid's anger subsided. He smelt the drawing and came up with an idea.

"Friends, I'm sure that the thief will use the same crayons for their homework tomorrow. I'll help the teacher collect everyone's drawings. The smell of chocolate on the drawing will give away the thief. We'll easily be able to catch the thief tomorrow," said Sid confidently.

The next day, according to the plan, Sid started collecting everyone's drawings. Half of the class' drawings were collected, but none of them smelt like chocolate. Sid was becoming impatient. Just as he was about to get angry, he smelt chocolate. He smelt the drawing a few times just to make sure. He felt convinced that this drawing was made with Chirag's crayons. The name on the paper read 'Shiv'. After class, Sid brought Chirag,

Nittal, and Yug together. "We've caught the thief. There was a chocolatey

smell from Shiv's drawing. After school, we'll grab him and get the crayons back."

They cornered Shiv at the cycle stand and retrieved the crayons from his bag.



Chocolate
scented
crayons.



The drawing
smelt of
chocolate.



The thief
was caught.



Chirag was shocked to see the box of crayons.

“Why did you take my crayons? And look what you have done to them? Why did you break them?” There was sadness in Chirag’s voice.

“I didn’t do anything like that, and I didn’t know that these were your crayons. I found them in the garbage bin yesterday,” said Shiv, panic-stricken.

“Don’t lie. First of all you committed theft, and, on top of that, now you’re lying!” Sid grabbed Shiv’s collar in anger.

“Hey, Sid, hold on a minute...” Yug freed Shiv. “Shiv’s telling the truth. Just think, if he had really taken the crayons from Chirag’s bag, why would he break them? Let’s check the garbage bin.”

Now Sid got really angry with Yug. He was convinced that Shiv was indeed the thief. He went to the garbage bin stomping his feet. He dug through the garbage bin and was stunned to see coloured fragments of crayons at the bottom. It was obvious to everyone that Shiv was innocent, but they couldn’t understand why anyone would take such lovely crayons and throw them in the bin.

Just then, a dog scampered over to them and started sniffing at the bin.

Why did he break the crayons?

The whole puzzle was solved.

"Oh, it seems that this was Moti's doing!" said Nittal, patting the dog. "Yes, the crayons must have dropped out of Chirag's bag yesterday. Moti must have picked up the chocolate smell and chewed on the crayons. And then the janitor must have swept them away with other litter and put them in the bin." Yug solved the whole puzzle.

Everyone went silent. Then Chirag said in a low voice, "Sorry, Shiv, we said horrible things to you." He put the tattered box of broken crayons back into Shiv's hand and asked, "Would you like to keep these?"

"Well, okay," replied Shiv, looking pleased, as he put the crayons in his bag and left. Chirag thanked everyone and went home. Sid stood there speechless.

"One mystery is solved," said Yug.

"But there's still one left to solve," Nittal added.

"What's that?" asked Sid.

"Why does my brother Sid get angry?" said Nittal laughingly. Normally, Sid would get angry over small teasing remarks like these. But this time he regretted grabbing Shiv's collar and getting angry at him, only to later realise he was wrong.

In response to Nittal's question, Sid softly said, "Why do I get angry?"

"When someone doesn't understand or listen to what you say, or when things don't go your way, you become instantly angry," said Nittal.

"Hmmm ... that's possible. But what's the use of knowing the reason? I never want to get angry. I know that when I get angry my brain stops working. I hurt myself and I also hurt everyone around me. But how do I come out of this anger?" Sid genuinely wanted a solution.

"I've found a solution for your anger from YouTube," said Yug as if

he had already thought of the answer beforehand. "Last Sunday, I was watching some science experiments on YouTube with my sister. In one of the experiments, they intended to add calcium to the water and record the result. However, by mistake, a piece of sodium was added instead, causing a significant flare-up."

"What are you trying to say?"

"That there was a flare-up in the water due to the sodium. If there was no cause (sodium), then there wouldn't have been any flare up. Similarly, if you remove your causes, such as 'everything should happen exactly as I wish' and 'everyone should understand me', then there'll be no flare-up in you. In other words, you won't get angry," Yug explained his logic.

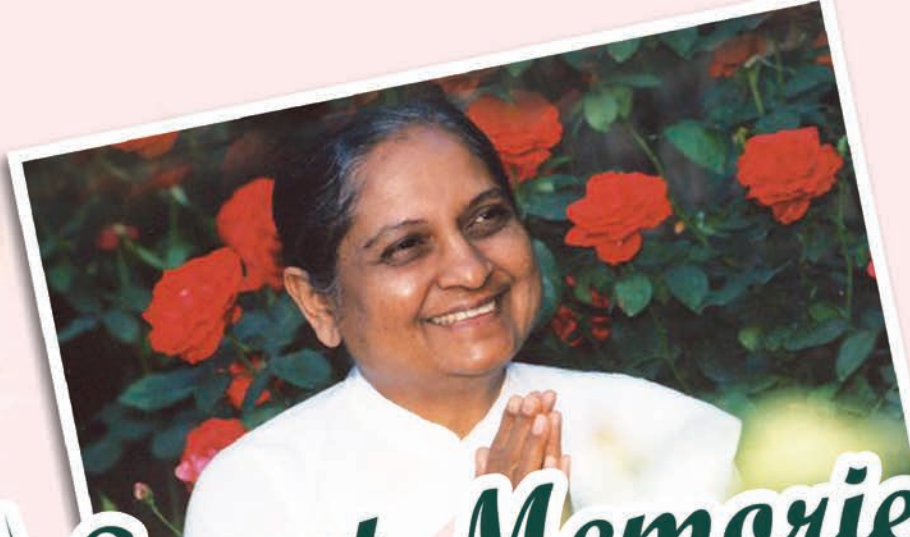
Sid understood what Yug was saying. Even after he went home, his mind kept thinking on what Yug had said. Just then, Sid's mom's phone began to ring. When his mom finished the phone call, she came into Sid's room and gave him the news.

What was the news? Was it an opportunity to solve another puzzle or something else? Do you think Sid's anger subsided on knowing the reasons for his anger? All these mysteries will be revealed in the next edition...

Why does anger arise?

If there was no cause, there wouldn't have been a flare up.





Sweet Memories

That year, I really wanted to attend the Gurupurnima event. But the circumstances were such that I didn't know whether I would be able to go or not. When I shared my thoughts with Niruma, she told me around three times, "Just keep your inner intent to go to Gurupurnima." That was the first time I had learnt about 'keeping an inner intent'. Since Niruma had advised this, I kept the inner intent to go to Gurupurnima.

It had only been six months since I started a new job and it was difficult to get a day off. All the same I asked my supervisor for some days off, but he already had plans to go on holiday during that same time. So it seemed there was no chance that I would get the time off.

Gurupurnima drew near. Coincidentally, our company director was also on holiday at that particular time so my supervisor couldn't take time off. To my delight my days off were approved, and I got the opportunity to go to Gurupurnima!

By wholeheartedly following Niruma's advice, the seemingly impossible became possible!

What happened on the day of Gurupurnima that year became memorable for me. That day, I had a lovely breakfast and went to the Gurupurnima venue. The entire hall was filled with mahatmas. I found a small, empty space and stood there. Suddenly, I felt incredibly light, and tears began to roll down my eyes.


What I saw next was so amazing that I had never seen anything like it in my whole life. Pujya Niruma was giving a flower to each mahatma, bowing down, and seeking blessings from them. When it was my turn, Niruma also bowed to me and gave me a flower. Tears started flowing from my eyes. At the back of the hall, a child was sleeping; Niruma went to him and bowed down to him as well.

I had never seen a spiritual guru bow down to their disciple. On that day, I had very special *darshan* (devotional viewing) of Niruma. I later discovered that it was Niruma's 30th Gnan Day.


Nowhere in the whole world will we find such a loving Atma Gnani
(the Self-realised One) who would bow down to their disciple!

The title 'Toyland' is written in a large, blue, stylized font with a white outline, set against a white cloud-like background. Above the title, there is a collection of colorful toys including a teddy bear, a sailboat, a rocket, a duck, a car, and a clown. The entire scene is framed by soft, pastel-colored clouds.


Toyland

A comic panel showing a clown character with a red nose, wearing a green shirt, orange overalls, and a red party hat with yellow polka dots, talking to a brown teddy bear wearing a brown bow tie. The background is a soft-focus outdoor scene with trees and a path.

Yummy yummy caramel chocolates have arrived in the 'Toy and Joy' chocolate shop!


A comic panel showing the clown character and the teddy bear from the previous panel. The clown is gesturing with his right hand while talking to the bear.

Yes, but we can't go right now. Have you forgotten? We have to go to the bookshop. We're getting late.

A comic panel showing a blonde girl in a pink dress (Sophia) talking to the clown character and the teddy bear. She is gesturing towards them.

Sophia was standing nearby. She heard their conversation.

You guys go to the bookshop. I'll quickly get chocolates for the three of us and come.

A comic panel showing Sophia, the clown character, and the teddy bear. Sophia is gesturing with both hands while talking to them.

Huh!? Are you coming to the bookshop too?

Of course! The three of us must go everywhere together.

Sophia ran towards the chocolate shop.
On the way...

Hey, Sophia!
Why did you
push me?

Because I don't have the
time to talk to turtles
like you.

Outside the chocolate shop were some
minions arranging a puzzle.

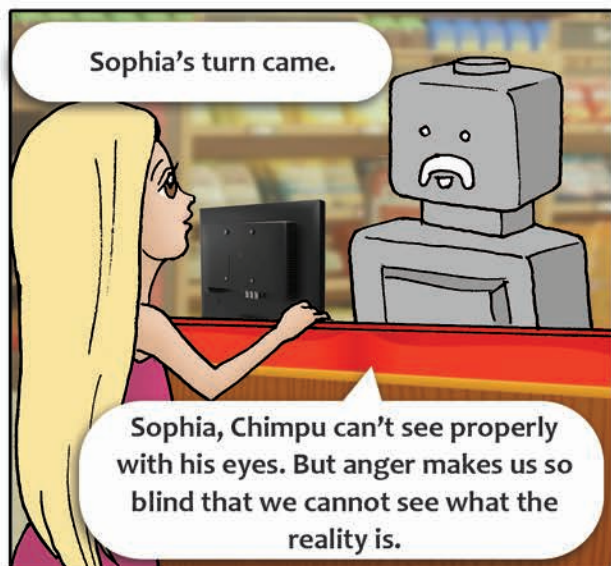
Why are you in the
middle of the road?
Have you no brains?

Sophia, why are you
getting angry at us
when you're the one
who is in a rush?

Without replying, she ran inside the
shop. She grabbed the chocolates and
stood in the line to pay.

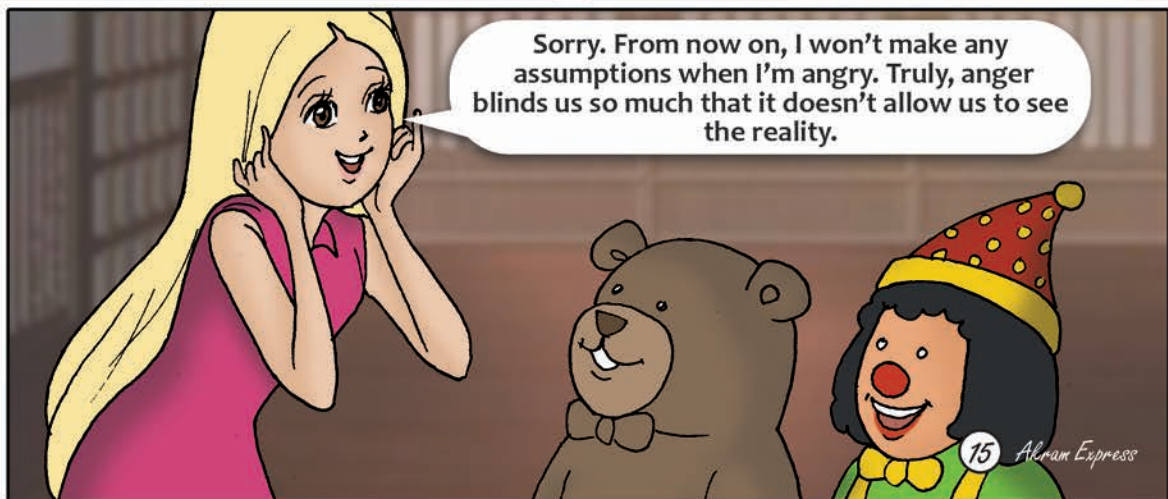
Sorry, Sophia, the buttons on
my eyes got damaged yesterday.
So, I can't see properly.

Hurry, Chimpu, it's your turn. Can't
you see? Mr Lego is waiting for you.



After a while, Sophia went to the bookshop alone.

Happy birthday to you!





Solve the Problem

Mr Suraj, the teacher of the planets in the solar system, assigned the planets a challenging task of designing star constellations. The eight planets were paired up in twos to solve this problem.

On seeing the assignment, Mercury felt dizzy. He couldn't figure out the task. Just then, Jupiter came to ask him something. But Mercury waved him off saying, "Don't bother me now. Your partner is Saturn. Go and ask him."

Mercury's partner, Venus, tried very hard to explain the task to him. But eventually he became fed up, "I'll solve it myself. I've got a headache trying to explain it to you."

Earth and Mars together solved the task. When Pluto, Earth's little friend, came to play, Saturn teased Earth, saying, "Earth, you're a loser. You don't even know how to make friends! Pluto isn't even a planet and you're hanging around with him."

Pluto asked Earth, "Earth, you're so strong. If you wish, you could put Saturn in his place. But why don't you respond to his teasing and why do you always protect me?"

"Because those who are truly strong never hurt anyone," replied Earth.

Jupiter and Saturn found the answer. When Jupiter picked up the star blue pencil to draw the design, Saturn snatched it from his hand and said, "How many times have I told you that your drawing is awful? Why did you pick up the pencil? I should be the one to draw it."

Uranus and Neptune worked as a team, understood each other's viewpoints, and solved the task.

The planets' task was solved. Now let's solve another problem. In the above event, some planets became angry for various reasons.

In the boxes given on next page, write the ...





Reason for Anger

When things don't happen according to the way you want.

Name and drawing of planet

Reason for Anger

The other person doesn't understand what you're saying.

Name and drawing of planet

Reason for Anger

When you don't understand something

Name and drawing of planet

Dadashri says, 'A person who, despite having strength, does not hurt others, is truly strong.'

In this event, which planet showed that they are truly strong?

Name and drawing of planet



Favourite Story



Puiyashree, my friends were teasing me about my two pigtails.



Is that so?

Yes. They said my pigtails look like fountains. I got really angry.



But you are Dada's strong girl, aren't you?



Yes..

Those who are strong never get angry.



And if I get angry?

Then take this garland. Whenever you get angry, think of me. The anger will disappear.



Let's play



Among the emojis below, find all the happy emojis and colour them in yellow.



Aankho Michi Hath Jodi ...



Scan this QR code to watch an animated video about prayers.



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