

Dada Bhagwan Parivar's

July 2024

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AKRAM Express



Editorial

Friends,

It is a dark night; loud cracks of thunder and lightning can be heard and a huge storm is looming overhead. Those who are outside the house at such a time would be swamped by feelings of fear, anxiety and stress. But what about those who are inside the house? They would feel completely safe and secure.

Just as how one feels safe within the walls of a house during a storm, those who stay under the shelter of a Gnani will always be protected by the Gnani during suffering and sorrow.

In this issue, we will see that there is so much power in Niruma's love, words, and presence, that those who live under her shelter are not affected by fear, worries, troubles, or pain. That is why all the emotions gathered together at the 'Defeat Party' to discuss their biggest defeats. Let's see what this 'Defeat Party' is all about and let's see what party Chilly throws for Aaloo.

-Dimple Mehta

In the Shelter of a Gnani

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July 2024



A very unique party was held for the first time in fifty years. All kinds of feelings were invited to the party. Do you understand what feelings mean? Yes, feelings as in emotions, like WORRY, FEAR, PAIN, LOVE, HAPPINESS, etc. TROUBLE was also invited as a special guest.

The theme of the party was 'Defeat'. Everyone had to talk about their biggest defeat.

WORRY, FEAR and TROUBLE had already arrived at the party, but PAIN, LOVE and HAPPINESS were nowhere to be seen. Eventually, at the stroke of midnight, PAIN made an entrance.

WORRY: We can start the party as soon as LOVE and HAPPINESS arrive.

FEAR (scared): I don't think they will come.

TROUBLE: Why?

PAIN: Because they have gone to the USA with Pujyashree.

Upon hearing Pujyashree's name, WORRY, FEAR and TROUBLE ran and hid.

WORRY: Shhh ... nobody make a sound.

PAIN: Hey, come back. Pujyashree is not here. And anyway, LOVE and HAPPINESS are always with Pujyashree. Therefore, both of them won't be coming here. Let's start the party.

The three emotions nervously came out of their hiding place. WORRY took out a long piece of paper and started talking about her defeat.



Tried to Win, But...

I am WORRY. My specialty is that I immediately rush over to whoever calls me. Then I stay with them day and night, and steal away their sleep and rest.

Normally, I get called when small problems arise. But thirty-two years ago, something very different happened. I received invitations from all over the world. At that time, NRI mahatmas (mahatmas from outside India) had gone on a *jaatra* (pilgrimage) with Niruma to Sammet Shikhar. While they were there, Babri Masjid (a mosque built at the birth site of Lord Ram in Ayodhya) was attacked and destroyed, triggering religious riots across the country. The atmosphere everywhere was filled with tension, and it was the best time for me to flourish. But not a single person in Niruma's group thought of me.

On that day, the group was traveling from one village to another. Enraged people were standing in the road, carrying cans of kerosene with the intention of burning everything. I was confident that the *mahatmas*, on seeing all of this, would surely summon me. I stood in a dark corner and waited for them. However, to my surprise, Niruma said to everyone, "Today, let us do *samayik* (introspection) of seeing the Pure Soul in everyone!" I did not know what that meant. But by doing that, even in such a dangerous situation, no one thought of me. Everyone passed through peacefully.

But how long can people avoid me? After the climb up



to the main site of pilgrimage, the group was returning when they found out that a curfew had been imposed on the entire country. And so everyone immediately started summoning me, 'I have to go back home. If I don't go back to America, I will lose my job.' My fun was just about to begin when someone went to Niruma and said, "Niruma, please speak to Dada. What does he say?"

As soon as Dada's name was mentioned, I felt tremendous fear. I can trouble the entire world, but I can't get anywhere near Dada Bhagwan. Niruma said, "Everyone start doing *garba* and I will sit in the middle and pray to Dada." During that one hour, everyone forgot about me completely, and I felt as if I didn't exist!

An hour later, Niruma said, "Dada has said, 'Whoever stays with Niruben, not even a single hair on their head will be harmed! Do not be separated from Niruben.'" Hearing this, I decided, 'No matter what these people do, I will surely succeed in attacking them eventually.'


Just then, the news reached that the train strike had ended. Everyone packed their bags quickly and went to the station. It was half past two at night. Parasnath Station was deserted. Seeing that, I thought that someone would definitely call me. But just then the station master announced into the microphone, 'Parasnath Station heartily welcomes the Dada Bhagwan family!' Then, instead of thinking of me, the *mahatmas* were filled with joy!

I felt defeated after seeing everyone happy. Just as I was thinking of leaving, I came to know that the train would stop at the station for only two and a half minutes. Now it was my turn to be happy. I was sure that by no means would these American *mahatmas* be able to board the train in only two and a half minutes, especially as their bags were so big and bulky. Surely they couldn't do without me now.

However, something happened to the station master when he saw Niruma, and he said, "Niruma, the train driver won't be able to leave until I give him the green light! Until all of Dada's *mahatmas* have boarded the train, I will not give the green light." I was defeated yet again! I was convinced that as long as Niruma was there, I would not be able to do anything. Still, not yet accepting defeat, I went with them to Kolkata in the train.

As everyone happily got off the train, they thought, 'Now we will go to the airport and get home.' Little did they know that they would not be able to get home, let alone even the





airport. There was an order to 'shoot on sight' anyone on the streets in the city of Kolkata. So how would they reach the airport? Now, how would Niruma save them?

Suddenly, four open jeeps came out of nowhere. They said, "We have a pass. Give us money and we will take you." Again the tense atmosphere became filled with beams of joy. Seeing some overweight *mahatmas*, I thought, 'How will they get onto the jeeps? Now they will have to remember me!'

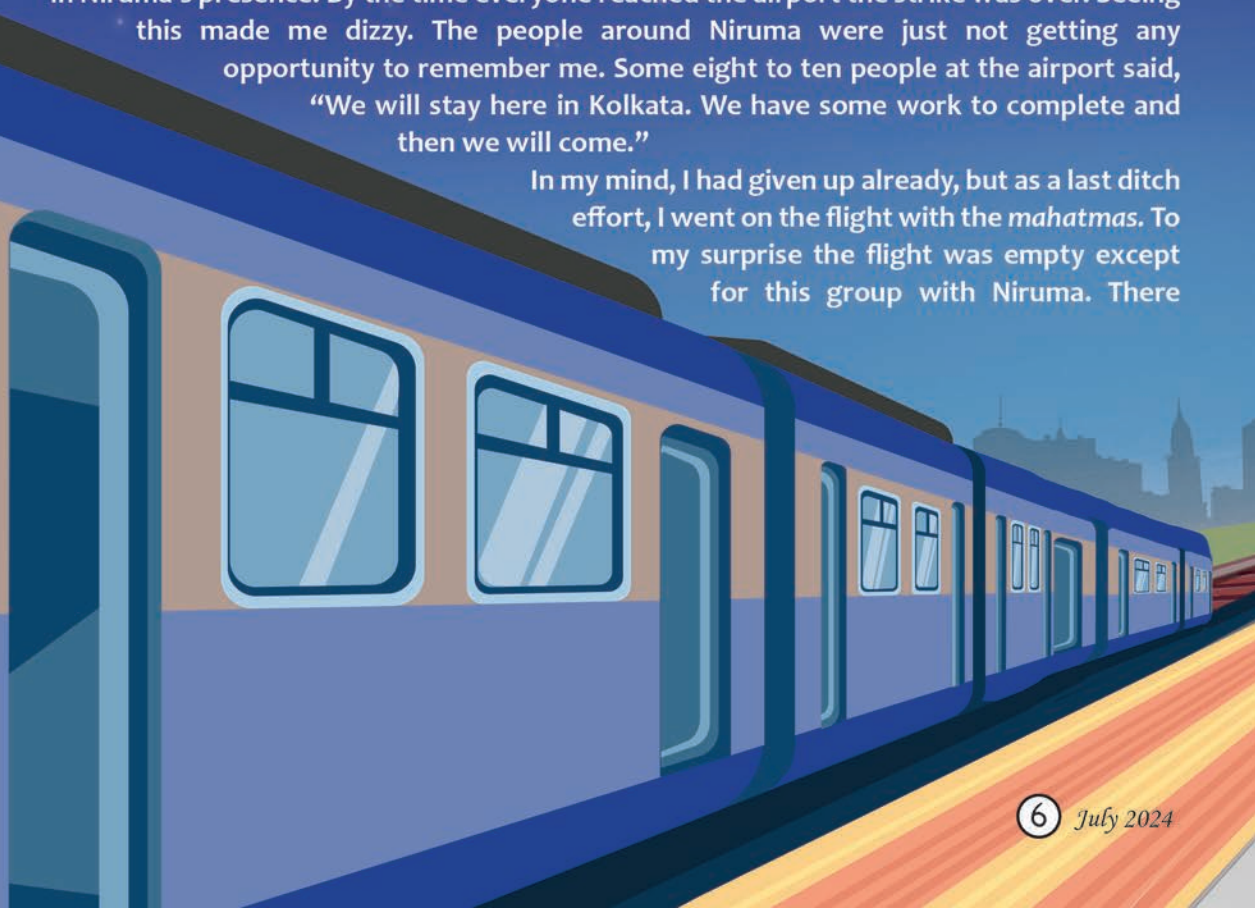
But in Niruma's presence, problems ceased to exist. All the *mahatmas* pulled and pushed, and somehow managed to get themselves all onto the jeeps. In these open jeeps, in such a tense environment, all these *mahatmas* felt so safe with Niruma that they started singing loudly 'Dada Bhagwan Na Asim Jay Jay Kar Ho' in an area where there was a 'shoot on sight' order.

You will not believe it, but seeing this, even though I am WORRY, I was worried that someone would shoot them. There were military personnel on the road. Even people sitting in their houses with their windows closed, opened their windows to see who these unworried people were!

To tell you the truth, I was even shocked! What kind of magic did Niruma have! Nobody thought about me at all. One person said to Niruma, "Niruma, we will go on a chartered flight." Hearing this made me laugh because I knew there was a pilot strike at the airport.

But you must have realised by now that a small problem like a strike would not last long in Niruma's presence. By the time everyone reached the airport the strike was over. Seeing this made me dizzy. The people around Niruma were just not getting any opportunity to remember me. Some eight to ten people at the airport said, "We will stay here in Kolkata. We have some work to complete and then we will come."

In my mind, I had given up already, but as a last ditch effort, I went on the flight with the *mahatmas*. To my surprise the flight was empty except for this group with Niruma. There



02:30

PARASNATH STATION HEARTLY WELCOMES THE DADA BHAGWAN FAMILY



were only seventy passengers on a three hundred and fifty passenger flight. Indeed, it truly became a chartered flight.

And then the *mahatmas* put up Dada's photos in the flight and did *aarti*. I was scared listening to Dada's *aarti*. The *mahatmas* were extremely happy and I was trembling with extreme fear.

What was I thinking when I tried to win in the presence of Niruma? My defeat was certain with Niruma there. But suddenly I saw one last chance to win. I remembered Dada Bhagwan's message, 'Whoever stays with Niruben, not even a single hair on their head will be harmed! Do not be separated from Niruben.' But eight people had separated from Niruma at the Kolkata airport. I immediately went to them. Two hours later, a curfew was imposed in Kolkata, which lasted for eight days. Those eight people got stranded there, and I troubled those eight individuals for the entire eight days.

But yes, after that, I do not think about going anywhere near Niruma. In fact, not only Niruma, it is impossible for me to get near even those *mahatmas* who keep Niruma in their mind and heart.

Feeling very tired after narrating all of this, WORRY sat down.

Now it was PAIN's turn. PAIN knew her story by heart. However, there were no extra points awarded in this competition for that. PAIN began...



Pain's Distress



I am PAIN. You must know about me. If you fall off your bike or if you have a fever, then I will indeed be there with you. My specialty is that I can arrive at any time and stay with you for as long as needed. No one can forget my presence. I often think, 'Why am I like this? Why do I trouble everyone so much?' There are times when I want to leave, but people still hold on to me tightly. But on that day, something very different happened.

This happened many years ago. In those days, the population in Simandhar City was very small. Every few days, everyone would get together for a dabba party (a picnic party where everyone shares their food with each other) and Niruma would also attend. You must be wondering what PAIN would be doing there, when there should be happiness only.

There was a *mahatma* who had just had brain tumour surgery, and that was why I was with him. The pain he had was much more than the pain you feel when you fall off a bicycle. But even so, he attended this party and took me along with him. He was about to pick up a plate when someone held his hand.



Oh! It was Niruma! She held his hand and helped him to sit next to her. Niruma fed the *mahatma* with her hands! I had been with that person for many days, but for the first time he let go of me.

Upon holding Niruma's hand, the *mahatma* let go of my hand. I have no idea how Niruma does it. For days, months, and even years, people go around carrying me with them, but as soon as they meet Niruma, they forget about me and get immersed in her love instead. Yes, I was defeated by Niruma. But if I get to witness this kind of love, then I am willing to lose over and over again.

Everyone went quiet for a moment at the party. WORRY had tears in her eyes. But then TROUBLE started her speech and lightened the atmosphere.





Boom ... I Appear All of a Sudden!

Everyone tells me that I am the most stylish. My specialty is that I can strike at any time. You think that everything is going fine, but then boom ... I appear all of a sudden! I have so many weapons at my disposal, which I can use to harass a person by attacking from all sides.

Many years ago, I had made an attack in the same way. A woman lived peacefully in Mumbai with her husband and two children. Her husband suddenly passed away. Boom... I appeared! The woman had to single-handedly raise her two children, earn money, and run the household. She thought, 'I know how to work at a beauty parlour. I will somehow manage.' The lady was about to say goodbye to me when... Boom! Each building already had one or two beauticians. The woman faced so much competition that earning money became difficult, and she fell right into my trap.

But one day, 'She' came to this woman's house. I began to feel suffocated as soon as she arrived at the main entrance of the building. I was just thinking, 'What is happening to me all of a

sudden?’ and then she entered the house. Seeing her white sari, love-filled eyes and majestic personality, my hands and feet went limp. It was Niruma! To tell you the truth, I have troubled her a lot. But she has never lost to me.

Niruma walked around the entire house. She went to the room which was being used as the beauty parlour and asked the woman, “What do you do here?” The woman talked about the beauty parlour, but she did not talk about the trouble she was facing. I thought, ‘Phew! I am safe. Niruma has not realised that I have already attacked here.’ Niruma sat for a while and then got up to leave.

As she was leaving, she turned around and asked the woman, “Are you able to run the house well? Are you having any trouble?” Boom! The lady told her everything, “Yes, I am having some trouble.” And that is when my defeat began.

Niruma said, “In foreign countries, women like you who are staying alone keep paying guests in their homes. They rent a part of their house for others to live in. You should also do the same. You can keep girls as paying guests. When you come for *shibirs* (retreats) the paying guests can look after your children and your house. You will also earn money.” Hearing this, I thought ‘Oh, no! Now I will have to pack my bags.’ But then I thought, ‘Niruma has given this idea, but first the woman will need to find a paying guest!’

Out of nowhere, within a week, a South Indian girl arrived and became the first paying guest. And then I really had to pack my bags and leave. The woman’s children’s education, college, and their marriage were all covered by the earnings obtained from the paying guests.

In 2020, Covid struck. Then I thought, ‘Now is the perfect time to attack that woman again. Where will she be able to get paying guests in this situation? Everyone is locked in their homes. Now, Niruma is not there to save her either. Confidently, I went to attack her, but alas, she had sold her house in 2019, just before Covid had struck. Although Niruma was





not present, her blessings were constantly protecting the woman.

Niruma may not be visible, but she is secretly and continuously looking after all her beloved *mahatmas*. I have now decided that I will not harass Niruma's *mahatmas*. The reason being that as soon as I enter the *mahatmas*' homes, they remember Dada or Niruma. And after that, I am not sure what magic Dada and Niruma do, but all the *mahatmas* remain calm despite me being there. Then what fun would I have? So that is why I am leaving.

Suddenly, it became dark at the party. TROUBLE had talked about leaving, but where did the lights go? Scary music started playing in the background. Everyone was terrified. "Ha...ha...ha...!" There was a loud laugh. "This is exactly how my entry is supposed to be!!"

I As Soon As I Enter...

I am FEAR. I have been with you many times, whether it is in the classroom during a tough exam, on stage, or when you are losing in a competition. My specialty is that as soon as I enter, my enemy, that is your 'inner confidence', disappears. Many years ago, I tried to remove an *aptaputra's* (celibate brother) confidence in his driving skills. I was just about to become his companion but then ... Oh, that's the end of the story. Let me start from the beginning.

This incident happened in 1993. While driving a tempo (people carrier van) an *aptaputra* met with a big accident. Niruma was in America at the time. This was the only tempo Niruma had and it was used for



Dada's work. It crashed so badly that it was beyond repair. This tempo had been bought after a lot of struggle to gather money. The *aptaputra* thought, 'I wanted to help with Dada's work, but instead I have brought about such a big loss.'

Before Niruma returned to India from America, a few *mahatmas* got together and placed an order for a new car.

It was the day of the delivery of the new car. That day, I had decided to make that *aptaputra* my life companion. It was the perfect opportunity for me. First, as per my special power, I drove out the confidence he had in his driving. The *aptaputra* thought, 'I will never get to drive a car again in my life, as I have already crashed it once.' Seeing the *aptaputra* in this state of mind, I was starting to have fun until Niruma called him over and said, "Go and bring the new car."

I could not believe what I heard! I thought to myself, 'Niruma, what are you saying?! You are asking the person, who has just crashed a car, to bring the new one! Who does that?!'

The *aptaputra* was also hesitant. However, he was not afraid yet. But I had driven his confidence away. With full trust, Niruma said to him, "You will go to get the new car. If you do not drive now, then you will never be able to drive for the rest of your life. You will lose your confidence to drive. So, go and get the car without any fear. Then, in the evening, we will have dinner



together, and after that you can take Niruma for a long drive in the car.” Niruma spoiled my entire plan. With Niruma’s positive words and faith, the *aptaputra*’s lost confidence was restored.

But even then, I did not give up. I thought, ‘This *aptaputra* will definitely be afraid. He will remember me and I will immediately go to him.’ But he did not remember me at all! Instead, he was chanting the Trimantra and singing ‘Dada Bhagwan Na Asim Jay Jay Kar Ho’ the entire way and returned safely with the car.

To this day, I am unable to get close to that *aptaputra*. Even today, he drives the cars comfortably. It seems that Niruma has given him a ‘fear-proof’ safety vest to wear!



Decisions

The party was coming to an end. Everyone had talked about their defeat. It was difficult to decide who had the biggest defeat. But everyone knew who the winner was.

Just then, Worries said, “Friends, if I had to lose, then I would prefer to lose only to Niruma.” And everyone was in agreement with this.





Dadaji Says...

Questioner: Dada, it is said that whatever we ask from you, we will get.

Dadashri: You get whatever you ask for. If a person says, 'Please, cure my pain,' then it will be cured.

Questioner: Then please cure it.

Dadashri: No, you need to say it. For five to ten minutes, by chanting, 'Dada Bhagwan Na Asim Jay Jay Kar Ho,' everything will be cured. If you come across worldly obstacles, then recite the *Trimantra*. Then chant, 'Dada Bhagwan Na Asim Jay Jay Kar Ho' and all the troubles will disappear.

No matter what terrible circumstances occur, those who have asked for protection from the *Gnani* will not have thoughts like 'What will happen to me?' Because both 'We' and 'Our *Gnan*' will always be present to protect you in every way!

We always say, 'Let all the sufferings of the world come to me. If you have the strength, then surrender all your sufferings at Dada's feet. Then if any suffering still comes, let Dada know.' Surrender your sufferings to me and if you have faith, then no suffering will come to you.



Let's Play

★ Help Theo and friends find their way to Aaloo's party by doing the addition and subtraction sums along the route and writing the answers in the circles.



16

-8

+9

-7

+6

-8

+9

-8

+6

-2

+8

-7

+5

-8

+7

-6

+3

-6

+7

-3

+9

-10

+8

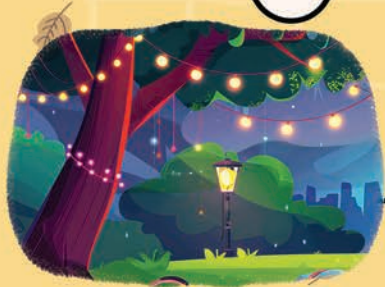
-9

+7

-4

+8

-9



Answer-13

17

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AALOO CHILLY



I was certain that Aaloo would win. That is why I had already organised a party to celebrate his victory. I thought that on seeing my grand party, everyone would forget about Aaloo's skating.

'Aaloo Shake?'
Who changed
the name of the
'Chilly Shake?'

CONGRATULATIONS
AALOO

I am thinking
of permanently
changing the
name of this
shake.

This 'Aaloo
Shake' is so
delicious!



Theo is such a busybody! He wanted to change the name of the 'Chilly Shake'! Listening to all this, I felt heated up and started fuming inside. Just then...

CONGRATULATIONS
AALOO

The credit for my
success goes to
Chilly! I would not be
here without him.



Hearing this, I felt a sense of relief and started cooling down!

Finally, it was time for my speech. I was about to say how I had encouraged Aaloo all the way, when...



It was my turn to speak, but they started talking instead! Did they not hear what Aaloo had just said? Aaloo gave me credit, so now I should get a chance to say something too, right?! How can they keep on chanting 'Aaloo, Aaloo'!

I started to feel that I should not have thrown this party at all. We would have had so much fun if only Aaloo and I had celebrated by drinking the 'Chilly Shake'! I felt that I should just take Aaloo home. But Aaloo was surrounded by everyone. How could I get him out?



Once again, I started fuming inside. I had already worked very hard to arrange this party, so I felt that I should rest now. I decided to go home.

Why did Chilly leave without Aaloo? Why was he fuming inside? Was there something wrong with the shake or was there another reason?

Information on **Baby MHT** and **Little MHT** Centres

Baby MHT and **Little MHT** are cultural clubs for children aged 4 to 12, where by participating in games, storytelling, and activities, they attain the understanding of Gnan while having fun. These cultural clubs are running in various cities, and you can find out more by scanning the QR code below



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