

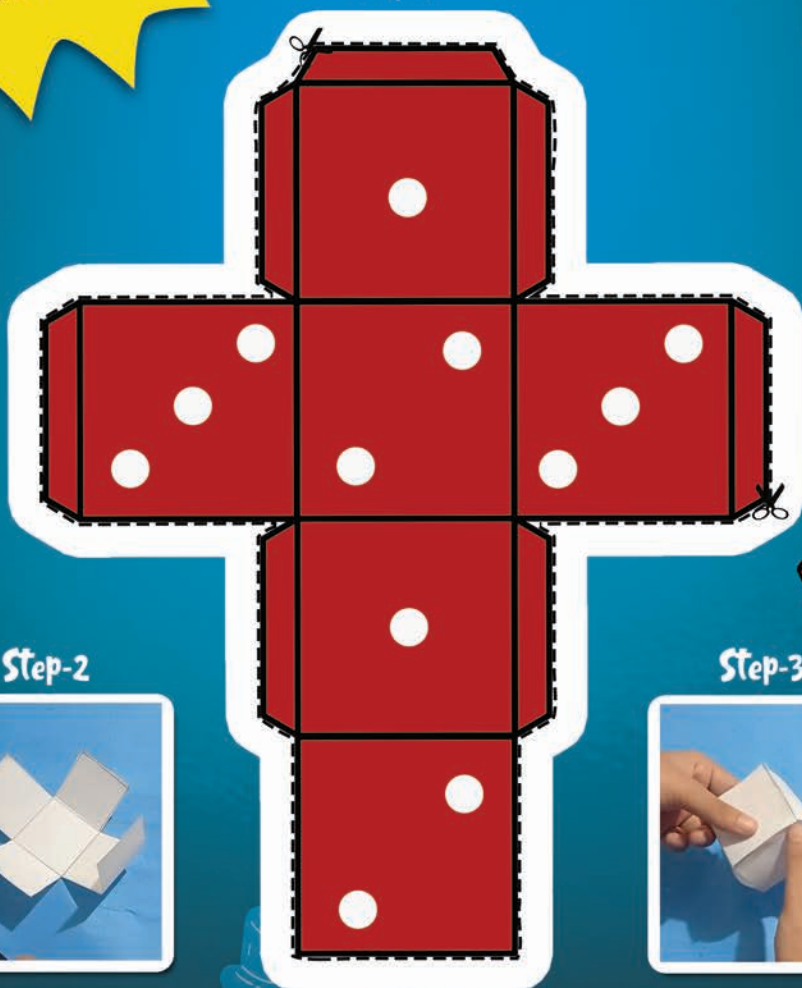
# AKRAM Express

**DIY**  
**Board Game**

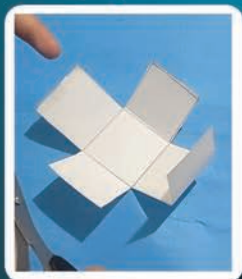
Cut • Make • Play

'Game of Life',  
For rules and steps, refer to  
page 9 & 12

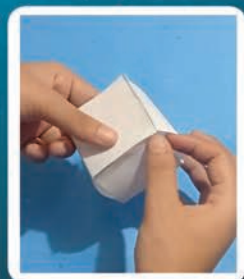
Step-1



Step-2



Step-3



# Merit and Demerit Karma

## Editorial

Friends,

We all have a unique 'cash deposit box' in which we have deposited different types and amounts of credits. When we get what we want and are able to do what we like, a certain type of credit is being used up. And when no matter how much desire we have, yet if our wants are not met, then another type of credit is being used up. Do you know what these credits are? Merit karma (*punya*) and demerit karma (*paap*).

The result of merit karma allows us to get everything as per our desire and the result of demerit karma prevents us from getting what we want. But what is merit and demerit karma? How do we bind it? Can demerit karma be washed away? Come, let us get the answers through the wonderful understanding given by Dadashri. Then using that understanding, we will create a fun game!

- Dimple Mehta

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36



Option

1. You are angry and complain loudly.
2. You feel irritated inside.
3. You use the time to spend quality time with your parents.

28



Option

1. You help him cross the road.
2. You ask someone else to help him.
3. You ignore him.

22



Choice

- A. Received a toy car as a gift.
- B. Received a bicycle as a gift.

13



Choice

- A. You had an accident.
- B. You had a really good time.

4



If you enjoyed jumping, then... Give 200

39



Choice

- A. You were not able to attend.
- B. You had a good time.

29



Option

1. Secretly put the phone back.
2. You say that your brother broke the phone.
3. You tell your mother the truth.

24



Option

1. You donate the money to a temple.
2. You give the money to a needy person.
3. You buy chocolate with the money and eat it all.

15



Option

1. Pineapple
2. Chocolate
3. Barbie
4. Spiderman

6



Option

1. You secretly buy crisps with the 10 rupees and eat them.
2. You stubbornly insisted your mother to eat the crisps.

41



Option

1. You copy the answer from the person sitting in front of you.
2. You write what you know.

30



Option

1. You will let your friend have it.
2. You will buy it.

25



Choice

- A. You had diarrhea.
- B. You enjoyed the tasty food.

21



Option

1. You will give him the swing.
2. You will say no to him.
3. You will swing for a little bit and then give it to him.

8



Choice

- A - 95%
- B - Fail



4



If you did not enjoy jumping,  
then... Give

200

6

1. 1000 Receive

2. 200 Receive

8

A. 500 Give

B. 500 Give

13

A. 1000 Give

B. 1000 Give

15

1. 1000 Receive

2. 200 Give

3. 1000 Receive

4. 1000 Receive

21

1. 1000 Receive

2. 1000 Receive

3. 500 Receive

22

A. 200 Give

B. 200 Give

24

1. 200 Receive

2. 500 Receive

3. 200 Receive

25

A. 200 Give

B. 200 Give

28

1. 1000 Receive

2. 200 Receive

3. 500 Receive

29

1. 500 Receive

2. 500 Receive

3. 1000 Receive

30

1. 200 Receive

2. 200 Receive

36

1. 1000 Receive

2. 500 Give

3. 500 Receive

4. 500 Give

5. 500 Give

39

A. 500 Give

B. 500 Give

41

1. 200 Give

2. 500 Receive

3. 200 Give

4. 200 Receive



# How to Make the 'Game of Life'

1. Pull these centre pages out of the magazine. Take a photo of the game rules on page 12. This will be helpful while playing the game.



2. This page has the board for the game. Take a photo of the board and stick it on a piece of cardboard.

3. The board for the game is now ready.



4. Carefully cut out the 'Choice' and 'Options' cards on page 7 and 8. Place all the cards next to the board face up, with either '1,2,3,4 card' graphic or 'A and B' graphic showing.

5. Cut out the tokens given on pages 3 to 6 & 13 to 16. Keep the 200, 500 and 1000 number tokens of each colour separately.



6. The cover page has instructions on how to make a dice. Follow those instructions to make the dice for this game.

7. You can use any small object, like a button or a shell, as a playing piece in this game, or you can use playing pieces from another game.



8. Everything is now ready for you to play 'Game of Life.'

9. Read the game rules and start playing the game.



# Game of Life



5 You gave your favourite ice cream to your brothers and sisters. Receive **500**

4 Jump 5 times. Look at card 4.

3 You fell off your bicycle and fractured a bone. Give **500**

2 Move one space backwards.

1 You got to eat pizza. Give **200**

**Start**

8 Exam result... Select A or B. Then look at card 8.

9 Skip your turn. Give **200**

10 A dog bit you. Give **1000**

11 Move one space forward.

36 You are stuck in traffic. See card 36.

37 Move one space backwards.

38 You were sick during your exams. Give **200**

39 At a friend's birthday party... Select A or B. See card 39.

40 You helped your mother instead of watching your favourite TV show. Receive **1000**

35 You received your favourite gift on your birthday. Give **1000**

34 The teacher scolded you even though it was not your fault. Give **200**

33 Move one space forward.

32 You had a great time during vacation. Give **1000**

31 Roll again. Give **200**



15

16

200

17

1000

19

**Give 200**

19

water. Receive 200

13

12

Receive

Celestial  
life-form

Hell  
life-form

**End**

3

Receive 1000

42

30

29

28

**Give 200**

0

Rece,



# Rules\*

➡ A minimum of 3 and a maximum of 5 people can play this game. Among them, 1 player will be the banker, and the rest will be players.

➡ **Players:** In turn, roll the dice and move your playing piece forward along the board, according to the number rolled.

➡ **Banker:** Give the starting number of tokens to the players (as described below) and also give or take tokens to and from each player during their turn in the game, according to where they land and what card they draw.

## The meaning of the tokens according to their colour:

- **Red token** Demerit karma bound in the past life
- **Green token** Merit karma bound in the past life
- **Black token** Demerit karma bound in this life
- **Golden token** Merit karma bound in this life

➡ **Red and Green tokens:** At the start of the game, give each player 5 x 200, 5 x 500 and 5 x 1000 tokens, which they can use during the game.

➡ **Black and Golden tokens:** The banker will have separate piles of black and gold 200, 500 and 1000 tokens. The players will have to earn these during the game.

➡ **Option cards:** Some numbers on the board will have an option card. The players will read the card and select an option. There will be instructions on the back of the card for the player to either give or receive a token from the banker, depending on the option taken.

➡ **Choice cards:** Some numbers on the board will have a choice card. The player will have to select either A or B. There will be instructions on the back of the card for the player to either give or receive a token from the banker, depending on the choice made.

➡ At the end of the game, you will need to count how many tokens you have earned and how many you have lost. This will determine how much merit or demerit karma of the past life you have used up and how much you have bound for the next life.



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# Gnanis Say...



Questioner: What is *punya* (merit karma) and *paap* (demerit karma)?

Dadashri: One binds demerit karma if they torment or cause pain to any living being. There is God in every living being. Therefore, causing harm to any living being binds demerit karma. Giving any sort of happiness to any living being binds merit karma. For example, when you water the plants in a garden, does it give happiness or sorrow to those living beings? It gives happiness. That binds merit karma.

Questioner: How else do we bind merit and demerit karma?

Dadashri: When you have bad thoughts such as wanting to take things from others or stealing from someone, then all of that binds demerit karma. And when you have good thoughts, such as thinking about how you should act to avoid hurting anyone, how you can help everyone, and how to do things that make others happy, then all of that binds merit karma.

Questioner: How do we wash away demerit karma?

Dadashri: To wash away demerit karma, one needs to do *pratikraman* (to confess, apologise, and resolve not to repeat a mistake). If any action has been done that hurts someone, and if *pratikraman* is done, then the demerit karma will be washed away, otherwise the demerit karma will not get cleared. If one becomes happy after doing a bad deed, then the penalty for it increases and if one repents and does *pratikraman*, then the penalty decreases. If one even repents a lot, then the demerit karma can be washed away completely.





# ***Absolutely New and Different!***

If one binds demerit karma unknowingly, then one has to bear the fruit of that karma unknowingly, and if one binds demerit karma knowingly, then one has to bear the fruit of that karma knowingly.

What is the meaning of demerit karma that has been committed knowingly or unknowingly?

For example: There are two friends. One unknowingly stepped on a cockroach and killed it, and the other friend deliberately crushed the cockroach. Both will suffer demerit karma and the punishment will be the same, but the intensity of the suffering will be different.



What does it mean for the punishment to be the same, but the intensity to be different?

For example: If you have a fracture at a young age, then it will heal faster and you will suffer less pain. When you have a fracture at an older age, then there is more suffering, you are unable to work, and you go through more pain.



The fruit of merit karma that is done without understanding will be enjoyed without understanding, while the fruit of merit karma that is done with understanding will be enjoyed with understanding.

What is merit karma that is done with and without understanding?

For example: One boy is taking a bag of sugar home. There is a hole in the bag and some sugar spills out. The spilled sugar becomes a treat for ants. This is merit karma done without understanding. When someone feeds the birds or gives water to those who are thirsty, then that is merit karma done with understanding.



What is the difference between enjoying the result of merit karma done with understanding and done without understanding?

For example: Two children are going to visit Disney world. One is three years old and the other is twelve years old. Both will be going, but what fun will the three year old have? What will he remember? This is known as enjoying the merit karma without understanding. On the other hand, the twelve year old will have a lot of fun, which is known as him enjoying the merit karma with understanding.



You cannot deduct demerit karma from merit karma.

For example: Suppose you have helped someone and bound merit karma worth one hundred rupees, and later on you have made fun of someone and bound demerit karma worth ten rupees. You cannot subtract the ten rupees from the one hundred rupees to enjoy ninety rupees worth of merit karma. You will have to enjoy the one hundred rupees worth of merit karma and suffer the ten rupees worth of demerit karma, separately.





## 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

### Information for Annual Subscribers of Akram Express

- 1) How would you know if your annual subscription is about to expire? On the cover page of your Akram Express, look for the last six digits in the membership number mentioned on the address label. For example DGFT555/08-2028 means your subscription is going to expire in August 2028.
- 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:
  - 1) Receipt number or ID number
  - 2) Permanent address with pin code
  - 3) Which month the magazine was not received



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