

Dada Bhawan Parivar's

June 2024

AKRAM Express

Dear
Lord...

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in audio
format...
Only Gujarati

The Power of Prayer

Editorial

Friends,

Suppose you have a special phone number. If you sit down to study after calling that number, you will be able to study effectively and do well in your exams. If you are feeling afraid of something, then calling that number will remove your fear. When you are sick, calling that number will give you strength. When you are sad from seeing someone else's pain, then calling that number will bring you peace and solace.

Now, would you keep such a phone number safe or not? We all have this 'phone number' and we can 'phone' it whenever we want. This special 'phone number' is for prayer! Let us understand from the *Gnani* (the awakened One) how to make this call and why it is important. What experiment did Sonu conduct and what signals did he send? How did Felco cure everyone's disease? What did Theo and Friends learn from their Europe tour? What happened to Chilly next? Get ready to read and discover.

- Dimple Mehta

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Gnanis

Say...

Questioner: What is the importance of prayer? How should we pray?

Pujyashree: We can pray to progress toward our decided goal. We can pray for everyone to be happy and for no one to experience pain. Saying, 'He has a nice car and I should have one too,' is not a prayer - that is called *moha* (illusory attachment to material things).

Questioner: What effect does our prayer have?

Pujyashree: Prayers are positive evidence; they create positive circumstances and bring about positive results. If someone is suffering or if the body is unwell or weak, then we should pray, 'O Dada Bhagwan, give them strength.' Then the positivity will get the job done. When you pray for others, you will experience happiness.



Questioner: I would like to understand how to pray.

Dadashri : Prayers come from the heart. For some, heartfelt prayers with tears reach [the other person] and give results. However, if your *chit* (that which takes 'photos' within and sees previously registered scenes) is elsewhere while praying, then that is not considered a true prayer.

Prayers should have a purpose; there should be a reason behind them. There is no point in praying just for the sake of it. Prayer is [like] making a phone call. The person [answering the call] will ask, 'Hey, tell me, why are you calling?' Wanting to reach *moksha* (the state of ultimate liberation) requires prayers, as do worldly matters.





**A heartfelt prayer
is never wasted - it
always makes a
difference.**

ABSOLUTELY NEW AND DIFFERENT!

**One person prays to God
every day, 'O God, make me
happy, make me happy.'**

**A second person
prays, 'O God,
make my whole
family happy.'
And since he is
part of the family,
his happiness is
automatically
included too!**

**The second
person is the one
who gets true
happiness.**



Vibrations

“Sonu, why are you so happy?”

“Because you’re going on a picnic tomorrow,” Sonu said happily.

“Hey, I’m the one going on a picnic, so why are you so happy?” said Veer, surprised.

“Because I’ll have the whole room to myself while you’re away. Isn’t that like my own ‘Independence Day’? I’ll have the entire place to myself all day tomorrow. You’ll be off on your picnic, Mum has to leave early for work and Dad is out of town. I bet you can guess what I’m planning to do...” Sonu said with a cheeky grin.

“Yes, yes, go ahead. Do whatever you want,” said Veer while packing his bag for the picnic before going to sleep.

The next morning, Veer woke up early and got



ready. He put on his shoes and waited by the door for his mum. Just then, he heard her voice, “Veer, have you done your prayers yet?”

“No, Mum...I forgot.” Veer quickly took off his shoes.

He went to the idol, folded his hands, bowed his head and prayed, “O God, be with us every moment, and please grant all living beings peace and salvation.” Since their childhood, Veer and Sonu’s mum had taught them to say this prayer before leaving the house.

Sonu came out of the room, rubbing his eyes, “Have fun, Brother.”

“You too, Sonu. Just don’t get up to too much mischief. Oh, and one more thing - keep your science experiments away from my stuff,” warned Veer.

Before leaving with Veer, their mother gave Sonu a few instructions about taking care of the house. When they arrived at school, the picnic bus was already waiting. The students and teachers were gathered



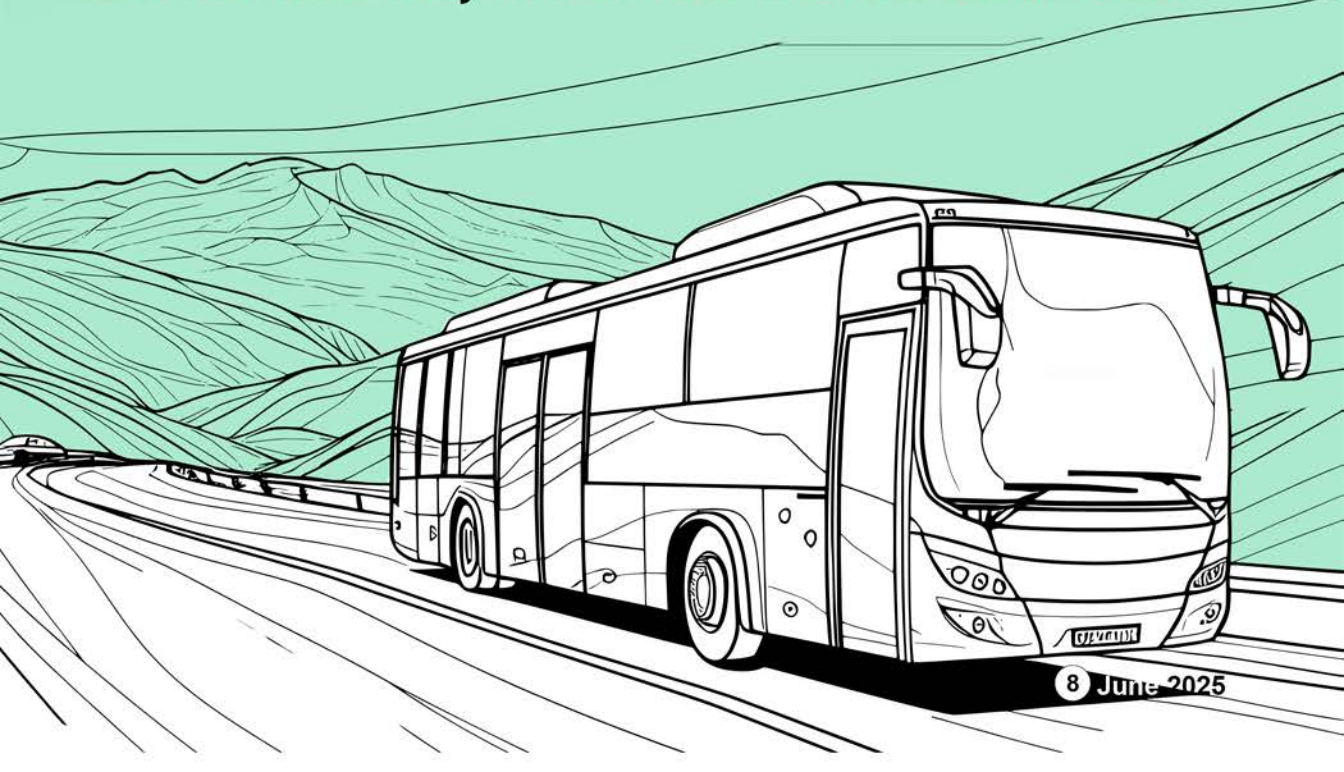
excitedly on the school grounds.

“Have lots of fun, dear. Tell me all about it this evening, okay?” said Veer’s mother, placing her hand lovingly on his head.

Veer nodded and dashed off to join his friends. It only took a short time for all the eager children to board the bus and take their seats.

Among the teachers was a young man in his mid-twenties, whom the children had never seen before. He introduced himself with a warm smile, “Hi, Friends. My name is Chintan. I’m also a student, just like you. I’m currently doing a PhD in Indian history, and today I’ll be sharing fascinating stories about the picnic spot we’re visiting.”

The children had a wonderful time with Chintan. He, along with the teachers, played games with them on the bus, filling the journey with laughter and fun. Upon reaching the picnic spot, Chintan shared interesting stories that captivated the children. The entire day passed by in the blink of an eye. The bus left to go back to the school. They left an hour and half earlier than



expected. On the way back, the teachers and Chintan were discussing what had gone well and what could be improved for next time.

Meanwhile, Sonu spent the entire day working on his space station science project. He was so engrossed in his project that he completely lost track of time. He even forgot to eat at times. After finally finishing the project, he switched on the TV and tuned in to the Discovery Channel. At that moment, astronaut Sunita Williams was delivering a message from space. Sonu stared in amazement and thought, “Wow, what kind of vibrations are these! Someone is speaking from space and yet I can see and hear them right here.’ He was super curious about things like these.

It was getting dark outside. Now, Sonu was eagerly awaiting his brother’s return. Just then, the phone rang.

“Sonu, dear. Are you okay?” his mother asked, her



voice filled with concern.

“Yes, Mother. What happened?” Sonu asked, sensing something was wrong.

“Listen to me carefully,” she said. “Veer’s picnic bus hasn’t arrived back to school yet, and I’ve been unable to contact any of the teachers or the driver. I’m coming to pick you up soon and we’ll go to Veer’s school together.” With that, she hung up the phone.

Sonu felt a wave of panic rush over him. He sat quietly for a while, his mind flooded with worrying thoughts, ‘What if Veer’s bus had an accident? What if they were kidnapped? How could the bus just disappear?’

His gaze wandered to the TV screen, where Sunita Williams was still speaking. A thought suddenly struck him: ‘If an astronaut’s message can reach Earth from space, then surely my prayers can reach God!’

Sonu folded his hands and prayed, “O God, please keep Veer and everyone on his bus safe. Protect them all. If they need help, then please come to their aid.” He continued speaking to God from his heart. He didn’t worry about finding the right words – he simply had faith that his heartfelt prayer would be heard. Who knows what magic lay



in that prayer, but moments later, all his fear melted away.

After a short while, Sonu heard a car horn. His mother had arrived to pick him up. He grabbed his water bottle, locked up the house, and got in the car.

His mother seemed tense. They got to the school, where all the students' families had gathered outside. The principal addressed everyone in a sombre tone, "We've been unable to contact the bus. We'll keep trying. We'll let you know as soon as we have any updates."

Some parents had tears in their eyes, while others were visibly worried. Some were yelling at the principal, while others sat quietly in a corner, their eyes closed in prayer.

Seeing this, Sonu had an idea and rushed to the principal. He asked for permission to speak into the mic. He then said, "I have a way to bring everyone back safely. I was also worried about my brother Veer, but then I prayed and my worry disappeared. I love doing experiments. So, before believing anything, I have to



try it myself. I experimented with prayers and got results. I believe that if we all pray together, then we'll achieve positive results. If I pray alone, then it sends only one signal. But what happens if a hundred people pray together? Then the signal will be a hundred times stronger!"

There was no other solution except to pray. The parents had tried everything, but nothing had worked. So, everyone started praying.

Within half an hour, the school's atmosphere became incredibly calm. There was still no news of the bus. However, anger, anxiety and worry had left the school grounds.



Just then, the principal's phone rang. His joy knew no bounds, "The school bus is on its way back! The bus is coming back!" He ran over to Sonu and hugged him, tears filling his eyes. A wave of happiness spread through the crowd and everyone breathed a

collective sigh of relief.

"But what had happened?" Everyone had the same question. The principal shared what little information he had.

"The bus had left earlier than the scheduled time to return to school. As there was some extra time, they had decided to visit the Surangnath Caves. It was estimated that the visit would take no more than an hour. At that time, there was a minor tremor in the area – most likely a small earthquake. We don't have exact details on what happened, whether a cliff collapsed or something else, but the children and

teachers must have been trapped in the cave. We'll have more information once they return," the principal informed everyone. Then, the principal once again folded his hands, apologised to all the parents and assured them that such a mistake wouldn't happen again.

The parents' anger had faded. Everyone understood that there was not much point in now debating the whys and why nots of the decision to visit the cave. What truly mattered was that when everything else fails, prayers always work.

Just then, the sound of the bus horn was heard. As the children got off the bus, their small eyes searched for their parents. They quickly found them, ran to them and hugged them tightly.

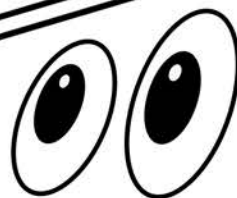
Veer got off the bus, ran to Sonu and his mother and hugged both of them. He had never been so happy to see them. Afterwards, Veer laughed and asked, "So, Sonu, how was your 'Independence Day'?"

"Brother! From now on, I'll pray that I never again want an 'Independence Day'. From now on, I always want to be with you!" Sonu hugged his older brother again.



Let's Play...

**Help Zoey decorate the cover
of her prayer book.**



Help Felco reach the Melka plants by finding the correct path. But... but... but... why does Felco need the Melka plants? To find out, read pages 20 to 27.





To read the Aaloo-Chilly stories all together...

Click Here

<https://shorturl.at/U7ogo>

A frustrated Chilly was heading towards Theo's Café. Parsley and Aaloo had also left for the café to make arrangements for Chilly's surprise party. Even though Parsley had warned against it, Aaloo had also invited Koko along. Let's see what Chilly saw when he arrived at Theo's Café...

I couldn't believe my eyes when, at the café, I saw the banner that read, 'Best Singer, Best Friend Chilly'.



I was even more surprised when I went downstairs. Theo's Café had turned into a party venue. My photograph was on all the cups; a photograph of me singing. Did Aaloo change the name from 'Aaloo Shake' to 'Chilly Shake' again? But I hadn't even won! There were photos of me everywhere: my first singing class, my first song at the river bank, my first competition, my special

‘singing’ T-shirt that my parents had bought me... all these memories were captured in these photographs. I felt as if someone had whisked me away in a time machine. My body no longer felt heated up.

Theo was still unaware that I had arrived at the café. Theo and Zoey were prepping in the kitchen and talking. I heard Theo say, “Aaloo is the best, but there is no one like Chilly.”

Zoey replied, “Absolutely! Who else would change a song at the last moment just to let Koko win? He has such a big heart...” I thought to myself, ‘What were they talking about? I let Koko win?’

Before I could understand or ask anything, I heard the noise of skates approaching. When I turned around I saw Aaloo racing toward me at full speed. His big belly bounced so vigorously that five passing flies got caught in its draught, lost control and tumbled down, dazed.



Before I could say anything, I could tell by glancing at his face that Aaloo had lost control of his skates. I needed to move from that spot to avoid ending up like the flies. Just as I was getting ready to fly off, Aaloo bumped into a tree and fell to the ground. ‘How is he a skating champion?’ I thought. Before I could say anything to him, a familiar croaky voice cried out behind me, “Chi...lly...” Before I could turn around, Parsley bumped into me, spun me around, crashed into the same tree and fell on top of Aaloo. It is understandable for Aaloo, but Parsley, even after growing up, still doesn’t know how to fly! Ultimately, I ended up dizzy just like the flies.



As if they hadn't done enough already, Aaloo then said, "I won!"

Parsley spat loudly and said, "No, I won!" and the two burst out laughing. Had they lost their minds after crashing into the tree? I was still feeling dizzy. Just then, someone held my hand.

Phew! I felt so relieved. I said, "Thank you! Parsley made everything spin." When my dizziness subsided and I looked behind, I saw that Koko was the one who had grabbed me. She was smiling widely at me. She asked, "Chilly, are you okay?" I wanted to tell her, 'How can I be okay when you're here?'

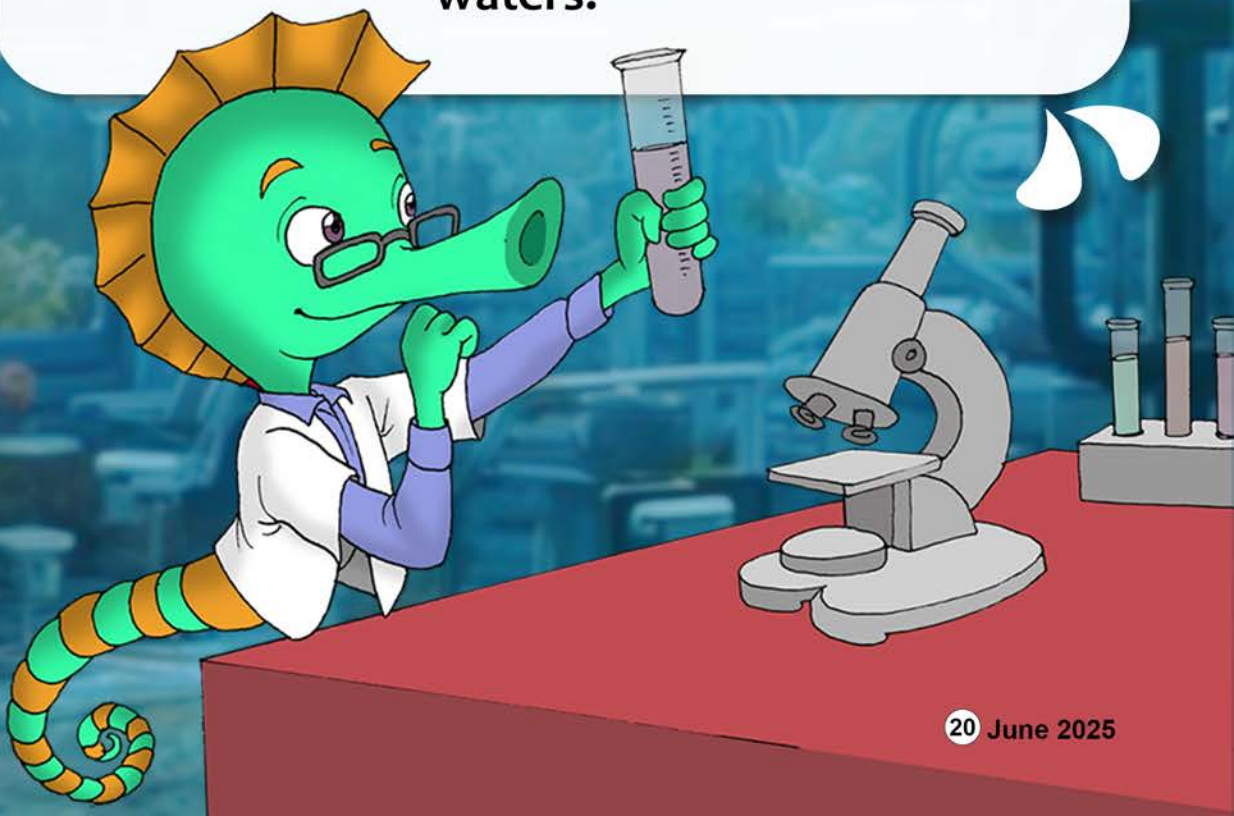


Chilly was clearly happy after all of Aaloo's efforts. However, why does his happiness always disappear the moment he sees Koko?



Marine Pox

Felco was a scientist who had discovered many medicines for marine animals. Now he was about to embark on continuing his father's unfinished work of finding a cure for the illness, marine pox. This disease was spreading throughout the surrounding seas and Felco hoped to find a cure before it reached his waters.





Felco was staying with his uncle. Every day the uncle visited a temple on the other side of the sea. Felco was surprised by this. One day, his uncle asked him, “Will you come with me? You can pray to God before you start your new project and receive his blessings.” Felco immediately refused and said, “If I rely on God for success, then what would be left for me to do?”



Uncle explained, “If you want to produce a good medicine, then wouldn’t you need several ingredients?

Similarly, prayer is one ingredient for any endeavour to be successful. It is not about expecting God to do it all.” However, Felco didn’t understand what his uncle meant.





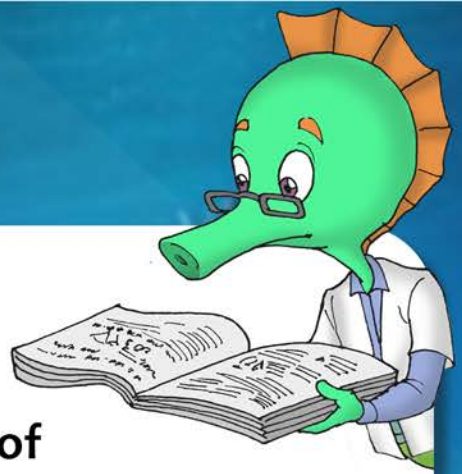
He spent hours working in his laboratory, studying everything his father had researched. He tested nearly every plant found in the sea, but none were effective against the marine pox virus.

Felco tirelessly worked day and night, but there was no sign of progress. One day, his uncle suggested again, “Felco, pray and see what happens. Perhaps you will find a solution.”

But Felco neither listened to his uncle nor accepted defeat. He was determined to save his aquatic family and friends from the disease.

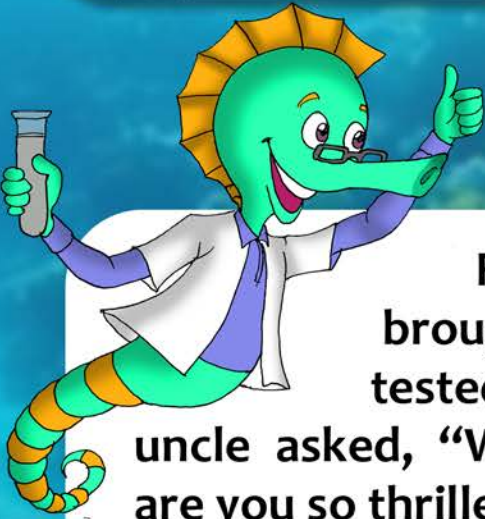


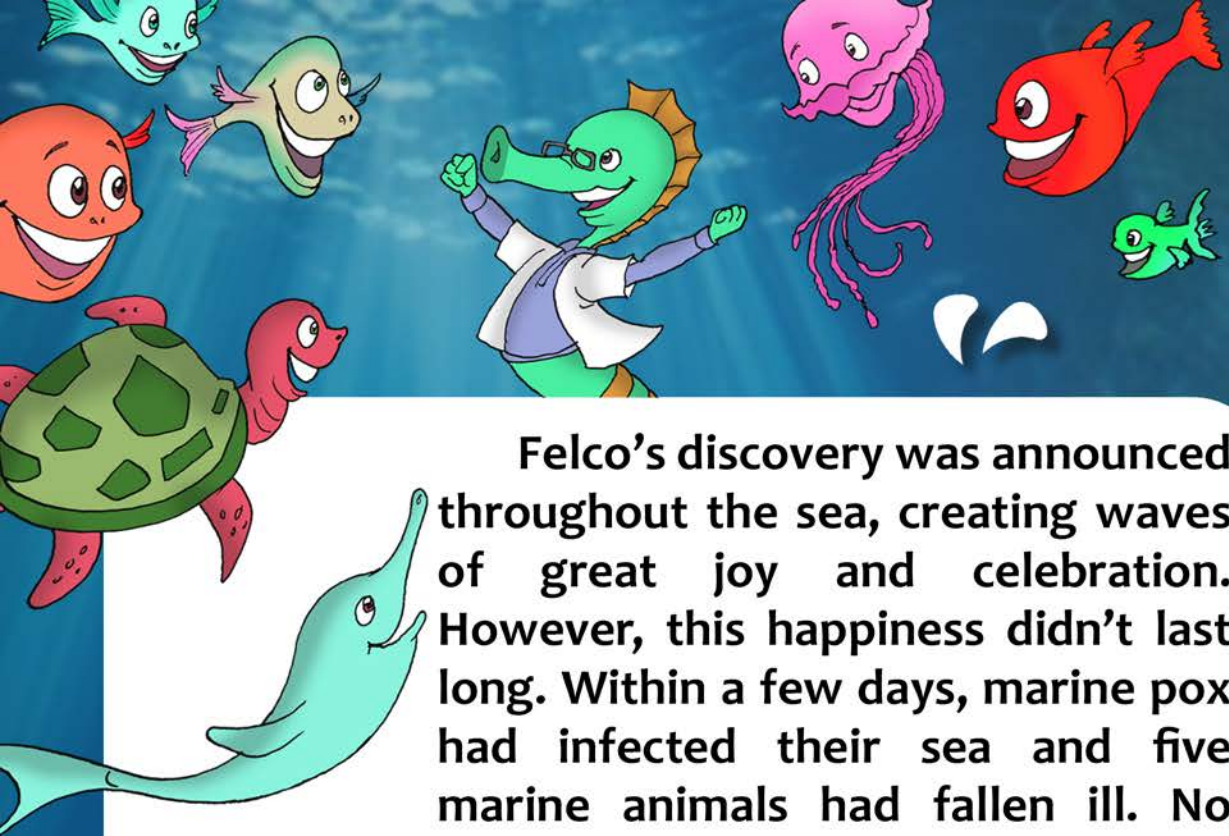
One day, while going through his father's notes, he came across a description of a plant called Melka. After reading about its properties, he thought, 'This plant will undoubtedly be of help to me.' He travelled far from home in search of this plant and eventually found it in a dark cave.



Felco was overjoyed after he brought the sample back and tested it in his laboratory. His uncle asked, "What happened? Why are you so thrilled?"

Felco replied, "Uncle, the medicine is ready! Our sea will be safe from marine pox. If only we can find a few more Melka plants to produce enough medicine, then our work will be complete!"





Felco's discovery was announced throughout the sea, creating waves of great joy and celebration. However, this happiness didn't last long. Within a few days, marine pox had infected their sea and five marine animals had fallen ill. No more Melka plants had been found, and the first batch of medicine was quickly running out.



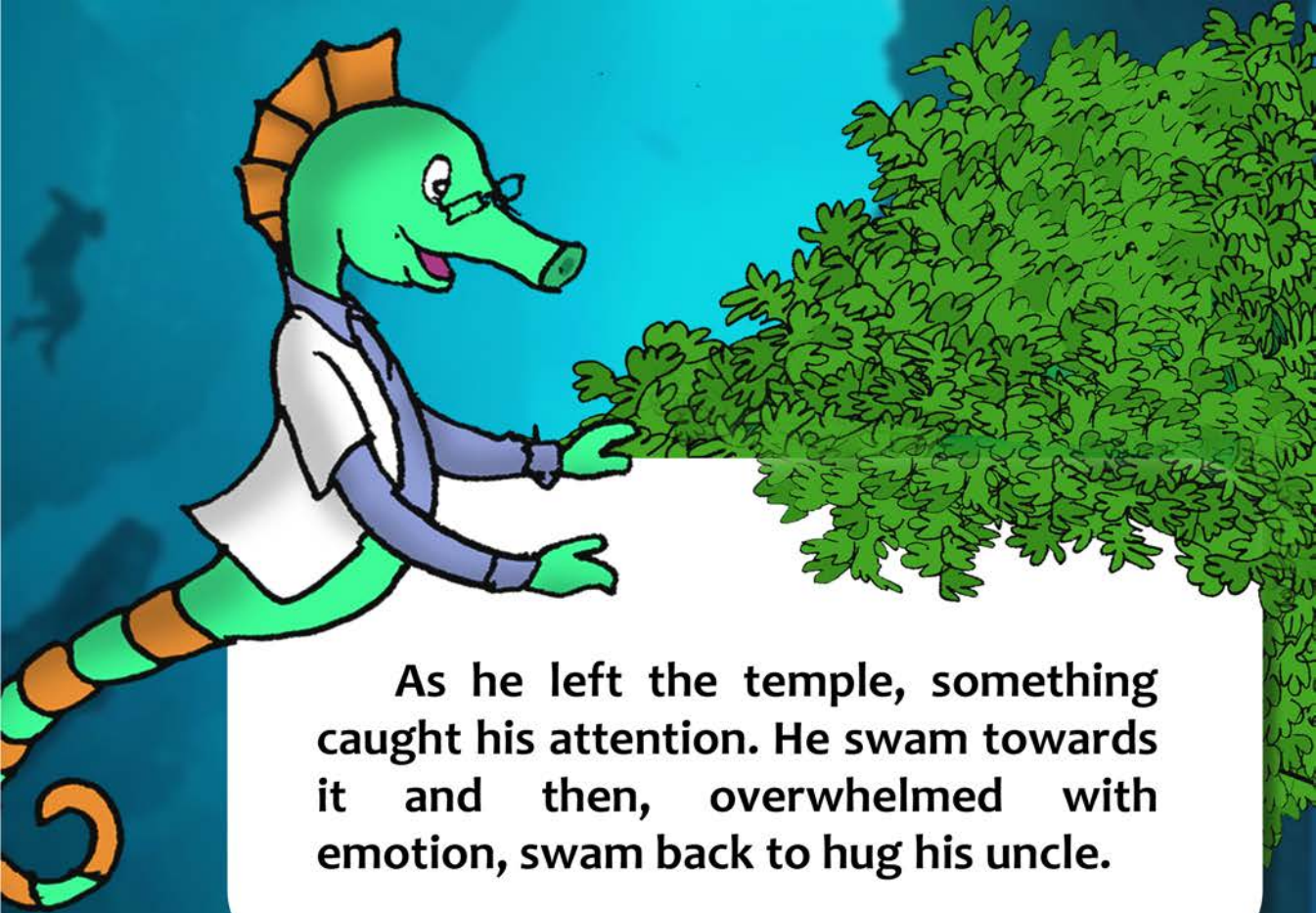
Felco was overwhelmed with worry and disappointment. "Uncle, what should I do? We discovered the medicinal plant and learned how to make the medicine. But if we can't find more of the plant, then how will we produce enough medicine?"



His uncle replied, “Dear boy, come to the temple with me. Let us pray to God together – perhaps we’ll find a solution.” Felco had no other option but to pray.



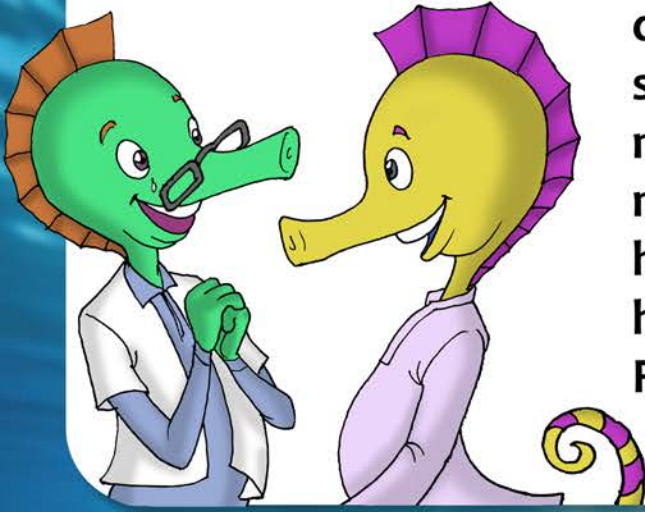
He went to the temple with his uncle and prayed earnestly, “O God, you know that I worked hard with all my heart to create this medicine. But due to a shortage of its ingredient, the disease is spreading. Please, show me a solution.” Felco’s eyes were filled with tears.



As he left the temple, something caught his attention. He swam towards it and then, overwhelmed with emotion, swam back to hug his uncle.



“Uncle, there are so many clusters of Melka plants here! I searched absolutely everywhere, except for this spot. Now, there will be no shortage of medicine. No one will die from marine pox. Uncle, the prayers worked like magic!” Felco cried tears of joy.



“No, dear. Prayers do not do magic. They simply led us to the one missing ingredient in making the medicine,” his uncle said, placing his hand lovingly on Felco’s head.



With the help of his friends, Felco used the Melka plants to produce more medicine, eradicating marine pox from his waters and the surrounding seas.



Theo and his friends were on a tour of Europe. After sightseeing in Germany, they arrived in Vienna, the capital of Austria. On their first day, they visited a beautiful church, where they all took a moment to pray. Rizo felt especially happy after praying.

Zoey: What happened, Rizo? Why are you so happy?

Rizo: Because I prayed. Whenever I pray, my prayers always get answered. Do you remember how I lost my passport before the trip? I found it after I



prayed. And before my exam, I didn't know how to solve several maths problems, but after praying, I was able to answer them. Even when I wanted a pair of shoes, I prayed, and then my mother bought them for me.

Zoey: Why would anyone pray for a pair of shoes?

Rizo: Well, I would. You're probably just saying that because your prayers don't get answered.

Zoey didn't respond. Just then, Theo announced, "The bus to the Albertina Museum is ready to depart."

There were beautiful paintings at the Albertina Museum. The guide there shared a story about a particular drawing, after which Giffy became so emotional that we ran out of tissue paper!

The story was about a famous drawing in the museum called 'Praying Hands,' created by the German artist Albrecht Durer.



Albrecht and his brother Albert had aspired to be artists since childhood. But their parents couldn't afford to send them both to art school. So, the brothers made a deal: one would attend school while the other found a job to support him, and as soon as the first brother completed his studies,



he would then work to support the other's education. To decide who would go first, they tossed a coin. Albrecht won the toss, so he went to school while Albert went to work.

Albrecht was highly intelligent and his artistic abilities soon surpassed those of his teachers. He learned a great deal in a short time and secured a good job. Meanwhile, Albert spent four years working in a coal mine to support his brother. After completing his education as agreed, Albrecht returned to Albert and said, "Brother, it is your turn to study. Now, I'll take care of you."

Albert replied, "My fingers have become completely deformed from working in the mine. I can no longer paint with these hands. But I'm very happy for you. Keep making progress."

One day, Albrecht overheard his brother praying with his hands folded, "O Lord, may my brother achieve highly in life. May he find great success."

Touched by this, Albrecht decided to draw a picture of his brother's hands. The sentiment behind the artwork was the following: 'My success is because of my brother's hands; his prayers and his




hard manual work.’ This drawing gained international fame. This happened 450 years ago, yet even today, copies of the ‘Praying Hands’ can be seen in homes and offices in many Western countries.



Thus, Giffy completely ran out of tissues after hearing this touching story. Zoey loved the story so much that she quickly wrote the brothers’ names in her little notebook and ran off to ask the guide some questions. In her excitement, she left her notebook behind. Rizo picked it up and as his gaze fell on the writing on the page, tears welled up in his eyes.

Zoey’s notebook was titled ‘My Prayer Book.’ She had written inside, *‘O Lord, my prayer is that you fulfil the prayers of all my friends.’*

At that moment, Rizo remembered how he had sneered at Zoey. He had been praying for material things for himself, while Zoey had only prayed for the wishes of others to be granted.



***‘O Lord, my prayer
is that you fulfil the
prayers of all my
friends.’***



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