

Dada Bhagwan Parivar's

March 2025

AKRAM Express



Intellect Vs Heart



Editorial

Friends,

A group of hungry and thirsty people were sitting in a circle. A large variety of food was placed in the centre. Each person was given a long spoon to eat the food. The spoon was long enough to reach the bowls of food, but it was impossible to then turn the spoon around to reach their own mouth. A child saw this and asked an elderly person who was there, “Why are these people looking so hungry?” The elderly person replied, “They are unable to eat the food because they are only thinking of themselves. What do you think they should do?” The child replied, “If they fed each other, then no one would remain hungry!”

What did the child possess that made him think of everyone’s benefit? Who is that within us that only makes us run after our own happiness? In this edition, let us find out the functions of the intellect and the heart through our *Gnani’s* understanding. Let us learn about the heart and the intellect through great stories, and take a step forward from where we are towards becoming hearty. Let us also see what happens in Aaloo and Chilly’s journey.

- Dimple Mehta

Akram Express

March, 2025
Year 16, Issue : 08
Conti. Issue No.: 186
Published Monthly

Contact at:
Balvignan Department
Trimandir Sankul,
Simandhar city,
Ahmedabad-Kalol Highway, Adalaj,
Dist. Gandhinagar-382421, Gujarat.
Phone: 9328661166/77
Email: akramexpress@dadabhagwan.org
Website: kids.dadabhagwan.org

Editor: Dimple Mehta
Published by Mahavideh Foundation
Simandhar City, Adalaj - 382421.
Taluka & Dist.- Gandhinagar.

© 2025, Dada Bhagwan Foundation
All Rights Reserved

Price Per Copy: NIL

Gnanis Say...



When you do not see other's mistakes then your heart blooms, and when you see other's mistakes then your intellect blooms.

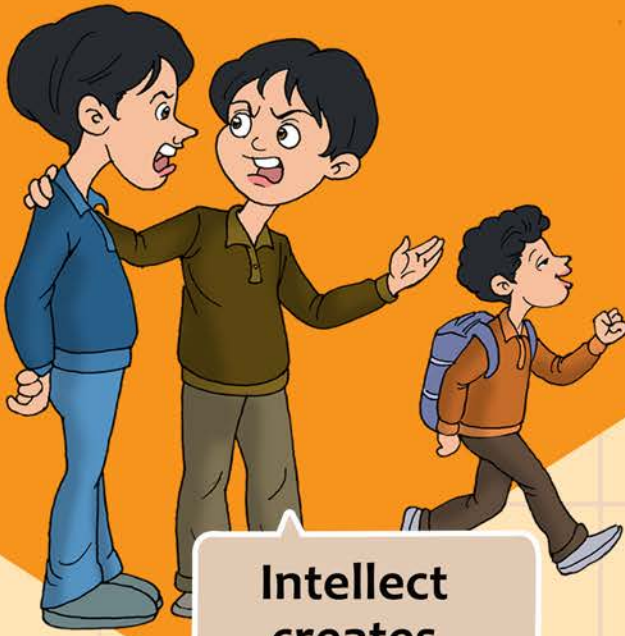
Hearty people feel that everyone is their person. They say, "Let us live lovingly. Let us not hurt each other. Let us not see each other's faults. Let us stay together and have no division." People who use intellect start comparing, point out differences and divide people. They will say, "Look, he made a mistake, didn't he? He will always do this and he does not understand. He needs to be straightened out."

A hearty person will say, "Let everyone receive happiness." A person with intellect will say, "Let me be happy. I do not care what happens to the others."

A hearty person looks after the benefits of others as much as their own. A person with intellect looks after only himself and the people who are on his side; he does not look after others.

A person with intellect always looks for profit and loss. He only thinks about his image, how he can look good and how everyone should praise him. A hearty person does not care at all about whether he looks good in front of others or not; they simply want everyone to benefit and will work wholeheartedly to achieve that.





**Intellect
creates
division**



**Heart brings
unity.**

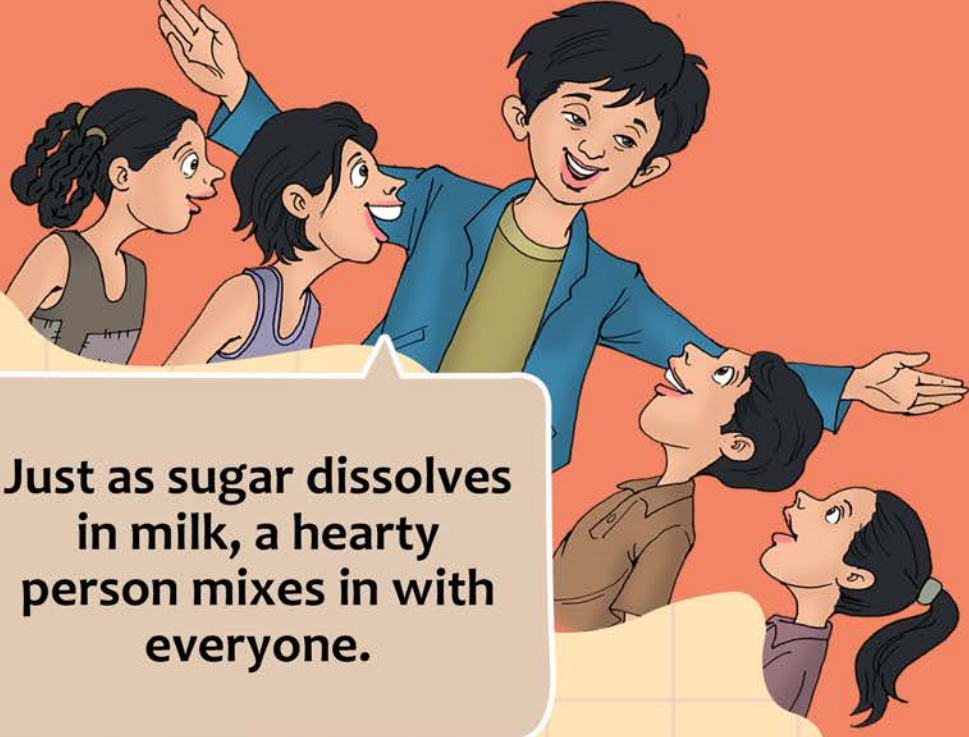
Absolutely New

And

Different!

**For each morsel of food
a hearty person gets,
they will give one to the
other person too. A
hearty person keeps
things equal for all.**



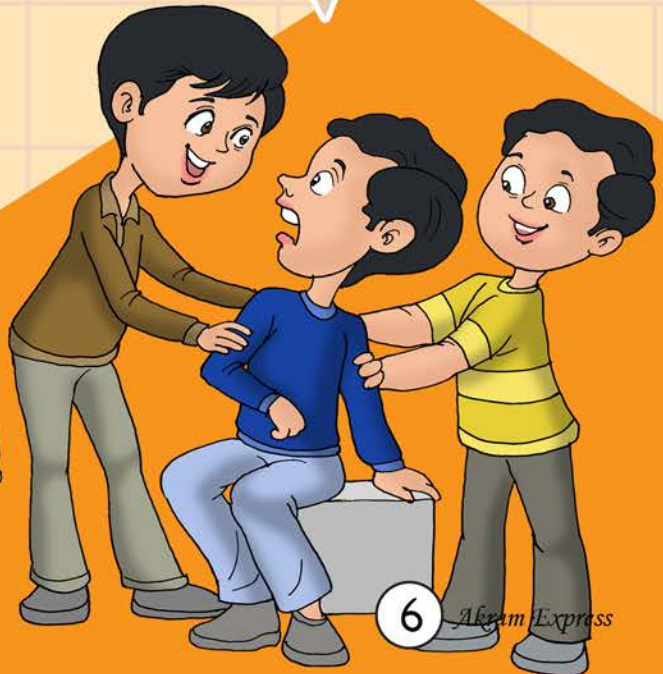


Just as sugar dissolves
in milk, a hearty
person mixes in with
everyone.

Absolutely New And Different!

A person with intellect
rattles like a stone. He
doesn't mix in and
always stands out.

People then pick
him out and put
him on the side.



At Times of Need...

Aunt Maya angrily told Urja, “Don’t you dare enter the house in that state!”

Urja stood at the entrance of the house fully covered in mud. Aunt Maya’s house was so clean that it would be difficult to find a single speck of dust anywhere. At that moment, Urja’s grandmother came running out with a towel.

“How did your clothes get so dirty, dear?” asked her grandmother, wiping the mud off her face and hands, and ushering her towards the bathroom.

“Sorry, Grandmother. Sorry, Aunty,” Urja said. “What happened was...” she started to explain, but Aunt Maya returned to her room without listening to her.

Young Urja had come to spend a few days at her aunt’s house during school vacation. Aunt Maya was a fashion designer and was very busy with her work most of the time. But Urja loved spending time with her grandmother.

“Grandmother, this is what happened... Brownie was stuck in a puddle of mud, and he was struggling to get out. I decided to help him out. Nikki warned me that I will get covered in mud, but I couldn’t leave Brownie in that situation. He looked frightened. I thought of Brownie wanting to go to his mother and how desperately she would be waiting for him,” said

Urja, her eyes wide with empathy.

Her grandmother smiled, “Oh, my dear Urja! You let this beautiful dress get spoilt to save a dog!”

“But it was more important to save Brownie than to save my frock, Grandmother.”

Urja's sincere eyes touched her grandmother's heart.

“Yes, yes... You did very well. Now, quickly come and get ready to become a masterchef,” said her grandmother.

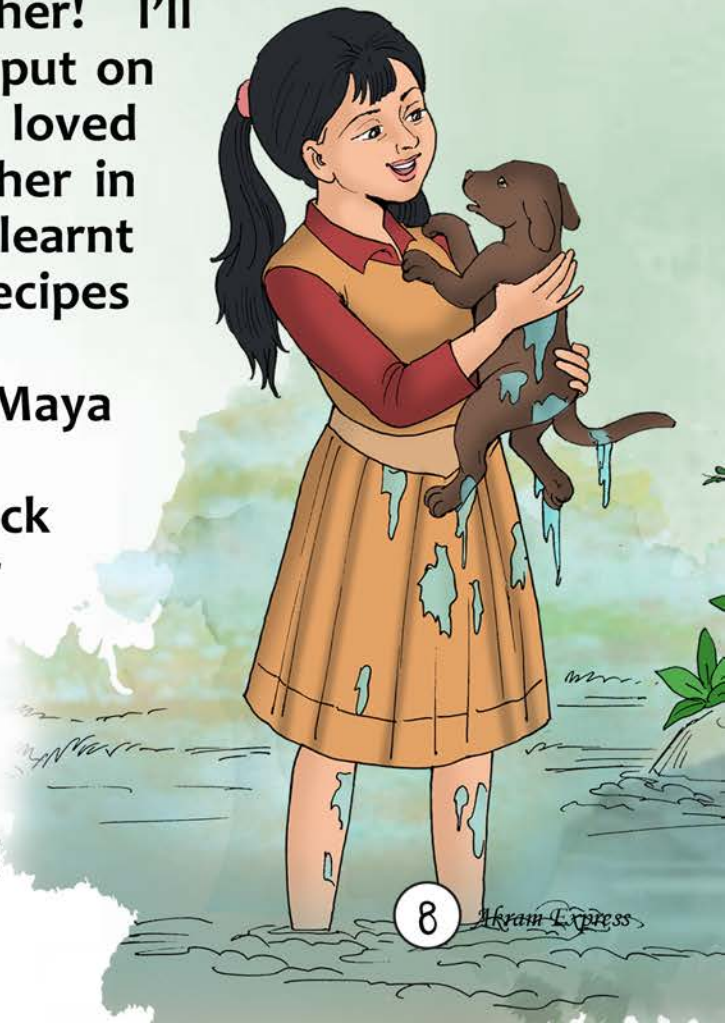
“What are we cooking today?” asked Urja, eagerly.

“Your favourite dish, *pav bhaji*,” answered grandmother. *Pav bhaji* is (vegetable curry served with buttered bread)!”.

“Wow, Grandmother! I'll quickly get ready and put on my apron!” Urja loved helping her grandmother in the kitchen. She learnt various different recipes from her.

Just then, Aunt Maya came out of her room.

“Mother, I'll be back home before dinner after finishing up some work,” said Aunt Maya. “Please, don't get upset with Urja. She has a very big





heart. She was only helping the dog,” Urja’s grandmother explained.

“This is not called being hearty; this is foolishness. First of all, Ms Mehta’s dog has become a pain, and now this girl is making friends with the street dogs! How do

I deal with all this?” said Aunt Maya as she left the house.

Urja and her grandmother started working in the kitchen. Urja helped with washing and chopping the vegetables.

“Grandmother, these tomatoes don’t smell so good. What shall we do?” asked Urja.

“You are right”, agreed her grandmother, as she smelt the tomatoes. “We have to throw these away, but we’ll need more. What shall we do? We can’t go to the market now.”

After thinking, Urja said, “Grandmother, Ms Mehta has a lot of tomatoes in her garden. Should I get them from her?”

“No, Urja. Ms Mehta had a quarrel with Aunt Maya. You can’t go to her house.”

“But it was Aunt Maya who had a quarrel with her. Ms Mehta always gives me a nice smile whenever she sees me. I can go to her house. But Grandmother, why did they quarrel?” asked Urja, curiously.

“I would tell you if there was a reason. They argue

about petty things. Last week, Ms. Mehta hosted a party at her house, and loud music was playing until late at night. Maya couldn't sleep and was late for work the next day. Because of this, she got angry with Ms Mehta. Maya is also allergic to their dog, Pluto. Even if their garden is dirty, Maya feels uneasy," said Grandmother with a sigh. Urja was listening to her intently and started making a plan in her head.

"We haven't even solved our own problem and here I am chatting about their fight," said Grandmother while throwing the tomatoes into the trash bin.

"Grandmother, don't worry, both our problem as well as Aunt Maya's problem will get resolved! There is *gulab jamun* (Indian sweet) in the fridge. I'll take them to Ms Mehta's house," said Urja as she packed the *gulab jamun* in a container.

Grandmother felt that Maya wouldn't be happy at all about this, but thinking that Urja was doing a good deed, her grandmother didn't stop her from going.

The doorbell was too high, so Urja knocked on the door, and Ms Mehta opened it.

"Oh, Urja, it's you! Come in, dear," Ms Mehta warmly invited her inside.

"Aunty, Grandmother and I were making *pav bhaji*,



but we ran out of tomatoes. Do you have any extra tomatoes?” asked Urja softly.

“Oh, I have heaps. Sit down, I’ll go and get some,” said Ms Mehta and then she happily went and got them from the garden. Urja gave her the *gulab jamun* box and said, “Aunt Maya made these *gulab jamun*. I’ve brought some for you.”

“Maya sent *gulab jamun* for me?” Ms Mehta was delighted and Urja was also relieved to see her smiling. Urja was only trying to fix the misunderstanding between the two, even though Aunt Maya hadn’t really sent the *gulab jamun*.

While leaving, Urja said to Ms Mehta, “Thank you, Aunty, and come visit us at home!”

The *pav bhaji* was very tasty and everyone enjoyed it to their heart’s content. Aunt Maya wasn’t too happy with the fact that Urja had brought the tomatoes from Ms Mehta’s house, but she didn’t say anything. She also had to go to sleep early because she had an important appointment at work the next day.

At 2 a.m., Maya woke up when she heard a dog barking loudly. ‘What a racket!’ she thought. She covered her ears with a pillow and tried going back to sleep.

Woken up by all the noise, Urja peeped out of her



window. She then rushed off to Aunt Maya, shouting, “Aunty, aunty, wake up! Brownie is barking outside!”

“Urja, is this what you’ve come to tell me in the middle of the night?” Aunt Maya said angrily.

“No, Aunty. The security guard is standing outside our house with Mr Mehta. I think they have caught a thief,” gasped Urja.

Aunt Maya immediately got up, startled. She wrapped a shawl around herself and ran out. Urja and her grandmother ran after her. Ms Mehta also came out of her house.

They found out that a thief had tried to enter Aunt Maya’s house. Brownie’s barking had woken up Uncle Mehta who had alerted the security guards.

“Thank you, Mr Mehta. Thank you so much. You saved our house from getting robbed,” Aunt Maya heartily thanked Mr Mehta.

“We should be grateful to this dog! All



that barking woke us up,” said Mr Mehta, laughing.

“Uncle, his name is Brownie!” Urja knelt down and patted him gently.

Aunt Maya looked at her phone and realised it was 3 a.m.

“Sorry, your sleep was disturbed because of us. You also have to go to work tomorrow,” Aunt Maya said, apologetically.

“That is not a problem, Maya. We have to help each other at times of need!” Ms Mehta said, holding Aunt Maya’s hand.

Hearing this, Aunt Maya felt a deep sense of remorse. When had she ever considered others’ problems as her own? She had quarrelled with Ms Mehta when she was kept awake at night because of her dog. She had always made sure that she didn’t have to suffer because of others and she had always secured her own safe side.

“You’re right,” Aunt Maya said gently, putting her hands over Ms Mehta’s hands.

Urja’s grandmother looked at Aunt Maya happily. Aunt Maya bent down and touched Urja’s head, and asked her, “Urja, should we take Brownie home and give him a treat?”



One Step

Towards Becoming

Hearty



Ever since Krish and Rish have learnt about being 'hearty', they've started doing a few things differently every-day. Such as...

Every day when they go to play, Krish would see shrivelled up plants. He was always in such a rush to play that he never spent any time watering them. But now he stops and waters them daily.

Rish goes every evening to chat with a lonely grandpa who sits by himself on the bench.





Krish shares his favourite sandwich with all his friends during break time.

Rish makes lemonade for his tired mother when she comes home from work.



So, will you also take one step forward towards being hearty like Rish and Krish. Let us know what you have done to become more hearty. We are waiting to hear from you

 **+91 9313665562**

On the morning of Chilly's singing competition, Aaloo had come to Chilly's house, but Chilly was not happy to see him. He told Aaloo, "Go to Koko's house!" And then without any reason, Chilly had hugged his mother and started crying. Now, let's hear from Parsley about what happened next.



We all arrived at the competition venue. Chilly hadn't said a word the entire way there. Usually, on the day of a competition, he would have given everyone a headache by singing songs constantly. Whenever Aaloo tried to speak to him, Chilly would just yawn. As soon as we arrived at the lake, we ran into Koko.



Aaloo and I wished Koko the best of luck. And then Chilly said, "Yes, Koko, best of luck! Has no

one come with you to see you win? Maybe they already knew that you would lose!” And then he gave his first smile of the day. I don’t know why, but I didn’t like that smile at all.

Hearing this, instead of Koko, Aaloo turned red. The last time he turned red like this was several years ago, when Aunty Ant had bitten his foot. So, I immediately started looking around for Aunty Ant. But then Aaloo retorted, “Who says that Koko is alone? I’m here to cheer her on. Koko, sing well and you’ll win for sure!”

Upon hearing this, Chilly’s eyes turned red as if a tub of chilli powder had been poured in his eyes.



Koko left. She was sobbing. Aaloo went after her. I turned around to wish Chilly the best of luck and bumped into his wing. His wing burnt me! I thought to myself, ‘Does Chilly have a fever? Why is he so hot?’ Then he shoved me aside and left.

I looked at my mother. Her expression was as if she too had been bitten by Aunty Ant. I found Aaloo and I heard him speaking to Koko.



Once their conversation was over, I asked him, “And what about Chilly?” Then both of us went to speak to Chilly before the competition. But Chilly fumed as soon as he saw us and said, “Why have you come here? Go to Koko. And Aaloo, I’m not going to sing our friendship song!” Before Aaloo could say anything, Chilly flew away.

Hearing what Chilly said made me feel like my feathers had been ruffled. He had been practicing this song for a month and now he didn't want to sing it!

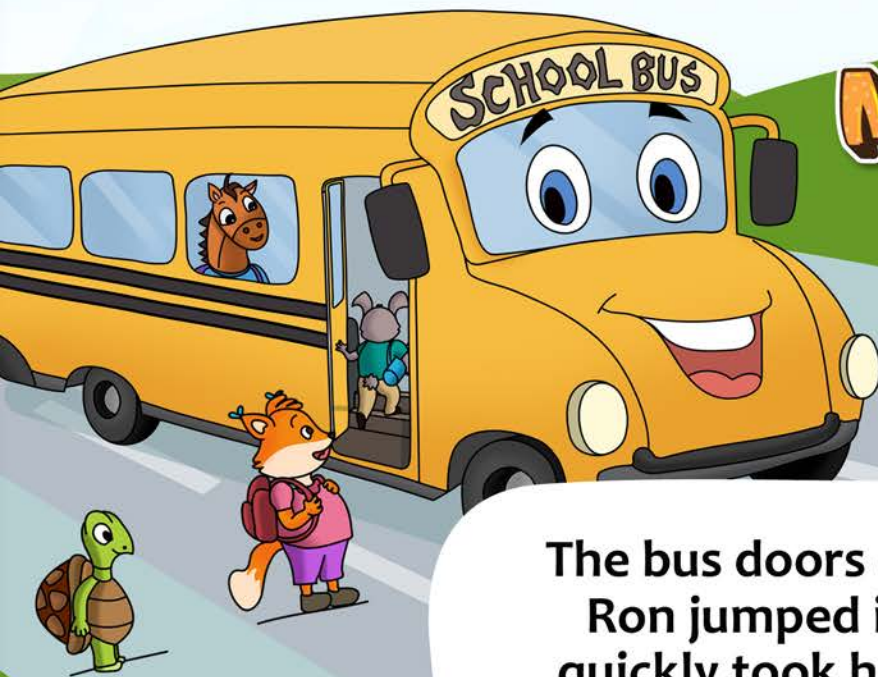


Aaloo said to me firmly, “It doesn’t matter what happens in the competition, but afterwards, we’ll have a party at Theo’s Café and everything will be fine.” The thought of the party cheered me up.

When I heard Chilly sing on stage, I couldn’t hold in my laughter. Chilly was singing in Hindi, “*Machhli Jal Ka Rani Hai, Jeevan Uska Pani chhe, Hath Lagavo Bi Jayegi, Bahar Kaadho Gujar Jayegi !*” Everyone who had come to watch the competition laughed so much that their stomachs started hurting. Chilly doesn’t even realise that he can’t speak Hindi properly. He would have won if this was a comedy competition!

Everyone by now must have known how the competition result would go. Seeing everyone laughing, Chilly looked at Aaloo. Aaloo wasn’t laughing at all. Even so, Chilly was looking at him angrily. He then left without waiting for the result.

Why did Chilly change the song? What were Parsley and Aaloo going to say to Chilly before the competition?



Magic Driver

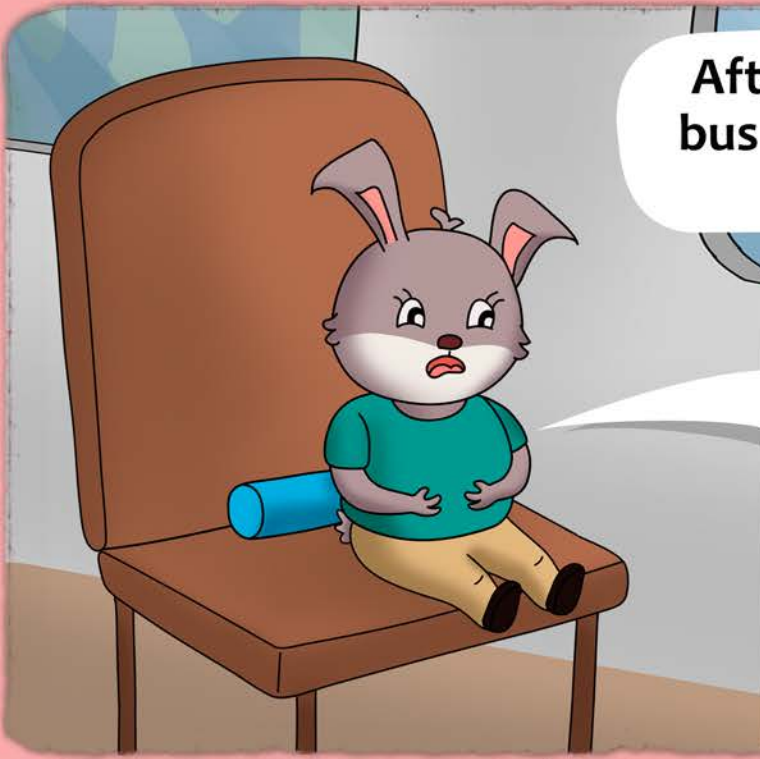
The bus doors opened and Ron jumped in first. He quickly took his favourite window seat.



Gradually, one after another, all the happy faces boarded and settled in the bus. Coco entered last and sat on the last seat in the bus.

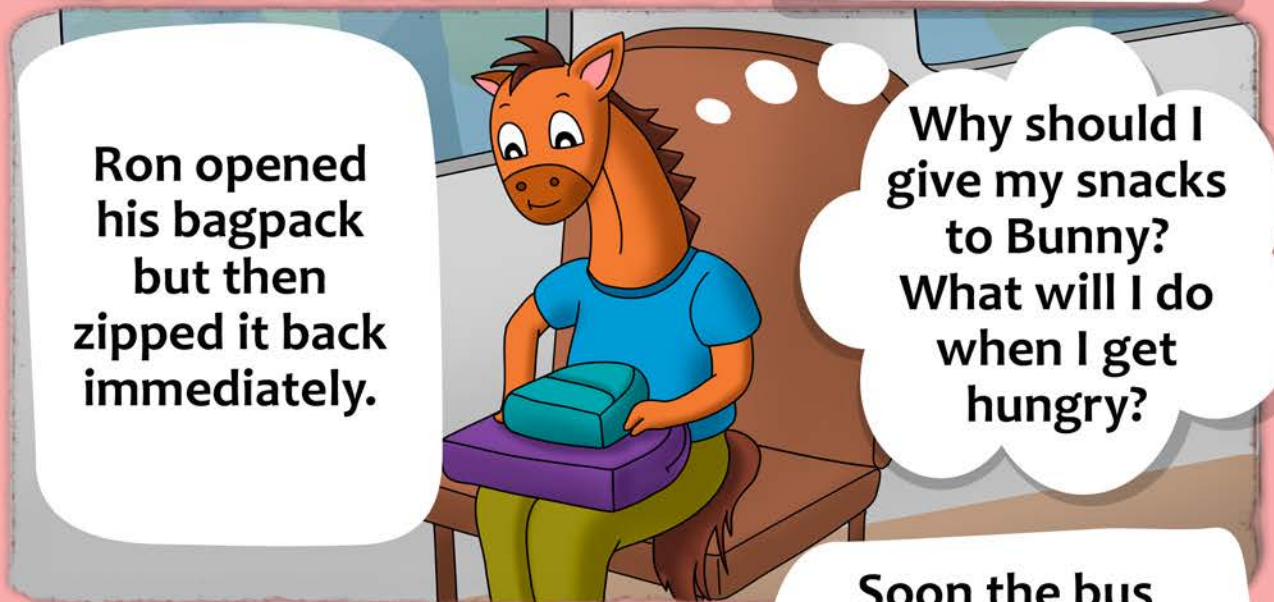
The first stop of the tour is the Dieseling Museum. Tomorrow, we will leave early in the morning for Zoro Mountain. For now, I hope everyone is ready for McZealand burgers!





After some time, the bus suddenly stopped with a halt.

Oh no! Has the bus broken down? I'm feeling dizzy from hunger. Does anyone have any snacks to eat?



Ron opened his backpack but then zipped it back immediately.

Why should I give my snacks to Bunny? What will I do when I get hungry?



Soon the bus started and was on its way again. Bunny ate to his heart's content at McZealand's. At the Dieseling Museum....

Everyone's bags were scanned at the entrance of the museum.

You can't take all these snacks inside.

Ron, you had so many snacks. Why didn't you give me any?

I completely forgot, Bunny.

Now I'll remember not to help you either.

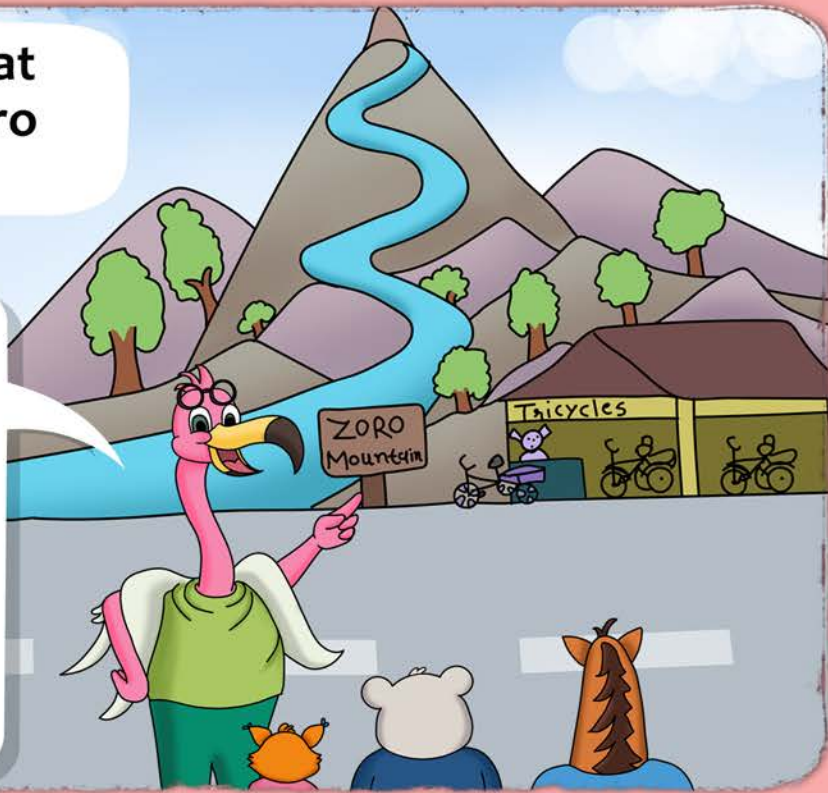
Everyone was excited at night...

I've heard that Zoro Mountain is magical!

It is beautiful too! There are different trails throughout the mountain. I can't wait until the morning!

The next day, at the foot of Zoro Mountain...

We've reached here on time. We'll get to the top of the mountain with the help of tricycles.



There is magic on Zoro Mountain. Everyone who reaches the top of the mountain before noon will get blessings to 'win in all situations' from the mountain deity.

Everyone became happy and were eager to reach the top.



Ron chose the best tricycle and Coco got the worst one.

Coco, will you take me up? I can't ride a tricycle.

Sure, Kian.



After a little while...

Hey! We're exhausted from all this cycling and look at that fatso! How did he get ahead of us? There must be some magic in his tricycle. Should we take it?



Ron stopped Coco.

Coco, can you please let us ride your tricycle for a little distance? We're exhausted and your tricycle is very fast.



Yes, sure
Ron. You can
take it.

But shortly after, Coco
was ahead of them again.




Coco and Kian received
the blessings from the
deity. Ron reached the top
after 12 o'clock.



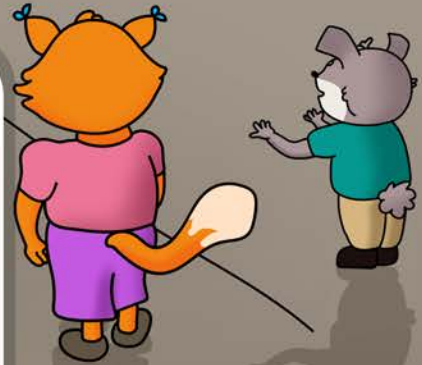
Coco's tricycle had
magic in it, right? That is
why they reached the
top early!





But even after exchanging the tricycles, how could he still reach so quickly?

The driver of the tricycle actually has the magical powers. The person who has a good heart can ride the tricycle at full speed without any effort.



But if you only think about yourself, then even after putting in all your effort, you'll get tired and won't be able to reach on time.

Oh! Now, Coco will win everywhere. What about us?

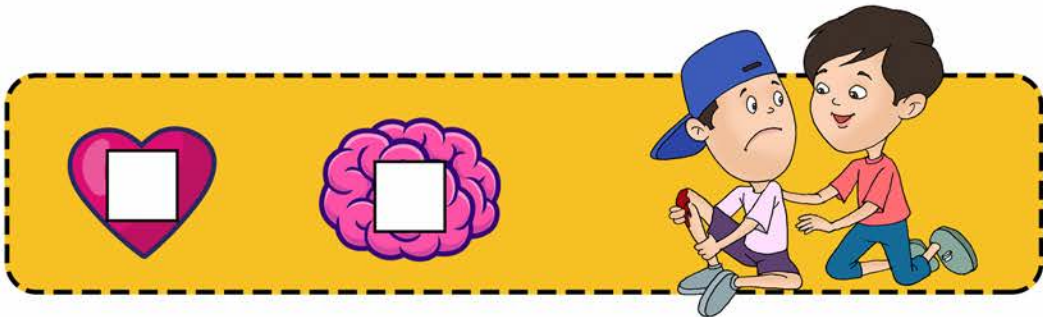
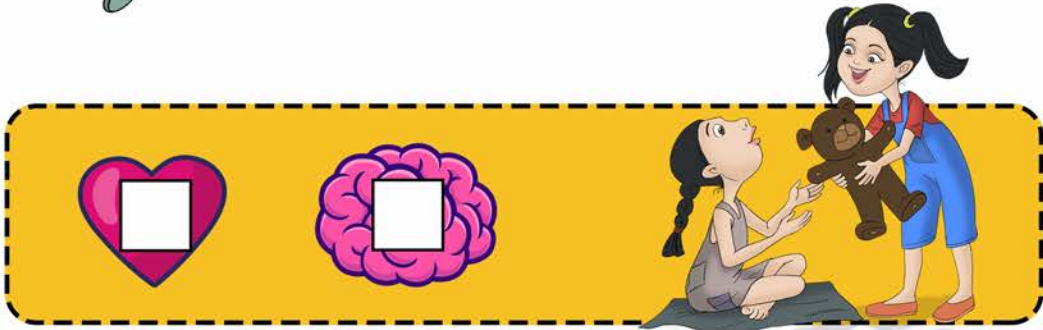
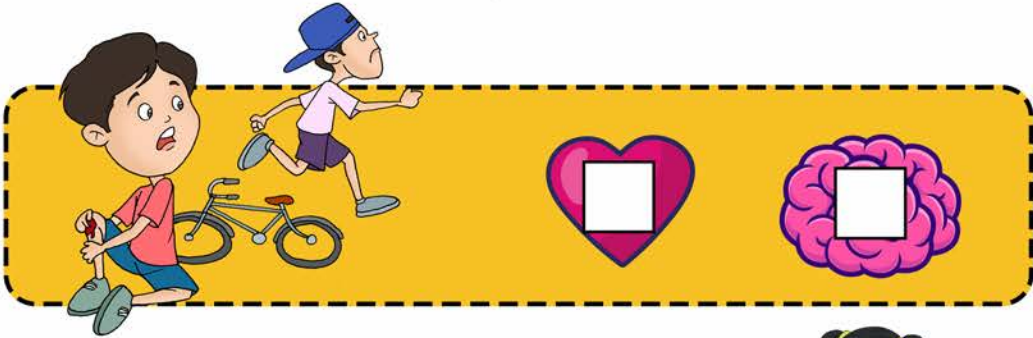
It is fine if you didn't reach on time today, but moving forward, remember to let your heart be the 'driver', then you'll be a winner everywhere.

Let's PLAY...

Find the items at the bottom of the page within the picture.



For each action below whether the action is done heartily or with intellect.





Last year, something unusual happened in the Didima jungle. Theo and friends completely stopped talking to Gullu, Toro, Cuffu and Momo. Forget about saying 'Happy Holi' - they didn't even look at each other on the day of Holi.

It so happened that Momo's uncle had sent everyone water sprays and colors. They had planned to play with water sprays on the day of Dhuleti (day after Holi). But on the day of Holi...

Rizo: Momo, you give the best water sprays to your friends Gullu, Toro and Cuffu. Why don't you give them to us?

Momo: When have I done that? You always see everything in a negative way.

And that was the beginning of their argument. The argument went so far that Rizo organised for everyone to go to Mumbai for *Gudi Padwa* (Indian festival), but left out Momo, Gullu, Toro and Cuffu. As a result, two groups formed in the jungle.

On the day of Dhuleti, Zoey made a delicious dinner for Rizo, Theo and Giffy. After dinner, she gave everyone cold masala milk with almonds, pistachios and



saffron. After drinking the milk, Giffy started crying and continued crying for a long time.

Zoey: What happened Giffy?

Giffy: I remembered that story after having this milk.

Rizo: Which story?

Giffy: The story of the Parsis. Did you know they came to India 1300 years ago? They came and settled in a village called Sanjan in Gujarat. A king named Jadi Rana used to rule that place at the time. The leader of the Parsis sent some of their men to the king and asked him, "O King, will you let us stay here?"

The king replied by sending them a glass full of overflowing milk.

Seeing this, the leader understood that the king was trying to convey that there were already a lot of



people, so he couldn't allow any more people to settle here.

The leader was very wise. In the same glass, he gradually added sugar and the sugar dissolved in the milk. They took the same glass back to the king. The king was very intelligent and tasted the milk. It was sweet. The king understood what the Parsis were trying to say, 'We will blend in with all these people, just as how sugar dissolves in milk.' The king was pleased and let them reside in the kingdom. From there on, the Parsis always lived peacefully and lovingly with everyone.

"The Parsis lived so peacefully, and look at us..." said Giffy, sobbing.

Rizo: I shouldn't have argued with Momo. I should have joined him to play Holi.

Zoey: Yes, I didn't even invite them for dinner today.

Theo: We still have one more chance to have them join us.

Rizo: Yes, we'll all go together to Mumbai to celebrate *Gudi Padwa*. I'll organise that for everyone.



Summer Camp

For Kids Sanskar
Sinchan Shibir 2025

Center	4 to 7 Yrs.		8 to 12 Yrs.	
	Date	Contact No.	Date	Contact No.
Sim city	13 April	9313665562	20 April	9313665562
Ahmedabad	30-March 19-April	8160628473	23 March 20, 21 April	9925094049
Amreli	-	-	27 April	9408898792
Baroda	20 April	9712981515	8 June	9998008435
Bharuch	-	-	27 April	8320710688
Bhavnagar	6 April	9409467181	18 May	9558860259
Bhuj	20 April	8461739612	27 April	9408246480
Dhoraji	-	-	20 April	9574046082
Gandhidham	-	-	20 April	9428310787
Jamnagar	20 April	9723147318	27 April	9723147318
Junagath	-	-	18 May	7984313397
Mehsana	18 April	8469264605	27 April	9427650382
Morbi	18 April	9725199144	27 April	9978633035
Mumbai	Borivali - 12 April Mulund - 12 April Ghatkopar- 13 April	8652890066	12, 13 April	9820161710
Rajkot	20 April	8849043362	18 May	7779023726
Surat	30, 31 March	9825233559	20 April	9574008498
Vijapur	-	-	4 May	8141461682
Veraval	31 March	8980483683	16 May	9712191887

1. It is mandatory to register at your nearest center in order to participate in the Summer Camp. Registration charges will be non-refundable.
2. The registration for the youth and kids will be done based on the pre-fixed dates as per their age and standard. The registration will be closed 5 days before the camp start date. Thereafter, additional tatkal charges will have to be paid for the registration.
3. For those in Simandhar City, registration will take place at the 'Store of Happiness', near the Trimandir from 5 p.m. to 6:30 p.m., and will be available until 5 days before the summer camp starts. Registration will start on March 22nd. For more info, call +91 931366556262

