

AKRAM Express



THE FRUIT OF PATIENCE IS SWEET



Editorial

Friends,

All of us, at some point or another, must have stood in a long line. Maybe it was for the school bus, at the doctor's office, at the swings and slides, or even at a window to buy tickets! While standing in a long line, we have all probably thought, 'When will my turn come?' But, shall I tell you a secret? If everyone waits for their turn with patience, then the line moves forward very quickly. Before we even realise it, our turn comes! If we start pushing and shoving, then the line slows down, and we lose some joy about the thing we were waiting for.

But, how do we get this patience? Let us find this out from the *Gnani*. Along with that, let us become 'Patience Champions' through some wonderful stories and activities. And yes, let us also find out what happened next in the story of Aaloo and Chilly.

- Dimple mehta



Happy
Birthady

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Gnanis Say...

Questioner: Dada says that patience is something we should learn. But how do we learn that?

Pujyashree: It [patience] will come by right understanding. You will understand it through *satsang*. Suppose rice and lentils have been put in a cooker to make *khichdi* and the gas has just been turned on. Then if someone says, “Hurry up! Give me food right now,” what will people say? “Be patient. We have just put the cooker on the stove.” After the cooker whistle blows, they say, “Give me the *khichdi* now.” We reply, “Let it

You can learn more about "circumstances" in the section, "When will my shoes arrive?"



simmer for a while. Sit quietly. Don't be in such a rush." We ask them to be patient, don't we?

Questioner: Yes.

Pujyashree: What are we [really] saying? To let the right time come. You can wish for something to happen right now, but things will happen only when all the right circumstances come together. Until then, you should be patient. You can decide, and when the right time and circumstances come together, you will get the result. Until that moment, remain patient.



When Will the Shoes arrive?



The shoes have been ordered. They will be here in five days.

Gnanis Say:
With the right understanding, one can remain patient.

Five days? I want them now!

Please be patient! I'm coming all the way from Bangalore. I have to be packed into a box, then loaded into a truck. Then I have to ride the truck through many kilometres of roads. What if there's traffic along the way? There may also be a few

traffic lights along the way. Then only after we reach the delivery man, can we make our final journey to your house.



Packing



Loading



Transport



Traffic



Stops



Delivery man

House



Oh! So many
circumstances? I'll
have to just wait
then.



Ta-da! I'm
finally here!

Ah...
finally!



COMPASS BOX



Pencil, Eraser, and Sharpener
were three very close friends.
Wherever they went, they were
always together.



The three close friends only played with each other.



Will you make
me your
friend too?

No way! We
don't need any
more friends.





First, go and ask those around you if they are ready to be your friends. And if they say no, ask them the reason why. After that, we will decide whether to make you our friend or not.

The pen was overjoyed.

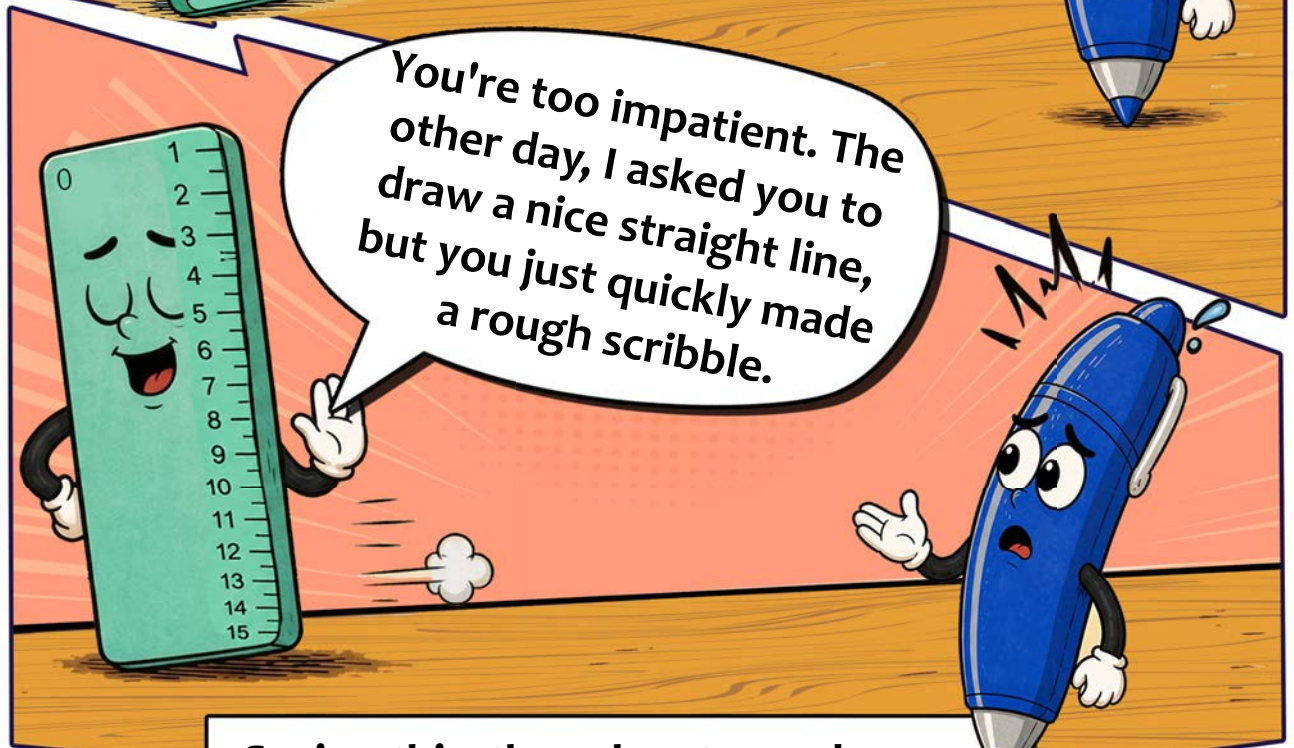


There are so many others living around me. Why would anyone say no to being my friend?

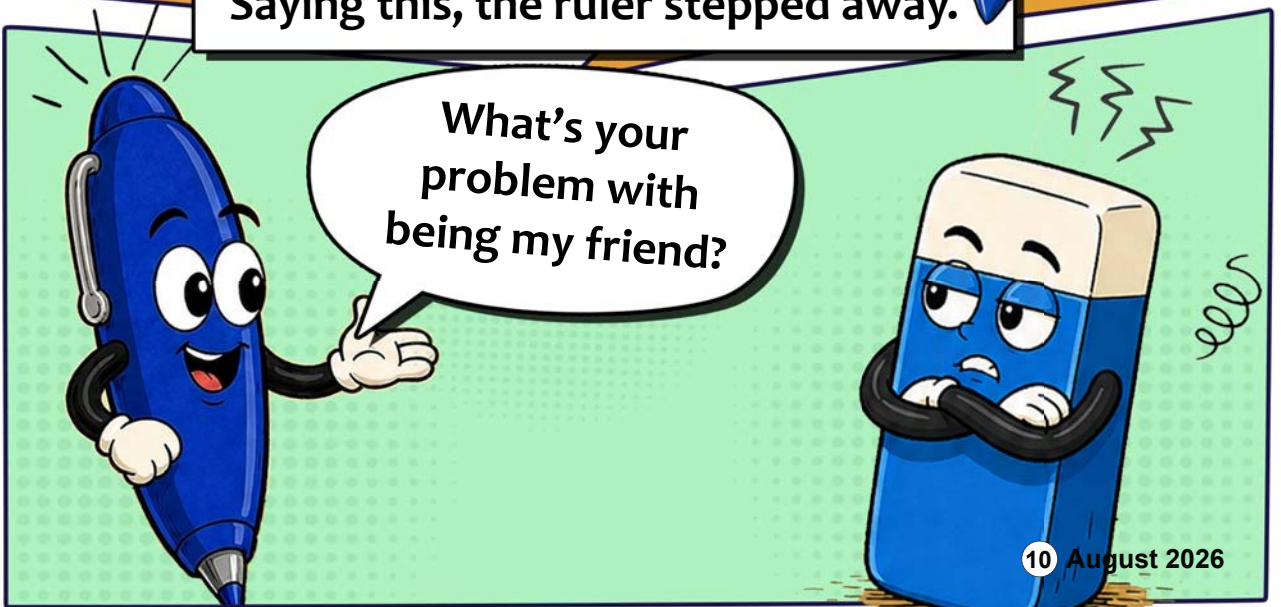


Will you be my friend?





Saying this, the ruler stepped away.



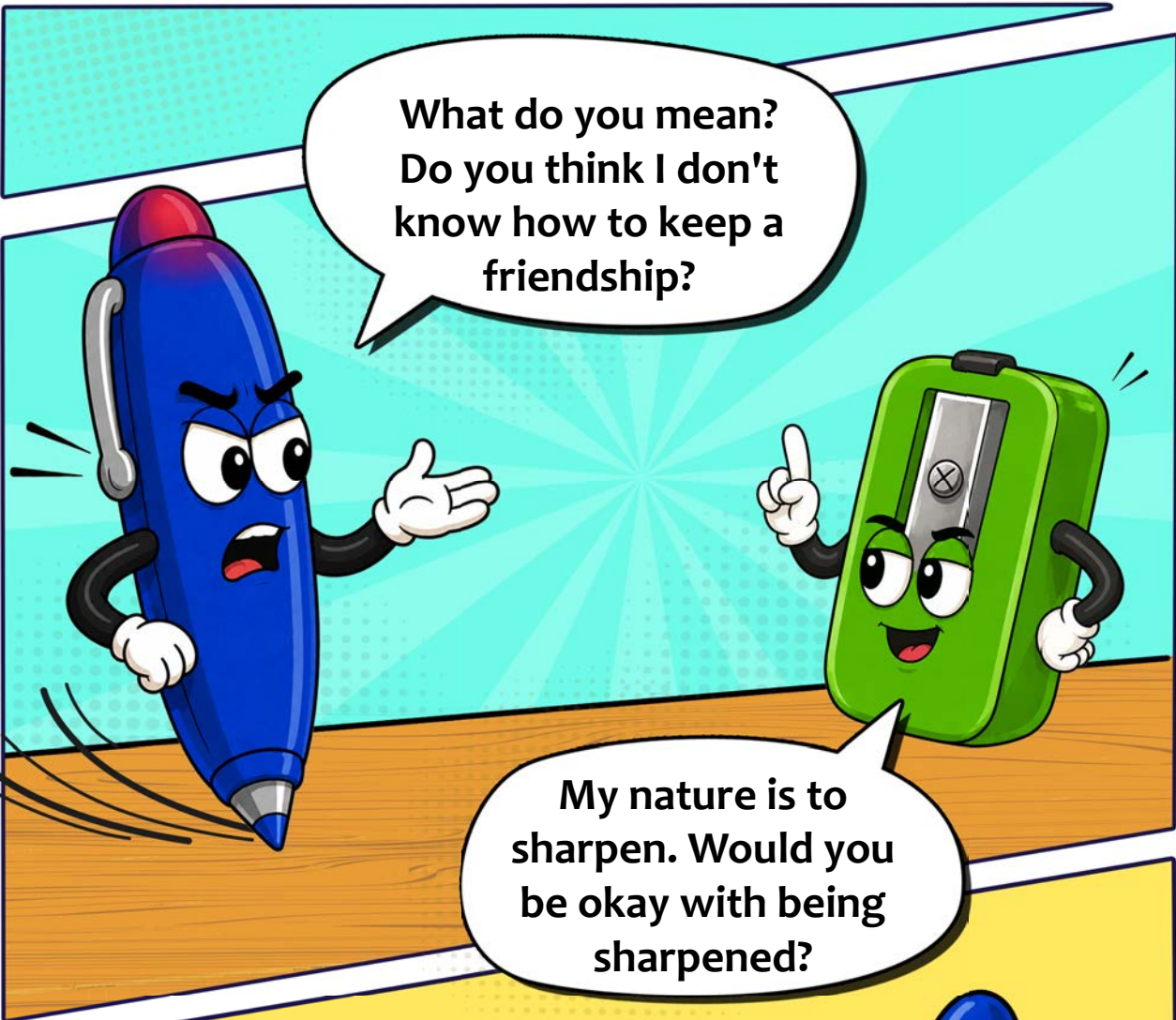
You're just too impatient! I've told you so many times to write slowly and calmly. But you rush it and make mistakes. Then you ask me to erase them. Even if I rub away until half of me is gone, your mistakes won't go away. That's why we can never be friends.



Sharpener, will you be my friend?

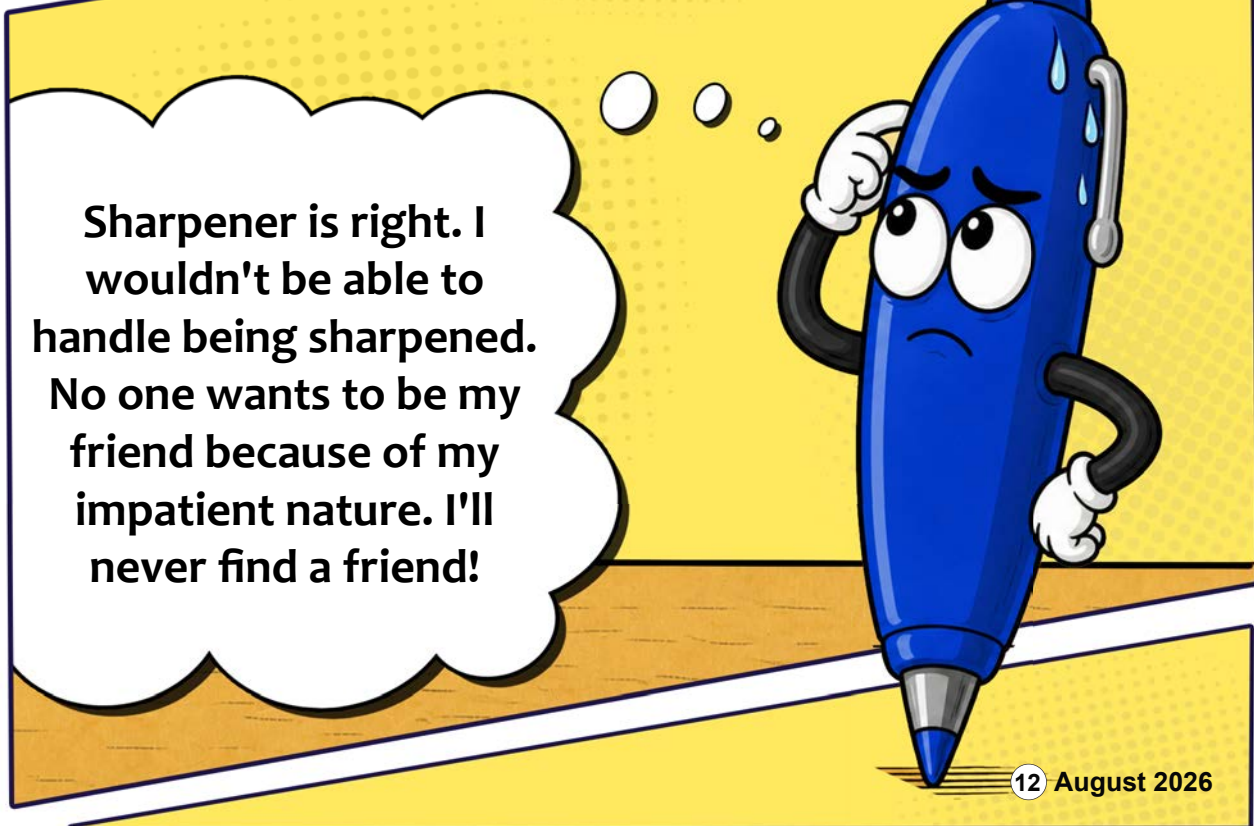
Look, the amount of impatience you have to make a friend, you'll need an even bigger amount of patience to maintain that friendship. Only then can the friendship last.



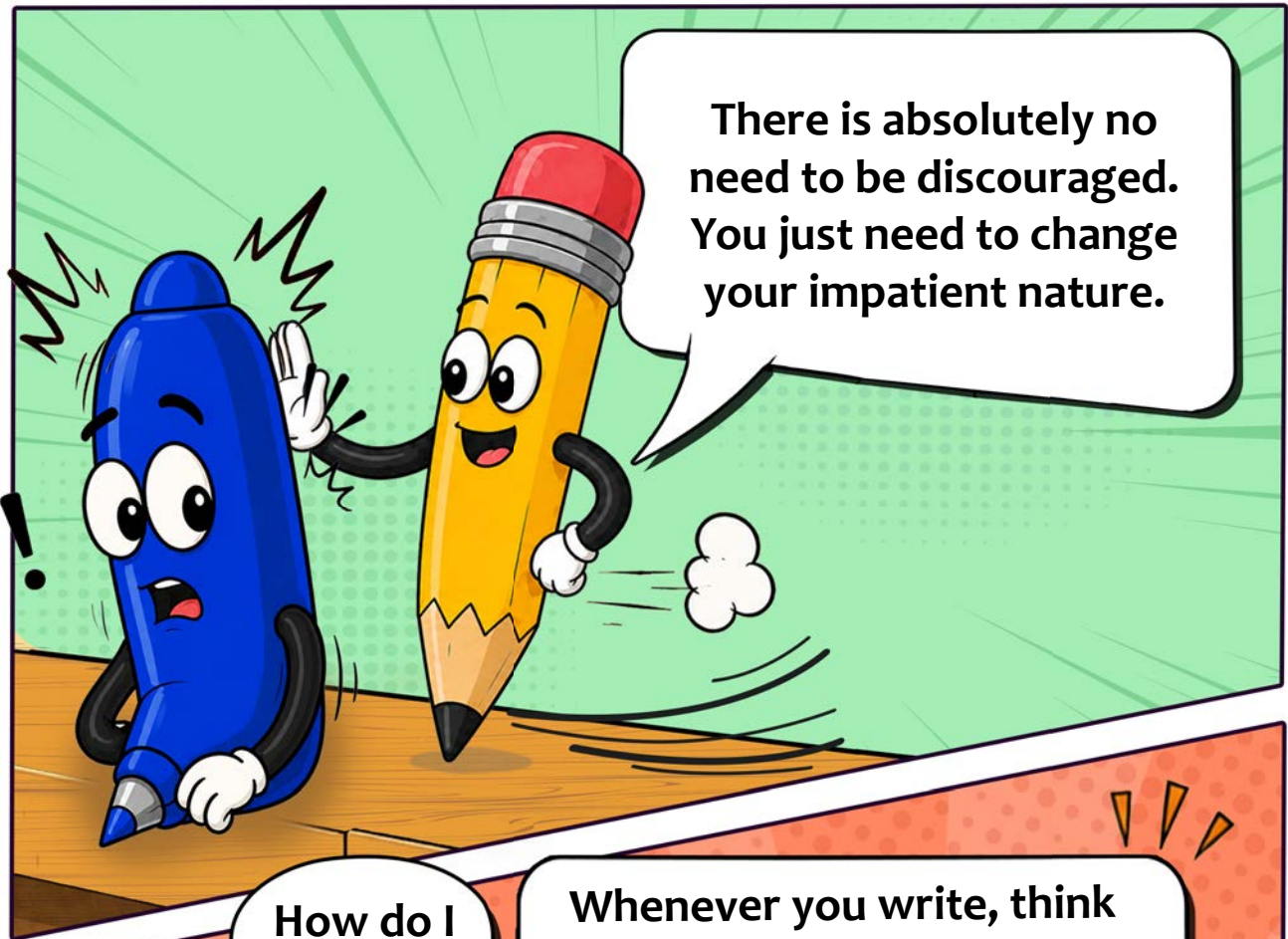


What do you mean?
Do you think I don't
know how to keep a
friendship?

My nature is to
sharpen. Would you
be okay with being
sharpened?



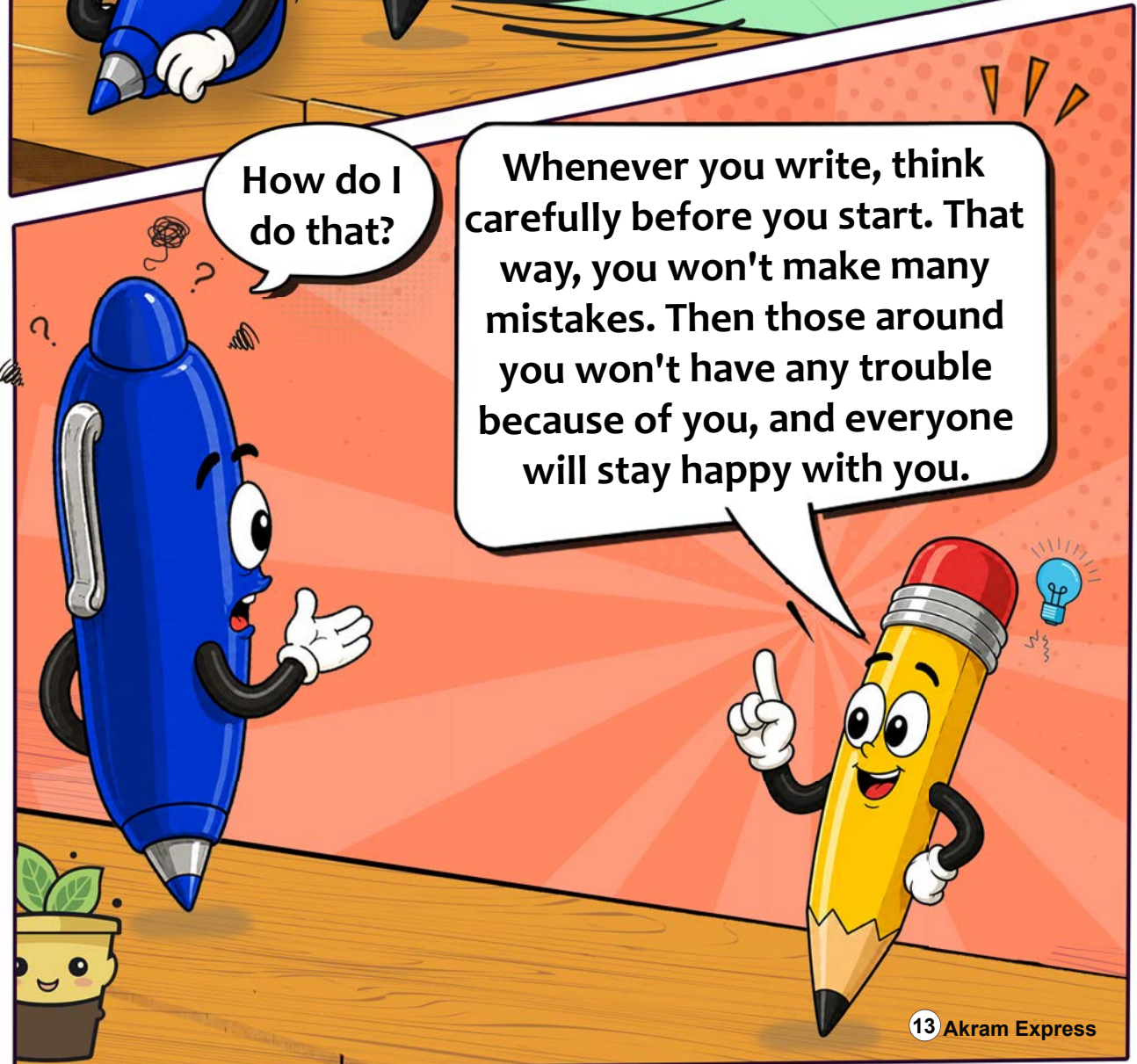
Sharpener is right. I
wouldn't be able to
handle being sharpened.
No one wants to be my
friend because of my
impatient nature. I'll
never find a friend!



There is absolutely no need to be discouraged. You just need to change your impatient nature.

How do I do that?

Whenever you write, think carefully before you start. That way, you won't make many mistakes. Then those around you won't have any trouble because of you, and everyone will stay happy with you.





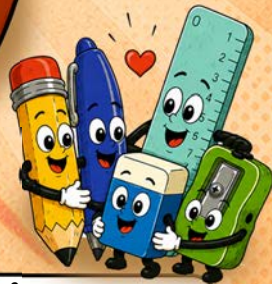
Oh, this is actually very simple! Have patience and find success. If I do this, then will everyone become my friend?



Before the pencil could even answer, everyone inside the pencil box shouted out together...



We're in need of a friend exactly like that!



Since then, everyone has been living together in the pencil box in perfect harmony.

Chilly did not understand why Aaloo kept taking Koko's side. To explain why, Aaloo had talked about the time when he had gone to Theo's cafe and heard crying sounds coming from a tree. Parsley was convinced it had been a ghost!



To read the Aaloo-Chilly stories all together...
Click Here : <https://dbf.adalaj.org/cnyyYHKc>

“Parsley, there are no ghosts in the jungle! You and Basil need to stop spreading these silly rumors!” Chilly said, sounding annoyed.

Aaloo, who acted like he didn't even hear Parsley, said, “Chilly, Koko was crying. She was sobbing. When you were just a little kid, you saw me crying by the pond and you knew exactly how I felt. You used to be the kind of person who could understand someone's pain without them even having to say a word, Chilly. But because of your jealousy, even after everything Koko said, you just couldn't see it. Theo and Giffy understood her feelings, but you couldn't,” Aaloo said sadly.

Chilly looked completely confused upon hearing this. Suddenly, Parsley started crying loudly and mumbled, “Toto... her mummy and hew best fwend awe faw away, she is so awone...” Just two minutes ago he was talking about ghosts, and now he was crying! He was crying so much that no one could even understand what he was saying.

Aaloo's hand got so sticky from Parsley's runny nose that you could have filled a whole bottle of glue with it!



Chilly looked at Aaloo and asked softly, “Why was Koko crying?”

Aaloo picked Parsley up, sat him on the windowsill, and asked, “Do you remember Koko’s song?”

"Friendship... what could this be? Koko is roaming alone and lonely. Will anyone ever like me? My heart makes a desperate plea."



**“But she isn't alone at all!”
Chilly said quickly.**

“I didn't know how lonely she was, either. Theo told me that Koko went there and cried every single night. Just one week before your competition, Koko's mum had to leave her here and move to the city because she got a job as a singing teacher at a big school. Not only that, but her best friend Kofi also got admission into that same school, so she moved away too. Koko was supposed to go with them, but she didn't pass the entrance exam. So, she was left all alone. Now, put on your 'best friend' hat, Chilly, and try to think about what must be going on in Koko's mind.”

“She must be feeling so lonely,” Chilly replied. “She probably thinks that she doesn't have any friends. She might feel like her mum won't love her anymore because she can't sing as well as her. She probably thinks Kofi will make new best friends now! Her confidence must be completely shattered.” Chilly spoke so naturally, it was almost as if he was feeling exactly what Koko was feeling. Hearing this, a little smile appeared on Aaloo's face. He knew that this was his real best friend - the one who could always put himself in someone else's shoes and understand their pain.



“Chilly, it made me really sad to see her crying all alone like that,” Aaloo said. “It reminded me of how lonely I felt when everyone used to tease me. And I remembered how you came up to me to be my friend. I thought to myself, just like Chilly became my friend and chased all my sadness away, I’ll chase away Koko’s sadness too! And that is exactly why I took two Chilly Shakes that day instead of one. One for you, and one for Koko! I wanted to let Koko know that she isn’t alone!”



Oh! How must Koko have felt? Will Chilly now understand his mistakes? Will Chilly make friends with Koko?



The cold of winter had begun. In the Jharmar Forest, all the animals would head out for some exercise early every morning. Dr Elephant had made this a strict rule for everyone. Those who liked to run could run, those who liked to walk could walk, and those who liked to crawl could crawl. The birds were allowed to fly. Even in the winter, everyone had to wake up early.

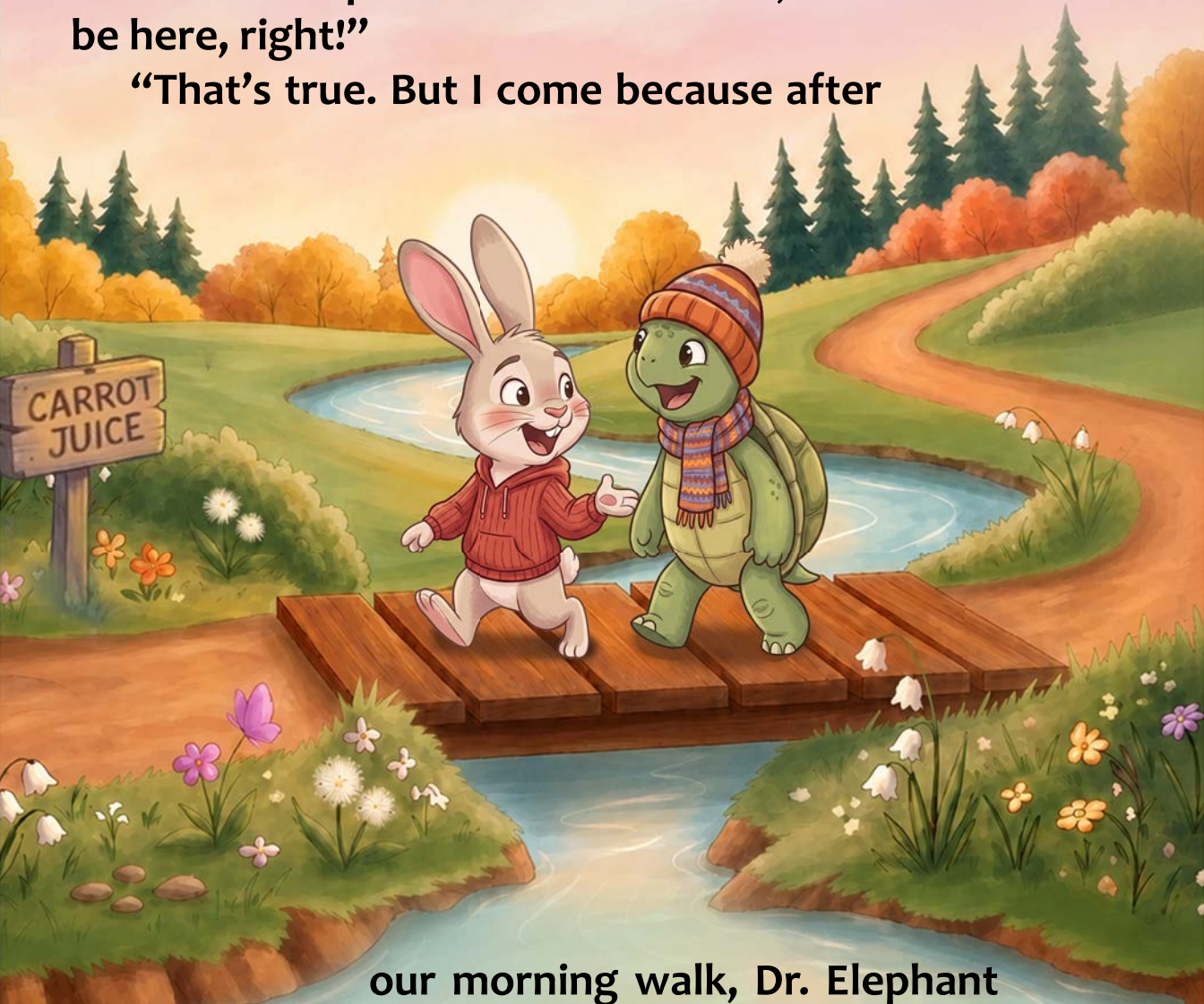
Mr Owl and Mr Fox found it a little hard to wake up so early in the morning. But, they had so much fun playing with everyone while wandering out and about, that they didn't want to miss out!



In this forest, Mr Rabbit and Mr Tortoise were the best of friends. One day, while they were walking together in the morning, Mr Rabbit asked, “Friend, tell me one thing. Why do you come for a walk every single morning?”

Mr Tortoise said, "Oh! Everyone knows the answer to that. Dr Elephant told us to come, so we all have to be here, right!"

“That’s true. But I come because after



our morning walk, Dr. Elephant gives everyone juice to drink. I love carrot juice so much. I come just for that. Now you tell me, why do you come?” Mr Rabbit asked gently.

Before Mr Tortoise could even give an answer, Dr Elephant, who was walking behind them, said, “Hmm...

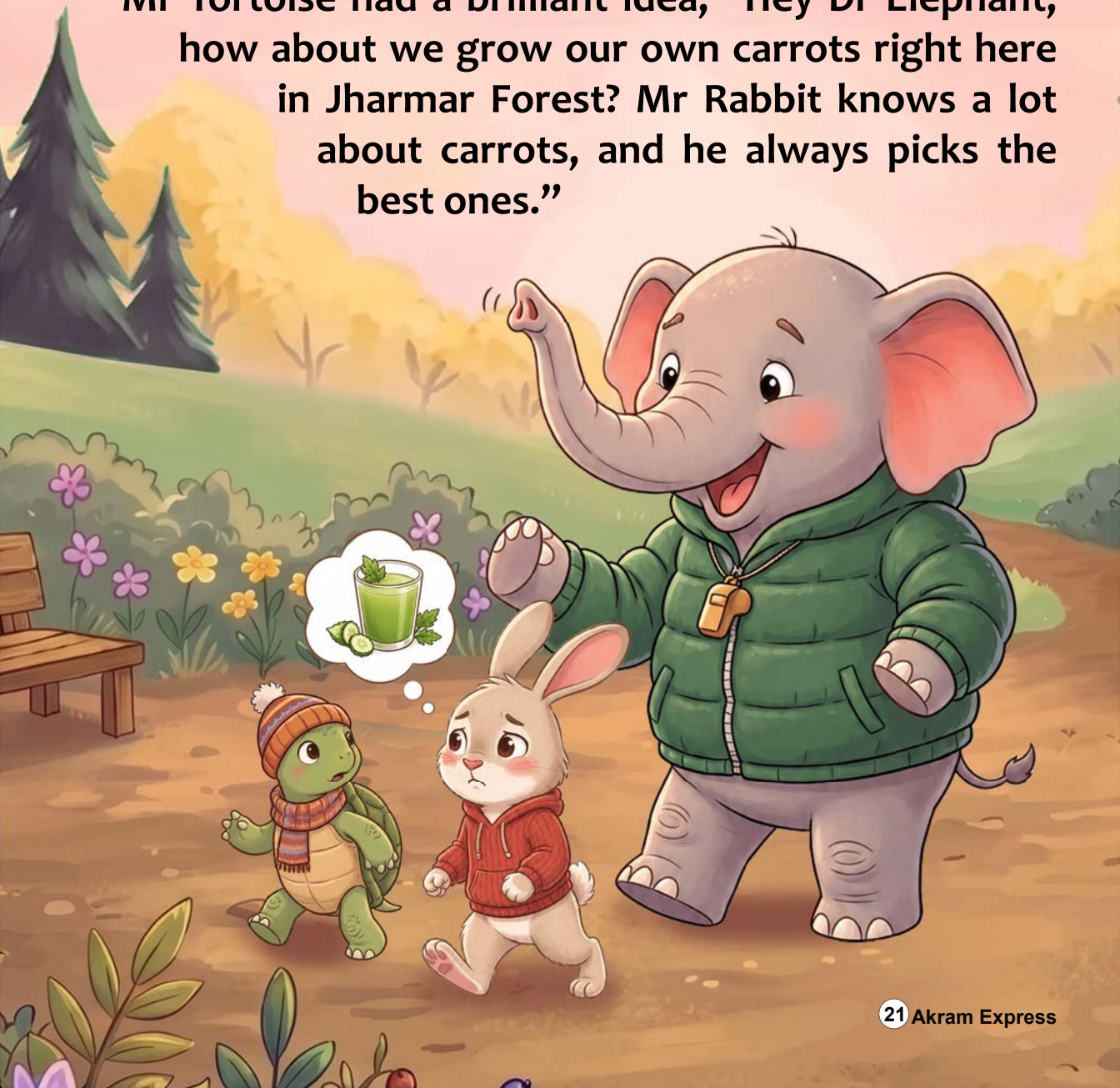
now I understand. But I have some bad news for you - you won't be able to get your favourite carrot juice for a few days!"

"Why?" Mr Rabbit asked in a worried voice.

"The carrots that come from the nearby forest won't be available for a few days. So, for a short period, you will have to manage with bitter gourd juice instead," explained Dr Elephant.

Mr Rabbit looked at Mr Tortoise with a very sour face, as if he had just drunk the bitter gourd juice.

Mr Tortoise had a brilliant idea, "Hey Dr Elephant, how about we grow our own carrots right here in Jharmar Forest? Mr Rabbit knows a lot about carrots, and he always picks the best ones."

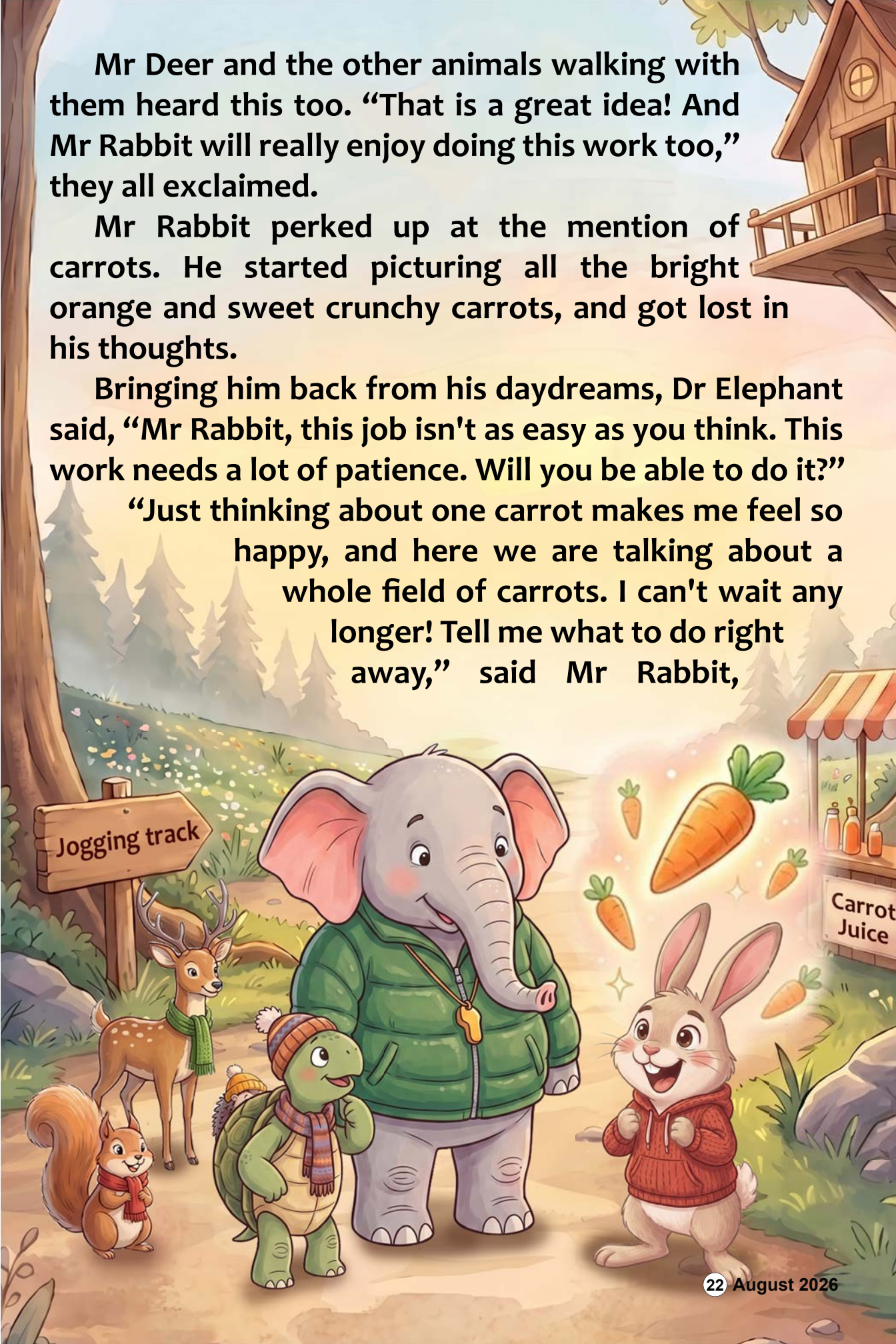


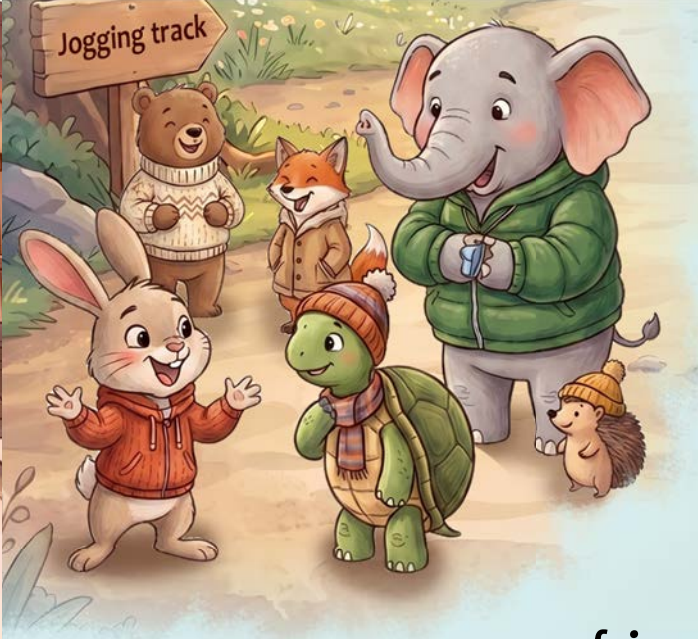
Mr Deer and the other animals walking with them heard this too. “That is a great idea! And Mr Rabbit will really enjoy doing this work too,” they all exclaimed.

Mr Rabbit perked up at the mention of carrots. He started picturing all the bright orange and sweet crunchy carrots, and got lost in his thoughts.

Bringing him back from his daydreams, Dr Elephant said, “Mr Rabbit, this job isn't as easy as you think. This work needs a lot of patience. Will you be able to do it?”

“Just thinking about one carrot makes me feel so happy, and here we are talking about a whole field of carrots. I can't wait any longer! Tell me what to do right away,” said Mr Rabbit,





getting very excited as he spoke.

“Mr Rabbit, hurrying a mango tree will not make it give mangoes any earlier. Have a little patience,” said Mr Tortoise, trying to explain things to his friend.

“Maybe mangoes don’t grow in a hurry, but everyone will be surprised to see how quickly Mr Rabbit’s carrots grow!” Mr Rabbit replied in a very excited voice.

Hearing this, everyone burst out laughing.

After that, in Jharmar Forest, Mr Rabbit started his carrot farm with help from Mr Tortoise and guidance from Dr Elephant. The hard work and patience of the two friends paid off. Such wonderful carrots grew that all the animals of Jharmar Forest enjoyed drinking carrot juice.





Thus, the winter season came to an end.

From then on, at the start of every winter, Mr Rabbit quickly got to work. A few years passed by very nicely like this. Then one day, a thought came to his mind, “Now that I know how to grow such wonderful carrots, the other forests nearby should also get to enjoy them.”

When Mr Tortoise found out about this, he tried to reason with Mr Rabbit, “Friend, your idea is good. But we don't have enough land to grow that many carrots.”

“No need to worry about such a small issue. We'll just pull the carrots out in half the time it usually takes. That way, we can grow double the crop on the same piece of land!” Mr Rabbit said, explaining his whole plan.

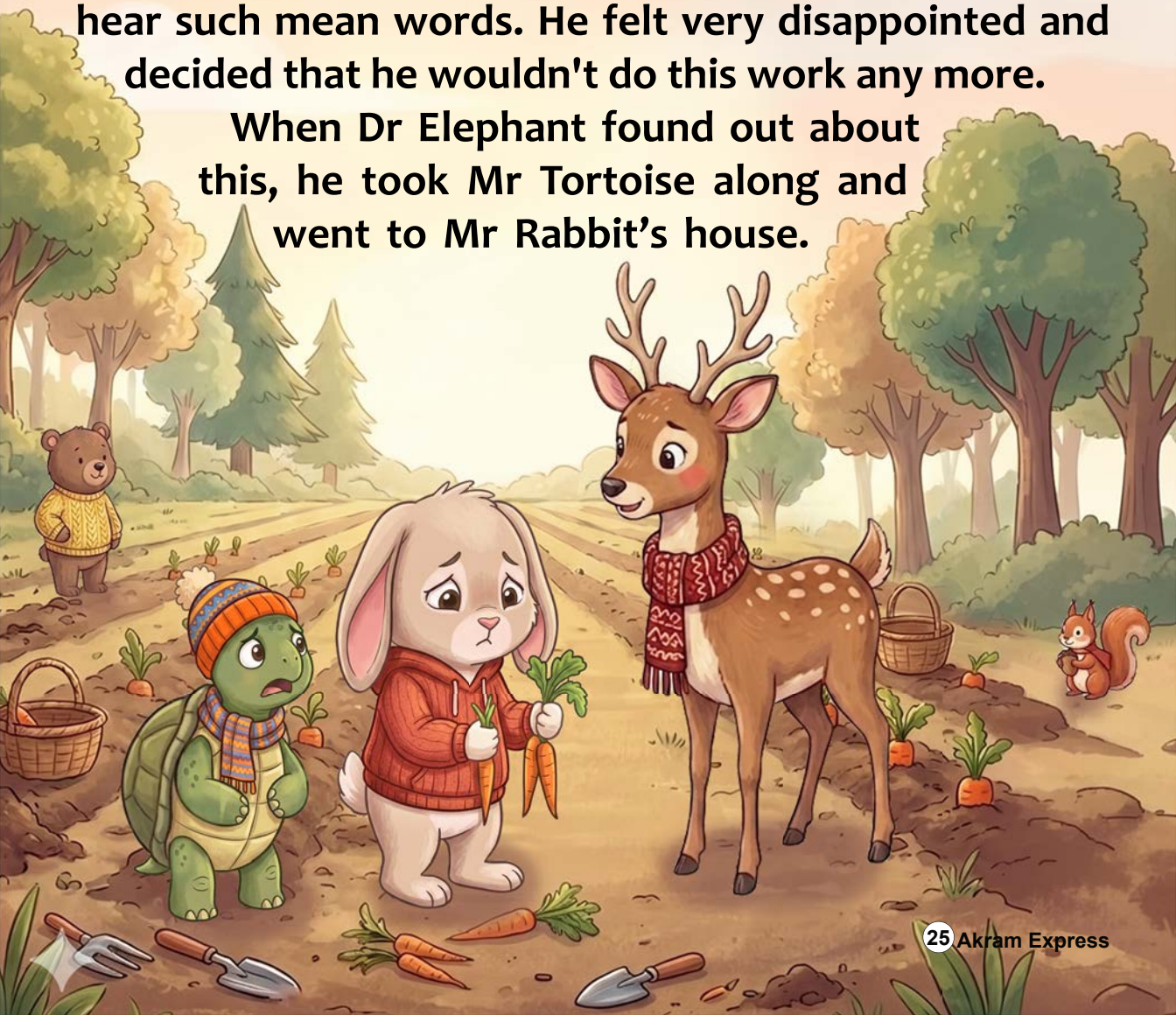
This time, Mr Rabbit followed his new plan. He

pulled the carrots out of the ground early and planted new ones right away. This way, he grew double the usual number of carrots. He even sent them to the nearby forests. But, the carrots weren't big and sweet like before, and not enough juice could be made from them. Nobody liked these carrots at all.

Mr Deer from Jharmar Forest went to Mr Rabbit one day and said to him, "Mr Rabbit, you should just stop growing the carrots now. Very soon, everyone will choose to drink tomato juice or bitter gourd juice instead of your carrot juice!"

Hearing this made Mr Rabbit very angry. He felt that it was better to stop growing carrots altogether than to hear such mean words. He felt very disappointed and decided that he wouldn't do this work any more.

When Dr Elephant found out about this, he took Mr Tortoise along and went to Mr Rabbit's house.

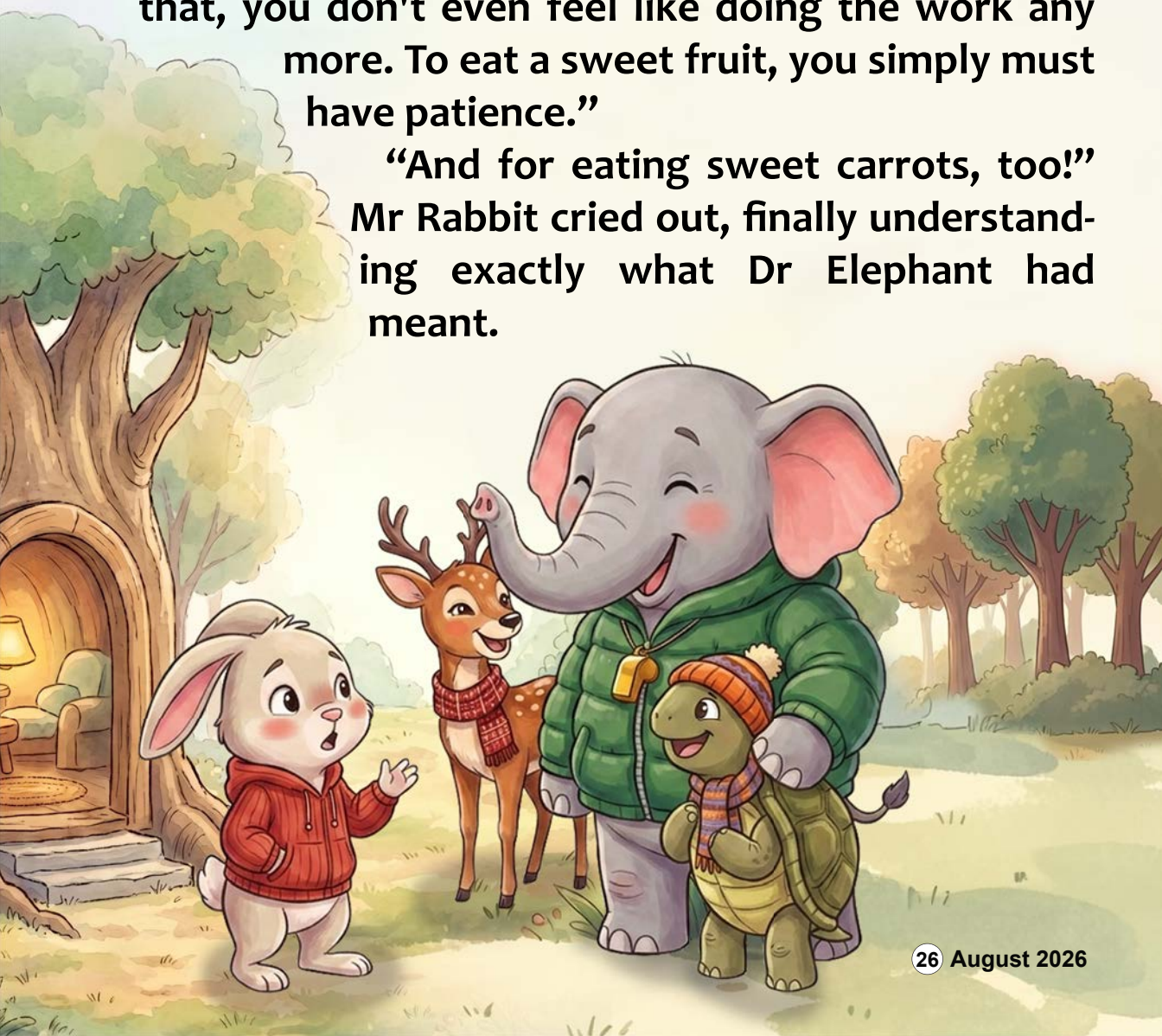


He said, “Mr Rabbit, in four days, there’s going to be a huge celebration in Jharmar Forest. We urgently need carrots for it. You’ll be able to grow enough carrots by then, won’t you?”

Mr Rabbit said in total surprise, “Dr Elephant, how can this work be done in such a hurry? For that, one must have some patience!”

Upon hearing this, Dr Elephant and Mr Tortoise burst out laughing. They both said together, “That is exactly what everyone was trying to explain to you - that haste makes waste! Doing things in a hurry spoils the work, and then you just end up disappointed. After that, you don’t even feel like doing the work any more. To eat a sweet fruit, you simply must have patience.”

“And for eating sweet carrots, too!”
Mr Rabbit cried out, finally understanding exactly what Dr Elephant had meant.

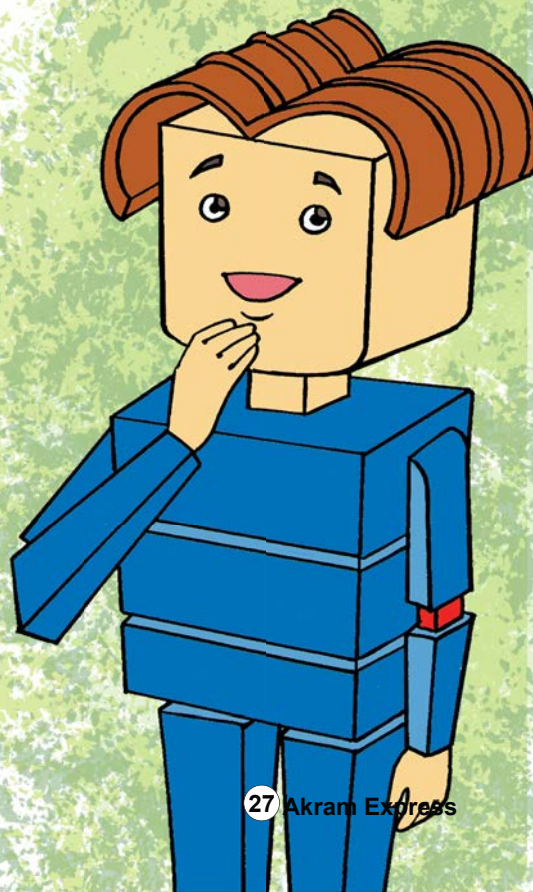




It was a fine sunny day in Orrington and all the orig children were happily walking in pairs, through ‘Orpine Woods’. Everyone was excited and the air was filled with lively chatter.

“I love outdoor class trips,” said Ollie, nudging her partner Patrick. Ollie was stubborn in nature. Her blue eyes and super curly hair gave her a unique appearance.

Patrick had smooth hair and big brown eyes, which suited his sturdy square face. By nature, Patrick was calm and patient.



Ollie suddenly noticed something moving in the grass next to them.

“Ah look!” she gasped, pointing to a delightful little rabbit, but before Patrick could answer, she ran off after it.

“OLLIEEEE! COME BACK!” pleaded Patrick. As he ran after her, his round face turned flushed.

“OLLIEEEE...! STOP! PLEEEASE...!” he repeated, trying to gather speed, but there was no stopping her. Just then, Patrick noticed Percy and Joanna running beside him.

Wondering what trouble they would be in, once the teacher found out, he was a little afraid.



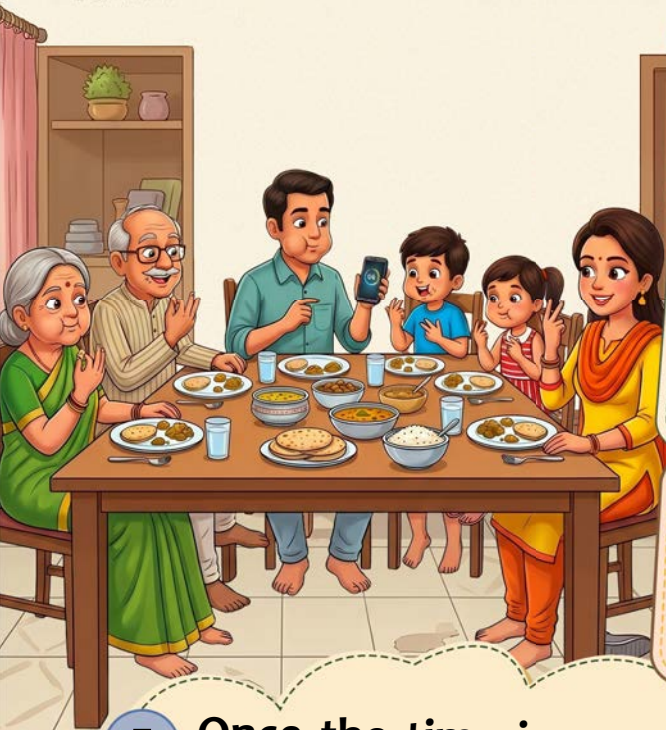
To find out what happened next to Ollie and Patrick, click the link below.

<https://dbf.adalaj.org/bGLQO7DQ>

Family Patience Power

Let's do some activities together with our family and see who the "Patience King" is in our household!

Activity 1 Become a "Chewing Champion"



1 All family members sit down to eat together. One member will act as the referee.

2 Everyone should take a small bite from their own plate.

3 The referee sets a timer for 30 seconds.

4 Each person should count how many times they chew.

5 Once the time is up, each person says the number of times they chewed.

Eg: 28, 33, 19...

6 The person who chewed the most becomes the "Chew-Champion" of the day.



Activity 2

Statue Challenge



Play some music and have everyone dance.

As soon as the music stops, everyone must freeze! Stay exactly as you are, like a statue, without moving even a little bit.



Everyone must stay frozen in their pose. With every new round, try to remain still as a statue for a little bit longer.



Those who can't stay still and break their pose will get a fun penalty. They will have to do something silly such as saying a funny dialogue, singing a song, copying someone, telling a joke to make everyone laugh, etc.

Activity 3

The Patience Timer Challenge!



1 Place a few items (like a spoon, a ball, a pencil, etc.) in the middle of the room.

2 One family member will be the referee and they will hold the timer.

3 Now, here's the challenge: You must wait for exactly 30 seconds before you can pick up the items.



4 The person who waits exactly 30 seconds - or gets the closest to it - before picking up the items, will be the winner!

Activity 3

Indoor Plant

Pick out a small indoor plant that you like and bring it home.



- * New leaves
- * New flower
- * Height increased
- * Dry leaf



Give your plant a special name and water it whenever needed.

Make a special diary to write down all the new things happening with your plant.
for example: A new leaf grew, a flower bloomed, the plant grew taller, a leaf turned dry, etc.

At the end of the month, take a photo with your plant and send it to us at this number

 9313665562 or email it to

akramexpress.magazine@dadabhagwan.org

Just like how a plant doesn't grow overnight, but grows slowly and gives beautiful flowers, we also get wonderful results when we keep patience.

