

AKRAM Express

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My Parents



Editorial

Friends,

When we look at a beautiful tree, we can only see its trunk, branches and leaves. We cannot see the roots that hold the tree strong and protect it from falling. Our parents are just like those roots. They feed us and protect us day and night. We may not remember everything they have done for us ever since we were little, but because of their care, we are living such a good life today.

By reading stories and learning the Gnani's viewpoint, let's understand how much our parents do for us. Let's learn to always stay humble and respectful towards them.

- Dimple mehta

**Akram
Express**

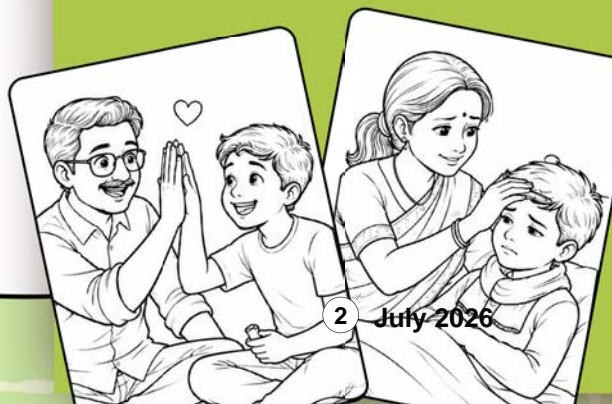
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DADA AND HIS MOTHER

When Dada was a little boy, he once threw a small stone at another boy. That boy got hurt, and he started bleeding. Dada's mother, Zaverba, found out about this.

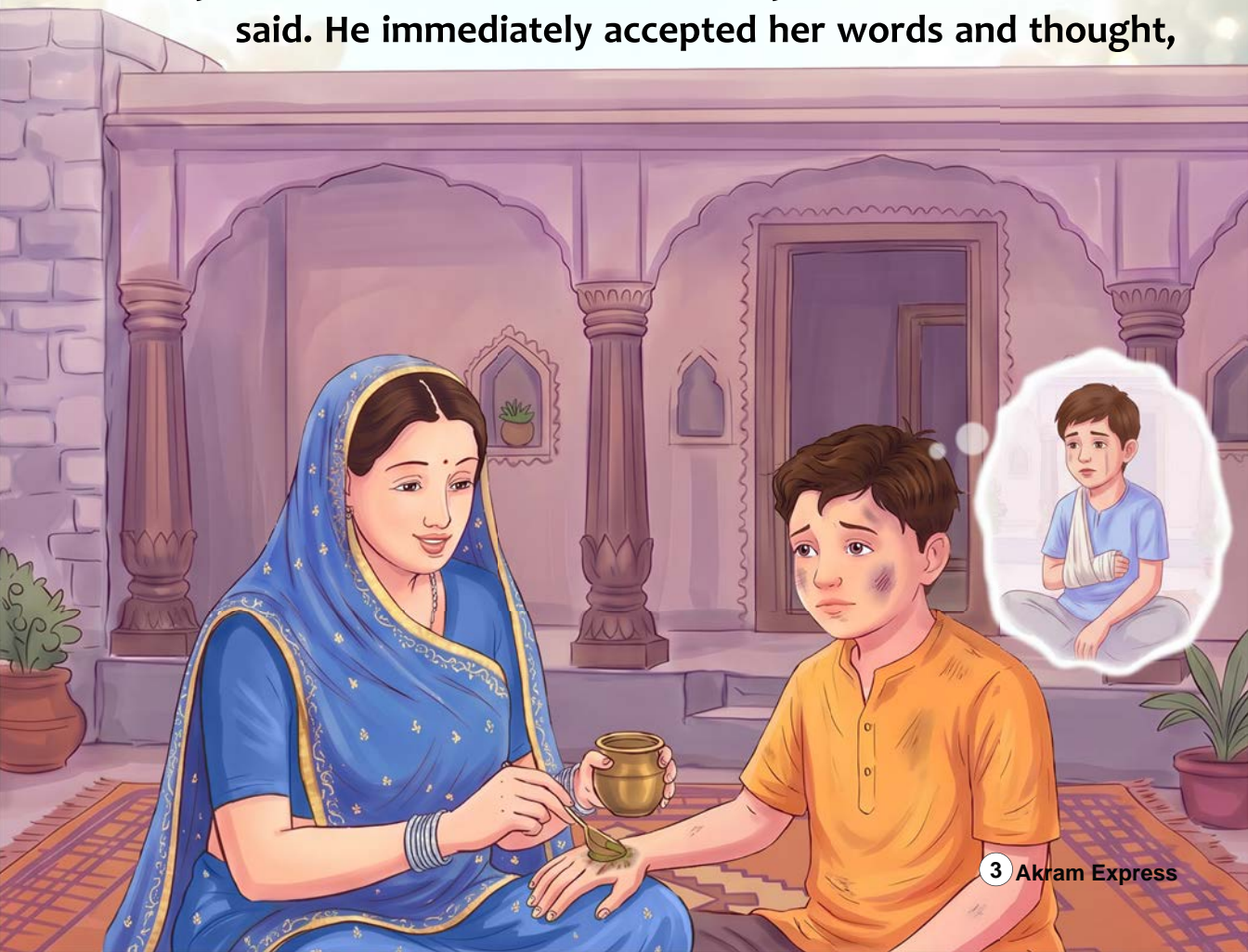
Be the One to Get Hit...

Zaverba: What have you done? That boy is bleeding.

Dada : But, Mother, if I don't hit him then what do I do? He started it!

Zaverba: That boy doesn't have a mother. He lives with his aunt. Who will take care of him? Poor child, he must be crying so much. He must be in so much pain. From now on, if something like this happens, you be the one to get hit, but do not ever hit anyone. I'm your mother, I will take care of you.

Now, if your mum told you to get hit, then would you agree? Would you like what she said? Dada really liked what his mother said. He immediately accepted her words and thought,



‘What Mother has said is true.’
From that day on, Dada never hit anyone.

Eating Three Times a Day...

When Dada lived in Vadodara, he was often invited by many friends to have meals with them. Some friends would strongly insist and it was hard to say no. So Dada would eat a little food with them. Then, later on, he would have to eat again at another friend’s place.

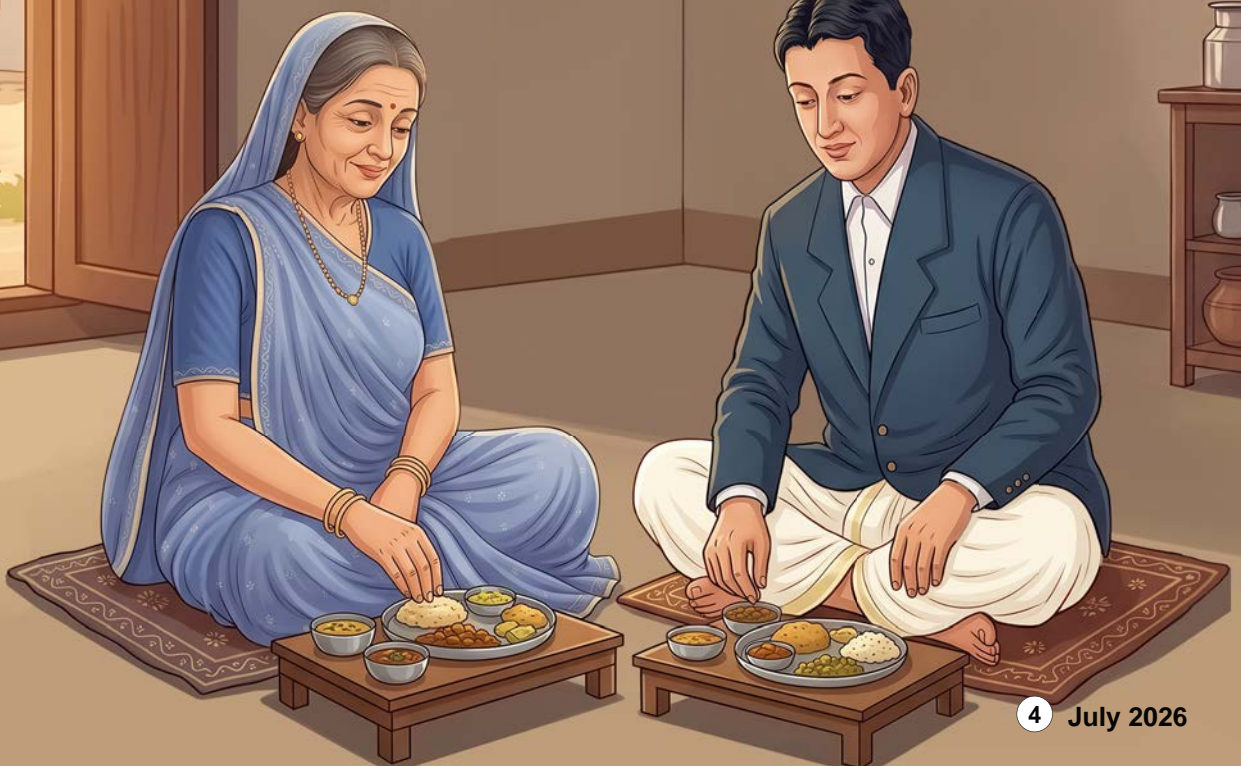
When he returned home, his mother Zaverba would always be waiting for him. She wouldn’t eat until

Dada came home. If Dada said no to eating with her, then she would feel hurt. So, even though Dada had already eaten twice, he would sit down with his mother and eat a third time to make her happy.

One day, someone said to Dada, “Dada, it is fine if you don’t keep your mother happy.”

Dada smiled and replied, “Would Mother be fine with that?”

Throughout his whole life, Dada never let his mother feel even a little bit of sadness.



Gnanis Say...

Our mum and dad do so much for us. We owe them so much. Our mum kept us safe inside her tummy for nine months. She went through a lot of pain and trouble to bring us into this world. She fed us, took care of us when we were sick, and stayed awake many nights just to look after us. Our parents may have stayed hungry so that we could eat. How can we ever forget all that? Even if we do not like what our parents say, we should not talk back to them, as it hurts their hearts deeply. We should not look at their mistakes. It would be our biggest fault if we see their mistakes. Our moral duty of respect towards our parents would be destroyed.

When we remember how much our parents do for us, we automatically start having respect for them. When we respect them, we



receive their blessings. The God inside them becomes happy with us.

Questioner: Sometimes when I do not get food that I like, I get angry at my mum. If things do not go my way, then I talk back to my dad.

Niruma: If that happens, then you should immediately do *pratikraman* (to confess, apologise, and resolve not to repeat a mistake again) and ask for forgiveness.


What is *pratikraman*? Suppose you saw your mother's fault and you immediately realised, 'This is wrong, I should not do this.' Then you should bow down to the God inside your mother and ask for forgiveness. You should truly feel sorry and say [within your mind], 'What I have done is wrong. This was a mistake. I will not do this again. O God! Give me the strength to never make this mistake again.' If you bow down to the God inside her and ask for forgiveness in your mind, then your mistake is washed away.




**When you get annoyed at
your Mother**




The Shiny Golden Door




Aarav, turn off your phone. Go do your homework. Aarav, look at your messy room. Clean it up!



Aarav, you waste so much time!



Hmph! Mum and Dad keep nagging me all day long. "Do this, don't do that." They don't love me at all... I wish I could go to a place free from all this nagging.



That night, Aarav switched off the light and went to sleep.


A few moments later, a shiny golden door appeared in his room. A voice whispered, "Aarav, do you want to go to a world where there are no rules? On the other side of this door, there is a world exactly like that."



Without thinking, Aarav jumped out of bed and ran through the door.



Aarav was amazed to see the world on the other side. There were chocolates hanging from the trees, toys floating in the air and rivers of milkshake. There were also talking animals and robots.



Hi! I'm Flip. You can do anything you want here - no homework, no nagging. If you have any questions then just ask me.



Wow! I could play here all night!

Aarav was overjoyed. First, he ran to a candy field where snowflakes of candy were falling from the sky.

But after a little while, he had a runny nose, his teeth began chattering, and he started shivering.



He missed his mum. Whenever Aarav caught a cold at home, his mum would make him hot chocolate and wrap him in a warm, cozy blanket. But here, there was no one to take care of him.



The next day, still sneezing, Aarav arrived at a big lake. There was a bridge to cross to get to the other side of the lake. But to cross that bridge, everyone had to solve a puzzle. All the other kids solved the puzzle quickly while having fun, and went on ahead. But Aarav couldn't solve it.




Aarav felt sad and scared. He felt lonely too. He was missing his dad. At home, whenever he didn't understand something, he would run to his dad. His dad would patiently explain it until he got it. Now he wished he could hug his dad.


All alone, Aarav went and sat under a shiny, candy tree. Flip the Rabbit came hopping by. "What's wrong, Aarav? Why are you so sad?"

I thought life would be fun without Mum and Dad nagging me. But I miss them so much.




A whimsical landscape filled with colorful, glowing candy hills and a starry night sky. In the foreground, a young boy in blue pajamas with a bear pattern and a white rabbit wearing glasses and blue overalls are looking towards a glowing screen. The screen shows a man and a woman smiling at each other. A speech bubble from the rabbit contains text.


All kids think that their parents only nag them. But no one sees how much their parents love them.

A whimsical landscape filled with colorful, glowing candy hills and a starry night sky. In the foreground, a young boy in blue pajamas with a bear pattern and a white rabbit wearing glasses and blue overalls are looking towards a glowing screen. The screen shows a man and a woman smiling at each other. A speech bubble from the rabbit contains text.

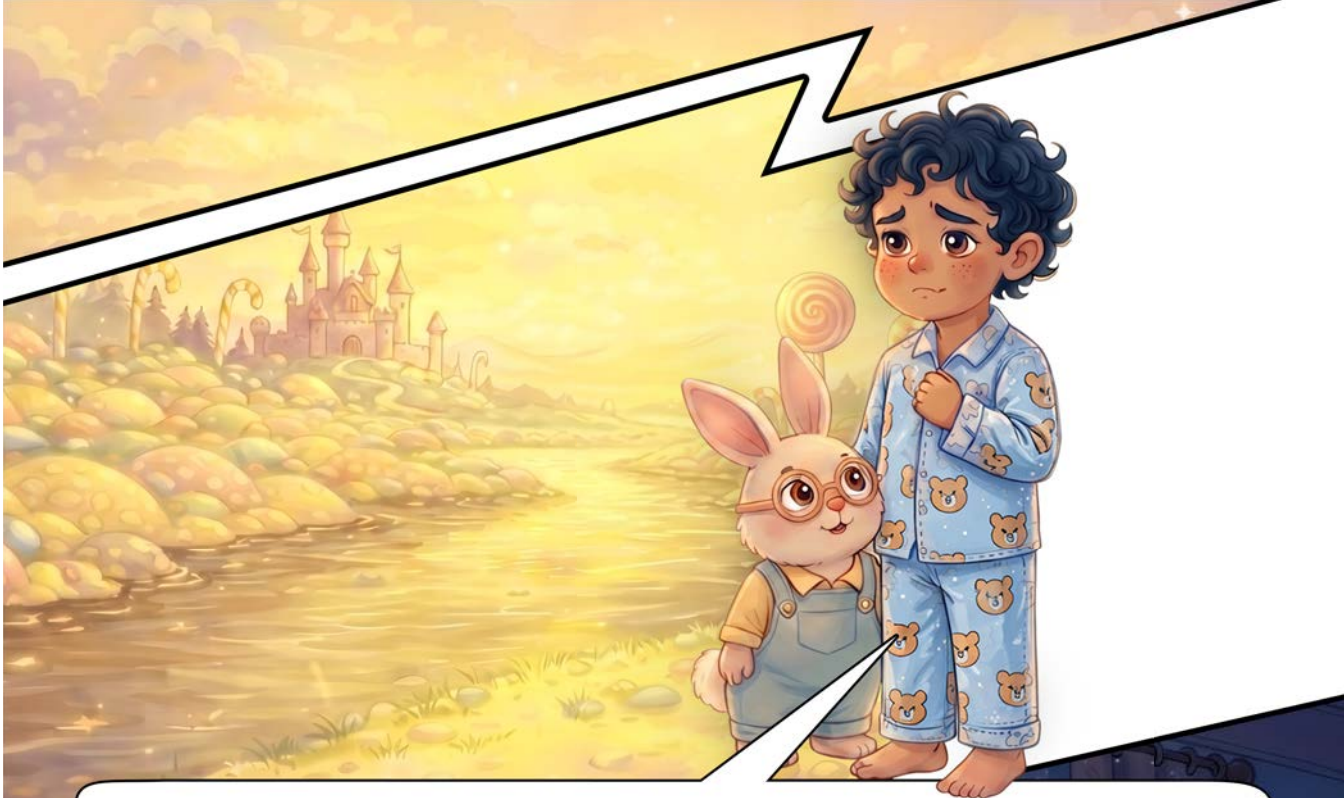
He pointed to the sky. A huge glowing LED screen appeared above them. On it, Aarav saw his parents.

A whimsical landscape filled with colorful, glowing candy hills and a starry night sky. In the foreground, a young boy in blue pajamas with a bear pattern and a white rabbit wearing glasses and blue overalls are looking towards a glowing screen. The screen shows a man and a woman smiling at each other. A speech bubble from the rabbit contains text.

Aarav's mum was placing cool, wet towels on Aarav's forehead until late at night. The next day, she started doing her chores early in the morning.

A whimsical landscape filled with colorful, glowing candy hills and a starry night sky. In the foreground, a young boy in blue pajamas with a bear pattern and a white rabbit wearing glasses and blue overalls are looking towards a glowing screen. The screen shows a man and a woman smiling at each other. A speech bubble from the rabbit contains text.

Then he saw his dad staying up late helping him with a school project — and the very next morning, rushing to the office. Aarav saw many scenes like this, one after another.




Flip, I never even knew about all of this! I just now saw how much my parents take care of me without even thinking about themselves. I used to think that they were only scolding me all day long.

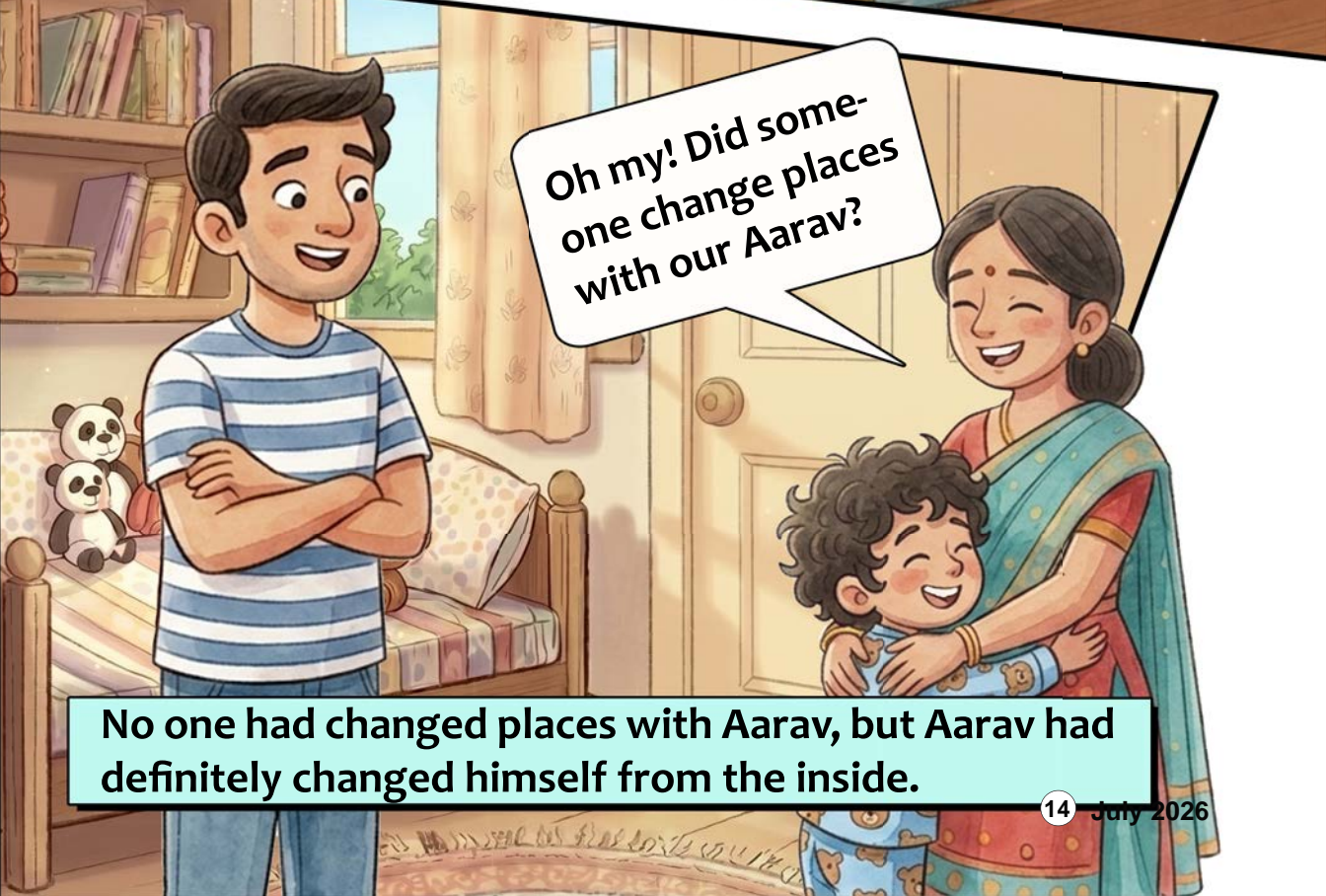


As soon as Aarav finished his sentence, he saw the shiny golden door again! Aarav quickly said goodbye to Flip, ran straight through the door, and landed in his room!

When he woke up in the morning, he was back in his own bed, and the shiny golden door had disappeared.



Aarav, wake up!
The school bus
will be here
soon.



Oh my! Did some-
one change places
with our Aarav?

No one had changed places with Aarav, but Aarav had definitely changed himself from the inside.

AALOO CHILLY



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

Aaloo narrated to Chilly all that had happened between Taco and Brownie. Through this Chilly understood how Brownie had lost everything due to jealousy. He realised how he used to feel jealous in the same way towards Koko.

Hearing Aaloo's words, water started trickling from Chilly's eyes and nose. He was wiping his nose on Aaloo's shoulder. Then Aaloo felt something sticky on his other shoulder too. He turned around to look and saw Parsley sobbing away on that side.

"Aaloo, you did so much just to make sure that my brother's lungs wouldn't bleed!" Hearing his words,



Aaloo and Chilly couldn't figure out whether to laugh or cry.

Chilly had finally found the secret behind the fire burning through his entire body. Whenever someone praised Koko, or whenever he felt that Koko was doing better than him, his body would burn. He had completely forgotten that he loved singing. Because of this jealousy, his most favourite thing was no longer giving him happiness. Just like Brownie, he too was running and panting in an invisible race. Just thinking about the loss Brownie suffered gave him goosebumps. But at the same time, he also felt happy that his best friend, Aaloo, worked so hard to pull him out of this fire of jealousy. What a beautiful friendship this was, where Aaloo was ready to go against Chilly to protect him from harm, but was not at all ready to support him in his wrongdoings! But there was still something bothering him on the inside.



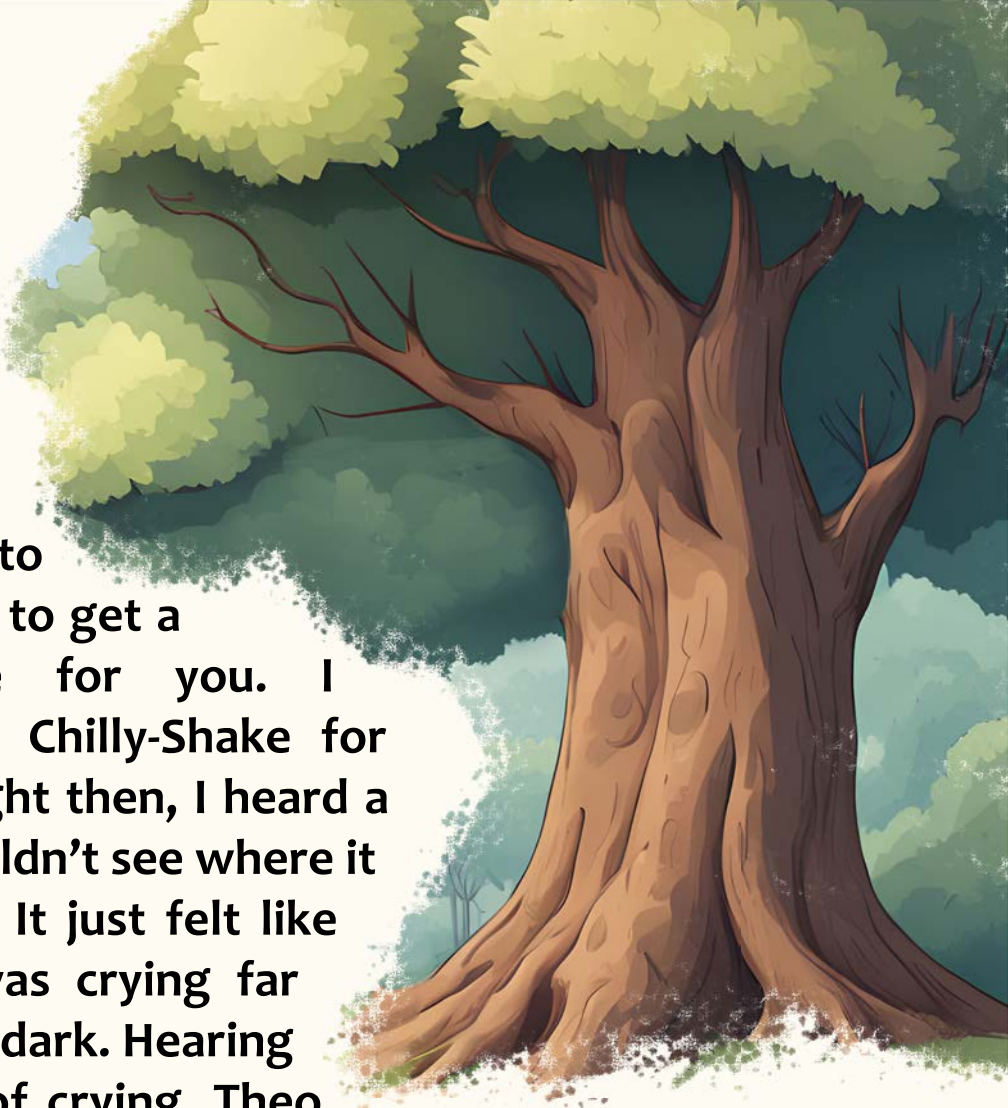
As if understanding his confusion, Aaloo said, "Go on, ask, Chilly"

"Aaloo, thank you! I understood why you kept telling me that whether I win or lose, I will always remain the best! But why did you support Koko in everything as if she were your best friend? Why did you bring Chilly-Shake for her too? Why were you taking her side instead of mine in the competition?" A hint of complaint was visible in Chilly's eyes.

Aaloo had been trying to explain this very thing for so many days, and it was only now that Chilly was finally ready to listen.

Aaloo gave Chilly a sad smile and said, "Do you remember when I came to you after finishing the skating competition, and we decided that we would practise singing the next day? After leaving your house,





I went to Theo's Cafe to get a Chilly-Shake for you. I bought the Chilly-Shake for you, and right then, I heard a sound. I couldn't see where it came from. It just felt like someone was crying far away in the dark. Hearing the sound of crying, Theo let out a sigh and tears welled up in Giffy's eyes. I couldn't understand anything."

"A ghost! It was a ghost, right Aaloo? Basil was telling me that a ghost lives in that banyan tree. It takes Chilly-Shake from Theo's cafe at night, and then cries because it finds it too spicy! But if it finds it spicy, it shouldn't drink the Chilly-Shake in the first place, right?!" Parsley said with his usual confidence.

A ghost? Where did this ghost come from? What do you think? Was it really a ghost crying, or was it...

THE Little Chef Khakhra Pizza

A hearty gift for Mum and Dad

Ingredients :

Khakhra



Onion



Tomato



Capsicum



Cabbage



Tomato sauce/
pizza-pasta
sauce



Oregano



Chilli flakes



Pinch
of salt



Cheese



How To Make :

First of all, using a chopper, finely chop all the vegetables. Remove the mixture into a bowl.



Place a flatbread on a plate.



Spoon some sauce on the flatbread and sprinkle pinch of salt on top.

Now spread the finely chopped vegetables.





Now spread some grated cheese on the vegetables.

Lastly, sprinkle some chilli flakes and oregano on the cheese.



Your tasty Pizza Flatbread is ready to be served!



 Chef's tip : You can lightly warm the flatbread on a pan before adding the toppings, to make it more crispy. 

The Requirement

Far, far away in a lush, green forest, a little cat named Pihu lived with her parents. One day at school, Pihu heard her friends talking excitedly about a new adventure park called ‘Meow-Masti’.

“The roller coaster was super fun! But the waterfall slide was the best!” said Subbu.

“Yes! No matter how many times we go, it’s always so much fun!” said Meenu.

“And I just couldn’t stop eating the malai ice cream!” Zumo’s mouth was watering again just thinking about it.

Hearing all this, Pihu really wanted to go too. She decided that, this Sunday, she would go to the Meow-Masti Adventure Park with her parents.



That evening, she went to her dad and asked, “Dad, can we please go to the adventure park this Sunday? Please, Dad!”

“Dear, I have some office work this Sunday. We’ll definitely go next Sunday,” promised her Dad.

“Dad, you always do this! Can’t you please take me?” Pihu tried to convince her dad.

“It’s not possible this Sunday. How about you go with Mum instead?” said her dad.

Pihu’s mum came out of the kitchen and said, “Pihu, this Sunday your aunt is visiting. We won’t be able to go.”

Pihu got very upset. She shouted, “You never fulfil any of my wishes! You don’t care about me at all! I’m not talking to



you anymore!” She stamped her paws and stomped to her room.

Mum and Dad felt really sad when they heard her words, but they didn’t say anything.

That night, Pihu couldn’t sleep until late. She kept thinking about the adventure park. Then she suddenly remembered what her grandmother once told her, ‘Whenever a sad child remembers the Sparkling Fairy, the fairy will always come to help.

Pihu thought of the Sparkling Fairy with her whole heart and said, “Please help me.”

As soon as she said that, her whole room was filled with sparkling dust! And a glowing fairy appeared. A shining fairy appeared right before her eyes! The fairy gave Pihu a sweet smile. Pihu couldn’t believe her eyes.

“Are you... are you really the Sparkling Fairy?” asked Pihu.

“Yes, Pihu!” said the fairy. “Whenever a child thinks



of me with their whole heart, I come right away to help. Tell me, what is the problem?”

Pihu began to sob and said, “My parents don’t fulfil any of my wishes! I only asked them to take me to the adventure park this Sunday, but they won’t take me!”

“Oh, is that so? That isn’t fair at all! I’ll definitely help you,” said the fairy.

“Really?” Pihu’s tears suddenly stopped, as if she had pressed a switch to turn them off.

“But there is one requirement. You have to listen to one thing I say,” the fairy said softly.

“What?”

“Until this wish comes true, you must not ask your parents for anything else. Only then can I help you. Understand?”

Pihu fell into thought.

The fairy said, “What are you thinking? You just said your parents don’t



fulfil any of your wishes, so this should be easy, right?”

Pihu gave a weak smile and said, “Yes..”

The next morning, Pihu wanted to eat creamy rice pudding. Usually she would have asked her mom right away, but she remembered the fairy’s words, ‘I must not ask Mum for anything. Only then will the Sparkling Fairy grant my wish.’ So, she stayed quiet.

When she went to the dining table, Mum had already made the rice pudding!

“Wow! It’s like magic! I got it without even asking for it!” Pihu said happily.

Serving her the rice pudding, Mum said, “Sweetie, you said last week that you wanted rice pudding. I finally got time to make it today.”



“Thank you, Mummy!” Pihu said, enjoying every spoonful.

In the afternoon, when Pihu came home from school, she was colouring in her drawing book. Her crayons had become short and stubby, but she didn’t complain. Her mum noticed them and said, “Oh Pihu, your crayons are almost all used up! I’ll buy you new ones tomorrow.”

Pihu was thrilled. ‘I didn’t ask for them, so it’s fine,’ she thought to herself.

Pihu wanted new shoes. Her old shoes had become a little tight. But she thought, ‘I’ll ask for them after going to the adventure park on Sunday.’

It was Saturday evening. Tomorrow, the fairy’s magic would



take Pihu to the adventure park. She opened her shoe closet when she was going out to play in the evening. She saw that her dad had brought new shoes for her. These were the exact same shoes she had stubbornly asked for at the mall a few days ago.

For a few moments, Pihu jumped with joy. Then suddenly, her smile faded. Next to her new shoes were her dad's old shoes, worn out and full of holes. She thought, 'Dad also needs

new shoes. That day in the mall, he liked a pair of shoes too. But he didn't buy them. And even today, he only bought shoes for me, not for himself.'

That night, Pihu started thinking, 'Mum and Dad fulfil all my wishes. Many times, they fulfil them without me even asking them. I carelessly said that they don't care about me!



They must have felt so sad.'

She looked up and remembered the Sparkling Fairy, "I don't want to go to the adventure park this Sunday. I'll go whenever my parents take me."

The Sparkling Fairy instantly appeared in the room. She gave Pihu a sweet smile again. She said to Pihu, "Pihu, you're such a wise and kind girl that you realised on your own, without any magic, that your parents fulfil all your wishes. It might not happen right away, but it definitely happens at the right time. I've seen that good kids like you understand this very quickly. From now on, if you ever say something that hurts your parents, then apologise. But there's no need for me to tell you this. You're a smart girl. You already know this, don't you?!" Saying this, the fairy disappeared.

The next day, which was Sunday, Pihu couldn't go to the adventure park. But the Sunday after that, she went with her parents and had the best time ever!



Let's Play...

Get to know your parents

Father's name - _____

Mother's name - _____

Their favourite chocolate



Their favourite places



Mum is happy when I.... _____

Mum and Dad's birthday



Books they enjoy reading



Dad is happy when I.... _____

Their favourite food



Interests

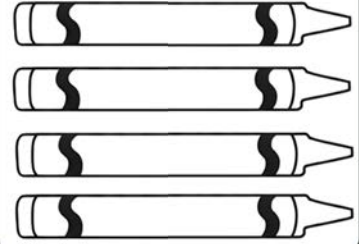


Ice-cream preference





Their favourite colours



Their favourite music

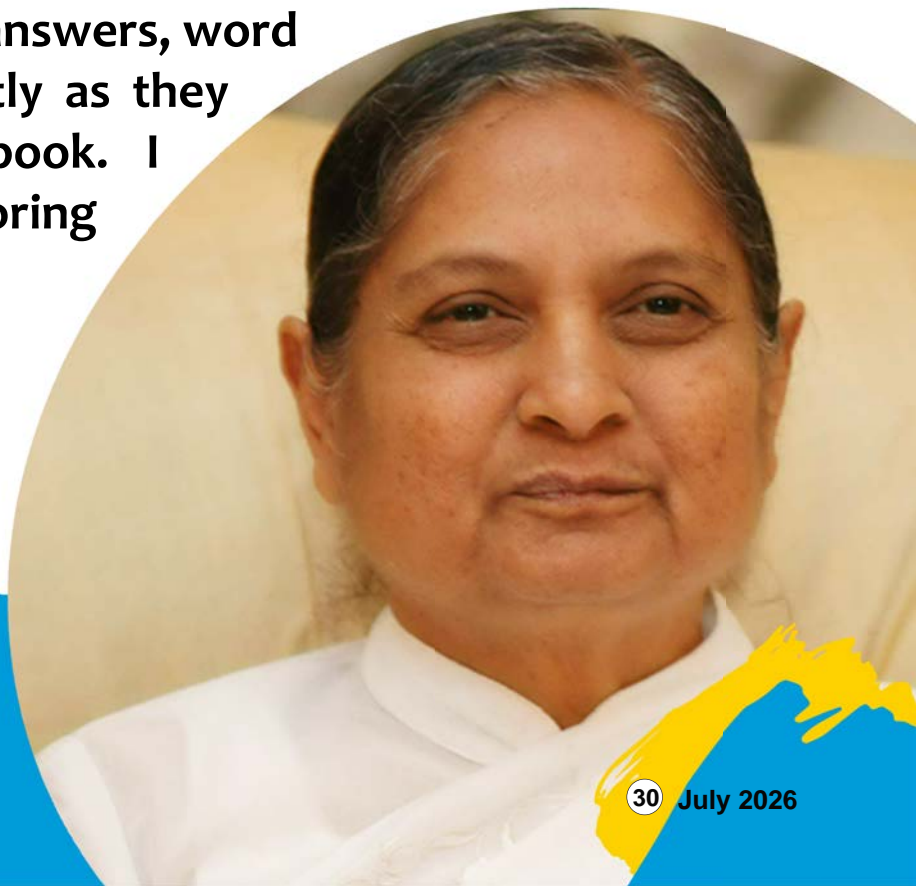


Send your answers to this  WhatsApp number...9313665562

Sweet Memories

I was in the fifth grade when my mum and I moved from America to live in India permanently. Niruma was so happy that we had left everything in America to come here. I wanted to live close to Niruma, so that is why I was ready to move to India.

When I joined my new school, I found out that studying in India was very different from America. In America, until the fifth grade, I had never taken any sort of exam. We only had small quizzes or fun activities for teachers to check whether we understood the lessons. But in India, we had to study every subject and write long answers, word for word, exactly as they were in the book. I found it very boring and difficult.



I thought, 'I came to India for Niruma. I want to stay with her. I love her so much, so I would never leave India. But I could leave my studies, right? I don't want to study like this. I only want to serve Niruma. And why is studying necessary for that?'

One day I told Niruma, "Niruma, I don't want to study anymore."

Niruma listened calmly. She didn't get angry at all. She simply said, "Alright, let us send our house helper on leave. Whoever does not study has to wash the dishes, wash the clothes, and cook the food. So, from tomorrow, you will do all these chores."

Hearing this, I said, "No, no, Niruma! I don't want to do all this work. I'll study!"

A few days later, Niruma called me to her and said, "See, when we study, we understand Dada's knowledge better. I became a doctor, and that is why when Dada had a fracture, I could take care of him well. Once you have finished your studies, you too can stay with us and serve well."

After that, I never again had the thought that I don't want to study.

Friends, this girl studied hard, and when she grew up, she became a doctor! Today, she is fully dedicated to Dada's mission for the salvation of the world.

Right from childhood, Dada Bhagwan had an analytic mind. By observing situations, he would discover wonderful conclusions about life. Discover some fascinating examples of this at one click...

Dada's Life Incidents now available on the website kids.dadabhagwan.org

