

AKRAM Express



Let Us Adjust and Stay Happy

Editorial

Friends,

From hot deserts to snowy lands, animals make small adjustments and stay happy. In the burning desert, the camels store water so they can survive. In freezing places, penguins stand close together in a group. They take turns standing in the front and the back, so everyone gets a chance to stay warm.

But how much do we adjust? What do we do when we feel like eating pizza, but Mum has made rice and lentils? Or when we want to watch our favourite TV show, but the remote is not in our hands?

In this issue, let us learn about adjusting from the *Gnani's* point of view. Let us see how three friends adjusted to turn a boring vacation into an adventure. In the end, did Megh adjust or not? And where did Aaloo and Chilly get to in their story? Let us read on and find out!



-Dimple Mehta

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Gnanis Say...

By making adjustments,
our common sense will
develop.



We should all hold on to Dada's principle of 'Adjust Everywhere'. Whatever situation comes - whether we like it or not, whether it suits us or not - we should adjust everywhere. By making adjustments, our common sense will develop. If we adjust to people we do not get along with, or do work we do not like, then our strength will increase.

How can we be happy if we always see flaws in other people and fight with everyone? How can we be happy if we make other people sad? We should make adjustments with our parents and our friends. If we keep adjusting, then they will also be happy and we will also become happy.

Questioner: I tell my mum that I will finish my work in my own time. But she tells me to do it at that very moment, and then I get angry. Later, if I forget to do the work, she gets even more angry.



Pujyashree: If we want peace, then we should adjust. You have to do it [the work] after some time anyway, so do it now. What difference does it make? It is just a small adjustment, so you should do it. Do what makes your mother happy. If you are preparing to come to the shibir, then does your mother give you any chores or get angry?

Questioner: No.

Pujyashree: Because she knows what is in your best interests and that is why she adjusts accordingly with you. She will not shout at you when something is in your best interests. And when she shouts, it means a mistake is happening. If you correct the mistake, then there will be no complaints. So it is best to adjust. And if you make a small, simple adjustment, then they will be pleased with you. When your parents are pleased, your whole life will be full of peace and happiness.

So you should decide that you will make adjustments in every situation and with every person. Even if you are not able to achieve this at that particular moment, you should have the intention that you want to adjust the next time. Gradually, your strength will increase.

Gnanis'

Adjustments

Gnanis have a natural tendency to adjust. Without complaining or finding faults, they adjust to every problem and find a good solution.

Once, when Dada had sat down to have his meal, he found the *kadhi* (yoghurt soup) to be too salty. So, when Hiraba went into the kitchen, Dada quietly added a little water to the *kadhi* and made it less salty. Thus, without hurting anyone's feelings, Dada made a small adjustment and ate what he was served, without complaining.

Another time, Dada went for a bath. There was no rinse cup in the bathroom. When he put his hand in the water, it was very hot. When he turned on the cold water tap, the water tank was empty!

So, Dada cupped his hands to take water bit by bit and finished his bath. He adjusted to the situation, without calling out to anyone for help.



Dada's Adjustments

Niruma's Adjustments

When Niruma travelled for *satsang*, sometimes the *sevarthis* (helpers) forgot to pack her tongue scraper. But Niruma never complained. She would use her gold bangle to scrape her tongue! She even joked, “Every day I usually use a silver tongue scraper, but today I got to use a gold one!”

Once, Niruma was flying from India to London. The plane was about to land. She asked her *sevarthi* for a comb. The *sevarthi* became nervous; they had forgotten to bring it along! Niruma made a clever adjustment. After finishing brushing her teeth in the washroom, she used the toothbrush as a comb and made her hair look neat. By adjusting in this way, she made the *sevarthi* feel better about their mistake.

**Niruma never
Complained.**

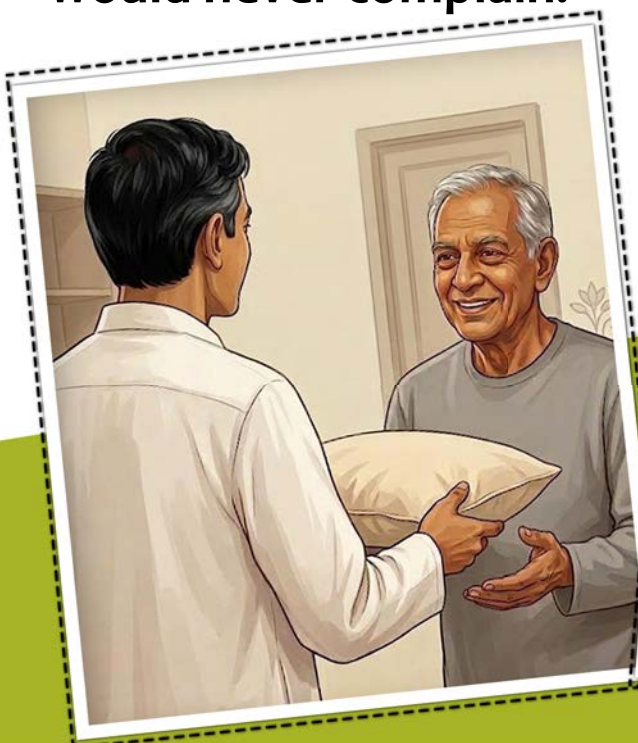




Pujyashree's Adjustments

Many years ago, when Pujyashree was travelling, sometimes the places he stayed at lacked proper facilities. Sometimes there weren't enough pillows for everyone. If someone took his pillow, he wouldn't get annoyed. Moreover, he would actually be pleased that someone else was comfortable! And he would make do and adjust instead. He would fold his towel over a pair of his own clothes and use it as a pillow. He slept comfortably with this adjustment.

Sometimes he got served very spicy food. So, he would mix it with something mild and eat it. He would never complain.





In Shantivan Apartments, it felt like exams were never going to end. But finally, the day everyone was waiting for arrived.

“Last exam! Today is the last exam!” Reva jumped with joy and left home for school with her friends, Veera and Navish.

“I can’t wait to play,” Navish said, remembering the red-yellow slide and the green swings.

“We haven’t played for three months!” said Veera. She was the most studious one, but now even she was worn out.

The bell rang. Exams were over, and vacation began! The three of them raced home. It felt as if fireworks of happiness were bursting in their hearts.

“I’m not even going to eat lunch. I’m going straight to the park to play,” Reva announced.

“Oh, your mother won’t let you go,” Veera said, laughing.



“Let’s all freshen up and meet in the evening,” Navish said wisely, as always.

But as soon as they reached the apartment gate, they saw something very unusual.

“Oh... why is there a signboard placed near the park?” Navish asked, squinting his eyes.

“And why can’t we see the swings and slides?” Veera frowned. They ran to the park. Their mouths fell open in shock.

“What? The park is undergoing maintenance!” shrieked Reva.

“This is unfair!” Veera stomped her feet.

“Didn’t they know our vacation was going to start today?” There was annoyance in Navish’s voice too.

The park was going to remain closed for about three months. The swings and slides had been removed. Their dreams of playing during vacation were shattered.

That evening, the three of them met up. All three were disappointed. Reva looked like she was about to cry, “This is torture! Our



vacation is ruined!”

“We only have two options now,” Navish said after thinking for a bit. “Option 1: We keep crying for two months. Option 2: We do something different. Something that will make everyone stare in wonder. I choose the second option.”

“What do you mean by ‘everyone will stare in wonder?’” Veera asked curiously.

“We make our own park. Look, outside the gates there is a small unused ground; we can create our own park there,” Navish said, pointing towards to the area.

Veera and Reva burst out laughing, “How? With a magic wand?”

“Or by using our brains!” Navish said. “Tell me, what do you want to do? Sit and cry, or create history!”

Hearing this, Reva and Veera also got the energy



to do something new. Navish explained his idea, “It’s not that difficult. We’ll clear that ground. Then there is a lot of useless stuff lying in the building’s storage room.”

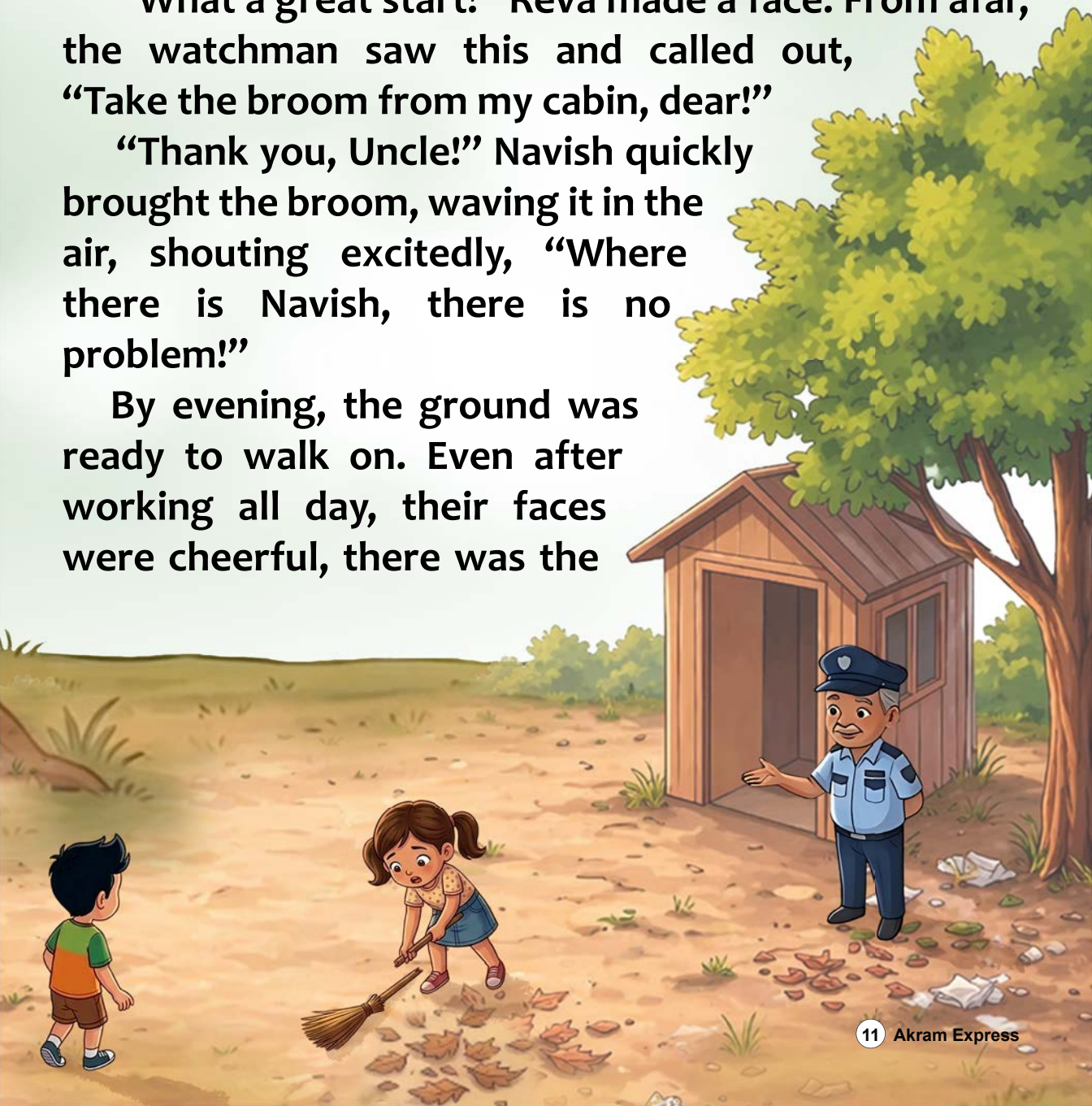
“Which we can make useful... right?” Reva said excitedly.

The three of them liked the idea and got to work the next day. Veera had just started sweeping the rubbish when her broom broke.

“What a great start!” Reva made a face. From afar, the watchman saw this and called out, “Take the broom from my cabin, dear!”

“Thank you, Uncle!” Navish quickly brought the broom, waving it in the air, shouting excitedly, “Where there is Navish, there is no problem!”

By evening, the ground was ready to walk on. Even after working all day, their faces were cheerful, there was the



enthusiasm of doing something new.

“Shall we bring chairs from the storage room and make a tunnel?” Veera asked.

“Yes, that’s a great idea,” Reva and Navish agreed. They joined the old chairs to make a tunnel, but it didn’t turn out exactly how they wanted. That night, the three of them sat down, feeling disappointed again.

“It’s no fun playing in a tunnel of broken chairs! Our plan to build a park is hopeless. It’s not going to work,” said Reva in frustration.

“We’ll just be bored for two months,” Veera added.

Navish was also sad. But still, he didn’t like just sitting around being upset. So he said, “Shall we try one last time tomorrow? If it’s not fun, then we’ll drop the plan altogether.”

The next day, when the three friends reached the ground, they couldn’t believe their eyes! Overnight,



the chairs had been repaired, and a wonderful tunnel had been made.

“Who did this?” they asked each other. But no one had an answer. None of them had done this work. Then, how did this miracle happen overnight?

“Did a ghost come?”

“But why would a ghost help us?” Reva and Veera were asking each other questions.

Then Navish spoke, “Maybe because instead of crying, we came up with ideas to solve the problem. We adjusted. Ghosts must like such children!”

No one believed Navish's words. Even Navish knew that what he said couldn't really be true. But, every day a new surprise occurred. One day, the children planned to make swings by hanging tyres with ropes. But they couldn't do it properly. The next day when they came to the playground, they saw that the tyre swings were ready! Whatever the children planned, it would be ready the next day. An old barrel became a drum-ride. An obstacle course was made out of boxes and rope. The children would only plan and do a little work, and the next day, the playground structure



would become safe and playable.

But alas, they were getting no closer to revealing the mystery of who was helping them. One day, they found an old toolbox near the tyre swing, containing tools such as nails and a hammer.

“Whose is this?” Veera asked.

“Looks like it belongs to the ghost,” Reva said.

Navish picked up the hammer and turned it. He read a name written in small letters — G. Patel.

“G. Patel... that means Giridhar Patel!” Navish solved the mystery.

“That means it’s our watchman uncle!” Veera and Reva announced together.

When the children went to return the toolbox to him, he gently scratched his head and said laughingly, “Oh, today I got caught!”

The watchman told the children his story. In his youth, he used to do carpentry work. But due to changing circumstances in life, he changed cities and accepted the job of a watchman.



“When you guys accepted your situation and started building a new park, I couldn't stop myself from helping you,” the watchman said.

In a short time, the children's playground became the pride of Shantivan Apartments. Children from nearby buildings also started coming there to play. The building secretary put a video of the park on Instagram, and it went viral! The three friends were very happy. A small ground, full of rubbish and bushes just a few days ago, had today become an adventure park!

A journalist came to interview the children. When asked about what she would tell other children, Veera said, “This vacation became our best vacation. If we decide to adjust to any situation, then...”

“We'll get strength, and we'll get help too...” Reva added.

“And it'll become an adventure!”
Navish finished the sentence.



Who Are You?


Krish always adjusts, but Rish doesn't. Look at the situations below and select which one is Krish.

It's so cold! How can I go outside to play?


I will put on my sweater and then go outside to play.

Who put my sandals the wrong way round?!


Just because my sandals are lying the wrong way round, doesn't mean I have to wear them the wrong way round! I will wear the left one on my left foot and the right one on the right foot.




The milk is so hot! How can I drink it?




I'll pour the milk into a bowl to cool it down, and then drink it.



Why does it rain right when we want to go for a picnic? Stop raining!



I will put on my raincoat and go to the picnic.



We also adjust like Krish in so many small ways with non-living objects. That means we already have the power to adjust. So why not use the same power to adjust with people too?



TIME-LOOP

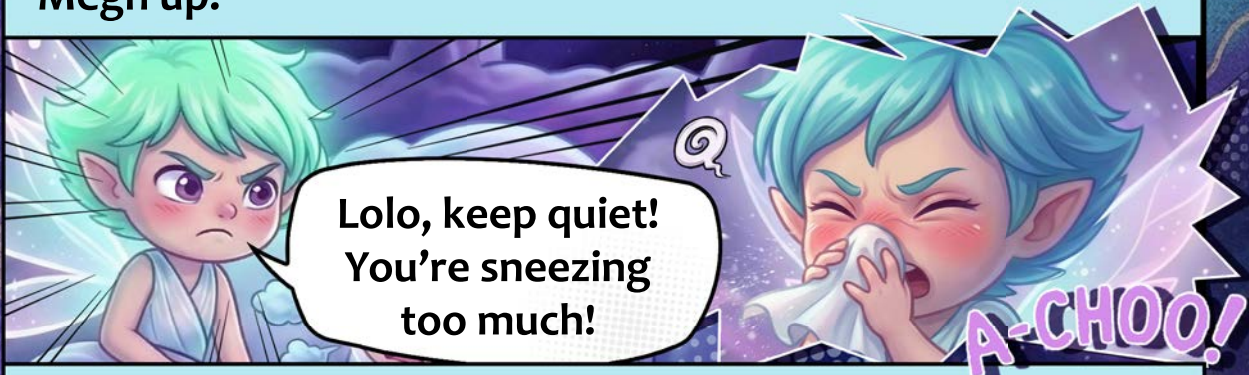
There was a whole other world up in the sky. Creatures called 'Akashiyas' lived among the clouds. They had tiny, shiny wings and eyes, and soft, silky hair.

One day at school, the teacher said,

The day after tomorrow, we'll go on a picnic! There we'll see colour-changing fish swimming in a river of stars.

Hearing this, all the Akashiyas became very happy. But, Megh's happiness didn't last long.

The next morning, Megh woke up very angry. Megh's little brother, Lolo, had a cold. His loud sneezes had woken Megh up.



For breakfast, Mum made *poha* (flattened rice). Megh got annoyed again.




Megh left for school without eating breakfast.




Megh stomped his feet and walked away.

The next day, Megh woke up to the sound of sneezes again. Lolo looked ready to cry.



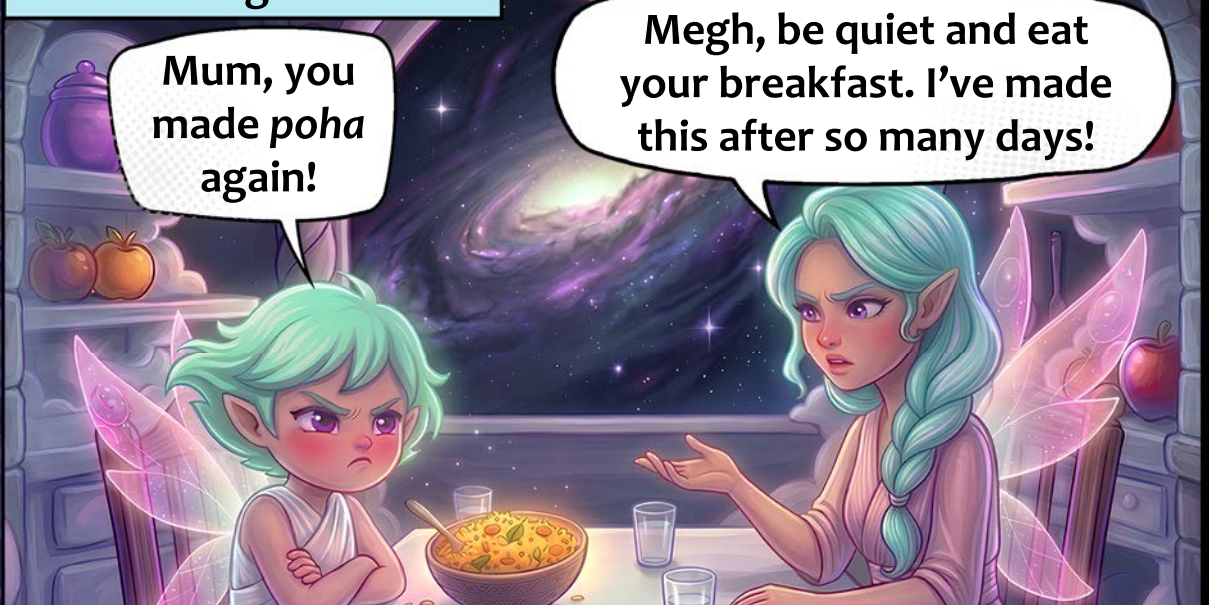
Lolo, keep quiet! If you don't want to take medicine, then you better sleep outside.



But Megh, I only got the cold today. I'll take the medicine today.

Megh got angry at breakfast again.

his mum said firmly.



Mum, you made poha again!

Megh, be quiet and eat your breakfast. I've made this after so many days!

During recess, Megh snatched the frisbee again, and again it snapped. Polly got angry at Megh again.



How could this happen? It was as if someone had copied the things that happened yesterday and pasted it today! This copy-paste went on for many days. The day to go to the picnic was just not coming.



Megh understood that he was stuck in a time loop. A time loop meant he was living the exact same day over and over again!

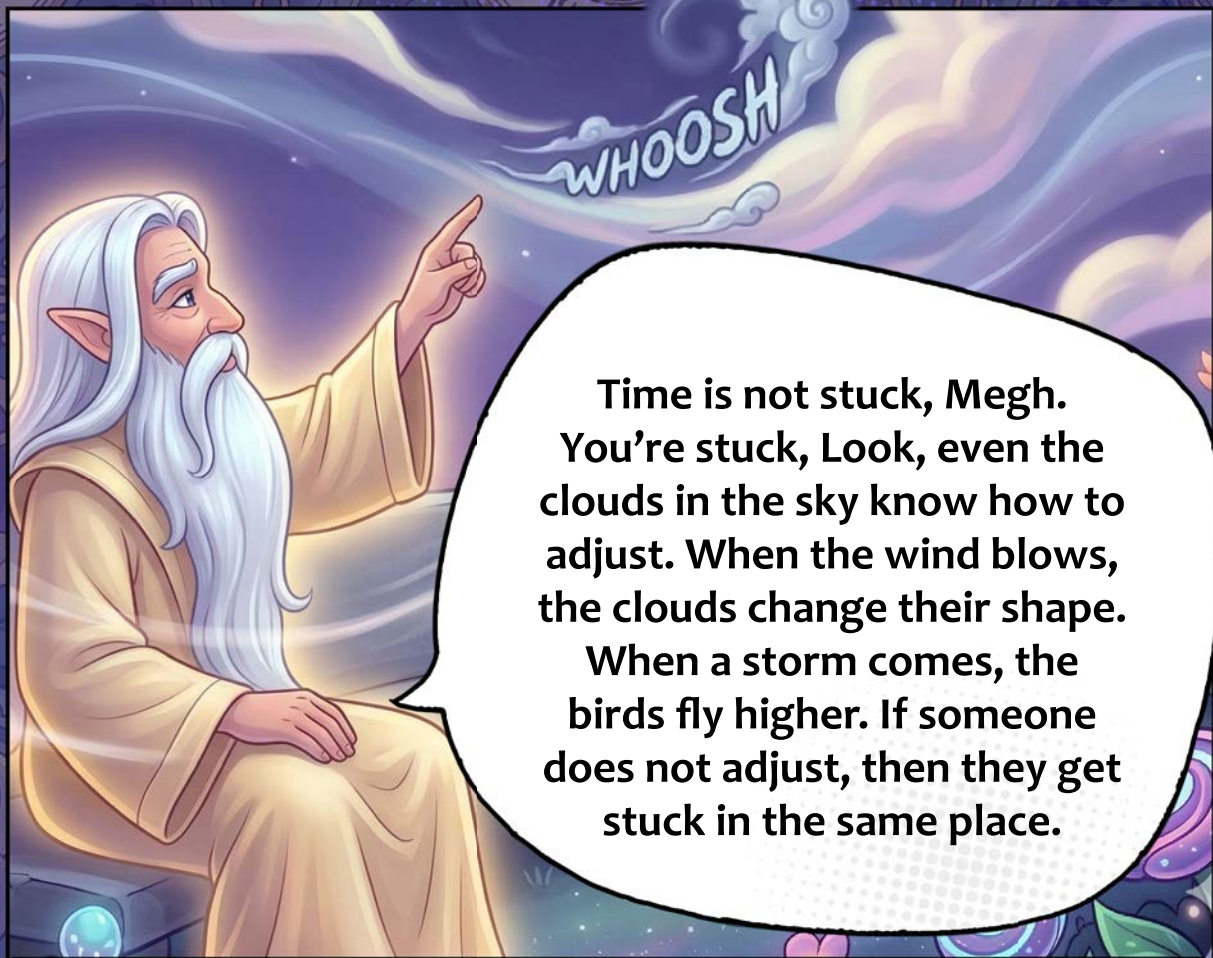
Megh got very weary of all this. He screamed in frustration. He went to the lake and dived into the water. But nothing changed. Every morning he woke up to Lolo's sneezes, got annoyed seeing *poha*, and broke the frisbee at school.



One day, while coming back from school, as usual, Megh walked past a garden. Master Oro was sitting there with a silver clock. Megh went over to him. He cried and told Master Oro,

Master, the time is stuck. The same day keeps coming back again and again.





Time is not stuck, Megh. You're stuck, Look, even the clouds in the sky know how to adjust. When the wind blows, the clouds change their shape. When a storm comes, the birds fly higher. If someone does not adjust, then they get stuck in the same place.

Master Oro gave a golden key and a clock to Megh.



Look, the minute and hour hands are stuck in this clock. That is why the clock has stopped. Time is not moving forward. Loosen the mechanism with this key.

Megh gently turned the key and the clock started working.

Megh understood that he was also stuck like the clock's hands. He needed to adjust. The next morning, he woke up to Lolo's sneezes. He felt a little annoyed, but immediately remembered Master Oro's words. He said,



Mum made *poha* for breakfast.



During recess, Megh waited for his turn to play with the frisbee.



The next morning, Megh heard Mum's voice,



The time loop was broken! At the picnic, the colour-changing fish were swimming in the river of stars. They swam while giving each other enough space, so they never crashed into each other. Seeing this, Megh thought, 'If we just adjust a little bit, then we can all swim together happily like this.'



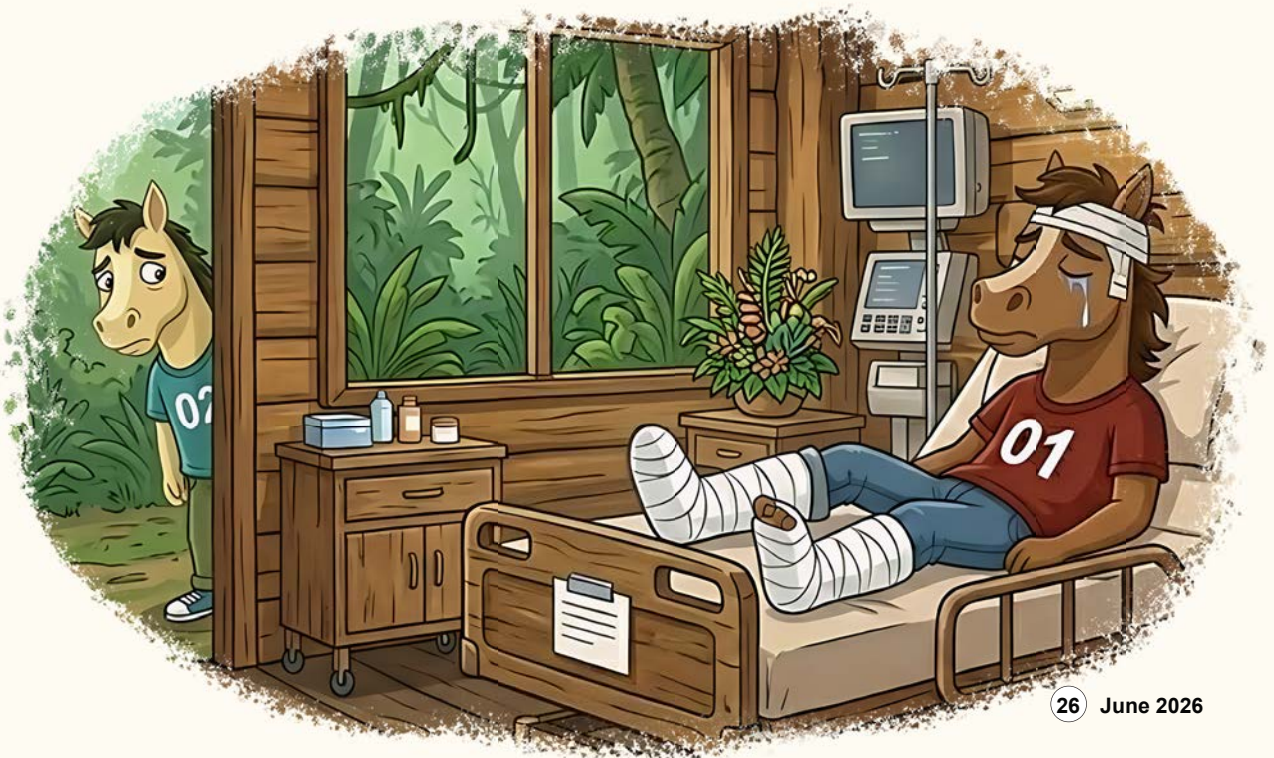
Aaloo had told Chilly a story about Taco and Brownie. Brownie was Taco's best friend, who was obsessed with winning at the racecourse. He actually won the race, but he ran so fast that as soon as he crossed the finish line, he collapsed. He had to be admitted to the hospital. Taco was very sad about this and was waiting for him to wake up. Now, Aaloo will tell us what happened next.



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

“When Brownie woke up, the doctor told him that his lungs were damaged so badly that he could never run in a race again. If he tried to run, he could lose his life. The race he won turned out to be his very last race. Not only that, but he blamed Taco for what happened to him and broke off their friendship. Brownie wasn't even willing to talk to him.

“Taco began to hate the racecourse. What kind of competition is this that makes a person so reckless?



Brownie didn't even care about his own life! And what was Taco's fault in this situation? After that, the things that used to give him so much joy – the open sky, the wet soil, and the cheers of excitement - he gave up on all of them. After returning, Taco felt like running, but the thought of Brownie's condition and the expression on his face put him off going to the racecourse again.

“Six months passed in this way. Taco didn't want to go to the racecourse, but he was feeling restless without running. Then one evening, tired of his own thoughts, he went out of the stable and started running. He ran for almost an hour. As he kept running, he started feeling lighter. There was no racecourse and no competition and no noise. But it was the same open sky and the same soil beneath him. Far away, the Sun was playing hide-and-seek amongst the hills, and cheering him on. Only when



the sun set, did Taco stop. Looking at the sky, as if the Sun had given him a ray of hope, he said, 'Thank you!'

"He realized that he could enjoy running even without a racecourse. Since then, Taco has been running every day - but not for a race and not to win. He runs simply because he loves to run. He now runs at double the speed than what he used to, and do you know why? Because now, he is competing with himself."

"How is that possible?" asked Chilly with surprise.

"He got a stopwatch from his father. He starts it every time he does a full lap of the jungle and notes down the finishing time. Every day, he tries to finish his lap in less time than the previous day. Chilly, he



doesn't need to defeat anyone else to win. By defeating his own past record, he wins every day.

“Yes, he still watches videos of the best horses on the racecourse on YouTube, but not to defeat them - just to make his own performance better. Chilly, he is happy. He may not be the best of all, but he is very happy!


“After losing his best friend, he understood that jealousy always leads to loss. And this was the same jealousy Brownie felt toward him. In that jealousy, Brownie lost everything. Even after winning the race, he actually lost.



“When you told me, ‘Why should I listen to Koko? She has to learn from me, I am the best,’ I saw the same fire in your eyes, and for a moment, I got scared. That is why I kept telling you that whether you win or lose, you will always be the best!

“I had purposefully displayed all your photos of you singing since your childhood because I wanted to tell you that your singing has improved so much over time. And you will do even better, not by competing with others, but by breaking your own record.

“Chilly, today it is Koko; tomorrow someone else will come who is better than you. If you keep running just to be the best out of everyone, you will end up exhausted like Brownie, and no matter how much you win, you won't be happy. Today, you are losing your peace by being jealous of Koko - this jealousy will only grow. The winning that gives you joy now will become the reason for your sadness later. And I will never let that happen to you.”

Do you also feel that this kind of jealousy and competition is harmful? Tell us how on  9313665562.

Even after hearing all of this, one thing is still bothering Chilly. To find out what that is, don't forget to read next month's issue of Akram Express!

New
Board game

BREAK FREE

MAFI IS THE KEY

Age
9+



Brings the Whole Family Together



Helps learn a Life-Changing Tool



Enhances self reflection



In the game **'Break Free'**, you can only win by losing something. What will you lose? To find out, take the journey of the three circles.



Meet Dizo the Dinosaur!

'Dizo's Big Discovery' is a heartfelt story that will teach kids the keys to happiness in a fun way.



**New
Launch**

