

# Akram Youth

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Dada Bhagwan Parivar

₹12

*Niruma's Apta-sinchan*



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# Editorial



NIRUMA. On hearing this word it reminds everyone of his mother! Every moment spent with Niruma, remains a lifetime memento with the Mahatmas. On meeting her, we can't stop uttering praises for Dada; we heave a sigh of happiness as if we have met our own mother; thereafter whenever we are overcome with any difficulty, we remember Niruma and at once seek solace. These are a few instances, but meeting Niruma, or spending time with Niruma, and the experience gained cannot be explained in words!

On meeting Niruma, if the general public enjoy such experiences, just imagine what must be condition of the celibate brothers and sisters who reside in the Mission (*sankul*), constantly showered by Niruma's love and care.

Further, Niruma's method of molding character, her affection, her heartfelt wishes, her mental attitude as to how should her 'sons and daughters' be; such questions may arise in our mind. In this issue, let us understand how Niruma used to mold each 'child'.

After Niruma's '*samadhi maran*' (Blissful death), a 5-year training course (*Apta-sinchan*) has been conducted for salvation of the world. Whoever practices strict *Bramcharya* (celibacy) and wants to dedicate himself/herself to this Mission may join. Niruma used to do similar *Apta-sinchan* for her *Apta-putras* and *Apta-putris* naturally. So, let us understand Niruma's *Apta-sinchan*, as well as how she used to train and shape the Mission.

- Dimple Mehta



# Dada's Book Excerpt



Visit

<https://goo.gl/ahj8Ui>

## Thus Dadashri PERFORMED Niruma's Apta-Sinchan



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of above Book  
by scanning this QR code

**N**iruben is a very great instrument of salvation of the world. I will never let her separate and stray away from me. I will leave all others but not her. (1975)

I meddle more persistently in the one in whom the potential for salvation of the world is evident. I am persistently tinkering with Niruben because she will some day in my absence change someone's *dhruvakanto* (direction in which someone is going from worldly entanglements towards one of liberation.)(October 9, 1972)

***Brahmacharya* flourished under the shelter of the Gnani**

*Charitra* (total celibacy through

thoughts, speech and acts) has been beautifully maintained by her. This beautiful *brahmacharya* conduct that she has followed throughout in my presence is a wonder, isn't it? It is not easy to maintain this state. In my presence, I have seen that she has maintained it very beautifully.

In the four years that she has been immersed in my *seva* (total service) I have seen that her *charitra* (conduct in *brahmacharya*) is of a very high order. She has exactly followed the *vrat* (vow) that I had initiated her in four years ago. There has never been an error through the medium of thoughts even, isn't it? Not even a thought?

**Niruben:** No.

**Dadashri :** And if there has been a thought, then you do *pratikraman* (Dadashri's divine method of reversal from aggression through internal recall, apology and resolution never to repeat the error) for it?

**Niruben:** Yes.

**Dadashri :** That is needed, for the one who has taken the *vrat* (vow) in my presence. And she had a great need for this *charitra*.

**Questioner :** In this matter Dada would take on the responsibility of no one except Niruben.

**You have to become the mother of the entire world!**

**Dadashri :** What is Dada telling you? He is saying you are like a mother, saying you are like 'Ba' mother, isn't it? What is He telling you?

**Niruben :** Your love is like that of Zaverba's (Dadashri's mother).

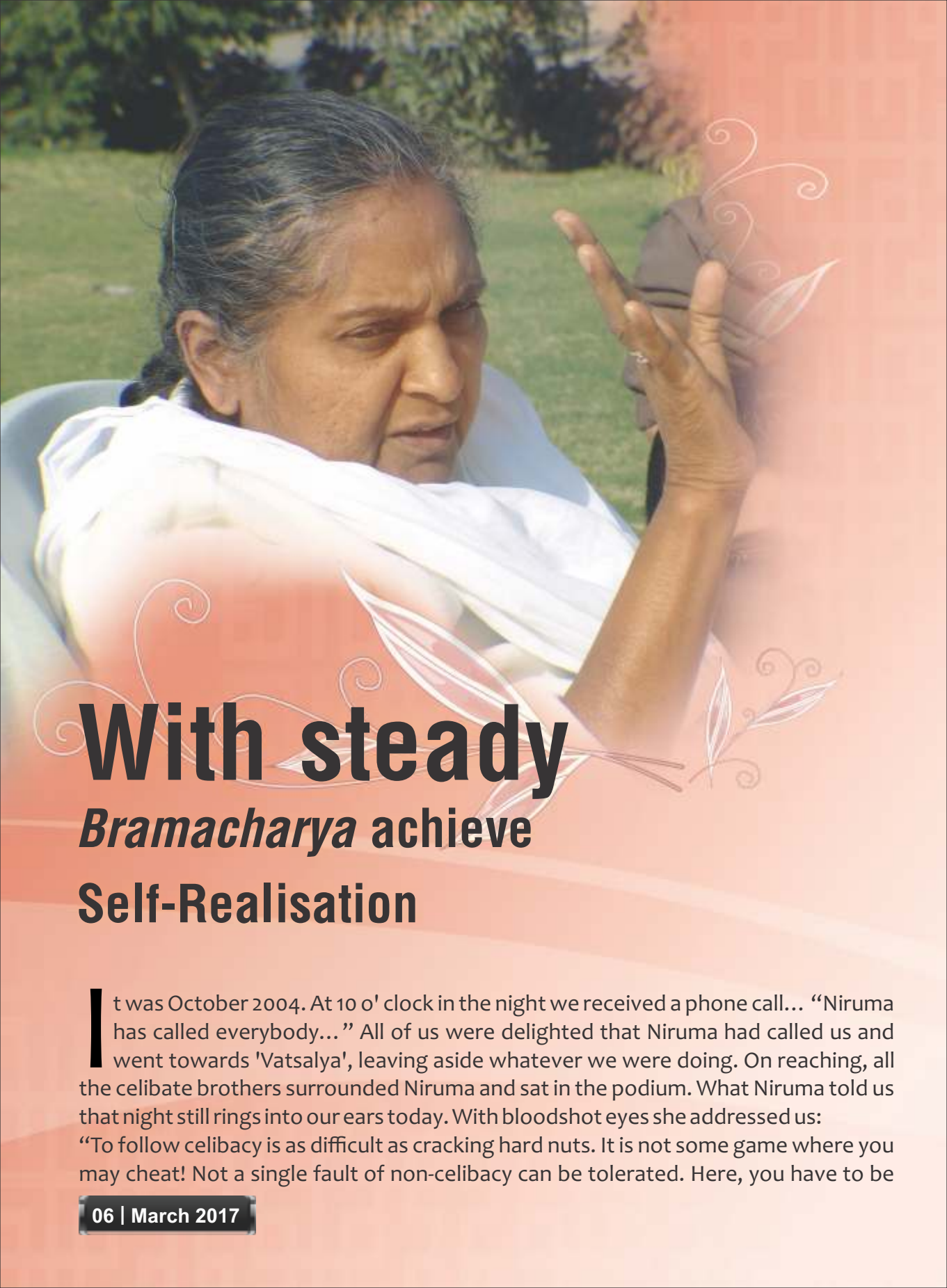
**Dadashri:** You are like Zaverba!

Niruben, you have nursed me like a mother, served me like a daughter, and have served me like a nurse. (1987)

Niruben, you have to become the mother of the entire world. (1987)



***Charitra* (total celibacy through thoughts, speech and acts) has been beautifully maintained by her. This beautiful *brahmacharya* conduct that she has followed throughout in my presence is a wonder, isn't it?**



# With steady *Bramacharya* achieve Self-Realisation

**I**t was October 2004. At 10 o' clock in the night we received a phone call... “Niruma has called everybody...” All of us were delighted that Niruma had called us and went towards 'Vatsalya', leaving aside whatever we were doing. On reaching, all the celibate brothers surrounded Niruma and sat in the podium. What Niruma told us that night still rings into our ears today. With bloodshot eyes she addressed us: “To follow celibacy is as difficult as cracking hard nuts. It is not some game where you may cheat! Not a single fault of non-celibacy can be tolerated. Here, you have to be



very sincere. Whoever makes a single mistake will be sent back home. You have to remain very strong to practise celibacy. You can't fool around in this case. What type should Niruma's sons be? They should follow uninterrupted pure celibacy and those who would do so, would be king of kings." That night we understood Niruma's heart! Niruma used to provide nourishment for upkeep of celibacy to all of us from time to time. Thus, that night Niruma pumped our celibacy with powerful vigour.

Once we had asked Niruma what type of celibacy she would expect from us. To this she had replied that she would want it to be as strict as that of Dada. Further, we asked her to explain. "To understand that... let me quote what Dada's *bhabhi* (Sister-in-law) used to say... during his entire lifetime Dada had not looked at his *bhabhi*... whenever he would talk to her, he would speak with his head down and not eye to eye! I would expect such ideal celibacy from you all!"

Whenever we used to approach Niruma to discuss celibacy there used to be a unique glow on her face. She used to beam with happiness on hearing about progress in celibacy.

If you want to gain her blessings you should strive for attaining strict (*Brahmcharya*) celibacy. Niruma had such magnetic power that we were constantly pulled by it wherever we may be stationed. Our *chit* would not waver here and there. She had immense power to draw the other person's *chit* towards her. Whosoever came in contact with Pujya

Niruma always held her in his heart and couldn't have anyone other than Niruma in his *chit*. Thus, there was no question of defiling one's sight on someone, and celibacy could be easily practiced. There was no moral degradation; such was her spiritual attainment as well as high morality.

Another sister said, "Due to Niruma's awesome personality not a single defiling feeling would arise in one practicing *Brahmacharya*."

According to another sister, Niruma was very particular in observing the behaviour of celibate sisters with others. If she found the celibate sister's behaviour lacking in a way could may create misunderstanding, she would lovingly rectify the mistake within that sister.

Niruma used to take interest in the type of clothes the celibate sisters wore, and when necessary she would remark: "such eye-catching flashy colours should be avoided." Not only the type of clothes and colours to be used, but she would also remark about hairdo, behaviour in public, behaviour when visiting someone at home, how to help in the kitchen. All these she would instruct minutely and lovingly. The thought that someone was so concerned was taking so much care of us would fill us with great happiness.





# Niruma - Spiritual Guide

## Only *Gnani* is the mirror of the Soul

During one *satsang* session in Mumbai, I happened to hurt a *bramachari* (celibate brother). I started *pratikraman* (repentance), and at night we all sat for dinner with Niruma. I told her everything, and also told her about the *pratikraman*. I informed her that the other brother was so hurt that he had stopped talking to me. There were 10-15 of us sitting there but Niruma did not say anything then. The next morning when we went for *darshan* there were only two of us, and Niruma reopened last night's case. She asked me: "Do you realise why you uttered such words? You have been gripped by the disease; I know something, I am applying *Gnan*, so you also should do the same. I understand *Gnan* and follow the precepts, but you are not applying *Gnan*.' The words you used could only come out when you believe inwardly that 'Gnan should be applied always!' This is called 'mistakes committed in the dark.' For nearly 10 minutes Niruma scolded me.

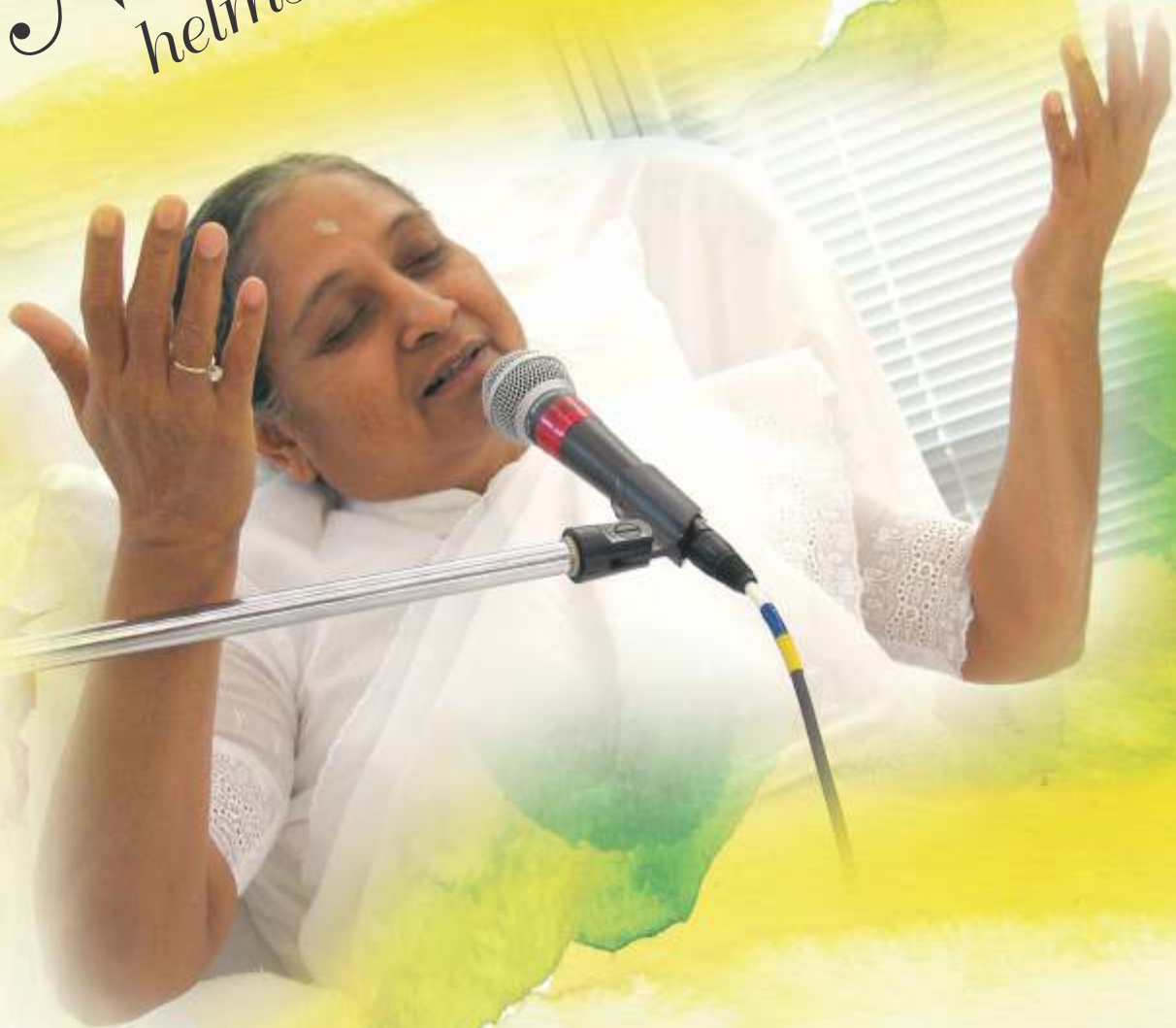
Srimad Rajchandraji said, "So long as you have not clearly 'experienced' your *Shuddhatma*, till then undoubtedly accept it that the *Gnani Purush* is my *Atma*."

That means my own *Atma*. Thus, *Gnani* is our mirror. When you introspect and yet cannot find your mistake, if you will reveal your fault in front of the *Gnani*, he will be able to help you out. If you don't have the courage to open up in front of other people, you can write a report and give it to *Gnani* for guidance once a year.

**Dadashri has said that speech is uncovered egoism; from what is being said, one can understand what type of ego you have within. Awareness over your 'antahskaran' (4 faculties inside every human being) will follow, but if you remain vigilant daily about your thoughts, speech, action with every person you interact with, then later on you will be able to detect the cause behind your hurtful speech with someone!**

# Niruma

helmsman of Salvation



**E**arlier I was deeply into practicing the rituals. I liked reading scriptures, listening to discourses, performing *pujas* and *vidhi*, etc. But Niruma, on the contrary, laid emphasis on service (*seva*). Niruma was expert when it came to social handling. But I was not interested in interaction with mahatmas or service of any kind. Niruma tried hard to mould me in many ways but I was not comfortable. I was under the impression that these acts are not necessary for attaining salvation. One day while I was having my dinner, Niruma came and told me, "Do you know how many circumstantial evidences occur so that this food finally reaches you? Don't we owe some responsibility towards bettering the world that has bestowed us with so much comfort?"

Niruma's strong will and intent for welfare of the people at large (Jagat Kalyan) had been sewn into our hearts since then. We will tread Niruma's path and will forget all about ourselves just as Niruma sacrificed everything she possessed (even if that caused her hardships in daily life) for the cause of welfare of people at large, and her dedication towards the mission of Jagat-kalyan.

**N**iruma always intended to feed everybody herself. She always took into consideration what type of food they desired and accordingly she would cook and feed them. She would say: "Your contribution towards Jagat kalyan (world salvation) should be for as many persons as the number of grains of rice that you have been fed!" I was with the video team, so I thought, "we are spreading happiness all around; even if one person is watching our TV-program or DVD, that adds to my collection of grains of rice!"

**Niruma's strong will and intent for welfare of the people at large had been sewn into our hearts since then.**





**Premthi rahejo...**



When Niruma was in the hospital during the last stage, she was in the ICU and I was waiting outside.

I had the intuition that Niruma was calling me. I entered the ICU and inquired: "Niruma, do you need anything?" Niruma was trying to speak, but I was unable to understand. I handed her a pen and paper, and she wrote "Live together lovingly." I asked: "With whom? With *Apta-putras*? With *Mahatmas*?" Niruma gestured such that I understood that all of us had to live peacefully and lovingly with one another.

Then I said: "Definitely," to which Niruma wrote "Promise?" I assured, "Yes, promise....we will surely live and work lovingly with one another definitely!"

- Dimplebhai

પ્રમાણ રેણી...  
પ્રમાણ!

# Mother of the Sankul

Once I went to Baroda with Niruma, and stayed there for about a week. After my return I fell sick due to constipation. I was feeling heavy with stomach upset and a mild fever. At that time I was put up at Dr. Anupbhai's place. After examination, I was given proper medication and advised strict diet-control for a few days. I was to eat '*khichdi*' only (cooked rice with pulses). It so happened one day that I was sitting at the dining table and looking at a casserole in front of me containing *methi pakoras*. Niruma entered the room exactly at the same time and her eyes met mine. She asked me, "What are you doing?" "Nothing, I am simply looking, Niruma" I replied, as if I was caught unaware. Niruma then reminded me that I was not supposed to eat anything but *khichdi*. She went on, "If you don't like this preparation, I will cook it for you but follow this diet for another 2 days so that you can get well and be fit again."

## **How can the celibate brothers forget the celibate sisters?**

Niruma always used to bring gifts or delicacies from US for celibates. At that time we were staying in Dada-Darshan building. Niruma was residing

on the 3rd floor, Sisters were put up on the 2nd floor and brothers on the 4th floor, the fridge on the 2nd floor was all the time filled with vegetables and fruits, so there was never space for extra items. As such the Cadburys and chocolates brought by Niruma were kept in the fridge on the 4th floor, where brothers were residing. It was lying there for quite some time and, assuming that Niruma had brought it for them, the brothers went ahead and finished all the delicious chocolates. When Niruma came to know of this, she immediately scolded the brothers, "How could you forget the sisters while eating those chocolates"? That hammer-blow from Niruma was so strong that it cracked our belief that we, the *Vaniyas*, (people belonging to business community) are a selfish lot and never care for others. This incident opened our eyes and we understood that we should always adopt the principle of sharing. So the next time we received any gifts, we always felt that it should be sent to the sisters first. This is how Niruma used to deal with small yet delicate matters, and mould the celibate group.





# A Mother's intense desire to see every bud blossoming



**Flowers only long for proper nourishment – a perfect gardener Niruma's instinctive actions:**

We used to stay in Varun Apartments in Ahmedabad many years back. All celibate brothers and sisters were staying on different floors and Pujya Niruma used to stay on the middle floor. Whenever there was any necessity to bring something from the market, the sisters would have to ring up the brothers to bring those things. Once it happened that sisters made more than 5 or 6 calls in a day and demanded different items on piecemeal basis. When Niruma came to know of this, she advised the sisters to prepare a list of items they required once on a daily basis and inform the brothers accordingly. In case of emergency, they could call again but should try to make it maximum two calls per day. Niruma's due diligence helped us to protect our celibacy and the brothers were saved from frequent disturbances.

I was brought up in a joint family. More-so, I was the youngest and thus a pampered child, hardly did any work. I was good at studies so nobody had complaints. But when I moved here with Niruma, I had to fall back on her instructions to complete work, as I was inexperienced. I would do whatever she asked for without exercising my brain at all, like a robot. One day, Niruma called me and said lovingly, “See, when I ask you to bring my tooth-brush, you should also bring along tooth-paste and tongue cleaner, as the same would also be needed. You must think of other things or circumstances surrounding any given task. After this incident I developed instincts and began to think on broader parameters!

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Once during a 'parayan' session Pujya Niruma told me, “We do notice other's behavior pattern, but we should not cling to it and form any opinion”. If we know the nature of a person it would be easier to deal with him. Otherwise, there are chances of biased actions based on opinion formed earlier.



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Once there was a situation where we had to go for an outing in a Tempo Traveler (light medium vehicle) that could accommodate 8-10 people. When I reached in time to board, I saw a middle-aged woman sitting in the front seat. I asked her, “Have you taken anyone's permission to sit?” That lady got upset and got out of the vehicle. When Niruma came to know of the incident, (Niruma's feed-back of report on any event was superb) she called me and asked me in a stern voice, “Just go to that lady's house and seek forgiveness”. From this I realized how sensitive Niruma was when it came to dealing with Mahatmas. Our conduct should be such that they don't feel offended at any point of time. I remember the stern voice which made me rush to that lady's house and seek an apology instantly. Truly, Niruma was mother of the world!



# *Chalshe Bhavshe ne Favshe*

**W**e are greatly obliged to Niruma. Let me mention two instances. Niruma used to say, “10 celibate brothers can stay together amicably but 3 celibate sisters cannot!” Besides, “It is difficult for sisters to make adjustments in their food habits. It is difficult to satisfy the tendency for intake of food in women.” However, in both the above cases, Niruma took great pains to regulate these successfully.

In 2004, nearly 26 sisters were staying in Adalaj. According to Niruma's setting, we had to stay with our parents. If they were not there, we had to stay alone in our flat and eat at 'Unodary'. Initially, we had to face many problems at 'Unodary' as we had to eat only what was served to us and we were not allowed to go inside the kitchen to have anything else of our choice. Sometimes, we had to go hungry, or at times it didn't suit our taste. I was in the habit of eating jaggery with meals every day. Slowly, we learnt to adjust our tastes and also took care of one another. Thus, we came to know the taste of one another and whenever anybody was absent we would phone and call her if her choice food was served. We also adjusted by substituting one dish with another.

Today, we are all very thankful to Niruma for making us adapt our food intake, otherwise we would have succumbed to food tendencies. If we couldn't follow 'Unodary' then our awareness level would be low; so we are always adjusting and thereby our awareness remains high. Most of our inclination towards choice food has dropped, so we easily adjust to the food which is served.

Niruma had instructed us to stay with our parents. We were 26 sisters rendering selfless service in different departments. However, we used to come across one another in connection with our work. Gradually, we understood one another's nature; what would suit whom, what duty we would perform efficiently, how her tendencies were inclined, what type of ego each one had. Accordingly we would approach, protect and help to others out. Due to this, 10 years later when Deepakbhai instructed all 26 of us to stay together, we were able to adjust ourselves easily in every situation, within a short while.

If we would not have spent our earlier period at home, we would have had to face many quarrels and clashes every day. Besides, we were still raw in

our spiritual endeavour and had newly shifted to live together at our new place. So, in the beginning, it would have been very difficult to avoid daily confrontations which would have led to giving opinions about one another, which would have taken our time to wipe out till finally we would have got adjusted!

Indeed, we are very thankful to Niruma for taking such care of us in these two areas and today we are all well set because of her far-sighted vision!



# Gnani With Youth

**Questioner:** What is the difference between setting up of 'Sankul' during Niruma's time and the procedure that is followed today for 'Sinchan'?

**Pujyashri:** None at all. It is entirely the management of Niruma. There is no difference. It is your debating intellect which causes difference!

**Questioner:** During Niruma's time, she used to recruit the candidate directly.

**Pujyashri:** It was so previously, and even now Niruma is selecting! We don't have our own input!

**Questioner:** Is there any difference in the mental make-up?

**Pujyashri:** No, there is no difference. It is with Niruma's blessings, Niruma's compassion and Niruma's management that selections are done. We believe it 100 percent. Whosoever says that he can do what he pleases will get a setback; or even those who think that Deepakbhai is doing what he wants to be done, will get natural beating. Do you understand?

**Questioner:** Yes

**Pujyashri:** Comparison should be avoided here, whether it was during

Dada's time, Niruma's time or Deepakbhai's time.

Most projects are conducted by 'Vyavasthit Shakti' (Scientific Circumstantial Evidence). There is no 'doership', nobody is the sole master; we are all trustees. Who is a trustee? One who helps one another, gives protection and performs his duties. We are guardians here, there is no owner. So, everything is managed by 'Vyavasthit Shakti' and moreover by (celestial beings) Devs-Devis, Dada-Niruma. Besides, this Mission has the blessings of Simandhar Swami for world salvation. A single human being does not have the driving force to efficiently manage and control such a large Mission. It is only due to compassion of Dev - Devis. Now, do you have any objection?

**Questioner:** None!

**'Sankul'**= Mission of celibate brothers/sisters.

**'Sinchan'**= Training which is specifically given to celibate brothers/sisters.





# Puzzle

Following incomplete sentences are taken from this issue, answer them and mark them in the table.

Q	Z	A	E	J	N	W	G	F	B	H	J	T	S	H	Z	J	J
S	M	D	X	I	I	H	G	O	D	E	C	K	E	U	D	D	A
P	W	J	K	A	R	S	E	R	I	A	B	M	V	R	A	H	G
E	H	U	V	M	A	E	D	G	L	R	C	I	A	T	U	R	A
A	N	S	H	M	N	S	B	I	I	T	E	S	Z	F	G	U	T
K	L	T	Y	A	J	I	K	V	G	D	L	T	M	U	H	V	K
Z	I	I	N	N	A	S	D	E	E	N	I	A	O	L	T	K	A
X	V	N	D	A	N	T	A	N	N	U	B	K	T	Q	E	A	L
D	E	G	V	G	A	E	Q	E	C	R	A	E	H	G	R	N	Y
D	N	W	X	E	U	R	U	S	E	S	C	S	E	S	M	T	A
O	K	J	B	I	M	S	Y	S	L	E	Y	R	R	T	S	O	N
W	O	P	I	N	I	O	N	Q	C	O	O	K	Z	K	Z	J	I

- 01- Niruma's real Name : \_\_\_\_\_
- 02- I am persistently tinkering with Niruben because she will some day in my absence change someone's \_\_\_\_\_
- 03- Niruben, you have taken care of me like a \_\_\_\_\_, served me like a \_\_\_\_\_, and have served me like a \_\_\_\_\_.
- 04- To follow \_\_\_\_\_ is as difficult as cracking hard nuts.
- 05- Whosoever came in contact with Pujya Niruma always held her in his/her \_\_\_\_\_.
- 06- This is called \_\_\_\_\_ committed in the dark
- 07- Then later on you will be able to detect the cause behind your \_\_\_\_\_ speech with someone
- 08- But Niruma, on the contrary, laid emphasis on \_\_\_\_\_
- 09- Your contribution towards \_\_\_\_\_ should be for as many persons as the number of grains of rice that you have been fed
- 10- Niruma was trying to \_\_\_\_\_ but I was unable to understand.
- 11- We will surely \_\_\_\_\_ and work lovingly with one another
- 12- If you don't like this preparation, I will \_\_\_\_\_ it for you
- 13- How could you forget the \_\_\_\_\_ while eating those chocolates?
- 14- Niruma's due \_\_\_\_\_ helped us to protect our celibacy
- 15- We do notice other's behavior pattern, but we should not cling to it and form any \_\_\_\_\_
- 16- Just go to that lady's house and seek \_\_\_\_\_
- 17- We are always \_\_\_\_\_ and thereby our awareness remains high.
- 18- A single human being does not have the driving force to efficiently \_\_\_\_\_ and control such a large Mission.



# २०१७ युव Junior

A fun event for spiritual development of Youth

Pad Bhakti, Prakshal, Garba, Activity, Game session  
Apta-Sankul Touch, Presentation, Picnic, Educational Tour

For youth boys of age 13-16 years  
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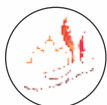
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त्रिमंदि



# Akram Youth

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