

Akram Youth

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Dada Bhagwan Parivar

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Upcoming...



Pride



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Let's Play

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Editorial

“Jagatma pride na hot to ahnj moksh hot”(Had there been no issue of pride in this world, salvation would have been attained right here and now.) This famous line by Srimad Rajchandraji is a testimony to the fact that pride is one of the main root causes of our life problems and tensions. All Gnani's have the same viewpoint. Similarly, Dadashri has referenced that Appride acts like a vitamin, whereas pride functions like a source of food.

There are many types of pride. Let's learn what is pride and what are the various types of pride. Let's also learn from Srimadji's life experience how pride hinders our growth.

Once we've decided that pride is not helpful, let's walk the road to Purity in Jagatkalyan. Dadashri refers to purity in Jagatkalyan as purity in Vishay, Laxmi and pride. Let's learn the ways to be pure.

Along the way in life, the intellect weighs profit and loss. Almost everyone believes that it is beneficial if one's pride is upheld in worldly interaction. Whereas Dadashri says, “It is indeed the insult that is very beneficial.” Respect and insult are the sweet and bitter interests (rasa) of the ego. Many people have faced Appride and used it as a stepping stone to achieve excellence in their lives. By reading experiences of Ratan Tata and Michael Jordan, let's learn to use insults thrown at us to become stronger and more ready for life's challenges.

So, let's intentionally get stronger. Let's understand the details behind pride-Appride and reserve our tickets for an exciting life ahead...

- Dimple Mehta.

Types of Pride

There is natural Ego, such as displaying your identity, your qualities, and indicating your skills. One may say that he is a graduate, for the sake of information. He seeks respect as per his qualification. In fact, this is called 'Swamaan'. It is considered depicting natural Ego. But thereafter, "I am someone special", and several other types of ego spread.

1. Abhimaan: He addresses himself respectfully. "Who are you?" "I am Lallubhai Vakil (advocate)". Here, he writes his status alongside his name. He shows off, "This is my house, my bungalow, car, land, wealth," etc. Thus he has slipped into my-ness and become 'Abhimani' (ego with rich materials).

Some people in a group loudly call out "Jai Sat Chit Anand" just to attract the attention of others gathered there. When the Aarti is chanted, he will shove others and come forward. He is seeking cheap attention!

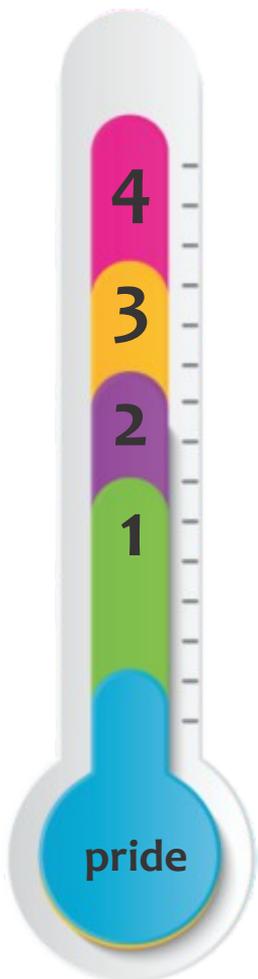
Holy men and saintly people may not have many possessions, but they have tremendous ego from having studied religious scriptures and for the number of disciples in their group. These are different types of pride.

There are many phases of pride. Beggary for respect, An intense desire to show others that you are something, is considered beggary. During childhood, if one has not received much respect or has been ignored, he tends to become very 'maani' (always seeking respect), and strives to be ahead of everyone. When people give you respect, you should enjoy it, but you should not get habituated to it. You should not fall into the habit of becoming a beggar for pride, nor should you start liking the person who gives you pride, otherwise 'abhimaan' will become your downfall!

2. Deceit in pride: There are also unnatural characteristics of pride in which one will cheat to obtain respect. During a group photo session, he would step forward to come in front. To appear young, he would dye his hair. He wants special pride. If someone does not show lots of respect while inviting him, he will not go to the reception. He will show himself to be happier than others. He will give a donation in order to gain respect, and to have his name-plate displayed.

3. Tundmijaji: You must have noticed the personality of certain office-bearers such as engineers or collectors. They put up a harsh disposition, shake up everybody wherever they go, show off with outbursts or rude behaviour, and boast about their post. I have seen several such persons. They may get respect due to their title, but otherwise nobody would give them importance.

4. Ghemraji: He has an ego that shows off. He may lack the strength to walk even 3 miles, yet he would say, "I can travel around the world"! He is one who would make tall claims without reputation. He would treat others with contempt. Such a person does not value. He is very cunning. He may lack any qualification, but will pretend to be a man of many achievements!



All these are various phases of pride from different perspectives. Swamaan is good. After you have achieved Self-realization, pride remains steady and does not get inflated. Swamaan is good, it keeps your virtues within limits! That has to be maintained, otherwise pride becomes shameless. Then the ego will display pride, which is the main reason for wandering in this world. When your ego of doership crashes, God will manifest within you, which is Self-realization! Otherwise, your ego tastes the sweet juice of doership (garvaras), and intoxication follows. When will the veil of ignorance (Avran) over the Self break? Only when your karmas of illusory attachments (Mohaniya karma) finish!

Anger is the security guard (Gurkha) of pride. Whenever one does not receive respect from the other person, he will get angry and attack him. Anger gives protection to his pride. What is the thermometer for measuring pride? Suppose 15-20 of your relations are seated together and, in the midst of them all, one insults you saying, "You don't have an iota of sense!" Instantly, aren't you affected? You had denied any pride in you, then why did you get affected? Anyone who is unable to bear insults has a lot of pride!

On achieving Self-realization, pride melts away. So, he remains superfluous in his dealings with the world and does not give his consent.

Pridometer



“Jealousy is the art of counting someone else's blessings instead of your own.”

My friend Simone and I ran a student organization together at our graduate school. One day, we were sitting at the canteen, talking about plans for the organization. Simone had an idea for a major creative project she intended to drive and lead.

The idea was fabulous, and I didn't like it! I didn't like the idea of her doing this fabulous thing, though I couldn't quite put my finger on why. Over our coffee, I shared this and that concern. “It wasn't in line with our goals for the year. It would send the wrong message to our members. It probably wouldn't work.”

As I shared each concern, Simone responded eloquently, and then she said, “Ayush, I'm listening to everything you are saying. I'm really trying to understand it, but the words are not making sense to me. You don't sound like yourself. It feels like you are jealous.”

Whoa. What? Can you hear the screeching-to-a-halt sound in the background? Things got hazy as time slowed down and “I-sure-didn't-expect-that” wooziness.

Because Simone is the amazing person she is, she said this without a hint of accusation. She didn't sound hurt or angry, righteous or victimized. She said it as a neutral observation.

In the moment she said it, I began to realize that she was right.

I thought, “Here I am, jealous of a friend. I'm acting like the very kind of person I've been hurt by. I've been on the other side of the table — sharing a creative idea, an ambition - feeling squelched because the other person was threatened. How did I get here?”

But I didn't say any of that. My ego couldn't go there. I think I said something like I was so sorry she felt that way, that of course I supported her, that we'd talk more and figure it out.

Simone's words changed the trajectory of my life at that time. I went home wondering, “How did this happen? How could I have gotten so far from my own happiness, so off-track, that I can't be present to the flourishing of someone I care dearly about?”

I was coming off the first grueling year of Grad school and, through

it, I had lost myself. I was out of touch spiritually. I was emotionally wound up about all kinds of things which had happened during that whirlwind year. As a result of my spiritual and emotional disconnection, I had started overeating, and was caught up in compulsion around food.

Chaos was ruling. My Soul was going underground.

Simone's words woke me up. When I went home, I saw with crystal clarity: if I can't support this person who I adore, who is doing a project that will advance a cause I'm passionate about, things have gotten pretty bad. I must have gotten very far off from my own right work, following my own dreams, and cultivating my own happiness.

In that moment, it became obvious to me that our ability to celebrate and affirm another's brilliance, creativity, and ambition is correlated to how much we are honoring and standing in our own.

Whenever I have questions, I visit <http://youth.dadabhagwan.org> and search online for articles or anecdotes which make me feel better. I found this short conversation with an Aptputra...

Q: Why do you get jealous ?

Aptputra: You get jealous because you want pride, which the person you are jealous of is receiving.

Q: Why do we have an intense desire for money?

Aptputra: So that you have so-called STATUS and hence people treat you with respect.

Q: Why do you insult or make fun of others ?

Aptputra: We insult others because of our OWN intense bheekh (beggary) for pride. We feel that, by insulting others, we push people down (by insulting him), so we automatically come on top.

Q: What happens when others insult us?

Aptputra: When others insult us, our bheekh for pride further increases, as we have been pushed down in front of everyone.

There are many causes for all our vices. The inner kashay pride is one of the biggest causes.

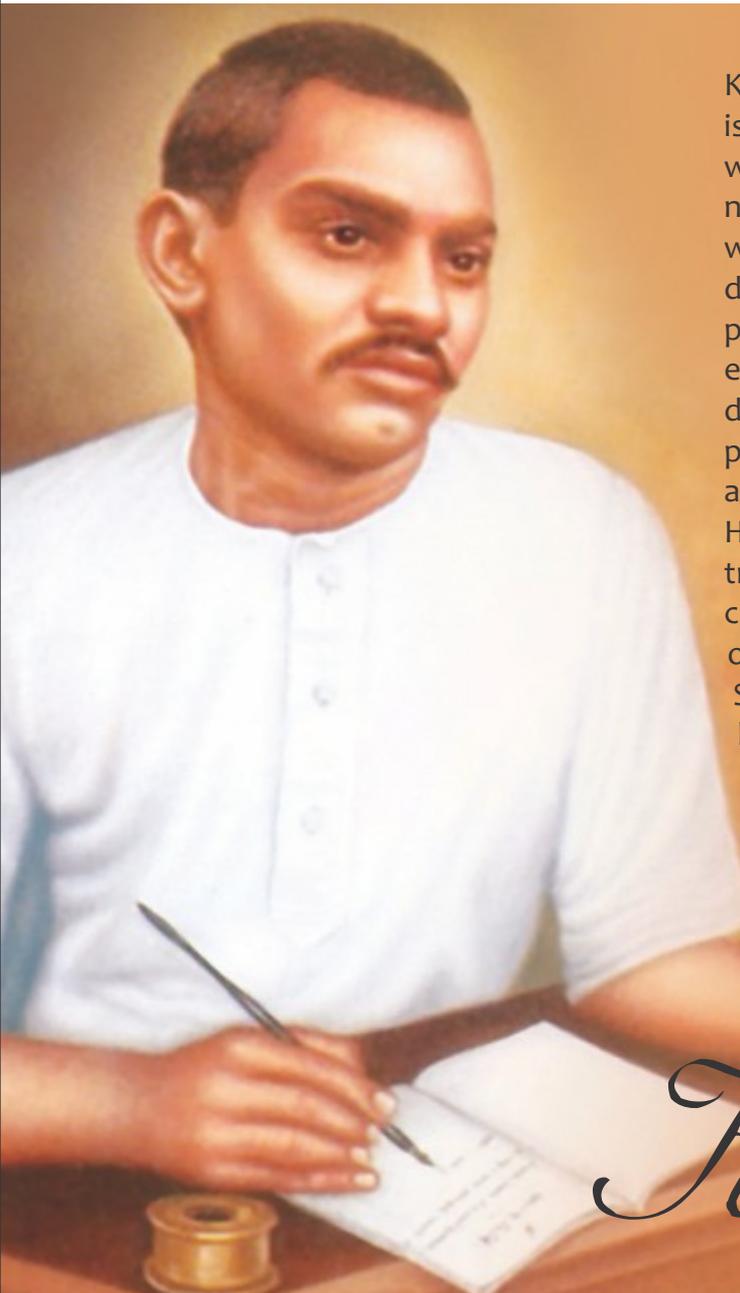
Reading this conversation, I understood that my 'pride' kashay is responsible for this feeling of jealousy.

Within a few days, I started making changes. I surrendered my struggles. I decided that things had to change. I got back onto my own side again. I started resting, giving myself more reflection time, and remembering my dreams.

I gave Simone my support in moving forward with the project.

I made a firm decision: my pride kashay will never again get in the way of my relationship with my friends, family and teachers.

Glimpses of great souls



Shrimadji (Fondly known as Krupaludev) said: “Had there been no issue of pride in this world, salvation would have been attained right here and now.” Pride is visible everywhere in the world. Be it in any form of eating, drinking, walking, resting or working, people move along with pride. Have we ever thought considered, “what have we done?” There is actually nothing to feel proud about, but such a thought doesn't arise - due to ignorance and egoism. Hence we are unable to perceive the truth. Who am I? From where have I come? What is my real nature? Such kinds of questions never arise within oneself. Such beliefs can only be established by listening to an enlightened person. The Soul exists, and it is eternal; there is a “Doer”; there is also a bearer-of-consequences. Along with these,

Krupaludev

there is liberation and the path to attain it, salvation. These six fundamental notions form the basic foundation, and are the pillars for attaining right knowledge and understanding (samkit). The way to salvation is simple and straightforward if one follows a living master, an enlightened soul. It is not achievable as long as one thinks, “I know everything” and lives in his own world of beliefs.

“If one can stop acting according to his own preconceived notions (false pride), he can surely attain salvation.” “There is no need to search for anything else. Just find an enlightened being (Satpurush), surrender to him totally, and follow his guidelines. Thereafter, if you don't find salvation, take it from me.” Such is Shrimadji's assuring statement for the seekers, underlying the importance of an enlightened master. A person cannot remove his own self-indulgence. His ego and pride will not allow him to see his own faults. Living in an uncontrolled manner, as per one's old beliefs and self-guided process (swachhand) can only be neutralized by an enlightened master.

Just study the life of Lord Mahavira, who faced respect as well as insults. He was a king who had wealth and everything that is required for a happy life. But he had a burning desire to realize Truth and to attain salvation, so he left everything that was obstructing his path. He too had his share of pain and despair. Even when troubled by enemies, or by jealous deities, Lord Mahavira stayed calm and self-composed, and dealt these issues with equanimity. “If the belief that, 'I am the body' drops, one becomes a non-doer.” Because activities undertaken with false identification induce karmic particles to stay with the Soul. One tries to protect his false pride life-long, and safeguards it throughout all attacks. He gets attached to it, and rejects those who bring unhappiness or insults. If the attachment with the body withers away, it will not arise again, and one will attain salvation – become free from the cycle of birth and death. Therefore, a spiritual aspirant needs to go to a Self-realised person: “Serve at the feet of a Gnani,” and follow his footsteps. Constant contemplation about the Self will bring one to a stage of complete detachment towards worldly affairs, which is termed 'Keval Gnan' – full realization of truth about existence, or omniscience.

Just as a prolonged dream comes to an abrupt end upon awakening, karmas accumulated through infinite past lives can be extinguished at one go by the grace of a Gnani. One who has recognised a Self-realised person will find salvation for sure.

Q and A

Questioner: Why should we have purity for salvation of the world?

Answer: Dada says that you have to get rid of anger, pride, attachment, and greed. He says that, after receiving Gnan, these four enemies within us do not arise, but come out in 'discharge' form. Here, purity prevails. Dada explains, "Who is a Gnani Purush? That one who does not indulge in sensual pleasures, who does not amass wealth, who does not strive to gain self-importance or recognition, who does not run after building up a vast number of devotees. Who is a Sant Purush? (Saint). The one who does not suffer beggary for wealth or sensual pleasures. He may expect respect and pride, whereas a Gnani Purush does not. However, here in our organization, there is no place for self-importance; there is no system of "give respect and get respect"; here it (pride) is one of the 'Kashayas' (inner blemish). Anger, pride, deceit, greed - these four Kashayas, do not receive any support here. Instead, you have to relieve them. For example, with respect or praise, for work well done, nobody is going to call you on stage and applaud you, nor will they show special respect. Yes, your work will be appreciated, but nobody will sing praises to fulfill your pride because, in doing so, your ego will become inflated, and the kashay of pride will expand, which will destroy you! However large your donation to the Trust (for Gnan) may be, your intent should not be for displaying your nameplate - nor will you get applause or a public announcement that you had contributed! When anyone gives a donation here, it is, in fact, for breaking his greed - not for gaining respect or to feeding his pride by displaying his nameplate somewhere. You will melt down the hurt of insult with Gnan.

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Gnani with Youth

Questioner: In life, when we get lots of respect, what understanding (Agnā) should we apply?

Pujyashri: What would an honest man say? “Sir, you are putting the whole burden of respect on me. I was not alone, there were seven of us.” Saying this, he would share the prestige with other partners! Similarly, when he receives Ambaji Prasad (food offered to God), he would share a pinchful with all around and have the last pinchful himself! This is what an honest man would do. But, in general, a person waits with mouth open-wide to gobble any prestige himself, and to take away credit which should be shared with others.

Questioner: Yes, that is what happens!

Pujyashri: Moreover, he would say, “I did not want the credit alone, but since it was given, I accepted it entirely myself!” The other members of the team are left high and dry, without any word or appreciation. Next time they will not allow him to take all the credit alone.

Questioner: He will have to bear the repayment for his deeds.

Pujyashri: Some day, with the same team, you may have performed well, but the credit for good work will go to someone else - which will make you unhappy on losing your prestige. Before, you had been swallowing all the credit yourself alone, so now nature teaches you to share with others! Also, when the work gets spoilt, take it upon yourself that, due to your mistake, the whole department suffered. Whereas, when the work gets done well, give the credit to all the team members who helped, who applied their skill resulting in final good work. Will this suit you or not?

Questioner: Yes, of course!

Pujyashri: So, do that. Really speaking, if you are not interested in being praised all the time, then you will not feel sad or insulted. It is because you are seeking praise that you have to bear the pangs of insults as well. The one who suffers is the non-Self, whereby he repays his karmic account. The person who is insulting him is only the medium (Nimit) through whom he receives the insult. Then, who is to be blamed or at fault? Thus, absolve the insult giver by applying Gnan. Gradually, you will get the power to withhold from running after pride. With Gnan, you have to win over insults at the moment. But when your ego has to taste insults, it is unable to swallow its bitterness. The more you melt the hurt of insult with Gnan, the more you will gain inner power. Due to pride, you believe respect is given to you because your ability has increased in your job! Ugh, it is not your ability that people are applauding but your rising level of punya (merit karma), and when that ends people will deflate your ego! Therefore, what is all this? In settlement of karmic accounts, why should we become happy or sad?

Sycophancy

Suvidh is very happy. Coming from a middle-class family in Ahmedabad, today he has become an IAS officer. Yes, he will have to take up his post in Mumbai, leaving behind his parents and friends in Ahmedabad. But he can forgo this. After all, he has achieved the post of Assistant Director General of Foreign Trade. Some years back, Suvidh's elder brother had shifted to Mumbai and settled down with his wife and child. On much insistence from his brother and bhabhi (sister-in-law), Suvidh agreed not to stay at the Government Quarters offered to him, but instead to stay with them and his nephew Jainam.

Suvidh was indeed happy on receiving a car from the Government, a good salary, and other benefits. Now he had become 'Saheb' in this city of fascination; from time to time he would be showered with gifts - both at office and home! Whenever he would dine out with his brother and bhabhi, the Manager would welcome them heartily. Also, when they would go shopping, the showroom owner would personally attend to their purchases.

Once, after receiving a wedding invitation, Suvidh rang up the famous jeweler Trilokchandra Jhaveri and

requested him to hold some diamond rings for selection by his brother as a gift for the newlyweds. At once the jeweler thought, "If I satisfy him, in return, he will help me with my income tax problem." So, he informed Suvidh that he would personally visit his residence for the ring selection.

On hearing about the reputed jeweler's visit, the entire neighborhood started gossiping about Suvidh's status and influence.

From his bhabhi's reaction to receiving such an expensive item as a gift, and from the jeweler's happy response to getting a positive response from Suvidh to his income-tax problem made the jeweler happy, so he gifted a ring to Jainam.

Soon, attending parties of industrialists and participating in various social events became common for Suvidh.

It was Sunday morning, and Suvidh and his brother were discussing whether to invite their mother and father to settle with them in Mumbai. When the doorbell rang, Suvidh opened the door to a boy who asked, "Uncle, is Jainam there?" Suvidh invited him inside and called Jainam, who was taken aback on seeing his friend Swaraj. "What are you



doing here? Come in!” said Jainam. Swaraj refused, and instead said, “Jainam, you are so clever. I need your help.” Astonished, Jainam retorts, “My help?” “Yes friend, you are expert in math. But I am not so good. Will you teach me? From now onwards you will be my Jainam Sir!”

Being addressed as 'Sir' made Jainam feel good, and he smiled. Then Swaraj continued, “This will be from next year. However, our exams start after two days, so what about that? Now listen, your roll number is 10 and mine is 11, so this time will you help in the Math exam? Will you show me the answers?” Jainam agreed, and Swaraj felt happy and left. Suvindh and his brother-bhabhi had all heard the conversation between Jainam and Swaraj, so bhabhi asked Jainam why

he had agreed. Jainam assured her not to worry, saying he would teach him when he would become Swaraj's 'sir'!

His father interrupted saying, “Son, you should not be carried away by someone's sweet talk. Don't you know that helping someone to cheat is as good as cheating yourself? Would you like to do that?” “No, Daddy, not at all. I will refuse immediately”, said Jainam, rushing towards the door.

“Like Uncle, so is Nephew!” laughed Suvindh's brother as he sees Jainam leave. Feeling uneasy about this remark, Suvindh asks, “Why did you say this? In childhood, was I doing the same?” “I don't remember during childhood, but...” and he stops short insisting that his brother clarifies.

His brother explained, “Suvindh, you are

my younger brother. Would I not feel happy from seeing you progress in life? However, ever since you have achieved your title, you are bursting with pride. You believe that everyone is respecting you, but are they respecting your thoughts and outlook? No, brother, their respect is only due to your post, with which you have covered up the black deeds of that jeweler and many others. Only due to selfish motives are such people around you, yet you feel proud! Brother, do you understand?”

After regaining composure, Suvindh nodded in the affirmative. His brother concluded, “One should make use of his title or post to contribute to the upliftment of society and country. How can one misuse his title or post?”

Do you know what Dadashri says in this regard?...”



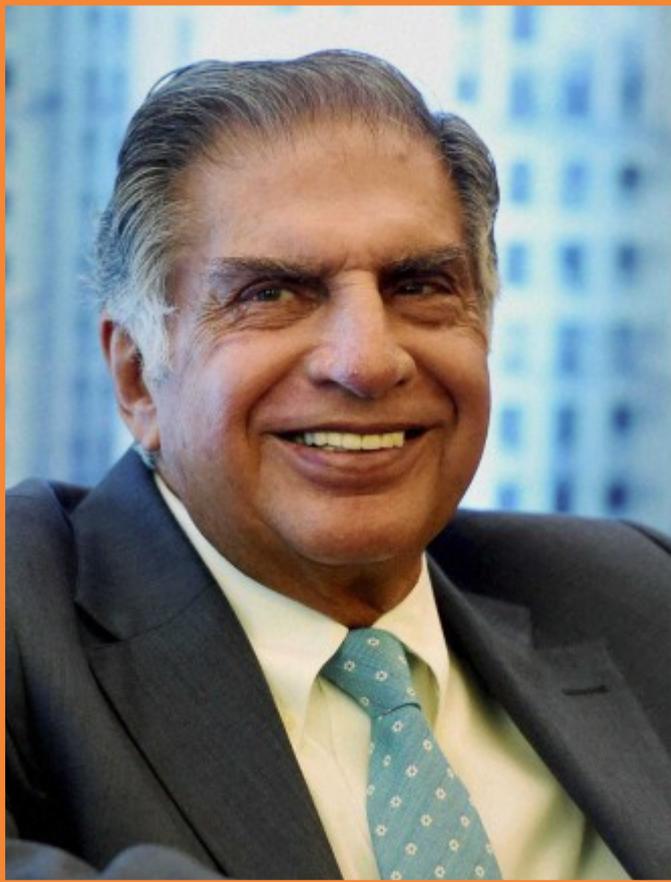
Gnani's Scientific Solution



Dadashri: Just because the cows and the buffaloes look at you, and wag their ears back and forth, does it mean they are looking upon you with respect, or that they are admiring you? This is how everything is. You might think they are watching you with respect. It is simply in your head. But really everyone is caught up in his own miseries; everyone is caught up in his own worries. No one has time for you.

Everyday there would be several cars parked in front of my home in Mamani Pol in Baroda. I used to pay fifteen rupees rent for that house in a well-respected area. How many people lived in bungalows some forty-four years ago? Mamani Pol was considered a very good location. People normally lived in homes where they paid seven rupees for rent, and I was paying fifteen rupees for our home. I was looked upon as a very successful contractor. So those who lived in that area would drive their cars to my home whenever they had any difficulties. They would come to me having done something illegal, and yet I would help them escape through a 'back-door' (find an underhanded solution or a loop-hole for them). I would show them the 'back door' and tell them to 'leave' from there. Now they were the ones who committed the crime, and I would find a way for them to escape. So I took the responsibility (karmic) of their crime upon myself. Why is that? It was to feed my pride! Is it not a crime to find a 'back-door' for others? I would use my good judgment to show them the way out and help them escape. They would treat me with respect, but I was the one left to face the consequences; I took on the liability of facing the consequences. Later I realized that it was sheer unawareness on my part that led me to take on the liability of such consequences, and all because of pride. That was when I recognized the pride within. What worries it had caused me!! What anxieties I had for just wanting pride (respect)!

Insult - a stepping Stone



Ratan Tata

The word “Great” is not the only difference in “people” and “great people”. This story will explain the reason...

TATA group is a leading business house in India. Apart from scale of business operations, they are also known for the values observed in their business practices.

Ratan Tata is a man who continued the legacy of India's most trusted business.

When someone is insulted, anger is all too often the only outcome. However,

great people use this anger to plan business policies and goals.

Tata group launched its passenger car Tata Indica in the year 1998. The group was led by Ratan Tata, and it was his decision to enter in the passenger car business.

Tata Indica was a failure in its first year and the experiment seemed to be failing. Many people started advising Ratan Tata that he should sell the passenger car business. Ratan Tata agreed to this, and a proposal was given to Ford, who showed interest too.

Ratan Tata and his close team members travelled to Detroit to discuss the

same. Detroit is home to the Ford headquarters and is considered the automobile hub of the United States.

The meeting went on for hours, and the Ford people's behavior was disrespectful towards the Tata group representatives. In the meeting, Bill Ford (the Chairman of Ford) said to Ratan Tata, "Why did you enter in the passenger car business with no knowledge about it? It will be a favor if we buy this business from you".

Ratan Tata decided to return home. While travelling, he was very tense from the feeling of being insulted at the Ford meeting.

After this early failure, Tata Motors went on to do well with its business of passenger cars while, in the same period, Ford performed badly.

In 2008, when Ford was on the verge of bankruptcy, Tata Group offered to buy their luxury car brand Jaguar-Land Rover. This time, Bill Ford and his team travelled to "Bombay House" the headquarter of Tata Group. The deal was finalized for \$2.3 billion USD, which amounted to 9300 crore Indian Rupees at that time. Ford was incurring heavy losses from Jaguar-Land Rover division. Now, in this meeting, Bill Ford said to Ratan Tata, "You are doing a big favor by buying Jaguar-Land Rover."

Jaguar-Land Rover is now owned by Tata Group and is currently profitable. Ratan Tata hence did not take to heart he received, but turned it into a stepping stone to making Tata a better company.

Michael Jordan

A Profile in Failure

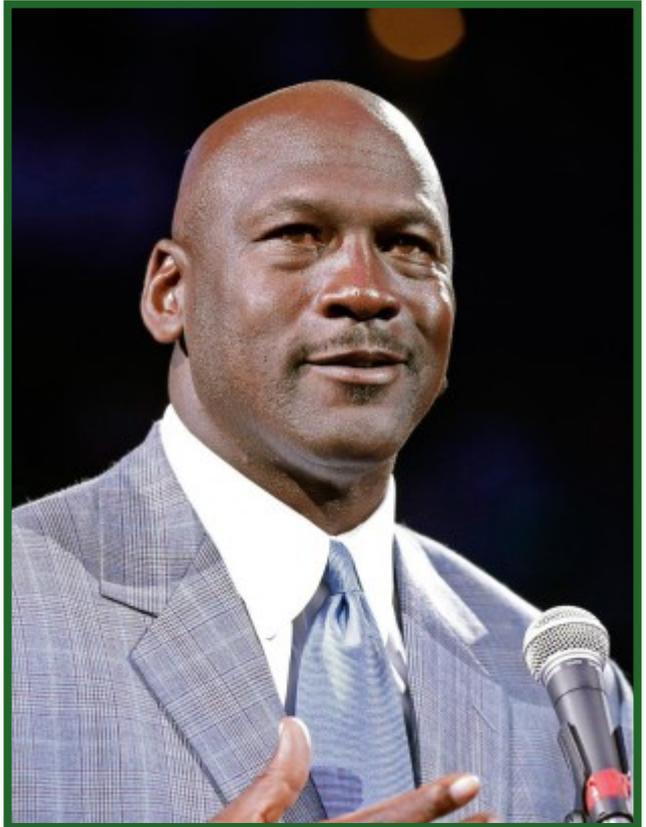
In 1978, sophomore Michael Jordan tried out for the varsity basketball team at Laney High School. When the list was posted, Jordan's name wasn't on it. Instead, he was asked to play on the junior varsity team.

It was a perfectly logical choice for the coaches to assign Jordan to the junior varsity team for his sophomore year. But 15-year old Jordan was devastated when the list was posted without his name. In his mind, it was the ultimate defeat, the ultimate failure. "I went to my room and I closed the door and I cried. For a while I couldn't stop. Even though there was no one else home at the time, I kept the door shut. It was important to me that no one hear me or see me." Jordan was heartbroken and ready to give up the sport altogether - until his mother convinced him otherwise.

After picking himself up off the floor, Jordan did what champions do. He let his failure and disappointment drive him to be better. He played on the junior varsity team, and he worked himself to the limit. “Whenever I was working out and got tired and figured I ought to stop, I'd close my eyes and see that list in the locker room without my name on it, and that usually got me going again.”

It became a pattern throughout Jordan's life that a disappointment or setback resulted in a redoubling of effort. High school rival player Kenny Gattison, who led his team to beat Jordan's team for the high school state championship, put it this way: “You've got to understand what fuels that guy, what makes him great. For most people the pain of loss is temporary. [Jordan] took that loss and held on to it. It's a part of what made him.”

The pattern of defeat-followed-by-success would follow Jordan to the University of North Carolina and later to the NBA. His relentless drive would lead him to break numerous records and become



the most decorated player in the history of the NBA. What's more, he's credited with dramatically increasing the popularity of basketball - both in the United States and internationally - and inspiring the next generation of basketball players, including LeBron James, Dwayne Wade, and Kobe Bryant. You can't think of the word “champion” without thinking of Michael Jordan, and there's no better proof that failure is simply a stepping stone to success.

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THE CHALLENGE

Once there lived a Doctor. He was always found to be happy.

One day his friend asked him – “How could you manage to remain happy in all situations”?

The doctor replied - “I learned to live my life from the medicines I used to prescribe, not by swallowing them, but by understanding the reasons behind their application.”

He further explained that, “if we eat a chocolate, we gradually chew it for most of the time until it is finished. Whereas if we have a bitter pill, we simply gulp it down.”

The same theory applies to real life as well.

If there is an insult or suffering, just gulp it down like bitter pill.

On the other hand when there are moments of pride or happiness, just go on chewing like sweet chocolate.

Simple or challenging ? Give your experiences with situations of insult and how you handled them. Share them here...

 **Email** - akramyouth@dadabhagwan.org

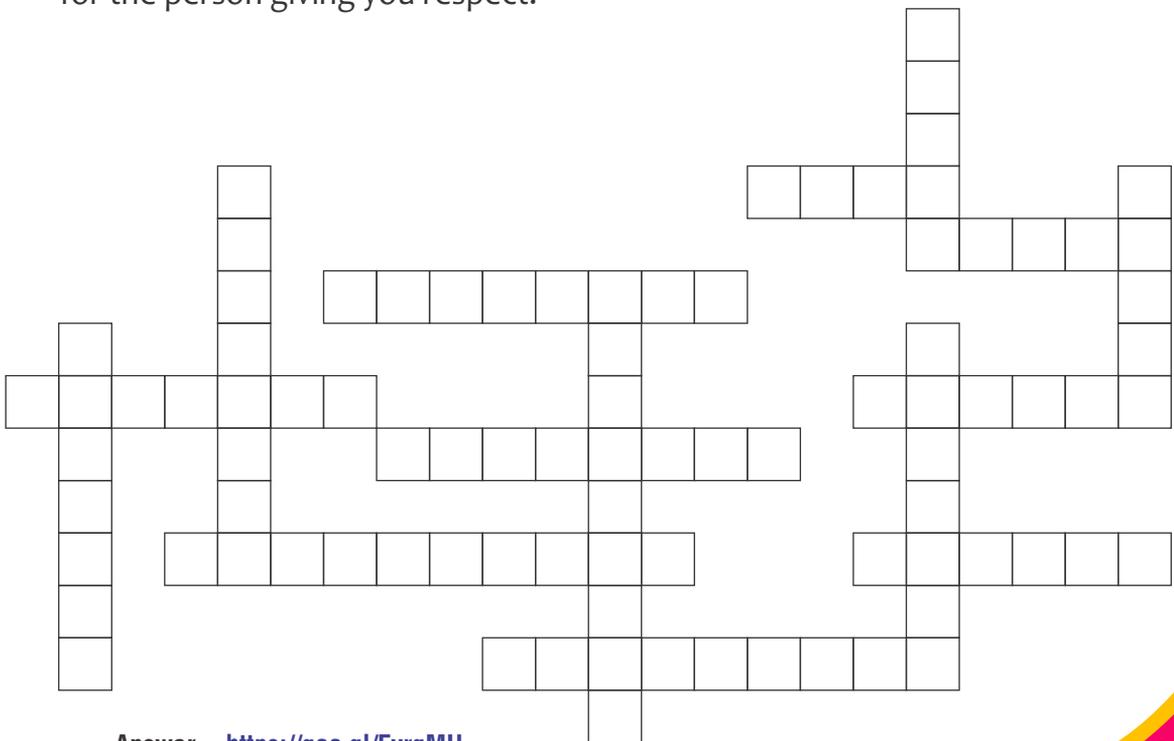
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Fun time! Adjust the highlighted words in the given blank crossword.

Let's Play

- 1) **Pride** is of form 'I am something'.
- 2) **Abhipride** is excessive pride.
- 3) A desire for pride causes **anxiety**.
- 4) An intense **desire** for pride is considered Beggary/Bheekh.
- 5) One who has **beggary** for respect has deviated from spiritual path.
- 6) Enjoying respect reduces **awareness**.
- 7) One appears **ugly** when there is an intoxicated ego for pride.
- 8) Pride exists because one sees others as **inferior**.
- 9) Tragu is a state of severe **obstinacy**.
- 10) **Anger** is the bodyguard of pride.
- 11) The aura of 'I am something' leads to **contempt** for others.
- 12) It is because you are seeking praises that you have to bear the pangs of **insults** as well.
- 13) People applaud you not because of your ability, but due to your rising level of **punya**.
- 14) Pride is a form of **kashay**.
- 15) There is no restriction in accepting respect but one should not have **attachment** for the person giving you respect.



Answer = <https://goo.gl/EvrgMH>

Akram Youth

Laugh out loud

A Russian visiting India, went for an eye check-up, The doctor shows him the letters on the board : CZWXNQSTAZKY

Doctor : "Can you read this?"

Russian : "Read? I even know this guy."

Doctor : "How do you feel?"

Patient : "Worse than ever, doc, worse than ever! I no longer enjoy the things you said I shouldn't eat or drink!"



Send your suggestions and feedback at: akramyouth@dadabhagwan.org

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