

Akram Youth

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Dada Bhagwan Parivar

₹ 20



Positive



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Editorial

All that we have received so far is the best advice with good intentions: “Be positive.” You got less marks in exams, be positive. You lost your job, be positive. Wise thoughts such as, “Half the glass is full” will appear impractical when the troubles are great. In such situations, we must ensure that negativity doesn't make its impact on us. Such abilities are not developed overnight. It takes a lot of patience to develop it. We have an example in front of us - NIRUMA. She never left hope in the midst of seemingly impractical circumstances and always remained positive for Dada's mission of Jagat Kalyan.

In life, we cannot expect that everything will work out well for us all the time. There will be difficulties and we may feel the pain too. If we remain positive, keeping our strength and weakness balanced, we may overcome such difficult times with ease.

Dadashri used to say that it's the difficulties that make a man pure. Lord Mahavira taught his disciples, “If you go out for Bhiksha (asking for food) and if you get the beating with a stick, take it positively. Just think that he has only beaten me with a bare stick and did not cut my hand. Even if he chops one hand, think positive that at least one hand is still safe.” This is the highest form of positivity. Try to find any positive clue from gravest of the situation. Do we ever apply such principles even in 1/10 part of our lives? Had positivity been spread like an infectious disease, we would certainly be in a better world today.

In this issue, we have expressed our deep desire for you to develop the ability to drive out negative thoughts in life, and install positive ones.

- Dimple Mehta

The GLAD game

Hi friends!

One day, we all friends were discussing on some troublesome situations we youth face in our daily lives. All the youth found good positives out of such situations. Let us see how we all positively reacted to the situations.

Hope you would ake a positive leaf out of it.

Situation: My parents expect a lot from me.

Who will have faith in me and hence, expect from me other than my parents!

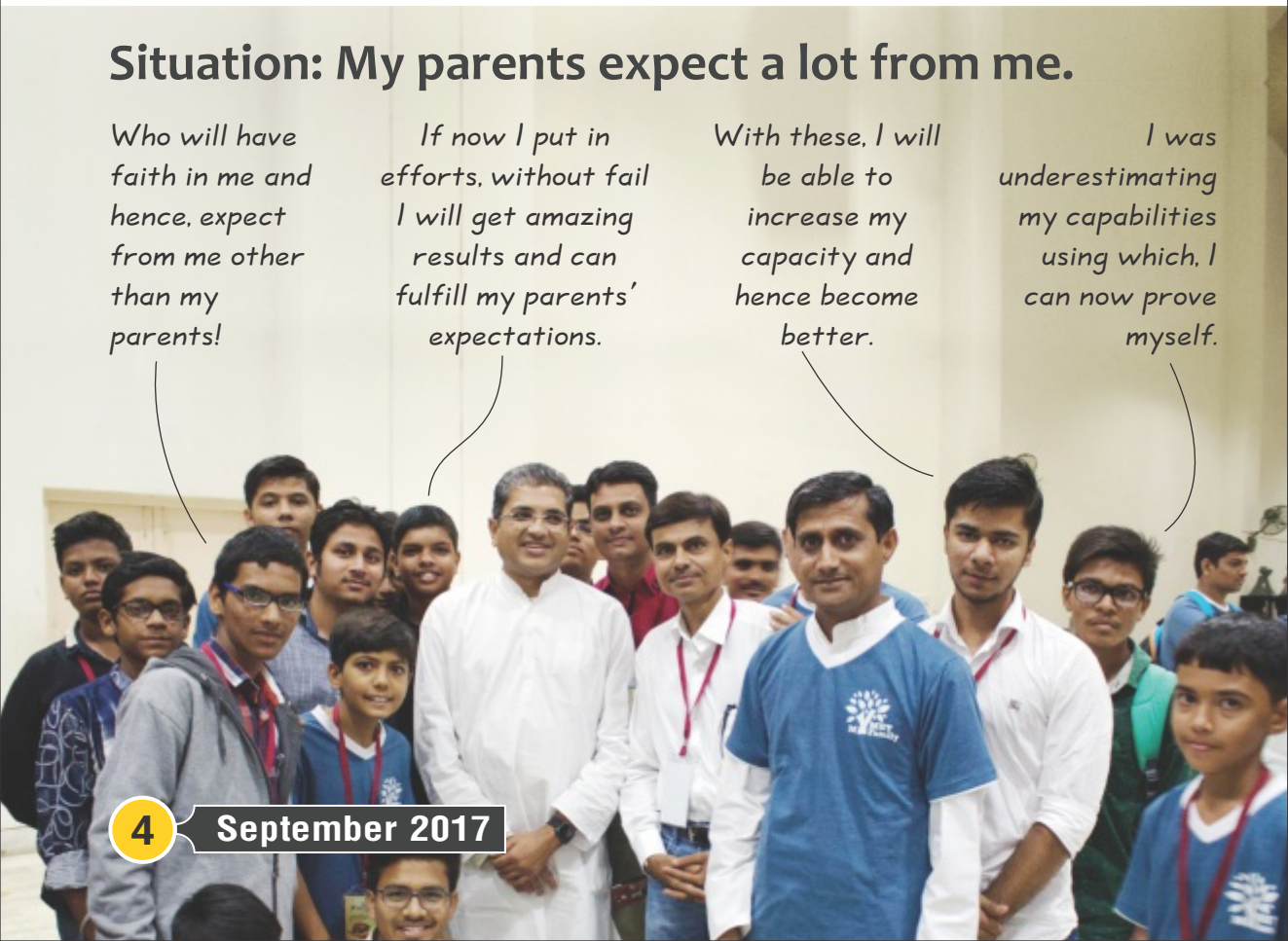
If now I put in efforts, without fail I will get amazing results and can fulfill my parents' expectations.

With these, I will be able to increase my capacity and hence become better.

I was underestimating my capabilities using which, I can now prove myself.

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Situation: I scored very low marks in exams.

I did not commit crime.

I made a mistake which can be corrected, it is not the end.

Had I not scored less, I would have never been able to judge my mistakes and hence improve.

I can revise more next time and hence score amazingly.



Situation: I always fight for my freedom with parents.

They are more experienced than I am, they undoubtedly have better vision.

If they don't allow, they are thinking better for me.

They care for me, they love me.

Now, if I agree with them, they will feel good, I have chance to gain their blessings.





Placebo Effect

(Sugar Coated Belief)

SUGAR COATED BELIEF

Most of us will agree that negative thoughts can lead to physical disease and emotional distress. What about positive thinking? Does positive thinking counteract negative thinking? Can positive thinking alone improve our health? Will it help in improving a broken relation? The answer is unequivocally, absolutely yes; sometimes think positive.

It can be proved that positive thinking is the most powerful force in the human body. The effect of it is called placebo.

WHAT IS PLACEBO EFFECT?

A placebo is anything that seems to be a real medical treatment - but isn't. It could be a pill, a shot, or some other type of fake treatment. What all placebos have in common is that they do not contain an active substance meant to affect health. A basic placebo is a “worthless sugar pill,” which the doctors use to study new drugs. Some of the patients under study are given the real pill, the drug being tested, whereas others are given a placebo which looks and feels the same as the medicine. The patients do not know what they are receiving. Some medicines work always, some work rarely, but placebo always works in 30% or more of patients suffering from all kinds of disease and problems. Sometimes the cure rate of a sugar pill is as high as 60%.

In a nut shell, it is nothing- nothing but a patient's belief that it will work. It's sugar coated belief. And in countless and thousands of cases placebo proves that positive thinking is a powerful medicine.

The story about the Russian experiment

There was once a prisoner who was given the "Hang to Death" punishment. The Russian scientist met him and asked if he would like to do something for humanity while dying. They wanted him for an experiment where instead of hanging to death he would be bitten by snake. The prisoner found no loss in this deal. So the papers were signed, and the prisoner was given to the scientist for conducting their deadly experiment.

In the experiment a very venomous snake was shown to the prisoner. He was told that his eyes would be closed by a cloth and then this snake would bite him and he would die. They wanted to note the reactions as to how fast the poison spreads inside the body. The prisoner agreed. They blindfolded him. Now instead of the venomous snake they took a needle and pricked his leg. Within a few seconds his body became blue, and bubbling foam began coming out of the mouth just as it would happen in case of a real snake bite.

It hence proves how self destructive negative thoughts are!



How Does the Placebo Effect Work?

Research on the placebo effect has focused on the relationship of mind and body. One of the most common theories is that the placebo effect is due to a person's expectations. **If a person expects a pill to do something, then it's possible that the body's own chemistry can cause effects similar to what a medication might have caused.**

Positive thinking is like gasoline, a whole tankful won't do good until we put our foot on the gas pedal and start driving. Positive thinking can make our actions possible i.e. in the end we definitely need to put in actions and efforts.



AKRAMEDIA

Author : Ayush Mehta

Age : 18

Positivity Amended

“Raj beta (son), please finish your studies first. This time you will appear for class XII exams and still you are busy watching TV and playing games all the time,” shouted Raj’s mother.

Raj replied back, “Mom, I know everything. I am good at studies and not a novice. I haven’t passed my class X with 80% marks by fluke.”

Mother insisted, “Yes that’s true. But this time it won’t be that easy.”

Raj: “Don’t worry Mom. Exams are still 6 months away. By that time, I will complete my course. You’ll see I’ll bring more percentage this time than before.

Mother: “Keep up your promise.”

Few days later Raj and his friends gathered to study at one of the friend’s home. After five minutes Raj said, “I feel bored. Come on, let’s go out and have some fun.”

One of the friends said, “We have just started studying. Exams are only few months away.”

Raj replied back: “Oh dear, there is enough time. Moreover, we will memorize once we read.”

Karan chipped in, “You have such a strong memory and brilliance. I don’t. So I am not coming, you people may go”

Raj: “Ok then, let’s go. He doesn’t have confidence in his abilities.”

At night when he returned home, his mother asked, “How were your studies?”

“Fantastic,” lied Raj. “Completed one subject. I will surely get good marks.”

Mother was happy to respond, “Good, study like this and perform well in exams.”

By and by, the dates of final exams came nearer, and Raj thought he would catch up with his studies and perform well. He was confident. Finally, he appeared for the exams, spent the vacation, and awaited for results. He was telling everyone that he would score more than 80% this time.

When the results were out, he was shocked to find he scored merely 57%. His

mother was also worried. Now was the time that he had to choose his career. He wanted to opt for CA. His mother warned him, “You will have to study a lot if you choose that line. You only boast about your studies.”

Raj insisted, “But Mom, I will surely put in more efforts from now on. Let me do it. I will study properly.”

He then opted for CA foundation course to build a career in that field. He started with new vigour and interest in the beginning, but gradually it slowed down. He was over-confident. He thought, “I need not read much, I know most of the lessons.”

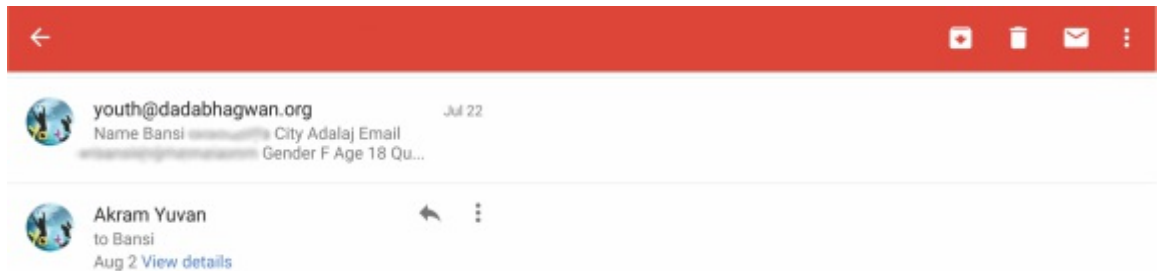
He appeared for CA exams, but failed.

“You were saying your exam papers were well answered, how come you failed?” inquired Karan.

“Karan, I don't know why this happened to me. I am back to square 1.”

Listen bro, this has not happened to you only. My sister had a similar experience. She faced the same problem.

She emailed the question to youth@dadabhagwan.org



Jscs,
Positive thinking is a very, very good habit, but if it is not accompanied by positive actions, will lead to negative results. Here, I would like to site you an example told many times by Pujyashri... Suppose we are at Ahmedabad, and we want to go to mumbai. If we think positive daily that, "I want to go to Mumbai. I am made for Mumbai," but, at the same time, if we sit in a train to Delhi, where will we reach? Definitely Delhi. Hence we need to complement our positive thoughts with positive actions also.

Hence, along with positive thoughts of scoring good marks, we need to complement the thoughts with positive actions by studying regularly, with focus and concentration.

Positive thoughts + positive actions = positive results.

Regards
Youth team



Questioner: When someone behaves badly with us, spreading false rumours about else even though we've done nothing wrong, how can we find positive characteristics in him?

Pujyashri: The wrongful acts that he does is the punishment of our own deeds. We must understand that the work he is spoiling today belongs to File number one and we are pure Soul. Take it as though he is washing off our dirt. It is the result of mistakes committed in our past life, and there must be a pending account, or else why would it occur when we haven't done anything wrong? So do not see the other(nimit) as a culprit, and understand that he is correct from his view point. "This is my karmic effect, and so the other is innocent." We will be careful from now onwards so that no one gets hurt from our actions in the future. Face this punishment as of now.

Despite this, we must do pratikraman that he had to bear grudges against us, and had to commit a wrongful act on our account. Pray to his pure soul that **"O Lord, I want to solve this file with equanimity. I don't want to bear any grudge or prejudice against him, and want to settle all differences in order to get free."**

That person may deal with us in a harsh manner, but he may be polite and gentle to other people. That means he bears that much positivity, and that should be observed. The best way is to see him as pure Soul. If negativity still persists and the other is not seen as innocent, seek strength from Dada Bhagwan, "Oh Dada, forgive me that I still see his faults. Give me strength enough to see him innocent". **The principle law is such that as long as you think that, "I am right" or "I am good," you will be countered as, "you are wrong", or "you are bad."** In order to neutralize the effect of pride and attachment that you carry, the blow of the blame is such that it crushes our raag (attachment).

Gnani-An Idol of Astonishment

In the entire process to develop Trimandir and the Simandhar City, a lot of difficulties came in the way of sevathi mahatmas . In building such huge projects, a lot of legal processes were required which took so many days to work ahead; Dimple bhai was so frustrated that he once went to Niruma and told, “Yes, it is our Bhavna that all the mahatmas stay together, and a lot of centres come up in different cities but it

**“I will never
say no to a
positive
evidence
coming up in
Dada's work.”
- Niruma**

takes so much hard work and so many problems keep on coming. Niruma, now let's not take up other such projects in other centres.' Niruma said, "fine, let's not take up other projects." Very next day a mahatma bhai from another city came to Niruma and offered his land to build Trimandir over it. Niruma happily agreed and told the bhai to discuss the same with Dimple bhai. When Dimple bhai came to know about it he went to

Niruma, "Niruma, yesterday only we decided that no more projects and today you agreed with the bhai?" Niruma replied, "Be negative if you want to. I will never say no to a positive evidence coming up in Dada's work."

Just because of Niruma's positive vision, today not just in India but we have our centres all around the world...





The Head Girl

Drashti and Dhimahi were best friends.

Drashti had been the star student of her school. She was excellent in academics which made her popular in school too. Now that she was in grade 10, assured of her capabilities, she wanted to be the head girl and add another feather of milestone to her cap.

The day arrived. The Principal, Father Matthews was on stage, announcing the selected people in the council. Drashti wanted nothing less than the coveted title of “The Head Girl.” “The Discipline in charge will be Drashti Shah,” on hearing the Principal call her name, Drashti felt a sudden jolt. She wasted to be the head girl. “And lastly,” continued Principal, “The Head Girl, will be Dhimahi Bhatt.” Everyone

burst into cheers, only two people were shell shocked to what was just announced: Drashti and Dhimahi.

Then onwards, everything changed. Dhimahi gained a special and independent identity which pinched Drashti. Dhimahi's personality changed overnight. She was smart but her title was leading her to be over smart. Upon becoming a commissioner from a clerk, one does not have to be taught how to behave as a commissioner. Same way Dhimahi changed from courteous and modest to bossy and imposing. She often misused her power. She told others to maintain discipline whereas she broke so many rules. Drashti developed a strong dislike for her, so did the other students. She was always in search of opportunity to complain about Dhimahi to their teachers. She did not leave a stone unturned in spreading negative rumors about her. She somehow wanted Dhimahi to lose her position. Once, while working on a class project, Drashti realized that Dhimahi had collected 250 Rs to bring required materials which she later bought for Rs 200, remaining Rs 50 went in her pocket. Drashti thought "I will have a field day tomorrow, I will complain to Father Matthews and no doubt Dhimahi is going to be in huge trouble." Now let's see what Dadashri has to say about this...



Gnani's Scientific Solutions



Dadashri : Negative ego is the cause of unhappiness and misery. If someone insults you, and you harbor animosity and enmity towards that person, then it is a negative ego. If you complain to the authorities about someone who is hoarding goods illegally in his home, you are avenging yourself. You fool! You had that man arrested because of your animosity? Just for vengeance! This is a negative ego. Negative ego is a bad thing. The moment you think someone should go to jail, you are imprisoning yourself. Your thinking should be that whatever comes your way, it comes to you because of your past mistakes, so accept it and deposit it into your karmic account. **Even using negative speech for anyone causes negative vibrations. These vibrations not only affect us, causing us to lose our peace of mind, and that of the opposite person too.** If we see the other person's positives, then we will experience peace, and so will they.



Question: What should we do when our friends tell us negative things about others, due to which we come under their influence and start seeing negative things about them?

Answer: Niruma saw only positive points in every person. That is how Dada Bhagwan Foundation was laid. At present the other person's circumstances are not good, which make us see negatives in him. When that person's demerit karmas are active, he behaves negatively. Here, we should speak positive things about him so that our positive vibrations will help him to act positively. Else, you should pray to God to help him out.

Question: How can you make a negative person become positive?

Answer: No individual is born positive. It takes time, but it is not impossible. We can become positive by associating with people who are positive. Such people who have remained positive for their entire lifetime, and lived their life positively even under very adverse circumstances, should be observed as to how they reached the top successfully amidst unfavorable situations. Thus, we can also learn to remain positive when we go through bad times.

Question: Why should we see positive in others?

Answer: Would a person who always sees negative in others remain happy, or would he suffer? Of course he would be miserable! Instead, we should pray that he may come out from his sufferings, and leave his negative thoughts, and become happy. Therefore we should always be positive about others, and ourselves.



Tale of Twins

Once, there were two twin brother: Aakash and Avinash.

At 30, Aakash, an engineer by qualification, worked hard and had a very good job, a fat salary, which led him and his wife towards a very lavish lifestyle. Aakash was a man



of morals and values, a very down-to-earth nature attracted a lot of people towards him. On the other hand, Avinash was a complete contrast to his brother. Avinash, a school dropout had a poorly paid job, was addicted to alcohol, and would lose all his earned money in betting. He would often go home drunk and beat his wife for no reason. Nobody, including his wife, liked him. He was living a self destructive life, where there was no place for happiness.

Milind, a new resident of their town, was very surprised when he heard about the fate of the brothers. Two young men with similar background, but completely different lives!

Once he saw Avinash loitering around and asked him, "Do you need help, my friend?" Avinash became furious. Tears rolled down and he said angrily, "I'm not your friend, nobody speaks to me here, you're new so you'd better get lost and mind your own business." Milind understood that Avinash was nearly drunk; he helped Avinash by taking him back to his house.

When they reached, Milind gave Avinash water to drink and asked him, "Why don't you live sober? Who taught you to do all these bad things?" Avinash yelled, "It's all my father's fault!" As a child I've always seen my father coming home, dead drunk. Sometimes, he didn't even show up until late in the night. I lived in poverty all my childhood. When he was drunk, I remember him beating me without any reasons. Now you tell me, won't a child imitate his father? It's because of him, that I've ended up like this - in a rotten mess!" Avinash blabbered in his drunken voice. "He's right," thought Milind, "it's all his father's fault."

When Milind went to meet Aakash, he was in awe of the man he witnessed. Milind was almost convinced that Aakash had qualities of a gentleman, brought up under loving parent's shelter. Milind was forced to ask Aakash, "Aren't you Avinash's brother?" Aakash was quite taken aback, and asked Milind the reason behind his question. Milind said, "I met your brother just yesterday. He is so different from you, why is that so?" Aakash smilingly said, "I owe it to my father for all that I am". Milind was speechless. Aakash continued, "Do you know my father was an alcoholic and he mostly came home drunk?" Milind nodded

"Father would beat us and our mother for no reason. One day, I was so frustrated with all the torturous treatment from my father that I pledged never to possess a single negative quality of him. My father was the one who taught me how not to be in life. He inspired me to be the kind of man I've become today. Every single day he motivated me for the future I luxuriously live in," Aakash proudly replied.

So, despite of having same upbringing of the twins, there was a big difference in their lifestyle, their mindset, and the way they reacted to every situation.

Lastly, however the situation may be, the way we react to it matters.

Forgive and Ask Forgiveness

When there is conflict between ourselves and another individual, we constantly feel tense and anxious. If we wronged a person, or if someone wronged us, the only way to relieve those awful feelings is through forgiveness. Forgive those who have caused pain or heartache. Ask forgiveness for those you have wronged. When forgiveness has been granted, you will feel much happier, and your attitude will automatically improve.

World Positivity Day

13th September 2017

Let us celebrate this day by asking for forgiveness of whom all we have seen negative by giving them a greeting card. Thus, resolving to be positive for them henceforth

STAY POSITIVE



Akram Youth

Magazine Of the Youth,
For the Youth,
By the Youth

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Let us be...



*Any good thing will be
ruined by talking negatively
about it.*

*Similarly any bad thing will
improve by speaking positively
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- Dada Bhagwan

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Experience

As a former CA student, I remember fearing failure; the mere negative thought used to scare me so much that sometimes I did not even wanted to appear for the exam. But then, at that very moment, I used to think that this is not the right track. Self negativity is in fact the recipe to become a failure. Dadavani or Pujya Deepakbhai's satsang can bring you back on the right track by proper positive understanding. Whenever something doesn't happen according to our plan, we should remember this: that **everything happens for a reason, it was destined this way.** This statement has influenced my life a lot.

I was 32, when I went through a major spinal cord surgery. Before the surgery the doctors told me that they were having sleepless nights, and were really tense for the same. I was very positive, and after Niruma performed Vidhi, I went for the operation. After surgery, I couldn't feel my legs. I was told that, as a result, I would never be able to use my legs. I cried for 10 minutes, and suddenly I saw Dada sitting on a chair opposite to me . I asked Him, "Why did God do this to me? My nature is to give people, and now I will have to ask help from everybody." Dada replied, "This is your ego that, 'I don't want to take help or be helpless' which needs to be removed. Otherwise, how will you achieve Moksha?" Then he vanished.

That day everything changed. My vision completely broadened, and that very moment I changed my belief. Since then, I don't even think that I am on a wheelchair, or that I need to take help from others. This state was served to me, all I can do is enjoy it to the fullest. Life is the other name of challenges. The trick is to handle it well.

- Reenaben



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