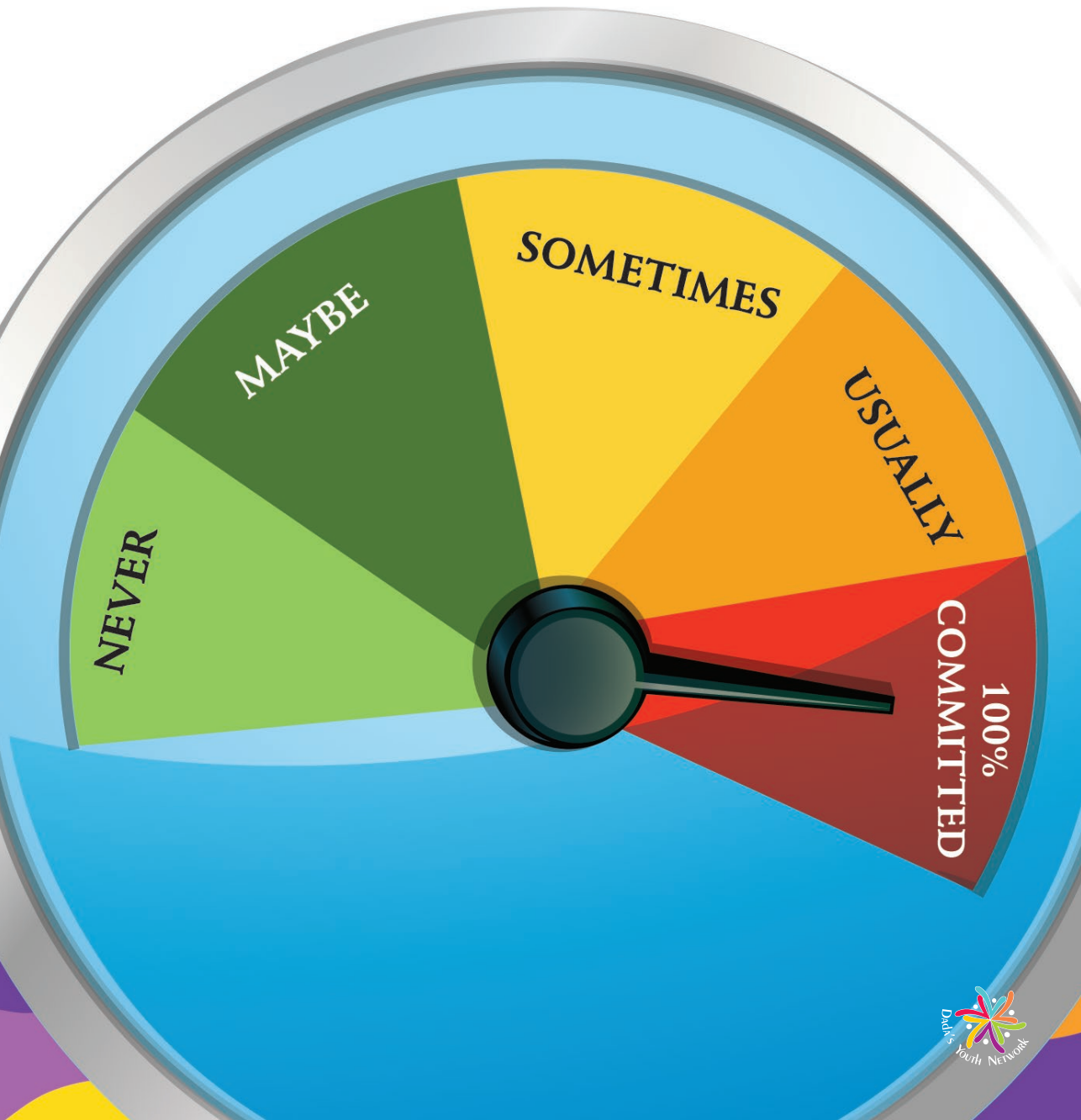


# Akram Youth

February 2018 | English

Dada Bhagwan Parivar

₹ 20



**Publisher & Editor:**

Dimple Mehta  
Pg. 24 - February 2018.  
Year: 5. Issue: 10.  
Cont. Issue: 58.

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**Printer & Published by**  
**Dimple Mehta on behalf of**  
**Mahavideh Foundation**

Simandhar City, Adalaj -  
382421. Taluka & Dist - Gandhinagar

**Owned by**

Mahavideh Foundation  
Simandhar City, Adalaj -  
382421. Taluka & Dist - Gandhinagar

**Published at**

Mahavideh Foundation  
Simandhar City, Adalaj -  
382421. Taluka & Dist - Gandhinagar

**Printed at : Amba Offset**

B-99, GIDC, Sector-25,  
Gandhinagar – 382025.  
Gujarat.

Total 24 Pages with Cover page

**Subscription**Yearly Subscription

India :200 Rupees  
USA: 15 Dollars  
UK: 12 Pounds

**5 Years Subscription**

India : 800 Rupees  
USA: 60 Dollars  
UK: 50 Pounds

In India, D.D. / M.O. should be  
drawn in favour of "Mahavideh  
Foundation"  
payable at Ahmedabad.

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# Editorial

Commitment is the giving of ourselves or surrendering to what we most believe in. At this stage, our intentions, words and actions function in coordination with our ideals to help us deliver desired results.

Generally, individuals refuse to accept anything less than the best from themselves and consequently from others as well. To achieve their best, commitment is essential. Hence, it is a significant aspect of one's life that cannot be neglected.

This then raises various questions. What am I committed to? Is this an appropriate commitment? Am I over or under committed? Is there another dimension or version to this commitment? And have we adopted the correct way forward for achieving our goals?

Answers to all questions have been knitted in the articles presented within this issue and pray they help you progress in the path of your commitment.

- Dimple Mehta



# AKRAMPEDIA

Name : Ayush Mehta

Age : 18

Like every other person even I made a new year resolution to save Rs. 2000 from the monthly allowance of Rs.10000 that my parents gave me as spending money while living in the hostel. The purpose behind the resolution was the fact that our college had organized a trip in March for which I had to pay Rs. 4000 and my expenses in the previous month had already exceeded. Overall, I thought it would be easy to save this amount as most of my necessities like food, fees, clothing etc. were taken care of by my parents. I had negligible expenses apart from those for my recreation.

So, with a newfound determination for fulfilling my resolution, I started my first month!

The first week went according to plan, however, problems arose in the second week when I went to watch a movie with my friends where I spent Rs.500 in an instant. Three days later, with another group of friends, I went out for lunch as I was bored with food in the hostel. The next day I went bowling with my cousin. In this way, days started to pass with new plans emerging regularly that had my full participation in every activity. I was unable to stop participating and by the end of the month, my entire allowance was spent on unnecessary luxuries. My resolution vanished and hopes shattered.

Next month, with great determination, I resolved to save Rs.4000 I needed. However, just like the previous month, I participated in all emerging plans. The only difference was that I participated reluctantly. At the end of the month, I realized, I had not saved a single penny!

I tried persuading, pleading and begging for the extra funds required to go on the school trip with my parents. They did not give me the extra funds resulting in my not being able to participate in this trip. I was very sad and started thinking,

‘Why was I not able to live according to my resolution? What am I doing wrong? Etc, etc.....’ As I was pondering on these thoughts, I came across a Dadavani from which I learnt the value of sincerity.



## Extract from Dadavani

What is meant by sincerity? To remain sincere to one's own self, to remain sincere to the things he is decided on. Under no circumstances would a sincere person go against his goal. Dadashri says, "If one wants to remain sincere, then he should not become susceptible and react to what he hears about someone else." A sincere person conducts himself with discretion. If from within adverse thoughts arise in the mind and they are not in accordance with your goal, then let go of them immediately. It should be in accordance with your goal, and if it is in accordance with your goal, let the mind lead you. It can only be considered as a firm decision when there is sincerity towards it."

**Thus, I realized I was lacking sincerity in fulfilling my resolve.**





# Experience

## Jai Sat Chit Anand,

I have decided to remain a celibate and dedicate my life to Dada Bhagwan Foundation. The main purpose for this decision is to enable me to serve Dada, his Mahatmas, people from all over the world and to contribute towards world salvation (Jagat Kalyan).

Recently while doing this service, I had the opportunity to accompany an Aptaputra (an experienced celibate brother) on YMHT Centre visits. “A week with Aptaputra”, the thought filled me with excitement.

I always used to feel that celibates were special. Their commitment was even more special. However, during this Satsang trip, I gained a completely different experience.

In Rajkot, we were staying with Kishorebhai who is a merchant dealing in silver jewellery. We had the opportunity to spend a day and night with him, during which I learnt a lot about his inner dedication intent towards Dadaji that started to crumble my ego regarding how great celibates are.

All day long, Kishorebhai would manage his business. He employed 20 -25

individuals to whom he paid salaries while ensuring everything was fine with their families. He operated the Rajkot house while his family, a wife, two daughters and a son lived in Adalaj. He also managed the house in Adalaj. Managing a house doesn't mean just giving money, but also giving appropriate time to all family members while ensuring children had good education and moral values. After fulfilling all these duties, he is a coordinator at Ranchodnagar sub-centre, YMHT Centre coordinator, GNC Rajkot coordinator and on top of all these, whenever he comes to Simandhar City, he participates in many activities within the GNC office and is always ready to participate in any other activity related to Dada Bhagwan Foundation.

I was completely astonished to see his commitment for Dada. Being a celibate, I only have a job and am a YMHT coordinator. And this too I was fulfilling without dedication and responsibility. However, seeing Kishorebhai, I was inspired to dedicate all my free time for Dada's work.

When I shared this experience with Aptaputra, he was very happy. While applauding me, he said, "Always remember, praise our merit karma's that enable us to spend time with such Mahatma's. Dada's real service is carried out by such individuals and coordinators. By observing their wonderful qualities and appreciating them, they will manifest within us. Individual's that are contributing to Dada's mission whole heartedly, receive Dada's special grace and He takes the responsibility for their salvation (moksh)!"

- A celibate.



# NEW VISION

Anshu Gupta is a social entrepreneur who founded Goonj, an NGO, headquartered in Delhi which focuses on the development of rural India. Gupta is a Ramon Magsaysay Awardee, which he won in 2015 for his “Creative vision in transforming the culture of India, his enterprising leadership in treating cloth as a sustainable development resource for the poor”.

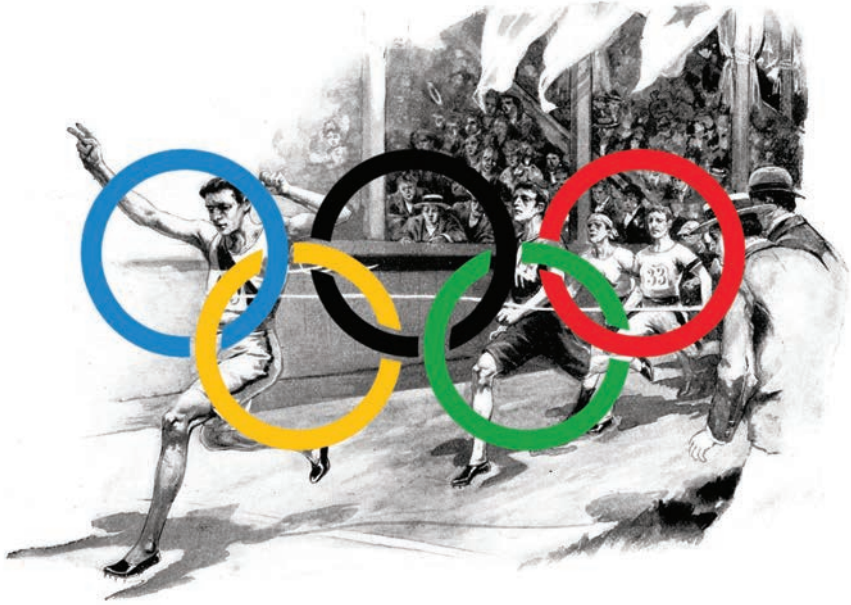
Back in 1991-92, when Gupta was a student at Delhi University, he had an encounter with a family, which changed his life. One December noon, Gupta spotted a cycle rickshaw with ‘Lawaaris laash uthane wala’ (one who collects orphaned dead bodies) written on the rickshaw. He was taken aback, became curious too and decided to know more about it. He then spent one full week with the driver, Habib Bhai, his wife Aamna begum and their 6-year-old daughter, Bano, to pick up homeless dead bodies and bury them. Habib told him that his work increased in winters, which reduced to a lot less during summers. Bano told him how she often slept hugging a dead body to deal with the harsh cold. This statement of the innocent child made a deep impact on Gupta, who wanted to help the poor family at any cost.

He went home, pulled out many clothes he was not wearing anymore, to give to people who really needed them. He wondered, if he had so many unwanted clothes, then what would the sum of such clothes from people across the country come up to? So, with help of some of his friends, he started to accumulate such unwanted clothes, for days and months. The second task was of recycling the clothes and later distributing them.

Today, Goonj has become a much larger organization, spread out in parts of 22 states. Thousands of volunteers are working so that every Indian enjoys his basic need of clothing. Annually, 250 tons of throw-away clothes are recycled and provided to the needy. Gupta had a lot of setbacks while the NGO was taking its shape but giving up never crossed his mind. This man has made a huge impact on the society and his commitment can be genuinely applauded.







## GREEK MYTHOLOGY

The first two decades of the fifth century B.C. marked one of the great turning points in world history. These were the years of the Persian and Greek wars. The Persian Empire, over the years, expanded from Asia to Egypt to Turkey to the Mediterranean Sea. Greece, on the other hand, consisted of many independent cities which included Athens and Sparta. By the year 490 B.C., the Persian Army was ready to expand their territory and move into Europe. They landed a large force just outside of Athens on the plains of Marathon and prepared for the attack. The Athenians, vastly outnumbered, desperately needed the help of Sparta's military base, to help fend off the attack.

Time was short, so the Athenian generals sent Phidippides, a professional runner to Sparta to ask for help. The 140-mile route was very mountainous. Phidippides ran the course in about 36 hours. Sparta agreed to help but only after the full moon day, due to some religious laws. Phidippides ran back to Athens (another 140 miles!) with the disappointing news. Immediately, the small Athenian Army marched to the plains of Marathon for battle.

The Athenian army fought vigorously, even though they knew that their strength was 1/4th of their opponents. They fought with all their power and by the end of the day, 6400 Persian soldiers were dead while only

192 Athenian had died. The surviving Persians fled to the sea and headed towards the city of Athens. They hoped to attack Athens before the Greek army could assemble.



The Persian fleet set sail from the Bay of Marathon thinking, should they reach Athens before the word of the victory from their army was received, then the city officials might surrender

Athens to the Persian navy thinking the battle was lost. Phidippides was again called upon to run to Athens (30 miles away) to carry the news of the victory and the warning about the approaching Persian ships. Despite his fatigue after his recent run to Sparta and back and having fought all morning, rose to the challenge, as it was a matter of life and death for his people.

Pushing himself past normal limits of endurance, he reached Athens in 3 hours, announced their glorious victory and then, he immediately collapsed and died from exhaustion. The Athenian army arrived in the city later that very same day after marching in full gear the entire distance from the battlefield. The Persian ships showed up soon afterward, saw the city was fortified against them and turned away, ending the Persian invasion of Greece.

A change was brought because an ordinary man did an extraordinary thing. The level of success you achieve will be in direct proportion to the depth of your commitment. The commitment towards his job that Phidippides showed, saved an entire country from war and loss of life and property. During plans for the 1896 Olympics, the first modern games, organizers wanted an event to celebrate Greek history. French historian Michel Breal suggested a long-distance race from Marathon to Athens, to honor Phidippides' run.

Get  
Happiness  
with right  
understanding



# Welcome

Welcome to our world!

This is our destination to discover and explore newer places, places that are full of fun, excitement, knowledge and learning.

Pujya Dada Bhagwan says, "Every young adult has the potential power to help the entire world. He just needs the right guidance and support."

So friends, what are we waiting for? Let's sneak in... and realize our potential, give wings to our aspirations and discover a whole new world that's waiting just for us.



# Dada's Book Excerpt

Download  
Sincerity Dadavani  
March 2017

from  
<http://satsang.dadabhagwan.org>



**Completely Oriented  
towards One's Goal  
Itself**

**Questioner:** So, is it that if one is decided upon one goal only, based on whatever he believes to be true and that is his set goal, then should he stick to that goal only?

**Dadashri:** Nonetheless, what should that goal be like? It should be such that a hundred people accept it. To serve your parents, would most people not agree to this?

**Questioner:** Everyone would agree.

**Dadashri:** One should set that type of goal. What about a goal that one has decided on like, 'I will hit my wife everyday'? Is that even considered as a goal?

**With a  
Strong Resolution,  
Results are Achieved**

**Questioner:** My question is, from all the thoughts that we have, if we want to achieve one particular thought, then what should we do?

**Dadashri:** Which thought do you want to achieve?

**Questioner:** One that is related to industry.

**Dadashri:** Yes, so you should make a decision. Whatever thought that may be coming to you, make a resolution



(nischaya) that, 'This is exactly what I want to do now.' So, it will immediately come into fruition. Make a resolution on that thought. Yes, a strong resolution. Make a strong decision that, 'This is exactly what I want to do, nothing else.' Then that will become easy and you will get into that industry.

Whatever inclination a person has it can be attained. If yours is a strong resolution, if there is sincerity, if there is morality, then everything can be attained. Everything comes to the one who has sincerity and morality. There is no shortage of anything.

What state would one be in, if he were to remain a little longer in this Agnan (ignorance of the Self) that has existed from time immemorial? Whereas if you become sincere to 'Me', then you will become like 'Me' in an hour. But such sincerity does not exist in this era of the time cycle! How is one to bring such sincerity? As there are so many kinds of businesses, so many hassles, so many files (Dadashri's term for anyone or anything that takes one away from the Self and into worldly life)!

## Stick to Your Principle

**Questioner:** If a person is very sincere, but the other person does not come to know of his sincerity, then what should he do in such a situation?

**Dadashri:** If the other person does not know of it, then that is his loss. When you remain sincere, then it is to your benefit. You should not let go of your sincerity. If someone tells you that,

"You are insincere," even then do not break your sincerity. He may say whatever he may. The fact that you have become sincere is the greatest thing. This is something that will take you to the ultimate without any liabilities. No liabilities will arise thereafter.

If a person continues to remain sincere, and when matbheda (divisiveness due to difference in opinions) happens to continue for two to three days, then immediately his sincerity breaks, but

it should not be like that. Matbheda may arise, physical fights may happen, even then your sincerity should not be compromised. When the other person makes a mistake, it is his weakness, so because of that should you break your principle?

**If yours is  
a strong  
resolution,  
if there is  
sincerity,  
if there is  
morality, then  
everything can  
be attained.**

## Glimpses of Great Souls

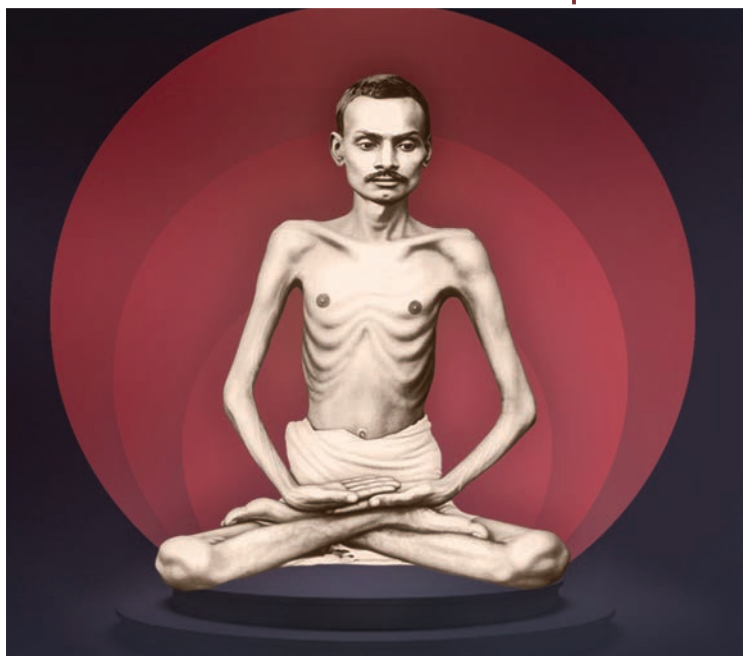
# SHRIMAD RAJCHANDRA

## AN IDEAL FOR A MARRIED PERSON

“The lives of pure men are like mirrors”. These pure individuals, become sources of inspiration for those who want to bring changes in their lives. Today we will have a glance at incidents from Shrimadji’s life (he was a self-realised soul [an Atmagnani]).

Shrimadji got married at the age of 20. He began his business of diamonds, pearls and other precious stones. He always used to follow the principles of religion that he applied to his business also. Despite having all this, the stream of his spiritual life flowed uninterrupted.

By his own example, Shrimadji has demonstrated how religion is a matter of practice and normal conduct. From any individual’s normal routine, one can ascertain the true nature of that person. Religion is not a code that you observe on certain days of the calendar or during special days of



‘Paryushan’ or in certain sacred places like temples and then neglect it in the market place or Royal Court! Where there are too many wrong beliefs, religion does not exist. (Alternatively, according to him religion has been explained incorrectly).

Shrimad would execute deals worth thousands of rupees in his shop. He tested the purity of jewels, pearls and diamonds with utmost precision. He solved complex problems pertaining to business matters. However, these matters were not the main purpose of

## **“Such was the relentless commitment of Shrimadji for Pure Soul”**

his life. “Self-Realization” was his main goal. On his table, amongst other things, some religious books and his diary were always to be seen. The moment he was finished with his business, he would open religious books or the diary. It was his practice to note down the meditative reflections, which passed his mind from time to time. He used to write in prose and verses, which were later published in his collection.

We know how precise Shrimad was with his profession, however at the same time, his inner life was also changing slowly. In business, he saw many ups and downs however to him these were but momentary.

His life shows a fine harmonious mixture of both the strands - A keen sense for practical, worldly affairs and a profound commitment to the spiritual life.

Through his own example, Shrimad, dis-proved the popular superstition that a man devoted to spiritual life cannot be good and

competent in worldly affairs at the same time.

Shrimad’s real existence was to progress in spiritual terms, through which he gained the conviction that spiritual gains alone were important. In spite of all his entanglements with the expansion of his trade, he never allowed any lapse in the pursuit of those studies that really mattered to him. He kept on augmenting his store of knowledge with a tranquil state of mind, in the midst of his busy life. In this way, Shrimad established a wonderful harmony between external preoccupation and inner state of mind. In such a busy life, he would find time to leave Mumbai and go away all by himself to places of solitude in the forests or the mountains.

# BENEFITS

## of *Commitment*

Every owner of the company gives full assurance to his sponsors, of completing the work successfully with perfection. But what happens when the company fails to fulfill its assurance and goes through terrible loss?

When in such a condition, should the boss decide to cover all the losses, even if he has to struggle for it or take loans for it, he wins the hearts of people. When the boss fulfills his commitment, he earns respect and trust of his company workers, partners as well as sponsors.

Displaying such responsible attitude, the onetime losses incurred will not break the chain of his ongoing credibility. By being able to win the trust of people, he can again have a fresh start and with loads of hard work, he can move forward in life.

This is the relationship of credibility and commitment. When you give importance to your responsibilities of credibility in every commitment you give, you can have a peaceful and trustworthy professional life.





# Benefits of determination and dedication.

- 1) It keeps the mind focused.

---
- 2) Ensures that you work harder.

---
- 3) Optimum use of resources.

---
- 4) Leads to success.

---
- 5) Influences the way to think differently in different situations.

---
- 6) Peace of mind.

---
- 7) You start using your time effectively.

---
- 8) Clarity to decision making.

---
- 9) Makes communication easier with others.  
We can express our ideas and views freely and confidently.

---
- 10) Unleashes your creative energies,  
so you can focus on how to achieve your goals.

---
- 11) Commitment acts as a glue that keeps us bonded to our goals.

---
- 12) Helps us feel secure.

---
- 13) Respect increases.

---
- 14) Satisfied customers recommend your company to their friends,  
family members, etc.

---
- 15) Increases trustworthiness.

---
- 16) Feel empowered to chart a path towards desired things,  
and take on any hurdles in the way.

---
- 17) Boosts self-confidence, produces happiness and inculcates discipline.

---

# Causes and Consequences of

## Causes

No seriousness  
for resolution/  
commitment made



Laziness



Lack of  
proper  
point of view

Fear



Business without  
clear vision or  
purpose



Procrastination

# not fulfilling commitments

## Consequences

Keeping the person in a mode of regret (rarely associated with success)

Tiny fissures develop in our relationship, marked by broken promises

Feeling of false competence

Not keeping promises is same as disrespecting oneself. This can harm self-esteem, confidence and one's life

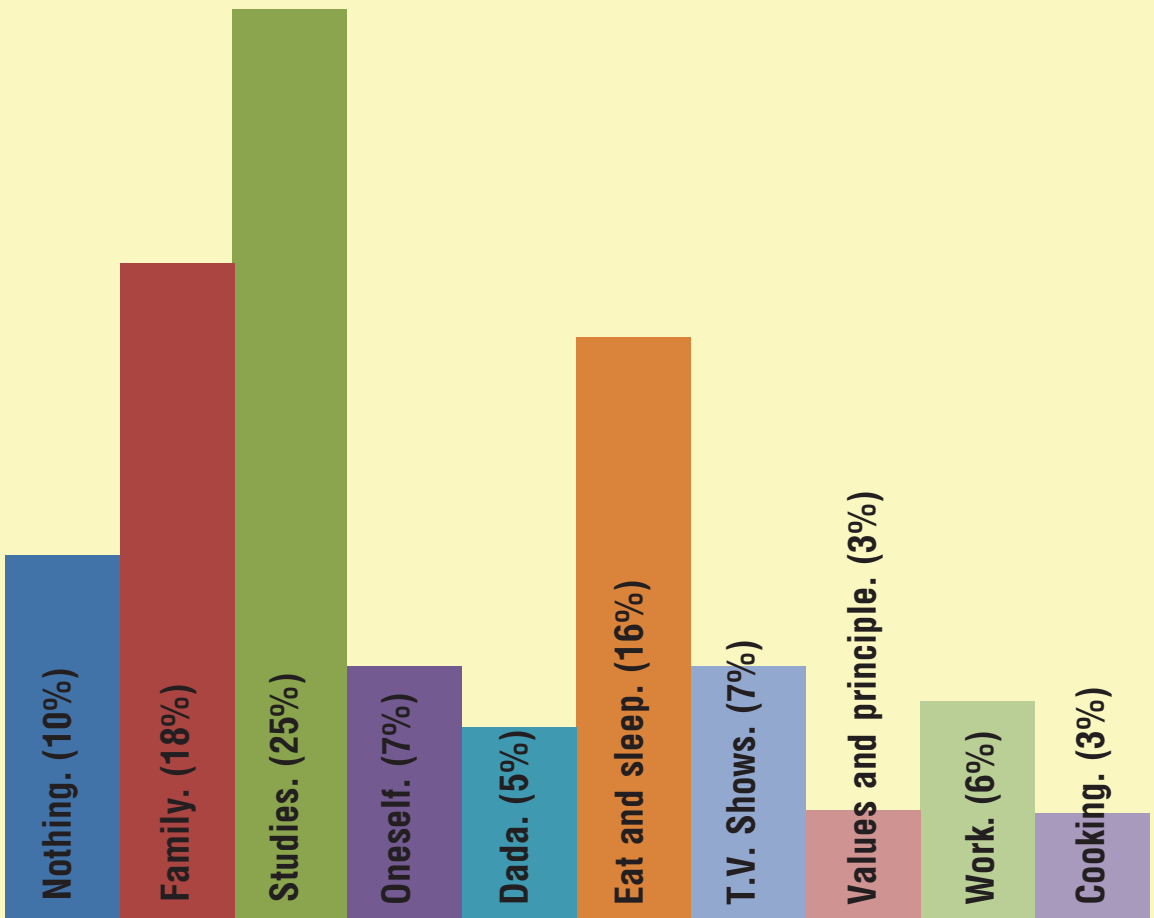
Destroys credibility

Breach of trust

Communicates to other person that we don't value him or her

# POLL

Since childhood, we have been taught that commitment must be fulfilled, or you must not give any false commitment. We asked 230-250 youngsters if they are committed to something and spontaneous replies were yes and when further asked, 'Have we committed anything to ourselves? Are we committed to any work or to any person? If yes, to what? For how long are we committed?' For example; Sen is committed to helping his mother every day. He is also committed to his studies and to his video games. (He plays video games every day, so he is indirectly committed to it.) In addition, answers were,



So, we saw that everyone is committed to something or the other, may be to oneself or to someone else.



# Everyone is committed to something, but to 'what' is important!

We are born committed! However, what we are committed to, is of importance. For example, some people are committed to acing exams, while some committed to repeatedly failing them. Similarly, some are committed to healthy drinks, while others to alcohol; some to hard work, while others to laziness; some to honesty, while others to lies.

Can any of these categories be called wrong? If you said yes, you just erred, because a person is always right from his point of view, which may not be others' point of view. Here's the explanation. A person born and brought up in the surrounding of people with a competitive tendency, will always believe in acing exams, whereas a person who is raised in an environment where their ancestors haven't had a chance to mentally picture a school, will not mind failing an exam a hundred times. Put yourself into each category and ask, 'Will you like yourself being called wrong, especially, when right from inception you found yourself in only these situations? A prudent man will reply, 'NO.' While concluding, we realize there are only positive and negative commitments. Committing is in fact a part of our lives. However, the question is, which part do we belong to? In life, no one can achieve great success by simply being interested in what they do. It takes commitment! A fool-proof plan to success is very easy to make, the tough part is sticking with it all the way long. It takes time and patience to realise goals. In the process, it is easy to lose the motivation and give up. But everything changes if one is committed to their goal.

Commitment is an imminent part of one's lives. Regardless of your choice, you will get committed to things; now it is up to you, to ascertain the same.....

# Guidelines To Make Commitments And Staying Committed To Them

Make sure you check off all the circles before you make a commitment!



Intention of fulfilling it: If you do not have the intention of completing the task then do not commit to it in the first place.



Limit your commitments in a day: Do not make innumerable commitments in a single day.



Set a firm deadline: Make sure you decide a day/date by which you have to fulfil your commitments.



Be realistic: Consider your schedule and ask yourself if this is a promise you can keep. It is always better to under-commit and over deliver than over-promise and fall short.



Keep it short: Keep your promises short term. Saying that you are going to do something for a year is difficult. Try thinking about it for a week or two.



Gradually increase your commitments as you fulfil them.

# Now that you have made your commitments, let us fulfil them:

**Write it down:** there's magic in writing down your commitments. Be specific and be sincere about what you are committing, you yourself are going to do.

**Make it visible:** Visibility leads to action. Keep your promises where you can see them. It could be on a Post-It on a bathroom mirror that will remind you each morning and night.

**Chart your daily actions:** Daily is the best way to check on your promises.

**Keep a progress journal:** A journal is the best way to review your progress. You can reflect on your wins and your shortcomings.

**Consider them as a privilege, rather than thinking of them as burden:** There are scores of people sitting in prison right now who have no freedom, no choices, and no responsibilities.

**Push yourself** a bit, work a little harder and longer, sacrifice something else, persist and persevere.

Ask for **help** if needed

Turn negative thoughts into **positive thoughts**.

100%  
Committed

February 2018.  
Year: 5. Issue: 10.  
Cont. Issue: 58.

**Akram Youth**

Date of Publication: 22nd of Every Month  
RNI No. GUJENG/2013/53112  
Reg. No. G-GNR-311/2017-2019  
Valid up to 31-12-2019  
LPWP Licence No . PMG/HQ/080/2018  
Valid up to 31-12-2019  
Posted at Adalaj Post Office  
on 22th of every month



Send your suggestions and feedback at: [akramyouth@dadabhagwan.org](mailto:akramyouth@dadabhagwan.org)  
Printed and Published by Dimple Mehta on behalf of Mahavideh Foundation-Owner.  
Printed at : Amba Offset, B-99, GIDC, Sector-25, Gandhinagar – 382025.

