

Akram Youth

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Humility





Editorial

Friends, whenever we are trying to achieve something, attain peak of success in life or try to enjoy small or big occasions, at that time we seek understanding from successful and great people regarding what it is they did to be successful. While reading their autobiographies we get to understand the keys of their successes. One such key is - their cultivated qualities. Out of these cultivated qualities "humility" stands out and we will discuss it in this issue. What is humility? What are its effects in our lives? And how did great people develop this quality? What is humility in the eyes of Dadashri? How can one progress from being egoistical to humbleness, to fulfil their dreams of success or to live life happily? Let's strive to understand and experience Dadashri's principles and follow him on every footstep of life.

- Dimple Mehta

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Poll

Let us know 'What humility is?' from the viewpoint of elders, the youth and Gnani.

“Humility” as viewed by elders

- To speak with humility.
- To become simple
- To follow principles made by elders.
- Total surrender is humility.
- To conduct worldly interactions with love.
- To be humble even when dealing with the youngest person.
- To act according to the advice of others' is humility.
- To give recognition to others.
- To welcome others heartily.

“Humility” as viewed by the youth

- To not hurt any living being in the slightest extent.
- To serve the elders.
- When someone gives us work to listen and carry out the task.
- To not boss anyone.
- To not show intense contempt to anyone.
- To see positive in people you don't like.
- To conduct the work given heartily.
- To not consider anyone small.
- To adapt ego-less condition.
- When dealing with the youngest person, be courteous and humble.

“Humility” as viewed by the Gnani

Questioner: So what is humility? If our 'reet-bhaat' (general conduct) with all is good, then is that considered humility?

Dadashri: Yes, but that word is merely used for small and basic worldly interactions. 'Humility' is to be used in relation to religion. Humility is for the 'Self', for spirituality, whereas 'discretion' is for the worldly interactions. The word humility is not to be used in worldly interactions. Our people use the word humility in place of discretion.

What is Humility?

Humility is to keep one's ego down, in front of any person, junior or senior; “I am something” or “I know better than another person”, such feelings do not exist.

The one who constantly sees positive points and good qualities in others and does not behave in an inferior or superior manner is humility. (Ask Stutiben if this is correct in the Gujarati version)

If a less educated person than the self comes in front, this person has the vision to find other positive qualities. Upon seeing a small child, the person can appreciate its humble disposition and innocence and then becomes more humbler than the child! He lowers his ego to such an extent that everyone considers him as their own, be it an old person or a child. This is humility.

Humility is such an intent that perhaps you can not see it in conduct. However, you can see it in understanding and vision. Utmost humility is such a state that it can find something positive in the most negative person.

“Humility means not superior”

Compared to ordinary people, his vision is extraordinary. He can view and interpret the world from a very unique and profound angle. He may attain a very elevated status, but he views all in the same way and blends in with them.



“Humility
is nothing
but, correct
understanding

Humility

in different religions

In this article, we will try to understand the importance given to humility in different religions.



This story is from Lord Buddha's time. Lord Buddha would practise fasting during Chaturmas (a period of four months in a rainy season, July to October) and visit different homes asking for alms each day. One Brahmin was very angry at Buddha. His income from performing rituals was declining. He instructed his wife to give no alms to Buddha if he visited their home. Buddha came to their house the very next day. The Brahmin's wife greeted him and said with discretion that, "there is nothing in the house that I can offer you." Buddha left quietly. This went on for three days. When on the fourth day, Buddha came for alms to this Brahmin's house, the Brahmin consumed with anger came out and asked Buddha angrily, "My wife has been saying 'no' to you for three continuous days and yet you come here to beg for alms! Don't you understand the meaning of 'no'? Are you not ashamed?" Lord Buddha replied in a very peaceful tone, "Oh Brahmin! your wife said 'no' with so much humility, discretion and graciousness that I came again and again to hear that 'no' everyday." Lord Buddha would get his alms from the Brahmin wife's benevolent 'no'.



In the first Veda of Hindus, the Rigveda, it's been said, "Salutations to the elders, the young ones, the youth, the old, may we become capable and ardent worshippers of the celestial beings. Oh Gods! may I always respect my elder's. " (Rigveda 1/27/13 Genuinely, humility exists where 'Namaskar' (salutation) exists and humility leads and kindles an interest in a human being, towards

religion. In the Jain religion, the word "Namo" (I bow) has been added with every couplet and hymn. This is such an eminent way to portray humility!

In every religion, be it Hinduism, Jainism or Buddhism, humility has been highlighted in form of the various methods of praying and offering salutations.

Speaking on this subject of humility,

Jesus Christ told his disciples, “Despite me being the Lord and your teacher, I washed your feet, so you should also wash each other's feet. I gave you this example so that you do the same with others.” These words of Christ, from the 'New Testament' present practical aspects of humility. Christ again talks about humility in the “New Testament” by saying, “Respect everyone, love your brothers, fear the Lord and honour the King.” Here, humility manifests as part of an ideal worldly interaction and a way to respect one another. So, the understanding of humility from this view is limited to an ideal conduct only. I have a problem with this last statement as it portrays us as being better than Christians

The meaning of Islam religion is peace and security and the other is surrender oneself. It preaches of achieving peace and security in life by following the wishes of Allah through his words and surrendering completely to his commands. (incomplete translation)

Hazrat Mohammed Sall preached to the society that humility and love towards one another is the real worship of Allah. The humility towards Allah is shown in the form of following his words.

The Confucius philosophy of China has taught about worldly interaction as well. It has stressed on the conduct of the populace. It believes that the spirit of welfare should be given importance. Furthermore, one should trust the positive human attributes and if a king can become an embodiment of such attributes for his people, then his state will become a paradise!

The fundamental tenet of the Confucianism philosophy is that a human being should always love and befriend

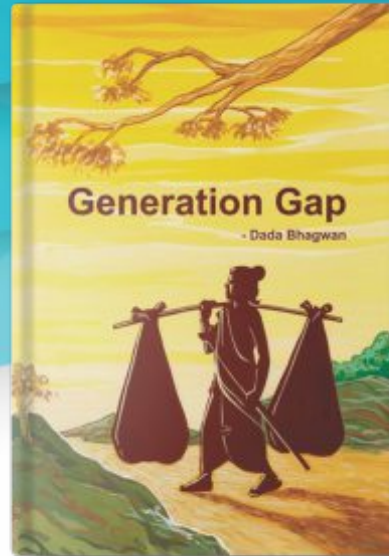
everyone and you should not behave with others in way that you don't like. Confucius preached the importance of the five qualities namely: love, justice, humility, discretion and truth. Speaking of discretion, Confucius says, “Do not treat the old and experienced people as trivial and do not disrespect the helpless and young ones.” The acme of ideal worldly humility is evident in this philosophy. It has been said in the scripture “Dao Dir Jing” that humility is the foundation for being great.

Oh Son! All these religious leaders have taught people the lessons of humility in their own different ways. They become humble themselves and preach to turn the world in the same direction. If you consider being humble as a weakness then even Param Pujya Dadashri has told his Mahatmas and Mumukshus that, “The one whose speech, conduct and humility have become beautiful will become worthy of reverence by the masses.” So dear, humility is not at all a weakness.

Disciple: “Lord, you have emphasised the importance of humility and modesty but I see it as a weakness.”

Guru: “Son, humble conduct towards others will give rise to good values within us. Humility is definitely not a weakness. Whenever we get angry on others and behave in an egoistic manner due to our belief that “I am superior”, we should recall the teachings which reside in the hearts of great men, spiritual leaders and the Lord. Every belief system has emphasised so much on humility. This talk is of the humility through which your antahkaran (the inner complex of mind, chit, intellect and ego) will blossom.

Dada's Book Excerpt



Acquire the Rajipo of Your Mother and Father by Serving Them

Questioner: These people are living together not only with their parents but also with their children, so how should they live this communal life? How should the parents live? How should the children live? This has turned out to be a big puzzle, so isn't there a way in which they can understand this?

Dadashri: They should try to keep each other happy and they should definitely not hurt anyone at all. They should certainly try to give happiness.

Questioner: What is the definition of happiness? How can one give happiness?

Dadashri: One should behave in a way that his mother and father like. He should definitely remain submissive to them. If he were to have this Gnan, then the Self would continue to remain separate. The children would continue to conduct themselves in accordance to what the father says. Even if they do not like it, yet they would continue to

do so. Thereafter, when they think about it, they will be at peace, happiness will arise within, but only if they do not get onto the wrong path. From where did that happiness arise? The answer is, "That [the worldly interaction without Gnan] was dependent on the non-Self, which was misery itself." It is after attaining the independent state of the Self that bliss arises within.

Questioner: How does that bliss of the independent state of the Self arise?

Dadashri: It arises when one conducts according to what his father says. He may feel, 'This is a dependency,' but later, happiness will arise from that.

Questioner: Therefore, one should follow what his mother and father say; that is for sure.

Dadashri: Of course, one should certainly follow that! That is indeed referred to as worldly life.

Questioner: Does that mean he should acquire the rajipo (pleasure) of his mother and father?

Dadashri: There [in worldly life], one should acquire the rajipo of his mother and father, so for that he will have to do everything indeed.

Questioner: This is considered the first duty in worldly life, isn't it? The first thing is that one should not hurt his mother and father even to the slightest extent in any manner through his mind, speech and body.

Dadashri: This includes everyone, not only one's mother and father. This includes the paternal uncles, the maternal uncles; it includes each and every individual. Moreover, the father should understand how to fulfill his duty towards his son and the daughter-in-law. One has to fulfill his duty towards everyone.

Never Disrespect or be Insolent Towards Your Parents

Questioner: I understand all this, but the respect and humility that I should have for my parents, I do not have that whatsoever.

Dadashri: No, that should never be the case. That is wrong. That is one hundred percent wrong. That is not acceptable. Your behavior should be extremely respectful. How can you forget the benevolence of your mother and father? Their benevolence cannot be forgotten.

Questioner: Many times, they say such words that traumatize me a lot. So then, the entire day I feel suffocated and all that continues to happen.

Dadashri: This person [one who has taken Gnan] does not keep an intense mental note of that, whatever his mother says [he understands], 'It is a taped record speaking!' You should make an intense mental note as per this Gnan. If you do not respect them, then it is not acceptable here. If they reprimand you,

then you should accept it, but never disrespect or be insolent towards your mother and father.

Questioner: I accept that as a son my respect and humility are not as they should be. But circumstances arise such that I end up saying things. My intent is not such; however I end up saying things. I also do pratikraman for that, but sometimes I end up saying things.

Dadashri: In that case, you should ask for forgiveness right away. You may end up saying things, but this Gnan of ours comes into your awareness. When a mistake is made, you should immediately ask for forgiveness, 'What I ended up saying was a mistake.' You should tell your mum that, "I will not make this mistake again." Otherwise, she will feel bad thinking, 'Is my nurturing like this?' That is how I would feel. You are not to cause distress to outsiders; however, these are your family members...

Questioner: Those who are Dada's followers, the atmosphere in their home should indeed be joyful. However, these people say, "There is always tension on his mind."

Dadashri: Right now, he is talking about being respectful. What kind of respect should you be maintaining? What do you say?

Questioner: That is true; I should indeed be respectful.

Dadashri: It should be maintained even outside, so then what should it be like at home?

Questioner: It should be ideal.

Dadashri: So, it is because you end up saying things that 'we' are telling you this. However, the awakened awareness is there, our Gnan prevails, so you should immediately ask for forgiveness. Therefore, they will not feel shocked.

An upside down Container!

While on his vihar (spiritual pilgrimage), Sharanya Muni reached the city of Dhanaj, the one which was infamous as the city of people with no education. He is surprised to hear that no one in the city is capable of obtaining knowledge.

Munishree arrives at sheth (loan lender) Ratnatraya's house to ask for alms. At the same time, sheth's son was returning from ashram (school) and he said to sheth, "I know more than my Guruji (teacher), he doesn't even know how to walk!" By disrespecting his disabled Guru, Ratnatraya's son Avkash enters the house. By listening to this conversation, Munishree feels that he cannot take alms from someone who can't remain in humility to his own teacher.

Thinking this, he moves on to the house of Machhu cobbler. Machhu's father was instructing him about the products of their shop, Macchu tells his father, "If I have to run this shop as per your guidance, then you run it yourself." Muni walked away from there as well.

Moving further, Naagar dancer's house came up. Munishree thought that the dancer must have learnt such good dancing by having humility for her Guru. She surely would be humble, thinking such, standing at her door Munishree asks for alms. While talking to her friend,

the dancer comes to give alms to Munishree. At the same time, a senior dancer Tara arrives at her house. She greets Munishree and informs Naagar that for the upcoming dance performance, she will stay with her and help her. After saying so, she leaves, but Naagar abuses her. Munishree immediately threw away all the alms he took from them.

As if Sharanya Muni was looking for humility and not for alms, visits every house in the Dhanaj city but returns immediately upon seeing the slightest lack of humility. It appears to him that everyone there was disrespecting either their brother, sister, mother, father, teacher, elders, neighbours or their friends.

Finally, after roaming around in the city for the entire day, Munishree sat under a tree for meditation. With the day starting, he made an announcement in the village that he will teach anyone who will fill his empty container with either ghee (clarified butter), milk or buttermilk. The city would become free from being infamous for lack

of education. Everyone thought that the disgrace of being uneducated will go away and the city will flourish like other cities. For this, Munis's only one container had to be filled!

Sharanya Muni sat with a container which was put upside down. Muni would invert the container every time someone tried to put something in it. As a result, all the contents would spill. Seeing this behaviour of Muni, people thought that he was mentally retarded. With an excuse of educating them, he is causing loss to everyone. Muni said again, "I challenge you! If you have courage then fill up this container." Many people's ego was hurt and they decided that they will definitely fill it but all their efforts were in vain.

Sheth Ratnatraya's son Avkash was observing this that the Muni was asking to fill the container which was upside down, how is that possible, let me convince the Muni to overturn it. He said, "Munishree, please overturn your container so I can put these sweets in it." Muni kept the container inverted. Avkash himself turned the vessel and as he was putting sweets inside, Muni overturned it again. Irritated with such behaviour of Muni, Avkash very loudly said "Oh Muni! Invert the vessel for it is upside down!"

On hearing this, the Muni said, "All of you also invert your containers for they are upside down...." Everyone was dazzled, "Our containers are inverted?!"

Munishree explained that just like nothing could be put in a container which was upside down, you have to keep your "containers" straight if you have to learn, understand, or get something from someone.

Humility is a straight container and if you invert it, then everything will flow out (all that has been learnt will be lost). Humility is the only way to learn anything from anyone be it your parents, siblings, friends or other elders. The more the container is kept straight, the more you will be able to assimilate (knowledge). If someone's container is titled or upside down, the contents will spill out!



Benefits of Humility

Why should we be humble? What do we benefit from it? What will happen by not by not being humble? Many such questions arise in our minds and that is totally normal ...

Let us read this article to get answers to these questions.

We get blessings of the person towards whom we show humility



Life becomes happier by being humble.



Our work becomes simpler, and we are respected.



Sincerity increases with humility.



People are heartily pleased with us.



With humility, the work quality improves and we don't feel exhausted.



A humble person becomes the apple of everyone's eye and he feels oneness with all.



If we are humble with others, they help us as well and this increases our positivity.



Drawbacks of not showing humility

Disrespecting the teacher spoils our exam results.



By being disrespectful, our impression worsen.

We cannot please a person towards whom we are disrespectful.



We cannot gain respect of a person whom we do not respect.

There will be differences between us and the person whom we do not respect.



By disrespecting others, obstacles arise in our work.

Q & A

Questioner: What makes us break our reverence (humility/vinay)?

Celibate Brother: Our pride and ego have increased by a great extent. Dada always says that as a result of our pride, we lose vinay and because of ego we cannot be in absolute humility.

If we look for positives in others and appreciate them then these positives manifest in us. We want our vision to be such that we want to look for positives in others. By seeing positives helps makes our ego laghu (small), this automatically helps in breaking the pride and that results in becoming humble (vinayi).

When we start adjusting with others, like if today, to adjust with your mother, you have to lower your ego and only then you can adjust with her. Hence, arguments are avoided and you are humble towards your mom. She elder to you in age as well as in many other aspects too, so you must consider her views. You might think that she is not educated, not comfortable with English language, doesn't know how to operate a computer, your pride (of 'I know more than her') will be pumped and because of that pride, we lose being humble.

When you think that you are smarter, that will definitely break your humility towards your mother; when we find faults in her or in others, humility breaks. If you cannot see faults in others than it means that you are being humble. If we want to adjust with everybody, we have to lower our ego. If we adjust with all then it breaks our pride. We must have this in our mind that, 'I want to adjust with everyone, I do not want to make others adjust with me.'

Where do we don't observe reverence?

Knowingly or unknowingly, many a times we tend to not be humble with others. Most of the times we are unaware about it. So let us see when and where we miss being humble.

With Teachers : When in school or college, if our teacher punishes or insults us without understanding our problem, we disrespect them.

With Parents: We ignore our parents, when they are teaching us something by being engrossed in our phone and by not listening to them. We do what we want and disrespect them. We answer back our parents in order to do things what we want to. This way we disrespect them.

With Neighbours:

If our neighbours complain to our parents for things which we haven't done, we speak loudly with them thus disrespecting them.

Answer of page no. 22

Vitaragno Aakho marg j Vinayno che. Aa Vinay
dharmni saruaat hindustanma thai che. Hath
jodvathi te saastang pranam sudhima je je karvama
aave che, teva paar vagarna Vinay dharm che ane
chevte 'param Vinay' thayo etle mox thay.

From disrespect to respect >>>

After every summer camp, Riddhi always came home with a new resolution and a new understanding and tried to inculcate them in her day to day life.

This time, on returning from the camp, from the very next day, Riddhi touched her mother's feet in the morning, which surprised everyone in the house. She also touched the feet of her father when he was about to leave for work. Her elder sister couldn't control and laughing loudly, she made fun of Riddhi's new behaviour. Riddhi too took her sister's joke in a positive way and replied, "Now on, every day, I will seek blessings from mom and dad by touching their feet, you can laugh on it and make as much fun as you want. Anyways, 'mota ae kaam na khota' (gujarati saying which says that elders are lazy in work than the younger ones) and this suits you the best." Both the sisters started having fun together and started talking about all the fun Riddhi had during summer camp, what all she did, and what all happened in the house and in the neighbourhood while Riddhi was at camp. But still her elder sister was finding Riddhi's this new behavior hilarious.

She asked Riddhi the reason for such drastic change in her behavior. But Riddhi ignored what her sister asked and did not reply her.

Now everyday, as soon as it was time for their father to leave for the office, the very moment Riddhi's elder sister would call her loudly while having her breakfast. "Riddhi, dad is going to the office. Don't you have to seek his blessings?" On hearing this, Riddhi would come out at once, would bow down to her father and say thank you to her elder sister.

Over a period of time, this became a routine and gradually her elder sister stopped making fun of this.

One day, Riddhi's uncle and aunt came to stay at their house. They were happy, seeing Riddhi take blessings from her parents, they gave her blessings saying, "Very good my child, may you develop great understanding and progress ahead." Hearing this, Riddhi's elder sister thought, "She is younger to me, everyday she seeks blessings from mom and dad. She is a little mischievous and stubborn; earlier she sometimes answered back to mom and dad but now her behaviour has changed and has become good. She doesn't disrespect anyone. If she being younger to me can seek blessings from our parents daily, why can't I? Maybe I wouldn't be able to do it daily, but atleast I can start, whenever I remember, I can seek blessings from our parents by touching their feet.

From the next day, Riddhi's elder sister also started to seek blessings from mom and dad by touching their feet. On seeing this, Riddhi's neighbour Kiran aunty came running and exclaimed, "Oh dear Aruna, what a pleasure to see good changes in the people's behavior in your house. What is the secret recipe which led to this change? Can you please share it with me too.

Everyone started laughing on hearing this... But Riddhi's father seriously started thinking on this sudden change. He thought, Riddhi may have learnt it from the Summer Camp, but what about her elder sister?

Let us understand what Dadashree has to say over it.

Vinay Arises by Observing People With Vinay



Vinay is actually becoming of a person. If one becomes rude saying, “I am a collector, and this and that...”, then people will say, “He is crazy, he is mad.” It is not worth being rude even

here, in worldly life. At present, a Gnani Purush is considered the 'boss' of the universe. He is never rude. He is like a child. Whereas when one grows older and becomes a collector or an officer, he walks around with an inflated chest! That is called arrogance.

Without vinay, a man cannot be considered a man. Param vinay is a different thing, but there should be vinay. It is written in all of our books that, if you understand its value, then it is more than enough.

Questioner: To become humble (vinay) I will have to make some effort, I will have to understand it, won't I?

Dadashri: No effort is to be made: you only have to observe. You have to come here and sit, and continue to observe the conduct of people with vinay. You can learn vinay through observation. Look around, when no one is speaking, if you feel humility, then you should not speak. Therefore, vinay arises through observation. With observation, nothing is to be learnt, no effort is to be made. [By observing those people with vinay] A slight impression is formed. Vinay and param vinay are all impressions. That is why there is no law here [on the Akram Path], 'no law' law.

Absolute Humility of the Gnanis

On hearing the word 'Param Vinay' (Absolute Vinay), we remember Niruma. In 2004, Janmajayanti (birthday anniversary celebrations of Pujya Dadashri) was at Rajkot. Niruma's satsang programmes were telecasted on the television, as a result people knew her; no one knew Dada. As it was Dada's Janmajayanti, Dada's posters were to be put up, so we thought that we are putting Dada's posters but people watch (are more familiar with) Niruma in the television. We thought that if we add Niruma's photo with Dada then people will connect more, more people will be able to take benefits of the satsang airing on the television.



For about an hour, I, Dimplebhai and Sanjaybhai tried to convince Niruma to let us use her photo; we told her that people knew her and we were doing it so that people get maximum benefit (from satsangs). It was a 'No' from Niruma. After about two hours she was ready and she said, "Fine, it is all right, but only one photo should be used and I will decide which one." She agreed to put up a photo with Dada blessing her. "We are all dependent on Dada. Dada is the leader; the gnan has manifested within him and hence such a gnani is unmatched; we are dependent on Him." We felt such respect for her, that Dada is not with us and He has given this responsibility which she is fulfilling in His absence by following His principles and she has Dada in her heart. She didn't miss being in Param Vinay even for a second, forget going down to level of Vinay (Humility)!

Then in 2005, the Janmajayanti celebrations were in Bhavnagar. Niruma saw them, and furiously asked, "With whose permission have you put them?" We said Niruma you had only granted us the permission, Niruma said, "I don't remember anything". She was never happy to have her photographs. Niruma always said that only Dada's photo should be there, not mine. That was the last Janmajayanti, as after that, Niruma passed away but since then only one photograph (which she had permitted) is used everywhere. Niruma would not allow anyone to keep her photographs in their houses, she always insisted on them keeping Dada's photographs. Even today, Pujiyashree (Deepakbhai) doesn't like his photographs being kept anywhere. He says, "Dada is the one who has reached 358 degrees (of absolute knowledge) from 356 degrees, hence if you do His nidhidhyasan (visualization), you will achieve His state too. You don't have to worship us, we don't want name or fame, we are not interested in it".

It is evident that this is something Niruma brought from her previous birth. Before Niruma met Dada, she had a dream of Dada taking her higher and higher in the sky, when she thought what if I fall down? At that very moment, she fell down and became a fish. Hence, before she even met Dada, she had decided that no matter what, she will never doubt the great person who takes her forward in life. For her entire life, she never gave it a second thought nor did she see any negative.



youth.dadabhagwan.org

We are today's Youth. We want to change the world. We want to be better people. We seek a deeper understanding of ourselves and the world around us. And so this website is for us. There are things we all want to learn about, Spiritual guidance for our everyday challenges, topics relevant to our personal growth and much more. Together, let us embark on a journey to achieve our highest potential, and become instruments of love, wisdom and inspiration to those around us.

Respect or Disrespect ?



The king Alexander, who became the emperor of the world at the mere age of thirty-two, had learnt Greek literature, science, poems of the great Homer, the stories of brave beings and more from the great visionary Aristotle. Once, Master Aristotle and disciple Alexander were passing through a dense forest. On their way came a deep stream which had strong water current due to the floods. The stream was deep and Master Aristotle was about to step in it, but Alexander stopped him. An argument started amongst the duo as to who will cross the stream first.

Alexander was adamant about him crossing first. After a little argument, Master Aristotle had to accept his student's idea. Hence, Alexander crossed the stream first followed by Aristotle. After reaching to the other side of stream, again a discussion started between the two.

Great Philosopher Aristotle said, "Alexander, I am your teacher. I should be ahead of you. Why were you so adamant? Why did you insult me?" Alexander politely said to his teacher, "Master, please do not say such, do you

think I would ever insult you? However, to enter first in the stream was my absolute duty." Aristotle interrupted Alexander and asked, "Why so? Why did you do that?"

Emperor Alexander replied, "Respected Master, an Aristotle can make thousands of Alexanders, but no Alexander will ever be able to create one Aristotle."

This incident shows the amount of humbleness the conqueror of the world Alexander had for his teacher.

By relative viewpoint, humility can be seen in many forms. Showing respect towards a person who has more qualities than us is one form of it, and another form is to always show respect for honourable people. Humble people are liked by everyone. We can say that one can win heart of the people by being humble, and hence the saying "Name te Saune Ghome." (One who bows is liked by all).

Brain Teaser

Get answer on page no 15



Sudhi

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Akram Youth

The path of absolute detachment is of humility (vinay). This virtue of humility has evolved from India. From folding your hands to bowing down and everything in between this (is part of vinay), is the religion of vinay, and finally when there is absolute humility, salvation is achieved.



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

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