

Akram Youth

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Dada Bhagwan Parivar

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DADA
in my life





Editorial

Imagine you had a quarrel with a close friend of yours. You sort out the issue with the person and plan to start everything anew, but hold on, at night when you finally decide to go to sleep, negative perpetuating thoughts haunt you over and over, and you can barely sleep. Now what?

Imagine that your exams are approaching and you feel aimless and stressed out, you want to get over with it, but when you start your preparations for the same, you are not focused at all. What should be done in such case? Some things just don't leave us; they build up over time and become stronger which does nothing but leave you helpless. Did you find any of the above situations relatable?

If yes,

We have a solution for this and that is staying in touch with Dada in your day to day life. Now once again, we will hear you cribbing over issues like lack of time, but we have solution for that too. Go through the pages of this magazine and there you'd find the ways of staying in proximity of Gnani, that is, Trimantra, Nav kalam, pratikraman, etc. which do not take up much of your time but in turn, the happiness, satisfaction and peace one receives from it is exemplary. You owe it to yourself to try it out.

We would love to hear back from you. Once you are done reading it, please do share your thoughts on the solutions.

- Dimple Mehta

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Gnanini with Youth



Questioner : What is the importance of Dadashri's keys like Trimantra, nav kalam, vidhi before going to bed; in a youth's day to day life and why?

Pujyashree: All these are very important; just like brushing your teeth in the morning is important and having lunch is important. One should set up a schedule, likewise doing Trimantra in the morning; Nav Kalam in the morning, noon and at night; and at night before sleeping, setting the awareness that "I am pure soul". We should decide that our each day must pass in accordance to Dadashri's five aagnas (principles) along with the supportive pillars like Adjust Everywhere, Avoid Clashes, Fault is of the sufferer, Whatever happens is Justice. We should also keep the fact in mind that no being can ever interfere in any other person's life. The world is innocent. Fault is of the Sufferer. As we start setting the right understandings against the worldly wrong understandings, the wrong ones will start reducing.

Whatever we have bound due to wrong understandings, will be dissolved with the right understandings. This is the correct way to become free from our bound karmas and hence all this is very important. The more we set the principles in our life, the more it benefits us. Nav Kalam, Charan Vidhi, Namaskar Vidhi, all these are very important. They help in boosting our spiritual awareness and reading Dadashri's books help resolve and overcome our daily problems and confusions. Pratikraman helps us clear the karmic account bound with people. Introspection helps us identify the reasons behind our mistakes and achieve a state which is free from the sins.

Questioner: What if we are unable to do all these like charan vidhi regularly?

Pujyashree: Ask for strength to overcome our weaknesses and flaws, understand its importance and when we make a strong conviction to do it regularly, we move in the right direction!



Trimantra

1. Namō Arihantanam

Namō Siddhanam

Namō Aayariyanam

Namō Uvazzayanam

Namō Loye Savva Saahunam

Eso Pancha Namukkaro

Savva Paavappanasano

Mangalanam Cha Savvesim

Padhamam Havai Mangalam

2. Aum Namō Bhagavate Vasudevaya

3. Aum Namah Shivaaya

Jai Sat Chit Anand

Having understood that spirituality is a must in daily life, the next question that arises is, 'What are the different ways by which we can stay in touch with spirituality.' In all of the following articles, we have given different ways of staying in touch with Dada. Firstly, let us understand the most important as well as the most basic way of staying in touch with Dada – Trimantra.

When asked one of the celibate brothers about the importance of Trimantra he said:

We greet, “Jai Shri Krishna” or “Jai Jinendra” or “Jai Sachidanand” when we go out of the house or we meet someone. Have you ever thought why do we do so?

By saying so we get blessings from the lord and our work is finished uninterruptedly. Trimantra is similar to that. By chanting Trimantra, we salute the greatest saints and people of this universe, please them and seek their blessings.

We offer our salutations to all the gods in Trimantra.

Trimantra unites the three religions viz. Jainism, Vaishnav and Shiv.

If we break any rule and if a policeman is our friend, wouldn't he leave us easily?

If we are in trouble, wouldn't a group of good people help us overcome it easily? Similarly, by reciting Trimantra 5 times in the morning and at night, we are befriending God who will help us overcome all our problems.

Questioner: When should one recite the Trimantra?

Dadashri: We can recite Trimantra, during studying, while travelling, before starting any new activity like Khatmuharat (Ceremony performed before constructing a new house, temple etc), shifting to a new house, starting a new business, etc.

When we recite Trimantra before starting our journey, we pray to reach our destination safe without any hurdles or no accidents occur because of us. It is like a safety shield for us. By reciting Trimantra before any meal, we intend not to hurt anyone because of the food we eat.

Are you ever surrounded by negative thoughts? For example, I will not be able to do it, I don't know how to do it, I am very weak in studies and so on? Trimantra helps in stabilizing our mind.

Hence, reciting Trimantra helps us solve a lot of problems.

Dada's Book Excerpt

Dadashri: I told one gentleman that these nine kalams comprise everything. Nothing has been left out. I told him that he should read them everyday to which he said, "It cannot be done." So I told him, "I am not telling you to do anything. Why are you saying it cannot be done? All you have to do is say, 'Hey Dada Bhagwan, give me strength...' I am telling you to ask for strength." He then replied, "Oh, then it will be easy." Everyone else tells you to do certain things to improve your behavior.

He then asked, who would give him the strength, so I told him I would. I am ready to give you all the strengths you ask for. But I am teaching you what to ask for because you do not know what to ask for. He accepted that.

I told him, "You don't have to do anything at all. Instead enjoy your meals, you can even have second helpings, but ask for the strength." He told me that he really liked what he was hearing.

Questioner: Initially one doubts whether or not he will get the strength by just asking.

Dadashri: These doubts will prove to be wrong. Asking for the strength will certainly bring strength. Thereafter, the strength itself will carry on the work. You will not have to do anything. If you attempt to do anything, your ego will arise and cause impediments in your spiritual progress. You will say, "I am trying my best but it is not happening." So just ask for strength.

Questioner: In these nine kalams, when we ask for strength not to, nor cause or encourage anyone else to, does that mean that we are asking for strength so that it would not happen in the future or is it to wash off our past deeds?

Dadashri: The past deeds are washed away and the strength has manifested. The inner energies are already there but they have to manifest. That is why we ask for Dada Bhagwan's krupa (blessings, grace) to wash off these previous misdeeds. These energies will manifest when this cleansing occurs.

Questioner: This is phenomenal and great, Dada. It is guaranteed to improve the life of anyone who reads it.

Dadashri: Yes. Until now he had never found anything that was worth understanding. This is the first time that he is getting something that he can clearly understand. Once a person uses these nine kalams, he will find all the solutions.

It does not matter how many of these nine kalams you are able to follow. Do not let it bother you if you cannot follow any of them. All you have to do is to ask for strength, and that strength will accumulate within you. Then the work will get done automatically. When you ask for strength, all the nine kalams will be set up. It is enough even if you just say them. Once you ask for the strength, the strength will be granted to you.

Nam Kalam

The Essence of
All Religion



- 1) "Dearest Dada Bhagwan! Give me infinite inner strength not to hurt, cause someone to hurt, nor encourage anyone to hurt, the ego of any living being, even to the slightest extent. Give me the infinite strength not to hurt the ego of any living being and to conduct my speech, thoughts, and actions in a manner that is accepted by all."
- 2) "Dearest Dada Bhagwan! Give me infinite inner strength not to hurt, cause someone to hurt, nor encourage anyone to hurt even to the slightest extent, the foundation of any religion.

Give me infinite strength not to hurt, even to the slightest extent, the foundation of any religion and give me the strength to conduct my speech, thoughts, and actions in a manner that is accepted by all."

- 3) "Dearest Dada Bhagwan! Give me infinite inner strength not to criticize, offend, or insult any living monk, nun, preacher, or religious head."
- 4) "Dearest Dada Bhagwan! Give me infinite inner strength not to, nor cause someone to, nor encourage anyone to dislike or hate any living being, even to the slightest extent."
- 5) "Dearest Dada Bhagwan! Give me infinite inner strength not to speak, cause someone to speak, nor encourage anyone to speak any harsh or hurtful language towards any living being, even to the slightest extent.

If someone speaks in a harsh and hurtful language, please give me the strength to speak softly and kindly in response."

- 6) "Dearest Dada Bhagwan! Give me infinite inner strength not to have, cause someone to have, nor encourage anyone to have any sexual desires, feelings, or gestures towards any living being, be it male, female, or of neutral gender.

Give me the supreme strength to be free of sexual desires, forever."

- 7) "Dearest Dada Bhagwan! Give me infinite inner strength to control my excessive temptation towards food. Give me the strength to consume well-balanced and wholesome food."
- 8) "Dearest Dada Bhagwan! Give me infinite inner strength not to, nor cause anyone to, nor encourage anyone to, criticize, offend, or insult any being; be they present or not, living or dead."
- 9) "Dearest Dada Bhagwan! Give me infinite inner strength to become an instrument in the path of Self-Realization for the world."

Vidhi for Sticky Files

What is 'Sticky file'?

Sticky files are the people to whom we are attached or from whom we expect a lot. When things don't go the way we want them to, our dissatisfaction leads to change in our feelings towards those people and all of a sudden from positive, our emotions towards them turn negative.

We experience such problems in our day to day life. When we don't get what we want or our parents don't allow us to do certain activities or go somewhere, we argue or throw tantrums and be rude to them. At that moment our feelings towards our parents changes, suddenly we start disliking them or compare them to other people's parents. We start having various negative thoughts about them.

Same happens when we are with our friends; when our expectations aren't fulfilled or there is difference in opinion. We also get jealous when we see our bestfriends hanging out with other people. This change of emotions for sticky file is related to raag-dvesh. We either show these emotions through our speech (vachan) and actions (kaya) or through our intentional thoughts (mann). It might happen consciously or subconsciously.

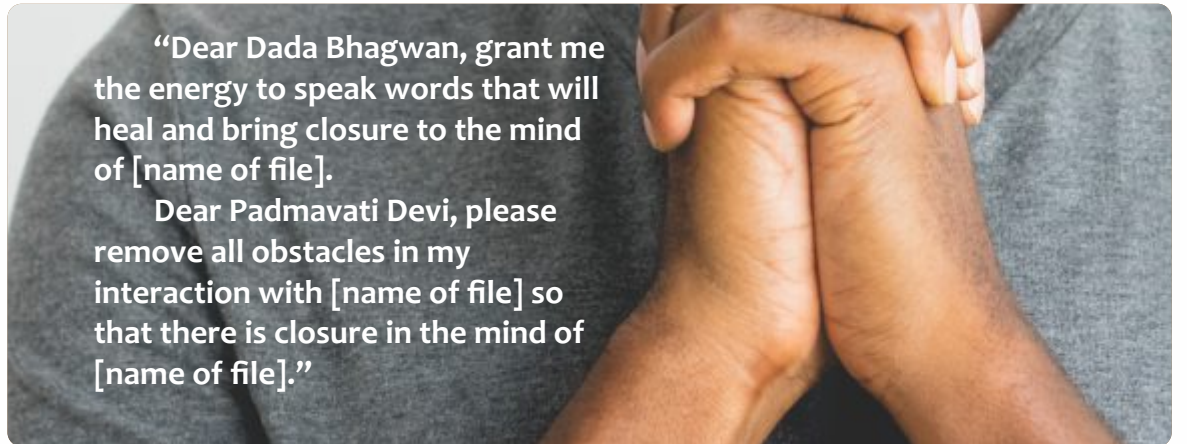
If thoughts aren't clear, it will be reflected in our speech and action. What can we do to clear our thoughts? Don't they bother too much sometimes? Aren't they dominating us and trying to increase the level of our ego?



This feeling becomes so uncontrollable and unsettling and the cycle of attachment, expectations, ego, arguments, hurting oneself and also others goes on. To be free from this cycle we have Dada's solutions. Let's experience the joy of maintaining our composure and try to stay content and pure as long as we can.

Firstly; all that we do or say starts from what we think so we should nourish our mind with positivity, counter every negative thought with a positive one and especially the most essential part to free our mind from the guilt of mistakes we have done or mistakes we have realised or the negative intentions that we have committed towards others is PRATIKRAMAN. We must also do pratikraman for our actions that may have hurt others.

'Our tongue has no bones'. It is a fact that we sometimes speak more than necessary or speak something that is not necessary at all. Our words hurt others the most and words once uttered cannot be taken back and so one must be careful with what they speak and the way they speak. So before speaking to sticky file (file is a term Dadashri uses for anyone or anything that you interact after Gnan) we must recite a vidhi. First we have to see their shuddhatma (pure soul) and then recite this vidhi in mind:



"Dear Dada Bhagwan, grant me the energy to speak words that will heal and bring closure to the mind of [name of file].

Dear Padmavati Devi, please remove all obstacles in my interaction with [name of file] so that there is closure in the mind of [name of file]."

Proceed with the conversation after doing the above vidhi. Do this within your own mind before the anticipated conversation, or even after the conversation commences; it does not matter. Speak with this adjustment. If you use this vidhi, opposition in speech interaction will not arise and this file will be settled with equanimity. Otherwise, one does not settle the file with equanimity and has no idea of what to say to the other person. Do make this adjustment. This is convenient for all of you to use, is it not? Otherwise, even a single sentence uttered creates conflict and havoc. You will not forget this vidhi, will you? – Dadashri

By the vidhi and doing pratikraman, slowly but steadily we can free ourselves from our sticky file. Not only life becomes peaceful but also we start getting along well with the people with whom we used to have issues.

Importance of Aarti

We have grown up seeing 'aarti' being done at home or in the temple with devotion. We must have wondered whether 'aarti' is truly beneficial or is it just done as a custom or habit? To clarify this constant doubt in our minds, listed down are few of the innumerable benefits of doing 'aarti' everyday:

By chanting Aarti everyday, after a period of time a person starts to attain values of the one who he worships.

By listening to bhakti-pads (devotional songs), our chit gets purified.

When you do 'aarti' your mind remains focused and the entire day is peaceful. This is a 'cash bank' and one receives immediate results from it. We must have observed that even if there is one clash in the house, the entire atmosphere gets disturbed. But by doing 'aarti' everyday, the atmosphere of the house improves and gets purified. The vibrations of the house become pure. For 'aarti' to be done regularly at home, it is better to set aside a specific time for that. Gradually, by singing 'aarti', one takes on the traits of whatever one worships. Listening to devotional songs purifies our 'chit' and focusing on the meaning of it solves a lot of our problems and helps us on the path of salvation. The rule is that whatever one worships one will become. Dada Bhagwan is our own self. Thus, by worshipping Lord Simandhar or Dada Bhagwan, one worships the pure soul that resides within us.

Apart from doing 'aarti' and listening to devotional songs, YMHT helps us to gain a better insight on the difficulties or problems faced in our daily life and to get solutions on how to resolve the conflicts, by not hurting others and remaining in permanent happiness, thereby increasing the realization of self. This knowledge is passed on with the help of interactive methods like group discussions, presentations, book readings, and so on, making it an interesting as well as effective method of staying in touch with the spirituality.





Praying before Studying

When you sit down to study for an hour at one place then begin with reciting 'Dada Bhagwan Na Asim Jay Jaykaar Ho'.

You must recite it for ten minutes in such a way that you can read each letter as you recite and then pray to your inner pure soul as stated below:

'Oh, inner pure soul, I pray to you for the ultimate memory power to study. I ask for forgiveness for all the mistakes committed through my chit and I ask for the infinite strength to concentrate my chit in only You and my studies.'

Before studying you should chant 'Dada Bhagwan Na Asim Jay Jaykaar Ho' for ten Minutes as your mind, by reading the words, your speech, by chanting those words and action, by clapping to the rhythm, work in unison. Since your mind, speech and action are in unison, it helps to reduce distraction leading to better focus which in turn helps to increase our concentration power.

Experience

During my school days, I was very bright and was a student who always stood first. But, the exam pressure always used to get me. Despite studying everything, I always found myself highly tensed and hyperventilate before the exams. I used to feel that I did not know anything. My parents tried a numerous time to make me understand that the fear of exams would not help me study properly but I never paid any heed to their advices.

One day, I was listening to Pujya Niruma's satsang on TV where a young boy was asking Niruma about the same problem I was facing. Niruma's answer made me realise that whatever I was facing was because of my own negativity, and my duty is to study, the result of the exam is 'Vyavasthit' (based on scientific circumstantial evidences).

I realised that tension would spoil my result. Most importantly, I understood the importance of praying before studying. Chanting 'Dada Bhagwan na Asim Jay Jaykaar Ho' for 10 minutes before studying helped me concentrate better. All the negative thoughts just vanished from my mind. Since that day, I have been doing the prayer before studying every time and it has been working miraculously. The fear of exams have left me and hence I can concentrate very well.

Chanting 'Dada Bhagwan na
Asim Jay Jaykaar Ho'
for 10 minutes before studying
helped me concentrate better



Pratikraman

The antivirus for Mistakes

“ Have you ever hurt people by your intent, words or actions?
Are you sorry for a mistake you committed but have no idea about how to get out of it?



To get everyone out of such problems, Dada has shown us the best solution- “Pratikraman”.

In all the religions, repentance is of great significance and it is in the base roots of spirituality. Pratikraman is a way of repenting for your sins, it helps in turning back from them.

One thinks that Pratikraman is a long and tedious process but in reality, that is not the case. Addressing to the God residing in the other person's soul, whom we have wronged, one should say, “Oh God! I repent for my mistakes, I firmly decide that I shall not repeat such a mistake.” Just by saying these two lines heartily and sincerely, and deciding firmly as to not repeat it, the mistakes vanish.

One should do Pratikraman as soon as they realize their mistake. 'Shoot-on-Sight' Pratikraman (doing Pratikraman as soon as you realize your mistake) should be done and if not, one should at least do it before they go to bed.

You might question that why we cannot do Pratikraman once in a while only? The answer to this question can be best given with an example.

Do you think an antivirus will succeed in protecting your computer if it was introduced before the virus entered the computer or after the virus was already present in it? If you wait for a long time, important data and files in your computer may get corrupted or destroyed. Similarly, Pratikraman should be done immediately as it dissolves your mistakes before they become a sin and make it difficult for you to have a clear conscience.

'Shoot-on-Sight' pratikraman and pratikraman done before going to bed is an indispensable method of staying in touch with spirituality in day-to-day life and one should not compromise on that.

Meditation before Sleeping

When was the last time you didn't check your messages or use any social media before going to bed? Secondly, when was the last time you actually went to bed and remembered God? This might be difficult to remember as we have so conveniently made it our habit of using our phones before going to bed that it has become a routine. But, we ought to change it.

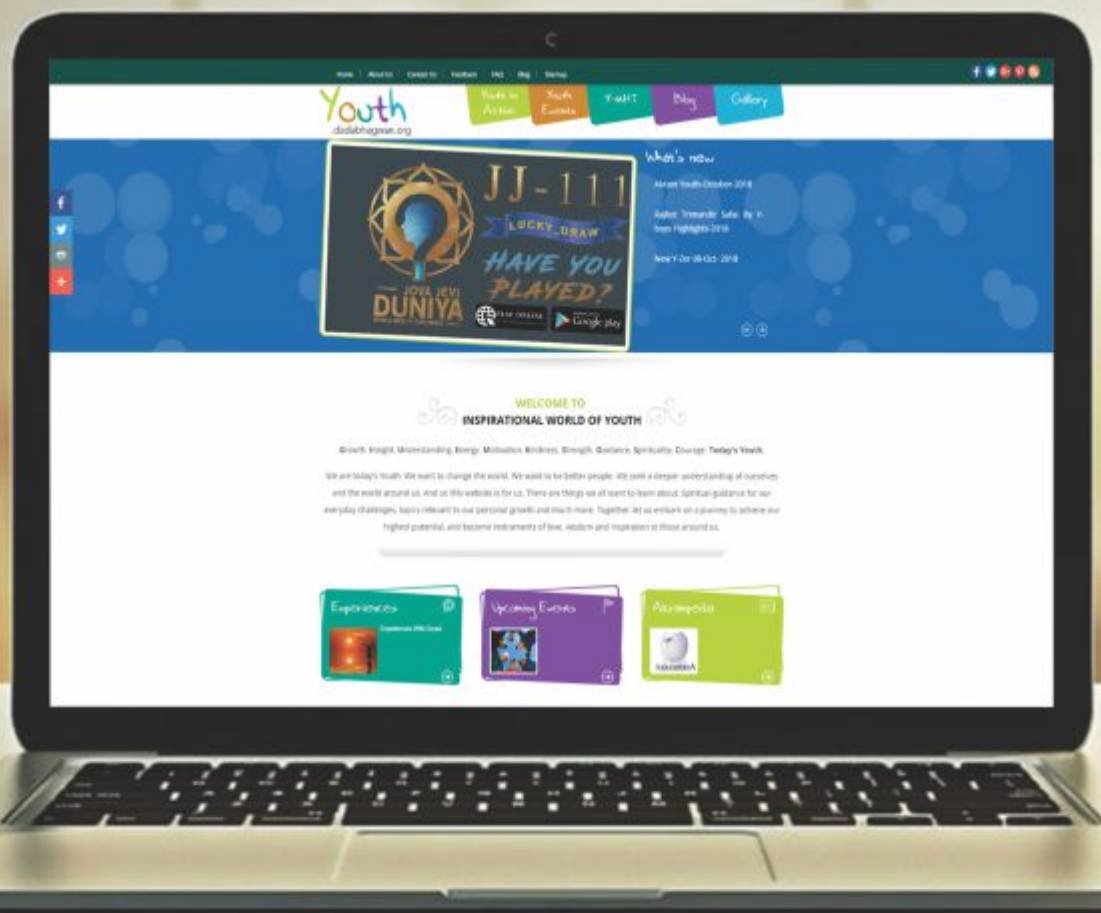
Every night before going to bed, until we fall asleep, we should visualize Lord Simandhar Swami or Gnani Purush Dadashri and quietly recite, 'I am pure soul, I am pure soul...' with sufficient volume so that only we can hear those words.

Doing this small prayer(vidhi) every night is important and its effectiveness cannot be described in words. Likewise, if we keep our phone on charging at night, the battery keeps on getting charged the entire night. Similarly, by doing this small 'vidhi' every night, the 'battery' of spirituality keeps on getting charged. Pujya Dadashri have also said that even if you didn't get a brink of sleep the entire night, due to the power of this 'vidhi', you feel refreshed and energetic in the morning.

As a step towards spirituality, this is one of the most important and fruitful method that should be followed.



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WELCOME TO
INSPIRATIONAL WORLD OF YOUTH



2 Hours of Spirituality



Is our culture important or watching movies and other things for entertainment important?

What if we don't choose culture? For example, having uncultured ministers will worsen the condition of a nation but on the other hand if the ministers are cultured then they will be able to make people happy, understand their problems, would be able to empathize a bit with people and work hard so that the people do not have to face any problems.

Having awareness of what bad and good qualities are such as understanding that stealing and fighting are bad and sharing, acquiring knowledge are good values, is all part of our culture.

Spirituality is one of the most important pillars in the development of a person's samskaras (manners). We must spare some time out of our daily schedule to understand and lead ourselves towards spirituality. To open our heart (to spirituality) we need to spare at least 2 hours a week.

Yes, it is difficult to take out some time out of our busy schedule, but if we organize our time appropriately then there won't be any problem.

Spending approximately 8 hours for sleeping, 2 hours for eating and getting freshened up, 6-12 hours for school/ college + studying; after taking all this into consideration we realize that we still have at least 2 hours a day which is equal to having 14 hours a week. Can you believe this?

We have so much of spare time and still we don't take out time for ourselves. To open our heart for spirituality, we must put in at least two of hours.

For that, we must opt for one of the following four options:



1. Attending YMHT sessions. Good company around you will bring more positivity and each session will instil good values in you.

OR

2. Attend satsang at a local satsang centre. By staying around people who devote their time towards spirituality increases our level of spirituality too. [Moreover, if you are interested then you can also ask for seva at a local satsang centre or contact at Adalaj asking for seva]

OR

3. Visit a temple. It is a place that is totally filled with positive vibes and to feel your inner soul, the temple's atmosphere helps you.

OR


4. Join an NGO. You can form a group of people (friends) and visit an NGO or an orphanage, help to educate children. Once a week you can cook food and distribute it among them.

All the ways of Seva lead to the peace of mind, happiness and spirituality. One must follow at least one of the above mentioned four options for two hours a week. This is the least we can do for ourselves and the society. Isn't it?

If you get upset whom should you fall back on?

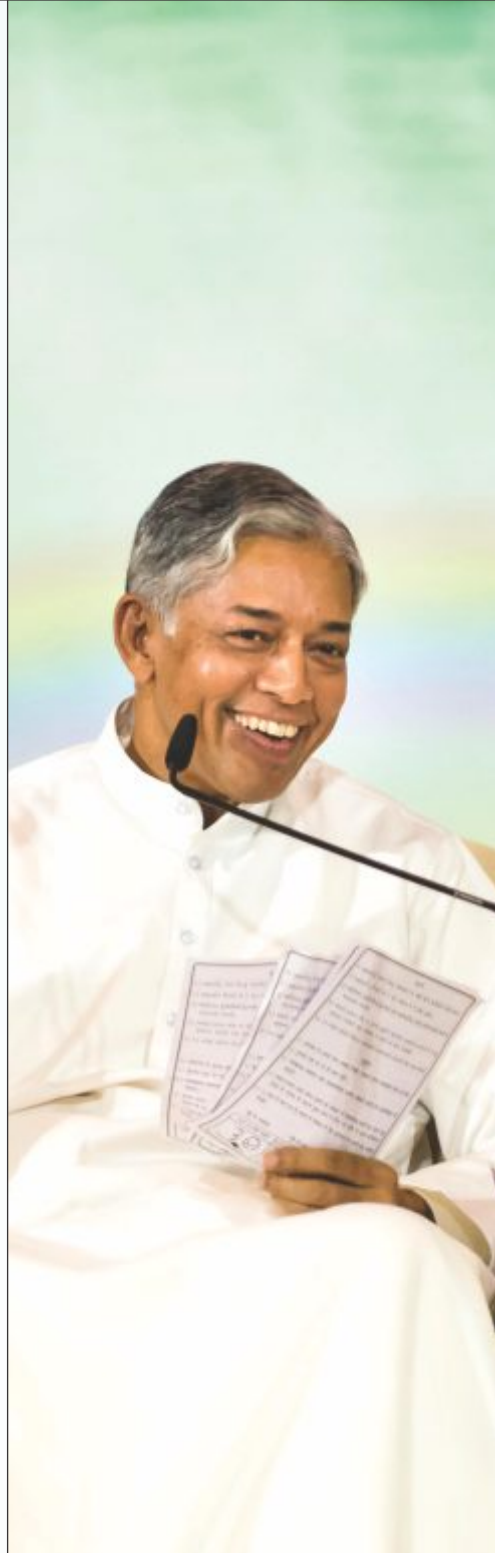
When life throws problems at you, turn to Dada!

The following experiences are a testimony to the above statement.



In every house, there are disputes with the helper or the maids. I used to have disputes with the helper and I used to shout on him a lot. I used to taunt him and I would display my authority and smartness over him even at smallest of his faults. All these arguments were mentally exhausting. This went on for quite some time. One day, I was returning home from my son's parent-teacher meet, that's when I saw a copy of 'Dadavani' magazine in the car which was upturned. Usually I never read Dadavani magazine or any other Dada's books, but that day, I took the magazine and started to read it. The topic for the Dadavani's issue was "Nijdosh darshan thi nirdosh". The lines on the first page itself moved me. I felt good and I realised my mistakes, I started to do pratikraman. Who knew that 'Dadavani' was the thing which was solution to my problems? This experience made me take the decision that the next time I face any kind of problem, I will surely give a read to any of Dada's Vani as it will certainly provide peace of mind and the solution to my problem.

I had a close colleague for whom I used to have a lot of negative thoughts. I felt that everyone gave her more importance, everyone listened to her, people replied to her messages faster than they replied to mine, and all such negative thoughts came to my mind. One evening when I was watching TV, I remembered that it was time for Pujoyashree's satsang, I switched to that channel. It felt as if the entire satsang was for me! The question that a mahatma had asked was exactly the kind of problem I was facing. Pujoyashree's answer made me realise that my colleague was not at fault at all, my pride was not getting satisfied and that was the problem. I understood that my need for validation and ego had obscured my opinion of her. It made me ignore all the positive things about my colleague, who in fact was a close friend! She was doing her work well and getting positive response! It was Vyavasthit (Scientific circumstantial evidence)! Satsang made me realise my mistake and helped me change my negative behaviour and attitude towards her to a positive one. Isn't that wonderful!



So, next time you face a problem, turn to the world of Dada immediately, experience it and tell us about your experiences!

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Akram Youth

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