

Akram Youth

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Quarrels





Editorial

Hello friends,

Arguments or quarrels happen naturally. They happen with our friends and parents on trivial issues. We think, “I am not doing anything wrong anywhere and don't I have a right to live my life as I please?” With such thoughts, do we ever realise that knowingly or unknowingly we may be making mistakes?

Have you ever given it a thought? No problem. This issue will help you in realising your mistakes that are entwined with your daily routine, but you are unaware of; and when awareness comes you have no idea about what to do next. In this issue, let's discover, what the reasons for arguments can be? To what extent can the results of arguments be unpleasant? What sort of understanding can we set beforehand to avoid arguments? During an argument, what sort of master keys can we use to remain calm? What can we do after an argument has happened? We will find answers to all these questions in this issue.

Dadashri says, “We should become argument-proof. By becoming 'argument-proof', we can survive in this world. I will make you 'argument-proof'. We should be such a person that even an argument initiator would get tired. Nobody in this world should be able to depress us. Once we have become 'argument-proof', then is there any problem? Even if people want to quarrel or abuse, then we should not find it problematic. If we do not pay attention to the argument, we will not be considered discreditable, in fact our (spiritual) awareness will increase greatly.”

To develop many such understandings, let us enjoy this issue. - Dimple Mehta

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Survey



Jai Sat Chit Anand friends,

While working on this issue, we were curious to know as to what drives today's fun and carefree youth into quarrels. It turns out that it is not difficult to offend and get into a fight. Today's youth can easily get mad if someone says ill about their favourite pop star or if someone makes fun of their fashion sense, on issues that are trivial.

We asked some of our young friends if they ever quarrel. If yes, for what reasons and with whom? To what extend does the quarrel go? Does the fight ever lead to any solution? If not, then what are its ill effects according to them? Here are our top answers to the survey. Let us see what they had to say.

Whom do you quarrel with?

- Parents
- Siblings
- Friends
- Cousins
- Relatives
- Strangers

What are the reasons for quarrels?

- Parents nag a lot for studies.
- To watch television and for using mobile phones.
- When we have to do some house work.
- When mom does not let me go out with friends.
- When I am unable to match my parents' expectations.
- When I am compared with others.
- When I am not in a good mood and someone makes fun of me.
- When my friends taunt me.
- When my viewpoint is not accepted or understood.

- When someone teases me.
- Every day with mom over food.
- To prove that I am correct.
- To take revenge.

To what extend does the fight go?


- Leads to physical fights.
- I sulk and talk rudely.
- I block people on social media and ask my friends to do the same.
- I feel like taking revenge.
- I stop talking with some people.

What happens after the fight?

- I end up hurting the opposite person.
- The person develops a dislike for me.
- Even if I get what I desired, there is no sense of achievement or peace.
- Negativity arises.
- A rift is created.
- After fights with my parents, I feel like leaving the house and going away.
- There is restlessness.
- I get depressed.

Why we shouldn't quarrel?

- The opposite person gets hurt.
- Relationship breaks.
- It leads to a lot of waste of time.
- I miss not being able to talk.
- A rift is created.
- Our image gets ruined.
- Trust breaks.
- A third person wins in the fight between two individuals.
- Through fighting, no real solutions are ever found.



Who won in the fight?



“Tomorrow, a final cricket match will be played between Aditya's and Sameer's teams and the team which will win in it will be able to take part in the state level cricket tournament. Start with the preparations. Best of luck boys!” Royal college's cricket coach Dinesh Khurana said and left. Aditya and Sameer were paternal cousins and since their childhood, they had played cricket together. For the first time, they were going to play against each other. Sameer said, “Brother Adi, you know that it is tough to win against me.” To which Aditya replied, “Yes dear, but

even you know that I do not like to do things which are easy”. Both the teams went on to practice.

The next day match started. Batting first, Aditya's team scored one hundred and sixty-three runs for six wickets in twenty overs. During the break, Sameer came to Aditya and said, “One hundred and sixty-three runs in twenty overs, this is a small target for us. Fifteen overs will be enough.” To which Aditya replied, “Your confidence is good but it is of no use as we are definitely winning.” The break gets over and both the teams

get to the ground. In ten overs for two wickets, Sameer's team scored one hundred and twelve runs. Sameer had full faith that till his player- Vivek was batting, his team would not lose. Just then, because of Aditya's fast bowling, the ball hit Vivek in the hand and he had to leave in between the match. Other players could not play well, subsequently Sameer's team had to face defeat.

Sameer furiously said, "Aditya, you purposely hit Vivek because of which you won this match, you cheater." Aditya tried to make Sameer understand, but Sameer's anger kept increasing which lead to an increasing argument between both of them. Sameer said, "You are doing all this to play at the state level right? Now I will see how you get selected. I will not let you get selected." This provoked Aditya and he said, "You get lost. Can't play but wants to stop my selection." Both started to hit each other.

In the end, Dinesh Khurana stopped and pacified both of them and invited both of them to a party at his home. "I don't want to go to such a party where there will be people who win by cheating", said Sameer to which Vivek interrupted and said, "There will be many guests at the party. Everyone must know that Aditya cheats. We must go to the party." Sameer goes to the party. Seeing everyone wish Aditya, Sameer's anger increases and as he goes to talk to Aditya, his legs slip and the juice which was there in the glass which he was holding spills over Aditya.

Aditya got furious and shouted, "Can't you see, you idiot?" Sameer replied in anger "I can see how you pulled others down and reached ahead and now I will tell

it to everybody." "What will you say? Listen, I am not in the mood of having a fight, you are unnecessarily making an issue out of this", said Aditya. Sameer held Aditya's (shirt) collar and said, "I will tell everybody that you are a match fixer. Then I will see, who selects you." "Good that you lost the match, people like you should not play cricket", said Aditya as he tried to take Sameer's hands off his collar. Sameer said, "Let us not talk about cricket. Let it be. Let us have a bike race and see who wins in that." Aditya agrees to it and both of them get ready with their bikes. The race starts. Sameer's and Aditya's bikes were going at the same speed. To go ahead, Sameer hit his bike to that of Aditya's. Aditya too hit Sameer's bike. Both of them had their mind on each other's bike than on their own. As a result of being infocused, both of their bikes met with an accident in which Sameer fell there itself and Aditya was thrown further away. Both were taken to the hospital.

Dinesh Khurana came to meet them as soon as they came to senses and said "Aditya, you wished that Sameer should not play cricket right, your wish has been granted. Take a look at this notice. The cricket association has put up a ban on Sameer's playing cricket. Likewise Sameer, you wanted to stop Adi's selection, even your wish has been fulfilled. As a result of the accident, Aditya has injured his leg so severely that he will not be able to play cricket again."

Aditya and Sameer kept looking at each other, as if both of them were having the same thought in their mind, what was the result of this fight?

Gnani

with Youth



Questioner: Quarrels are not yet resolved, therefore whenever he comes in front of me, I feel like thrashing him! From within, I think these thoughts are wrong, but they still happen.

Pujyashree: So, what do you think he will do after you beat him?

Questioner: He will also beat me.

Pujyashree: Then will both of you be happy or sad?

Questioner: We will be sad.

Pujyashree: Then what should we do? During Diwali, get a first-class box of sweets like ghughara, ghari and a small packet of savories like chevdo, mathiya and visit him. Tell him, “You are my best friend. Wish you a Happy Diwali and New Year.” Then ask for forgiveness saying, “I am sorry. I made a mistake. Let's please be friends.” Can this be done or not?

Questioner: Yes, it can be done.

Pujyashree: Try doing it. He may be feeling hurt about losing a friend he didn't want to lose. Do we want to lose a friend?

Questioner: No.

Pujyashree: Let's take a little adjustment! If some day he is irritated,

then we shouldn't. If he doesn't work, then don't be sad. We should think, his circumstances have changed. However, I will maintain best friendship with him.

Questioner: That's fine.

Pujyashree: That is called a best friend. Is he a best friend or are you, how will you confirm this? In whatever manner he misbehaves, we maintain appropriate behavior and that is called a best friend. Why should we expect only him to behave in the best way? If I too am his best friend, then I too should behave in the best manner.

Questioner: Yes.

Pujyashree: Why should we see his faults, hurt him or have expectations? Do you understand?

Questioner: Yes, I do.

Pujyashree: Hence we should let go. We mustn't see any faults or negativity. When we were friends, whatever positive things we knew, note it down and only see these. Do not see the negative side. Can you do it?

Questioner: Yes. I can.

Pujyashree: Do this experiment and then let me know.

Why is it always me?

“Dharmin, let's meet today at Parin's house to finish the project and tomorrow after the project submission, we can plan to go watch a movie. What do you say?” asked Ferin. As Dharmin's attention was on in his state level competition and on his classmate Raghav, without hearing, he agreed.

Along with being an international chess player, Dharmin was a very bright student. After winning two matches at the International level, once again he was going to play at the State Level. Only a week was left. After taking the submission, Manav sir wished Dharmin good luck for his match and left from the class, just then Raghav said, “Some people in class win few games and suddenly

they become the stars of the class and along with that they become teacher's pets too.” On hearing this, Dharmin lost his temper. Dharmin was an all-rounder, as a result, he was very popular too, and he always thought that just because of his popularity, Raghav envied him and he would never let go of any opportunity of taunting Dharmin.

After the submission Dharmin, along with his friends went to the theatre to watch a movie. After buying cold drinks and popcorn, just as Dharmin was about to turn around, someone patted very hard on his back and said, “Check-Mate”. Dharmin managed to save the cold drink from spilling but still few popcorns fell. Dharmin did not take long in recognizing Raghav's voice.

“Hey Raghav, why are you troubling me?”, Dharmin got irritated.

“Where am I troubling you Dharmin?” replied Raghav as he ate popcorn.

“Was there any need for you to pat me this hard?”, Dharmin was really annoyed now.

But Raghav did not react, acting as if he did not hear it, he went to meet other friends.

Few days passed after the incident. Dharmin won the State level Championship. He wanted to throw a party. He kept thinking if he should invite Raghav or not, but as they were class mates, he invited him. As per his nature, Raghav kept irritating Dharmin. While having snacks, Raghav purposely spilled water over Dharmin's phone. This led to a fight between the two of them. Dharmin had thrown this party to celebrate his victory. But now the atmosphere of party was ruined. 'I will see you later', thinking so, Dharmin anyhow managed to end the party.

Dharmin's irritation was beyond a level now. Dharmin came home. His mom understood that something had happened to him.

“What happened Dharmin? Why are you so upset,” his mother asked.

“Nothing mother, same old stupidities of Raghav.”, said Dharmin as he took off some load off his heart.

Even his mother knew about Raghav's nature. Somehow lifting Dharmin's mood, his mother got back to her work. Dharmin too got busy collecting materials for his college's project, but his entire focus was on Raghav. What does he think of himself? I will see him tomorrow. I will prove him wrong in front of the entire class. I will complain about him to the Principal sir. I will try and trap him for some or the other reasons. Anyways he is very mischevious, so everyone will trust me, and why wouldn't they? Afterall, I am a scholar of the college.

Dharmin was a very wise and a well-behaved student but he had a weakness that whenever someone instigated him, he would lose his temper and start a quarrel. In his fight with Raghav, when his anger pacified, he thought, “I have not done anything wrong with Raghav, then why does he always quarrel with me? If the reason is that I am good at sports and he is jealous of that, then there are other students in the class who are better than me, then why he has to fight with me in particular, why is it always me?”

Gnani's Scientific Solution

“Whatever quarrels you had committed in your past life had created revenge, and that revenge manifests in the form of a quarrel today. The seeds of revenge are sown the moment quarrelling takes place, and these seeds will then grow in the next life.

Questioner: So how can we distance ourselves from those seeds?

Dadashri: As you gradually begin to settle matters with equanimity, you will keep those seeds at bay. If the seed was very heavy to begin with, it will take some time and you have to be patient. No one can take anything away from you. As long as you have clothes to wear and two meals a day, what more do you need?

Even if they lock you up in your room before they leave, all you have to concern yourself with is whether you get two meals a day or not. There is no problem if they lock you up in your room. You should just go to sleep. You had created such karma of revenge in your past life, which is why in this life they lock you up before they leave. It is nothing but revenge, bound in a state of ignorance. If there is any kind of understanding or rationale to it, we can try to solve the problem. However, when you cannot make any sense of it, how are you to resolve the matter? Therefore, you must let go in such matters.



Scientific experiments

Boiling of Milk:

Many times, despite not having a wish to get angry, one loses control over mind and a situation arises where a quarrel becomes imminent. Come let's understand this with an example.

Imagine the heat from the gas is adverse conditions while the pot is an individual and milk is the individual's responsibilities, duties, work etc. When the gas starts (adverse conditions or pressure), the milk (responsibilities) rises in the pot (individual) as it gets hot. An individual may continue with routine tasks just like the milk bubbling away happily in the pot. However, if the heat increases even slightly, then the milk boils over and pours out of the pot. Similarly, during normal conditions, an individual continues to complete routine tasks. However, when the heat (pressure) increases, the individual experiences anger that bursts out at some stage creating an antagonistic atmosphere in the home.

This has a negative knock-on effect on family members and unnecessary quarrels develop over time.



A Balloon filled with air.

Take a balloon filled with air at normal room temperature and poke a pin inside it. The balloon will burst. Similarly, the lack of correct understanding of how to avoid quarrels, may disturb or excite one during an incident that could lead into a quarrel. However, when a balloon is heated, then no matter how many times a pin is poked, the balloon will not burst. Similarly, with correct understanding within us, our situation will be like that of the heated balloon, enabling us to remain calm in the worst of situations.

Hot water and Dry ice

(1) Hot water and dry ice display's our situation after a quarrel. When you put dry ice into hot water, smoke emerges and spreads in the surrounding environment. Due to this smoke we are unable to see our surroundings clearly. Similarly, when we are angry, we cannot see things clearly. In such situations, we should progress ahead slowly and steadily without reacting aggressively.



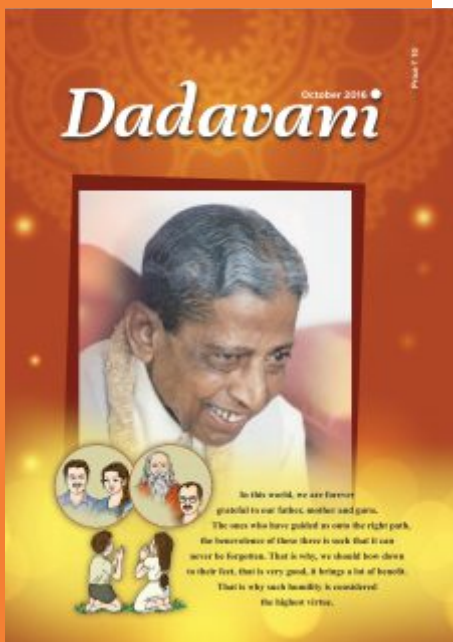
(2) Now ice is a solid form of liquid water. When you put dry ice in hot water, fumes originate. During quarrels, some individuals may appear to be on your side without understanding the whole picture. They may only be curious to know the cause of the quarrel without any intention of helping to resolve it. These people are like dry ice in hot water that create confusion, don't help to resolve the quarrel but end up widening the gap. One needs to be careful of such individuals.



Mixing of alcohol, sugar and soda.

Let us take alcohol as misunderstanding, sugar as negative opinion and soda as anger. When alcohol, sugar and soda are mixed, a blaze starts on a large scale. Similarly misunderstanding, negative opinion and anger when mixed together starts a blaze. During this process alcohol, sugar and soda while losing their original look become ugly, similarly on mixing misunderstanding, negative opinion and anger, friendships and relationships become ugly or even gets destroyed.

Dada's Book Excerpt



Dadavani Oct-2016

Where there is no discretion, how can it be considered civilised?

Dadashri: Do quarrels happen in your home?

Questioner: Yes, Dada.

Dadashri: Are they mild or are they extreme?

Questioner: They are extreme, but we forget about it the next day.

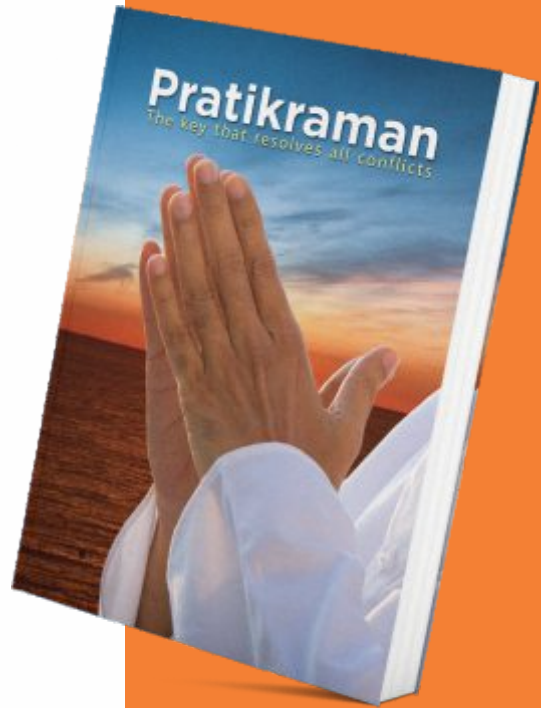
Dadashri: If one doesn't forget, then what else can one do? It is only if one forgets about it that he quarrels again, is it not? If it has not been forgotten, then who would quarrel again? Only five people live together in a big bungalow, yet they quarrel with each other. Nature provides food and water, and yet people quarrel. These people are only brave in quarreling, clashing and arguing. What is gained out of quarrelling?

Questioner: Loss is incurred.

Dadashri: No one would get into a business that incurs losses, would they! No one advises, "Get into a business that is loss making." Surely, they must be earning some profit, isn't it?

Questioner: They must be getting happiness from quarreling!

Dadashri: This is Dushamkaal (the current era of the time cycle characterized by moral and spiritual decline) that is why peace does not prevail. Only when the one burning (within), burns another, does he feel at peace. He does not like it if someone is happy. Therefore, he ignites the firearms before he leaves that is when he becomes at peace; such is the nature of the world. Even animals have discretion; they do not quarrel. Even dogs do not fight amongst their own pack. When dogs from another pack come, then these dogs come together and fight. Whereas these foolish people fight amongst each other. These people have no discretion nowadays!



Pratikraman

Questioner: In a situation if someone is saying negative things about me, I end up reacting angrily and saying things out loud in anger and attack. Which is worse, hurting others through spoken words or just through the mind?

Dadashri: Saying through words? Did you fight with him through words?

Questioner: Yes.

Dadashri: Quarrels created through words will give their effect here and now, and will dissipate right away, whereas quarrels through the mind will progress further. When you say things verbally, the other person will answer back and so you will face the consequences right away. But quarrels fought through the mind will sow seeds first, then, when that karma matures, it will give fruits. So now you are sowing the seeds – creating the cause. So you should do pratikraman so that this 'cause' is not created.

1



I got into a big fight once after which I did not like to talk to this person and initiate any type of conversation. Although the quarrel had ended from outside, it was still going on inside me; I kept thinking how I would answer her back if she said something. I would think, I will do this or that. Since neither of us could see our faults, conversation was impossible. We were not on talking terms. If this person presented her view, then I would not like it and likewise when I presented my view she would not like it.

As a result of this fight, when something good happened to her, I despised it; when someone appreciated her, I did not like that either. My dislike had increased to such an extent that I started getting scary dreams about killing her.

One of my favourite sentence from the Pratah Vidhi (prayers that increase the awareness of the Self) was, "Let no living being in this world be hurt, even in the slightest degree through this mind, body or speech." This statement made me realize that a dislike for a person is equivalent to hurting them and I didn't wish to hurt anyone. I realized that whatever was said during our fight, she was only a 'Nimit' (one who is instrumental in a process) in settling my Karmic account (the cycle of cause and effect, life after life).

I recollected all the incidents during which I had felt dislike or contempt for her and then repented for each incident. I also asked for forgiveness for all the bound karmas of attachment and abhorrence with her in the previous births. I did Samayik (self-introspection) and Pratikraman (asked for forgiveness) for all the horrible thoughts I had of killing her.

As a result, she initiated a conversation with me following which our relationship has improved. Earlier, I used to change my route upon seeing her; but now by doing Pratikraman, everything has got resolved. I don't have any grudge for her anymore and our behavior has become normal.

This has happened to me many times, by doing only Pratikraman, everything gets resolved. I always have a tendency to develop extreme dwesh (hatred) towards a person on whom I have a lot of raag (attachment). Pratikraman has helped me in those cases as well. Pratikraman helps me the most and the end result is always satisfying.

2

A few days ago, my daughter Siddhi and I had gone to watch Akshaykumar and Rajnikant's movie, Robot 2. I had seen the graphics of this movie and thought Siddhi would like it, hence I had taken her. In this movie, Rajnikant fought many times with Akshaykumar to obtain victory but without any conclusions. Siddhi continued to watch this for a while but then said to me, "Papa, why don't these uncles pray? Instead of fighting, wouldn't prayers give a better solution?" Hearing this, I was delighted. I said, "Beta, its only to gain this type of understanding, we left Mumbai for Adalaj and have settled here."

In the current state, when parents remain concerned regarding how their children will receive a refined civil culture, I am confident that my daughter is progressing in the correct direction.

For this, I am very grateful to GNC' s (Gnani ni Chhayama) teachers who are instilling beautiful innate cultural values in our children. From a very young age, if children start comprehending that prayers are more powerful than fighting, then I believe it's a substantial understanding. With this type of understanding, children acquire strength. In prayers, there is astonishing strength and with it, no other weapon is required.

The reason behind sharing this experience is to encourage other parents to send their children to GNC.

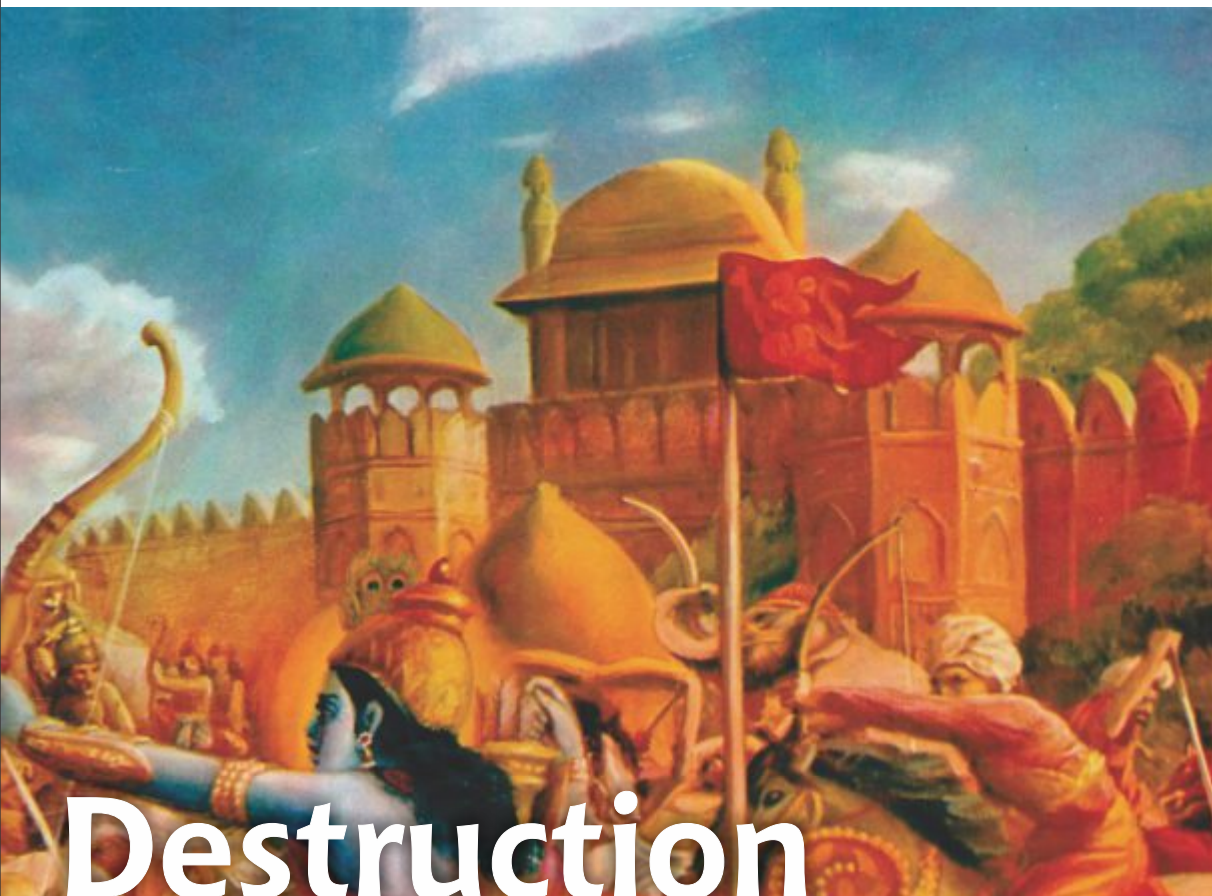
In Pujya Dadashri's Nav Kalamos (Nine Deep Inner Intentions), both children and adults find strength to live in peace and avoid quarrels. One such intention says, "Dearest Dada Bhagwan (pure Soul within), give me the absolute inner energy not to, nor cause anyone to, nor instigate anyone to speak any harsh or hurtful language towards any living being, even to the slightest extent. If someone speaks in harsh or hurtful language, please give me the energy to speak kindly and softly in reply." Many people have experienced that after speaking this intention, if one comes into any interaction with other people, positive results are assured.



The Great

The Yadavas were the descendants of the King Yadu and the devotees of lord Krishna. In the Mahabharat war fought between the Pandavas and the Kauravas, Satyaki and Kritvarma were two important warriors of the Yadav clan who fought the battle from the opposite sides; Satyaki fought from the side of the Pandavas, whereas Kritvarma from the Kauravas side. Lord Krishna promised the Narayana sena (army) to Duryodhan at which time Kritvarma was appointed as the commander of the army. Satyaki on the other hand strongly and passionately favoured the cause of the Pandavas, hence ended fighting up from their side.

After eighteen days of the epic battle, the Kauravas were defeated and all of them were killed. In anger and grief over the death of her sons and the Kaurava soldiers, Gandhari curses lord Krishna with the destruction of Yadavas, in a manner similar to the death of her sons. She blamed lord Krishna for his inaction and believed that he could have prevented the slaughter of hundreds of millions of people who died in the war. Lord Krishna accepted the curse.

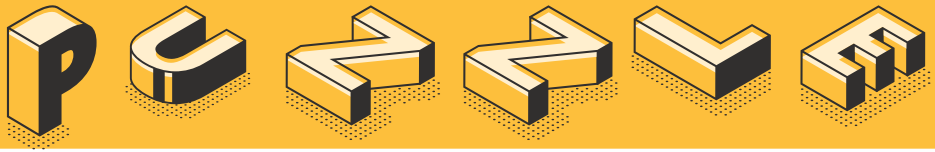


Destruction

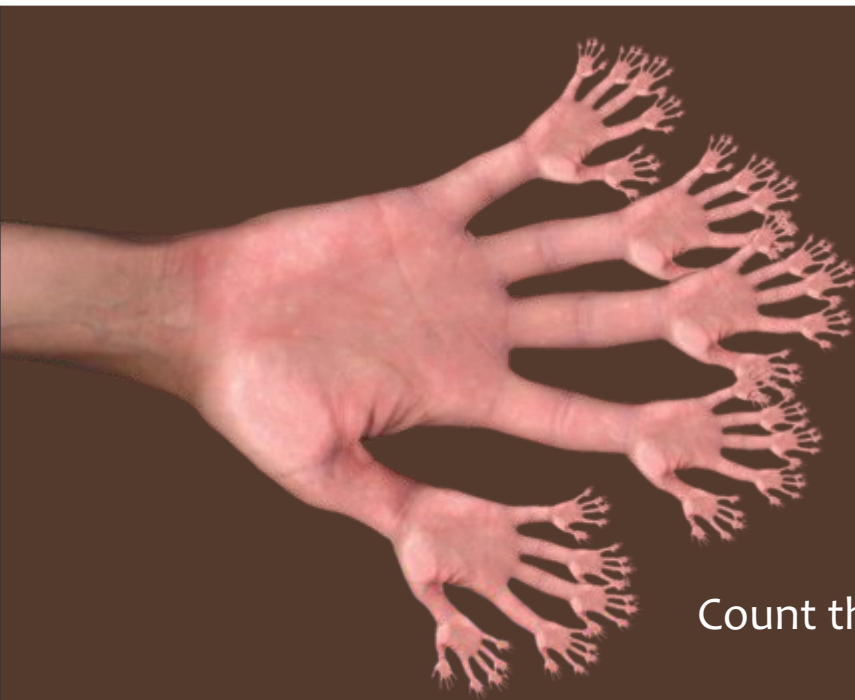
The Yadavas returned to the city of Prabhasa. Thirty-six years later, a small verbal quarrel started between Satyaki and Kritvarma who accused each other of using ill-tactics at the war of Mahabharat. Soon they took out their swords and got into a huge fight. Satyaki beheaded Kritvarma seeing which, Kritvarma's followers got together and killed Satyaki. The complete Yadava camp got divided into two groups and started a battle; Yadavas started receding in number, Gandhari's curse had shown its wrath and in no time, the Yadavas perished.

We can see from this story how quarrels, arguments
or
fights can lead to the destruction of a whole clan.





Move only 1 Stick and make the Equation True!



Count the number of fingers



Which symbol do you need to place between the 4 and 5 to make an answer more than 4 but less than 5?

Jokes



Once a boy, sitting in a bench in a garden, was eating chocolates one after another.

An aunty sitting near him said, "Those who eat a lot of sweets, die early."

Child: Do you know my grandmother was 106 years old when she died.

Aunty: She might be eating less sweets.

Child: No...!!!! She always minded her own business....!!!

Once a person riding a bicycle bumped another person and said, "Mister you are very lucky."

Person: First of all, you hit me and moreover you are saying that I am very lucky?

Cycle man: As today is a holiday, I am riding a bicycle, otherwise I usually drive a truck...

First friend: Hey, has the result of the 2nd year come?

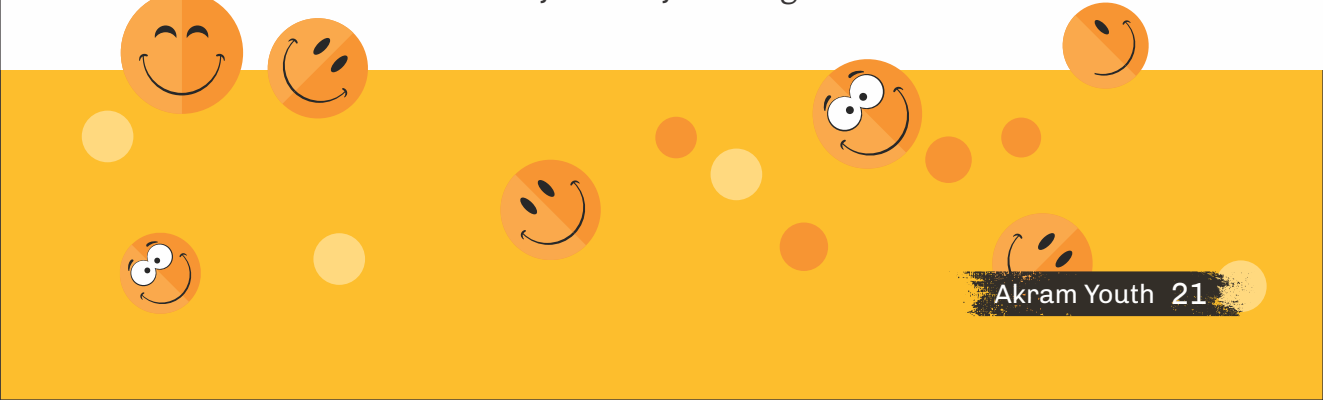
Second friend: Yes, and talk with me with respect.

First friend: Why?

Second friend: Because now on I am your senior....

Judge to the thief: How did you manage to rob the house in the presence of the owner?

Thief: Sir, you have a good job with a very good salary, then what will you do by learning this?



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Quarrels



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