

Akram Youth

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Dada Bhagwan Parivar

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The Importance of Prayer

True prayer
never
goes to
waste



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Contact :

Gnani Ni Chhayama (GNC),
Trimandir Sankul,
Simandhar City,
Ahmedabad-Kalol Highway,
Adalaj, Dist. Gandhinagar,
Gujarat-382421
Phone: (079) 39830100

email: akramyouth@dadabhagwan.org

website: youth.dadabhagwan.org

store.dadabhagwan.org/akram-youth

Editor: Dimple Mehta

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Editorial



For the Indian team to win in the finals, to score well in the exam, to get what one desires, to end a fight with a friend, to avoid getting scolded by parents or teachers after making a mistake, to quickly get over a sickness. Even for rainfall to be delayed when going out!!!!...Friends, I am certain that in many such situations in your life, you would have taken the support of prayer or seen a relative of yours do so. You must have also experienced that sometimes God has accepted your prayers and at other times He has rejected them. And at that time you would have even accused God of being at fault! There is nothing wrong with praying. All religions, **Gnanis** (Self realized beings) and great men have given importance to

prayer. You might be surprised to know that true prayer never goes to waste. The description of the power of prayer can also be found in the **Puranas** (Hindu religious texts).

But friends, have you ever thought about the science behind prayer and how it really works? Who listens to it? When, how, and to whom it should be done? What is considered a true prayer? And with what purpose should we pray? I feel that the answers to these questions will be very intriguing! So, let's not waste any more time...

Let's get an in depth understanding of prayer in this issue of Akram Youth... And learn how to do a true prayer...

- Dimple Mehta

What is Prayer?

(prarthana)

Pra + Arthana = **Prarthana**

Prayer is to ask for
the energies we
are lacking in
accomplishing our
goal.

Questioner : Dada, every religion and religious sect encourages prayer, so what is the purpose behind prayer (prarthana)? What is prayer?

Dadashri : Pra + arthana = prarthana. 'Pra' means...To request regarding a specific aspiration. It is to ask the Lord regarding an aspiration beyond what one currently has. Prayer is a special form of request.

Questioner : What does a special form of request mean?

Dadashri : It is a different form of a request compared to the request one makes in worldly life.

What does prayer mean? When a person gets entangled from within, then he requests for something in worldly life, that is the aspiration. And prayer means to ask the Lord regarding the aspiration. Then be it the Lord, or the Gnani Purush, or the Sat Purush; one should pray to him.

Prayer means to bow down to the Lord and to humbly request Him for help in whichever matter is needed. Prayer should always be with a purpose. But watch out, this purpose should not be harmful to anyone.

If we pray with all our heart and with full concentration, then it surely reaches the absolute Lord and we get the result. But patience is required for that!

Addressed to the Lord or the celestial beings, prayer is expressing gratitude or is a humble request for assistance through a heartfelt expression.

Quotes



Prayer is to admit your faults every day.
Prayer is daily admission of one's weakness.

- **Mahatma Gandhi**

Prayer is not asking.
Prayer is putting oneself in the hands of god, at His disposition, and listening to His voice in the depth of our hearts.

- **Mother Teresa**



Faith and prayer are the vitamins of the soul; man cannot live in health without them.

- **Mahalia Jackson**



Prayer is simply a two-way conversation between you and God.

- **Billy Graham**





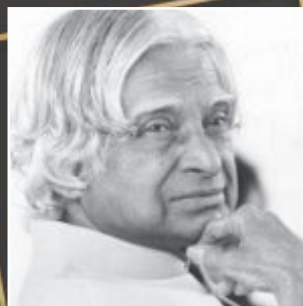
After praying, keep faith that the right doors will open up at the right time.

The function of prayer is not to influence God, but rather to change the nature of the one who prays.
- **Soren Kirkegaard**



What do you gain by prayer? Best answer given by Swami Vivekanand: "I gained nothing. In fact I lost: anger, depression, jealousy, irritation and fear."
- **Swami Vivekanand**

God our Creator, has stored within our minds and personalities, great potential strength and ability. Prayer helps us tap and develop these powers.
- **Dr. A.P.J. Abdul Kalam**





Akram Pedia

Name : Ayush Mehta

Age : 19 years

Hello friends! I am your friend Ayush! I am here to meet you again, with my new experiences that will awaken your minds...

At home, since childhood, we had a rule of praying to God upon waking up every morning. My grandparents would sit across from the temple with hands together. I would also sit with them. As I got older, I started praying immediately upon waking up, while in bed. Praying like this every day, I had one thought; that God will definitely reveal Himself one day. And... I did see God one day as soon as I finished my prayers!!! It was a miracle!!! Lord Krishna himself!!!

I did have faith in Lord Krishna from a young age, and now I got to do his devotional viewing. I felt like requesting many things from Him, asking Him many questions and saying many things to Him. But before I could do anything, He said, "You pray, so what do you want? Tell me now!!! Why do you remember me every day?" I was more surprised by His question than the fact that I got to see Him. I wondered, "Why did the Lord say this to me? Why do I pray?" While these thoughts were ringing in my head, the alarm rang... and I woke up...

So friends, this was a dream I had, but it felt so real. That morning, I was getting ready to go to the temple, when I met my neighbor, who was a priest at the temple. I told him about my dream. Hearing this, he asked me the same thing, "Why do you pray? The way life has a goal, shouldn't prayer have a goal or a purpose as well?"

I didn't understand what he meant. "Does prayer also have a purpose!? Simply chanting is not considered prayer?" When I asked him these questions, he told me to come over to his house in the evening. When I went to meet him, he opened a book and gave it to me to read. Below is what was written.

How should one pray?

Prayer with a purpose yields results

Prayers should be with a purpose, there should be some purpose, praying aimlessly does not have any meaning.

Questioner : Dada, is it possible to pray without an aim?

Dadashri : There is no use in that, it is meaningless. Prayer is to make a phone call. The person on the other end will ask, “What are you calling for? Say something to me.” One should pray even if one wants to go to **moksha**, and one should pray even for worldly things.

Questioner : He feels that, “If my entire life is according to God's will, so then how can I pray against the will of God?”

Dadashri : God has no will at all. If He had desires, then He would be considered a beggar. All the desires are yours. All the desires for worldly pleasure are your own. God does not have desire. He is free from desire, attachment, and abhorrence.

Questioner : Yes, so then how should one pray? A prayer cannot be without a purpose, it cannot be aimless, can it? So is there a need to pray or not?

Dadashri : If you do not have any need, then it is not necessary. Suppose you say to someone, “Sir, I am here to make a request to you.” Then he will say, “What do you need?” Would he not ask this? Similarly, when you pray, then (the receiver) will say, “What do you need? Just tell me. Why else did you wake me up from my sleep?” Prayer should not be done without a purpose.

Questioner : What if there is no purpose?

Dadashri : Who will listen to a prayer that is without a purpose? There is either a worldly purpose or a desire for **moksha**, but a purpose is needed. Who prays? One who has any kind of pain prays. No one prays unless he has some sort of pain. Do you understand what I am trying to say?

Questioner : So should there be insistence to pray?

Dadashri : No, no, there is nothing like that. If you need some peace, then pray. If you have a need for some worldly pleasure, then pray. Otherwise, if you want freedom, if you want to go to **moksha**, then pray. If someone fills out an application and writes in the application that, “Sir, I am filling this application just for the sake of it,” then what will the other person say? On the contrary, he will get a headache! Prayers are always with a purpose. Now do you understand this point?

Questioner : While praying, what is there to ask from God? God knows on His own if we are worthy, so He will surely give it to us? So what is the need to ask?

Dadashri : There is a saying, 'Without asking, even the mother will not serve food.' How will the mother know what vegetable he wants? So he says, “Please bring me some roasted potatoes,” then she will serve it to him. Similarly, you have to pray to God. This type of worldly interaction is necessary.

Reading this, I understood that prayer should have a defined purpose. Seeing all that is happening in the world, I will now get up every morning and pray, “May everyone attain the right intellect, happiness and peace, and may the world attain salvation.”

The Science Behind Prayer

Questioner : How does a prayer work? What is the science behind it? Whom should we actually pray to?

I feel that prayer happens from the heart.

Pujyashree : Yes, that is true. When you worship an idol, you experience that the energies are reaching your body. You can experience those vibrations. How would this be happening? The science behind this is that when we pray to an idol or to someone we have faith in, then that idol or that entity to whom we are faithful, doesn't bestow energies to us. The energies we acquire from prayer come directly from the Self. Since we have not discovered our Self, we worship these idols in an indirect way. Actually, we have diverted from the true path. Our belief is that when we worship an idol, it is the idol itself which gives us the energies. But truly speaking, these idols do not accept our prayers or give fruits of our prayer. After attaining **GnanVidhi** or after attaining Self-realization, we can directly worship the Self residing within us. Before Self-realization, we were performing indirect worship and after Self-realization, we do direct worship. The final truth is that all the blessings, energies and vibrations directly come from the Self itself.

Questioner : Which part of the body does the prayer?

Pujyashree : Prayer happens from the heart and not from the intellect. We get energies from the Self. There are two main qualities of the Self i.e. 1) Bliss and 2) Knowledge. When we experience suffering, or get tensed and perplexed, we pray to God to grant us the energies to face these problems. All this is indirect worship. But the truth is that the energy, intuition and bliss we experience, directly come from our Self.



May Each Child

Start Reciting This Prayer

Pujyashree : For children, Dada used to say, “Ask them to say; Hey Dada Bhagwan! Grant me the right intellect. Bring salvation to the world.” The intentions that were individually expressed by Dada in his various talks, that were individually expressed by Niruma in her various talks, those very statements of intentions for children have been placed in this and through these intentions, their entire life will change. May happiness and peace increase for them in the world, may their poor qualities and bad habits reduce and

along with the knowledge of worldly dealings, may they also attain the Self. All such intentions have been naturally contained in this prayer. Such a beautiful prayer it is!!! Let's maintain the intention that may each child start saying this prayer, may his life change and may this prayer be recited in every nook and corner.



Oh Inner Pure Soul, I bow down to You
May we always get strength from You

Shower your grace upon us, free us
from ignorance, may we attain
knowledge of the Self
Oh Inner Pure Soul, I bow down to
You...

May we attain positive intellect, ideal
behavior, and may our lives be
dedicated to serving others
Oh Inner Pure Soul, I bow down to
you...

May we never forget the obligations
of our parents
May we always remain respectful
towards our guru
We will never compete with our
friends
We will study with full concentration

Keep us away from laziness, free from
all sexual inclinations, free us from
addictions
Please save us from negative
influences

With our mind, speech and body, May
we never hurt anyone
May we not desire anything belonging
to others
This is the kind of purity we will
always keep

May we become the instruments for
salvation such that we spread peace
in the world
Oh Inner Pure Soul, I bow down to
you...

May we blossom in every way
May we never fear difficulties
May we wipe out the differences
between religions in this world
By attaining Vision of the pure Self

May we become One, by remaining
humble,
May we become the embodiment of
pure love
Oh Inner Pure Soul, I bow down to
you...

Oh Inner Pure Soul, I bow down to You
May we always get strength from You
Shower your grace upon us, free us
from ignorance, may we attain
knowledge of the Self



Download free MP3 Audio Prathna.

Scan QR Code Or Visit

<http://schoolproject.dadabhagwan.org/Brochure/AntaryamiParmatma.mp3>

For Whom Should We Pray?

A long time ago, during the pilgrimage to Sammet Shikhar, Pujiyashree gave everyone homework while climbing the mountain. "Whoever you encounter on the way, whatever trees and plants you observe, See the Pure Soul within all of them."

We had only climbed a little bit, but I was already tired, so I stopped to rest. Just then, Pujiyashree's palanquin arrived and they also stopped to rest. Pujiyashree asked me, "Are you working on the homework I gave you?" I summoned some strength and proudly said, "Yes, I am Seeing the Pure Soul in everyone." Pujiyashree smiled and said, "Yes, See the Pure Soul in all. It is because people had prayed and Seen the Pure Soul in you, that you were able to meet a **Gnani**, receive **Gnan**, attain a high level of understanding and reach this stage. So if you See the Pure Soul in these people, then they will also progress on the path of Liberation."

That is when I understood the importance of the homework Pujiyashree had given. If we pray for others, then we will automatically encounter people who will pray for us.

Organized by

Dada Bhagwan Pariwar, Adalaj

In the presence of
Atmagnani
Pujya Deepakbhai

A pilgrimage to

Samet Shikharji

January - 2020

15th to 25th



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The Power of Prayer

Samarth Ramdas was a very famous saint of Maharashtra and the guru of Chhatrapati Shivaji. He had written a Marathi scripture called “Daasbodh”.

During his life, he would fill his stomach by begging for food. The entire day, he was absorbed in the devotion of the Lord.

One day, as always, he went into the village to beg for food. As he reached one house and began to ask for alms, the woman who was working in the house got very angry. She was plastering the floor with mud and cow dung using a piece of cloth. She had a bad temper. She would fight with the neighbors and with her husband on a daily basis.

Upon hearing the saint's voice, she came out, threw the mud and cow dung soiled cloth at Swamiji and said, “Here, take this!” Samarth Ramdas calmly said, “May you remain in peace and happiness!!” Then he took the cloth and went to the river. He first cleaned himself and then cleaned the cloth. That night, he cut off a portion of the cloth and lit it to make a lamp. With this, he performed aarti of the Lord, praying, “Oh Lord! Just as the light

of this lamp has dispelled the darkness of this place, may the darkness residing in the heart of the woman who gave me this cloth also be dispelled.”

On the other hand, that woman whose days would always pass in suffering and quarrelling, was experiencing something very different. She wondered, “What has changed today?” Then she realized that for the first time, she was experiencing peace instead of suffering. She hadn't fought with anyone the entire day. She felt as if someone had taken a huge weight off her. She thought, “Why did this happen today? What happened differently today?” Then she remembered the words of the saint, “Remain in peace and happiness.” She felt, 'Even though I insulted him so much, the saint had such good intents for me. I disrespected the person whose words brought such a positive change in my life.' She repented a lot for her fault.

It can be understood that if we pray heartily for someone, then positive changes will definitely happen in their life.



Samarth Ramdas



Birthday Celebration...

Dada Style



Happy Birthday to you....
Happy birthday dear "Nitya"...
Swami blesses you....
Dada blesses you....
Niruma blesses you....
Pujyashree blesses you....
Happy birthday to you....

The Greatest Gift You

Can Give Someone
Is to Pray for Them



I was surprised to see everyone singing this song. We generally don't sing such a song while wishing someone happy birthday. Pushing this thought aside, I put my focus on Nitya's cake cutting ceremony. The cake was cut, everyone clapped their hands, and Nitya fed everyone. He then said, "It's my birthday today. Everyone please bless me and pray for me." Everyone sat in front of Nitya with joined hands and closed eyes. Even Nitya bowed down to receive their blessings. Ever since I came to my uncle's place, I had seen many new things, but upon seeing all this, I was even more surprised. At birthday parties you are supposed to dance, eat and enjoy. But here, with these people, I saw something new and so I asked my uncle about it. My uncle explained to me, "A birthday is a day to ask for blessings. People pray for us, and through that prayer, we get blessings and their intents become positive. And through this song, we pray to Dada, Niruma, Pujyashree and Simandhar Swami to protect Nitya and to give him lots of blessings."

During our birthday, we can throw a party and enjoy, but we should also ask everyone to pray for us. No one will pray for us on a daily basis, but on this day they will. The greatest gift you can give someone is to pray for them.



The *Gnani*: An Embodiment of Wonder

Dada's health was very poor in those days and he and Niruma were staying in America. For a long time, Dada was calling Deepakbhai to America, but his visa was not getting approved. Dada would call Deepakbhai every night and ask how far the visa approval had come and tell him to come as soon as possible. But for some reason, Deepakbhai's visa was not getting approved.



Then one day Dada told Niruben, “Niruben, why don't you pray to Padmavati Devi?!!”

Niruma asked Dada surprisingly, “But Dada, how can I pray for a worldly goal?”

Dada said, “Padmavati Devi is a **Shashan Devi**. She destroys the obstacles on the path of liberation. And there is no worldly goal in our calling Deepakbhai to America. It is for the salvation of mankind. So make the intent for **Jagat Kalyan** so that Deepakbhai's visa gets approved and he can come.” Niruma did pray to **Padmavati Devi** with the intention of **Jagat Kalyan**.

“Oh Dada, do the salvation of the world,
may all living beings attain the Knowledge of the Self,
May the world's obstacles disappear, Swami grant shelter to all.”

Deepakbhai finally got his visa and reached America within a week of Niruma's prayer!



International Spiritual Teenager Akram Retreat

iStar 2019 Dates
2nd August to 15th August

iStar is a specially designed Akram Retreat for International Teenagers & Youth (between the age of 13 to 21 years), that gives them the opportunity to study in-depth the Spiritual Science unveiled by Param Pujya Dada Bhagwan.

I used to get bored whenever we did vidhi or "Asim Jai Jaikaar" in Dallas. But after attending iStar, I understood its value. And now, whenever I do *vidhi* or *bhakti*, I experience a unique peace.

I really enjoyed. I experienced peace and got answers to most of my questions.

Here in iSTAR, not only do we get to hear about Dada's *Gnan*, but we also get to make new friends and experience the joy of living with them. I feel that every youngster should experience iStar at least once.



For Registration, visit
istar.dadabhagwan.org

#Poetry by Dada's youth

Jaau hu mandire jo, sahaj j kaik mangaay jaay chhe...

Kai joie, ka atvaau jo, tarat j prathna thai jaay chhe...

(When I go to the temple, I spontaneously end up asking for something...

If I need something, or I am stuck somewhere, I immediately end up praying...)

Laage jyare nahi pahochi shakay, thodo saharo Ishwarno lau...

Koine kidhano laage na faaydo, e hu Ishwarne kahi dau...

(When I feel that I will not be able to make it, I take some support of the Lord...

When telling someone doesn't turn out to be helpful, I tell that to the Lord...)

Koine gareeb ke dukhi joi, kari shaku nahi kai to arajthi kahu chhu...

Ek vishwas adagthi kahu chhu, evu nathi dar vakhte garajthi kahu chhu...

(When I cannot do anything on seeing a poor or a miserable man, I make an earnest request... I request with an unflinching faith, it is not that I always do it for self-interest...)

Koi mitra laage jo taklifma, eni par sifaras karu chhu...

Koini khut ti rakamne, prathnana cheque thi bharu chhu...

(When I see a friend in trouble, I ask on his behalf as well...

When a person is short of something, I contribute my cheque of prayer...)

Badhu kari lidha pachhi pan kai khute jo, hu prathnano teko dharu chhu...

Koi vaatma eklo padi jaau to, prathnathi Ishwarne shaamil karu chhu...

(When even after doing everything possible, something is missing, I resort to prayer...

When I am alone in a situation, I include the Lord through my prayer...)

Prathna e vignan chhe ajaayab, ane e nakki kaam kare chhe...

Koi par devu hatu ne koi gambhir bimaar, kai amasta laherthi fare chhe!!

(Prayer is a wonderful science, and it works for sure...

There is a reason why a bankrupt or a critically ill person was back to being happy!!)

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Prayer is to ask for the
energies we are lacking
in accomplishing our
goal.



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