

Akram Youth

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Editorial

In life, we continuously go through big and small, bitter and sweet experiences. When two people come face to face in worldly interactions, they either get along or they don't. We meet certain people that we cannot even imagine living without. You must have experienced that as time goes by, you forget the good times and the good people. But you are not able to forget the bitter experiences that you had with certain people.

In the worldly life, we are always hurt by one person or the other. Someone's conduct bites us while another's speech stings us. An elder in

the family sometimes scolds us, a business partner steals money, a friend takes advantage of our weakness, a neighbor fights with us... When such events occur, our affection for the other person is hurt. As a result of this incident, a negative attitude arises and the desire to take revenge is born.

In this edition, we will understand the finer details of this 'desire to take revenge', which has been ingrained in our human nature. We will learn about its dangerous consequences and gain the solutions to come out of them. So come, let us begin our journey through this edition with the light of Dada's knowledge.

Jai Sat Chit Anand !
- Dimple Mehta

What is the Desire to Take Revenge?

Everyone prefers appropriate and reasonable behavior. In most cases, when someone doesn't behave favorably with us, we become angry. For example, when we are insulted, suffer an economic loss or face injustice.

In general, the negative intents that arise in such situations, grow to take the form of revenge.

1) When a teacher scolds, punishes or awards less marks, some students use strange tactics to take revenge.



2) When a boss uses his authority to make his underhand do tiresome work or insults him, then even though the underhand doesn't have the courage to stand up to his boss, he definitely does have the desire to take revenge in his mind.



3) We always hear stories of clashes and murders in big cities that are inspired by the desire to take revenge.



4) Even in sports, one player considers the unintentional mistake of an opposing player to be intentional, and attacks him.



It is not necessary for someone to openly fight in order to take revenge. We see people do so by straightforward or crooked means. For example, by not talking to the other person, by not replying to their phone calls, messages and emails, by neglecting them, by isolating them, by insulting them in public, by putting them down on social networks, by getting them caught in the wrong place, etc. Behind these actions, lurk the desire to take revenge.

Every person has the tendency to take revenge or to teach someone a lesson. “An eye for an eye” and “Tit for tat” are considered intellectual methods to take revenge for injustice. But, our energies are exhausted in using such methods. Such methods are the result of having a narrow vision. They divert our focus away from our main goal and lead us in another direction.

The Fire of Revenge



After the death of Chitrangad, the king of Hastinapur, his brother Vichitravirya is given the throne. Emperor Shantanu's second wife, Satyawati, gives the son of his first wife, Bhishma, the responsibility of finding a bride for the new king, Vichitravirya. During this time, the king of Kashi organizes a 'Swayamvar' (a ceremony where the bride chooses a groom from a list of suitors) for his three daughters, Amba, Ambika and Ambalika. However, for some reason, he does not invite Vichitravirya to this ceremony. Severely angered by this insult, Bhishma abducts all three princesses from the middle of the Swayamvar, in the presence of all of the suitors.

In response to this, the king of Shalva follows Bhishma and challenges him to a battle. No one could stand a chance in a fight opposite Bhishma. The king of Shalva is badly defeated and Bhishma takes the three princesses to Hastinapur and hands them over to mother Satyawati. At that moment, Amba says, 'Oh queen! I cannot marry your son because I had already accepted the king of Shalva as my husband

even before the Swayamvar.' Hearing this, Bhishma immediately makes preparations to send the princess to Shalva.

Upon reaching Shalva, Amba describes the whole story to the king. However, the king of Shalva says, 'I don't accept a lost prize as a donation. Bhishma won you in a battle. I cannot accept you.' Amba goes back to Hastinapur and pleads for justice from its king, Vichitravirya. 'As per the rules of abduction, the one who abducts me must accept me. So, I will marry Bhishma.' However, because Bhishma had taken a life-long vow of celibacy, he does not accept Amba.

Insulted and embarrassed, princess Amba has no options left. She then pledges, 'Even if I have to take many births, I will definitely take revenge for this insult and be the cause of Bhishma's death'.

Amba then goes on to perform very austere penance and pleases Lord Shiva. She is so burnt with the fire of revenge, that she decides to use the fruit of her penance to get back at Bhishma. However, the Lord tells her that it is not possible through a female body and her karma as a

female has not yet exhausted. Amba is prepared to accept a neutral gender body. The Lord blesses her, 'You will now be born in emperor Dhruvad's home and you will remember the insult. This way you will be able to take revenge on Bhishma.'

Amba is born in king Dhruvad's home as Shikhandi. During the battle



of Mahabharat, he accompanies Arjun in battle. Bhishma has the knowledge that Shikhandi is the reincarnation of Amba. Shikhandi stands at the front of Arjun's chariot. Because of the rule that one cannot attack a woman, child, or unarmed warrior, Bhishma surrenders his weapon. Arjun kills Bhishma with a flood of arrows, and in this way, Amba takes revenge through the form of Shikhandi.

Amba wasted such a priceless human life in the fire of revenge and ended up acquiring a neutral gender body in the next life.

How is Vengeance Bound?

It is my life's goal to tarnish your image.

By disclosing your friends' secrets.

I will get back at you when my time comes.

By intimidating someone younger than you.

You are so arrogant because of your power... Once I entangle you in allegations, we will see how long your power remains.

By misusing your power.

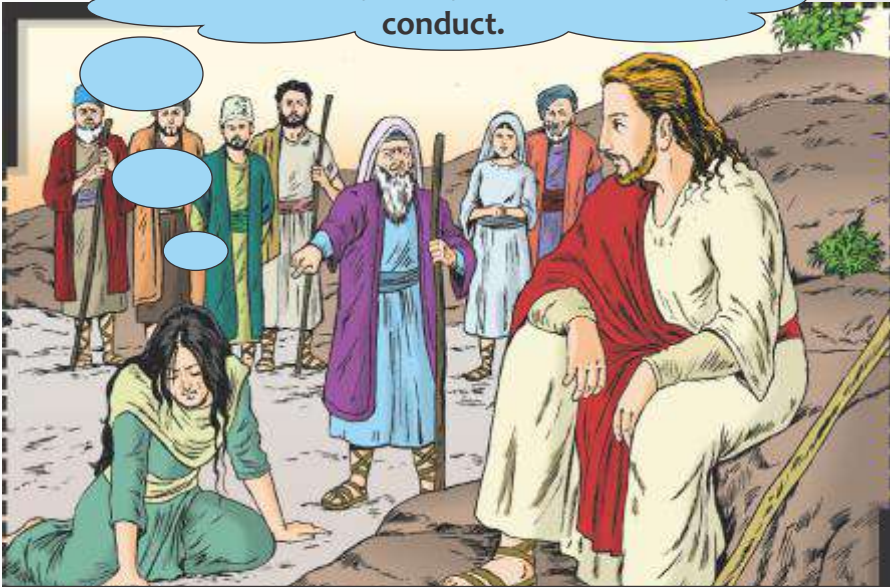
Just make one more mistake... and you will see...

By accusing the other person when the fault was yours.

May you struggle to earn each and every penny.

By treating others as lesser than you and showing off your wealth.

I will taint the conduct of your daughters
in the same way that you have tainted my
conduct.



By placing an allegation on someone's conduct.

By engaging in adultery.

You both
cheated me???
I will kill
both of you.





Akrampedia

Name: Ayush Mehta

Age: 19 years

The weekend is the time to catch up on sleep lost during the entire week. So I didn't have any desire to wake up before 11 o'clock today. But at 9 o'clock, I got a call from my sister Nayna, "Good morning brother... Has my sweet brother woken up?" I knew that there must be some work to do, that's why she was speaking so lovingly to me. "Just tell me Nayna, what work needs to be done? Whatever it is, say it fast! I want to go back to sleep." Nayna quickly got to the point and said, "Brother, inside a box on my bed, there is a pink colored dress. Someone will come to pick it up at 11 o'clock. Will you give the box to him and tell him that it doesn't fit properly?" She said all of this in a single breadth. Seeing the dress, I said, "Nayna, you wore this same dress to Rohan's reception the other day!!" She immediately said, "Yes brother, it is the same dress. Will you give it to him when he arrives?" Confused, I asked her, "Nayna, why are you returning this dress? You like this dress so much! If it didn't fit properly, you wouldn't have worn it, right?" Nayna freely said, "O brother, I bought it only for this event. I don't often wear such elegant dresses, so they remain unused in my closet. Moreover, fashion quickly changes and people will no longer like to look at such a dress. So I wear a different dress to the next event. This is called smart shopping. I will see you in the evening. Bye." Nayna hung up the phone. I was shocked at hearing her words. I immediately called her back but the call didn't go through.

"Cheater... Fraud... I am ashamed that you are my sister. This country doesn't progress because of liars like you." I waited for her with these thoughts going through my head. Around 11 o'clock, the person who Nayna said was going to come arrived. "Sorry you had to come all the way here, but my sister Nayna isn't home and I don't know where she put the dress. Would you please come back tomorrow?" Saying this, I saw him out. My mood was now spoiled because of Nayna, so to freshen up, I logged on to my favorite website dadabhagwan.org. There, I found a video of Dada. I played it.

Today's Energizer

CHARGE YOURSELF



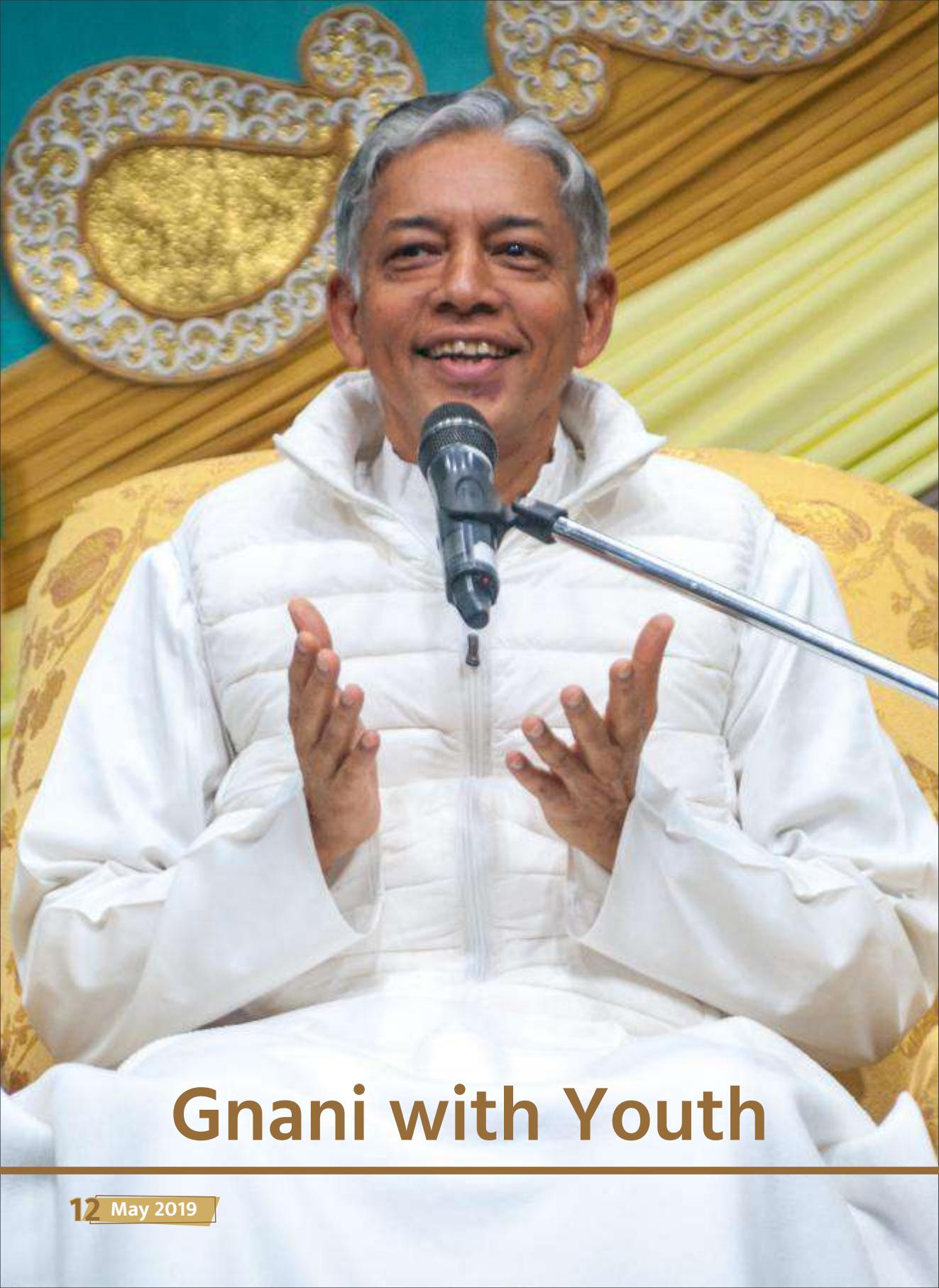
Questioner: If a thief was sitting here and we told him that stealing is not good, then would his feelings be hurt?

Dadashri: No, you should not say that. You should explain to him the consequences of stealing. 'Do it if you still feel it is right.' You should speak like this. You should speak to him in a nice way, so that he is ready to listen. Otherwise, he will not listen and your words will go to waste. Whatever you say or do will go to waste and on the contrary, he will even bind vengeance, even though your intention is good. He will bind vengeance thinking, "Who is he to tell me?" It should not be like that.

I understood Dada's words and felt they were correct. I expressed my thanks to Dada for taking care of me while I was in a bad mood, by saying, "Dada, you took care of me. It's good that my call to Nayna didn't go through, otherwise I would have said some harsh things to her." The 'cyclone' in my mind became calm. I again remembered my desire for sleep, which I had forgotten while I was angry. After I had only been asleep for about twenty minutes, I was awoken by the words, "Did that person not come? He must have come, but you probably didn't wake up. You can't do a single thing for me?" Nayna came into my room stomping and yelling.

"Nayna, that person did come." I peacefully told her. "Then why didn't you give him that dress?" Nayna asked with curiosity. "I thought that if I was the shopkeeper and someone had done this to me, how would I feel? These thoughts stopped me. Do you remember Nayna, how you used to cheat when playing games when you were young? And how sometimes, we used to get angry with you and sometimes, we used to forgive you? This is acceptable in a game, but if it becomes ingrained in our nature and we end up causing a loss to someone, do you think that is a good thing? And if we take pride in cheating a clothing company today, then we could end up only looking for our own benefit when we interact with others. Do what you think is right. Anyways, I am really hungry now and it's been so many days since you made me Maggie. I will take a shower and then we both will eat Maggie together." Saying this, I went to the bathroom to take a shower.

I don't know what Nayna will think or what she will do tomorrow, but I am satisfied to know that whatever she does, she will do with understanding.



Gnani with Youth

12 May 2019

Questioner: Pujiyashree, I have heard many times that children bind vengeance if parents scold or beat them. Even I have bound such vengeance. Many times for my mother I feel, “I will cause you pain. I will go live in a hostel so that you are hurt.” For my father I feel, “You have hurt my mother, so now I will behave in such a way that you are hurt.” And then I end up saying negative things to him.

Pujiyashree: You should ask for forgiveness. Tell the Lord within your mother, “Oh Lord, my intents for my mother have spoiled. For this, I heartily ask for your forgiveness. I am also resolving to never do it again.” You should also ask for forgiveness from you father when you get free time. During Diwali or Paryushan you should touch their feet and ask for forgiveness. You should ask for forgiveness two to three times a year.

Questioner: Right now, what happens is that, whether or not it is my parents' fault or not, when I am not able to get my way or when they are explaining things to me, I retaliate by saying, “You are wrong, what you are saying is wrong” and hurt them. In this way, I don't listen to them and take revenge. Now, what can I do about this?

Pujiyashree: Remain in the humility of your parents. Regardless of what goes on, haven't they done so much for you? We have grown up under their protection and with their support till the age of 21, so we should never see their faults. If they scold us, just do penance. We are not going to lose anything in that, are we? If

you tell her, “Mom, I need this.” Then she will leave behind all her attachments and interests to fulfill your needs of food, clothing, etc. But parents never do anything for their own enjoyment if their children are getting hurt. They merely stop us if we misbehave too much, and when they do so, we see their faults.

If you say, “I want to go here, I need this” then they will accompany you in order to fulfill those needs, or they will make arrangements to fulfill those needs. So, we should be mindful not to hurt them and adjust with them. We shouldn't do anything that would hurt them.

Questioner: What if we have bound vengeance with our parents in the past and now we realize it and fear the repercussions we will have to face?

Pujiyashree: You should ask for forgiveness. Then, if one day your mother scolds you, you should remain quiet and not answer back. Do penance. We should adjust with our mom. Our parents have helped us so much. We should adjust with them and see their positives. If we don't adjust with them, then how will we adjust outside of the house?

Slowly, you should win their love. If you behave in a way that your parents are pleased with you, then you will never be sad. So do a little bit of penance. At least try pleasing your parents. Then you will experience it. You will have so much happiness in your life and you will never face difficulties. You won't face any economic or mental difficulties.

An Excerpt from **Dadashri's Book**



Dadavani – February 1999

Settle It by Bringing About a Satisfactory Solution!

If you have irritated someone even a little bit, then he will make a firm decision to take revenge. These people are such that they think, “Even if all the fruits of my penance are used up for this, I will destroy him!” They make such a decision. Therefore, do not bind vengeance. If you made a mistake, then ask for forgiveness and bring about a solution, but don't leave it pending. This world exists due to vengeance. So if vengeance exists with someone, then you should forgive him and ask him for forgiveness. And even by touching his feet, you should let go of your vengeance in a way that he is pleased and says, “No brother, I have no issues now!” Reach a satisfactory solution with him so that he does not obstruct you.

Questioner: So, if the one who wants to settle, confesses in this way, then will a satisfactory solution be reached?

Dadashri: Yes. We would even say, “I have gone mad!” If we say, “My mind is a little disturbed” then he will let us go. We don't want to marry that person, do we?

Therefore, we reach a satisfactory solution and move on. All we want is for no vengeance to be bound!

Swept Up in the Worldly Life Due to Revenge

The Lord has said that in the current era of the time cycle, if someone has insulted you, you should call him over for a meal. Forgive him even if there is a lot of wildness in him. If you go to take revenge, then you will again be pulled into the worldly life. One should not take revenge in the current era of the time cycle. Wildness exists everywhere in the current era of the time cycle. One cannot say what kind of thoughts will come to him. Even thoughts which are out of this world may come! The living beings of the current time cycle are going to clash a lot. If we bind vengeance with such people, then we will also have to clash. That is why we are saying to solute him by saying, “Greetings Sir” and become free. One should immediately forgive the other person in the current era of the time cycle. Otherwise you will have to be pulled into it.

Questioner: If he doesn't soften up even after saying that, then what should we do?

Dadashri: What should we do if he doesn't soften up? We should say it and become free. What other solution is there? Sometime, someday, he will soften up. He won't soften up if we scold him. He may look like he has softened up, but he will keep an intense mental note and will reciprocate the day we soften up. So the world is full of vengeance. Nature's law is such that it stores the subatomic particles of vengeance within. So we should solve the case completely. Never say that anyone is wrong, because he will turn the tables, scold you and bind vengeance. Therefore, we should say, “Sir! You are correct. I like what you said!” Saying this, we should move on. There is no end to all this. If you call him wrong, then he won't leave you. He will be with you wherever you go.

The World Is a Factory for Settling Vengeance!

If we have bound vengeance with people who have since passed away, then we should clear it by remembering them and confessing, apologizing and resolving never to repeat the mistake again. If we kill a cat, then both of the souls will make a note of it. The cat will not refrain from taking revenge. Therefore, we should confess, apologize and resolve never to repeat the mistake again.

This world is a factory for settling accounts. One has to settle vengeance by becoming a mother-in-law, a daughter-in-law, a son or even a bull. A bull that is bought for 1200 rupees may die the very next day! This is how the world is! Infinite lives have gone in taking revenge!

Experience

We had once gone on a jatra (pilgrimage) with Niruma. I was 27 or 28 years old then. A senior mahatma and I were taking care of the arrangements. He had put in a lot of effort, but it was such that, I was an Aptaputra and I also stayed with Niruma. On top of that, I was inexperienced, so I couldn't complete any task on my own. I didn't know that negativity had arisen in that mahatma's mind because of this. It was only when I heard from others. "That mahatma was talking about you. 'He doesn't know anything. He is boasting for no reason.'" That is when I felt, "He is being negative and internally suffering for no reason. What can I do about that?"

Even Niruma came to know of this and she told me, "Call that person and talk to him and ask for his forgiveness." I told her, "But I don't have any negativity for him nor do I have any inner suffering. If I reach that stage, then I will ask for forgiveness." Niruma lovingly said, "It's not for your suffering. You should ask for forgiveness so that he doesn't suffer. Don't wait any longer."

I immediately called the mahatma and said, "How are you? Can we meet?" He came by in a short while. After we exchanged pleasantries, I told him, "Our jatra went so well. Everyone was very happy. We should continue doing such jatras. And if I have made any mistakes, then please forgive me by considering me as your younger brother. After all, you will have to train me." He immediately said, "No! No! It's not like that. You all are Dada's children. You are supposed to progress further. You have my blessings."

In this way, because of Niruma's small suggestion, I spoke to that mahatma lovingly and whatever negativity was there in him subsided. It is such that... it starts with negativity and then progresses towards vengeance. But Niruma saved me from the clutches of vengeance with that mahatma.

It occurs many times that we are not aware and the other person binds vengeance towards us. But upon realizing it, we should take precautions so that the vengeance does not progress. This will benefit both parties.

-An Aptaputra

Example:

Come, Let's Find a Way!



- 1) **A situation that could instigate vengeance:** Shikha's friend Rahi agreed to give her assignment to Shikha to copy, but the day before submission, she refused.

An easy way to deal with it: Don't help her during exams. If she asks for help, give an excuse. Let everyone know what she is doing.

A difficult way to deal with it: Forgive her and interact with her just like before.

- 2) **A situation that could instigate vengeance:** Another driver bumped his car into Sumit's and then drove away.

An easy way to deal with it: Speed up and follow the driver. Keep honking the horn. Catch up to him at the next traffic light and pick a fight with him.

A difficult way to deal with it: Keep your cool. Don't overreact or get into a conflict. Pray that the driver does not repeat the mistake and injure others.

Shikha and Sumit found their ways. Now, let's help Akhil and Manish find theirs.

- 1) **A situation that could instigate vengeance:** Akhil did a good job, yet his manager gave his boss a poor report about him.

An easy way to deal with it:

A difficult way to deal with it:

- 2) **A situation that could instigate vengeance:** Manish's neighbor washes his car every day and this creates a mess in front of Manish's house.

An easy way to deal with it:

A difficult way to deal with it:

Result: We may feel that we are winning by taking the wrong path, but we are really losing. We are losing our pride, our value, our helpful nature, our love and our self-respect. We are remaining sad by being negative. We may feel that we are tolerating by taking the right path, but in reality, we are winning the heart of the other person. We are gaining cooperation, self-respect, peace and oneness. Moreover, we are remaining happy by being positive.



My Confusion

& A

Question: What are the consequences of keeping vengeance with someone?

Answer: Dada says that the worldly life exists due to vengeance and it can be seen at every step in life. If any living being gives us any pain, it is to repay us for our past vengeance. And where do we face such people? In our own family, as a husband or a wife, as a child, as a mother or a father or even as an uncle or a cousin. They will say negative things, not let us eat, hit us, blame us or insult us. However, no matter what they do, they will only be happy by making us suffer. This is the result of vengeance. At that time, if you become instigated and keep the intent of revenge, then the account of vengeance will again be bound and you will have to come back in the worldly life to settle it.

We know that Lord Parshvanath

and Kamath's account of vengeance lasted for 10 lives. Only when Lord Parshvanath became a total vitarag (one who is free of attachment and abhorrence), did he become free. So the one who wants to be free should make the effort. As our development increases, our attribute of "asking for forgiveness" and "forgiving others" starts to blossom. And as our attribute of "forgiveness" blossoms, our development goes on increasing. Therefore, we should bring a satisfactory closure to the other person's mind even by touching his feet or by personally asking him to forgive us. Otherwise, we should wash off the seed of vengeance by doing pratikraman.

Through the Scientific Vision



The Desire to Take Revenge

Swiss researchers had done an experiment many years ago. They monitored the changes happening in the brains of certain people who had been cheated by their business partners. Due to greed, their partners had stolen their share of the earnings. They were each given a minute to take revenge on their partners, during which their brains were studied. They saw activity in the part of the brain used for giving feedback. This was the same part of the brain that had shown activity in an earlier experiment, in people that had taken cocaine and nicotine. After taking revenge, they not only experienced contentment, but also happiness. This is why we see that the desire to take revenge comes naturally to people.

It is said that wounds are healed by taking revenge. Revenge is a way to erase bitter feelings. But research has proven that it is not really true. A person's aggression does not decrease after taking revenge. On the contrary, a person's aggression decreases when he

doesn't fulfill his desire to take revenge. In the year 2002, Brad Bushman from Ohio University published a paper in the Personality and Social Psychological Bulletin saying that a person who doesn't take revenge has better mental health than a person who does.

Timothy Wilson from the University of Virginia and Daniel Gilbert from Harvard University found through countless studies, that the person who fulfills his desire to take revenge is never able to live in peace, because he is always keeping his wounds from his vengeful tendencies fresh. And for the person who doesn't feed his fire for revenge, his wounds heal. After countless experiments, they concluded that even though a person believes they will feel better after taking revenge, that vengeful tendency really causes themselves a great loss.

The one who keeps the desire to take revenge is really keeping his wounds fresh.



Forgiveness

Everyone desires to live a good, happy life. If you move about carrying the weight of the pain someone has given you, then you will never be happy. If your decision is strong that you want to live a good life, then you need to learn to let go of the hurtful interactions that you have faced. Only if you develop this habit, will you be able to make space for the good things in your life. Always remember this one truth; the question is not whose fault it is, but whose life it is. Life is more important than suffering. If you can understand this, then you will not need to understand the value of forgiveness.

The person who remembers his sorrow, his pain and his insults, pays a very heavy price. The sorrow, pain, insult and fire of revenge that arises in our minds, takes control of us. Those thoughts continue twenty-four hours a day. These negative tendencies make us dance like a puppet. Under their influence, we make wrong and impractical decisions that only harm us. Even if we are successful in taking revenge, we don't gain anything.

Forgiveness means to spit out the anger that has arisen in the mind and let go of the thought of taking revenge.

The steps of forgiveness:

- ▶ 1) First, write down the names of all those people who you think have hurt you. Make a note of what they did to you and why it was not right. This will give you a lot of clarity about yourself and your feelings.
.....
- ▶ 2) Honestly accept that this incident took place and that you were hurt by it.
.....
- ▶ 3) Make a firm decision to come out of this unhappiness.
.....
- ▶ 4) Remember the fact that no person or circumstance is the cause of your suffering, but the thoughts that you have towards that person or circumstance. You may not be able to change the circumstances or your thoughts, but you can tackle them with understanding.
.....
- ▶ 5) Whenever you feel that a past incident is bothering you, use stress management techniques to prevent it from affecting your body. For example, take deep breaths, listen to music or be with nature. In short, divert your mind.
.....
- ▶ 6) If thoughts of past incidents keep coming to your mind, then in order to escape them, think of the good things that you have received and their importance. Continue this until you feel good.
.....
- ▶ 7) Your mental energies get exhausted in negative thoughts. Instead, focus those mental energies on achieving your goals.
.....

Understand that forgiveness is the best way to save the energies that you are wasting.

#Poem

Vaat puri thai j, kyaank manmaa adhuri rahi jay che...

Vaank padyaa ni, hridaymaa ek churi rahi jay che...

Kakaline thaay “taari bhulnaa dand tu jarur bharish”

Ichchhto “aaje kai na thayu, moko maltaa karish...”

Jo mitra masti kare ke pachhi shikshak khijaay jay...

Navaai e che mammi-pappaa saathe pan aavu thai jay...

Raato chol chahero ne jaane agni koi Balti hoy...

Jyaa sudhi thare nahi e mane j dajaadti hoy...

Aa badlo levaani bhavnaa thai j jati hoy...

Aa joi levaani jafaa mane j jovaa na deti hoy...

Aavu kevu? Koine dukh detaa pelaa mane j dukh aave...

Barkat vagarno dhandho, vepaar khotno kem faave...?

Koi chutelu male jo, to mane aamaathi chodaave...

Sahan karvu nahi ne samaadhaan thaay evu samjaave...

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FORGIVENESS
is the jewelry
of the brave...